



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 4, Issue 11 – November 2010

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

The recurring guest question for this month is: 'why the disposable foam trays? – they don't appear to be environmentally friendly.' Here is our reasoning for using them: First, they cost the same as the black foam plates we formally used. Secondly, using the foam tray eliminates the REUSED hard plastic trays that had to be washed and sanitized; thereby eliminating a potential germ carrying apparatus if not properly cleaned. Third, the foam trays take less table space. And, most importantly the carbon footprint of the foam tray is significantly less than the coated black plastic plates in terms of production and disposal. We are working on finding a recycler who can process these trays so that we are not just adding to the landfill problem.

We continually work to make ourselves 'greener' because the environment matters to all of us, and be more cost efficient so that we can deliver the highest quality products to you at an affordable price.

Thank YOU for being a friend and guest of Frosty Frog Creamery & Café!

## Weight Of Our GIANT Pumpkin REVEALED!



We hope you had some fun with the **GIANT PUMPKIN** in the dining room...well, at least 543 of you took the time to guess the weight and attempt to win a **FREE Dinner for 2 at Frosty Frog Creamery & Café and a Blockbuster \$10.00 Gift Certificate!**

543 guesses ranging from 15 ½ pounds to 1088 pounds Congratulations to our winner! **Monica Orrico, Woodstock, GA** with a correct guess of 111 pounds!

## How To Get ALL of Your Christmas Shopping Done By December 15th.

Sound too good to be true? The perfect gift for anybody of any age is Lunch or Dinner at Frosty Frog Creamery & Cafe—they are perfect because:

1. They always fit
2. The recipient can share them
3. They are never the wrong color, the wrong model, the wrong style, or the wrong anything!
4. They don't require batteries
5. They aren't loud, bright, or in any way annoying
6. They require very little wrapping
7. They do not require a trip to the mall
8. Everyone eats! And at Frosty Frog Creamery & Cafe, they do it in **STYLE!**

To help you along we have an unbelievable offer for you....



Buy:  in Gift Certificates



Get:  in Gift Certificates

# FREE!

This unbelievable offer will end on December 15<sup>th</sup>, so hurry in!

To order gift certificates you can call us at 770-704-9340 and we will have YOUR gift certificates ready for you...we will even mail them to you if you prefer!

**Happy Holidays, and won't it feel GREAT to have your shopping DONE!?**



Platinum Plate Award '08,'09

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

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

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



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## Black FRIDAY Buy One Get One FREE!

In honor of Black Friday, the busiest shopping day of the year, we are giving you a FREE COFFEE.\*



So just cut out and bring in this certificate when you come in to relax with a friend after an early morning filled with long lines, chaos, and not enough coffee!

\* With purchase of a coffee drink of equal or greater value. Not valid with other offers or discounts. Offer valid the day after Thanksgiving only.

## 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 **\$7.99**

Answer: \_\_\_\_\_

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

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

City, State, Zip: \_\_\_\_\_

Telephone NO: \_\_\_\_\_

(Congratulations to our winners for the October  
Where in the world! **Barbara Dietler, Lori Budwitz**, both from Canton! Answer:  
the Dancing House, Prague, Czech Republic)

## Does Coffee Increase Your Brain Power?

The caffeine in coffee blocks a brain chemical called adenosine, which prompts feelings of drowsiness. Ordinarily, brain cells release adenosine when they're overworked. Brain cells need to take a break sometimes, (just like any other cell in our bodies). Adenosine is released to calm the activity of your brain cells, and give the cells some down time. By blocking the release of adenosine, coffee gives the impression that it can increase your brainpower just when you need it. In a world filled with expensive supplements claiming to boost memory and intelligence, you can find it reassuring to know that you can save some money and increase your brainpower naturally, by drinking a caffeinated beverage that has been around for years...coffee.

"The cave you fear to enter holds the treasure you seek." – **Joseph Campbell**, mythologist, author, lecturer

## S'mores!!!

What FUN!



Where else can you go and have a Campfire at your table? They are entertaining and DELICIOUS!

S'mores for four - \$7.99

## How November Got its Name

November got its name from the Latin "novembris mensis," meaning "ninth month." Plutarch, a first-century Greek biographer and historian, attributed the change to the eleventh month to Numa Pompilius, a Roman king. "Many will say that it was Numa who added the two months of Januarius and Februarius, for in the beginning they had a year of ten months." Numa supposedly also shortened November to 29 days; Julius Caesar returned it to 30 days.

## Coupon Amnesty Week!

November 14 – November 20

It is time once again to find all of those **EXPIRED** coupons and offers from Frosty Frog Creamery & Café. They have been given a **NEW LIFE!** Any coupon or offer that we have **EVER** made available to you is once again **VALID** but **ONLY** during the week of November 14 – 20!!



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# Eat Right For the Holidays!

**Ditch Full-Fat Dairy-** Consuming a lot of regular dairy products ups your fat- and calorie-intake exponentially. Consider healthier substitutions in recipes whenever possible, such as replacing sour cream with plain yogurt (which can save over 150 calories per half-cup). Try reduced-fat cheese products (My pick: Laughing Cow wedges) for appetizers. And, serving a glass of fat-free milk with Santa's cookies instead of whole milk will save the big guy about 70 calories.

**Turkey is Tops-** The good news about healthy eating during the holidays? Turkey is one of the leanest types of meat. Stick to broiling, stewing, or baking as preparation methods; cook using a rack so the fat will drip away from the meat. (Frying turkeys may be popular these days, but doing so turns that healthy turkey into a dieting don't.) As a rule of thumb, try to always eat white meat poultry, which is leaner than dark meat (such as choose chicken breast slices over a drumstick). When selecting other types of meats, buy leaner cuts whenever possible.

