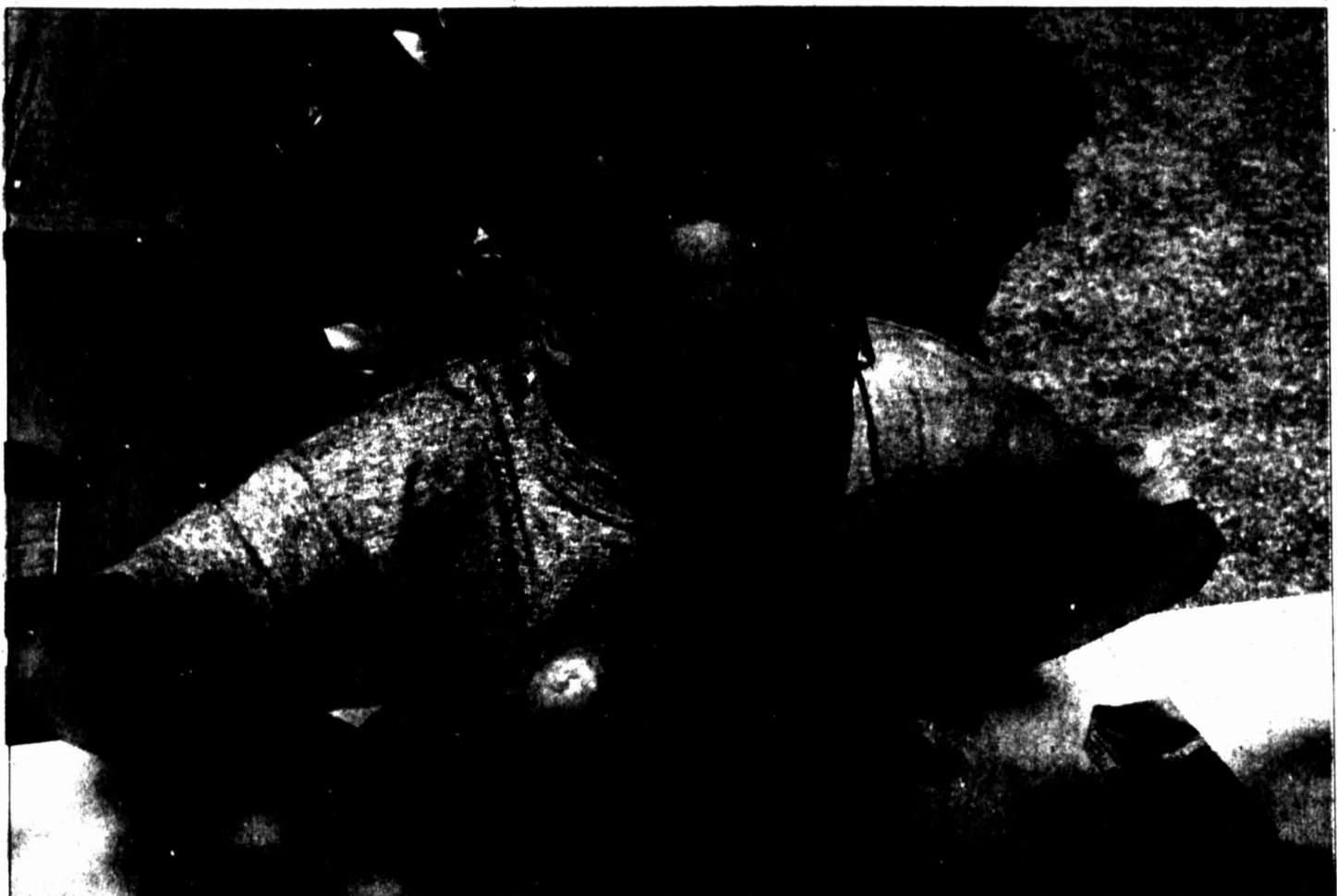


Youngsters find 'brain freeze' hazard of contest



Walker Bark, 8, a student at Elbow Elementary, succumbs to the pains of "brain freeze" during Saturday morning's ice cream eating contest at the Farmer's Market in downtown Big Spring.

By THOMAS JENKINS
Staff Writer

It took 13-year-old Matthew Rodriguez less than 60 seconds to put away a cup of ice cream and several ice cream sandwiches, earning him the speed eating crown during Saturday morning's contest at the Farmer's Market.

