

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

Contact lenses to correct faulty vision

[This is the third column in a series about vision correction.]

There are three basic ways to correct faulty vision: eyeglasses, contact lenses or surgery. In this column, we'll cover contacts.

There are two basic kinds of contact lenses — soft and hard.

Soft lenses, which are thin and gel-like, are the most popular of the two types of contacts. They come in many varieties and they are very comfortable. I never felt them in my eyes. The following are some choices in soft lenses:

Daily-wear lenses are removed when you go to sleep. They are the least expensive of the soft lenses.

Extended-wear lenses can be worn when you sleep. They are removed at least once a week to be cleaned and disinfected. There is a greater risk of eye infections when you wear contacts overnight.

Disposable-wear lenses are the most convenient of the contacts. They are removed nightly and replaced on a daily, weekly or monthly basis. These are the most expensive of the contact lenses.

If you replace disposables every day,



Fred
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HEALTH CARE WRITER

you always have clean, flawless lenses that produce sharp vision. And you don't have to deal with maintenance. These are enormous advantages.

Hard contacts today are rigid, gas-permeable lenses (RGP). Hard contacts allow oxygen to flow through the lenses to the cornea. The cornea is the transparent cover over the pupil in the center of the eye.

RGP lenses may be the better choice over soft lenses if you have astigmatism, which is caused by an uneven curvature of the eye's surface. There are soft contact lenses called torics that can correct astigmatism, but not always as well as RGPs can.

RGPs are also preferable if you have allergies or tend to form protein deposits on contact

lenses.

You can get multifocal contact lenses — both hard and soft. They can correct nearsightedness, farsightedness and astigmatism in combination with presbyopia, which is the natural condition of aging that makes it more difficult to focus on near objects.

The major downside of contact lenses is taking care of them. Lenses that are not properly cleaned and disinfected increase the risk of eye infection. Any lens that is removed from the eye needs to be cleaned and disinfected before it is reinserted.

The following are some guidelines for care of contact lenses from the American Academy of Ophthalmology:

■ Before handling contact lenses, wash your hands with soap and water, then rinse and dry them with a lint-free towel.

■ Minimize contact with water, including removing lenses before going swimming or in a hot tub.

■ Contact lenses should not be rinsed with or stored in water (tap or sterile water).

■ Do not put your lenses in your mouth to wet them. Saliva is not a sterile solution.

■ Do not use saline

solution and rewetting drops to disinfect lenses. Neither is an effective or approved disinfectant.

■ Wear and replace contact lenses according to the schedule prescribed by your eye care professional.

■ Follow the specific contact lens cleaning and storage guidelines from your eye care professional and the solution manufacturer.

■ During cleaning, rub your contact lenses with your fingers, then rinse the lenses with solution before soaking them. This "rub and rinse" method is considered by some experts to be a superior method of cleaning, even if the solution you are using is a "no-rub" variety.

■ Rinse the contact lens case with fresh solution — not water. Then leave the empty case open to air dry.

■ Keep the contact lens case clean and replace it regularly, at least every three months.

■ Lens cases can be a source of contamination and infection. Do not use cracked or damaged lens cases.

If you would like to ask a question, write to fred@healthygeezzer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

ENGAGEMENT



CONTRIBUTED PHOTO

RYAN HEINEN AND BARBARA YOUSO

Ryan Heinen and Barbara Youso happily announce their engagement and upcoming marriage. Barbara is the daughter of Henry and Carolyn Youso, International Falls, Minn. She graduated from Falls High School in 2003 and The College of St. Scholastica in 2006. She is employed by West Central Area Secondary School in Barrett, Minn., teaching seventh grade life science and 5-12 library media. Ryan is the son of Joseph and Linda Heinen, St. Joseph, Minn. He graduated from Cathedral High School in 1999 and St. Cloud State University in 2004. He is employed by the Minnesota Board of Water and Soil Resources as a wetland specialist. Ryan and Barbara, along with Bryan and Jessie Simon, raise grass-fed beef, pastured chickens, eggs, vegetables and small grains on Lakeside Prairie Farm (www.lakesideprairiefarm.com) in Barrett. An Oct. 4, 2014, wedding is planned in Elbow Lake and Barrett, Minn.

Moose Lodge bestows honor on Johnson

MOOSE LODGE REPORT

A member of International Falls Moose Lodge 1259, Don Johnson Sr., well known for over 30 years as "Bubba," is now serving as Minnesota Deputy Supreme Governor.

Johnson was appointed to this post in June at the 126th International Convention in Las Vegas, Nev., where he also served as Assistant Supreme Inner Guard.

Joining the Moose in 1990 as a member of West Duluth Lodge 1478, he then transferred to Proctor Lodge 1302 in 2008 where he is a Life Member.

Johnson has held most Lodge chairs, has chaired numerous committees, and

is a Past Governor.

Johnson is a member of Arrowhead Moose Legion 72 and is a Past President. He has served on the Lodge Ritual team and has competed on the International level.

