

ADMINISTRATIVE STAFF

LINDA JOHNSON

Executive Director
LJohnson@NorthStarSL.com

JULIE DIDION

Community Relations Director
JDidion@NorthStarSL.com

KRYSTAL ADKINS

Resident Care Coordinator
KAdkins@NorthStarSL.com

JENNIFER DAZELL

Business Office Manager
JDazell@NorthStarSL.com

JODI KIMBALL

Activity Director
JKimball@NorthStarSL.com

KILEY CULKOWSKI

Dining Room Manager
KCulkowski@NorthStarSL.com

ELLEN MATTESON

Housekeeping

PETE MOLINA

Maintenance



Americans consume about 23 gallons of ice cream each year, on average. As the summer reaches peak temperatures in July, Americans celebrate National Ice Cream Month as a way to cool off and enjoy the nation's favorite frozen treat with friends and family. Ice cream has historically been a key feature of American communities. According to International Dairy Foods Association, most ice cream companies are family owned and have been in operation for more than 50 years! Here's more sweet news: Ice cream companies help support the U.S. economy, contributing more than \$13.1 billion directly to the national economy and supporting more than 28,800 direct jobs that generate \$1.8 billion in direct wages. In 2019, about 6.4 billion gallons of ice cream and related frozen desserts were produced in the United States.

That's something to celebrate!

We love ice cream, so this month, join us while we will dive in to see the wide world of ice cream!

CELEBRATING ICE CREAM

This celebration was originated by Joint Resolution 298 in the United States Senate, which was sponsored by Senator Walter Dee Huddleston of Kentucky on May 17th 1984 and Joint resolution 543 in the United States House of Representatives, which was sponsored by Representative Kika de la Garza of Texas on April 11, 1984. The resolution proclaimed the month of July 1984 as "National Ice Cream Month" and July 15th 1984, as "National Ice Cream Day". Even though the legislation only applied to 1984, July has been used ever since as National Ice Cream Month.

ICE CREAM is a gateway to other desserts!

The most beautiful thing about ice cream is how many delicious desserts it can go on top of. Brownie with chocolate ice cream? Yes please! Pie with a side of vanilla? Pile it on us. This month is a great excuse to eat lots of desserts—as long as they involve ice cream, they're fair game.

Try as many ICE CREAM flavors as you can!

How many ice cream flavors can you eat this month? We challenge you to try at least 10, but you can set your own goal and see how well you do. We know we'll be aiming for the moon—try and keep up!

*Money can't buy happiness,
But it can buy ice cream
And that is pretty much the
same thing.*

Thomas P.	7/6
Eleanor C.	7/14
William B.	7/18
Margaret F.	7/25
Herman A.	7/29
Patricia M.	7/31



How Ice Cream is Made From Cow to Cone

Everybody has a favorite flavor or brand of ice cream, and the debate over whose ice cream is the best rages on each year. While each manufacturer develops its own special recipes, ice cream production basics are basically the same everywhere.

The most important ice cream ingredients come from milk. The work starts early on the farm, long before the first traces of the sun even hit the horizon. It starts with making feed for the cows around midnight, followed by the first milking of the day at around one o'clock in the morning. The dairy ingredients are crucial in determining the characteristics of the final frozen product. Federal regulations state that ice cream must have at least 10 percent milkfat, the single most critical ingredient. The milkfat affects the palatability, smoothness, color, texture and food value of the finished product. Gourmet or super-premium ice creams contain at least 12 percent milkfat, usually more.

The sweeteners used in ice cream vary from cane or beet sugar to corn sweeteners or honey.

These basic ingredients are agitated and blended in a mixing tank. The mixture is then pumped into a pasteurizer, where it is heated and held at a predetermined temperature.

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The hot mixture is then "shot" through a homogenizer where pressure, on average around 2000 pounds per square inch, breaks the milkfat down into smaller particles, allowing the mixture to stay smooth and creamy. The mix is then quick-cooled to about 40°F and frozen.

During freezing, the mix is aerated by "dashers," revolving blades in the freezer. The small air cells that are incorporated by this whipping action prevent ice cream from becoming a solid mass of frozen ingredients.

The next step is the addition of bulky flavorings, such as fruits, nuts and chocolate chips. The ingredients are either "dropped" or "shot" into the semi-solid ice cream after it leaves the freezer. After the flavoring additions are completed, the ice cream can be packaged in a variety of containers, cups or molds. It is moved quickly to a "hardening room," where sub-zero temperatures freeze the product to its final state for storage and distribution.

