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New Ways To Protect Your Children's Eyesight Year-Round

Pointers For Parents

up to 400 nanometers, ex-

ceeding the protection avail-

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lenses. UV400 lenses block

all harmful UVA, UVB and

UVC rays, eliminate glare

and provide crisp, correct vi-

sion and accurate color per-

ception. The core element is

the polarizing light filter. UV

light absorbers and shock-

absorbing layers are fused

to both sides of the lens so

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resistant. A scratch-resistant

layer on both the outer sur-

faces completes the lens

wide leader in eye care and

optics and a pioneering in-

ternational eye-wear brand

that owes its name to the

invention of polarized lenses,

changing the world of tech-

of Safilo Group, the fully

integrated Italian eyewear

creator and worldwide dis-

tributor of Polaroid, as well

as several other well-known

brands of sunglasses, optical

Said Luisa Delgado, CEO

nology and optics.

The company is a world-

structure.

(NAPSA)-If your family is like most, a few facts on sunlight and eyesight could 2014 FORD FIESTA be illuminating. The Importance Of Eye

Protection

First, you should know that the average child's eyes get about three times as much exposure to ultraviolet (UV) rays as do the average adult's.

There are several reasons for this. For one thing, children are more likely than adults to be outdoors, especially in the summer and on snowy days, and sand, snow and water reflect UV light and increase the need for protection. For another, children's eyes are even more sensitive to UV rays than adults' because they are clearer and more delicate and their pupils are larger and let far more light through than adults' eyes. Exposure to UV radiation can lead to keratitis in children; that is, an inflammation of the cornea that causes pain and itchi-

A polarizing light filter

keeps harmful UV rays

According to the ex-

perts at the World Society of

Paediatric Ophthalmology

and Strabismus, "shielding

children's eyes from exces-

sive ambient UV radiation

in direct and reflected sun-

light is extremely important.

Whenever outside, appropri-

ate UVA/B-blocking protec-

tive lenses in well-fitted, safe

frames are valuable for all;

particularly in the younger

child, adolescent and those

who are geographically or

medically at higher risk. The

lenses should block at least

99 percent of UVA/B light

and meet local protection

standards. Polarized lenses

often provide greater com-

fort from glare, especially for

An Answer

of their children's eyes, the

Polaroid Sunglasses brand

created a free UV app called

the Polaroid UV Alert app

that measures UV radiation.

Available from Apple's App

Store-designed for iPhones

and the Apple Watch-and

also compatible with iPads

and iPod Touch, it is aimed

to alert users when radiation

reaches dangerous levels and

To help parents take care

light-sensitive children."

out of kids' eyes.



offers information on polarized lenses and lens technology, including directions on where to purchase highquality Polaroid polarized sunglasses.

A Problem

Unfortunately, most people don't pay enough attention to eye protection and are not aware of the harmful effects of UV rays. Only half the population thinks that sunglasses are a must-have accessory to protect the eyes from harmful solar radiation, and more than 30 percent of them say they rarely wear sunglasses.

Perhaps because of this deficiency of awareness, product quality is not behind most sunglass purchase: 57 percent of customers buy sunglasses only for style and 28 percent based on price, while only 15 percent make informed choices based on lens quality and UV protection level.

How To Choose Sunglasses Wearing sunglasses that block 100 percent of UV rays and up to 96 percent of blue light is a simple, safe and cost-effective way to protect the eves.

Although lens color and shading are not indicators of the sunglasses' UV-blocking ability, different lens colors offer different advantages:

• Yellow: good for skiing or low-light situations, such as fog, as they increase contrast though they can cause color distortion:

for nearsighted people;

• Light Blue/Green: best suited for farsighted people.

The level of eye protection depends mainly on the lens filter and material.

For example, Polaroid Sunglasses' UltraSight polarized lenses let less than 1 perframes and sports evewear, "We are committed to protecting children's and adults' eyes from the sun's damaging rays. Our eyes need to be equally protected from the sun as does our skin and UV-filtering lenses are of the utmost importance for children in particular."

The newest polarized

sunglasses from Pola-

roid protect the eyes in

a rainbow of colors.

Polaroid Sunglasses for adults and children are available at better optical, department store and sunglass

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(NAPSA)-No question about it-comfort is top of mind when homeowners are in the market for a new gas furnace. Everyone wants to be warm and cozy when outdoor temperatures begin to fall, and they want that comfort delivered quietly. That's why it's important to add quiet operation to your list of requirements as you shop for

a new furnace. Several factors affect the noise level of a gas furnace, beginning with the unit's efficiency rating. In the case of gas furnaces, efficiency is expressed as an annual fuel utilization efficiency (AFUE) rating. AFUE ratings range between a minimum of 80 percent to a maximum of 98.5 percent and represent the ratio of fuel that is converted into usable heat. In other words, the highestperforming furnace converts 98.5 percent of its fuel into heat. The remaining 1.5 percent is lost through the exhaust. Generally speaking, the more efficient a furnace is, the quieter it operates.

Single-stage, two-stage or modulating technology also impacts furnace sound levels. Traditional singlestage gas furnaces operate much like a lightbulb-they are either on or off. This can create highly noticeable fluctuations in temperature and sound in your home, as the unit turns on and off fre-

Two-stage gas furnaces

At the same time, operation is considerably quieter-in the case of variable-speed models, as much as 24 times less noisy than conventional furnaces.

Finally, the size of ductwork can impact sound levels. So when you select a furnace, be certain your ductwork is large enough to accommodate the airflow (measured in cubic feet per minute, or cfm) the furnace pushes. Ductwork that is too small can result in whistling sounds throughout the sys-

To help, the Champion brand from Johnson Controls offers a variety of gas furnaces to meet your heating needs comfortably and quietly. To learn more, visit www.championhomecomfort.com, or follow ChampionHomeComfort on You-Tube and @ChampionHVAC

Good Luck

MRS. C. M. CRAMER found the Aquarius Graphic on page 6B (Top of page - Triangle in front of 010-230 General Listings) She won a gift certificate to Big Dog Donuts & Deli.

Gift Certificates must be picked up within 2 weeks of winning



Deadline for today's paper: Monday by 3:00 PM

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Graphic

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