



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 3, Issue 6 – June 2009

## Welcome!

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

**June is bustin' out all over!** And, the "Frog" is getting ready for a great summer season! We will start things off with our **CHRISTMAS IN JULY** promotion! If you played this game with us last year, you will find that we changed it a little bit...instead of envelopes, we will be doing this year as a scratch off! Collect as many 'Christmas in July coupons' as you can during **JUNE** and get ready to redeem them during **JULY** for terrific prizes and discounts!

**Father's Day is June 21<sup>st</sup>**, we will be having some fun with **DUCT TAPE** beginning on Monday June 15<sup>th</sup>, and concluding on Saturday June 27<sup>th</sup>. See page 3 for the details!

June is **NATIONAL TURKEY LOVERS MONTH!** We must be really searching for things to celebrate ☺, but look on page 2 for a **VALUABLE COUPON ONLY FOR READERS OF THIS NEWSLETTER!**

Are there any **UFO buffs** out there? If you delight in aliens or flying saucers or visiting Roswell New Mexico, then June 24<sup>th</sup> is your kind of day! The first documented UFO sighting occurred on this day in 1947 near Washington's Cascade Mountains.

One of the world's greatest inventions - introduced on June 29, 1964 - the **REMOTE CONTROL** – how did we get along with out it? All of us probably need to lay the remote down and get more exercise – see page 3 for tips on exercising safely!

We are on the way to having a wonderful summer season with all of our terrific guests. Watch the web site and your monthly newsletter for coupons, discounts, and other offers to put more fun into summer!

If you haven't checked out our newly remodeled web site, please take a few minutes and do so! [www.frostyfrogcreamery.com](http://www.frostyfrogcreamery.com)

As always, we want to know what **YOU** our terrific guests and friends have to say about everything that we do...If you have comments you can tell us directly, email us at [frostyfrog@frostyfrogcreamery.com](mailto:frostyfrog@frostyfrogcreamery.com), go on line to [www.kudzu.com](http://www.kudzu.com), [www.cantongeorgiadirectory.com](http://www.cantongeorgiadirectory.com), or [www.citysearch.com](http://www.citysearch.com), search for Frosty Frog Creamery, and tell the world! Thank you for allowing us to serve YOU!

Frank & Glenda Cole



### Four Generations of Ice Cream Lovers!

Several times each year we have the pleasure of seeing **Dick and Mary Andrews** while they are in the area visiting family. Dick and Mary live in Broomfield, Colorado. The Andrews' daughter, **Jan Dmytrowitz** (Woodstock), along with her daughter, **Heather Massey** (Canton), and Heather's sons **Owen and Cole** are pictured here after having enjoyed their Frosty Frog Ice Cream treats!

Dick worked in an ice cream manufacturing facility for many years in Colorado prior to retirement, and has never tired of eating good ice cream! Mary's favorite is Black Walnut, and we will have it ready for her when they visit next time!



## Fly Old Glory with pride on Flag Day

President Woodrow Wilson proclaimed June 14th Flag Day in 1916, commemorating the adoption of the Stars and Stripes by the Second Continental Congress on that day in 1777.

The idea of setting aside a special day to celebrate the U.S. flag wasn't a new thought. One of the earliest observances of Flag Day occurred in Hartford, Conn., in 1861, at the suggestion of George Morris, to pray for the preservation of the Union at the beginning of the Civil War.

In 1885, a Wisconsin schoolteacher named Bernard J. Cigrand held a formal observance of what he called "Flag Birthday" at his school. Cigrand went on to become a passionate promoter of Flag Day, delivering more than 2,000 speeches on the subject, and is generally considered to be the "Father of Flag Day."

In 1914, Secretary of the Interior Franklin K. Lane delivered a Flag Day speech in which he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." In 1949, President Harry Truman signed an act of Congress formally establishing June 14th as National Flag Day.



