



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 3, Issue 5 – May 2009

Welcome!

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

We had our first LIVE MUSIC concert at Frosty Frog on April 24th, featuring two contemporary Christian Music groups, **TRANSLUCENT** and **JUDE**. Both groups were very good, and the crowd really appreciated what they heard! The only place in Hickory Flat where you get Great Food, Good Music, and FREE entertainment is Frosty Frog Creamery & Café! We had such a good time with this event; we are making arrangements now for future performances by other groups and artists. We will keep you informed through email blasts and advertising in our restaurant. When we have these events, the music presented will always be suitable for all ages. Here are a few photos from this event...enjoy!



JUDE



TRANSLUCENT

May 11th will be the 7th anniversary of Frosty Frog Creamery & Café serving Hickory Flat the finest in gourmet ice cream, chicken salad, cheese spread, sandwiches, salads, quiche, soups, cakes, coffee, smoothies, desserts, and a whole lot of other wonderful comfort foods. We thank each and every one of you for your support, your comments and suggestions, and most of all for your friendship! We are looking forward to another year making more friends and seeing more smiling faces!

We are on the way to having a GREAT summer 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

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, go on line to www.kudzu.com, www.cantongeorgiadirectory.com, or www.citysearch.com, search for Frosty Frog Creamery, and tell the world! Thank you for allowing us to serve YOU!

Frank & Glenda Cole

7TH Anniversary Celebration!!

At:

Frosty Frog Creamery & Café

Invites you to enjoy a FREE slice of cake with your meal on Monday May 11th!
Thanks to YOU we have many more friends and another year of history!

(One slice of our celebration cake will be available for each meal purchased)

This coupon has no monetary value, and is valid ONLY on Monday May 11th, 2009.



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

Frosty Frog Creamery & Café

6199 Hickory Flat Highway Suite 138 – Canton, GA 30115 – 770-704-9333

“Always a Generous Portion – Always Delicious Taste!”



Around Town
Canton Magazine

Memorial Day

Each year on Memorial Day, the strains of "Taps," a haunting melody first heard in 1862, echo throughout the nation. According to officials at Arlington National Cemetery, "Taps" was composed by Civil War Brigadier General Daniel Butterfield of the Army of the Potomac, who disliked the "extinguish lights" tune used at the time. He summoned his bugler, Private Oliver Wilcox Norton, and whistled a new tune. After some work by both men, it was used for the first time that night. Buglers from nearby brigades copied the melody, and eventually it became the new lights-out call for the entire Army of the Potomac. In 1863 it was adopted by all of the Union Army and is now used by the Army, the National Guard, and veteran's organizations to signal the end of day and, at military funerals, to say goodbye to a fallen comrade.

Royalty Rewards Member Appreciation Survey

We have initiated a member appreciation survey that some of you may have received already! This survey is sent to members who dine with us, to help us understand more clearly what we can do to make your experiences at Frosty Frog Creamery & Café better. Everyone who dines with us will be part of the daily group that a random selection technique is used to choose who gets surveyed for that particular day. We will be changing the criteria for selection every couple of months so that we get a better cross section of opinions and responses. Thank you for participating, and for being a member of Royalty Rewards!

The Lowdown on Energy Bars

Energy bars may seem like a healthy alternative to candy bars, but many nutritional experts say that some brands — particularly the ones with chocolate — are high calorie. Compare calories and opt for a lower calorie bar with less than two grams of saturated fat and at least three grams of fiber.

What's Missing?

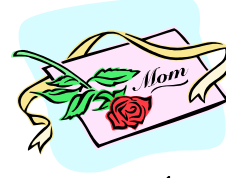
This is an unusual paragraph. I'm curious how quickly you can find out what is so unusual about it. It looks so plain you would think nothing was wrong with it. In fact, nothing is wrong with it! It is unusual though. Study it, and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching! (answer on page 4)



B12 for Bones

The Agricultural Research Service of the U.S. Department of Agriculture recently funded a study that links vitamin B12 deficiency with low bone-mineral density in both men and women. So, to avoid osteoporosis, get enough B12. The recommended dietary allowance is 2.4 micrograms per day for both men and women. Good sources of vitamin B12 include fish, liver, beef, pork, milk and cheese, as well as fortified cereals.

