New Normal COVID-19 Rules

On July 16, 2020, the Miami-Dade Board of County Commissioners unanimously approved an ordinance that makes failure to comply with Emergency Orders a civil offense, subject to a $100 fine. With this new ordinance, individuals are now subject to citation. Anyone who does not comply with the New Normal Guidelines can now be cited by MDPD or by Miami-Dade Code Enforcement, both of which have the authority to issue tickets with fines of up to $100. Individuals who are unable to pay the fine will be subject to community service. Businesses where violations occur will face a $500 civil fine.

Stay Safe

Keep Your Distance
- The best way to avoid getting sick is to avoid exposure to the virus.
- If you must leave your home for essential activities – such as a grocery run or a health care visit – remember to wear a facial covering.
- Maintain six feet of space between you and other people even when wearing a facial covering.
- Assume that everyone is carrying the virus, even if they are not showing symptoms.

Wash Your Hands
- Wash your hands frequently, especially if you have been in public spaces or coughed or sneezed into them. Use soap and water, scrubbing thoroughly for at least 20 seconds. Dry them thoroughly.
- If you cannot wash your hands, use a hand sanitizer that contains at least 60 percent alcohol.
- Avoid touching your face with unwashed hands.

Wear a Facial Covering
- If you must go out in public for essential activities, wear a facial covering over your mouth and nose.
- Do not place a facial covering on young children under age 2 or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove it without assistance.
- Facial coverings are meant to protect others from you.
- Do not wear a face masks meant for healthcare workers; These are needed by our first responders in harm’s way.
- No mask guarantees protection, so it is crucial that you continue to practice social distancing even when wearing a facial covering.

Avoid the “Three Cs”!
- Closed spaces
- Crowded places
- Close-contact settings

Additional COVID-19 Related Resources:

COVID-19 Travel Recommendations by Country
The Center for Disease Control and Prevention guidelines to assist Ministries of Health and their point-of-entry (POE) partners in determining whether and how to conduct traveler screening at POE for COVID-19.

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A Summer Treat - Ice Cream

For most of us, ice cream conjures up memories of hot summer days and visions of melting ice cream cones, banana splits, and hot fudge sundaes. Ice cream is the ultimate, international, old fashioned treat, and every country has its own spin on this frozen confection. While in India try kulfi; or dondurma next time you are in Turkey; and do not leave Germany without trying at least one bowl of “Spagettrieis”. Enjoy a cool gelato while exploring the hidden corners of Venice, or a refreshing paleta in Cancun. Ice cream can be found almost anywhere, and in every nation.

Although no specific date of origin nor inventor has been indisputably determined, precursors of ice cream existed as far back as the fifth century BCE. Biblical passages refer to King Solomon enjoying iced drinks during the harvest season, while historical records show that Alexander the Great indulged in icy drinks flavored with honey or wine, and Roman emperor Nero (A.D. 54-86) consumed snow flavored with fruits and juices. The emperors of the Tang Dynasty (618 - 907 AD) are believed to have been the first to consume a frozen confection. Cow, goat, or buffalo milk infused with camphor was first heated with flour, then placed in metal tubes and lowered into an ice pool until frozen. Although Marco Polo is frequently credited with introducing ice cream to Europe, many historians consider this claim to be a romantic myth.

During the Middle Ages, Arabs drank an icy refreshment called sharabt (sherbet), often flavored with cherry, pomegranate, or quince. As trade flourished, these chilled drinks made their way to Europe and became popular with the aristocracy. The 17th century saw the creation of sorbetto when ice drinks were enhanced with the addition of sugar. Antonio Latini (1642 - 1692), who was employed by the Spanish Viceroy of Naples, is credited with being the first person to write down a recipe for sorbetto, or sorbet as it is known today. He also created a milk-based sorbet, which most culinary historians consider the first “official” ice cream. In 1686, Sicilian Francesco Procopio dei Coltellli opened Paris’ first cafe, Il Procope. There, he introduced gelato, the Italian version of sorbet, and became known as the “Father of Italian Gelato”.

It is unknown when ice cream was introduced to the New World, but it was officially mentioned for the first time in a letter written in 1744 by a guest of Maryland Governor William Bladen. On May 12, 1777, the New York Gazette ran the first advertisement for ice cream, and in 1790, the first ice cream parlor opened in New York City. That same summer, according to records kept by a Chatham Street merchant, George Washington spent about $200 on ice cream. Until insulated ice houses were invented around 1800, ice cream remained a rare and exotic dessert enjoyed mainly by the elite and aristocracy. With technological advances and innovations, ice cream manufacturing quickly became an industry in the United States. In 1843, Nancy M. Johnson invented an ice cream maker that drastically decreased production time, and in 1851, Jacob Fussell built the first ice cream factory. Today, the total frozen dairy annual production in the U.S. exceeds 1.6 billion gallons.

Ice Cream Fun Facts
Vanilla remains the world’s favorite ice cream flavor.
America’s top 5 favorite ice cream flavors: Vanilla, Chocolate, Cookies N’Cream, Mint Chocolate Chip, and Chocolate Chip Cookie Dough.
July is National Ice Cream Month in the United States. July 19, 2020: National Ice Cream Day. In 1984, Senator Huddleston of Kentucky introduced a resolution to proclaim July as National Ice Cream Month, and President Reagan signed it into law that same year. Although it only specified July 1984, the tradition continues.
David Stickler created the banana split in 1904.
The top ten national ice cream consumers per capita: New Zealand, The United States, Australia, Finland, Sweden, Canada, Denmark, Ireland, Italy, and the United Kingdom. Most of the vanilla used to make ice cream comes from Madagascar and Indonesia.

In 2019, vanilla, chocolate, and cookies and cream were the 3 most popular ice cream flavors in Japan, but matcha, adzuki bean and soda ice cream were also among the top flavors preferred by the Japanese.