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COLONAL VILLAGE • G H R O N I G I F •

September 2025

Issue 7 49th Year

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Thy to be a minbow in someone's cloud -Maya Angelou

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barbcroos@gmail.com



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Colonial Village Office Hours

Summer. From Apr 15, 2025 to Oct. 14, 2025. 9AM-3PM, Mon-Wed

Tel: (727) 584-7472 Fax: (727) 587-7020 Barbara Rushton, Office Administrator ColonialVillageInc@gmail.com http://colonialvillagelargo.com 2000 East Bay Drive, Largo, FL 33771

View bulletins online. www.monthly-media.com. Click on Park Newsletters. Scroll down to Colonial Village. Select the issue listed on left side.

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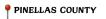


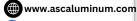




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President's Message

he Board of CV has been busy in June and July obtaining quotes from 4 reputable pool companies to bid on the pool upgrade project. A vote by the membership to approve Reserve. Expenditure will run until the end of Aug. A contractor Aqua Serve has been selected to do the required upgrades, work schedule has not yet been established.



We have had a serious issue with the nonpotable water system. The Board has had to take Reserve funds on an emergency basis to facilitate the necessary repairs.

A work order has been initiated with ICON to upgrade the wifi network in the clubhouse to enable high speed internet streaming.

Hope everyone has a pleasant summer and hoping for a non-eventful hurricane season.

Bob Hopkins President

SAC summer Activities



Vocialists Myra Sonneborn, Julie Palmieri, Terry Benham, Connie St. Pierre.



Richard Bradish, Unit 135, celebrates his 1 year anniversary of a successful heart transplant; and second year wedding anniversary with Tammy.

September Birthdays and Anniversaries

appy Birthday to:

1	Bonnie Lebovic, Unit 171
3	Jon Lago, Unit 96
8	Marie Clement, Unit 58
11	David Benham, Unit 129
12	Rick Lockhart, Unit 63
18	Barb Johnson, Unit 125
22	Andre Gosselin, Unit 105
22	Calvin Bocock, Unit 107
	-Member of the 90 Club
2?	Julie Palmieri, Unit 36





Calvin Bocock

September Anniversaries

appy Anniversary to:

Jack and Barbara Wilcox, Unit 111



SAC Summer Activities

am happy to report the details of our Sloppy Joe dinner and karaoke party that I hosted on August 2nd. I had my wonderful helpers Sandy Sanders, Richard Bradish, Myra Sonneborn, and Tammy Adamski. Thanks to all of them. 37 people attended and had a really great dinner and fun time. We had a special acknowledgment for all of the August

birthdays and Anniversaries, celebrated with songs and cake with candles. Another great performance by Jack and Myra, and of course the performance of the night by Myra, Julie, Connie, and myself. "These boots were made for walking". We wish Marion Hann was here to see that. She loves that song. Our next event will be Sept 13th Spaghetti dinner. 5:00 and music. Take care. We miss you all. We have had a great summer, but it's always better when everyone returns". Reported by SAC's Secretary, Terry Benham and lady in charge of the summer activities.



Thank you, Terry!!



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Long Time Resident Profile

alvin Bobock, Unit 107, is originally from Mt. Vernon, OH, and was blessed to be married for 64 years to Mildred before her passing 10 years ago. They moved to FL in 1996, lived in a nearby park and when neighbors moved in to CV, the Calvin and Mildred followed in 2012. They had 4 children; today their family include 6 grandchildren, 15 great grandchildren and one great, great grandchild. Mildred was an at-home mom. Calvin was a milkman for 42 years, 22 of which were in his own businesses. These businesses included a Dairy Hut where they sold ice cream, hot dogs, sandwiches and their much-in-demand Coney Sauce for 32 years. His son ran it for another 10 years and reengineered it during Covid into a drive



Calvin Brocock, "How many quarts of milk this morning, Ma'ma"?

thru when up to 50 cars were in cue. Calvin's hobbies included hunting, fishing, pool; and 60+ years of golfing as many as 4-5 times a week. He enjoyed golfing with several Colonial Village residents – Stan Piercey, Ray and Marino Hann, Bride Janes, Bob Hopkins, Andre Gosselin, Brian Penney and Roy Joeveer. We look forward to Calvin and his son Jeff's return in the fall.

