

### COMMUNITY NEWS

#### Vietnam vets' views on war

Veterans of the Vietnam War who would like to share their views and experiences with students at Antelope Valley College, are urged to call Professor Ralph S. Brax at (661) 943-4015.

Dr. Brax's class on the Vietnam War meets on Mondays and Wednesdays from 12:30 to 1:50 p.m.

#### LANCASTER

#### Learn to defend yourself

Okinawa-Te Karate, 45337 Sierra Highway, will present a free women's self defense class from 11:30 a.m. to 1 p.m. Saturday.

Deadline to register is Tuesday. For details or to RSVP, call (661) 945-5855.

#### Mineral club a real gem

The Antelope Valley Gem & Mineral Club will have its monthly meeting at 7 p.m. Tuesday at Our Shepherd Lutheran Church, 42521 20th St. West.

The club meets the fourth Tuesday of the month.

For details, visit [www.avgem.weebly.com](http://www.avgem.weebly.com).

#### Cinco de Mayo school fiesta

Columbia Elementary School, 2640 East Ave J-4, will present a Cinco de Mayo Celebration from 5 to 7:30 p.m. Friday, May 3.

The event will include a show performed by the students at 5 p.m., game booths, a cake walk, authentic Mexican food, and live Mariachi and Aztec dancers.

Admission is free, and tickets for food and games will be sold at the door.

For details, call (661) 946-5656.

#### Learn to speak in public

Toastmasters will present an eight-week youth leadership program for seventh- to 12th-graders at the Antelope Valley Family YMCA, 43001 10th St. West, starting Tuesday, May 7.

For details, call (661) 208-2054.

#### PALMDALE

#### School restaurant fundraiser

Cimarron Elementary School will have a fundraiser from noon to 10 p.m. Wednesday at Panda Express, 37134 47th St. East.

Present this listing when ordering and 20% of your order will be donated to the school.

#### Swim team booster dinner

The Quartz Hill High School Swim Boosters will have a fundraiser from 5 to 9 p.m. Wednesday at Vince's Pasta & Pizza, 2833 West Ave. L.

For details, call (661) 492-3515.

#### Walkers sit down for meeting

The Antelope Valley Mall Walkers will meet at 7:30 a.m. Wednesday at Greenhouse Cafe inside the AV Mall, 1233 West Rancho Vista Blvd. (Ave. P).

The group meets the fourth Wednesday of the month. For details, call (661) 266-9150.

#### Manage your diabetes

Legacy Commons for Active Seniors, 930 East Ave. Q-9, will have a diabetes self-management class at 9:15 a.m. Wednesday.

The free monthly class is offered on the fourth Wednesday of the month and is geared toward seniors 55 and older.

For details, call (661) 267-5904.

#### Turnaround trip to casino

St. Mary's Catholic Church will have a turnaround bus trip to San Manuel Casino on Tuesday, May 7, departing from the church at 10 a.m.. Cost is \$30 with \$10 back in play.

For details or to RSVP, call (661) 269-5332.

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



Adam Silverman, center, with shih tzus Sammy, left, and Leila, tests out the comfort of the hypoallergenic Dr. Breus Bed at Sit 'n Sleep in Palmdale. RUBY ALVARADO/Valley Press

## Snoozing without losing

By LIANE M. ROTH Valley Life Editor

There's no better way to start the day than following a good night's sleep in a comfortable, cozy bed whereas a restless night can have disastrous results.

For people with indoor allergies, environmental allergens such as dust mites, pet dander, mold and even cockroaches can trigger unbearable itching, sneezing, stuffy noses, running eyes and puffy faces, preventing that much needed eight hours' rest.

"Allergens are a comfort issue," said sleep

specialist Michael Breus, Ph.D., a clinical psychologist, Diplomate of the American Board of Sleep Medicine and a Fellow of the the American Academy of Sleep Medicine.

"People who are congested don't sleep well. If you sleep is uncomfortable you wake up tired and that affects your daily routine."

As an authority and expert on sleep, Breus spent years developing his own line of hypoallergenic beds and bedding for patients with allergies.

Findings released by Sit 'n Sleep, one of the largest mattress retailers in the United States, revealed allergy sufferers can find relief — and a more restive sleep — when they reduce common household allergens found in most bedrooms.

The Dr. Breus Bed, now being carried in Sit 'n Sleep stores including the Palmdale location, is a 100% foam and latex product

See SNOOZING on C2

## Weekend walks for awareness

By LIANE M. ROTH Valley Life Editor

Several awareness and charity walks on Saturday will give Antelope Valley residents the opportunity to take steps to help those who are unable to help themselves, said organizers.

Take part in the Leona Valley Sertoma's inaugural "Sound Off" for Sertoma 5-kilometer Scenic Trail Walk on Saturday, April 27, and support the club's charities including assisting hearing disabled children in the classroom and youngsters with severe medical conditions at The Painted Turtle camp in Lake Hughes.

The scenic stroll sponsored by All Things Engravable and Rally Auto Group kicks off at 10 a.m. from the Leona Valley Community Building, 8367 Elizabeth Lake Road and then proceeds on to the Lane Ranch property where walkers may enjoy the seasonal flora and fauna including wildflowers and local birds found along the route before returning to the community building to receive a goodie bag, said Jan Clark, club president.

