

# LIFESTYLES

## Eyeglasses for vision correction

[This is the second 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 eyeglasses.

Eyeglasses correct the following vision problems:

*Nearsightedness* (myopia), which blurs distant objects.

*Farsightedness* (hyperopia), which blurs near vision.

*Astigmatism* is caused by an uneven curvature of the eye's surface that produces abnormal focus.

*Presbyopia* is a natural condition of aging that makes it more difficult to focus on near objects.

Corrective eyeglasses come in several different forms:

*Bifocals* have a correction for seeing up close on the bottom half of the lenses and another for seeing at a distance on the top. There are lines between the lenses.

*Trifocals* have lenses with corrections for distance, intermediate vision, and up close. More lines between lenses.

*Progressive* lenses have a smooth transition between corrections for distance



Fred  
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and up close. There are no visible dividing lines.

*Single vision* lenses are designed to correct just distance vision.

*Readers* are for people who need only better up-close focusing.

There is a type of eyeglasses that was introduced in 2009. They are called *Superfocus*. I bought a pair of these eyeglasses. Mine cost \$800. You get a 30-day free trial.

Superfocus glasses seemed to be the answer I had been looking for since I started wearing glasses almost 50 years ago.

I have worn single vision, bifocals, progressives and contact lenses. All of them had disadvantages. The Superfocus has its own downsides.

A pair of Superfocuses

has four lenses with no lines. There are two flexible lenses within the frame. And there are two rigid lenses that are made to your prescription. These hard lenses are held onto the outside of the flexible lenses by magnets.

You move a small slider on the bridge of the frame to focus the flexible lenses. When the slider is far left, you are focusing on distant objects. When the slider is far right, you are focusing up close. The middle setting is perfect for working on a computer and other objects in the middle distance.

You can fine-tune your focusing by moving the slider between the three basic settings. Putting the slider half way between the far and middle settings works for most situations. When you drive, you push the slider far left and then bring it back right just a smidge; this setting lets you view both road signs and your instrument panel.

Superfocus eyeglasses have none of the disadvantages of other corrective devices I've worn. My vision with them was superior. Here are the problems that, eventually, I was unwilling to live with:

- You have to refocus

quite often. I tried watching a baseball game on TV while reading a newspaper. Annoying.

- You must be careful to avoid picking up the Superfocuses by the lenses. The outside lenses will pop off and fall. I've had a few heart-stopping accidents before learning to use the frames to pick up the glasses.

- When you want to clean the glasses, you can do the job normally. However, there are many times when moisture and dust have crept in between the lenses. This requires removing the rigid lenses and cleaning a total of eight surfaces.

After four months of wearing these glasses, I asked the company to take them back. The customer service department was wonderful. They gave me a full refund.

I bought trifocals for everyday use and a pair of bifocals just for my computer. I'm still not happy.

[In our next column, we'll report on contact lenses.]

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

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



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### AGENDA

**City of International Falls - City Council Regular Meeting**

**4:30 P.M., Monday, August 18, 2014**

**Council Chamber, 600 Fourth Street**

**PLEDGE OF ALLEGIANCE TO THE FLAG**

**CALL TO ORDER**

**ROLL CALL**

**APPROVAL OF MINUTES**

1. Summary of the Monday, August 4, 2014 Council Committee-of-the-Whole meeting (Council action-motion)
2. Minutes of the Monday, August 4, 2014 Regular City Council meeting (Council action-motion)

**PAYMENT OF CLAIMS AND APPROVAL FOR PAYMENT OF ACCOUNTS PAYABLE**

**1. CLAIMS**

- a. Transfer Claims
  - to: City of Intl Falls Fund #101 General
  - from: City of Intl Falls Fund #601 Water/Sewer (Council action-motion)
  - to: City of Intl Falls Fund #403 Reserve for Capital Outlay
  - from: City of Intl Falls Fund #601 Water/Sewer (Council action-motion)
- b. Regular Claims (Council action-motion)

**AUDIENCE – OPEN FORUM**

(The Open Forum is an opportunity for the audience to address the City Council on any matter not listed on the agenda. Please limit your comments to five minutes.)

**PUBLIC HEARINGS**

**OPENING BIDS (AND/OR QUOTES)**

**OLD BUSINESS**

1. Continue discussion on KOOTASCA Community Action city license application – second hand goods dealer (Council action-motion)

**CONSENT AGENDA**

The Consent Agenda allows the City Council to take action on routine matters by one motion that shall not be debated and shall be adopted by unanimous vote of those present. Any individual council member may remove an item from the Consent Agenda for discussion on the regular agenda (Council action – motion).