Previous Residents' Profiles

o read 'Meet Long Time Residents' profiles previously published go to www.monthymedia.com. Residents who have lived the park for 10+ years are welcome to submit a profile to the editor. barbcroos@gmail.com

November 2024 – Charles 'Chuck' Pinkston, Unit #56 • October 2024 – James and Judy Evans, Unit #1 • September 2024 – Andre and Ginette Carmel, Unit #105 • August 2924 – Thelma and Stan Piercey, Unit #30 • July 2024 – Frank and Bride Janes, Unit #107 • June 2024 – Bill and Leon McNeil, Unit #16 • May 2024 – Barbara Stanley, Unit #87 • April 2024 – Glenn and Marilyn Marten, Unit #90 • January 2024 – Richard 'Lefty' Peterson, Unit #71 • October 2023 – Alma Mudge, Unit #102 • September 2023 – Bob and Betty Green, Unit #4; and Henry and Catherine Flavell, Unit #12 • August, 2023 – Jack and Barbara Jean Wilcox, Unit #111; and Magdelena Podio, Unit #154 • July 2023 – Judith Lohagen, Unit #150 and Kathleen O'Brien, Unit #130 • June 2023 – Russell Smiddy, Unit #32; and Mary-Jane and Charlie Preble, Unit #159 • May 2023 – Brian and Joyce Shumacker, Unit #25; and Ilah Meddlers, Unit #46 • April 2023 - Richard 'Lefty' Peterson, Unit #71 and Jack and Peg Moore, Unit #140 • March 2023 – Kathleen Conway, Unit #20; and Evelyn Van Duyne, Unit #57.

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Recipe - Quiche

- 1. 1 Cup Cooked Bacon, or Ham or Sausage, diced in small pieces
- 2. 1 Cup Swiss, Cheddar or Gruyere Cheese, cut in small pieces
- 3. 4-5 Eggs, scrambled
- 4. 2 Cups $-\frac{1}{2}$ cream and $1\frac{1}{2}$ milk
- 5. 1 Pie Shell, if using a frozen crust, thaw 10 minutes and pierce sides and bottom with a fork.
- 6. Optional: 1/3 C asparagus, 2/3 C mushrooms, ½ C spinach (1/2 c frozen or 4 C fresh), ½ C broccoli
- 7. NOT MORE THAN 2 CUPS TOTAL



Recipes

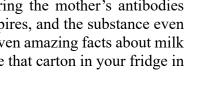
Recipe – Watermelon Salad with Feta and Mint

- 1. ¹/₄ Cup lemon vinaigrette
- 2. 4 Cups cubed watermelon
- 3. ½ English cucumber, cut into ¼ inch half moons
- 4. ½ small red onion, thinly sliced
- 5. ¼ Cup crumbled feta cheese
- 6. 2TB fresh mint, roughly chopped
- 7. Instructions: Drizzle vinaigrette in bottom of large canning jar. Layer with watermelon, cucumber, red onion, fetta and mint. Cover tightly with lid and shake to combine. Keep refrigerated until ready to serve.
- 8. Preheat oven to 350 degrees. Cook for 25-35-45 minutes depending on the heaviness of the ingredients.

7 Amazing Facts About Milk

Source: Interestingfacts.com by Darren Orf

ilk plays a major part in human life — even for the most dedicated of vegans. Homo sapiens are biologically wired to be raised on our mother's milk; the substance protects Lagainst short- and long-term illnesses while also sharing the mother's antibodies with the newborn. Milk has also been the backbone of entire empires, and the substance even describes the very galaxy in which our planet resides. Here are seven amazing facts about milk (and its tasty plant-based alternatives) that'll make you appreciate that carton in your fridge in a whole new way.



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Although milk tastes much different than the H2O that comes out of the tap, the beverage is mostly water. Whole milk, for example, is 87% water, and the other 13% contains protein, fat, carbohydrates, vitamins, and minerals. Because of its high water content, milk is also a good hydration source during hot summer days. For all the talk of different milk types (whole, 2%, or skim), the difference in water content is only 3% at most.

Protein and Fat Content Is What Makes Milk White

Milk looks white because it's reflecting all the wavelengths of visible light, and the combination of reflected colors creates white. The particles in milk — including the protein casein, calcium complexes, and fat globules — scatter light, much as light scattering on snow makes it appear white. Sometimes milk can have a slight yellow hue caused by a cow's diet — the pigment carotene, found in carrots and other vegetables, can cause color variations — and the vitamin riboflavin can also cause a yellowish-green hue. Skim milk, which is low in fat content, can sometimes be a bluish color because casein scatters blue slightly more than red.

