



Frosty Frog Creamery & Café's

Hickory Flat Times

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

www.frostyfrogcreamery.com

Volume 4, Issue 10 – October 2010

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

Cooler weather has arrived in Hickory Flat! Fall is here, High School football on Friday evenings, College football on Saturday, the north Georgia Apple crop is coming in, Fall festivals are everywhere, and everyone seems to be in better spirits! We love this time of the year!

We traveled to Dawsonville during the last week of September and bought a **huge pumpkin** at Burt's Farm for the restaurant, and thoroughly enjoyed the ride in the cool morning air. You will notice in the body of this newsletter that we want you to enjoy the giant pumpkin as well, and we have created a contest to help you do just that! We also went to Ellijay to stock up on apples for the **Apple Pies** that we bake during the fall every year to serve at the "Frog"...the smells in the kitchen when the oven is full of pies is absolutely amazing! If you like apple pie the way I do, you have to come in for a slice! (A Scoop of Brown Sugar Cinnamon ice cream completes this little bit of heaven ☺!)

There will be a number of changes to our seasonal menu offerings taking place in October...the Summer Salad will no longer be offered, but a **NEW AUTUMN SALAD** will! **DONUTS** will be available every morning except Sunday to pair with your morning coffee! We will be increasing the daily soup offerings from two to three. Warm desserts like Apple Blossoms will be available. Watch for more **HOT** sandwiches to be on the menu. The **FUDGE** case will have more flavors available, including sugar free – its all made in our kitchen!

Enjoy the season, and let us know how we can make the season better for you!

Frank & Glenda Cole

Guess the Weight Of Our GIANT Pumpkin!



We hope you noticed the **GIANT PUMPKIN** in the dining room...I mean it IS really big and I can't even get my arms around it. It was grown locally, right here in Georgia...at Burt's Farm near Dawsonville. You should have seen us trying to get it in here without any damage! But, it has arrived safe and sound and now it's your turn to be put to work!...To win a **FREE Dinner for 2 at Frosty Frog Creamery & Café** and a **Blockbuster \$10.00 Gift Certificate** ...you need to guess the weight. **Whoever is closest, WINS!** Check out the pumpkin next time you are in, you won't believe your eyes!

Contest Ends: October 31, 2010



HAPPY HALLOWEEN

Dine With Us Wearing Your Halloween Costume and You'll Be Entered To WIN!

CREEPY...CUTE...Precious...Funny

Costumes come in all shapes, colors, and styles. Many of us have a fond memory of our costumes as a child. And every parent wishes they can get more use out of the costume than just ONE night! We aim to please!

Take the time to spend some quality family time with your kids at Frosty Frog Creamery & Cafe, and be entered to WIN a Gift Card!

Bring in this certificate when you dine with us October 1-31st, 2010 and you'll be entered in a drawing to win a \$25 Gift Card

Drawing will be held November 1, 2010. Each time you dine = 1 entry. Enter as often as you'd like!

Name: _____

Telephone: _____

RR No. 0101-6310-_____-_____



Platinum Plate Award '08,'09

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!"



Around Town
Canton Magazine



Donuts!

We have added Donuts to our pastry case! These delicious treats will be available EVERY morning, and when they are gone for the day...well, they are gone until the next morning! (We will be preparing them fresh every morning!) If you want two dozen or more for your office, meeting, school, etc., please call and order the day before so we can have them ready when you arrive!



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 September Where in the world! Rebecca Arledge, Lori Budwitz, and Carol McArthur – all from Canton! Answer: Upside Down House, Szymbark, Poland)

Nuts and your heart: Eating nuts for heart health

Eating nuts as part of a healthy diet can be good for your heart. Nuts, which contain unsaturated fatty acids and other nutrients, are a great snack food for many reasons. They're inexpensive, easy to store, and easy to take with you to work or school, they are a fast and convenient snack to grab on the go.

The type of nut you eat isn't that important, although some nuts have more heart-healthy nutrients and fats than others. Walnuts, almonds, hazelnuts, you name it, almost every type of nut has a lot of nutrition packed into a tiny package.

If you have heart disease, eating nuts instead of a less healthy snack can help you easily enjoy a more heart-healthy diet.



Candy Corn Fun Facts

Candy corn are small pieces of triangular candy made primarily from corn syrup, honey and sugar. It is usually fat-free, and is traditionally colored in a specific patten of 3 stripes, a white tip, an orange center stripe, and a yellow stripe at the widest end.

It has been remarkably popular in America for well over a century. The amount of these sweet kernels consumed in a single year is staggering. One candy company alone estimates it produces 4.3 billion, and that Americans eat about 8.3 billion kernels each year!