Rodriguez, who was just one of more than a dozen area youth who turned out at Heart of the City Park for the competition, said the secret to his success was simple.

"You just have to eat," said Rodriguez, who attends school at Big Spring Junior High. "You don't chew and you get as much as you can in your mouth and just start swallowing. I started getting some brain freeze at the end, but it wasn't that bad. It was a lot of fun."

"Oh man, that hurt!" yelled 8-year-old Walker

Bark in the closing seconds of the contest. "I got brain freeze!"

"It wasn't that bad," said 10-year-old Tara Massingill, a student at Coahoma Elementary.

In addition to ice cream guzzling bragging rights, Rodriguez received tickets to Six Flags for winning the competition.

The contest was sponsored and coordinated by the West Texas Producers and Farmers Market, and is a part of several Saturday-based events planned for the current season.

Themes include home canning demonstrations Aug. 19; Labor Day celebration, Sept. 9; Deiz y Seis celebration in conjunction with LULAC, Sept. 16; Safety Saturday, Oct. 7; and Halloween candy and closing events, Oct. 28.

The theme for Saturday Aug. 5 will be a watermelon eating contest.

Contact Staff Writer Thomas Jenkins at 263-7331 ext. 232 or by e-mail at citydesk@bigspringherald.com

Sales tax

Rebates for area cities continue to be strong

By BILL MCCLELLAN
News Editor

Sales tax rebates continued to remain strong in July, with almost every Crossroads area community witnessing double-digit improvement compared to a year ago, according to the State Comptroller's Office.

That includes Big Spring, which received a 21.65 percent increase over the previous July.

Big Spring received \$383,065.34 this month compared to \$314,873.88 for July of 2005. For the year, the Howard County seat has collected \$2,869,558.05 — up 18.7 percent compared to a year ago.

Coahoma continued to experience strong increases. The community took in \$6,027.07 this month compared to \$4,155.15 for July of 2005 — a 45.05 percent increase. For the year, Coahoma has received \$44,406.92, up 34.23 percent when compared to the first seven months of 2005.

Forsan's sales tax rebates were up 20.76 percent for July. Forsan took in \$7,710.45 this month, compared to \$5,618 in July of 2005. For the year thus far, Forsan has received \$49,385, a figure

ahead of last year's pace by 19.32 percent.

Abilene brought home \$2,552,041.47 this month, up 16.26 percent compared to the \$2,194,943.17 that came in for July 2005. Abilene has received \$18,337,117.97 this year, up 9.85 percent.

Andrews, which increased its sales tax from 1 percent to 1.75 percent in November, continued to post huge increases — 158.68 percent this time — comparing July 2006 rebates of \$180,171.61 to July 2005 rebates of \$69,649.26. For the year, Andrews has received \$1,385,173.22, up 143.77 percent.

Brownfield took in \$74,709.19 this month, a 30.15 percent increase when compared to the \$57,399.21 taken in for July 2005. Through the first seven months of 2006, Brownfield has received \$585,901.07, up 21.35 percent.

Colorado City had an increase of 14.66 percent, comparing sales tax rebates received this month — \$35,218.71 — to rebates received in July of last year — \$30,715.24. For the year, the Mitchell County seat has received \$275,086.79, up 8.44 percent.

See REBATES, Page 3

FESTIVAL FAVORITES



Make no mistake, Mary Cervantes has made her fair share of gorditas over the years, as the local woman helps prepare the tasty breads for the annual St. Thomas Catholic Church Festival.

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SHUTTLE BACK SAFELY

Space shuttle Discovery and its crew of six returned to Earth through overcast skies Monday, ending a successful mission that put NASA back in the space station construction business.

Discovery landed at Kennedy Space Center at 9:14 a.m. in only the second shuttle flight since the 2003 Columbia disaster.

"Welcome back Discovery and congratulations on a great mission," Mission Control told shuttle commander Steven Lindsey after Discovery rolled to a stop.

See Page 5

SCHOLARSHIP AUCTION

The Howard County A&M Club will hold its annual scholarship auction and reunion Saturday, July 22, at the Big Spring Country Club. Everyone is invited.

