

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.

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



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

RON SIDDLER/Valley Press

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

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

See SLEEP SCIENCE on C2

Celebrate fitness with friends

By LIANE M. ROTH Valley Life Editor



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

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.

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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

See HEART ATTACK on C2



AMERICAN
HEART MONTH



Coming Up

TUESDAY: Focus on Community

Soup's on

Woman's Club heats up the pots



WEDNESDAY: Food & Cooking

Spice it up

Celebrate Mardi Gras with flavor



THURSDAY: Young AV

Mock trial

Things heat up for competition



FRIDAY: Pets

VIP tours

Go ape at San Diego zoo