The Perfect Mother's Day Gift



Frosty Frog Creamery & Café's personalized gift certificates raced out of the door in December but we want you to remember that they are **available all year long** for any occasion.

The perfect gift for anyone, like say...your Mom, your Mother in Law, your kid's Mom... they can be used for lunch, dinner, takeout and delivery, coffee, desserts or anything else that we offer. Call 770-704-9333 and we will personalize any denomination for your special Mom (or pick one up at the register the next time that you are here!)

REMEMBERING HICKORY FLAT

Hickory Flat has a fascinating history. Unfortunately, it is mostly oral history that is being lost with the passing of time. If you have been a part of that history, we would like to share your memories.

Please write your memory...as brief or as long as you wish. Each month we will select a favorite memory and the writer will receive a special treat from

Frosty Frog Creamery & Café!

Each memory submitted will become part of a special book that will be displayed at the restaurant for all to read. Stories will be compiled by Lowell Lawson and Frank Cole:

Remembering Hickory Flat

GUIDELINES FOR WRITING

1. There are NO word limits.
2. Write in your own words.
3. Write as many and as often as you would like.
4. Please include your name, address, and telephone number so that we can discuss details with you (for accuracy).

If you have a memory or a story to tell, we sure would like to hear it! So far we have gotten just a few stories, and we know that there are many, many more out there! Share yours today!

Submit your completed memory to: Frosty Frog Creamery & Café
6205 Hickory Flat Hwy. Suite 112, Canton, GA 30115
Or, drop your written memory off at our restaurant!

14,000 Text Messages in 1 Month!

It may not be a world record, but one Orange County, CA, teenager reportedly sent and received more than 14,000 text messages in a month, according to her somewhat stunned father, a writer for the *Orange County Register*. (Fortunately for them, her family had unlimited text messaging as part of their cell phone plan.) The complete bill, available to the family online, was 400 pages long. The father's call to AT&T uncovered the fact that cell phone users in the 13-17 age bracket text more than any other age group. The average, according to a Nielsen survey, is about 1,700 texts a month.



Platinum Plate Award '08,'09

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Want to Burn 100 Calories?

You can burn an extra 100 calories just by performing these everyday things around the house:

- Climbing stairs for 15-20 minutes
- Doing housework for 20 minutes
- Gardening for 25-30 minutes
- Washing the car for 20-30 minutes
- Dancing for 20 minutes
- Walking for 15 minutes
- Skipping rope for 15 minutes

Start the Summer Right with Grilling Safety Tips

For many of us, Memorial Day weekend is prime time to grill burgers in the back yard (or shrimp at the beach, or bratwurst on the balcony, or whatever). Don't let your enjoyment turn into a trip to the emergency room. Safe grilling calls for preparation. Take some simple precautions:

- **Choose the right location.** Position your grill a safe distance away from home siding and deck railings, and out from under eaves or tree branches. Establish a three-foot safety zone to protect pets and children from burns.
- **Be prepared for emergencies.** Keep a spray bottle or a fire extinguisher within reach to prevent a flare-up from spreading. Clean out the bottom of your grill thoroughly after each use to get rid of grease that can build up quickly.
- **Handle food carefully.** You can reduce cooking time by preheating your food in the microwave, but be sure to start grilling it immediately. Keep a thermometer handy to check food temperatures (165° F is a good internal temperature for most meats, but check your cookbook to be certain). Don't place food on the same plate you used to carry it out to the grill— unless you wash it thoroughly with hot, soapy water—as it might otherwise retain dangerous bacteria. Use a clean platter to serve the finished meal.



Membership is FREE!
A Guaranteed Return
On Every Investment!

Ask About our Royalty Rewards Program Today!

Don't think you're on the right road just because it's a well-beaten path.

- Unknown

HELP FIND THE CURE FOR BREAST CANCER!