Platinum Plate Award '08,'09

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

**"Always a Generous Portion – Always Delicious Taste!"**



Around Town  
Canton Magazine

## How to \$AVE Money on your Summer Vacation!

Planning your vacation? Even if you're not staying in luxury hotels and renting limousines, you may feel like you need a bank loan—or a bank robbery—to finance your trip. Here are some smart ideas for saving money and still have a good time:

- **Research your destination thoroughly.** The Internet, and a good guidebook, can help you find inexpensive hotels and restaurants. You may also discover free or inexpensive attractions, and find out whether museums, parks, and other attractions offer reduced admission on certain days.
- **Stay outside the city.** You're going to New York, but you don't have to sleep there. Often you'll find better hotel rates and cheaper restaurants a few miles outside city limits.
- **Go to the grocery store.** Avoid the overpriced hotel gift shops for snacks and drinks. You should be able to find a local grocery store where you can buy cheaper (and healthier) supplies for your travels.
- **Drive efficiently.** Before an extended trip, check your engine oil, air filters, and other components as these can affect your vehicle's performance. On the highway, keep your speed between 50 mph and 60 mph for the best fuel-efficiency. Don't use drive-through windows at fast-food restaurants; idling your car while waiting for your food wastes gas and pollutes the air.

## Bright Skies Ahead for SOLAR POWER?

We're scanning the sky in search of clean energy sources. What's new:

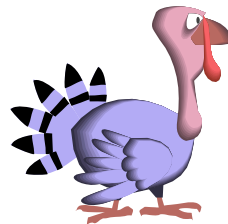
- **Solar panels.** A new anti-reflective coating may be able to increase the efficiency of solar panels by allowing them to absorb sunlight from almost any angle. The Future Chips Constellation at the Rensselaer Polytechnic Institute says its new nano-engineered coating will increase light absorption from about two-thirds to better than 96 percent.
- **Solar cells.** German scientists at the Fraunhofer Institute of Solar Energy Systems say they've developed a solar cell able to produce 41.1 percent efficiency, the highest level to date. The cells are likely to be used for solar power plants when they become commercially available.
- **Solar costs.** The cost of solar power will drop from about \$2.60/watt to approximately \$1.44/watt by the year 2013, according to some experts. That will make it competitive with the cost of energy produced by coal.

## A brief history of honoring Dad

The "mother" of Father's Day was Sonora Smart Dodd, according to many historians. The daughter of a widowed Civil War veteran who had raised her on his own, Dodd came up with the idea when listening to a Mother's Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Wash., and began a campaign for an official celebration thereafter.

Initially the idea of Father's Day was met with skepticism. But in 1919, President Calvin Coolidge expressed support for the holiday, and in 1926 a National Father's Day Committee was formed in New York City to join the campaign. In 1966 President Lyndon Johnson signed a proclamation designating the third Sunday in June as Father's Day, but it wasn't until 1972 that President Richard Nixon officially recognized it as a national holiday.

The official flower of Father's Day is the rose: red for fathers who are still living, and white for fathers who have passed away.



## NOW WE ARE TALKING TURKEY!

At Frosty Frog Creamery & Cafe

Present this coupon **ANYTIME** during June when ordering **ANYTHING** from our menu that contains **TURKEY**, and you will receive **\$1.00 OFF** the Check!

*Who comes up with these National Months anyway???*  
*We may as well have fun with it!!*

SORRY, NOT VALID WITH OTHER COUPONS OR OFFERS!

## In Next Month's Issue –

- Christmas in July **REDEMPTION** begins!
- July is **NATIONAL ICE CREAM MONTH** – Frosty Frog will be having weekly **ICE CREAM SPECIALS!**

## Origins of Culinary Terms - Here are some interesting origins of common food terms:

**Éclair** — this cream-filled pastry gets its name from the French word for "lightning." Not because the log-shaped desserts look like lightning bolts but because people often eat them lightning fast.

**Lima bean** — these beans were first cultivated hundreds of years ago in Peru. They get their name from that country's capital city.

**Restaurant** — originally, this word referred to hearty soups, which got their name from the French verb "to restore." In time, it was used to denote the shops that sold these soups and eventually to eating establishments in general.

**Pasta** — this comes from the Greek verb "passein," meaning "to sprinkle or strew" as one would sprinkle pasta into boiling water to cook it.

**Whisk** — this cooking utensil gets its name from an old German word for "twig."



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## How to Take a Relaxing Road Trip with Kids

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.