Items will be on display beginning at 5:30 p.m. with the auction set for 6:30 p.m. Up for bid include vacation trips, celebrity autographed items and much more.

Funds raised through the auction allow the club to provide scholarships to Texas A&M University for area high school graduates.

For more information, call 263-4204.

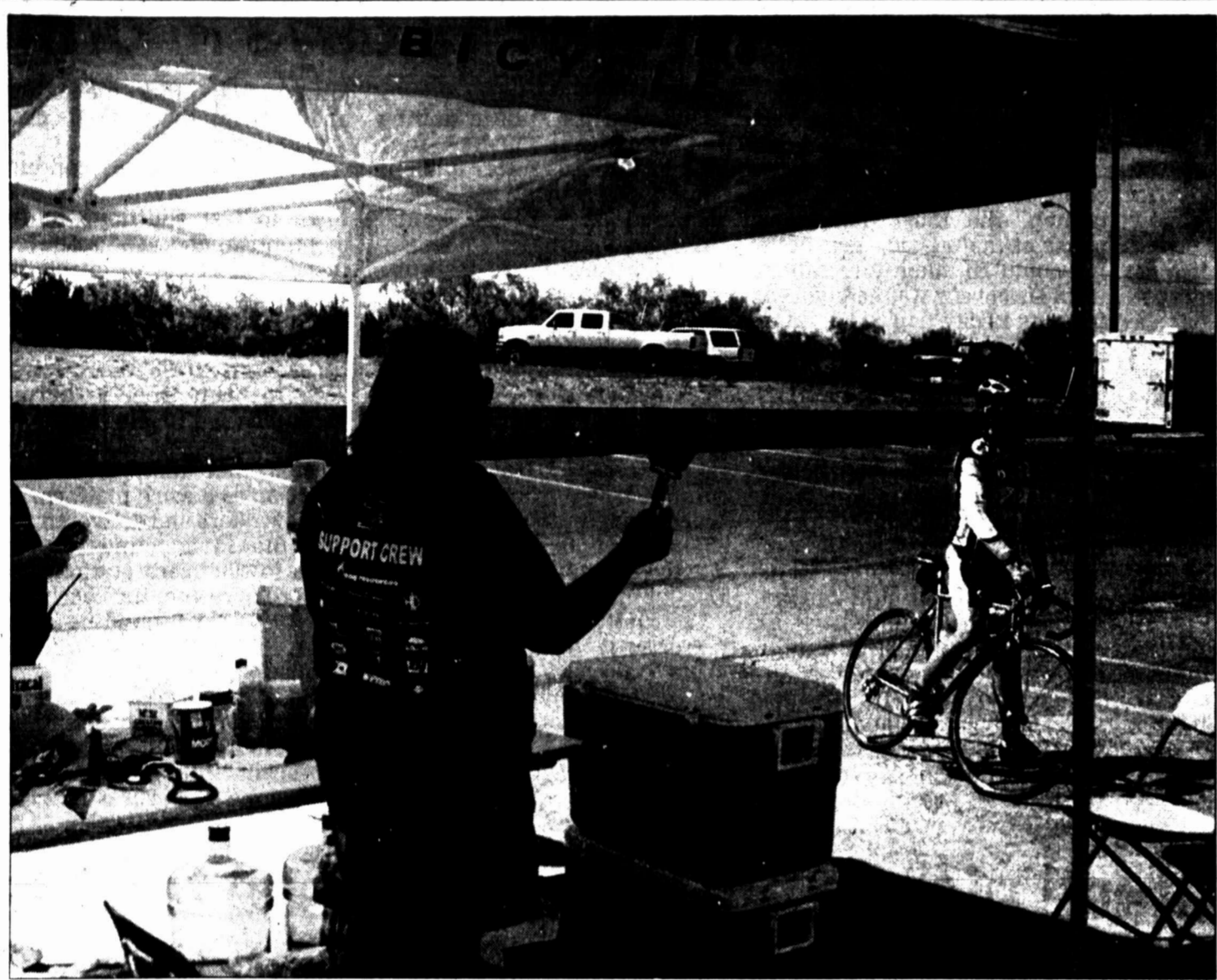
ESSAY CONTEST HELD

Children, can you explain why freedom of speech is important?