Saturday, May 2nd

Concert for the Cure – Family Fun

Day – Place: Hobgood Park Amphitheater, 6688 Bells Ferry Rd., Woodstock, GA 2:00 p.m. until 6:30 p.m. Net Proceeds benefit Breast Cancer research, education, screening and treatment through **Susan G. Komen for the Cure**. For more info or to purchase advanced tickets, contact: Karen Reeves at 770-595-9998, email: karenreeespt@yahoo.com or visit the website: www.the3day.org/goto/concertfortheCure



How to impress Mom

(Hint: Don't just buy a card)

Doesn't your mother deserve more than a generic greeting card on Mother's Day? Here are three ideas for a personal, thoughtful gift she'll treasure:

- **A photo album.** Fill it with photos that mean something to her: pictures of your family, pets, and places you've lived, as well as quotations, ticket stubs, postcards, etc.
- **A tribute video.** It doesn't have to be long or involved. Use your digital camera to record a sincere message. If you have the resources, mix in a montage of photos or her favorite songs.
- **A special class.** Enroll her in a seminar on something she loves or has always wanted to do but has never taken the time. Do some research so it's a really good fit. Give a gift that goes along with it: a sketch pad if you're signing her up for an art class, for example.
- **Lunch, Dinner and/or Dessert!** Bring Mom to eat at **Frosty Frog Creamery & Café**

Catering... Catering ... Catering...

Who is Catering Your Graduation Party?

Top 5 Reasons to Choose Us:

- You won't have to prepare the food, or desserts, or ice cream, we will do it for you. Just enjoy the party.
- We'll offer you an opportunity to taste the menu prior to booking the party
- We guarantee that the food will be fresh and delicious, and will be a real crowd pleaser.
- If you need a place for the party, we can furnish a private dining room that can seat up to 35 guests.
- We'll let you take all the credit and offer you a thank-you of a **FREE** dinner for two just as a token of our appreciation.

Just dial 770-704-9333 and ask to speak to Glenda



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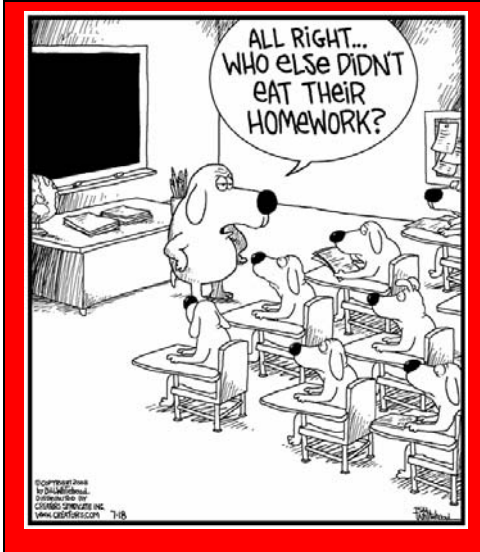
Around Town
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Laughter is the BEST Medicine

EXCUSES FOR SPEEDING – If YOU were the Officer could you keep a straight face? Kitsap County, Washington, had begun to crack down on speeding motorists. Here's a list of some answers they received when they asked the drivers why they were speeding:

- My gas pedal got stuck.
- Don't I get a couple miles per hour over when I'm taking my grandchildren to the airport?
- I didn't know I was speeding because my lights were off.
- My speedometer is broken.
- I had a bee in my car.
- I've been drinking and I wanted to get off the road quickly.
- I am driving my friend to the hospital. He has alcohol poisoning. (The driver was also found to be intoxicated.)
- (After crashing) I put high test gas in my car and it caused me to lose control. (He was also found to be intoxicated.)
- I'm trying to catch that UFO. Will you try to catch it for me?
- I get 10 extra miles per hour in the fast lane.
- I'm wearing shoes that are really heavy and they make the gas pedal go down more.
- My doctor gave me the wrong medication.
- I'm headed to a divorce proceeding and if you met her, sir, you would understand why I'm in a hurry.
- I just got my license back after having it suspended and I'm not used to driving.



May Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 CINCO DE MAYO 	6	7	8 No Socks Day 	9
10 MOTHERS DAY 	11 Frosty Frog Creamery & Café opened for business in 2002	12	13 Tulip Day 	14	15	16
17 Armed Forces Day 	18	19	20	21	22	23
24	25 MEMORIAL DAY 	26	27	28	29 JFK was born in 1917 	30
31			<div style="border: 1px solid black; padding: 5px;"> <p>What's Missing? There are no e's used. E is the most common vowel in the English language!</p> </div>			



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