

Good Sun Protection Means Sunglasses, Too

Marshfield, Wis. - Farmers often wear caps to protect themselves from the sun's harmful rays. If they are careful, they will put on sunscreen and wear cool, long-sleeve shirts. But there is one more step to good sun protection - wearing sunglasses.

"Sunglasses for eyes are like sunscreen for the skin - it protects you from burns," said Marshfield Clinic Ophthalmologist John Williams, M.D. "Just as you wear sunscreen when you're going to be out in the sun, you should wear sunglasses."

Ultraviolet rays, commonly called UVA and UVB, are emitted

by the sun and located on the blue-violet end of the spectrum. Over time, UV damage can cause cataracts; the growth of scar tissue on the cornea, the clear protective covering of the eye; cancer of the eyelids and skin around the eyes; and possibly impaired eyesight from damage to the retina, called macular degeneration, Williams said.

More immediately, UV exposure can cause photokeratitis - sunburn of the eye. While brief and without lasting damage, photokeratitis is still very painful. The eye's top layer is burned and blistered with microscopic abrasions.

The condition can be treated easily by your eye care specialist but may keep you out of the fields for a day or two. The best treatment is prevention - wear sunglasses.

Sunglasses don't have to be expensive to be effective. You can find shades that give you good protection for around \$20-\$25. Here are a few things you should keep in mind as you shop:

- UV protection. Look for a sticker on the lens that guarantees blockage of at least 99 percent UVB rays.
- Tint. Grays, browns and greens are the most common tints. Dr. Williams prefers gray, which

distorts color the least. Blue and rose tints aren't recommended.

• Lense size. Tiny lenses may be fashionable, but they provide no protection for the sensitive skin around your eyes. Find glasses that cover your eyelids.

• Polarize. Polarized lenses block out light from certain angles. These glasses are especially handy for people active on the sand or water. They are especially popular with anglers.

• Photochromic lenses. A chemical process allows clear prescription glasses to darken as light exposure increases.

• Check with your optician.

For those who need prescription sunglasses, the sky's the limit. Most designer sunglasses styles are available at optical shops.

When you're shopping for sunglasses, don't forget the kids. Before adolescence, children's eyes are less able to filter out harmful UV rays, Williams said.

For those involved frequently in such outdoor sports as baseball, tennis, racquetball, basketball and soccer, purchasing sports glasses with UV protectant is a good idea. The strong frames of sports glasses shield your eyes from flying objects and can withstand blows that might break normal sunglasses.

FFA HAPPENINGS

11 N.J. Members To Receive Highest FFA Degree

The New Jersey FFA Association has nominated 11 members to receive the American FFA Degree at the 67th National FFA Convention in Kansas City, Mo., November 10-12.

The American FFA Degree is based on demonstrated leadership ability and outstanding achievements in agricultural business, production, processing or service programs. Of the 427,415 FFA members only 1,445 will receive the degree in 1994.

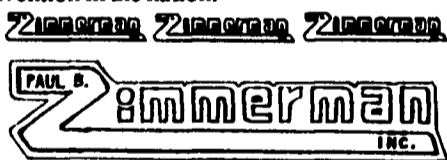
American FFA Degree recipients from New Jersey are David Bond, Theresa M. Cooper, Dawn N. Doidge, Travis M. Eachus, Ronald D. Emley, Jr., Walter P. Katona, Tiffany M. Roberson, Anthony Russo, George Stillwell, Jay E. Tilton, Nicole B. Wright.

To receive this degree, members must have earned \$7,500 through a supervised agricultural experience program and must have productively invested those earnings back into their enterprises.

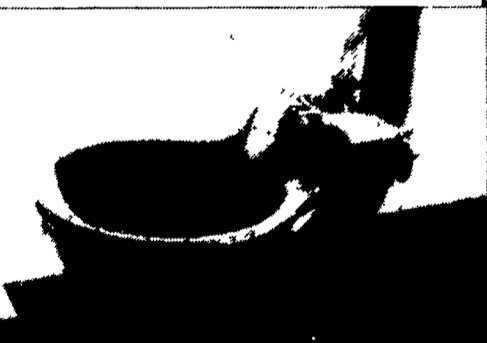
The New Jersey American FFA Degree recipients were nominated and approved by Nancy J. Trivette, New Jersey Department of Education, and the National FFA Board of Directors.

Each recipient receives a gold American FFA Degree key and a certificate.

More than 30,000 FFA members are expected to attend the 67th National FFA Convention, which is the largest annual youth convention in the nation.



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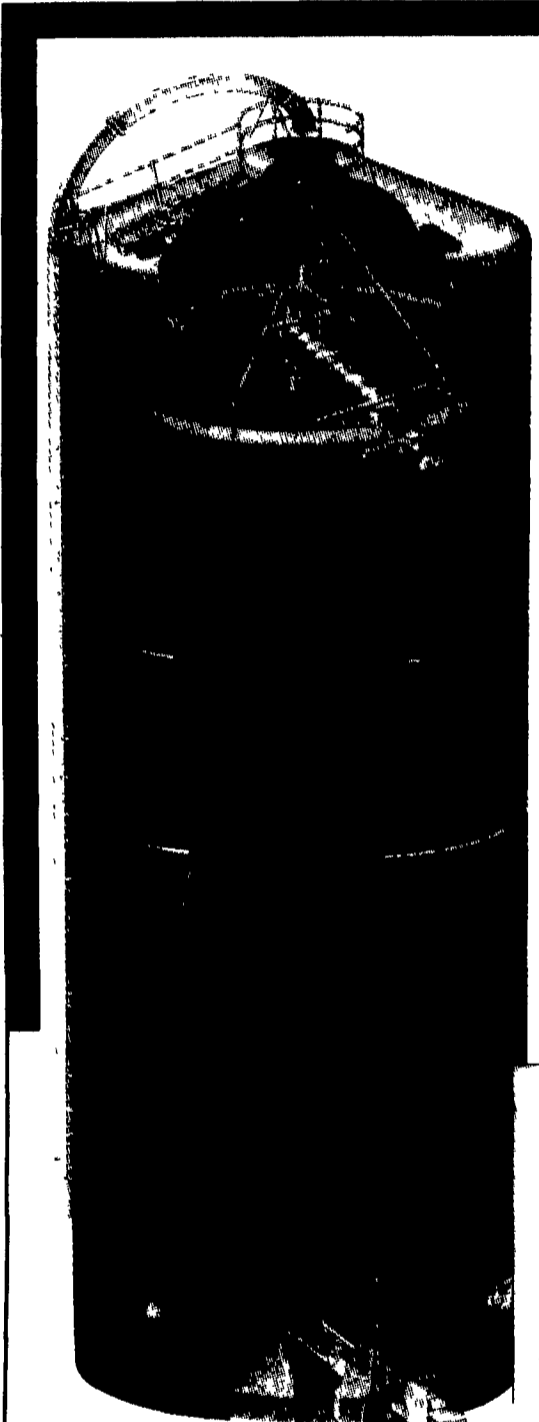


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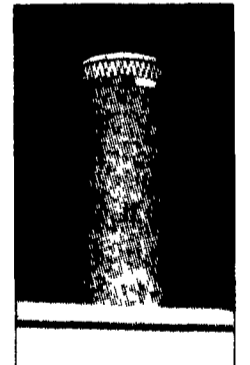
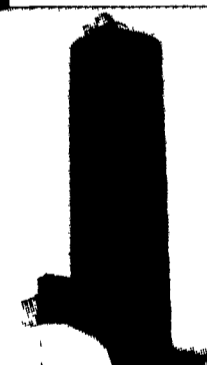
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