Hangar 25 Air Museum is sponsoring an essay contest for children age 5-14. All you have to do is write a 250- to 500-word essay on the topic, "Why freedom of speech is important to me and to the country."

The winner will receive a backpack and a \$50 gift certificate toward school supplies in time for the 2006-2007 school year.

The deadline to enter is Aug. 4. For more information, contact the Hangar 25 Air Museum at 264-1999.



Staci Taylor rings a bell at the first aid booth on the SouthWest Collegiate Institute for the Deaf campus during the annual Cactus and Crude MS 150 Bike Tour. The tour benefits the Muscular Sclerosis Society Cyclists.

Treatments for urinary incontinence offer new hope to sufferers

SCENIC MOUNTAIN MEDICAL CENTER

An estimated 13 million Americans suffer — often in silence — with the embarrassing symptoms of urinary incontinence. Characterized by a sudden, uncontrollable urge to urinate or the accidental release of urine during routine activities, many cases go unrecognized and untreated because people are too embarrassed to seek help. But a variety of treatments and growing awareness of the condition are giving sufferers new hope.



RUDY HADDAD, M.D.

There are several times of urinary incontinence. Among the most common is stress incontinence, which causes leakage during exercise or minor physical stresses such as laughing, coughing or simply standing after sitting. It tends to affect women most often, especially after childbirth, weight gain or other conditions that stretch the pelvic muscles causing them to weaken.

Urge incontinence, often called overactive bladder, occurs when a person feels an urgent need to urinate frequently and often cannot make it to the bathroom before the bladder partially empties. Conversely, other sufferers never feel the urge to urinate, so the bladder never empties — causing urine to leak continuously throughout the day.

Most cases of incontinence can be improved or cured using one of more of a variety of treatment options. While some are as simple as scheduling regular trips to the bathroom regardless of urge, others involve medication, surgery or special

exercises. Kegel exercises, which involve repeatedly tightening and relaxing the pelvic floor muscles, may be used to strengthen the muscles around the bladder opening to preserve or regain bladder control. For other women, a removable device placed inside the vagina can help decrease stress incontinence.

Additionally, several new medications are widely available to treat both urge and stress incontinence. Some medications inhibit the production of a chemical in the nervous system that causes the bladder to contract, causing sudden urges and leaks, while others cause the bladder muscle to relax while muscles at the bladder neck contract. These medications, which have been shown to cause side effects such as dry mouth, blurred vision and constipation in some patients, are often used in combination with behavioral methods such as bladder retraining or exercises.

In more severe cases, a urologist may perform surgery to reduce an obstruction causing incontinence, repair a bladder or simply lift the bladder back into its normal position. Surgeries range from simple outpatient procedures to more invasive inpatient procedures.

Although incontinence is usually manageable, it can be a symptom of a larger problem. If you have any other questions or would like more information on urinary incontinence, visiting a urologist or gynecologist can help ease the discomfort of urinary incontinence and rule out a more serious condition.

Sources:
Urology Channel, www.urologychannel.com
Web MD, www.WebMD.com

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Living Well

By
Kori
Myers



A little knowledge makes stain removal easier

Sooner or later we all have to face it — a favorite item of clothing gets a stain. Does this mean it's unwearable and must be tossed or turned into rags?

Not necessarily, said Dr. Pam Brown, Texas Cooperative Extension consumer sciences specialist. Sometimes, with a little effort, stains can be removed cleanly and favorite clothing can be worn with pride again.

First, determine what the stain is, since different stains are removed by different methods.

For example:

— Oily stains (cooking oils, mayonnaise, chocolate, motor oil, cosmetics and candle wax): Work liquid detergent or pre-wash stain remover into the stained area; rinse hands and repeat. After that's done, wash the garment in the washing machine at the highest recommended water temperature with one cup of detergent.

— Mud and dirt: Air dry the garment, then brush or vacuum excess soil off. Work a paste of detergent granules and warm water into the stained area; repeat if necessary. As an alternative, pre-soak with detergent granules mixed with water for at least 30 minutes and repeat, adding color-safe bleach to the solution.

— Adhesive tape, chewing gum, rubber cement: Harden the sticky residue with ice; crack or scrape off the excess. Apply pretreatment, then rinse and wash.

