

ANNIE'S MAILBOX

Mom feels dismissed by kids

Dear Annie: I am blessed with three grown children, all with wonderful children of their own. This sounds ideal, but I can't talk to them. I'm either boring them with stuff they don't care about or voicing feelings they don't want to hear.

A few months ago, I expressed disappointment when I was ignored on what should have been a special day for me. My daughter, the one I get along with best, told me she was only nice to me because of the children and had no interest in hearing that I was hurt. She used to call me twice a week and now it's twice in four months. The other two are cordial, but I never venture to talk about anything other than how great they are or how big the children are getting.

I never criticized my children and always encouraged whatever they wanted to accomplish. Now they never have time for me. Was I a bad parent all those years without knowing it? If I bring up the issue, I will be accused of being negative and whiny, but it's difficult to sound happy around them. I have a very supportive husband, a few close friends and many acquaintances who swear I'm the happiest, most generous person they know. I do a lot of volunteer work to get my mind off this because it makes me cry. What's a mother to do?

— *Help Needed in Florida*
Dear Florida: Your children are only focused on themselves. This is, unfortunately, not uncommon. Parents also can become self-focused and not realize how negative they sound to others. So unburden yourself to a professional. Talk to your clergyperson. Cry and complain all you like to someone who will listen without judging, and you'll feel better. Then, when you speak to your children, you can be all sweetness and light and perhaps rebuild your relationship. It will be a bit more superficial than you want, but it is the best you're going to get right now.

Dear Annie: I have been engaged to a wonderful man for 18 months. We have a 6-month-old daughter, and I have a son from a previous marriage. My fiancé loves both of the children. He is kind and an excellent provider, but he refuses to set a wedding date.

We are in counseling, and although we are making progress, we still haven't discussed marriage. I think if he has no intention of marrying me, we should end the engagement. He thinks I should continue to be patient until things are "closer to perfect." Should I move out until he is ready?

— *Fiancee Forever*
Dear Fiancee: Things are never going to be perfect. Would you be happy if he continued to live with you without making a further commitment? If so, be patient. If not, bring this up specifically at your next counseling appointment and find out whether he's just temporarily gun-shy or has long-term issues with marrying you.

Dear Annie: Two thumbs up for your advice to "Lonely in Michigan," the 65-year-old widow without family. Communities of 55 and older residents have a great deal to offer. All are different, but mine offers choices of living arrangements from houses to assisted living to nursing home care, all on one campus. I own my own home and can use the complex restaurant and gym, join groups, go on trips, see movies and concerts, and participate in a huge range of activities. Apartment residents pay a larger monthly fee, and it includes one meal a day and maid service.

All residents have morning check-in service (notifying security that we are OK) and emergency pull cords in bedrooms and baths. Everyone here understands the adjustment newcomers make.

— *Widow With No Nearby Kin*
Dear Widow: A lot of readers let us know how busy and happy they are living in such communities. Many of these places let you rent for a week or so before committing. Anyone interested should do some research.



Kathy Mitchell & Marcy Sugar

LCH Auxiliary honors teens



From left: Marilee Stites, LCH Auxiliary scholarship committee member; Sidney Iriana, Highland High; Maralyn Chandler, scholarship chair; Margaret Austin, Quartz Hill High; Mary Grace Jalandoni, Paraclete High School; Veronica Sanjurjo, Knight High; April Green, Palmdale High; Nathan Herrera, Littlerock High; and Peggy Fholer, scholarship committee member. Contributed photo

VALLEY PRESS

The Lancaster Community Hospital Auxiliary honored six high school students at a scholarship awards luncheon on June 10 at Texas Cattle Company in Lancaster.

Volunteers at LCH raised scholarship money through bake sales, book sales, gift shop proceeds and donations. Criteria for the \$600 scholarships included the student's desire to work in

the medical field, grades, financial need and volunteer work.

The 2009 recipients are: Mary Grace Jalandoni, Paraclete High School; Nathan Herrera, Littlerock High School; April Green, Palmdale High School; Margaret Austin, Quartz Hill High School; Veronica Sanjurjo; Knight High School, and Sidney Iriana, Highland High School.

SKIN CARE FROM PAGE A13

of clothing offered by companies in the United States. These items tend to have special coatings to help absorb UV rays and are generally constructed from more tightly woven fabrics.

The ACS recommends using products now available to increase the ultraviolet protection factor in clothes you already own. Used like laundry detergents, manufacturers claim these products add a layer of UV protection to clothing without affecting the color or texture of the fabric.

Covering up with just clothing doesn't block out all UV rays so the ACS recommends using sunscreen every time you are outdoors or even if you think you might be going outside even for just a few moments.