## Attention All DADS FREE



### Duct Tape on Father's Day!! Can you add to our Top Ten uses for Duct Tape?

- Fix broken tail light on vehicle.
- Reattach rear view mirror.
- Band-Aid for really big cuts.
- Taping annoying people to walls, floor, ceiling, or bed.
- Holding together computer cases.
- Hold up exhaust pipe (doesn't last very long).
- Wrapped around newspaper to make a dog chew toy.
- Putting up Christmas lights (easy removal).
- Add several layers to your car's bumpers for a much safer ride.

Now you tell me what do men use more than duct tape?

So bring in your favorite man, add an idea to our list and we will give Dad a **FREE** roll of duct tape beginning Monday June 15<sup>th</sup> thru Saturday June 27<sup>th</sup>! Have a Happy Father's Day!!



**Membership is FREE!**  
A Guaranteed Return  
On Every Investment!

**Ask About our Royalty Rewards Program Today!**

You get the best out of others when you give the best of yourself.

- Harvey Firestone



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## Exercising Without Risk

Too often we're so eager to start getting into shape that we overdo it, exercising too hard and too fast. The American Council on Exercise offers these tips before you hit the gym:

- **Stretch sufficiently.** Not stretching before your workout is one of the biggest mistakes you can make. Stretching at least five minutes before you exercise can reduce stress in the muscles and help prevent injuries. And stretching afterward is every bit as important; it helps your muscles to recover.
- **Warm up.** Run around the block or the track a few times. A warm-up of five minutes or more will deliver needed blood and oxygen to your muscles.
- **Don't lift more weight than you can handle.** You're better off doing lighter weights correctly, and more consistently, than trying to lift heavy weights every once in a while.
- **Drink a lot of water.** Don't wait until you are thirsty or dehydrated. Drink it during the workout.

**"Tell me and I forget. Teach me and I remember. Involve me and I learn."**

- Benjamin Franklin: 18<sup>th</sup> century statesman, scientist, and writer

## 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 **SPECIFICALLY WHAT** and **WHERE** this is you win a **FREE dinner** on us, valued to **\$7.50**

What is it? \_\_\_\_\_

Where is it? \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_



# Laughter is the **The World's Smartest Dog...** **BEST Medicine**

As a butcher is shoeing a dog from his shop, he sees \$10 and a note in his mouth, reading: "10 lamb chops, please."











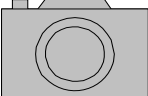
Amazed, he takes the money, puts a bag of chops in the dog's mouth, and quickly closes the shop. He follows the dog and watches him wait for a green light, look both ways, and trot across the road to a bus stop. The dog checks the timetable and sits on the bench. When a bus arrives, he walks around to the front and looks at the number, then boards the bus. The butcher follows, dumbstruck.

As the bus travels out into the suburbs, the dog takes in the scenery. After awhile he stands on his back paws to push the "stop" button, then the butcher follows him off.

The dog runs up to a house and drops his bag on the stoop. He goes back down the path, takes a big run, and throws himself -Whap!- against the door. He does this again and again. No answer. So he jumps on a wall, walks around the garden, beats his head against a window, jumps off, and waits at the front door. A big guy opens it and yells at the dog.

The butcher runs up screams at the guy: "What in the world are you doing? This dog's a genius!" The owner responds, "Genius? I don't think so. It's the second time this week he's forgotten his key!"

## June Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Hug Your Cat Day 	5	6
7 ICE CREAM first sold in USA, 5/7/1786 National Chocolate ice cream day	8 Best Friends Day 	9	10 Iced Tea Day 	11	12 Red Rose Day 	13
14 Flag Day 	15	16 Fresh Veggies Day	17	18 Go Fishing Day 	19	20 Ice Cream Soda Day 
21 Finally Summer Day FATHER'S DAY	22 National Chocolate Éclair Day	23 National Pink Day	24 Swim a Lap Day 	25	26 Forgiveness day National Chocolate Pudding Day	27
28	29 Camera Day 	30 Superman's Birthday	National TURKEY LOVERS Month National ICED TEA Month <i>Collect YOUR Christmas in JULY            Scratch off coupons during June!!!</i>			



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