

Community News

LEONA VALLEY

Historical society to meet

The West Antelope Valley Historical Society will have a meeting at 6 p.m. today at the Leona Valley Community Building, 8367 Elizabeth Lake Road. Dan Parra will tell the stories of his Basque family heritage.

Also planned is an ice cream social. For details, call (661) 270-0771.

LITTLEROCK

Truckers to meet

The Antelope Valley Truckers Organization, a community activist support group, meets at 7 p.m. Friday.

The group meets regularly on the second and fourth Friday of every month at the California Cheeseburger Café, 38335 90th St. East.

For details, call (661) 944-4447.

LANCASTER

Back up your computer

The Antelope Valley Micro-computer Users Group, the Valley's PC computer club, will have its monthly meeting at 6:30 p.m. Thursday in the Antelope Valley Senior Center, 777 West Jackman St., Room 106.

Club President Kevin Hirschbuehler will discuss options for backing up computer data.

Visitors are welcome; the meeting is free. For details, call Robert Lion at (661) 940-9680.

Finding family members

The monthly "Life in the Past Lane" lecture series will present "Don't Just Be a Searcher, Be a Researcher" presented by Crista Cowan at 7 p.m. Thursday, at the Church of Jesus Christ of Latter-day Saints, 3140 West Ave. K.

Cowan, ancestry.com's expert, the Barefoot Genealogist, will explain how to use the site to solve family history mysteries.

Refreshments will be served. The lecture is free of charge. For details, call (661) 948-8028.

Famous Fish Fry coming

Lancaster Elks Lodge No. 1625, 240 East Ave. K, will conduct its Famous Fish Fry from 5 to 7:30 p.m. Thursday. The event takes place on the second and fourth Thursdays of each month.

A three-piece dinner costs \$10, and a two-piece dinner costs \$9. The dinners include fish and fries, cole slaw, iced tea, coffee and dessert.

Elks members, their families and invited guests are all welcome.

For details, call Stan Foster at (661) 942-1625, or (661) 941-4052.

Support for caregivers

The Caregivers Support Group will meet from 1:30 to 3:30 p.m. every Tuesday at the Antelope Valley Community Clinic Adult Day Health Care, 858 Jackman St.

The support group provides the opportunity for caregivers, family and friends to share concerns and support each other in coping with the effects of chronic and progressive illnesses.

Topics include Alzheimer's, dementia, ways to manage challenging behaviors and how to take care of yourself.

For details, call (661) 948-1228, Ext. 3100.

PALMDALE

Learn about space telescope

The Antelope Valley Astronomy Club will have a meeting at 7 p.m. Friday at SAGE Planetarium, 38060 20th St. East.

Guest speaker Dr. Eric Becklin will discuss "SOFIA: Overview and First Science Results."

This event is free and open to the public.

For details, call Rose at (661) 972-1953.

Friendship Club to meet

The Friendship Club of Antelope Valley will have its monthly meeting at 11 a.m. today at Sizzler restaurant, 853 West Palmdale Blvd.

The meeting will celebrate members' birthdays with a cake. Guests are asked not to bring gifts.

For details call (661) 965-7749.

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



Contributed

NASA-BASED TECHNOLOGY — Palmdale Regional Medical Center Rehabilitation & Orthopedic Institute staff member Amy Young demonstrates the institute's new Alter G anti-gravity treadmill while fellow staff member Andrea Wise looks on.

New technology helps patients

Valley Press

The AlterG Anti-Gravity Treadmill, the world's first and only treadmill using NASA based anti-gravity technology, has been installed at Palmdale Regional Medical Center to help patients in their short-term rehabilitation programs.

AlterG Anti-Gravity Treadmills enable faster rehabilitation, safer conditioning for the geriatric population, and weight loss, which can help remove major obstacles associated with these activities. Impact on the body and the pain of recovery are reduced, which helps people achieve better results. Patients at the Rehabilitation & Orthopedic Institute, a program of Palmdale Regional Medical Center, can now rehab better, train smarter, and exercise safer with the AlterG.

With the AlterG, patients can run and walk without bearing their entire weight, reducing the impact on the body to optimize rehabilitation

and physical therapy outcomes. Its Differential Air Pressure technology applies a lifting force to the body that reduces weight on the lower extremities and allows precise unweighting — up to 80% of a person's body weight, so people can find exactly where the pain stops and natural movement feels good again.

"We are proud to be offering this type of equipment technology that can help patients gain faster rehabilitation," said Youngsun Kim, director of the Rehabilitation and Orthopedic Institute, a program of Palmdale Regional. "Our goal is always to bring higher function and quicker healing to our patients."