Ice Cream Cupcakes - \$1.99 ea.

A Frosty Frog Creamery 'perfect dessert'!
An Ice Cream Cake for one!

We want YOU to experience this wonderful dessert, so with this coupon, you can DEDUCT 15% from your total order when an Ice Cream Cupcake is part of that order.

But you have to hurry!!! This offer expires October 31, 2010

Not valid with other offers, coupons or promotions. Limit one coupon per customer per visit.



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Foods to Improve Your Mood

We've heard the expression "you are what you eat." So if you find yourself cranky, tired and even clinically depressed, you may be able to boost your mood by changing what you eat and when you eat. Nutritionist Joy Bauer explains how to do it.

If you find yourself cranky, irritable and quick to snap at friends, family and coworkers, a better eating plan may be just what you need! The following strategies will stabilize your blood sugars and hopefully level out your mood.

Strategies to control blood sugars

Eat every 4 to 5 hours: Eating consistently throughout the day provides your brain and body with a constant source of fuel. This 4-5 hour eating strategy can dramatically prevent dips in your blood sugar levels. Some people with diagnosed hypoglycemia may need to eat even more frequently (every 2-3 hours).

Limit refined carbohydrates to help lessen volatile blood sugar swings: Concentrated sources of sugar like soda, candy, fruit juice, jam and syrup can create radical spikes (and drops) in your blood sugar, which leaves you feeling cranky and tired. And although refined, white starch like white bread, crackers, bagels and rice do not naturally contain sugar compounds, they are metabolized into sugar very quickly and can often create the same effect.

Instead include high-quality carbohydrates, such as vegetables, fruit, beans, peas, lentils, brown and wild rice and oatmeal.

Incorporate soluble fiber: Foods rich in soluble fiber have the ability to slow down the absorption of sugar in your blood and therefore, potentially lessen blood sugar and mood swings. Incorporate oats, brown rice, barley, apples, pears, strawberries, oranges, sweet potatoes, carrots, peas and beans into your diet.

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.

Buy a Lily's Latte – FIGHT Breast Cancer!



Lily Chauvin

Lily Chauvin is raising funds for the Susan G. Komen walk for Breast Cancer Research. We have added her family's Latte recipe to our menu to help her with her fund raising. Try this delicious coffee, and **Frosty Frog Creamery** will donate \$1.00 from each Lily's Latte to the Susan G. Komen Fund in Lily's name.

To date we have sold 106 Lily's Lattes and from this we will donate \$106.00 to fight Breast Cancer... with your help we can raise MUCH MORE! Stop in and try a delicious Lily's Latte!

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon."

- **Doug Larson:** Newspaper columnist and humorist



Check us out on Facebook and Twitter.. Frosty Frog Creamery is connected!
(450+ 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....

"We had some friends coming over for dinner and I drove all the way from Towne Lake just to get cupcakes to have for dessert. They are THAT good!" – **Kelly Metka, Woodstock**

"On this visit I purchased a quart of Chicken Salad and a half pint of Cheese Spread. These two items are always requested by our college age daughter and her girlfriends at the horse shows they attend... This past Saturday I had a specific request from the girls to bring both of these items to the American Eventing Championships in Fairburn, GA. The girls aren't interested in seeing my husband and I...it's the chicken salad and cheese spread that they are after!!" – **Elizabeth Thomson, Canton**



Platinum Plate Award
'08, '09, '10

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Laughter is the **BEST** Medicine



Getting Married later in life...

Jacob, age 92, and Rebecca, age 89, are all excited about their decision to get married. They go for a stroll to discuss the wedding and on the way they pass a drugstore. Jacob suggests they go in. Jacob addresses the man behind the counter:



Jacob: "Are you the owner?" The pharmacist answers, "Yes".

Jacob: "Do you sell heart medication?"

Pharmacist: "Of course, we do."

Jacob: "How about medicine for circulation?" Pharmacist: "All kinds."

Jacob: "Medicine for rheumatism, scoliosis?" Pharmacist: "Definitely."

Jacob: "Medicine for memory problems, arthritis, jaundice?"

Pharmacist: "Yes, a large variety. The works."

Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jacob: "You sell wheelchairs and walkers?"

Pharmacist: "All speeds and sizes"

Jacob says to the pharmacist: "We're about to get married. We'd like to use this store as our Bridal Registry."

October Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy Halloween 				World Vegetarian Day	1 World Vegetarian Day	2
3	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	16 Bosses Day 
17	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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