

COMMUNITY NEWS

LANCASTER

Show off vehicle at post

The American Legion Post, 44355 40th St. East, is having a Car, Truck & Bike show at 10 a.m. Sunday, Oct. 16.

Event will feature Randy's barbecue, live entertainment and a 50/50 raffle.

A \$15 entry fee entitles show participants to free lunch and soft drink.

Admission to event is free to the public.

For details, call (661) 946-1919.

Car show Halloween fun

The Lancaster Auto Mall, on Auto Mall Drive and 10th Street West, will have a Creepy Cruise Car show from 1 to 6 p.m. Sunday, Oct. 30.

Activities include a children's costume contest and a best decorated vehicle contest.

Car show entry fee is \$20; children and spectators are free.

For details, call (661) 948-9098 or visit www.avmoparclub.com.

Help plan AV High reunion

Antelope Valley High School will celebrate its 100th anniversary on Saturday, Oct. 13, 2012.

A centennial planning committee meeting will be at noon on Saturday, Oct. 15, in the AV High School library, 44900 Division St.

If you would like to attend and help plan the reunion, RSVP to info@avhsalumni.org.

For details, call (661) 341-7669 or visit www.avhs2012.com.

Knitting group to meet

The Needlecraft Group of Seniors meets at noon Thursdays in room 101 at the Antelope Valley Senior Center, 777 West Jackman St.

The group creates and donates items to charity.

For details, call (661) 726-4400.

Help youth heal through art

Free Arts for Abused Children, a nonprofit group that helps youth heal through art, needs volunteers to work with children and teens at the Alfred J. McCourtney Juvenile Justice Center, 1040 West Ave. J.

Must be 18 years or older.

For details, call (310) 313-4278 or email volunteers@freearts.org.

PALMDALE

Spaghetti dinner for charities

The Palmdale Woman's Club will have a spaghetti dinner beginning at 4:30 to 7:30 p.m. Thursday, Oct. 20, at the clubhouse, 2141 East Ave. Q.

The dinner will include spaghetti, salad, rolls and drinks for \$8. Take home desserts are \$1. Proceeds will be donated to charities.

For details, call (661) 265-8731.

CALIFORNIA CITY

Breakfast meeting set

The California City Economic Development Corporation will have a no-host breakfast at 8 a.m., Thursday, Oct. 20, at Foxy's Landing #3, 22636 Airport Way.

Guest speaker will be Mojave Unified School District Superintendent Aaron Haughton.

For details, call (760) 373-2007.

ROSAMOND

Card sharks welcome

The L.A. County Sheriff's Department and the Mira Loma Detention Center will have their annual No Limit Texas Hold-Em poker tournament at 1:30 p.m. Saturday, Oct. 15, at Diamond Jim's Casino, 118 West 20th St. West.

The initial buy-in cost is \$50, with \$10 re-buys. A lunch buffet is included.

Proceeds support the Mira Loma "Baker to Vegas" Challenge Cup Relay Team.

For details, call (661) 524-2734 or (661) 256-1400.

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



From left, Kevin Jonas, Carlene Hadden, Joe Jonas and Nick Jonas at a concert in Utah after the Make-A-Wish Foundation of Greater Los Angeles granted Carlene's wish. Contributed

Wish I may, wish I might ...

By LIANE M. ROTH Valley Life Editor

Nobody likes feeling sick but for children with life-threatening medical conditions who are missing out on so many activities, the burden of a debilitating disease can be almost too much to bear.

While their peers are busy scoring goals at Saturday morning soccer games or off-road trail riding on dirt bikes over long weekends and school breaks or pounding the asphalt during pickup games of basketball on Friday nights or hanging out at the park after school,

youngsters with chronic diseases are often spending their time shuffling between doctor visits and hospital stays, missing birthday parties, school dances, afternoons at the mall, boogie-boarding at the beach or even their first kiss.

Imagine lying in a hospital undergoing an invasive procedure such as agonizing chemotherapy treatments, blood transfusions or even dialysis, alone and lonely, scared, wondering if anyone remembers you exist, then spying that first twinkling star in the

darkening sky outside the window, flashing brightly, and whispering to yourself, "Wish I may, wish I might, have the wish I wish tonight."

