



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 10 – October 2009

## Welcome!

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



September was fun! **CASH FOR CLUCKERS**, and **BINGO** were great fun for everyone...even those who did not take advantage of the discounts left with a smile! The **CASH FOR CLUCKERS** bonus drawing was held on September 30<sup>th</sup> at closing time and **Robin Vanderlip** of Canton **WON \$50.00 in Gift Certificates!**

No winners in our blog-a-thon, several have registered as users, but...we haven't had anyone try their hand yet...we sure would like to hear from some of you...there are **FREE dinners for two** waiting!

We fully understand the current economic situation and how it is affecting many of you because it is affecting us as well. We are trying to cut costs on every front without sacrificing service and quality, and making as many special offers to you as we can. We want to thank all of you who have continued to patronize Frosty Frog Creamery and let you know that we truly do **LOVE OUR FABULOUS CUSTOMERS AND GUESTS!** You may notice a few price adjustments in our menu, and unfortunately most of the adjustments are up...with a few downs scattered throughout. These adjustments are being made due to huge increases in some of our raw goods (with the downs where we have actually had a reduction in costs!). We hope you understand.

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: [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*

## Join the Frosty Frog Creamery BLOG - A-THON!

### What is a BLOG?

A blog—shorthand for "Web log"—is an online collection of personal commentary and links. Blogs can be viewed as online journals to which others can respond that are as simple to use as e-mail. The simplicity of creating and maintaining blogs means they can rapidly lead to open discussions. A good way to share our thoughts.

### Why BLOG?

We would LOVE to have our guests using the 'FROG BLOG' on our web site as a vehicle to comment on their Frosty Frog Creamery & Café experiences, suggestions for menu items, ice cream flavors, parties, vacations, etc.. It's easy, and it's fun! Log onto the internet, go to [www.frostyfrogcreamery.com/frank/](http://www.frostyfrogcreamery.com/frank/) and register in the sign up block on the right hand side of the page. After you get your confirmation email for your password, the blogging experience can begin in the comments section following our Frosty Frog Creamery & Café entries!

### What's in it for ME?

We are looking for comments about the Frosty Frog experience, good stories about our guests, and suggestions for new menu items, ice cream flavors, etc.

**During August, September, and October, we will be awarding the**

**BEST 'FROG BLOGGER' of the MONTH**  
dinner for two at the Frosty Frog Creamery & Café!  
(there may be multiple winners! ☺)

Get those creative thoughts together, limber up your typing fingers, and blog-away! Have fun, and good luck!

## WHAT HAPPENED TO WHOLESOME TV PROGRAMMING?

Somewhere along the timeline, television executives and the public in general let those programs that EVERYONE in the family could enjoy fade into the past. Long gone are the days when we could gather the family around the TV after dinner in the evening and watch a program that was just good clean fun, contained no violence, no foul language, and if there was ever a disagreement it was amicably settled with love and respect for everyone involved.

Well, we think its time to BRING BACK some of this programming to Hickory Flat...for a couple of weeks anyway. Frosty Frog Creamery & Café will be celebrating the premiers of **The Andy Griffith Show** that premiered in 1960, and the **"I Love Lucy"** show premiering in 1951. These programs don't boast the special effects of today's programming but here is more fun in each episode than there is in a whole year of almost anything on TV today!

**Andy Griffith Week:** October 2 thru October 8 - Watch season ONE in the Special Events Room 11:00 a.m. until 3:00 p.m. daily! (Watch for Barney to receive his one and only bullet!)

**"I Love Lucy" Week:** October 12 thru October 17 - Watch season ONE in the Special Events Room 11:00 a.m. until 3:00 p.m. daily!

**Join us for Lunch, and watch as many episodes as you want to – ADMISSION IS FREE!**



Platinum Plate Award '08,'09

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**Frosty Frog Creamery & Café**

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

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



Around Town  
Canton Magazine

# 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.

# New sources have bio-fuels on the rise

The next generation of bio-fuels may come from grass and sawdust. Whereas current bio-fuels are generally derived from feed-stocks such as corn and soybeans, available farmland can't provide enough fuel for more than about 10 percent of the demand. Diverting feed-stocks to bio-fuel production also drives up prices.

But so-called second generation bio-fuels can be processed from such sources as sawdust and other construction debris, cornstalks, wheat straw, and certain kinds of grass and woody materials that are cheaper and don't have to be grown on traditional farmland. Some fuel sources can even decontaminate soil affected by pollution from wastewater or heavy metals.

The U.S. can probably produce enough fuel from these sources to provide close to half the current consumption of gasoline and diesel fuel in a year.

