

COMMUNITY NEWS

PALMDALE

Try out for boys basketball

The Antelope Valley Athletic Club will hold tryouts for its boys traveling basketball teams today. Students in grades 3 through 5 will be assessed from 6:30 p.m. to 7:30 p.m. and those in grades 6 to 8 from 7:30 p.m. to 8:30 p.m. For details, call (661) 609-8441 or (661) 754-1558.

Get teed off at tournament

The Antelope Valley Committee on Aging will have a charity golf tournament today at Rancho Vista Golf Course, 3905 Club Rancho Drive. Cost is \$125 per player. Proceeds to benefit Home Delivered Meals (Meals on Wheels). For details, call (661) 945-4521, Ext. 223 or (661) 947-9576.

Get support from fellow moms

The MOMS Club of Palmdale, a support group for stay-at-home mothers, will meet at 9:30 a.m. Wednesday at Camille's Sidewalk Cafe, 450 West Palmdale Blvd. For details, call (661) 450-8041 or e-mail momsclubofpalmdale@gmail.com.

Show off moves at dance

The Fun After Forty Ballroom Dance Club will have a dance from 7:30 p.m. to 10 p.m. Friday at Legacy Commons Senior Center, 933 East Ave. Q-9. Admission is \$4 for members and \$6 for guests. Dance lessons are offered from 6:30 p.m. to 7:30 p.m. For details, call (661) 945-3734 or (661) 267-5904.

LANCASTER

Presidio Brass to perform

The Antelope Valley Community Concert series will kick off with a performance by Presidio Brass at 8 p.m. today at the Lancaster Performing Arts Center, 750 West Lancaster Blvd. Membership cards, which allow admission to all four concerts, are \$20 for children and \$60 for adults. For details, call (661) 72209662 or visit www.avcommunityconcerts.com.

Share sporting tips

The High Desert Sportsman Club will meet at 6 p.m. Wednesday. The club meets on the first Wednesday of the month. For details and the meeting's location, call (661) 917-2871.

Cruise on over for phun time

The Phun Time Cruisers will meet from 5 p.m. to 7 p.m. Saturday at Schooner's Patio Grill, 2797 West Ave. L. For details, call (661) 478-4130.

LLANO

Swing to give a child hope

Antelope Valley Guild of Childrens Hospital Los Angeles will have its 47th annual charity golf tournament Tuesday at Crystallaire Country Club. Cost is \$140 per person; shot gun start at 11 a.m. For details, call (661) 944-3810 or e-mail bj lombardi@avradianet.com.

SUN VILLAGE

Happy people welcome

The Jolly Seniors Club for those 55 and older will meet at noon Tuesday, Oct 5, at Jackie Robinson Park, 8773 East Ave. R. For details, call (661) 944-2880.

QUARTZ HILL

Birds of a feather to meet

The Antelope Valley Caged Bird Society will meet at 7:30 p.m. Friday at the Quartz Hill Grange Hall, 41843 50th St. West. For details, call (661) 947-1588 or e-mail avcbs.info@gmail.com.

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



Setting a sleep schedule

By **AMBER HOFFMAN** Valley Press Staff Writer

If every morning is a struggle to get your grumpy children out of bed and to school on time, establishing a sleep routine may be the answer experts say. A recent sleep study conducted by Harris Interactive in conjunction with Sit 'n Sleep found that a third of responders have been late to school or work because of a poor night's sleep. Experts say setting a consistent sleep routine for children is a great way to prepare them for success in the classroom. "Kids actually thrive when they have routine," said Barbara Stroud, a childhood development expert and ICARE Steering Committee Member with the Los Angeles County Department of Mental Health.

"Having a sleep routine is just as important as having any other routine. A bedtime routine is actually training the brain and body to prepare to relax and slow down. That goes for kids and adults." Stroud said an established sleep regimen will help children be more productive and concentrate better in class, which in turn will lead to better grades. She compared the drowsiness youngsters may feel in the classroom after a sleepless night to how adults feel while driving a vehicle late at night. "For children their response time is slower and they're going to be easily distracted. Sleep effects memory — if we don't get enough sleep we have a hard time

remembering information." Even the experts admit this may be easier said than done, especially when every night involves fighting with a child to get her into bed. Stroud offers several tips for parents who struggle with maintaining a set sleep schedule for their children," Stroud said. "As a parent you design what time you want your kids to go to sleep. You need to start preparing them about 30 minutes before bedtime." Nighttime routines such as bath time, dressing for bed and brushing children's teeth should be completed at least a half hour before a child goes to sleep. Stroud said she tells parents to turn off all electronics in