TOP TEN FLAVORS

Ice cream makers and retailers say the Great Lakes region (Illinois, Indiana, Michigan, Ohio, and Wisconsin) is the most successful ice cream market. So what are those successful flavors? Here's the top ten favorite ice cream flavors in America!

1. Vanilla
2. Chocolate
3. Cookies N' Cream
4. Mint Chocolate Chip
5. Chocolate Chip Cookie Dough
6. Buttered Pecan
7. Cookie Dough
8. Strawberry
9. Moose Tracks
10. Neapolitan



BLACK CHERRY
BUTTER PECAN
CARAMEL
CHOCOLATE
COOKIE DOUGH
FUDGE RIPPLE
MAPLE WALNUT
MINTCHIP
MOOSE TRACKS



PEANUTS
PEPPERMINT
PISTACHIO
ROCKY ROAD
SPUMONI
STRAWBERRY
TUTTI FRUTTI
VANILLA
WHIPPED CREAM

I SCREAM FOR Ice Cream JOKES!

1. Where do you learn to make complicated ice cream dishes?
Sundae School.
2. Why does everyone invite ice cream to the party?
It's cool.
3. Why are popsicles so snobby?
They have a stick up their butt.
4. Did you hear they passed a law banning ice cream?
Don't worry, it was ruled un-cone-stitutional!
5. What's the best band to listen to while eating ice cream?
Spoon!
6. How is ice cream as a girlfriend?
The sweetest.
7. Why is ice cream so bad at tennis?
They have a soft serve.
8. How did Reese eat her ice cream?
Witherspoon.

VISIT OHIO'S OLDEST DAIRY TOFT'S July 13th at 2:00pm

From a small family dairy farm in the early 1900's to a state of the art 76,000 square foot facility on Venice Road, the legacy of Toft Dairy is a story of a commitment to quality and forward-thinking principles. It all started back in the year 1900 when Chris and Matilda Toft began selling raw milk by a horse drawn wagon to the citizens of Sandusky, Ohio. With the purchase of Oswald Dairy in 1935, the Toft Dairy reputation spread throughout the region. This led to the adoption of wholesale and retail routes which provided the foundation for business growth which was vital to get Toft's to where it is today.

Milk is delivered to the plant in Sandusky 365 days a year from 20 local farms, all of which are within a 50-mile radius. Contracting with local farmers allows Toft's to guarantee their customers that they use the freshest quality of milk to make all of their delicious products. This family owned and operated dairy is now over 120 years old and is Ohio's oldest dairy! Toft's distributes its dairy and ice cream products to customers within an approximate 100-mile radius of the Sandusky plant.

About that Ice Cream Headache...

The ice cream headache – every ice cream lover's nightmare. What's the best way to get rid of it?

☼ To stop this attack of "brain freeze," which is a reaction to cold objects touching the roof of your mouth, we found a few cures.

Short and sweet – wait it out. Give it 30-60 seconds and it should come and go on its own.

☼ The best offensive is a good defense – avoid touching the ice cream to the roof of your mouth.

☼ And our personal favorite – grab some real whipped cream. Eat as much whipped cream as you can and it will help the headache subside. Not to mention, you have a reason to eat as much whipped cream as you want!

Ice cream headache

The Origin of Ice Cream

An ice-cream-like food was first eaten in China in 618-97AD. King Tang of Shang, had 94 ice men who helped to make a dish of buffalo milk, flour and camphor. A kind of ice-cream was invented in China about 200 BC when a milk and rice mixture was frozen by packing it into snow.

Roman emperors are supposed to have sent slaves to mountain tops to bring back fresh snow which was then flavoured and served as an early form of ice-cream.

The King of England, Charles I, is supposed to have offered his chef £500 a year to keep his ice-cream recipe a secret from the rest of England.

The explorer, Marco Polo (1254-1324), is believed to have seen ice-creams being made during his trip to China and introduced them to Italy.

Funky Flavours

Some of the flavours you love the most are chocolate, vanilla, strawberry, cookies and cream, Neapolitan and banana. But for some ice-cream makers the future is a savoury one.

In Japan's capital, Tokyo, you can buy octopus, shrimp, horseflesh and cow-tongue flavoured ice-creams alongside vegetarian options such as garlic soybean and kelp, which is a kind of sea-weed.

There is even a restaurant in Berkshire where you can order crab or sardines-on-toast flavoured ice-cream.