**Have a Game Plan-** Avoid the high-calorie items typically offered at holiday get-togethers, such as high-fat appetizers, processed meats (such as cocktail sausages), fried foods, cream-based soups, heavy casseroles, and desserts. Plan to fill up on lighter fare, such as lean meat, grains, fruit, and veggies. Prepare and bring a healthy dish so you, and other weight-conscious guests, will have an alternative if the host's offerings aren't so diet-friendly.

**Don't Go Hungry-** Arriving at a party with a growling tummy is a sure-fire way to make the wrong choices and overeat without even realizing it. Never "save up" your calories during the day by not eating; it will only backfire and cause you to eat more in the end. Have a smart snack, such as a small apple with a teaspoon of peanut butter, before you leave the house. You'll still be hungry enough to enjoy the holiday foods, but not *so* hungry that you overdo it.



## Stuffing or Dressing?

The term *stuffing* first appears in English print in 1538. After 1880, it seems the term *stuffing* did not appeal to the Victorian upper crust, who began referring to it as *dressing*. Nowadays, the terms stuffing and dressing are used interchangeably, with *stuffing* being the term of preference in the South and East portions of the United States.



## PIE TRIVIA

According to the American Pie Council:

- One out of four Americans prefer apple pie, followed by pumpkin or sweet potato (17%), anything chocolate (14%), lemon meringue (11%) and cherry (10%)
- Nearly twice as many people prefer their pie unadorned as those who like it "a la mode" with either ice cream or whipped cream topping
- Three out of four Americans overwhelmingly prefer homemade pie, while 13 percent enjoy pie from a bakery or pastry shop – only one percent said they head to the diner for their favorite slice

"Not everything that can be counted counts, and not everything that counts can be counted."

- Albert Einstein (1879-1955)



Check us out on  
Facebook and Twitter..  
Frosty Frog Creamery is  
connected!  
(475+ FB fans and growing!)

Having a Party? Or a Meeting?  
Do you need a place for your event?

WE CAN HELP!

Our special events room is available to rent for parties, meetings, showers, etc.

Frosty Frog Creamery can meet your catering needs for your event from cake and ice cream to meals, coffee, desserts...you name it...we can and want to help! Talk to us today about your upcoming event!

Call 770-704-9340 ask for Glenda!

## Thanks for the Kind Words....

*"I placed my order to go. I also purchased a 1/2 pint of the chicken salad and wonderfully delicious cheese spread. My order came quickly, and I was on my way. My husband devoured half of the 1/2 pint of cheese spread once I got home with it...next time I'll have to get a pint! Your chicken salad rocks...I never order anything else...!"* – Cheryle Ternes, Canton

*"Everyone is SO nice. It's always a pleasure to visit Frosty Frog!!"* – Carol Manous, Canton



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'08, '09, '10

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# Laughter is the **BEST** Medicine

## Doggone Brilliant!

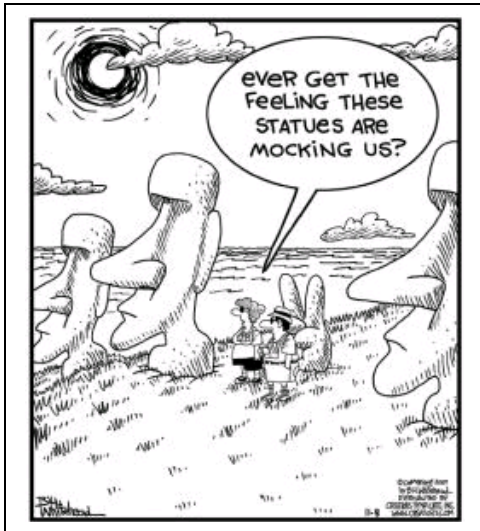
A wealthy man decided to go on a safari in Africa. He took his faithful pet dachshund along for company. One day, the dachshund starts chasing butterflies and before long the dachshund discovers that he is lost.

So, wandering about, he notices a leopard heading rapidly in his direction with the obvious intention of having him for lunch. The dachshund thinks, "OK, I'm in deep trouble now!" Then he noticed some bones on the ground close by, and immediately settles down to chew on the bones with his back to the approaching cat. Just as the leopard is about to leap, the dachshund exclaims loudly, "Boy, that was one delicious leopard. I wonder if there are any more around here." Hearing this, the leopard halts his attack in mid-stride, as a look of terror comes over him, and slinks away into the trees. "Whew," says the leopard. "That was close. That dachshund nearly had me." Meanwhile, a monkey, who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the leopard. So, off he goes.



But the dachshund saw him heading after the leopard with great speed, and figured that something must be up.

The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard. The leopard is furious at being made a fool of and says, "Here monkey, hop on my back and see what's going to happen to that conniving canine." Now the dachshund sees the leopard coming with the monkey on his back, and thinks, "What am I going to do now?" But instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet ... and, just when they get close enough to hear, the dachshund says.....

"Where's that darn monkey? Sent him off half an hour ago to bring me another leopard."



## November Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Deviled Egg Day	3	4 National Candy Day 	5	6	7 Book Lovers Day 
8 The day the X-ray was discovered in 1895.	9	10 Sesame Street Debuted In 1969.	11 Veterans Day 	12	13 Sadie Hawkins Day	14
15 America Recycles Day	16	17 Homemade Bread Day 	18	19	20 Beautiful Day	21 World Hello Day 
22	23 National Cashew Day	24	25	26 Thanksgiving 	27 Black Friday 	28 Mark Twain's Birthday Born in 1835 - his real name is Samuel Clemmens.
29 King Tut's Tomb Opened In 1922.	30	31				



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