See **SLEEP STUDY** on D6



New test for evaluating premature babies better than Apgar

By **ERIN ALLDAY** San Francisco Chronicle

Stanford University researchers have developed a method for predicting health problems in premature babies that they say is much more reliable than the standard Apgar score used to evaluate newborns' health. The method, which the researchers have named the PhysiScore, rates infants' health based on vital signs taken at birth and during the first three hours of life. In a study of 138 infants at Lucile Packard Children's Hospital, the score was able to predict a baby's chances of developing serious illnesses with an accuracy of 91 to 98 percent. The Apgar score has been favored for more than 50 years because it's simple and fast -- in the seconds after birth, doctors consider five health factors, such as how well an infant cries and how much he or she squirms, and they assign a score. But the Apgar test is more subjective. The PhysiScore relies on hard data, including a newborn's weight, heart rate and respiratory

rate. At the same time, the PhysiScore is fairly easy to determine because it takes data that are already being collected and uses a computer algorithm to spit out a health score. "At the three-hour point, out pops a prediction number," said Dr. Anna Penn, a neonatologist at Packard Children's Hospital and a co-author of the study, which was published this month in the journal Science Translational Medicine. "What this will likely be is one piece of information used among several others. It's something that can be valuable for decision making." The Apgar score is useful to doctors for determining the broad treatment course of a baby born prematurely, or with other health problems. Babies born with a low Apgar score will probably be taken to a neonatal intensive care unit, or may even be transferred to a hospital able to provide more specialized care. But in the Stanford study, the new method

See **BABY SCORES** on D6

Scoring methods for gauging infant health

San Francisco Chronicle

Here are the scoring methods for infant health: The Apgar score is given to all newborns immediately after birth, and again five minutes later. The score is given on a scale of 1 to 10, with higher scores correlating to better health. Five factors are included in the score: • Activity and muscle tone: Whether the baby is active and squirming. • Pulse: The baby's heart rate. • Grimace response: How the baby reacts when stimulated. • Appearance: The baby's skin color. • Respiration: The baby's breathing and how well he or she cries. The newly developed PhysiScore is a complex computer algorithm that collects vital signs from infants during the first three hours of life. The score is on a scale of 0 to 1, with higher scores indicating a greater likelihood of serious health problems. Ten factors are included in the equation: • Gestational age. • Birth weight. • Mean heart rate, heart rate at birth, and change in heart rate over time. • Mean respiratory rate, rate at birth, and change in rate over time. • Mean oxygen saturation and the total amount of time at low oxygen levels.



Be aware of breast cancer

Breast cancer remains the most common cancer among women in the United States. Data suggests that breast cancer grows more rapidly in women younger than 50. The sensitivity is also lower in this age group, so a shorter screening interval is recommended for women aged 40 to 49. Though legitimate organizations support mammography screening, the groups differ in their recommendations for the appropriate interval for mammography and the role of breast self-examination and clinical breast examination. The U.S. Preventative Services Task Force found no scientific evidence in the role of either exam in decreasing breast cancer mortality and offers no recommendation for or against them.



Elvie Ancheta

But the American Cancer Society, the American College of Radiology and the American Medical Association supports screening with mammography and clinical breast exams beginning at age 40. Though sifting through these recommendations can be baffling, the Consumers Union's medical consultants offer these straight-forward comprehensive recommendations: • Mammography every year or two, depending on the woman's risk, starting at age 40. Those at very high risk should consider starting sooner and should talk to their doctor about genetic testing. (To assess your risk, ask your doctor or take the test at bcra.nci.nih.gov/brc/)

• Manual self-examination of the breasts every month, starting at age 20. • Professional or clinical manual breast exams annually, starting at age 40, preferable before the mammogram. Mammography is not 100% reliable, but it is the current diagnostic choice. Guidelines acknowledge that there are some risks associated with mammography, but these risks decrease as women get older. False positive results may cause a lot of anxiety, inconvenience, discomfort and additional medical expenses. False negatives might provide false reassurance. The following steps can increase the accuracy of mammography for breast cancer (Consumer Reports on Health, June 2002): • Use an FDA-certified facility with a radiologist on site, preferably one who reads at least 5,000 mammograms a year. To locate an FDA-certified facility, log on to www.nci.nih.gov. • If you're premenopausal or taking estrogen therapy, time your mammogram for the week after your period, when breasts are less dense and tender. • Don't use deodorant, ointment or powder on underarms or breasts before mammography, since they can create specks or shadows on the X-ray. Avoid lotion, too, which can make the breasts slippery and difficult to compress. • Tell the technician if you're on estrogen therapy, have breast implants or are pregnant. Remember these are just recommendations. You and your doctor must discuss what is best for you. Elvie Ancheta is a registered nurse with a bachelor of science degree in nursing and a master's degree in education.

Coming Up

TUESDAY: Focus on Community

Athena awards

Zonta Club is accepting nominations for outstanding business professionals



WEDNESDAY: Food & Cooking

Serve a slice

Celebrate fall's harvest with easy apple pies



THURSDAY: Young AV

Galaxy gal

Karla De Leon gets a shot at Miss LA Galaxy 2011



FRIDAY: Pets

Rats!

These rascally rodents can make great first-time pets

