

COMMUNITY NEWS

QUARTZ HILL

Post to serve dinner

The Veterans of Foreign Wars Post 3000 will have a dinner night from 5:30 to 8 p.m. Friday, Feb. 5, at the post, 4342 West Ave. L. The cost is \$13 for prime rib; \$11 for New York steak, and \$9 for shrimp or salmon. For details, call (661) 943-2225.

PALMDALE

Dillard's manager to speak

Dillard's manager B. Glasscock will discuss the department store's history, as well as its senior program during the Newcomer Club's meeting at 11 a.m. today at Sizzler's Restaurant, 853 West Palmdale Blvd., in the back room. Members will play bunco after the meeting. For details, call (661) 285-5857.

Chili cook-off on tap

The Palmdale Moose Lodge will have a chili cook-off from 9 a.m. to 2 p.m. Saturday, Feb. 6, at the lodge, 3101 East Ave. Q, with a jam session following the awards for best chili. A Super Bowl party will be on Sunday, Feb. 7. Proceeds will go to Moose charities. For details, call (661) 947-6207.

Learn about sea creatures

Guest speaker Leslie H. Harris, a collections manager from the Los Angeles Museum of Natural History, will present "Lifestyles of the Wet and Spineless" during the Antelope Valley Desert Divers meeting at 7 p.m. Monday, Feb. 8, at the Larry Chimbole Cultural Center, 38350 Sierra Highway. For details, call (661) 816-4146.

TEHACHAPI

Last call for photos

Today is the last day that the Tehachapi Valley Arts Association and Gallery 'N' Gifts will accept entries for a photography contest. For details, call (661) 822-6062, or go to galleryrngifts.org.

LANCASTER

Emblems to hear speaker

Melody Cathey, president of the Supreme Emblem Clubs will be the guest speaker during the Antelope Valley Emblem Club No. 76 meeting at 6:30 p.m. today at the Lancaster Elks Lodge, 240 East Ave. K. For details, call (661) 946-9676.

Parliamentary club to meet

The Antelope Valley Parliamentary Law Club will meet at 10 a.m. today at the Lancaster Woman's Clubhouse, 44748 Beech Ave., Suite B. For details, call (661) 256-1310.

Calling future teachers

Potential teacher education candidates will be able to learn about available credential programs at 4 p.m. Friday, Feb. 5, at California State University, Bakersfield Antelope Valley Center, 43909 30th St. West. For details, call (661) 952-5080.

Antique doll events on tap

The Antelope Valley After 5 Women's Connection and the Antelope Valley Christian Women's Connection will have antique doll presentations on Tuesday, Feb. 9, at the John P. Eliopoulos Hellenic Center, 43404 30th St. West. The Christian Women will meet for a lunch from 11:30 a.m. to 1:30 p.m. The cost is \$16. Reservations are required by Saturday, Feb. 6. The After 5 Women will meet at 7 p.m. The cost is \$7, \$6 for seniors; and includes refreshments. For details, call (661) 273-2480, (661) 947-1471.

CALIFORNIA CITY

Super Bowl gala set

A Super Bowl potluck event will be at 2 p.m. Sunday, Feb. 7, at the Mable Davis Senior Center, 10221 Heather Ave., with dinner at 4 p.m. Reservations are requested. For details, call (760) 373-1006.



Getting a good night's rest

By LIANE M. ROTH Valley Life Editor

Numerous studies reveal the importance of a good night's sleep. Everything from superior job performance to safe driving to having a better sex life can be attributed to getting eight hours of zzz's — and who couldn't use a little more "beauty sleep" in their lives?