**NEW BUSINESS**

1. Housing initiatives (SCDP) and services for working families, Isaac Meyer and Dana Herschbach, KOOTASCA Community Action (Council action-motion)
2. Authorize advertising for bids for a proposed remote water meter read system (Council action-motion)
3. Application and request by Shannon's, Inc. for rezoning/zoning district amendment (Council action-motion)
4. Discussion of City working conditions and environment (Council action-motion)
5. Resolution to Approve Municipal Delegation Agreement for Building Code Administration on Public Buildings and State Licensed Facilities (Council action-motion)
6. Approve salary increase for nonunion personnel (Council action-motion)
7. Any other business

**REPORTS OF ALL BOARDS, COMMITTEES AND DEPARTMENT HEADS**

1. **Reports of the Administrator, Attorney, and Department Heads**
  - a.
2. **Reports of the Mayor, Council Committees, Boards and Commissions**
  - a. Set meetings for 2015 Budget preparation

**REPORTS OF MAYOR, COUNCIL COMMITTEES, BOARDS AND COMMISSIONS**

**AUDIENCE – OPEN FORUM**

**CORRESPONDENCE**

1. August 14, 2014 – Letter of concern from the International Falls Chamber of Commerce (Council information)
2. August 4, 2014 – Legion Team Represents Community Well - Letter to the Editor
3. July 2014 – TravelerFun Lead Campaign Results

**REMINDERS**

1. Next regular City Council meeting is Tuesday, September 2, 2014 at 4:30 P.M. \*\*

\*\* Note: The regular meeting date is changed from the first Monday due to the Labor Day Holiday.

**ADJOURNMENT**

Note: Matters inappropriate for consideration at the meeting or not in the order specified shall not be considered except 1) with the unanimous consent of the members of the City Council, or 2) scheduled public hearings or bid lettings, but not before the time stated in the notice.

The City of International Falls complies with the Americans with Disability Act. Individuals with disabilities requiring special aids should contact the City Administrator, 600 Fourth Street, International Falls, MN, 56649, 218-283-9484, at least 48 hours prior to the scheduled meeting.

### 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**

Tilapia fish  
Baked potatoes  
Mixed veggies  
Fruit

**TUESDAY**

Roast turkey  
Gravy  
Mashed potatoes  
Squash  
Dressing  
Fresh fruit  
Oatmeal cake

**WEDNESDAY**

Beef and rice casserole  
Spanish rise  
Tossed salad  
Homemade French dressing  
Mixed vegetables  
Baked apples

**THURSDAY**

Cheff salad or alternate  
Lettuce  
Ham  
Cheese  
Green pepper  
Onion  
Homemade French dressing  
Fresh fruit

**FRIDAY**

Chicken dressing bake  
Gravy  
Carrots  
Coleslaw  
Canned fruit

### MEMORIAM

In loving memory of **Bill Johnson**, who died six years ago, Aug. 19, 2008.

*God took the strength of a mountain,  
The majesty of a tree,  
The warmth of a summer sun,  
The calm of a quiet sea,  
The generous soul of nature,  
The comforting arm of night,  
The wisdom of the ages,  
The power of the eagles flight,  
The joy of a morning spring,  
The faith of a mustard seed,  
The patience of eternity,  
The depth of a family need,  
Then God combined these qualities,  
when there was nothing more to add,  
He knew His masterpiece was complete, and so, He called it DAD.*

There isn't a day that goes by that you are not thought of — we miss you.

**With love,  
Lisa, Wade and Alexis**

### BIRTHS

Eric and Amanda Fannon, St. Michael, announce the arrival of their son, Ethan John Fannon, 5 pounds, 11 ounces, 19 inches long, born at 3:56 a.m. Wednesday, May 14, 2014, at Buffalo Hospital, Buffalo. Siblings are Ella and Evan. Paternal grandparents

are David and Rebecca Fannon, Maple Grove. Maternal grandparents are David and Avis Crosby, International Falls.

The following births have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to: Cliff and Jana Waldner (nee Mose), Fort Frances, a son, Noah David Waldner, 8 pounds, 3 ounces, July 31, 2014.

Neil and Danielle Ivall (nee Levenec), Rainy River, Ontario, a daughter, Aria Lynn Marie Ivall, 7 pounds, 7 ounces, July 31, 2014.

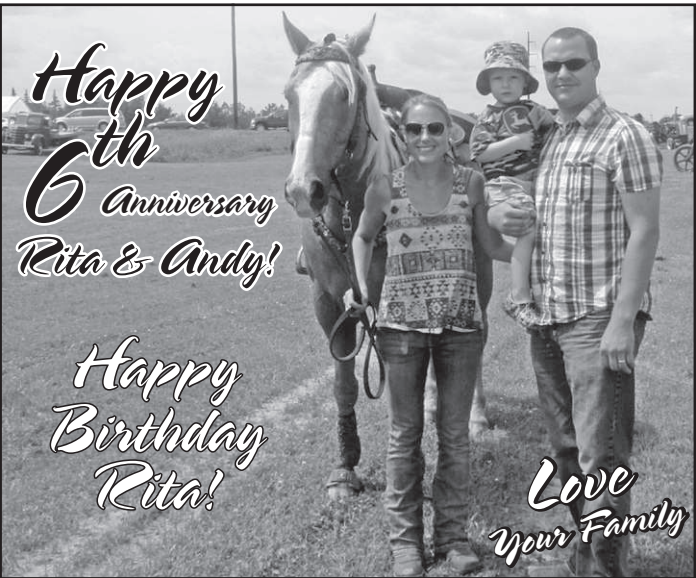


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## Thank You!

Words cannot express enough our heartfelt Thank You to our family, friends & community for all of your prayers, warm wishes & hugs.

We wish to give a special thank you to the Koochiching County Sheriff Dept. and the Kabetogama & Int'l Falls medical teams. You have all made it a lot easier to get through this tragic time.

Also our sympathy goes out to the family & friends of the deceased young man.

**Thank you all again,  
With Love,  
Ethel & Brad**