# 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 shade.

# Riverfest got really WET!

The 25<sup>th</sup> annual Riverfest was held at Cherokee High School's parking lot on Sept. 26 & 27...and it RAINED so hard on the 26<sup>th</sup> that the Canton Police Dept. closed the event for public safety because of the intense lightening that was coming toward Canton...Sunday was much better weather and the crowds came out.

Frosty Frog Creamery & Café was there serving our delicious ice cream, but we met with a little difficulty...our tent was destroyed by the rain storm Saturday afternoon! Being resilient, we overcame with an umbrella for the cart and served on! I think we need a new tent!



Crushed by the rain!



Reopened and ready to serve!

# Kids EAT FREE!\*

# Monday & Tuesday

5:00 p.m. til closing

On Monday and Tuesday nights with every adult entrée and drink purchased, you will get one **FREE** kid's meal.

**\*Mom + Dad = two kids eating FREE!**

"How you spend your time is more important than how you spend your money. Money mistakes can be corrected, but time is gone forever."

—David B. Norris



# DO YOU KNOW the answers?

1. The smallest breed of horse is only 32 inches tall when fully grown. **True or False**
2. Each day, a clock ticks off 86,400 seconds. **True or False**
3. Skyscrapers are built to sway as much as three feet in strong winds (otherwise they'd break). **True or False**
4. Your heart is about the size of your fist. **True or False**
5. A giraffe has the same number of bones in its neck as a human. **True or False**

(Answers on page 4)



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**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.

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

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

City \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: \_\_\_\_\_

Answer to September's 'Where in the World':  
Lvov city in Ukraine, multi-story residential building



**Congratulations September  
Winner: Terry Barnett, Canton, GA**



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

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

During 2008, our members earned in excess of  
**\$7500.00 in FREE food!** Over 1000 FREE  
Birthday meals given to members, and Special  
Discounts throughout the year! Don't wait any  
longer – **JOIN TODAY** and begin earning **YOUR  
FREE FOOD with your next visit!**

Life is a great big canvas, and you should throw  
all the paint on it you can.

—Danny Kaye

## Oranges for Healthy Lungs

A joint Canadian-American study from KGK Synergize, a Canadian research and development firm, and the U.S. Department of Agriculture, showed that substances in citrus juices called flavonoids may help prevent prostate cancer, lung cancer, and melanoma. A flavonoid found in tangerines and oranges effectively inhibited human lung cancer cells in laboratory studies. Just another reason to eat citrus fruits, which are also a great source of vitamin C, potassium, and folate.

## 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.

## 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.

## Halloween History

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.



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Around Town  
Canton Magazine



Laughter is the  
**BEST** Medicine

# WiFi is FREE at Frosty Frog!



**An engineer was crossing a road one day** when a frog called out to him and said, "If you kiss me, I'll turn into a beautiful princess."



He bent over, picked up the frog and put it in his pocket.











The frog spoke up again and said, "If you kiss me and turn me back into a beautiful princess, I will stay with you for one week." The engineer took the frog out of his pocket, smiled at it and returned it to the pocket.

The frog then cried out, "If you kiss me and turn me back into a princess, I'll stay with you and do ANYTHING you want." Again the engineer took the frog out, smiled at it and put it back into his pocket.

Finally, the frog asked, "What is the matter? I've told you I'm a beautiful princess, that I'll stay with you for a week and do anything you want. Why won't you kiss me?" The engineer said, "Look I'm an engineer. I don't have time for a girlfriend, but a talking frog, now that's cool."

## October Calendar of Events

Answers to Do you know? All True

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Andy Griffith Week:</b> October 1 thru October 8 - Watch season ONE in the Special Events Room 11:00 am til 3:00 pm daily! <b>"I Love Lucy" Week:</b> October 12 thru October 17 - Watch season ONE in the Special Events Room 11:00 am til 3:00 pm daily!				1 World Vegetarian Day	2	3 1960: The Andy Griffith Show premiers on TV
4 National Golf Day 	5	6 Mad Hatters Day 	7	8	9 Fire Prevention Day 	10
11	12 Columbus Day 	13	14 National Dessert Day 	15 1951: "I Love Lucy" premiers on TV	16 Bosses Day 	17 Sweetest Day 
18	19 The Revolutionary War ended. (1781)	20	21 National Pumpkin Cheesecake Day 	22	23	24 The United Nations came into existence. (1945)
25 World Pasta Day 	26 The Erie Canal opens. (1825)	27	28 France presented the U.S. with the statute of Liberty. (1886)	29	30	31 Happy Halloween 



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