Humans Are the Only Mammals That Drink Another Animal's Milk

Humans stand alone as the only mammals that drink the milk of another mammalian species. This is due to our history of animal husbandry, along with a genetic mutation that allows some humans to retain the enzyme lactase — which breaks down milk's lactose sugar in the digestive system — beyond infancy. However, this mutation is not found in the majority of the 8 billion Homo sapiens on planet Earth — in fact, 68% of us experience some form of lactose malabsorption. Although humans stand alone when it comes to mammals, some other species do drink milk from other animals. The red-billed oxpecker is known to steal milk from the udders of impala, and shorebirds such as seagulls have similarly swiped milk from the teats of elephant seals.

Milk Helped Build the Mongol Empire

The horse tribes of the Eurasian Steppes were one of the first cultures to adopt dairying, some 5,000 years ago. Because their vast plains weren't fertile ground for agriculture, these nomadic tribes instead relied on animals and their milk for sustenance. Because they received much-needed calories from horse's milk, these tribes could travel across land more quickly and maintain larger empires than their neighbors.

One of the remaining mysteries of milk's importance in this era of human history is that 95% of Steppe people today lack the gene variant for digesting lactose, yet the population still gains a large portion of their calories from dairy products. One theory is that the microbiome found in the gut of Mongolians has somehow adapted to a millennia-long, dairy-heavy diet.

Dairy Milk Was Revolutionized by Bacteriology

In 1857, French chemist and microbiologist Louis Pasteur discovered that microorganisms in the air caused lactic acid fermentation, aka the souring of milk. Pasteur also discovered (after a request from Emperor of France Napoleon III) that certain microbes caused wine to go bad, but by briefly heating the libation to around 140 degrees Fahrenheit, those microbes died off, leaving behind a sterilized (or as it would be later known, "pasteurized") liquid that would stay fresh for longer.

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Pasteurization for milk wasn't introduced until 1886, but it was a game-changer, as diseases introduced via contaminated milk killed scores of infants in the 19th century. With the introduction of pasteurization, that number dropped significantly.

Plant Milks Have Been Around for 5,000 Years

For years, dairy producers have sued alternative milk companies for using the word "milk" on their packaging — but history is not on their side. Evidence suggests that Romans had a complex understanding of the word "milk," as the root of the word "lettuce" comes from "lact" (as in "lactate"). Many medieval cookbooks make reference to almond milk, and the earliest mention of soy milk can be found on a Chinese stone slab from around the first to third century CE. However, coconut milk has the longest history; archaeologists have recovered coconut graters among relics from Madagascar and Southeast Asia that date back to around 3000 to 1500 BCE.

Our Galaxy's Name, "Milky Way," Comes From a Greek Myth

The galaxy is home to hundreds of billions of stars, and stretches for truly mind-boggling distances. If you traveled the speed of light, it'd still take you 200,000 years just to cross its entirety. Its Western name — Milky Way — comes from a Greek myth in which the queen goddess Hera, while nursing the hero Heracles, pulled away her breast and sprayed her divine lactation across the cosmos. In fact, the root of the word "galaxy" is the Greek gála, meaning "milk." The Romans also referred to the cosmos in Latin as Via Lactea, or "Road of Milk." However, other cultures use different names to represent the great expanse of the starry sky. China, for example, calls it "銀河" meaning "silver river," and Sanskrit's "Mandākinī" roughly means "unhurried."

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Nutritional Watermelons Are In Season

Source: https://resources.healthgrades.com/right-care/food-nutrition-and-diet/benefits-of-water melon by Cecilia Effa. 8/2022

From supporting your immune system to helping you stay hydrated, watermelon delivers more than great taste? Watermelon came into existence around 5,000 years ago and was domesticated 4,000 years ago in Africa, according to 2015 research. It is a refreshing fruit filled with antioxidants, vitamins, and nutrients. A watermelon is around 91% water and contains natural sugars. This makes it a great source of hydration, especially during hotter months when dehydration is more of a risk.

Alongside drinking water, eating foods with high water content is important for many bodily functions. According to 2019 research, these include regulating body temperature, delivering nutrients to cells, keeping joints lubricated, helping organs function as they should and preventing infections.