— Protein and/or plant stains (egg, ketchup, mustard, mildew, grass, blood, baby formula, chocolate, etc.): Work liquid detergent into stained area; rinse hands to prevent them from working stain back into fabric and repeat. Machine wash with one cup of detergent; add one cup of non-chlorine bleach with enzyme presoak. If the stain is stubborn, soak the item for a day or two, stirring

occasionally, then machine wash again and air dry.

— Take dry-clean-only clothing to the dry cleaners.

Whatever the stain, though, treat it quickly, Brown said. "Time and heat exposure make removing stains harder. Use a blotting motion. Work from the inside of the garment or back of the stain to force the stain out rather than into the fabric. Avoid using a rubbing motion. Launder the whole item after treating."

If pretreatment is necessary to remove the stain, make one using granulated detergent mixed with water, or use liquid detergent or a pretreatment product.

"Pretreat stains quickly and repeat the application if the stain remains," Brown said. "Sometimes you need to treat stains many times. Never dry a stained garment in the dryer or (the stain) may become impossible to remove."

After pretreating, washing the garment in the appropriate cleanser is important.

"Soaps are mild cleansers that come in granules, which are used for lightly soiled and delicate items, or bars, which are good for pretreating heavy soils and stains before laundering," Brown said. "Avoid harsh

rubbing with the bar."

Detergents, which are available in heavy duty, light duty or combination forms, aren't as mild as soaps but do "clean a wide variety of soils," she said. "Granular detergents are used on all washable fabrics. Liquids work on oily soils. Combination detergents contain detergents and either color-safe bleach or fabric softener."

Then there's bleaches, which are "strong cleaning agents," Brown explained. "Follow the instructions on the containers." And use chlorine bleach only on colorfast fabrics.

Other laundry products which can be helpful in removing stains and keeping clothing in good condition are:

— Detergent boosters, which strengthen detergent's cleaning power;

— Enzyme presoaks, which help remove stains; and

— Fabric softeners, which help make clothing soft and reduce drying time.

But some basic laundry habits can help eliminate stains in the first place, Brown said, such as:

— Emptying pockets and closing zippers, hooks and buttons before putting into the washing machine;

— Sorting clothing by colors, construction, fiber, texture and heavi-

ness of soil;

— Pretreating stains;

— Using the recommended amount of detergent;

— Not overloading the washer or dryer;

— Using the hottest water temperature recommended;

— Using the right wash and dry cycles for the fabrics;

— Using chlorine bleach only on colorfast fabrics;

— Removing clothes from the dryer promptly and avoiding overdrying; and

— Regularly cleaning washer and dryer filters.

Additional information can be found at <http://agpublications.tamu.edu/catalog/topics/Clothing.html> and clicking on "Quick Stain Removal Guide."

Remember: "Raising kids, eating right, spending smart, living well."

Kori Myers, M.Ed., is the Cooperative Extension Service Family and Consumer Services agent for Howard County. She can be reached at kmyers@ag.tamu.edu

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MONDAY

JULY 17

Table with 26 columns representing different TV channels and their respective programming for Monday, July 17. Channels include WFAA, KMID, UNI, KPEJ, KOSA, KTLT, KWES, WTBS, KML, KPBT, DISC, AMC, SPIKE, TNT, BET, DISN, ESPN2, ESPN, and SCIFI.

DENNIS THE MENACE

THE FAMILY CIRCUS

HAGAR



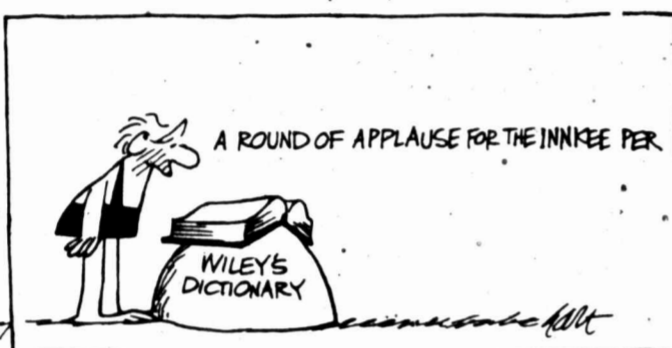
"SORRY, DENNIS, BUT MRS WILSON'S CARROT CAKE DOESN'T EXCLUDE YOU FROM EATING YOUR VEGETABLES."

