# Valley Life

Liane M. Roth, Editor, (661) 267-4230, lroth@avpress.com

#### **COMMUNITY NEWS**

#### LANCASTER

Iris and daylily lovers to meet The Hi Desert Iris & Daylily Society will meet from 1 to 3 p.m. on Saturday, Feb. 18, at the Horticultural building at AV College, 3041 West Ave K.

Cheryl Deaton will present a program on hybridizing. Guests are always welcome to

attend the meetings. For details, call (661) 943-1335.

#### Book sale for new playground

AV Christian School, 3700 West Ave. L, will have a book fair from 3 to 6 p.m. Tuesday-Friday, Feb. 21-24, and Monday-Wednesday, Feb. 27-29

Fundraiser is for a new playground. An open house is from 3 to 8 p.m. Thursday, Feb. 23, when refreshments will be served.

For details, call (661) 943-0044.

#### Noodle night at Elks Lodge

The Lancaster Elks, 240 East Ave. K, serves noodles from 5:30 to 7 p.m. every Monday to raise funds for their dictionary project.

Meal includes choice of one of two pasta dishes offered, salad and garlic bread. Cost is \$7.

Members and guests welcome. Cocktails available. For details, call (661) 942-1625.

#### **Register for football, cheer**

The Eastside Lions Youth Football and Cheer will have registration for the 2012 season from 11 a.m. to 3 p.m. Saturday, Feb. 18, at Jesse's Pizza, 1048 East Ave. K. Ages for tackle football are 6-14. Ages for cheer are 3-14. For details, call (661) 917-1428.

#### ROSAMOND

#### Have dinner at lodge

The Rosamond Moose Lodge, 1105 Sierra Highway, serves tacos from 5 to 7:30 p.m. every Tuesday. The lodge features hamburgers from 5 to 7 p.m. every Thursday. Steak dinners will be served from 5 to 7 p.m. on Friday, Feb. 17. For details, call (661) 256-2657.

#### PALMDALE

Make blankets for children Project Linus and the Foresters will have a "Make-a-Blanket Day" from 11 a.m. to 4 p.m. Sunday, Feb. 26, at Angel Hall, 2101 East Palmdale Blvd.

Participants can bring fleece and scissors to make no-sew blankets for AV children or bring their own handmade blankets to donate. For details, call (661) 942-3025.



Cliff and Laura Silverman, attired in outfits courtesy of Daisy's Costumes, test a mattress at Sit 'n Sleep.

## The science of sleep

#### **By STEVE PAINE Valley Press Staff Writer**

He sleeps. She sleeps. They sleep differently.

Women tend to have more deep sleep and awaken fewer times during the night than men do. They also weather some of the effects of a lack of sleep better than men, according to recent studies. Still, men overall say they are more satisfied with the amount and quality of their shut-eye than are women.

Getting enough sleep is an important factor in maintaining overall health. Scientists are increasingly focusing on gender differences in sleep, seeking clues about why women are more likely to suffer insomnia, for instance. Some researchers suggest that differences in sleep patterns could help explain why women live longer than men.

"There are definite differences in the way men and women sleep," said Larry Miller, president and CEO of Sit 'n Sleep mattress stores. "Men generally sleep hotter than women, their body temperatures are warmer at night. A lot of that has to do with body mass and size."

Men and women have different body clocks as well. Men's average "circadian period" was

Celebrate fitness with friends

By LIANE M. ROTH Valley Life Editor

24 hours, 11 minutes — six minutes longer than for women, according to a study presented at the American Academy of Sleep Medicine's annual meeting in June in Minneapolis. Although six minutes doesn't seem like a big deal, the effects can compound day after day. Researchers determined circadian period by measuring core body temperature and levels of the hormone melatonin.

For both sexes, a circadian period that is out of sync with the 24-hour clock can result

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### Health & Fitness

#### Antelope Valley Press, Monday, February 13, 2012

## **IN THE FAMILY WAY** A loving, healthy valentine

Valentine's Day traditionally symbolizes the heart full of love. It's the time to tell our love ones how much we cherish them and how we wish them to be around forever.



**Elvie** Ancheta

This Valentine's Day let's give the gift of health for a long and joyful togetherness.

The Office of Women's Health, "Prevention Works for Women" offers these tips to help keep you and your loved one safe and healthy on Valentine's Day and all year long:

Be active — Include some physical activity in your celebration plans. Take a walk or go dancing. Everyone can benefit from moderate to intense physical activity.

Be prepared for that romantic getaway — If you are going on a trip, be prepared. Check if there is any vaccination required. Also check if there are special foods or environmental provisions to prepare for ahead of time. Take enough of your prescribed medications.

Protect yourself — Love is all around, and so are sexually transmitted diseases.

Go easy on the bubbly — If drinking alcohol is part of your celebration, remember that it can impair your judgment and actions.