And then, miracle of miracles, having a network of generous donors granting that wish, from an unlimited buying spree at a luxurious shopping center to a chauffeured limousine ride for a Jonas Brothers concert along with backstage passes and a meet-and-greet with the Disney-created pop stars, a newly built

See MAKE-A-WISH on D2

Spooky spirit jugs

By LIANE M. ROTH Valley Life Editor

All Hallow's Eve swiftly approaches and now is the perfect time to scare up some ghoulish gilding for the house.

Stationed on a walkway or porch, these homemade lanterns made from directions courtesy of Disney's FamilyFun will extend a ghostly greeting and dreadful departure to all your ghastly guests.

SPIRIT JUGS

Materials:
Clean plastic gallon milk jugs
Black permanent marker
Craft knife
String of 50 clear low-wattage holiday lights

Instructions:
Draw ghost eyes and mouths on the jugs. Tip: Leave the caps on while you do this, so the jugs don't dent.
Use the craft knife to cut a half-dollar-size hole in the back of each jug (a parent's job).
Arrange the ghosts near each other and string the lights between them, stuffing several bulbs into each of the jugs.

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Preparing for careers in medicine

By LIANE M. ROTH Valley Life Editor



Parents and students listen while ophthalmologist Khodam Rostomian, M.D., shares stories on how he became a doctor during the Kaiser Hippocrates Circle Program on Sept. 28 at Cactus Intermediate School in Palmdale. CHRISTINA RAMOS/Valley Press files

More than forty students from Cactus Intermediate School in Palmdale were introduced to Kaiser Permanente Antelope Valley Medical Office's second annual Hippocrates Circle Program on Sept. 28 at the school.

A crowd of about 100 people including Kaiser Permanente doctors and representatives, parents and guests, along with the seventh- and eighth-graders, attended the kickoff session, "Physican's Introduction to the Possibilities."

The curriculum is designed to introduce minority middle school students to careers in medicine, Kaiser Permanente officials said, as well as to encourage them to set high academic goals.

Through information, education and interaction with medical professionals, authorities said, the company is helping seventh- and eighth-graders understand what careers in the medical field are available.

The course kicked off with the informational introduction at the school, which included a healthy meal of garden burgers, turkey burgers and chicken hot dogs prepared and served by members of Rotary Club of Lancaster as part of Kaiser Permanente's Thrive program.

The evening included an introduction, a viewing of the Hippocrates Circle Program DVD and presentations by physicians and students. At the conclusion, the youngsters were invited to take part in the Hippocrates Oath ceremony.

This event is part of a series of activities that includes presentations on admissions and financial aid from counselors

See HIPPOCRATES CIRCLE on D2

ANNIE'S MAILBOX

Family's feud just won't end

Dear Annie: Two of my married children have been in a feud for more than three years. It started with comments made about one of their children and has accelerated to the point where one won't attend a family function if the other is there. Now it is spreading to my other children, who refuse to be in the same room with feuding people. It breaks my heart.

My husband and I arranged a family dinner where we suggested everyone simply forgive each other, but it didn't work. We have written letters and talked to our children individually. We even postponed our family reunion because so many of them weren't going to attend and I couldn't handle it myself.

I do not know what to do and would appreciate any suggestions.

— Nameless



Kathy Mitchell & Marcy Sugar

Dear Nameless: What a shame that your children cannot appreciate their sibling relationships enough to put this aside. Unfortunately, such feuds can take on a life of their own, making reconciliation harder as time passes. Everyone loses. Ask if any of the children would agree to seek family counseling with you. Those who are willing could benefit, and it will help you develop better coping skills. Continue to see your children individually, and occasionally remind them of the good times they had together when they were younger. Regretfully, there is only so much you can do in such a situation.

Dear Annie: A few years back, my father, "Peter," died after a long and awful illness. Within a year of his death, my best friend decided to adopt a dog. She told me she was naming the dog after a character in one of her favorite TV shows, "Peter."