There are a multitude of benefits when training and rehabilitating on the AlterG. Patients can use the AlterG Anti-Gravity Treadmill to recover from injury and surgery and it allows them to immediately do partial weight bearing exercises. Patients with neurological disorders maintain, and in some cases even regain functionality and mobility working with the AlterG.

It also is used as a motivational tool for obese patients, as users can immediately experience what it would feel like to weigh less, exercise with less joint impact and stress, and improve their cardiovascular health.

Adopted initially by nationally renowned hospitals and rehabilitation facilities, most recently nursing facilities are seeing the benefits the AlterG can provide for their patients.

"With AlterG you get all the gain, without the pain," said Steve Basta, CEO of AlterG. "We are pleased that Palmdale Regional Medical Center is one of those pioneers. Our unique approach to unweighted physical therapy preserves natural body movement, helps with fall prevention and benefits a broad range of medical conditions."

AlterG Anti-Gravity Treadmills are designed to be used for lower body injury and surgery rehabilitation, aerobic conditioning, weight control and reduction, sport specific conditioning programs, neurologic retraining, and geriatric strength and conditioning.

Suffering from swimmer's ear

Mayo Clinic News Network

Swimmer's ear is an infection in the outer ear canal, which runs from your eardrum to the outside of your head. It's often brought on by water that remains in your ear after swimming, creating a moist environment that aids bacterial growth.

Putting fingers, cotton swabs or other objects in your ears also can lead to swimmer's ear by damaging the thin layer of skin.

Swimmer's ear is also known as otitis externa. The most common cause of this infection is bacteria invading the skin inside your ear canal. Usually you can treat swimmer's ear with eardrops. Prompt treatment can help prevent complications and more serious infections.

- Keep your ears dry. Dry your ears thoroughly after exposure to moisture from swimming or bathing. Dry only your outer ear, wiping it slowly and gently with a soft towel or cloth. Tip your head to the



Dreamstime/Tribune News Service

HOME REMEDIES — Swimmer's ear is an infection in the outer ear canal, which runs from your eardrum to the outside of your head. It's often brought on by water that remains in your ear after swimming, creating a moist environment that aids bacterial growth.

side to help water drain from your ear canal.

- At-home preventive treatment. If you know you don't have

a punctured eardrum, you can use homemade preventive eardrops before and after swimming. A mixture of 1 part white vinegar

to 1 part rubbing alcohol may help promote drying and prevent the growth of bacteria and fungi that can cause swimmer's ear. Pour 1 teaspoon (about 5 milliliters) of the solution into each ear and let it drain back out.

- Swim wisely. Watch for signs alerting swimmers to high bacterial counts and don't swim on those days.

- Avoid putting foreign objects in your ear. Never attempt to scratch an itch or dig out earwax with items such as a cotton swab, paper clip or hairpin. Using these items can pack material deeper into your ear canal, irritate the thin skin inside your ear or break the skin.

- Protect your ears from irritants. Put cotton balls in your ears while applying products such as hair sprays and hair dyes.

- Use caution after an ear infection or surgery. If you've recently had an ear infection or ear surgery, talk to your doctor before you go swimming.

Don't let too much exposure to sun spoil summertime fun

The warm summer heat invites us to enjoy the outdoors. But if you live in the valley of the sun, the fun can however be spoiled by too much and prolonged exposure resulting to illnesses and injuries. From heat rash to heat stroke, the untoward symptoms can be mild to severe.

If your work requires you to be outdoors, it's no fun. You are at greater risk for illness and injuries from prolonged sun exposure. Be aware of your body's signals of intolerance. Preventative measures are your best bet. Knowing what to do when it happens can lessen the injury and can even save lives. The Centers for Disease and Prevention offers these recommendations for outdoor workers:

- Slow down and reduce exposure by doing work in the shade if possible.
- Gradually build up to heavy work and schedule heavy work during the coolest parts of the day.
- Wear lightweight and light colored clothes.
- Drink plenty of water or non-alcoholic beverages throughout the day, even if you don't feel thirsty (a cup every 15 to 20 minutes).
- Eat light with no heavy proteins. Heavy foods increase your body heat production

In the Family Way

Elvie Ancheta



which also increases water loss.

- Take frequent breaks away from direct summer heat to cool off or do your work in the coolest place possible.
- Monitor your physical condition and that of your co-workers.

