

COMMUNITY NEWS

PALMDALE

Help out Champions Center

The Antelope Valley Champions Center, 44514 20th St. West, will have a community rubbage sale fundraiser from 8:30 a.m. to 3 p.m. Saturday.  
For details, call (661) 810-7986 or (661) 860-6854.

Free breakfast for veterans

The Palmdale Veterans of Foreign Wars, 38580 Ninth St. East, offers a free breakfast for veterans from 8 to 10 a.m. Tuesday through Sunday.  
For details, call (661) 273-3204.

Mental healthcare for seniors

The nonprofit organization Heritage Clinic, 1037 West Ave. N, offers mental health treatment and case management services to low income seniors with Medi-CAL from 8:30 a.m. to 5 p.m. Monday through Friday.  
For details, call (661) 575-9365.

SUN VILLAGE

Happy people welcome

The Jolly Seniors Club for those 55 and older will meet at noon Tuesday at Jackie Robinson Park, 8773 East Ave. R.  
The group meets the first Tuesday of the month.  
For details, call (661) 944-2880.

LANCASTER

Share sporting tips

The High Desert Sportsman Club will meet at 6 p.m. on Wednesday.  
The club meets on the first Wednesday of the month.  
For details and the meeting's location, call (661) 917-2871.

Take on chess opponents

The AV Chess House will have chess quads for USCF members at 10 a.m. Saturday, Feb. 5.  
The entry fee is \$20, and the winner in each quad will receive \$20. Registration is required.  
The group meets the first Saturday of the month.  
For details and location, e-mail daa@mahowald.org.

Learn about koi, ponds

The High Desert Koi Fanciers will meet at 10 a.m. Saturday, Feb. 5.  
The group is looking for new members who are interested in maintaining pet koi in freshwater ponds.  
For details and location, call (661) 297-0563.

Get training for marathon

The Antelope Valley Family YMCA, 43001 10th St. West, will hold training for the Surf City Marathon on Feb. 6 with practice sessions at 8:30 a.m. Mondays, Wednesdays and Saturdays and at 7 p.m. Tuesdays and Thursdays.  
For details, call (661) 723-9622.

ROSAMOND

Sunday brunch with Moose

The Rosamond Moose Lodge, 1105 Sierra Highway, serves a breakfast/brunch from 10 a.m. to 1 p.m. the second and fourth Sunday of each month.  
For details, call (661) 256-2657.

CALIFORNIA CITY

Weekly bingo games set

The Mable Davis Senior Center, 10221 Heather Ave., offers bingo for anyone 18 years or older at 1 p.m. every Friday.  
For details, call (760) 373-1006.

LEONA VALLEY

Have breakfast with Sertoma

The Leona Valley Sertoma Club has breakfast meetings at 8 a.m. the first and third Saturdays of the month at Crazy Otto's, 40352 90th St. West.  
For details, call (661) 270-9268.

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



Kelsey Young, co-founder of Rural Orphans and Widows AIDS Network, receives eggs from an orphan girl in the village of Mawanga, Uganda. Contributed

# From Acton to Africa

By AMBER HOFFMAN Valley Press Staff Writer

When Acton resident Kelsey Young visited Uganda for the first time in 2002 she fell in love not only with the country but also with the people. “I loved all the dancing and singing and thought that the people were so friendly and loving — even when they have little,” said Young, 28, a 2000 Paraclete High School graduate. “They were extremely hospitable and selfless.” That affection compelled Young to return yearly to Uganda and to co-found in 2005 a nonprofit organization, Rural Orphans and Widows AIDS Network. In

August she moved full-time to Kampala, Uganda’s capital. Her organization’s mission is to help women and children infected with the AIDS virus, or whose husbands and fathers have been killed by the disease. The organization runs a medical clinic and has set up business enterprise, like raising pineapples and making necklaces, to help the women and children support themselves. Young said the organization reaches more than 100 orphans and approximately 80 widows and widowers. She co-founded the organization

with a Ugandan minister, Paul Nyende, pastor of the Church of God in Mawanga, the village where she lived for two months during her 2002 Ugandan trip. “I remember looking at the children laughing and playing in the dirt and the women holding hands and laughing together down the path and thinking, ‘Wow, in reality, they aren’t missing out on anything at all. They have the Lord, they have a close community and they have love.’ They offer something the rest of the world doesn’t — humanity.” See KELSEY YOUNG on B8



Rural Orphan and Widows AIDS Network co-founder Kelsey Young and founder Pastor Paul Nyende of Church of God enjoying the sites. Contributed