I was surprised by her choice, especially since it's not a common name for a pet. It apparently didn't occur to her that it might make me uncomfortable. At the time, I didn't say anything, fearing it would seem self-involved and overly sensitive of me. However, when my mother heard about the dog's name, she was quite offended. My brother was also not happy about a dog sharing a name with a beloved family member so soon after his death.

I find that I still resent my friend's choice. Too much time has passed for me to say anything now, but I am wondering whether we are right to be unhappy about this. Was it inappropriate for my friend to give her dog the same name as my recently deceased father? Or is this OK since she claims to be naming it after a completely different person?

— Confused

Dear Confused: Did your friend address your father by his first name? If not, the connection may not have been as obvious to her as it was to you. Or you could choose to believe that she was trying to honor your dad. And of course, it's equally possible that she is simply obtuse and insensitive.

People can name their pets what they wish, and you can't help how you feel about it. However, since this still bothers you after so many years, you may as well mention how much it upset you. We suspect she hasn't a clue.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column.

anniesmailbox@comcast.net

Coming Up

FRIDAY: Pets

Microchipping

Not only is it smart, it's the law



SATURDAY: Home & Garden

Fall colors

Perk up walls with new hues



SUNDAY: Travel

Trip adviser

Primp in private please



MONDAY: Health & Fitness

Surviving cancer

Women share their stories



YOUTH NOTES

LANCASTER

Halloween party for children

The Lancaster Elks Club, 240 East Ave. K, will have its annual Children's Halloween Party from 6 to 8 p.m. Monday, Oct. 31. Event is open to youth ages 12 and younger, who must be accompanied by parent or guardian. Features haunted house, games, and a meal for the children. No teens will be admitted. For details, call (661) 942-1625.

Dispose of old electronics

The Eastside High School Key Club will host an e-recycling event from 9 a.m. to 4:30 p.m. Saturday, Oct. 15, at the school, 3200 East Ave. J-8. Old televisions, phones, computers, disk drives, electronic wiring, shredders, printers and other electronics will be collected and any data will be professionally "wiped" while you wait. For details, call (661) 946-3800, Ext. 1104.

Help at-risk youth basketball

High Desert Crush Youth Basketball, a nonprofit community program, seeks sponsors to help offset team expenses. The traveling basketball team actively recruits at-risk youth to participate and requires them to maintain a "C" average in their school. Youth ages 8 through 17 are eligible. For details, call (661) 886-8593.

PALMDALE

Basketball team fundraiser

The Palmdale High School Boys Basketball Team will have a car wash and pancake breakfast from 8 a.m. to 3 p.m. Saturday, Oct. 15. The event, a fundraiser for the team, will take place at St. Stephens Lutheran Church, 1731 East Ave. R. Cost is \$10 for car wash and breakfast. For details, call (661) 317-5228.

Needy kids need supplies

Bags4kids, a nonprofit that helps at-risk youth, is in need of school supplies, baby items, toys and hygiene items. The organization also accepts monetary donations. Donations can be dropped off at Extensions Performing Arts Academy in the AV mall, 1233 West Rancho Vista Blvd., #1101, and Optimist Youth Homes, 520 West Palmdale Blvd., Unit H. For details, call (760) 373-7632.

Nurturing parents needed

Children's Bureau needs nurturing people to adopt older children who are unable to return to their families. Qualifying individuals receive training, certification, a stipend, benefits (including medical for the children) and 24-hour support to assist in the care of their adoptive children. For details, call (661) 272-9996 or visit www.all4kids.org.

ACTON

Still seeking contestants

The deadline for young ladies ages 13 to 24 to apply to compete in the 2012 Miss High Desert/Desert Visa and Miss Outstanding Teen Scholarship program is at the first practice at 2 p.m. Sunday, Nov. 13, in the Acton Community Center, 3742 Nickels St. Miss and Teen title winners qualify to compete for Miss California and Miss California Outstanding Teen 2011. For details, call (661) 878-5510 or email tiffh61@yahoo.com.