Heat Rash — Excessive sweating during hot and humid weather can cause skin redness and irritation. Heat rash may appear like a red cluster of pimples or small blisters on your neck and upper chest, groins, under the breast and in elbow creases. If you experience heat rash, try to work in a cooler, less humid environment when possible. Keep the affected area dry.

Heat Cramps — Sweating a lot depletes your body's salt and moisture levels. Low salt level in your muscles causes painful cramps in your abdomen, arms, or legs. If you are

experiencing muscle cramps, you should stop all activity and sit in a cool place for a few hours until the cramps subside. Further exertion may lead to heat exhaustion or heat stroke. Drink clear juice or a sports beverage. Seek medical attention right away if you have heart problems or on a low-sodium diet.

Heat Syncope — Sudden exposure to heat and dehydration may cause heat syncope or fainting episodes that may occur during prolonged standing or sudden rising from a sitting or lying position. Workers with heat syncope should sit or lie down in a cool place when they begin to feel dizzy. Slowly drink water, clear juice, or a sport beverage.

Heat Exhaustion — Excessive loss of water and salt through excessive sweating may cause heat exhaustion. Workers who are prone to heat exhaustion are those that are elderly, have high blood pressure condition, and those working a hot environment. You may experience extreme weakness, confusion, pale and clammy skin, slightly elevated body temperature, muscle cramps, and fast shallow breathing. If you observe your co-worker with any of these symptoms, immediately have them rest in a cool, shaded, or air-conditioned area if possible. Have him or her drink plenty of water or other cool, non-

alcoholic beverages. A cool shower or bath will help cool the body quicker.

Heat Stroke — This is the most serious heat-related health illness. It occurs with your body becomes incapacitated to effectively control its temperature. The body temperature rises rapidly, and the sweating mechanism to cool down fails. A very elevated body temperature can cause death or permanent disability if emergency treatment is not given. Symptoms of heat stroke include:

- Hot, dry skin or profuse sweating.
- Hallucination.
- Chills.
- Throbbing headache.
- High body temperature.
- Confusion/dizziness.
- Slurred speech.

If your co-worker is having symptoms of a heat stroke, call 911 immediately and notify their supervisor. Move her or him to a cool shaded area. To help cool the body, soak the clothes with water and spray, sponge or shower with water if possible. Fanning the body will also help with your cooling measures.

If you are planning a hiking trip, pack extra water bottles. Drink one bottle every hour even if you are not thirsty. Hike with a buddy for extra precaution.

Dear Annie

Annie Lane



Um, hello? Mother of bride silent

Dear Annie: I'd like your opinion on what I feel was a breach of etiquette on the part of my nephew's new mother-in-law.

Recently, my nephew got married in Chicago. My family of seven flew from Connecticut to the wedding for two days. The bride's mother never made an attempt to meet us at the rehearsal dinner or at the wedding.

We even saw her the day we were flying home. She looked at us but made no attempt at all to come over and speak to our family.

The trip cost us a lot of money, along with the generous monetary gifts we all gave. The bride and groom thanked us, but we felt it was extremely rude of the bride's mother to ignore us the whole time.

An introduction and a "thank you so much for coming all this way" would have gone a long way in making us feel welcome and appreciated.

Tell me what you think.

— *Feeling Snubbed*

Dear Feeling Snubbed: This woman may not be the hostess with the mostess, but I would let this one go.

Weddings are extremely hectic, and those involved in the planning have a lot on their plates.

The mother of the bride was probably consumed with making sure the events went off without a hitch. If she didn't introduce herself, it was not out of malice.

And if you really cared so much about meeting her, you might have crossed the banquet hall and introduced yourself.

Dear Annie: I just read the letter from the 80-year-old parent who advised children to call their elderly parents.

My advice to elderly parents? Instead of waiting for your kids to call, call them!

When I was a young adult, the only times my mother ever called me were when a relative had died or someone was seriously ill in the hospital. My husband's mother never called him, either. An elderly aunt did call once in a while, and it was always such a treat to talk with her.

My husband and I make it a point to call our adult children every now and then just to chat.

If they are busy (my mother's excuse for never calling me was that I might have been busy, sleeping, not home, etc.), we try to keep it brief and just tell them we were thinking of them and will talk again some other time.

Keeping the lines of communication two-sided has been nothing but great for our relationship with our children.

— *Anonymous, Too*

Dear Anonymous, Too: I agree completely. The best way to get people to call you is to call them first.

Let's all stop glowering at our phones and use them.

Send your questions for Annie Lane to dearannie@creators.com.