



Food For Thought

Conesus Inn ~ for the prime of your life

August 2008

WOW!!
 Have you seen the **GAS** prices lately?
 So we had this **GREAT** idea!



Come in and dine with us during the month of August and enter into our drawing to win a

FREE \$100 Gas Card.
 Enter every time you dine with us!

The drawing will be done on Sunday, August 31st.



Bring in a **Friend** & this **Coupon** to dine with us during August and we will **Give You 20 Bonus** Royalty Reward Points **AND** on that day you if your friend joins our **Royalty Rewards Program** we will **Give You a Free Appetizer** (up to a \$6.99 VALUE) to share with your Friend. There is no limit on how many **Extra Bonus Points & FREE Appetizers** you can earn in August!

Not valid with any other offer ~ one offer per table



Poll to Predict The Presidential Election Results Of 2008

Who do you think will win the 2008 election? *That's the question*

Predicting the Presidential election results with colored glass?

Local independent restaurants across America are banding together to use the "fork over your vote" poll to accurately predict how the Presidential election will turn out for John McCain and Barack Obama.

It's sure to be accurate, as participants of all ages will be given the opportunity to cast their votes.

Interested in your kids learning more about how their opinion counts?

They'll be able to cast their opinion too!

Conesus Inn will offer a **colored glass piece** to each guest at the end of their meal.

They will then be able to cast their ballot for the most likely to win candidate.

The poker chips are tallied every week and reported on

FORKOVERYOURVOTE.COM

This poll has never been wrong before, in 2004 patrons accurately predicted George W.

Bush would win the Presidential Election.

Everyone is welcome! Stay tuned for updates!



www.ForkOverYourVote.com

Since August 22nd
is Be an Angel Day
We thought we
would celebrate it by
giving a FREE Dinner for
Being An Angel!



Every good deed deserves to be recognized. If there is someone who deserves to be noticed, fill out the form below telling us why they are deserving. We'll send them a certificate for a **FREE Dinner**. (valued up to \$)

Angel: _____

Address: _____

City, State, Zip: _____

Phone: _____ Their Birthday: _____

They are an angel because:

Endorsed by: (print) _____

This certificate expires: August 31, 2008

Taking Vacations May Prolong Your Life



Recent research indicates that taking vacations may prolong your life. Researchers Brooks B. Gump, Ph.D., and Karen Matthews, Ph.D., studied more than 12,000 men at high risk for coronary heart disease over a nine-year period. Those who took regular annual vacations had a lower risk of death -- even when the researchers took into account such variables as their social and economic status. In addition to reducing stress, Gump and Matthews suggest that vacations give people the opportunity to interact with friends and family and to exercise, both of which contributes to good health.

"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back."

—Harvey Mackay

Don't Be a Beach Potato!

Don't just lie on the beach! Enjoying these exercises -- even at a leisurely pace -- can add up to serious calories burned:



Swimming - 422

Snorkeling - 352

Biking - 281

Volleyball - 211



Scuba diving - 493 calories per hour

Walking/running/playing with children - 281

Match the Mascot

Do you know which product or company is associated with each of these mascots?

1. Elsie the Cow _____
2. Tony the Tiger _____
3. Snuggle Bear _____
4. Nipper the Dog _____
5. Mr. Peanut _____
6. Poppin' Fresh Doughboy _____

- A. Unilever's fabric softener
- B. RCA's electronic equipment
- C. Planter's nuts
- D. Borden's dairy products
- E. Pillsbury's baked goods
- F. Kellogg's Frosted Flakes



Do your kids get antsy on long drives?

Do you or your spouse get drowsy?

Aromatherapy experts say the scent of essential oils can fix both problems.

- ♦ To keep the kids relaxed and in a pleasant mood, opt for peppermint and lemon.
- ♦ For the driver, try rosemary for alertness.

In both cases, put a few drops on a cotton ball or tissue and place in a plastic baggie. Open and inhale occasionally - say every half hour - for maximum effectiveness.