"Sleep is very important — our objective should always be to sleep soundly at night," said Dr. Peter Fotinakes, medical director of St. Joseph Hospital Sleep Disorders Center in Orange. Too much stimulation while one is trying to doze off can cause restless sleep — and that stimulation comes a variety of different forms, including physical stimulation from our environment. Either the room is too hot or too cold, too much noise can be heard or there is too much light for a sleeper to remain in that state, he



Dr. Peter Fotinakes

continued, and any or all of those conditions can prevent a good night's sleep. According to a new consumer sleep study released by Sit 'n Sleep and conducted by Harris Interactive from Oct. 29 through Nov. 2, our sleep health is closely linked with our sleep and mattress and can affect illness, mood swings and overall well-being. Since Americans spend more than one-third of their lives in bed, sleeping on a comfortable and supportive mattress is integral to ensure a healthy and satisfying night-time rest. "Body pain can be stimulating — if the mattress is too lumpy or is uncomfortable — we can't possibly get a 'good' night's sleep," Fotinakes said. The survey reported 58% of adults reported often feeling sick or not rested when they sleep on an old or uncomfortable mattress. "It's normal for people to sleep in a particular position. When their body gets sore, they awaken and reposition themselves — fluff up the pillow and go back to sleep. That's normal sleeping.

"When they get older they develop arthritis, back problems, more pain — their sleep positions are more restrictive, they sleep on their side or back or shoulder and develop injuries." That's where the bed comes into play, said Fotinakes, who has been in sleep medicine for more than 20 years. "It doesn't take a sleep scientist— just common sense — to know when we don't get enough sleep it leads to irritability — that makes us snap at our partner or co-workers — causing stress on marriages and jobs." Staying calm and more collected is very important and improves a relationship, he continued, and can be more easily achieved by getting enough sleep at night — and the right sleep — with no interruptions, no problems and no pain and less threat of long-term illnesses. According to representatives with Sit 'n Sleep, a recent study published in the Archives of Internal Medicine reported that those who slept less than an average of seven

See SLEEP STUDY on C2

Kaiser Permanente taking grant applications

By LIANE M. ROTH Valley Life Editor

Kaiser Permanente Antelope Valley is accepting applications for its 2010 community grants until Friday, Feb. 5. Kaiser Permanente's social mission is to improve the health of not only its members but also the surrounding communities. The Kaiser Permanente Community Benefit program addresses the needs and priorities identified through local needs assessments. Grants are awarded to organizations that address critical needs in at least one of these areas of focus: Health services to increase primary and specialty care, support staff development, medical technology, cultural competency and community outreach. Preventive health services to strengthen existing chronic disease prevention and education programs, and to increase access to preventive care programs. Environmental health services to support programs that work with children and families to promote healthy eating and active living, to increase access to healthy foods and to educate families on the harmful effects of toxic chemicals and air pollution. Organizations interested in applying must be exempt under Section 501(c)(3) of the Internal Revenue Code, provide services within the Antelope Valley, and provide services to disadvantaged and/or underserved populations. Kaiser Permanente in 2009 awarded \$88,910 in grants to eight local nonprofits. The organizations awarded included the Antelope Valley Committee on Aging, Antelope Valley Community Clinic, Antelope Valley Partners for Health, The Catalyst Foundation, The Children's Center of the Antelope Valley, Palmdale School District Health Clinic, Tarzana Treatment Centers, and Valley Oasis



Kaiser Permanente's Linda Lawson, left, congratulates Julie Ferebee, director of Health Services for Palmdale School District, with Kaiser's Dr. Khodam Rostomian looking on, during the 2010 community grant distribution.

(Antelope Valley Domestic Violence Council). Nonprofit organizations interested in applying for the grants can contact Kelly Scroger, public affairs representative, at (661) 729-7161 or kelly.m.scroger@kp.org.

lroth@avpress.com

Which foods cause most illnesses?

By SAM McMANIS Sacramento Bee



The Center for Science in the Public Interest, known for pointing out the caloric crimes of fast-food and chain restaurants, has turned its attention to the dangers of foods deemed healthy. The group released a list of the "10 riskiest foods regulated by the Food and Drug Administration." The rankings primarily use Centers for Disease Control and Prevention data (1990-2006) on food-borne illness outbreaks to

determine the worst offenders. Take our quiz on the list.

