



Frosty Frog Creamery & Café's

# Hickory Flat Times

The *OFFICIAL NEWSLETTER* of the Frosty Frog Creamery & Café V.I.P. Club

[www.frostyfrogcreamery.com](http://www.frostyfrogcreamery.com)

Volume 6, Issue 1 – January 2012

## Welcome!

to Frosty Frog Creamery & Café's *Royalty Rewards V.I.P. Club* and the *Hickory Flat Times Newsletter!*

# Happy New Year!

2012! Let the new year begin!

First and foremost let me **THANK YOU** for being our guests during 2011 and tell you how much we look forward to serving you in this New Year! We are planning many fun and exciting things for 2012 and will be filling you in on what is happening each month in our newsletter. This new year is a leap year, a presidential election year, and hopefully a year in which each of us will enjoy good health and prosperity.

We start the year opening of the **NO PEEKING envelopes** when you bring them in **unopened** during January. This promo has been a lot of fun over the years and this year promises to be even better as we have added more gifts! Remember to bring your envelope(s) when you visit.

During the month of January we will begin our **COFFEE BEAN CAUCUS** featuring the Republican candidates for the presidency. As the field narrows, so will the number of candidates in our caucus. We will be posting the weekly totals in the restaurant and on our website so that you and others can follow the current political trend in Hickory Flat. If and when democratic candidates emerge to challenge President Obama, we will add them to our unofficial caucus. Once the political parties have chosen their candidates for president, we will start a new caucus for the presidential election. Remember that the **GEORGIA Presidential Primary** will occur on March 6, 2012!

Through the years you have always told us what you like and what you don't. We have changed or eliminated things in response to your suggestions....Why?, because we value your opinions! We want you to feel that Frosty Frog Creamery and Café is your 'home away from home'. Please let us know how we are doing. If you have comments you can tell us directly, email us: [frostyfrog@frostyfrogcreamery.com](mailto:frostyfrog@frostyfrogcreamery.com), or go to our website, and enter your comment in the 'Frog Blog'; or respond to our Royalty Rewards surveys. Thank you for allowing us to serve YOU!

Frank & Glenda Cole

**No Peeking \$5,000 Giveaway!!!**



All prizes will be distributed through random delivery of envelopes given to Frosty Frog Creamery & Café guests during the month of December 2011. Envelopes presented to Frosty Frog Creamery & Café during the month of January 2012 **UNOPENED** will be awarded the prize indicated on the enclosed certificate. This promotion expires January 31, 2012. NO Actual Cash Value.

**Opening In Jan.!**

During December we distributed our “**No Peeking**” Christmas Envelopes for this year kitted with a total of **\$5,000 in prizes to be given away!** There will be more discounts, more gift certificates and **EVERY** envelope is a **GUARANTEED WINNER!**

**Just Remember - No Peeking!**  
You can't open it until you return to us in January...and you must open it in front of our staff member - then your secret prize will be revealed...ooh the suspense!

**Prize revealing begins January 2!**  
**Bring in your envelope, and together we will see what your gift will be!**

## Thanks for the kind words!

“Everything was GREAT! I called ahead to order chicken salad and it was ready when I arrived – The staff was efficient and cordial.”  
– Marla Wise, Canton

“Best Turkey Bacon Panini anywhere in town.” – Shannon Kimber, Canton

“Our whole family had lunch together with friends. Frosty Frog is always a place to see friends from the community.” – Michelle McHugh, Woodstock

“I ordered chicken salad for my daughter’s wedding last Saturday. It was ready and promptly given to me for checkout. I couldn’t find my Royalty Rewards card, so the young lady looked up my number for me to get my rewards points. No improvement necessary!”  
– Glenda Thompson, Canton



Join Our Royalty Rewards program and **SAVE every time** you visit!

