



# FOOD FOR THOUGHT

Conesus Inn ~ for the prime of your life



## Where has the time gone?

After Halloween comes Thanksgiving and then Christmas is just around the corner... next thing you know it will be New Year's Eve!

It's hard to imagine that it's time to start prepping for those holiday parties. We have even started to get calls from guests who want to book their holiday parties and its only October! It just goes to show you at the early bird gets the worm or in this case, the reservation.

As time goes by we will be booking up fast, so it is wise to be that early bird and book your holiday party at Conesus Inn now.

## From "the wall" on Facebook

Conesus Inn is my all time favorite restaurant!! No where - near or far - have I found crab legs that taste as good as the Inn's.

Michelle Arney

## Coming Soon!!!!



Are You a Fan Yet? Don't forget you can also follow us on Twitter!



## Some History on Halloween

Halloween dates back to an ancient fall festival celebrated by the Druids in Ireland, Great Britain, and Northern France. They would gather around a bonfire and don animal heads and skins, the precursor to our masks and costumes. After the invasion of Britain by the Romans in 43 A.C.E., the festival was merged with two Roman celebrations, Feralia a late October commemoration of the passing of the dead and the day to honor Pomona, the goddess of fruit and trees, whose symbol was the apple. This led to the tradition of bobbing for apples on Halloween. Jack o' lanterns were first carved out of beets and turnips in Ireland as representations of dead souls.





What is a Mummie's favorite type of music? Wrap!!

What do you call a witch who lives at the beach?  
A sand-witch!!

What do ghosts say when something is really neat? Ghooooou-ly!!

Why didn't the skeleton dance at the party? He had no body to dance with!!

Where did the goblin throw the football?  
Over the ghouline!!

What's a monster's favorite bean?  
A human bean!!

## Stretches You Can Do at Your Desk

If mid-afternoon finds you stiff or sore and perhaps a little blah, rejuvenate and re-energize with these moves from Darrin Zeer, author of Office Yoga: Simple Stretches for Busy People.

1. While sitting, interlace your fingers and place them behind your neck. Relax your elbows and shoulders. Breathe and stretch your elbows back.
2. Put your hands palm-to-palm in a prayer position move fingers in all directions. Squeeze your fists tight and then stretch and rotate hands.
3. Ease your neck by dropping your head to one side; roll it around in a wide circle and then switch directions.

## 10 Common Superstitions

Common superstitions can be described as beliefs that have no rational basis. Some superstitions may be just for fun while others may affect you deeply enough to affect your choices in life. None of them are based in fact, but many have roots deep in tradition and history.

How **Superstitious** Are You?

1. Friday the 13th - Bad Luck
2. Itchy Palm - Good Luck
3. Walking under a Ladder - Bad Luck
4. Breaking a Mirror - Bad Luck
5. Finding a Horseshoe - Good Luck
6. Opening an Umbrella Inside - Bad Luck
7. Knock Twice on Wood - Reverses Bad Luck
8. Tossing Spilled Salt over Shoulder - Good Luck
9. Black Cats - Bad Luck
10. Saying God Bless You - Good Luck



## Pumpkin Bread

Try this delicious and easy recipe for a seasonal favorite:

2-3/4 cup sugar	3-1/2 cups flour
1 cup shortening	1/2 teaspoon baking powder
3 eggs	1/2 teaspoon salt
2 cups pumpkin	1 teaspoon baking soda
1 teaspoon (each) cinnamon, cloves, nutmeg & allspice	
1 cup (each) raisins and chopped walnuts	

In large bowl, cream together sugar, shortening, eggs and pumpkin until well blended. Mix in the remaining ingredients. Pour into two 9" by 5" loaf pans lined (on just the bottoms) with waxed paper. Bake at 325° for 1-1/2 hours or until a toothpick comes out clean when inserted in the center.



## Fresh Catch

Try one of our delicious Fish Entrées

Tortilla Crusted Tilapia  
Halibut  
Swordfish  
Broiled Sea Bass  
Macadamia Crusted Mahi Mahi

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.

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(585)346-6100

# A Special Halloween Treat!

## Free Appetizer Certificate

Bring in this **Certificate** and **Join** Our Royalty Rewards™ Loyalty Program (its **FREE** to join) and you'll earn one base point for every dollar spent on food & beverages (excluding tax & gratuity). //

**ITS SIMPLE** Use your card when you come to **Conesus Inn**.. watch your points add up then watch your mailbox for your **FREE** Rewards Certificate.

**Don't be spooked...**

**This special offer ends October 31st**

Not valid with any other offers. Up to a \$9.00 value. One coupon per table. Expires: October 31, 2009



## HAUNTED HOUSES

Haunted houses are a \$300 million a year business, with more than 3,000 throughout North America.

Detroit is considered the Haunted House Capital of America because it boasts nearly 60 of them, more than any other area in the United States. Typically, haunted houses open the month before Halloween, with attendance doubling every weekend up to the 31st, while some haunted houses operate year round.



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## Your Brain Takes a Break

The human brain takes a rest of its own when you go to sleep, according to new research. A study paired EEG (electroencephalogram) readings with data collected by electrodes measuring electrical activity inside the

brain while patients slept. The results showed that neurons within the brain sometimes take short breaks during sleep, and that these rest periods allow us to remain asleep even though the brain registers noise or some other disturbance. In other words, neurons rest so people can rest, too.

We now have a **NEW**  
**HD TV in the Bar!!!**  
Come in and check it out!!!

**Positive activities to promote positive thinking**

Positive thinking isn't all mental. Here are a few simple physical activities you can do to improve your outlook:

- **Keep your back straight.** Good posture makes you appear stronger and more confident, and when you're perceived that way by others, your self-image will improve.
- **Smile.** You'll look more attractive, and the mere act of smiling can often lift a person's mood and spirits.
- **Exercise.** You'll relieve physical stress, release endorphins, and enjoy the positive effects of being in shape.

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