- Which of the following foods is not in the top 10:
a) Eggs
b) Tuna
c) Salmon
d) Tomatoes
- Leafy greens (aka salad) earned the dubious distinction of being No. 1. How many incidents of E. coli, norovirus or salmonella did lettuce cause during the FDA's measuring period?
a) 139,002
b) 13,568
c) 5,400
d) 714
- Some might be surprised that potatoes made the "riskiest" list. What's

- the problem with potatoes?
a) Improper handling by food preparers
b) Exposure to animal feces in the soil
c) Three words: spoiled potato salad
d) All of the above
4. Oysters, particularly when served raw, have the potential to harbor vibrio, a pathogen. Which of the following conditions will not affect people who already are immuno-compromised?
a) Septic shock
b) Skin lesions
c) Liver failure
d) Heart fibrillation
5. True or false: Berries made the list at No. 10, mostly because of incidents of infection by cyclospora, a microscopic parasite contaminated with infected stool.
ANSWERS: 1: c; 2: b; 3: d; 4: d; 5: true

IN THE FAMILY WAY

Online bullying new threat

Social networking has evolved into something that to the traditionalists and baby boomers are not customary. Facebook, Twitter, LinkedIn, blogs, Skype, and Myspace are unfamiliar territory. But for our sons, daughters and grandchildren, technology-based networking and socializing are as natural as the air they breathe. Our lack of experience and grounding of different sets of social skills make us less of an expert in guiding our youngsters to maneuver themselves in this new social arena. The modern technological life seems over our heads unless we embrace it as the norm. We have no choice. Our children need our guidance and surveillance to make meaning of their social experiences. It is heartbreaking to hear that a teenager ends her or his life because of social issues that can be talked about. I'm referring to bullying in a new form — cyber bullying. It used to be that bullying was considered to be a normal part of the growing process. The effects were less than detrimental. Now bullying had gone high-tech and the detrimental effects to a child's development are much more concerning. Recent studies have found that cyber bullying has increase in recent years. In a national survey of 10 to 17-year-olds, twice as many children and youth indicated that they have been victims and perpetrators of online harassment in 2005, compared with 1999/2000. Girls were about twice as likely as boys to be victims and perpetrators of cyber bullying. In a study of middle and high school students, the most common way of cyber bullying was through instant messaging. Other avenues include:

- Text messages
 - E-mail
 - Web sites and Web blogs
 - Camera phones
- About half of the preteens and teens surveyed reported that they receive bullying messages while at home, day or night. However, only about 50% of the kids who had been cyber bullied had told their parents about their experience. The U.S. Department of Health and Human Services offers these tips:
- Keep your home computers in easily viewable places, such as a family room or kitchen
 - Talk regularly with your child about online activities that he or she is involved in.
 - Encourage your child to tell you if he or she is aware of others who may be victims of cyber bullying.
 - Explain that cyber bullying is harmful and unacceptable social behavior. Outline your expectations for responsible online behavior and make it clear that there will be consequences for inappropriate behavior.
 - Although adults must respect the privacy of children and youth, concerns for your child's safety may sometimes override these privacy concerns. Tell your child that you may review his or her online communications if you think there is reason for concern.
 - Consider installing parental control filtering software and/or tracking programs, but don't rely solely on these tools.
 - Do not erase the messages or pictures. Save these as evidence
 - Try to identify the individual doing the cyber bullying. If you suspect criminal intent (threats of violence, extortion, stalking, hate crimes, etc.), contact the police.



Elvie Ancheta

To get your news on this page, send e-mail to valleylife@avpress.com or call (661) 267-4230



Senior shopping event

Tuesday's Valley Life Focus on Community



A cornucopia of cupcakes

Wednesday's Valley Life Food & Cooking



Llamas produce profit

Thursday's Valley Life Young AV