Watermelon is a refreshing fruit that is easy to use and has several benefits. These include being high in vitamins, minerals, and antioxidants as well as a great source of hydration. The nutrients in watermelon may help with various chronic conditions, improve skin, brain, and heart health, and reduce overall inflammation in the body.

According to the U.S. Department of Agriculture: Nutritional content of 1 cup (154 grams) of watermelon:

· accinion	
Calories	46.2 g
Sugar	9.6 g
Fiber	.6g
Vit C	12.5 mg
Vit A	43.1 mcg
Potassium	172 mg
Calcium	10.8
Beta Carotene	467mcg



Watermelon contains many other vitamins and minerals, such as: magnesium, vit B6, zinc, selenium, folate, riboflavin and niacin.

Watermelon is a good source of lycopene, according to a 2018 research review. Lycopene is an antioxidant present in many pink or red foods, such as: tomatoes, guava, pink grapefruit and papaya.

Research has shown that lycopene may improve heart-related conditions by lowering cholesterol, lowering blood pressure and preventing oxidative damage. A 2019 study associated watermelon with reducing the extent of cardiovascular diseases, due to its rich nutritional content such as vitamin A and vitamin B6. Yet this is just one small study, so more research in this area is needed.

Did You Know?

More babies are born on September 9th than any other day out of the year, and babies born in September supposedly excel more in school and sports when compared to others. The later birthday leads to them being considerably older, giving them a slight competitive, and scholarly edge against their peers



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Sunday	Monday	Τ
The September birth flower is the Aster, and the birthstone is Sapphire.	1 Labor Day	
7	8	
14	15	
21	22 First Day of Autumn	
28	29	

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uesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6
9	10	11 Patriot Day	12	13
16	17	18	19	20
23	24	25	26	27
30	September is National Preparedness Month – awareness for preparing for disasters and emergencies.	September is National Fruits and Vegetables Month – consumer awareness and education about health benefits.	September is National Chicken Month.	





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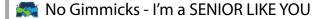
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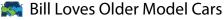


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Eating watermelon can reduce inflammation in the body such as rheumatoid arthritis, bronchitis, psoriasis and Crohn's disease. It contains antioxidants which can prevent or slow the damage to cells. Antioxidants in watermelon include: lycopene, carotenoids, vit C, citrulline and choline. Several antioxidants in watermelon, such as lycopene and cucurbitacin E, may protect against certain cancers such as colorectal and prostate cancers. Watermelon's fiber and water are key in maintaining a healthy digestive system: maintaining a healthy colon, helping prevent obesity, reducing the risks of cardiovascular disease, supporting overall metabolic health and supporting over all gut health, and reducing risk of inflammation. Antioxidants such as choline are essential for various functions in the body including memory, mood, muscle control and early brain development. Its 12.5 mg of Vit C per cup produce collagen which plays an important role in building cartilage, keeps skin supple (wrinkles and dry skin) and contributes to healthy skin and nails.

Although there are not many risks to eating watermelon, watching your portion sizes with all fruit is important. For people who have diabetes, eating too much watermelon may result in a glucose spike, due to the natural sugars in the fruit. You can pair watermelon with a protein, such as cheese or Greek yogurt, for a better blood sugar balance.

Birthstones

Source: Interestingfacts.com/gemstones-facts. By Sarah Anne Lloyd

emstones are fascinating in appearance alone — these jewels are, after all, designed to be eye-catching — but behind them is a story to suit every interest, whether you're an armchair geologist or just love pretty things. Astronomy buffs can marvel at the diamonds sparkling throughout the cosmos. For mythology buffs, there's a tee-totaling origin story that will change the way you look at amethysts. And if you have opinions on birthstones, wait until you hear how they evolved. These seven facts might just change the way you see gemstones forever.

Rubies and Sapphires Have the Same Base Mineral

Corundum is a colorless mineral that's the second-hardest natural substance on Earth, just behind diamonds. While the average person probably doesn't recognize this aluminum oxide in its pure form, with just a few impurities it becomes a household name. With a touch of chromium, it becomes a ruby, and just a few hints of iron and titanium turns it into a sapphire.

This isn't a unique phenomenon. Variations of the gemstone beryl, an aluminum silicate, include emerald, morganite, and aquamarine. Some garnets are called hessonite, rhodolite, and andradite. Amethyst is a kind of quartz.

Sought-after color variations of gems like diamonds and topaz also come from impurities. Contrary to what you might think, impurities aren't always a bad thing!