"Forget it, P.J. Standing on your tiptoes doesn't count as growing taller."



This Date In History

Today is Monday, July 17, the 198th day of 2006. There are 167 days left in the year. Today's Highlight in History: Ten years ago, on July 17, 1996, TWA Flight 800, a Paris-bound Boeing 747, exploded and crashed off Long Island, N.Y., shortly after leaving John F. Kennedy International Airport, killing all 230 people aboard.



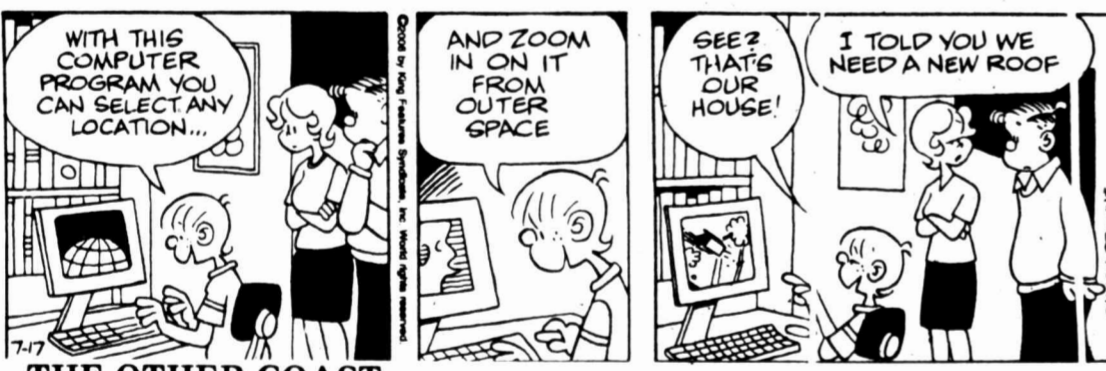
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Newsday Crossword

Crossword puzzle grid with clues for Across and Down. Clues include: 1 Sheltered inlet, 5 Numerical fact, for short, 9 Desirable quality, 14 Egg-shaped, 15 Mystical glow, 16 Window ledges, 17 Steakhouse handout, 18 Broad smile, 19 Part of a vise, 20 They say "I do", 23 '50s Ford, 24 Place to park, 25 Ghost's shout, 28 Play (kiddie clay), 29 Did a salon treatment, 33 Erie or Superior, 34 Hockey great Gretzky, 35 Submarine detector, 36 Old-fashioned transportation, 40 Actor Sal, 41 Decline to participate, 42 Smooth out, 43 Swapped, 45 Talk too much, 48 Misérables, 49 General Grant's opposite, 50 Die down, 52 Haphazard method, 57 Muffin toppings, 59 "That makes sense", 60 Dianist, 61 Train station, 62 Quote, as a reference source, 63 Religious group, 64 Frisbees and tiddlywinks, 65 Talk back to, 66 French holy women: Abbr., 10 Grain-storage building, 11 Excitingly fast-paced, 12 Shade tree, 13 Recipe amt., 21 Texas city, 22 Fishing pole, 26 "Fine by me!", 27 Above, in verse, 30 Hurricane center, 31 Single-helix molecule, 32 High-IQ group, 33 Company emblem, 34 Small songbird, 35 Ice-cream parlor offering, 36 Bees' home, 37 Ragtime dances, 38 Pa, 39 "So long!", 40 Actor Gibson, 43 Hot drink, 44 Mementos from the past, 45 January birthstone, 46 Right now, 47 Artists' caps, 49 Shopping aids, 51 Orchestra section, 53 Chess corner piece, 54 China's continent, 55 Badminton barriers, 56 Low grades, 57 Strange, 58 Hawaiian necklace.

Big Spring Monday morning is still... Volume 1... Big Spring Monday morning is still... Staff Writer... Despite tax valuation commission their habit to balance... During shop mission bad new get and... "I'll be... McKibbin the... District... Ur... lat... fo... Cour... \$250,00... in sheri... See Pa... By THO... Staff W... Overc... under... ty jail w... topics... Howard... Commi... during... mornin... shop... While... ues to... two-pro... INE... Classifi... Feature... Obituar... Opini... Sports... To re... Please... a.m. to... 263-73... noon!