

# ARTS & ENTERTAINMENT



Wish someone a  
**HAPPY BIRTHDAY**

Submit Birthday announcements online  
at [www.barbertonherald.com](http://www.barbertonherald.com)  
Send announcements by 3 p.m. Monday  
for Thursday's Herald.

**Jacqui Sukie**

March 24  
Happy Birthday Jacqui!  
From all of us that love you

**Oakley Smith**

1 on March 26  
Happy Birthday Oak  
You are loved by a loving  
family!  
Great-grandpa is very  
proud of you, Bopp

**Oakley Smith**

1 on March 26  
Happy 1st Birthday to  
my cute lil brother!  
I love you Bailey

**Bobbie Pianscak**

74 on March 26  
Happy Birthday Bobbie,  
see you soon!  
Love, Jerry and Debbie

**Bunde Camilla  
Pieffer Roebuck**

56 on March 27  
Happy Birthday Little  
Sister!  
From your Brother

**Virginia  
Sams-Cuckler**

50 on March 27  
Happy 50th Birthday!  
Love, Mom, Dad and  
family

**Jiffrey Ganas**

Happy Birthday Brother!  
Love you always!  
Che, Tim and Cher

**Michael Hanshaw**

March 30  
Have a great Day!

**Brita Fox**

March 31  
Happy Birthday!  
Love, Dale and George

**Anniversary**

**Jerry and Debbie  
Miller**

49 years on March 27  
Happy Anniversary to  
both of you!



## Reduce eyedamage from prolonged screen time

According to a 2015 report published in the Daily Mail, many people spend more time on their devices than they do sleeping. A recent Nielsen Company audience report also found that adults in the United States devote about 10 hours and 40 minutes each day to consuming media on their personal computers, tablets, multi-media devices, TVs, and more.

Researchers continue to study the effects of screen time on personal health, but there is reason to believe that screen time may be especially harmful to vision. Devices force the eyes to focus at near range, and over time that can have an adverse effect on vision.

Prevent Blindness America says that eye fatigue, dryness and blurred vision are some of the common effects of prolonged screen use, but these are not the only concerns. Digital devices also expose the eyes to blue light. While research as to how blue light impacts vision is ongoing, there is concern over the long-term effects of screen exposure since these screens are in close proximity to the eyes and use is often prolonged. Prevent Blindness America says that studies suggest continued exposure to blue light over time can lead to difficulty focusing, premature aging of the eyes and even damage to retinal cells.

A recent study by the National Eye Institute found the frequency of myopia, also known as near-sightedness, has increased exponentially in the last

few years. Reasons include a spike in time spent looking at things close-up and a lack of outdoor activities that require focusing elsewhere. The American Academy of Pediatrics notes that a separate study recently found that excessive screen time usage in adolescents was associated with development of acute onset esotropia, or crossing of the eyes, and that limiting usage of gadgets decreased the degree of eye crossing in these patients.

Eyes, just like any other muscle, require a varied workout to remain healthy. Many vision experts recommend the 20-20-20 rule. According to this rule, for every 20 minutes of looking at a screen, a

person should look away at an object 20 feet away for 20 seconds or more. This will help eye muscles to relax. The group All About Vision says to use proper lighting, such as ambient lighting. Position a computer monitor so that windows or lights are to the sides instead of in front or behind it. Be sure indoor light isn't too bright, as bright light can contribute to glare and fatigue.

Antireflective lenses on eyeglasses or filters for screens also can help absorb some of the blue light and limit how much reaches the retina and accesses the central nerve of the eye. This may alleviate digital eye strain as well. Screen users may want to adjust

the display of their devices so they feature a cool, gray tone, which produces less glare.

Eyes can be adversely affected by screen time unless strategies are implemented to limit strain and to rest muscles.

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(Solution on Page 10)

Level: Intermediate

## Sewing

(Continued from Page 12)

back panel is made from cotton flannel.

Interested volunteers can request materials by contacting Summa Volunteer Services at 330-375-3247 or at [volunteer@summahealth.org](mailto:volunteer@summahealth.org) and completed masks can be dropped off at Summa Health's Corporate Office from 9 a.m.-2 p.m.

on weekdays or mailed to the Volunteer Services Office at 525 E. Market St., Akron, OH, 44304. The drive will run through Friday, April 24 and all masks will be cleaned and inspected before being used. Those looking to contribute to the national stockpile can pick up a free mask sewing kit at any Jo-Ann location and turn them in to the store when completed.

## HERALD WEEKLY CROSSWORD

**CLUES ACROSS**

- 1. As soon as possible
- 5. Gateway (Arabic)
- 8. Doctors' group
- 11. Madder genus of plants
- 13. A team's best pitcher
- 14. Ancient Greek sophist
- 15. Go up
- 16. Neither
- 17. Bolivian river
- 18. Manila hemp
- 20. Comedienne Gasteyer
- 21. British School
- 22. Human reproductive organs
- 25. Surrenders
- 30. Dog with long, silky coat and drooping ears
- 31. Sun up in New York
- 32. Lead alloy
- 33. Eastern Asian plant
- 38. Rapid deployment force (abbr.)
- 41. Japanese warrior
- 43. Festivity
- 45. Interruptions
- 47. Nonsense (slang)
- 49. Data mining methodology (abbr.)
- 50. Calvary sword
- 55. French river
- 56. Global business conference (abbr.)

57. Afflicted

- 59. Con man's game
  - 60. No (Scottish)
  - 61. Jewish spiritual leader
  - 62. Fish
  - 63. Camera term (abbr.)
  - 64. Impudence
- CLUES DOWN**
- 1. A continuous portion of a circle
  - 2. Genus of seabirds
  - 3. Infant's dining accessory
  - 4. Native Americans from Arizona
  - 5. Popular fruit
  - 6. Poisonous plant
  - 7. Scolded
  - 8. Assists
  - 9. Hand (Spanish)
  - 10. Amazon product identifying system (abbr.)
  - 12. Basics
  - 14. Cain and \_\_\_
  - 19. Malaria
  - 23. Indicates particular shape
  - 24. Respiratory disease
  - 25. Central Standard Time
  - 26. Imitate
  - 27. Golf score
  - 28. A place to lay your head

- 29. Three cards of the same suit
- 34. Not in
- 35. Human gene
- 36. Ancient Chinese philosophical concept
- 37. French river
- 39. Thinks up
- 40. Type of geological deposit
- 41. Helps little firms
- 42. Area units
- 44. A device to remove
- 45. Secret political clique
- 46. Polite interruption sound
- 47. Foundation
- 48. Clare Boothe \_\_, American writer
- 51. Swiss river
- 52. Prejudice
- 53. Actor Idris
- 54. Resistance fighters
- 58. Speak disrespectfully of

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**ViewsLine**  
Call 24 hours a day  
**234-200-6961**