MAKE-A-WISH FROM PAGE D1



Chandler Hudson, 14, holds his comic book character action figure, Brave Kid, on Oct. 27, 2010, after Chandler's wish was granted by the Make-A-Wish Foundation. CHRISTINA RAMOS / Valley Press files

superhero backyard playground including the cape to soar up and down and all around the new equipment to having an action figure created from a comic book hero whose adventures were created from the imagination of a young boy's mind. The Make-A-Wish Foundation of Greater Los Angeles has been granting wishes since the chapter was formed in 1983. Funded solely by private donors, the organization covers all expenses of the wishes it grants for children — trips, special opportunities, celebrity visitations or material gifts —and since its opening, the foundation has fulfilled nearly 8,000 wishes for children with a life-threatening medical condition, representatives said. When Carlene Hadden of Lancaster, then a 15-year-old sophomore at Quartz Hill High School, was diagnosed with Hodgkin's lymphoma, a cancer of lymph tissue found in the lymph node, the perky teen, crowned Miss Leona Valley Gymkhana Queen that same year, fought a terrific battle, undergoing radical chemotherapy and radiation treatments, which forced her to withdraw from traditional schooling and enroll in a home study program. The doctors were concerned about her physical

activities; that meant no more horseback riding — a crushing blow for the dedicated equestrian who, as a gymkhana queen, was expected to be astride a horse while representing her title as well as limiting other activities that could cause strenuous movements. During a hospital stay in late spring, while receiving yet another round of treatment, representatives from the Make-A-Wish Foundation visited Carlene and asked her to make three wishes, the first one being to meet the Jonas Brothers and see them in concert, the wish that was granted in July of 2009. Chandler Hudson of Palmdale was 6 years old when he was diagnosed with cystic fibrosis in 2001, an inherited condition affecting the cells that produce mucus, sweat and digestive juices. While in the second grade, Chandler created his very own superhero named Brave Kid, a 17-year-old crime fighter with no superpowers but enough intelligence, strength and heart to fight and defeat the bad guys. When Chandler was selected by the Make-A-Wish Foundation to have a wish granted last winter, he asked to have Brave Kid turned into a comic book. Toy manufacturer Mattel granted his wish when they created a comic strip of Brave Kid and invited Chandler and his family to tour the toy maker's headquarters in El Segundo. That February, a limousine whisked everyone away to Mattel headquarters for the day, where Chandler was surprised with a cake decorated with a Brave Kid design and an array of gifts from more than a dozen employees of Mattel's Action Play division, which is responsible for making action figures and similar toys. After two years of surgeries, dialysis and fighting a life-threatening kidney disease, 15-year-old Michael Fiscer's dream finally came true in 2007 when the Make-A-Wish Foundation fulfilled its 6,000th wish by sending Fiscer to meet the Boston Red Sox, his favorite baseball team. Making dreams such as these possible takes the support of major donors willing to fund such projects through fundraising efforts, representatives said. Sit 'n Sleep, Southern California's largest mattress retailer and sleep expert has partnered with the Make-A-Wish Foundation of Greater Los Angeles to grant more wishes for more children with a mattress/bedding sale from 9 a.m. to 6 p.m. Friday, Saturday and Sunday, Oct. 14-16. For the first time in company history, customers can grab deep discounts of up to 50% on one-of-a-kind items, floor models, exchanges and overstock mattresses from leading brands such as Serta, Sealy, Sherwood, Simmons and even Tempur-Pedic, representatives said. The company is offering free delivery on any mattress purchase of \$399 or more and financing at



As part of the Make-A-Wish Foundation of Greater Los Angeles' efforts, teenager Michael Fiscera of Palmdale and his family were treated to a trip to meet the Red Sox baseball team to Boston in 2007. RON SIDDLE / Valley Press files

0% for one full year as well. Sit 'n Sleep is very proud to be partnering with the Make-a-Wish Foundation of Greater Los Angeles and encouraged people to take advantage of the massive warehouse sale to save money while helping to grant the wishes of these children, representatives said. A percentage of the proceeds of each sale up to \$7,500, will be donated directly to the Make-A-Wish Foundation. The Sit 'n Sleep warehouse is at 14300 South Main Street, Gardena, just off the Harbor (110) Freeway at Rosecrans Avenue. Customers should park on the street and enter the clearly marked main lot through the security gate. For details about the Make-A-Wish Foundation of Greater Los Angeles or to refer a child for a wish or donate in-kind gifts of goods or service, airline frequent flier miles or vehicles, call (800) 322-9474 or visit www.wishla.org. Editor's Note: Two youngsters from Palmdale will share the story of their wishes in next week's Valley Life Youth section.