The tax-deductible pre-registration is \$10 per walker; same day registration opens at 8:30 a.m. Saturday.

For details and a downloadable entry form, visit [Leonavalleyseretoma.org](http://Leonavalleyseretoma.org).

For details, call Clark at (661) 270-9268.

The National Multiple Sclerosis Society's Walk MS Antelope Valley 2013 will take place on Saturday at the Lancaster Marketplace, 44950 Valley Central Way.

Pre-walk festivities, check-in and same-day registration

See AWARENESS WALKS on C2



Five-year-olds Betsy Caceres, left, and Kimberly Carillo, part of the Best Start program, participate in the 2012 Darion Wheat Walk on Lancaster Boulevard. The annual event aims to warn about the dangers of child abuse by holding signs with the names and ages of past victims during April, National Child Abuse Awareness Month. Valley Press files

## Preventing vitamin loss when cooking vegetables

Food Network Kitchens

There's no doubt vegetables have lots of good nutrition to offer, but how you purchase, store and prepare them can dramatically affect their value. Here's what you need to know when cooking your favorite veggies.

The less time it takes for the veggies to get to your plate, the more nutrients they'll retain. Support local agriculture in your community or get your hands dirty by planting some of your own herbs and vegetables.

Once you get those fresh vegetables home, minimize additional nutrient loss by eating them right away or storing in the refrigerator or freezer. Cold temperatures will limit the degradation of vitamins, so use the vegetable drawer in your fridge (where humidity is higher) and store in an airtight bag or container. Avoid trimming and chopping before storage, too; this

will limit surface area and help lock in more of the vitamins.

Cooking veggies can further diminish the content of various water-soluble vitamins, including folate, thiamin, B6 and vitamin C, especially in foods that sit out heated for more than two hours. Vitamin A, riboflavin and niacin tend to hang in there a bit better, while fiber and minerals will remain virtually unaffected.

Overcooked veggies are better than no veggies at all, but quick cooking will maximize nutrients. Take advantage of as many vitamins as possible by following these tips:

- Keep skins on when possible
  - Avoid continuous reheating of food
  - Use a minimal amount of cooking liquid
  - Choose steaming over boiling
  - Use the microwave
    - Use a pressure cooker when possible
    - Avoid using baking soda to retain color
- Courtesy Dana Angelo White on [foodnetwork.com](http://foodnetwork.com)



## Coming Up

**TUESDAY:** Focus on Community

### Sew what

Crafty quilters to display their works



**WEDNESDAY:** Food & Cooking

### Tasty tidbits

Make time for tapenadas



**THURSDAY:** Young AV

### Go green

Valley youth celebrate Earth Day



**FRIDAY:** Pets

### Shelter pets

Soft, cuddly, friendly and ready to go



### IN THE FAMILY WAY

## Handling heart attack depression

You are going home after a heart attack. You feel fortunate but scared about what is going to happen next. You have many questions. Will you be able to resume life as it was for you, go to work when, and will your sexuality be affected? And there is that looming question of when the next heart attack may occur and will it be fatal?



Elvie Ancheta

These are anxiety-provoking questions and in some people, severely depressing. In fact, it has been reported that as many as 1 out of 3 people who have a heart attack report feelings of depression. Those who have had history of depression and those who do not have social or emotional support are at even higher risk of depression after a heart attack.

Often times, you may not even realize or recognize your depression symptoms. You simply feel lonely. Know that depression can be treated. Here are some of the symptoms to watch out for (familydoctor.org):

- Feeling sad or crying often
- Losing interest in daily activities that used to be fun
- Changes in appetite and weight
- Sleeping too much or having trouble sleeping
- Feeling agitated, cranky or sluggish
- Loss of energy
- Feeling very guilty or worthless
- Problems concentrating or making decisions
- Thoughts of death or suicide

If you feel any of the symptoms above, all day, and on a daily basis for two or more weeks, the experts recommend that you seek the help of your family doctor. He or she will know what interventions you may need.

After a heart attack, you may also feel worried and overwhelmed. You may have physical limitations, not sure about the recovery process, and how soon to return to your regular activities. Your recovery will depend upon your previous physical health and how big an area of your heart was affected.

Your primary care provider is an important resource for you for information and expert advice. Ask questions to understand the extent of the heart muscle damage and what you can do to help rehabilitate your heart.

Cardiac rehabilitation is part of the treatment plan after a heart attack. Your cardiac rehabilitation will begin while you are in the hospital. Before you leave the hospital, the health care providers will talk to you about a continuing cardiac rehabilitation plan. Your insurance carrier may have a program that you can enroll in. Take advantage of it.

The program will guide you through a heart-healthy life style changes including understanding your risk factors. You will learn about the right exercises for you as well as diet modifications that will help maintain and improve your heart functions and control your blood pressure and cholesterol levels.

Managing your weight is so important so that your heart will not work so hard. Managing your stress level is also important to prevent major depression and worry that may provoke another episode. The more you steadily make changes in your lifestyle and sticking with the cardiac rehabilitation program, the better are your changes of preventing more heart problems in the future.