The Sun Could Someday Turn Into a Giant Diamond

Representation in the core of our sun is a hotbed of nuclear fusion. While some stars explode in a giant supernova and become neutron stars or black holes, our sun is a medium-mass star. After several billion years, it will burst into a red giant, then leave behind its core as a white dwarf.

Here's where it gets interesting: White dwarfs are one of the highest-gravity environments in the galaxy, with a gravitational field that can be 350,000 times that of Earth's. This compresses the oxygen and carbon of its core, causing it to crystallize. Diamonds are pure carbon that has crystallized under high pressure. (The ones on Earth formed in the planet's core and were brought to the surface in ancient volcanic eruptions.) So while there's some oxygen mixed in, the core of a white dwarf is essentially a diamond.

After decades of theory, in 2013 scientists actually observed this phenomena in the cosmos. Astronomers at the Harvard-Smithsonian Center for Astrophysics identified a 10 billion-trillion-trillion-carat core just 50 light-years from Earth, in the constellation Centaurus. And in 2014, astronomers announced that they'd found an 11 billion-year-old crystallized dwarf the size of Earth.

Modern Birthstones Evolve Based on Marketing

s a concept, birthstones date back pretty far, from the Christian Bible to the mystical gemstones of Hindu tradition. The tradition of wearing a stone for the month you were born began to gel in 16th-century Poland or Germany, likely due to increased trade between Europe and Asia. While these traditional gemstones certainly overlap with modern ones, there are some notable changes: March, for example, was once bloodstone, not aquamarine.

In 1912, however, the birthstone list became a wildly successful marketing tactic. The National Association of Jewelers standardized the 12 birthstones by month, choosing stones that most jewelers could produce and sell easily. That last part is key, and specific birthstones have continued to evolve over the last century.

Many classic, perennial favorites have stayed in place — diamonds for April and sapphire for September, for example. Some months shifted based on color: December has been assigned a wealth of blue stones, from the traditional turquoise and lapis lazuli to the more modern blue zircon, blue topaz, and tanzanite.

Others, like October, have shifted significantly. October's traditional birthstone is the opal, which is still widely recognized. But in 1952, the Jewelers of America swapped in pink tourmaline to match the rest of the transparent list. As recently as 2016, Jewelers of America added spinel to the August list as part of a marketing campaign.





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Amethysts Were Used as Ancient Drinking Protection

Amethysts were so widely used as wards against intoxication or hangovers in ancient times that it's where they got their name: It comes from "not drunk" in ancient Greek. The actual mythology around the amethyst varies, but many of the stories involve Dionysus, the Greek god of wine, grapes, and drunkenness. In one version, Dionysus becomes enamored with a mortal woman named Amethystos, who was, to put it mildly, not into it. She prayed to her preferred god, Artemis, to help keep her chaste, and in response Artemis turned her into a statue of clear quartz. Dionysus either poured, spilled, or cried wine onto it, staining it purple.

So in 2021, when archaeologists unearthed an amethyst ring from the former site of — what else? — the largest known winery of the Byzantine era, they speculated that its former owner could have been trying to ward off the worst effects of drinking. The team, which had been excavating a site in modern day Yavne, Israel, said that it's impossible to know for sure.

Garnets Were Named for Pomegranates

While it's not quite as interesting as "not drunk," the name "garnet" also has a somewhat decadent origin. In the 13th century, a German theologian named the gem from the Latin word granatus, which means "grain" or "seed," in this case referring to pomegranate seeds. He wasn't wrong: A small, oval garnet could absolutely be mistaken for a snack in the right context.

Not All Gemstones Are Stones

While most things we consider "gemstones" are minerals, in practice the distinction has less to do with chemistry and more to do with aesthetics. Calcareous concretions (pearl-like growths from certain mollusks) and pearls are the only gems to grow within living creatures. Precious coral comes from the hardened skeleton of dead coral polyps. Jet is fossilized wood. Amber is fossilized tree resin, and is one of the earliest gemstones to be carved for jewelry. All of these make fine, eye-catching stones, even if they're missing the crystalline glint of an emerald.

The First Lab-Grown Diamonds Appeared in the 1950s

Lab-grown diamonds have grown in popularity as a more ethical and less expensive alternative to mined diamonds. These diamonds are often called "synthetic diamonds," even though their chemical makeup is exactly the same.