August Poem

*The quiet August noon has come;
A slumberous silence fills the sky,
The fields are still, the woods are dumb,
In glassy sleep the waters lie.*

-William Cullen Bryant

F.V.I.

Our Website Has a New Look!

Check it out at www.conesusinn.com

Look for exciting video cooking tips from **Chef David Adjei**, host of the Food Network's Restaurant Makeover

Brewing Sun Tea



Brewing ice tea in the warmth of the sun is a delicious treat and far more flavorful than instant tea made at the sink.

You'll need:

- 4 to 6 tea bags**
- 1 cup sugar (optional)**
- 1 1/2 quarts cold water**

Put tea and sugar in a 2-quart clear glass container and fill with water. Cover and put in direct sunlight for 2-3 hours. Serve over ice; refrigerate remaining tea for up to 24 hours. Makes 8 6-ounce servings.

Do You Have

The Lucky Number?



Bring in your Royalty rewards card in August. If your number ends in **08** then you will get

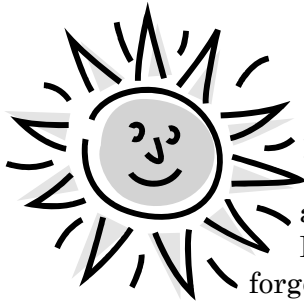
1/2 off your second entrée.

PUTTING PEDAL TO THE METAL WILL COST YOU



Aggressive driving will cost you at the gas pump. Speeding, rapid acceleration, and last-minute braking can lower your gas mileage by 33 percent when you're driving at highway speeds. For each 5 M.P.H. that you drive over 60 M.P.H., you'll be paying about 20 cents more per gallon.
—www.fueleconomy.gov

6 Ways to Ease Sunburn



Even though they take precautions, many people will suffer at least one sunburn each summer, says Dr. Dee Anna Glaser, associate professor of dermatology at the St. Louis University School of Medicine. "They forget to reapply sun-block after swimming or they miss spots or they stayed outside longer than expected. A sunburn can be a painful reminder."

To ease a burn, she recommends:

- ◆ Get out of the sun immediately and stay out of direct sunlight until your skin has recovered -- typically a few weeks.
- ◆ Take aspirin or ibuprofen to lessen the pain and inflammation.
- ◆ Drink extra water to re-hydrate and replace lost fluid.
- ◆ Take a cool bath or shower to unclog pores and let them breathe as much as possible.
- ◆ Don't use bubble bath or heavy perfumed cleaners and don't scrub your skin, which will only further irritate it.
- ◆ Don't pick off peeling skin because this could result in infections.

You could be the Winner of a **FREE** Dinner!

WHERE IN THE WORLD?

The first 5 people to BRING IN THIS NEWSLETTER and tell us the correct answer to what country this is in wins a **FREE** Appetizer valued to \$6.99, and if you can tell us SPECIFICALLY WHAT and WHERE this is you win a **FREE** dinner on us, valued up to \$11.99.



ANSWERS 1D; 2F; 3A; 4B; 5C; 6E

Conesus Inn ~ www.conesusinn.com
(585)346-6100

Conesus Inn

POSTMASTER PLEASE DELIVER
BETWEEN JULY 27 ~ AUGUST 1

5654 East Lake Road
Conesus, NY 14435
www.conesusinn.com



**FREE \$100
GAS Card!**
see details inside



As of July 13, you have accumulated _____ points, and you are **ONLY** _____ points
away from earning a **FREE** reward certificate!

WHAT'S INSIDE...

FREE Dinner for an Angel

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Is Your Number the Lucky Number?

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, Help Predict the Next President

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FREE Appetizer and 20 Bonus Royalty Rewards Points!

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, Could You Use a \$100 Gas Card?

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Check Out Our Newly Designed Website!

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You Could be the Winner of a FREE Dinner!