An ice-cream company in Dorset has come up with a recipe that's set to have you sizzling this summer - chilli flavoured ice cream!

ICE CREAM SUNDAES

Historians argue over the originator of the ice cream sundae, three historical probabilities are the most popular:

Version One - Evanston, Illinois

In the Midwestern parts of United States, laws were once passed that prohibited the selling of soda water on a Sunday. The town of Evanston, Illinois was one of the first towns to pass such a law around the year 1890. As an alternative on Sundays, local soda fountains started selling ice cream sodas minus the soda, which left only the ice cream and syrup. That may have become the recipe today's ice cream sundae.

Version Two - Two Rivers, Wisconsin

Soda fountain owner, Ed Berners of Two Rivers, Wisconsin is reputed to have invented the first ice cream sundae in 1881. Berners's customer George Hallauer requested that Berners serve him a dish of ice cream topped with the syrup used for sodas. Berner liked the dish and added it to his regular menu, charging a nickel.

George Giffy, a competing soda fountain owner from nearby Manitowoc, Wisconsin felt he had to serve the same syrupy concoction as Ed Berners. However, Giffy felt that the nickel price was too cheap and decided to only serve the dish on Sundays, which soon became the name of the dish - the "Ice Cream Sunday." Once Giffy realized that he was making good money from the "Ice Cream Sunday" he changed the name to the "Ice Cream Sundae" and served it daily.

Version Three - Ithaca, New York

The ice cream sundae was potentially invented by Chester Platt, owner of the Platt & Colt's drugstore in 1893. Platt prepared a dish of vanilla ice cream for the Reverend John Scott on a Sunday. Chester Platt spiced up the ice cream with cherry syrup and a candied cherry. Reverend Scott named the dish after the day. An advertisement for "Cherry Sunday" served at the Platt & Colt's drugstore has helped document this claim.

"CHERRY SUNDAY

A new 10 cent Ice Cream Specialty.

Served only at Platt & Colt's.

Favorite day and night Soda fountain "



For over a century, Americans have been enjoying ice cream on a cone. Whether it's a waffle cone, a sugar cone or a wafer cone, what better way to enjoy a double scoop of your favorite flavor?

Making Its Appearance

The first ice cream cone was produced in 1896 by Italo Marchiony. Marchiony, who emigrated from Italy in the late 1800s, invented his ice cream cone in New York City. He was granted a patent in December 1903.

Although Marchiony is credited with the invention of the cone, a similar creation was independently introduced at the 1904 St. Louis World's Fair by Ernest A. Hamwi, a Syrian concessionaire. Hamwi was selling a crisp, waffle-like pastry - zalabis - in a booth right next to an ice cream vendor. Because of ice cream's popularity, the vendor ran out of dishes. Hamwi saw an easy solution to the ice cream vendor's problem: he quickly rolled one of his wafer-like waffles in the shape of a cone, or cornucopia, and gave it to the ice cream vendor. The cone cooled in a few seconds, the vendor put some ice cream in it, the customers were happy and the cone was on its way to becoming the great American institution that it is today.

A Business is Born

St. Louis, a foundry town, quickly capitalized on the cone's success. Enterprising people invented special baking equipment for making the World's Fair cornucopia cones.

Stephen Sullivan of Sullivan, Missouri, was one of the first known independent operators in the ice cream cone business. In 1906, Sullivan served ice cream cones (or cornucopias, as they were still called) at the Modern Woodmen of America Frisco Log Rolling in Sullivan, Missouri.

At the same time, Hamwi was busy with the Cornucopia Waffle Company. In 1910, he founded the Missouri Cone Company, later known as the Western Cone Company. As the modern ice cream cone developed, two distinct types of cones emerged. The rolled cone was a waffle, baked in a round shape and rolled (first by hand, later mechanically) as soon as it came off the griddle. In a few seconds, it hardened in the form of a crisp cone. The second type of cone was molded either by pouring batter into a shell, inserting a core on which the cone was baked, and then removing the core; or pouring the batter into a mold, baking it and then splitting the mold so the cone could be removed with little difficulty.

In the 1920s, the cone business expanded. Cone production in 1924 reached a record 245 million. Slight changes in automatic machinery have led to the ice cream cone we know today. Now, millions of rolled cones are turned out on machines that are capable of producing about 150,000 cones every 24 hours.

The world's largest ice cream cone can be found in Peoria, Illinois. The cone is 12-feet high and weighs approximately 200 pounds with a 5-foot diameter!