Johnson serves the Minnesota Moose Association as State Webmaster, and as Publications, Registration and Credentials Chairman since 2002. He is a Past President of District 1, and currently serves as 1st District Secretary.

A member of the 75 Division of the Moose 25 Club,



Don
Johnson Sr.

Johnson received the Fellowship Degree of Honor in 2004 and the Pilgrim Degree of Merit in 2012.

Johnson received the Moose International Governors Bronze Gavel Award in 2002, Minnesota Moose of the Year in 2004, Minnesota Moose Association Shining Star Award for Outstanding District President in 2007, and Arrowhead 72 Moose Legionnaire of the Year in 2010.

Johnson is also a member of Albert Lea Lodge 1703, South St. Paul Lodge 1088, Two Harbors Lodge 1463, Cloquet Lodge 1274, Superior, Wis. Lodge 606, and North Star Moose Legion 144. He is also a member of the West Duluth Sons of the American Legion

Post 71.

Outside the Moose, Johnson is a bus driver for the Duluth Transit Authority, where he serves as a Teamster's Local 346 Union Steward for over 100 drivers and mechanics.

In his spare time he enjoys singing karaoke, spending time with family and friends in his garage, and watching the History channel.

He and his wife Elaine reside in West Duluth. They have three grown children who are all Moose members, and one granddaughter.

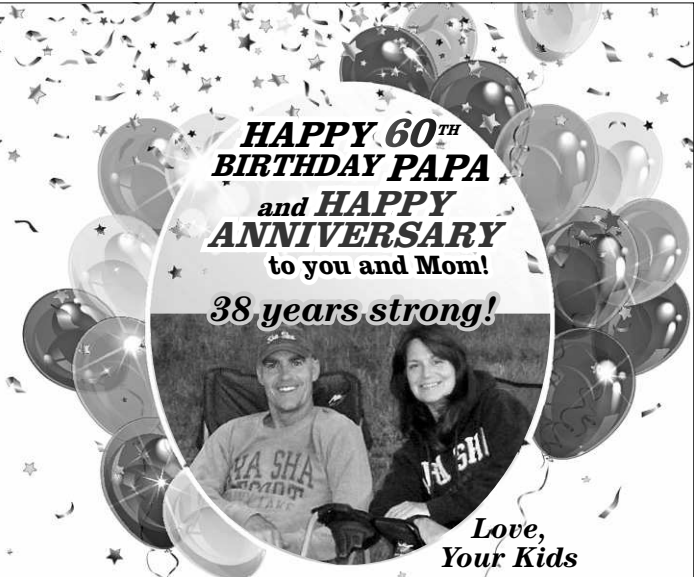
To learn more about what Moose members are doing in area communities, visit www.moosintl.org, or call 630-966-2229.

MEMORIAM

In loving memory of **Nick Kostiuk** — husband, father, grandfather and great-grandfather, who drowned 31 years ago, Aug. 23, 1983, and never to be found.

We all miss him very much.

**Sadly missed by wife
Margarete Kostiuk and family**



VFW Ladies Auxiliary meets

BY BETH M. JOHNSON

The regular meeting of the Ladies Auxiliary to Veterans of Foreign Wars Post 2948 conducted Aug. 12 was called to order at 7 p.m. by president Pat Delapp with 10 members present.

The opening ritual was held, roll call of officers conducted with Diane Kelly, secretary, pro-tem. There were no petitions for membership.

Minutes from the July meeting, the General Orders and correspondence were read. The Ladies Auxiliary Bond was received.

Eighth District President Kathy Randall is scheduled to attend the September meeting for the annual inspection.

The treasurer's and audit reports were read and filed.

The POW/MIA t-shirts have been ordered and can be picked up at the September meeting. POW/MIA Recognition Day is Sept. 20. The 2015 VFW calendars have been ordered. Donations were made to the Rainy Lake Community Orchestra, Operation Changing Lives and the International Falls junior baseball team.

Delapp thanked every-

one who assisted with the 1950s-60s sock hop. In September, members will begin serving pies at Good Samaritan Society-International Falls. Donations were received from Harry Batdorf from the sale of his book, "Fifty Stars on the Flag."

For the Good of the Order: Plan to attend the "Soldiers of Song" production at the Fort Frances Townshend Theater.

Door prize was won by Tina Hofius.

The meeting was concluded at 8:24 p.m. with closing ceremonies.

The next meeting will be at 7 p.m. Sept. 9.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made

the day of the meal.

MONDAY

Chicken cacciatore
Spaghetti
Wax beans
Fresh fruit

TUESDAY

Ham
Whipped sweet potatoes
Peas and carrots
Emerald pears

WEDNESDAY

Hawaiian turkey salad
Lettuce leaf

Fresh fruit
Rhubarb sauce

THURSDAY

Parmesan crusted chicken
Parsley buttered potatoes
Carrot coin salad
Fresh fruit

FRIDAY

Meatballs
Mashed potatoes
Gravy
Coleslaw
Rosie applesauce

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