After more than a century of people trying to figure out how to DIY diamonds, scientists at the General Electric Research Laboratory were the first to announce their success in 1954 — although it took them a second to figure out they did it. After they left their high-pressure equipment on overnight, a blob popped out, but it didn't look like a diamond. They began to suspect otherwise when the material broke high-end polishing equipment, something only a diamond could do. X-ray tests confirmed their suspicions. It later turned out that Union Carbide and the Swedish company ASEA got there just slightly earlier, in 1952 and 1953, but kept their findings secret.

These small, rough diamonds were great for industrial applications, but they weren't ready to shine just yet. Higher-quality diamonds appeared in the 1970s, although they were easy to tell apart from natural diamonds under a microscope, and hard to scale. The technology slowly improved, and in the 1990s, diamond industry titan De Beers (who played a pivotal role in our idea of the diamond engagement ring in the mid-20th century) got concerned enough to develop detection machines.

Today, most "synthetic" diamonds are made with a lower-pressure process called chemical vapor deposition, which uses heated gas in a vacuum chamber at extremely low pressures — very different from the high-pressure environment in which diamonds grow inside the Earth.

Did you know it is against the law to...

Source: Interestinggacts.com

nteresting and silly laws around the United States include:

- 1. Feeding pigeons is against the law in Chicago and San Francisco
- 2. In NYC property owners who don't clean up pigeon droppings can be held responsible and may be fined up to \$1000 if they fail to tidy up.
- 3. The Garden State NJ remains the only U.S. state where it is illegal to fill your own vehicle at the gas pump. Drivers could be fined up to \$250 if caught.
- 4. In Columbia SC and Columbus OH, indoor furniture on outdoor porches, lawns or balconies is against the law. Flammability is one reason, also they can attract rodents and appear unsightly.
- 5. More than eleven states prohibit mounting things on your vehicle windshield, including Illinois, Louisiana, New York, and Maine. One can't hang an air freshener from the rear view mirror. California and Utah allow mounted devices only in specific locations or on the windshield.
 - 6. Driving with dirty tires is a violation in Minnetonka, Minnesota.
- 7. Owning a Hedgehog as a pet is banned in California, Georgia, Hawaii, Pennsylvania, and Washington DC. They can carry salmonella and are vulnerable to foot and mouth disease.



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ICE CREAM TRIVIA

rue or False

1. The spreading of American-made ice cream for Military Troops during WWII was a moment when the entire world accepted ice cream as a perfect summer-time treat.

- 2. The largest worldwide consumption of ice cream is in the U.S.
- 3. In the U.S. the average person consumes 48 gallons of ice cream per year.
- 4. 90% of American households eat ice cream.
- 5. The biggest ice cream sundae was created in Haverhill, MA in 1988. It weighted 24 tons.
- 6. The most popular flavor of ice cream is chocolate.
- 7. The four most popular flavors are chocolate, cookies N' cream, vanilla and neapolitan.
- 8. Ice cream cones were invented during the 1904 World's Fair in St. Louis when large demand forced ice cream vendors to find help from nearby waffle vendors. Together they made history.
- 9. One of the most unusual ice cream flavors in hot dog flavored ice cream that was created in New York.
- 10. Over her entire lifetime, one dairy cow can produce enough milk for 9,000 gallons of ice cream.
- 11. What is the most profitable day for selling ice cream? Saturday, Sunday, Easter, July 4
- 12. The largest ice cream cake weighted about 5,000 pounds.
- 13. The U. S. produces the most ice cream in the world.
- 14. Hawaii is the home to an 'ice cream bean', a fruit that taste like vanilla ice cream.
- 15. One cone of ice cream can be finished off in 50 licks, of course depending on the tongue size.
- 16. Wisconsin is the larger producer of ice cream in the U.S. In 2003 they alone made 121 million gallons of this cold treat.
- 17. New York consumes the most ice cream.
- 18. It takes 12 gallons of milk to create one gallon of ice cream.
- 19. Ice cream's "Brain Freeze" effect is triggered when cold ice touches the roof of your mouth, which causes blood vessels in the head to dilate. Try to press your tongue to the roof of your mouth to relieve the discomfort.
- 20. There are about 273 calories in one cup of vanilla ice cream.
- 21. Ice cream was invented in Alaska.
- 22. New Zealand consumes the most ice cream per capita; at 7.5 gallons per person per year.
- 23. It takes 5 pounds of milk to make one gallon of ice cream.
- 24. In order to make 1 gallon of ice cream, you need 3 gallons of milk.
- 25. The very first place to produce ice cream commercially was Boston, MA



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- 26. Chocolate ice cream was invented before vanilla.
- 27. Two cows produce enough milk in one day to make around 2 gallons of ice cream.
- 28. Most of the vanilla that is used to make ice cream comes from Madagascar and Indonesia.