Sunscreen is applied to the skin to provide additional protection against the sun's UV rays but be aware it does not provide total protection.

Experts advise using products with a sun protection factor (SPF) of 15 or higher. This number represents the level of protection offered against UVB rays only.

The ACS recommends using SPF 15 or higher products that also contain avobenzone (Parsol 1789), ecamsule, zinc oxide, or titanium dioxide since research suggest these are likely to be effective against UVB and most UVA rays.

"Broad-spectrum" products offer protection from UVA and UVB radiation but since there is no standard system for measuring the effectiveness against UVA rays, use these products with caution. Confused as to what exactly SPF represents?

According to ACS findings, SPF 15 products applied properly give the user the equivalent of one minute of UVB rays for each 15 minutes spent in the sun. In other words, one hour of soaking up the sun while wearing SPF 15 sunscreen is the same as laying out

for four minutes totally unprotected.

Sunscreens come in all forms including lotions, creams, spray-ons, foams, gels, wipes, ointments and lip balms and more. Many cosmetics now contain sunscreen such as lipsticks and foundations, but the only way to know is to read the label. Makeup without sunscreen, even colorful lipstick, does not provide protection from UV radiation if it does not contain SPF of 15 or higher.

One of the easiest ways to block sunlight from sensitive facial skin is to wear a hat, especially for little ones who can't escape the sun by themselves.

The ACS recommends a hat with at least a 2- to 3-inch brim to protect areas often forgotten such as the neck, ears, eyes, nose, forehead and scalp.

Wearing a stylish hat is becoming a popular fashion trend and with so many styles, patterns, colors and materials to choose from, no matter what you are wearing or where you are going, there's sure to be something fashionable to be found.

The ACS recommends babies younger than 6 months be kept out of direct sunlight and protected from damaging UV radiation using hats and protective clothing.

Several companies are designing adorable chapeaus with adjustable straps to ensure active youngsters can't remove the protective covering.

The Purple Alex Collection is a line of vibrant and sporty hats for infants, toddlers and youngsters alike. Each hat is fully lined to provide maximum protection and come in a variety of stylish fabrics, patterns and colors. Look for the line at www.purplealex.com.

Even older children need to be cautioned about sun exposure, particularly as they become more independent.

The ACS recommends developing early on the habit of using sunscreen on your children whenever they go outdoors or may be exposed to large amounts of sunlight.

Set a good example, moms and dads, and be sure to use sunscreen on your own exposed skin if you are going to be outside, especially here in sunny Southern California.

If you or your child burns easily, be extra careful to cover up, limit exposure, and apply sunscreen frequently.

Protecting yourself and your family from the potential for skin cancer is not a time-consuming or expensive venture compared to the trauma caused by this life-threatening disease.

Enjoying the hours of lovely sunshine is a benefit of living in the Antelope Valley. Just be sure to do it safely and wisely to enjoy the days for many years to come.

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MOLLY HAUXWELL/Valley Press

HEALTH NOTES

LANCASTER Cancer survivor program

Certified cosmetologists will provide tips and advice to help restore the confidence of women in active cancer treatment during the "Look Good... Feel Better" program from 12:30 to 3:30 p.m. today at the Antelope Valley Hospital, 1600 West Ave. J, in conference Room 7. For details, call (661) 945-7585, Ext. 3.

Group offers prostate cancer support

The American Cancer Society's prostate cancer support group will meet at 12:30 p.m. Tuesday, June 16, at the Lutheran Church of the Master, 725 East Ave. J. The group will focus on diagnoses, treatments and side effects. Spouses and significant others are invited. Meetings are the third Tuesday of each month. For details, call (661) 273-2200.

Diabetes talk

The American Cancer Society will offer a free health discussion "Food for Thought" at 10 a.m. and 6

p.m. Tuesday, June 23, at the Antelope Valley Family YMCA temporary office, 43001 10th St. West. Refreshments will be served.

Grief support for parents

The Compassionate Friends of the Antelope Valley will meet from 6:30 to 8:30 p.m. Thursday, July 9, at Camille's Sidewalk Cafe, 43901 15th St. West, in the back room. The group offers bereavement support to parents whose children have died. It meets the second Thursday of every month. For details, call (661) 917-9672, (661) 609-7788.

Support group for dads

The Antelope Valley Partners for Health will offer a support group, "Project Fatherhood" at 7 p.m. on Thursdays, 45304 Fifth Street East. The group focuses on the importance of a healthy relationship between children and their fathers or other paternal caregivers. For details, call (661) 942-4719, ext. 312.