**Frosty Frog Creamery & Café**

6205 Hickory Flat Highway Suite 112 – Canton, GA 30115 – 770-704-9333

**“Always a Generous Portion – Always Delicious Taste!”**



## ORANGE JUICE MAY OFFER ARTHRITIS PROTECTION

It turns out that your morning glass of orange juice may be just the ticket for helping protect you from rheumatoid arthritis. Dr. Alan Silman at the University of Manchester in the United Kingdom recently conducted a study indicating that the vitamin C and carotenoids beta-cryptoxanthin and zeaxanthin found in orange juice can reduce one's risk of developing arthritis and slow its progression. So sip some juice or eat an orange for a healthy start to your day.



## Warm YOURSELF with a cup or bowl of our delicious SOUP!

*We serve THREE soups every day!*

### January is National Soup Month.

According to some sources, soup originated in ancient Greece, where it was sold on the street as one of the first 'fast foods'. Americans eat about 10 billion bowls of soup every year, and the cold winter months are just the time to enjoy it!

It seems that nothing warms us or comforts us like a serving of hot soup on a cold day. Today, experts are now confirming what our mothers and grandmothers have always known - the combination of chicken and broth does have real medicinal value.



## SUPER FOODS we can all afford!

### BEANS

Beans are not only good for your heart, but are easy on the wallet! This powerhouse from the legume family is loaded with protein, carbohydrates and fiber — the type of fiber that helps lower your risk for colon cancer and decreases cholesterol.

### Salmon

Salmon is a fatty fish that is very high in **omega-3 fats**, which have been shown to reduce the risk of high blood pressure, sudden death from stroke and heart attacks, Alzheimer's disease and rheumatoid arthritis. Many health authorities recommend eating Salmon or some other Omega-3 rich fish at least twice per week.



## SUPER BOWL '46' PLATTER SPECIALS

How to Feed Your Group for as little as \$5.00 per person

*LET US PREPARE THE FOOD FOR YOUR SUPER BOWL PARTY!*

**Snax Platter** – 1 Pint of Our famous cheese spread & Crackers, plus 50 'Pigs in a Blanket' w/ spicy mustard, (Feeds 6-8) \$39.99

**Sandwich Platter** – 10 sandwiches from our menu, 10 servings of our famous cheese and crackers, 10 pickle and olive garnishes and 10 bags of Miss Vickie's Chips (Feeds 10 or more) \$74.99

**Chili Bowl 45** – 1 GALLON of our 'Home made' Chipotle Chili, with toppings (cheddar cheese, diced onions, sour cream) & crackers (Feeds 10 or more) \$74.99

*All platter orders must be placed before 3:00 pm 2/4/10*

## Newsletter Reader Coupon

This coupon is ONLY for those of you who read the Hickory Flat Times Newsletter!

Print and use this coupon as many times as you wish during January, 2012. What is the catch you ask?

**DINE IN ONLY!!** You must validate it with your Royalty Rewards Number

Enter your Royalty Rewards Number **HERE** 0101-6310-\_\_\_\_\_ - \_\_\_\_\_

# DOUBLE ROYALTY REWARDS POINTS!



Platinum Plate Award '08,'09,'10

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My East Canton Magazine

# VOTE

Frosty Frog Creamery & Cafe  
for your FAVORITE  
Restaurant (Category: All Around, Bakery, Dessert)



ALPHARETTA ROSWELL WOODSTOCK EAST CANTON WEST CANTON

Starting January 1st,  
Log onto [www.footprintsublishing.com](http://www.footprintsublishing.com) or scan the QRcode below with your smartphone to vote.

Voting will be open from January 1st — February 29th.

Only original print magazine ballots and online ballots will be accepted. No photocopies please. Valid ballots will include a minimum of 20 selected categories. Voting closes at 12:00 pm 02/29/2012.

Original print magazine ballots can be mailed to:  
**Footprints Publishing**  
113 Mountain Brook Drive Suite 204  
Canton, Georgia 30115

## STEP RIGHT UP

What would prompt you to walk more than 2,000 steps—the equivalent of a mile—per day? Apparently, according to a Stanford University study, a pedometer—that inexpensive little device that counts the number of steps we take. Simply monitoring how many steps we take can increase our physical activity by 27 percent (which, in turn, can help with weight loss and improved blood pressure). Using a log to keep track of the number of steps taken is another important aspect of getting and staying more active.