- 29. The very first ice cream parlor opened in New York City.
- 30. Robert McCay Green invented ice cream sodas in Philadelphia in 1874.
- 31. NASA reports that ice cream ranks as one of the top three foods items that astronauts miss the most when in space.
- 32. William Dreyer, of the American Dreyer's Ice Cream Company, is thought to be the original concoctor of cherry ice cream in 1929.
- 33. Most Ice Cream companies are not family owned.
- 34. Around 95% of the volume in ice cream is air which gives the dessert treat a light texture.
- 35. Typically ice cream products are usually made from dairy products. But nowadays there are plenty of dairy-free alternatives.
- 36. The first ice cream truck vendor in the U.S. was Harry Burt who started his business in 1920.
- 37. In 1945 the U. S. Military built the first floating ice cream parlor for the sailors serving in the Pacific during WWII.
- 38. In Tokyo, Japan, you can find ice cream flavored with Octopus, Shrimp, Horseflesh, and Cow Tongue.
- 39. In New Zealand ice cream is known as Gelato.
- 40. 25% of all Americans claim to have ice cream in their freezer at any given time.
- 41. In which state is there a law that everyone who serves apple pie must make a "good faith efforts" to serve it with ice cream, cold milk or "a slice" of cheddar cheese weighting a minimum of ½ oz.

answers on page 38

Facts About Ice Cream

Source: Interestingfacts.com

Tuly is National Ice Cream Month in the U.S. U.S. ice cream consumers produced 1.3 billion gallons of ice cream in 2023 and the average American consumes around 6 gallons (or 48 pints) each year.

Ice cream is thousands of years old. Treats were made from snow with flavored sweeteners, including honey and fruit juices. Biblical passages refer to King Solomon enjoying "a snow-cooled drink at harvest time." Daily-based desserts, seem to have first developed in China during the Tang Dynasty (616 CE to 907 CE). Chinese nobility enjoyed milk ice, a treat made from rice milk paste normally used to make rice pudding, and snow gathered from the mountains. Ancient records also describe a process of fermenting buffalo, cow, or goat milk that was then thickened with flour and flavored with camphor oil before being placed in metal tubes and frozen in an ice bath.

Ice cream was served in the American colonies as early as 1744, and Thomas Jefferson is credited as the first known American to write down a recipe for it. But it took almost a century for someone to come up with a more efficient process of making it. In September 1843, Nancy Johnson received the first patent in the U.S. for an appliance to make ice cream. Johnson's artificial freezer the first hand-creaked Ice cream maker.

Ice cream consumption surged during prohibition. When Congress enacted the Volstead Act in 1920 banning manufacture and sale of alcoholic beverages, it led to a surge in ice cream consumption. Breweries and large refrigeration facilities, which made it practical for them to pivot to the production of dairy products including ice cream. This ice cream production helped companies such as Yuengling, Anheuser-Busch and Stroh Brewery Company weather the economic storm of Prohibition while satisfying the nation's growing demand for frozen treats.

There is a scientific reason ice cream doesn't refreeze well. It is an emulsion, a mixture of liquids that don't normally combine together (similar to oil and vinegar), that manages to combine due to its frozen state. When ice cream melts, its molecular structure deteriorates and the ice cream destabilizes, dissolving the tiny ice crystals, releasing their stored sugars, and the air bubbles escape as the fat and protein thin out. Reverting to their liquid form. The end result is a harder ice cream that may be icy, grainy and not as sweet.

New Zealand ranks No. 1 in ice cream consumption, consuming 7.5 gallons per person. U.S. ranks second to New Zealand with 6 gallons person. {Discrepancy in 2 reports) Vanilla is the most popular flavor in both, as it is in most countries, but chocolate takes no.2 in U.S. while New Zealanders second-favorite is hokey pokey. First invested in 1953 hokey pokey ice cream consists of vanilla ice cream base with small bits of honeycomb toffee.



