

COMMUNITY NEWS

TEHACHAPI

Free scrapbooking class

Picture Perfect & Stamps of Approval craft shop, 112 East Tehachapi Blvd., Suite A, will offer a free beginning scrapbook class at 10 a.m. Saturday, Nov. 12.

Learn to turn family photos into keepsake treasures.

Advance reservations are required.

For details and reservations, call (661) 823-1777.

QUARTZ HILL

Halloween event at church

Christ Our Savior United Methodist Church will have a Trunk and Treat Halloween event from 5 to 8 p.m. today in the church parking lot, 5027 West Columbia Way.

Tailgating event will feature games, treats and prizes for children and hot coffee, cider and cookies for parents.

For details, call (661) 943-2774.

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. today.

Event is open to youth ages 12 and younger, who must be accompanied by parent or guardian.

Features haunted house, games, and a hot dog or hamburger meal for the children.

No teens will be admitted.

For details, call (661) 942-1625.

Craft & Rummage Sale

Transformations —The Challenger's Way will have a Craft & Rummage Sale from 9 a.m. to 2 p.m. Saturday, Nov. 5, in the Brunswick Bowling Alley Parking Lot, 43233 Sierra Highway.

Proceeds from the event will support the non-profit organization, which provides activities for challenged individuals in the Antelope Valley.

For details, call (661) 341-4350.

Emblem Club to meet

The Antelope Valley Emblem Club #76 will hold its monthly business meeting at 6:30 p.m. Monday, Nov. 7, at the Elk's Lodge, 240 East Ave. K.

Officers are to wear white for induction of new members.

For details, call (661) 943-8173.

PEARBLOSSOM

Holiday crafts and bake sale

Pearblossom Community United Methodist Church, 34143 126th St. East, will have a Holiday Craft Boutique & Bake Sale from 9 a.m. to 2 p.m. Saturday, Nov. 19.

Craft vendors wanted.

For details, call (661) 944-4324 or (661) 944-1368.

LAKE HUGHES

'Spaces' art show

The Lakes & Valleys Art Guild, 43751 Lake Hughes Road, has an art show called "Spaces" featuring the works of artists Steve Lighthill and David Faust.

The show runs Saturdays and Sundays from 10 a.m. to 4 p.m. through Nov. 6.

Cost is free.

For details, call (661) 724-1312.

CALIFORNIA CITY

Tai Chi classes at park

California City Parks and Recreation Department has Tai Chi classes at 9:45 a.m. on Wednesdays and Fridays at the Strata Sports Center in Central Park, 10350 Heather Ave.

The class is for adults of all ages and uses gentle, flowing movements that can reduce stress and improve health.

Cost is \$15 a month; drop-in rates available.

For details, call (661) 816-3137.

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



Putting in miles for cure

By LIANE M. ROTH Valley Life Editor



From left, Jolene McGalliard and Tammy Johnson reach the finish line after walking 13.1 miles on Oct. 23 for the Avon Walk for Breast Cancer in Charlotte, N.C. The women walked 26.2 miles on Oct. 22 for a total of 39.3 miles. Contributed

Each year thousands of people in cities across the country take part in the Avon Walk for Breast Cancer, a two-day, 39.3-mile event to raise funds for research.

Jolene McGalliard, a Palmdale resident, joined the effort in 2005 with her childhood friend, Susan Allen of Acton.

"(Susan) and I wanted to do something in memory of her father, Capt. Robert E. Dean, retired, American Airlines, who died of breast cancer in 1998," McGalliard said.

"There are nine cities each year that have the event. We walked in New York the first year. We had so much fun we decided to dedicate ourselves to the goal of walking in each city."

And when Allen was unable to participate, McGalliard found a new partner to take on her annual sojourn.

"Our friend Tammy Johnson who grew up with us in Granada Hills and knew Susan's father started walking with me in 2007 and has now walked in four cities," McGalliard said.

On Oct. 22 and 23, the two toured Charlotte, N.C., on foot for the 2011 Avon Walk for Breast Cancer event.

"It was wonderful, the best time ever," said Johnson, a Palmdale resident. "We wore pink the whole weekend. On the first day we wore T-shirts that said 'Breast Friends.'"

Strangers noticed the themed outfits and shared their experiences with breast cancer, Johnson said, often leaving the two women in tears.

"When you hear all the stories of everybody — after we walked the 26 miles, I was limping and we went to the jacuzzi.

"A man said 'Oh, it looks like you walked in the Avon walk. My wife has stage IV cancer.

See **CANCER WALK** on B8

IN THE FAMILY WAY

No need for Halloween to be scary

Ready or not, the goblins are here. The pumpkins are out and fall colors paint the stores. As we dress our little princesses and superheroes for Halloween, the Consumer Product Safety Commission cautions us to be mindful of safety considerations:



Elvie Ancheta

- Make sure there is a "flame resistant" label on purchased costumes.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam or a car's headlights.

- Keep bags and sacks light-colored or decorated with reflective tape. You may find reflective tape in hardware, bicycle, and sporting goods stores.

- Children should carry a flashlight to easily see or be seen.

- Costumes should be short enough to prevent children from tripping and falling.

- Children should wear sturdy, well-fitting shoes. Mother's high heels are not a good idea for safe walking.

- Hats and scarves should be tied securely to prevent them from slipping over children's eyes.

- Apply a natural mask of cosmetics rather than having a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.