## Help for nation ravaged by AIDS

By AMBER HOFFMAN Valley Press Staff Writer

The Rural Orphans and Widows AIDS Network was founded by Paraclete High School graduate Kelsey Young and Ugandan pastor Paul Nyende to help people in Uganda, where an estimated 1.2 million people, including 150,000 children, are living with HIV and where 64,000 people died of AIDS in 2009 alone. Since the organization’s inception in 2005 in Nyende’s village of Mawanga, its efforts have included establishing a medical clinic, digging two new wells to provide clean drinking water, and helping women — most of whom lost their spouses to AIDS — earn income through “microenterprise” projects, such as raising pineapples and making necklaces. Upcoming microenterprises include a hair salon, a fish farm and pig farm. Another project is to build a secondary school. “Our goal is to step out of the colonialism and not be dependent,” Young said. “That’s what Jesus would do. That’s what they want; they want to work.” See HELP FOR NATION on B8

## Chinese New Year crafting fun

Familyfun.Com

The Chinese New Year is the biggest holiday of the year for millions of people of Asian heritage. This 15-day festival of celebrations focuses on ancient customs and rituals and is often a time of reunion for families to gather and celebrate with special feasts centered around foods that symbolize abundance, wealth, longevity and good fortune. The Chinese lunar calendar is based on the phases of the moon, which means the first day of their new year is different every year, but usually falls somewhere between Jan. 21 and Feb. 20. The year 2011 is the Year of the Rabbit and Chinese New Year will fall on Thursday, Feb. 3. Help little ones celebrate with these creative crafts. Red is the most popular color for the holiday and symbolizes fire, which, according to legend, drives away bad luck and brings prosperity, so be sure to

include a variety of shades. Festive Ribbon Dragon Little ones will love putting together this mini version of the monster-size dragon used during holiday parades and festivities. Materials • Craft foam • Colored glitter glue • Wired ribbon • Tacky glue Total Time Needed: 1-2 Hours

Instructions 1. Cut out the body shapes shown here from different colors of craft foam or use this template. Decorate the shapes with colored glitter glue and let them dry. 2. Cut a length of wired ribbon (here about 3-1/2 feet long by 2-1/2 inches wide). Lay it flat and use tacky glue to attach the body shapes. Be sure the glue is dry before curling the ribbon. See NEW YEAR CRAFT on B8



## Coming Up

FRIDAY: Pets

### The nose knows

Dogs’ noses hold scent for analysis



SATURDAY: Home & Gardening

### Citrus year-round

Grow citrus indoors for fresh fruit anytime



SUNDAY: Travel

### Passionate getaways

Celebrate Valentine’s Day in romantic settings



MONDAY: Health & Fitness

### Ticker tips

Kick off February with heart-healthy stories



AMERICAN HEART MONTH

ANNIE’S MAILBOX

## Divorcing but still intimate

Dear Annie: I have been divorced from “Bill” for more than a year and separated for almost two. I am currently expecting his baby. Obviously, we were still sleeping together, but this pregnancy was a total accident. I’ve always wanted a second child, and this should be a happy time for me, but I am miserable. I’ve tried many times to get back together with Bill, and until recently, we actually “dated” off and on. The divorce was his idea, and he’s the one who initiated the possibility of getting back together. I always went along because I thought I loved him and would never get over him. The problem is, now that we are bringing another child into the mix, I’ve realized after much soul searching that I don’t love him anymore. Bill still treats me with the same amount of disrespect and hostility he always has. I put up with it out of low self-esteem and a fear of being alone. We tried counseling with no success because he hated it and refused to go. Should I end things between us and raise the children on my own? I don’t want to sacrifice my happiness just so I can have a second income and (minimal) help with the new baby. I don’t want to fall into a depression again and become a shell of the person I used to be. I want to be a positive role model for my children, and I don’t like the person I am when I’m with Bill. Please give me your thoughts. — Pregnant and Feeling Alone

Dear Pregnant: Pregnancy seems to have given you a much-needed backbone and a clearer perspective on what behavior to model for your children. If Bill treats you terribly and getting back together depresses you, please don’t do it. He is legally obligated to provide financial support for the baby whether you reconcile or not. Dear Annie: I come from a very large family. When we plan a family event, the crowd is big and the spaces are small. The problem is my oldest sister’s husband, “Allen” is a total jerk and ruins all of these parties by bringing along several of his family members without asking the hostess for permission. These uninvited guests have no manners. They make a game out of passing gas. None of the other spouses feel the need to invite their parents or siblings, because they understand our limited resources. It does no good to make an announcement that it’s “Smith” family only. We’ve tried that. My sister has admitted how much she hates that Allen does this, but she won’t do a thing to stop it. What can we do, short of never having another family party? — Anywhere USA

Dear Anywhere: If your sister can’t get Allen to stop dragging his relatives to your parties, she should at least convince him to call the hostess in advance and warn her. The hostess should then tell Allen that space precludes them from inviting additional people. If he brings them anyway, we think your sister should host the next family gathering. In fact, we’d insist on it. Annie’s Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column.

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