Ice Cream Trivia Answers:

1.True; 2. True, There is a discrepancy – New Zealand; 3. False, Consumes 48 pints; 4. True; 5. False, Edmonton, Alberta, Canada; 6. False, Vanilla; 7. False, Vanilla, Chocolates, Strawberries, Cookies N' Cream; 8. True; 9. False, Arizona U.S; 10. True; 11. Always Sunday; 12. False 12,096 pounds; 13. True; 14. True; 15. True; 16. False, California; 17. False, Alaska; 18. True; 19. True; 20. True; 21. False, China; 22. True; 23. False, 12 pounds; 24. True; 25. True; 26. True; 27. False, one cow; 28. True; 29. True; 30. True; 31. True; 32. False, Rocky Road; 33. False, are family owned; 34. False, 50%; 35. True; 36. True; 37. True; 38. True; 39. False, Italy; 40. False, 87%; 41. VT

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HOPE: "We could never learn to be brave and patient, if there were only joy in the world". Helen Keller

LOVE: "I learned that a friend may be waiting behind a stranger's face". Maya Angelou



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Dining Out	Wednesday	4:00PM	Ernie Bowman	#46
-	······		Ilah Meddles	#46
Flea Market	Each February		Social Activities Committee	
			Evelyn VanDuyne	
Monthly Media Magazine	10th of Month		Barbara Roos	#58
Pickle Ball	Tues. and Fri	2:00PM	Scott Oke	#148
Shuffleboard	Tues. and Thurs	10:00AM	Bill Andrews	#145
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Reserve tickets at www.SAGEStheater.org Click RED banner at top of page to select date/location.

Resource Tables
Goody Bags & Prizes!
Questions?

Call 727-202-2302 or Email playswithpurpose@sagestheater.org





ATTENTION RESIDENTS!

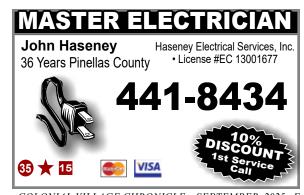
Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something.

-Monthly Media Staff

OCTOBER AD DEADLINE - SEPTEMBER 10, 2025

Advertise BUY, SELL, TRADE ITEMS by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285. Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. Each new word indicated by a space, numbers included. No mobile home sales, no professional products or services. SORRY: No ads accepted by phone or email.





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- 1. Patronize the advertisers in this month's newsletter
- 2. Ask the business for your Monthly Mania ticket, OR a copy of your receipt and clip this ad
- 3. Mail it back to us at: Monthly Media | 220 Bahama St. Venice, FI 34285
- 4. Every month we draw new tickets for CASH PRIZES and mail winners a check! Every month is a new chance to win!

		Veteran's Mobile Home Service
		Air Masters of Pinellas
Marge Taylor	. \$10	Air Masters of Pinellas
Kathleen Rogers	. \$10	Air Masters of Pinellas
Greg Goodman	. \$10	Air Masters of Pinellas
Theresa Leonowicz	. \$10	Battleline Termite & Pest Control
Constance Rockwell	. \$10	Boss Electric
Karen Rose	. \$10	Buggin Out Termite & Pest Control
		Buggin Out Termite & Pest Control
Richard Lessond	. \$10	Fl Termite Pest Experts
Wayne Scott	. \$10	Gulf Coast Powerwashing
Carol Lynn Harbour	. \$10	
Helen Coar	. \$10	Jones & Sons Plumbing
Karen Guion	. \$10	Jones & Sons Plumbing

Lona Britt	. \$10	Jones & Sons Plumbing
Terry Helopoulos	. \$10	Largo Plumbing
Kelly David	. \$10	Perfect Repair and Construction
Lloyd Holbrook	. \$10	Red Royal Electric
Carol Mai	. \$10	Ron Wyngarden Mobile Wash
Dot Bourdon	. \$10	Royal
Joseph Roache	. \$10	Royal
Deborah Creighton	. \$10	Royal
Elaine Lantz Winegar	\$5 .	Battleline Termite & Pest Control
MaryAnn Malgieri	\$5 .	Battleline Termite & Pest Control
Bert Reyes	\$5 .	Battleline Termite & Pest Control
David Crosman	\$5 .	Air Masters of Pinellas
Robert Schick	\$5 .	Jones & Sons Plumbing

Not enough qualifying winners for the August drawing! Mail in your tickets or paid receipt for your chance to win!

• Limit of one ticket per visit • Advertiser may have up to 5 winners per month • Advertiser must have bill paid current to qualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers • COLONIAL VILLAGE CHRONICLE SEPTEMBER, 2025 E 43

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