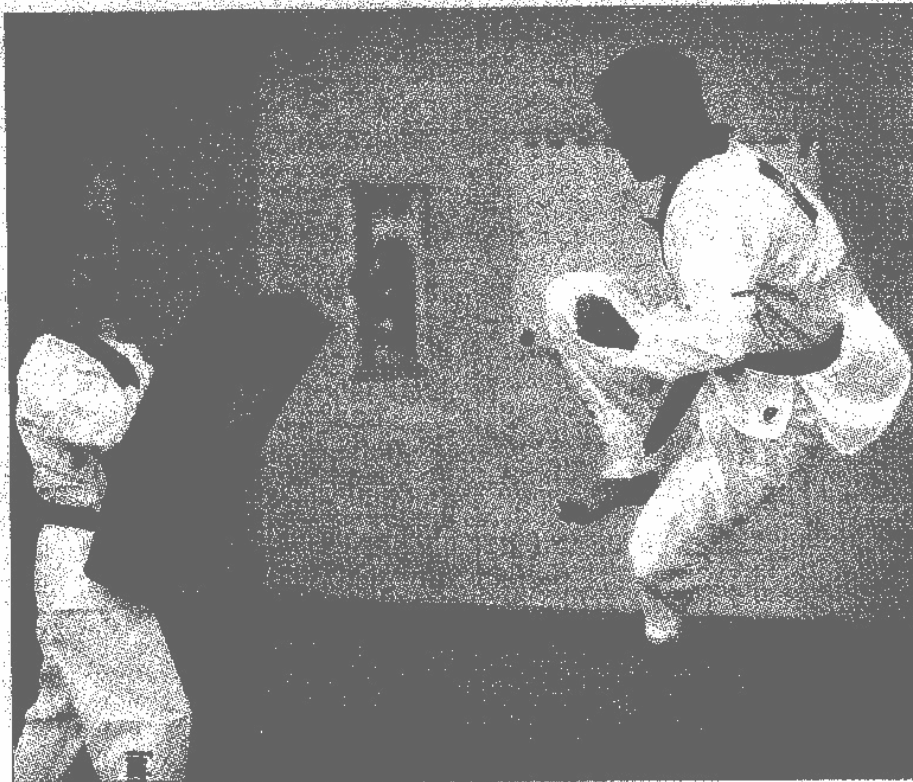


NEW ERA HEALTHY HABITS CLUB By Susan Jurgelski



Tom Amico / New Era

Steve Kirby flies through the air at a taekwon do exhibition at the Lancaster Family YMCA as Scott Long braces for his kick.

Getting a kick out of health

WANT YOUR KIDS to have a fighting chance?

Have them kick up their heels and head to the Lancaster Family YMCA, 572 N. Queen St.

Beginning at 6 p.m. Thursday, Sept. 16, the YMCA and the TaekwondoNetwork Martial Arts and Safety Awareness Programs will offer a 12-week Safekids program. The program will combine safety awareness and taekwon do martial arts skills for kids ages 5 to 15.

Taekwon do, an ancient art taught in nearly every country, is the Korean national sport and an Olympic sport.

"The Safekids program is designed to provide kids education about everything from drugs to using 911," says Tom Baughman, YMCA physical director.

The one-hour weekly classes will also address stranger danger, gang prevention, avoiding guns

and fire safety.

Safekids programs provide certified instructors and are currently in progress at community organizations throughout South Florida and Pennsylvania.

Uniforms will be available at the first class and throughout the course. All uniforms come with a white belt. A black-belt instructor will teach the classes on self defense and safety awareness.

The first 20 students will receive a free T-shirt. "The instructors will emphasize confidence, self-esteem and discipline," says Baughman.

Awards will be given at the end of each session for attitude and other qualities and accomplishments.

Cost is \$15 to register and \$5 per class. For more information, call Tom Baughman at 397-7474, ext 134. Or visit www.taekwondonetwo rk.com.

Supplements fend off macular degeneration



Dr. ALLEN DOUMA
THE FAMILY DOCTOR

Dry eye disease is a common condition that can lead to vision loss. The dry eye disease is caused by an abnormality in the tear film. Because of this, it is in

the condition tends to run in families. The underlying cause is unknown.

The macula is in the center of the retina and produces the sharpest vision. As the macula degenerates, the sharpness of the retina causes symptoms. About 10 percent of those between 65 and 74, and about one-fourth of those over 75, have macular degeneration.

Macular degeneration is usually caused by an abnormality in the blood vessels in the retina. This abnormality distorts the vision, but does not cause total vision loss. Peripheral vision and some color vision remain.

There are two forms of macular degeneration. By far, the most common is dry macular degeneration. It progresses slowly, but can cause total blindness.

About 10 percent of people with macular degeneration have wet macular degeneration. This form progresses more rapidly and causes blindness within a few years. It develops in someone who has macular degeneration.

Often the first symptoms of macular degeneration, such as blurry vision, distorted vision, and difficulty reading, appear. Over time, this distortion becomes increasingly difficult to read. As the macula degenerates, the vision becomes increasingly blurry and difficult to read. As the macula degenerates, the vision becomes increasingly blurry and difficult to read.

Early detection is important. With the recent approval of a new drug (brand name Visudyne) for the treatment of wet macular degeneration, the type of therapy has been revolutionary. For about half the patients, the type of therapy has been revolutionary. For about half the patients, the type of therapy has been revolutionary. For about half the patients, the type of therapy has been revolutionary.

Also, research is showing that supplements can help. Also, research is showing that supplements can help.

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