PALMDALE Learn how to stop smoking

Kaiser Permanente's Health Education department offers a free health discussion, from 1 to 4 p.m. Saturday, June 27, "Quit Smoking Strategies" at the Palmdale Medical Offices, 4502 East Ave. S. Seating is limited. Registration is required. For details, call (661) 533-7600.

Health tips on tap

Care-A-Van Mobile Clinic, Save-A-Smile Dental and other agencies will be on hand to provide free health services and information during the free Highlands Wellness Fair from 9 a.m. to 3 p.m. Saturday, June 27, at the Highlands Christian Fellowship, 39625 20th St. West. The event will include eye exams, hearing, dental screenings, and free haircuts. For details, call (661) 273-1000.

Strengthen family relationships

The City of Palmdale's

program, Families in Action, offers a variety of parent education classes including "Strengthening Stepfamilies," "Cooperative Parenting and Divorce" and "New Baby, Now What?"

The cost is from \$25 to \$35 for residents; \$45 to \$65 for non-residents.

For details and locations, call (661) 267-5665, or go to www.cityofpalmdale.org.

MOJAVE

Substance abuse recovery

The Most Excellent Way Substance Abuse recovery group meets at 7 p.m. Tuesdays at Mojave Crossroads Foursquare Church, 14518 Holt St. For details, call (661) 824-4288.

Healthcare for children

The United Healthcare Children's Foundation offers medical grants to qualified families who need financial assistance with child health care treatment. Children must be 16 years or younger. For details, go to www.uhccf.org.

HELPLINE



TODAY

- AV Al-Anon — 7 p.m., 41843 50th St. West. (661) 949-9421.
- Take Off Pounds Sensibly — 10 a.m., Mayflower Gardens Retirement Community, 6570 West Ave. L, Lancaster. (661) 947-1548.

- Co-Dependents Anonymous — 7:30 p.m. New location at 7th Day Adventist Church, building in back, 43824 30th St. West, Lancaster. (661) 946-5060.

- AV Al-Anon — 6:30 p.m., Larry Chimbole Cultural Center, 38350 Sierra Highway, Palmdale. Spanish-speaking only. (661) 266-4952.

- ProCare Hospice — 3:45-4:30 p.m., 42442 10th St. West, Suite E, Lancaster. Ages 10-14. (661) 951-1146.

- Beyond the Light — 1:30-2:30 p.m., Transitional Youth Services, 43423 Division St., Suite 107, Lancaster. (661) 947-1595.

- AV Al-Anon, AV Alateen — 7 p.m., 30th Street West and Avenue L-8, Lancaster. Al-Anon, (661) 944-9031; Alateen, (661) 947-4044. Child care.

- Free tutoring by appointment — 3-5 p.m., Grades fourth to 12th, Our Savior's Lutheran Church, 1821 West Lancaster Blvd. Call Tom Laquidara at (661) 722-3155.

- Dual Diagnosis Anonymous — 10 a.m., AV Discovery Resource Center, 1609 East Palmdale Blvd., Suite G. (661) 947-1595.

- Grief Support After the Death of a Child, Grandfather or Sibling — 6:30-8:30 p.m., 44241 15th St. West #101, Lancaster. (661) 609-7788, (661) 917-9672.

THURSDAY, JUNE 18

- AV Al-Anon — 7 p.m., 1821 W. Lancaster Blvd. (661) 726-0316.

- ProCare Hospice — 10:30 a.m.-11:30 a.m., 42442 10th St. West, Suite E, Lancaster.

- AV Al-Anon — 1 p.m., Larry Chimbole Cultural Center, 38350 Sierra Highway, Palmdale. (661) 285-2132.

- Compulsive Eaters Anonymous — 5:30 p.m., Larry Chimbole Cultural Center, 38350 Sierra Highway, Palmdale. (661) 285-8787.

- TLC — Talking, Learning, Coping — 9 a.m., American Cancer Society, 1043 West Ave. M-4, Suite B, Palmdale. (661) 942-1912.

- Stress, pain management — 6:30 p.m., first, third Thursdays of month, 44130 Division St., Lancaster. (661) 942-4220.

WORD CHALLENGE

Every week the Antelope Valley Press will pick a new mystery word and will begin publishing the first letter in the Monday classified section and end with the final letter in Sunday's classified section. Search today's section and write down the mystery letter you find. Save your letters to solve a weekly Mystery Question printed every Sunday in the classified section and have a chance to be entered into a weekly drawing.

How to play!

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Look for the mystery letter in today's Classified section!

Winners will be entered into a drawing to receive a \$25 Gift Card!

Valley Press

No purchase necessary to play!

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