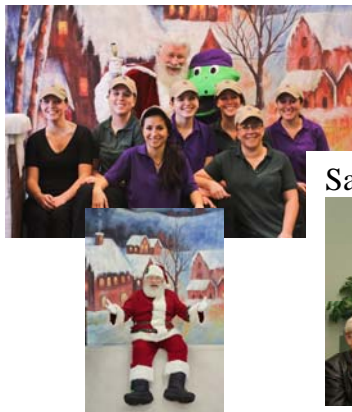
## Will the Atlanta Falcons make it to the SUPER BOWL?

Watch for Frosty Frog Creamery Super Bowl Specials!! IF the Atlanta Falcons do play in SUPER BOWL 46, there will be Specials EVERY DAY of the Week beginning January 30 Thru February 5! GO FALCONS!



## December events at Frosty Frog...

Santa visited!



**NO PEEKING** begins! Every envelope contains a gift!!

Sam Naff's Birthday!



## Don't Forget to Use YOUR Bonus Gift Certificates!

Now that the hustle and bustle of the Holiday Season is behind us, it is now time for **YOU TO RELAX!** Come in and use your Bonus Gift Certificates...remember they are only good until **February 28th!**



## Its January - Let it SNOW!

Why would we want it to snow? January can be a rather unpleasant month with cold temperatures, chilling rain, and possibly snow and ice. Snow and ice always seem to cripple north Georgia. Knowing that, we may as well make the best of the situation, so here is the deal...

If it SNOWS on any day during JANUARY bring in this coupon the DAY following the snow (when it is safe to drive) and we will discount your purchases based on the following:  
 1" of measurable snow at Frosty Frog Creamery 10% discount  
 2" of measurable snow at Frosty Frog Creamery = 15% discount  
 3" or more of measurable snow at Frosty Frog = 20% discount

This coupon is only valid until January 31 and only on the day following a measurable snowfall. Cannot be combined with other offers or coupons and has no cash value.



Platinum Plate Award '08,'09,'10

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My East Canton Magazine



**Laughter is the  
BEST Medicine**



## Southern Style Justice...



In a trial in the heart of the South, a prosecuting attorney called his first witness, a grandmotherly woman he had known since childhood, to the stand.

He approached her and asked, "Mrs. Whitaker, do you know me?"

She responded, "Why, yes, I do know you, Mr. Coolidge. I've known you since you were a young boy, and frankly, you've been a big disappointment to me. You lie, cheat, you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you never will amount to anything more than a two-bit lawyer. Yes, I know you."

The lawyer was stunned! Not knowing what else to do, he pointed across the room and asked, "Mrs. Whitaker, do you know the defense attorney?"

She again replied, "Of course, I do. I've known Mr. Johnson since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone and his law practice is one of the worst in the entire state. Yes, I know him."





The defense attorney turned red with embarrassment.

The judge upon hearing the questions and answers thus far asked both counselors to approach the bench. In a very quiet voice he said, "If either of you asks her if she knows me, I'll throw you in jail for contempt."

**"A house is not a home unless it contains food and fire for the mind as well as the body."** — Benjamin Franklin: was a Founding Father of the

United States

## January 2012 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>New Years Day</b>	2	3 Fruitcake Toss Day 	4	5 National Bird Day 	6	7
8 Elvis Presley's Birthday 1935 	9	10	11 <b>International THANK YOU day!</b>	12	13	14
15 1 <sup>st</sup> Supper Bowl was played in 1967. Green Bay (35) d Kansas City (10)	16 Martin Luther King, Jr. Day	17	18	19	20	21 National Hugging Day
22	23 National PIE Day	24	25	26 Spouses Day 	27 Fun at Work Day.	28
29	30	31				



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