

How to protect your eyes during summer

By LISA GERBER

Basking in the sun can make your skin feel terrific, but what about your eyes?

While sunburn lesions preserve your skin from the sun's rays, you also have to protect your eyes from its dangerous glare.

Sunglasses were originally developed to shade the eyes from harmful ultraviolet and infrared rays. Advertising has since placed an added emphasis on fashion.

Whether you are in the market for eye protection or chic style, local optometrists have a few tips on what to look for in sunglasses.

Those interviewed recently agree—you get what you pay for. "Dime-store glasses" cause eye strain and create distortions.

Cheap sunglasses are not made of

high quality plastic and therefore do not filter out the sun's harmful rays, according to Dr. Howard Dubin, a Farmington optometrist. Headaches, blurred vision and eye tissue damage may result from wearing inexpensive sunglasses, he said.

"It's better not to wear sunglasses at all than to wear a cheap pair," Dubin said. "This is because the darkness of the lens itself does not filter out harmful rays. Nonetheless, the eyes relax, the pupil dilates and even more rays reach the retina."

There are basically two types of sunglasses—glass and plastic. Glass lenses are colored all the way through, absorb ultraviolet and infrared rays, and are good for heavy sun exposure, says Farmington optometrist Dr. Michael Lipson.

Plastic lenses are tinted just on the

surface. For casual wear, such as when driving, high quality plastic lenses are adequate, Lipson says.

Dr. Mark Schwartz, a West Bloomfield optometrist, recommends a quick test for sunglasses to measure their quality.

Hold a pair until you can see a reflection on the lens. If the reflection is straight and clear you probably have a fairly good pair of sunglasses, Schwartz says.

If it's not a good pair, distortion in the lens will be evident. "You can also look through the glasses to see if anything looks blurry," he adds.

IF YOU can see your eyes through the lens you've selected, optometrists say you don't have a good protective pair of sunglasses. For adequate defense against glare, no more than 30 per cent of available light should filter through the lens.

"Certain cheap glasses make everything look dark but actually let more light in," says Dr. Franklin Middleman, a West Bloomfield optometrist.

Optometrists agree that gray is the best lens color. It is a neutral color and distorts color perception the least, Dubin says. Brown and green lenses follow as preferred colors.

Light color tints are for looking glamorous only. In fact, blue and yellow actually increase the amount of sun coming in, Middleman says.

For water sports, optometrists recommend polarized lenses because they significantly reduce glare. True polarized glasses are made of two layers of glass with a layer of polarized glass in between. The polarized layer blocks the angles of rays which cause glare.

However, a pair of real polarized glasses costs nearly \$50, according to Middleman. "If you pay less than that,

you're not getting polarized glasses, but imitation or brand name sunglasses."

THE OPTOMETRISTS interviewed agreed that a pair of good sunglasses that will fulfill the purpose for which sunglasses were intended, cost at least \$20. Below that, "you're not getting a good pair," Middleman says.

But because the price also varies

according to the quality of the frame, price is not always a good determinant. Sunglasses with equal quality lenses can cost anywhere from \$15 to \$80 depending on the quality of the frame, Dubin says.

According to Dubin, "the best way to get a good pair of sunglasses is to buy them from someone or someplace that you have confidence in—that you know will sell you good quality."

Pet shop coming up

Who's got the ugliest pet in town? That question, and a host of others, will be answered at the 11th annual

Founders Festival Pet Show to be held at 3 p.m. Friday, July 28, by the Plaza Merchants Association.

Besides the ugliest pet competition, trophies will be awarded to the two

most evenly matched pets, the pet with the waggiest tail, the most talented pet (with 30 seconds to perform), the pet with the bushiest tail, the fastest pet, the pet that "speaks" the loudest and best, the smallest pet (no ants or insects), the most unusual pet and the most original costume (pet and owner).

6 vie for seat on Farmington Board

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and Corliss said he did not feel he was able to make a four-year full-term commitment to the board, but that one year was all right.

All candidates were asked what the major problem facing the board is and how would to solve it.

They were unanimous that financial problems were the first concern, with Mrs. Henrich and Williams citing tax

reform proposals that could put the squeeze on school boards.

Declining enrollment and shifts of population within the district were cited by Avie, Sorenson and Corliss. Avie said he favored further study of the population push to the northwest, and Corliss said the board should preserve its resources.

Five of the candidates said they were happy with the board's decision

several years ago to sell the old Farmington High School property to the city for senior citizen housing. Sorenson said he didn't think the board should change the character of the community through its actions.

There was unanimous agreement that the change to a middle school concept, combining grades 6, 7 and 8 was a good one at a time of declining enrollments.

None of the candidates said they were entirely happy with the teacher tenure system as it presently works and none liked the concept of binding arbitration in contract disputes.

The candidates were asked what the most important long-range responsibilities of public education were.

Corliss said the educational system should give students the basic tools to exist and to reason, as well as providing a sense of history.

Besides survival in a community, Avie said "The school system itself can inspire a student or make him fail to inspire."

Mrs. Henrich said the schools should assist the development of the individual child and add to the world of the child.

FOR SORENSON, respect for the system should be instilled in students. "It's imperative that it not fail," he said.

McGlinchy said the schools should prepare students for successful functioning in the community, including training for an occupation and providing background for good citizenship.

Besides the liberal and vocational arts, Williams cited moral values and the role in the community as areas of education's responsibility to the community.

Manager contract listed

(Continued from page 1A)

Nibble Nook site.

• Consideration of setting date for necessary hearing for Edgell Sewer.

• Consideration of approving resolution for National Bank of Detroit as paying agent for the City of Farmington Hills building authority bonds.

• Consideration of setting a date for cost hearing on Kendallwood 4 road improvement.

• Consideration of request by Atlas Development Co. for release of balance in the escrow account for Churchill Estates subdivision.

• Consideration of Independence Hills 2 final plat and PUD agreement.

• Consideration of agreement with Oakland County Road Commission for passing lanes on Middlebelt.

• Approval of lease purchase agreement with Farmington Hills building authority for fire station 4.

• Consideration of resolution of intent to issue bonds by the building authority for fire station 4.

• Consideration of purchase of umbrella liability insurance policy.

• Consideration of proposal with Villan-Leman for special planning study of Northwestern Highway.

• Report on garbage and refuse contract.

• Consideration of approval of city manager's contract.

Farmington Observer

Published every Monday and Thursday by the Observer & Eccentric Newspapers, 36251 Schoolcraft Rd., Livonia, Michigan 48150. Second-class Postage paid at Livonia, Michigan 48151. Address all mail (subscriptions, change of address, Form 3579) to P.O. Box 2428, Livonia, Michigan 48151. Telephone 261-3800.

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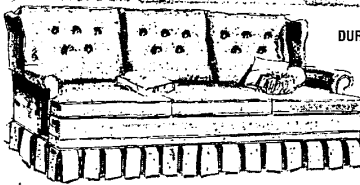
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