

JAKE'S JABS & JABBER

We're writing about summer's favorite snack—Ice Cream. July 19 is the official day but all of July is considered National Ice Cream month.

Most people have experienced that quick, intense flash of pain that comes from drinking an ice cold drink or eating too much ice cream too fast. While that immediate head twinge only lasts for about few seconds, the aftereffects can linger for up to 5 minutes. Owwie!

Here are a few ways to prevent an ice-cream headache:

1. Take it easy on that spot in the middle of the roof of your mouth. Minimize the contact with anything very cold there. That means gulp it down right away.
2. Keep cold foods more on the sides of your mouth and if you do feel the start of a head-flash, wait awhile and let your tongue warm that hard palate area up a little bit. Hold your horses and pace yourself.
3. Try, but not too much, to minimize your consumption of ice cream. Ice cream with every meal is a bit, well, extravagant. While it tastes scrumptious, too much can lead not only to headaches, but also to obesity or coronary disease. Imagine that!

For maximum enjoyment, enjoy your ice cream slowly - and only once a day—with a cherry on top!

Now, while you're outside enjoying that ice cream at Putz's or Graeters, or a SnoCone at the Zone, make sure to wear sunscreen. The best way we could explain it is with this corny cartoon:



Arfin' is Awesome; Yippin's so Yuckie! - Jake