Alcohol-related motor vehicle accidents kill someone every 31 minutes and fatally injure someone every two minutes. Don't drink and drive. Remember also that when a pregnant woman drinks alcohol, so does her unborn baby.

Be safe — If you are considering doing something new and different, and potentially risky or unsafe, think twice. Unintentional injuries kill more Americans in their first three decades of life than any other cause of death.

Be sure to wear appropriate safety gear before venturing out, such as safety belts and life vests.

Watch the sparks — If you decide to cook a romantic dinner, light some candles, or have a cozy fire in the fireplace, be watchful of anything that can potentially start an uncontrollable fire. Monitor candles, cooking areas, and fireplaces. Most residential fires occur during the winter months, and alcohol use contributes to an estimated 40% of residential fire deaths. Be sensitive to your loved one's needs - Does your loved one have allergies, asthma, diabetes or other health conditions? Find out if certain foods, flowers, pets, stuffed animals or other items might affect their health. Prepare food accordingly or choose appropriate restaurants if your loved one is on any special diet. Be smoke-free — If you smoke, quit today! Keep you and your loved ones healthier by not smoking and by avoiding secondhand smoke. Be balanced in your diet. Balance the candy and dinner out with healthy foods. Eat plenty of fruits and vegetables and choose foods low in fat and added sugars. Watch your portion size. Spread the love not the germs - Since it's the cold and flu season, take steps to avoid getting or spreading gems. Wash your hands often, avoid close contact when you or someone you know is sick. Be heart-healthy — February is American Heart Month. Take steps to be heart-healthy, including getting regular exercise, eating a nutritious diet, and maintaining a healthy body weight. Know the symptoms of a heart attack and act immediately by calling 911 if you or someone you know experiences them.

#### Needy youth need supplies

Bags4kids, a nonprofit that helps at-risk youth with basic necessities, is in need of school supplies, baby items, toys and hygiene items.

Donations can be dropped off at Extensions Performing Arts Academy in the Antelope Valley Mall, 1233 West Rancho Vista Blvd. (Ave. P), No. 1101.

For details, call (760) 373-7632.

#### **QUARTZ HILL**

#### Get support from other moms

MOMS Club of Quartz Hill and Lancaster, a support group for stay-at-home mothers, meets at 10 a.m. the fourth Wednesday of every month at Christ Our Savior United Methodist Church, 5025 West Columbia Way (Ave. M).

For details, call (661) 524-8333 or email momsclub@ymail.com.

#### Food and fun for vets

The Quartz Hill VFW, 4342 West Ave. L, serves chicken wings from 5:30 to 7 p.m. on Mondays and hamburgers or taco plates on Wednesdays.

All veterans, their families and guests are welcome.

For details, call (661) 943-2225.

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



Participants in the 2011 Antelope Valley YMCA RON SIDDLE / Valley Press files Friendship Run.

The Antelope Valley Family YMCA will conduct its third annual Friendship Charity Run on Saturday, Feb. 18, to celebrate health, fitness, friendships and the YMCA's commitment to youth development, healthy living and social responsibilities, said Barbra Brodowsky, Healthy Lifestyles director.

The charitable event is open to members and nonmembers and will kick off with a 5-kilometer and 10-kilometer race slated to start at 7 a.m. just outside the AV YMCA main entrance, 43001 10th St. West in Lancaster City Park, organizers said

A children's 1-kilometer race will start at 8:30 a.m. and all runs go through the park and end back at the YMCA.

All races are timed and awards will be given for each age group.

The cost is \$20 per entry or \$30 for two entries for the 5K; students in kindergarten through 12th grade with school identification are \$10 each; and the cost

for the 10K is an additional \$10.

According to Brodowsky, participants will receive a "fully loaded" swag bag, a Nike Dri-Fit T-shirt which can be worn during the race, and a bib number.

Registration is taking place from 5 a.m. to 10 p.m. Monday through Friday via telephone or at the facility: online at www.ymcala.org/antelope/events; or before the race on Saturday morning.

"Come as a couple, come as a family, come as you are," Brodowsky said.

"Join your friends and neighbors in celebrating healthy living, family and friendships as you help the Y ensure a brighter future for us all."

Proceeds from the Friendship Run will support YMCA programs for youth and families, organizers said, and assist those who wish to utilize the services but cannot afford to do so.

For details, call (661) 723-9622.

lroth@avpress.com

## Amid romance, a heart-attack reality

**By RITA WATSON The Providence Journal** 

The interplay of companionships and heart attacks might seem a stark contrast to the February obsession with Valentine's Day love, hearts and flowers. But February is also American Heart Month.

Valentine hearts and roses galore will be delivered, of course. But also this month is a reminder: 1.2 million people in the U.S. will have heart attacks this year. Startling new research reflects the relationship between heart attacks and

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