- Swords, knives, and similar costume accessories should be of soft and flexible materials.

- Children should be cautioned against running out from between parked cars or across lawns and yards where ornaments, furniture or clotheslines present dangers.

- Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

- Children should not enter homes or apartments unless an adult accompanies them.

- Keep your candlelit jack-o'-lanterns away from landings and doorsteps if you are welcoming trick-or-treaters.

If you feed them before they leave, they may remember to curb the urge to eat all the goodies before they pass your inspection.

Even if you've already bought your pumpkin, now is a great time to pick up an extra one for dinner as pumpkins are getting good attention from health researchers.

They are found to be particularly rich in phenols. Phenols from pumpkin flesh put a damper on the enzyme that causes the blood vessels to constrict. It has a relaxing effect on the blood vessels, which means lower blood pressure and better heart health.

Go for dark chocolates when you are shopping for treats. If there is any left over, you can do your heart a favor too. Yes, it is high in fats and calories, so don't overdo it. But the high flavonoid content, which is another heart-friendly antioxidant, is desirable.

A recent study finds evidence that eating small servings of about three and a half ounces is enough to cause improvements in the smooth muscle lining of the blood vessels.

Improved blood vessel muscle function aids in better flow of blood, thereby decreasing strain to the heart. If you like your dark chocolates every day, limit your servings to about an ounce or two. After all, it's just a treat, not a meal!

Have a safe and healthy Halloween night.

Creepy contacts have consequences

By LIANE M. ROTH Valley Life Editor

With all the werewolves, vampires, zombies and other creatures of the night expected to roam the streets of the Antelope Valley today, one of the biggest dangers isn't a run-in with a ghastly ghoul or a spooky specter; it could be complications from novelty contact lenses.

Creating creepy cats' eyes, mesmerizing monster eyes or wicked were-eyes can be as simple as popping in dime-sized pieces of plastic.

But are they safe?

The California department of Consumer Affairs warns consumers against purchasing cosmetic contact lenses without a prescription; California regulates the sale of all contact lenses, including cosmetic lenses, because of the risk of serious eye health problems that can occur from wearing lenses from unlicensed vendors, officials said.

Authorities with the Federal



Drug Administration said they have "received reports of the lenses causing corneal ulcers, eye infections and vision loss because of people not using them properly, or because they were not designed properly for someone's eyes."

Prescribed contact lenses have

improved the quality of life for millions of wearers for nearly five decades, said optometrist Clifford Silverman, owner of Clearview EyeCare Optometry in Lancaster.

When properly worn and cared for, contact lenses not only make some tasks simpler

than they would have been with glasses, such as participating in sports, contact lenses can give a needed boost of confidence to young people.

However, Silverman cautioned, when not properly maintained, complications could arise that may lead to permanent eye damage and even blindness.

"Problems can occur when people don't visit a certified eye doctor to be properly fitted for contacts that are the correct strength for their eyes," Silverman said.

He has found several stores around the Valley selling contact lenses without proper licensing, which is illegal.

"A contact lens is a medical device that sits on the eye. It has to fit properly, and the person has to have a good response to wearing the contacts, and it can't interfere with your vision. It should help your vision, if

See **CONTACTS** on B8

Something fishy about seafood fraud

By LIANE M. ROTH Valley Life Editor

As medical and health experts continue to recommend folks increase their consumption of seafood as an alternative to protein sources, Consumer Reports, the world's largest independent product-testing organization, revealed on Friday a mislabeling food scandal that could affect millions of consumers.

With Americans spending more than \$80 billion on seafood last year, up \$5 billion from 2009, knowing what they're really getting in that white paper-wrapped package from the seafood counter can

make a difference not only in their wallets, when higher-priced seafood is replaced with less expensive, lower quality fish, but in their diet when health-conscious people eat a species with more mercury or other substance.

For people with sensitivity or allergies to certain species of fish and pregnant women who are cautioned about limiting their intake of mercury, this could be a serious issue.

Consumer Reports representatives said after purchasing 190 fresh and frozen

fish samples from a variety of vendors including grocery stores, fish markets, specialty/gourmet stores, big-box retailers and restaurants in New York, New Jersey and Connecticut, 22% of the seafood tested at an independent laboratory wound up being either mislabeled, inaccurately labeled or misidentified by store or restaurant staff.

Revealed in their findings of what a shopper typically might purchase were:

- Of the 14 different types of fish purchased, Chilean sea bass, coho salmon and bluefin and ahi tuna, only four were properly identified every time.

- Nearly one-fifth of the samples didn't match the description on labels, placards or menus; many were improperly sold as halibut, grouper, catfish, grey sole, lemon sole, red snapper, sockeye salmon or king salmon and yellowfin tuna. And four percent were misidentified or mistakenly labeled.

- One sample labeled as grouper was actually tilefish, representatives said, which has approximately three times as much mercury as grouper; the Food and Drug Administration recommends women of childbearing age and children avoid tilefish completely, officials said.

- All ten samples of "lemon sole" and 12 of the 22 samples of "red snappers" tested

See **FISH FRAUD** on B8



Coming Up

TUESDAY: Focus on Community

Athena Award

Meet this year's nominees



WEDNESDAY: Food & Cooking

Wine pairings

The perfect vintage for any meal



THURSDAY: Young AV

Laps of fun

Students raise dollars with jog-a-thon



MONDAY: Health & Fitness

Condo cottontails

Fluffy bunnies for small homes