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Pollyann Gowrie-Knox, M.D., Kaiser's department of pediatrics, speaks about the Kaiser Hippocrates Circle Program on Sept. 28 at Cactus Intermediate School in Palmdale. CHRISTINA RAMOS / Valley Press files

HIPPOCRATES CIRCLE FROM PAGE D1

at Antelope Valley College, tours of Kaiser Permanente Lancaster Medical Offices and University of Southern California and a graduation ceremony in November to celebrate completion of the Hippocrates Circle Program. According to officials, the commencement is also to reinforce the message to the students who will be entering high school next year that they have a strong support system as they continue their educational journey to a higher calling in the medical profession. The program started 11 years ago in San Diego when physician Ricardo Sistos and his colleagues mentored 30 youngsters, according to the information provided by Kaiser Permanente representatives. This is Kaiser Permanente Antelope Valley's second year starting the program with the inaugural course of study taking place at Mesa Intermediate School with a graduation ceremony to recognize not only the youngsters' completion of the Hippocrates Circle Program experience, representatives said, but to also reinforce the message to the students who are about to enter high school "that they have many people who believe in them and that their educational journey is an important achievement." Fall 2011 mentors are Kaiser staff members Radha Peram, M.D., department of physical medicine; Diana Shiba, M.D.,

department of ophthalmology; John Sasaki, M.D., department of pediatrics; Diana Cheng-Robles, M.D., department of general surgery; Pollyann Gowrie-Knox, M.D., department of pediatrics; and Freddie Calderon, M.D., department of nephrology.

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Grab your crayons, pencils and paints kids...

It's time for the annual
Valley Press Christmas Design Contest

Cash Prizes!
1st Place: \$100⁰⁰
2nd Place: \$75⁰⁰
3rd Place: \$50⁰⁰

The Antelope Valley Press is offering young artists the chance to enter our Christmas Design Contest. Young people are invited to express their holiday spirit on paper in an artistic rendering. Winners in each of the contest categories will be profiled inside one of the two Antelope Valley Press Gift Guides, and each will receive a **CASH PRIZE**.

Age categories:
1st-3rd Grade • 4th-6th Grade
7th-9th Grade • 10th-12th Grade

Please include this entry form with your contest entry.
(For additional entry forms visit www.avpress.com and click "Forms and Nominations"/Christmas Design Contest)

Valley Press

CONTEST RULES: Art may be rendered in any medium (crayon, paint, colored markers, etc.) PLEASE LIMIT SIZE OF ARTWORK TO 9"x14" OR SMALLER. We suggest that entrants use bright colors. Any entries using established characters (for example, Snoopy, Garfield, The Simpsons, etc.) must be disqualified due to copyright infringements. Entries will be judged on originality, use of color, and design. Do not fold or staple entry. Fill out your entry completely and bring to the Antelope Valley Press offices in Palmdale or Lancaster. All entries must be received no later than 5 p.m., Monday, November 14, 2011. Employees of the Antelope Valley Press and their families are not eligible. All entries become the property of the Antelope Valley Press. Winners will be notified by Wednesday, November 16, 2011. Decision of judges is final. For further information contact Cheryl Fletcher, at (661) 267-4146.

DEADLINE: Monday, November 14, 2011

Name	Age	Grade
Address		
City	State	Zip
Phone Number	E-mail Address	
Parent's Name		
Parent's Signature		

Mail your entry to P.O. Box 4050, Palmdale, California 93590-4050/146; or deliver to 37404 Sierra Highway, Palmdale or 44939 10th St. West, Lancaster

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