

Protect Your Eyes from Harmful UV Rays This Summer

"Sunglasses-Don't be in the Dark"

By Dr. Kristine Eng, Dr. Weylin Eng, and Dr. Kelly Shintani
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Did you know that ultraviolet (UV) radiation from the sun can damage your eyes as well as your skin? According to the American Optometric Association (AOA), exposure to ultraviolet (UV) rays from the sun can harm the eyes, affect your vision, and cause sunburn of both the skin and the cornea of the eye, even on an overcast day. Over time, unprotected exposure to the sun can increase your risk of cataracts, age related macular degeneration and blindness.

You may be especially susceptible to sun-related eye damage if you:

Spend long hours in the sun or are exposed to UV radiation - skiers, fishers, boaters, mountain climbers, dentists, welders

Have had cataract surgery or have been diagnosed with certain retinal conditions
Are taking certain medications such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers

More importantly, infants and children are especially susceptible to eye damage from the sun since the lens in their eyes do not block as much UV radiation as in adults and can result in damage to the eyes. Fortunately, it's never too late to begin protecting the eyes from the sun's harmful rays.

UV protection is more important now than ever since the thinning ozone layer has

led to increased levels of UV exposure. Although the level of ultraviolet radiation is at least three times higher in the summer months than during the winter months, UV rays can still be potent on cloudy days and proper eye and skin protection is always a good idea.

Keep these tips in mind when you're out in the sun this summer:

- 1) Choose sunglasses that fit close to your face or have wraparound frames, and are made of lenses with 100% UVA and UVB protection;
- 2) Wear a wide-brimmed hat or cap, which keeps out sunlight from directly overhead.
- 3) Never look directly at the sun — even through sunglasses — because doing so can cause permanent eye damage.
- 4) When selecting sunglasses, remember that a dark sunglass lens does not necessarily have UV protection, and that a polarized lens is recommended to cut glare from sand, snow, and water.

In addition, be sure to receive routine comprehensive eye exams. It's a good way to monitor eye health, maintain good vision, and keep up to date on the latest in UV radiation protection.



Dr. Kelly Shintani, Dr. Weylin Eng holding Peirson and Dr. Kristine Eng.jpg

How to Access your Computer from Anywhere for Free

By Edward Zeidan, Nerd4Rent

Have you ever wished you could access your home or work computer when you're not there? Let's take a couple of common examples: You're on vacation, and you want to check your home email, or you're at home and want to work on a spreadsheet that's on your work computer. Perhaps you'd like to answer your work email from Starbucks.

There is a way! Using the latest remote-control technology, you can be anywhere in the world and actually use your own computer. You have complete access to your files, programs, pictures, email—even your printer. Now here's the best part—it's free.

So how does this magic happen? You simply create a free account with logmein, (www.logmein.com). This involves creating a username, such as your email address, creating a password, and cre-

ating a computer passcode (password). Next, you install a small program on your computer (be sure to check with your IT department at work before installing anything on a work computer).

Make sure to leave your computer turned on and connected to The Internet when you want to remotely access it. Logmein is very secure. Logmein uses ultra-high 256 bit encryption, which is higher than most banks use for online banking or credit card purchases.

When you're away from your computer, you just go to www.logmein.com and enter your username and password. You'll see a list of your computers. Click the one you want to access and enter the passcode. Sometimes, logmein will ask to install a small program on the computer. Next you'll see your very own computer screen



Edward Zeidan

and have access to all your files and programs.

There is a slight decrease in speed using logmein vs sitting at your computer, but it's a small price to pay for the luxury of having anywhere/anytime access to your computer.

Logmein requires a PC, and a high-speed Internet connection, such as DSL, or cable. To download a free logmein cheat sheet, please go to www.Nerd4Rent.com and click freestuff.

Helping the Environment and Children,

One Book at a Time

Submitted by Heather O'Donnell

Our local schools are saving thousands of books from the landfill by donating them to Books for the Barrios, a Concord charity organization that builds school libraries in the Philippines. Alberta Falcone, the textbook coordinator for the Moraga School District, has been donating to Books for the Barrios for many years. "Over the years, the Moraga School District has donated thousands of used textbooks and library books to Books for the Barrios. Just this past May, close to 4 pallets of textbooks were delivered to them with probably another 4 pallets ready to be delivered in September." Lafayette School District has donated used textbooks, pilot teaching materials, DVDs and workbooks to Books for the Barrios. "Whenever the district approves a new curriculum, many companies send pilot materials to us in hopes that we select their texts for the new program. Next year, we will be donating Science materials." Sandy Campbell, district coordinator, said. Orinda schools also donate materials to Books for the Barrios, according to Carolyn Maxwell, who coordinates the program for the Orinda School District.

Frank Jackson, a former Moraga School District

parent, picks up the used books from the schools and delivers them to Books for the Barrios. He has been the delivery person for Lamorinda schools' library books and textbooks for the past ten years. He got involved in the program because he was an American Airlines pilot with Dan Harrington, co-founder of the charity. "Frank is always willing to pick up the books and take them to our Concord warehouse," says Nancy Harrington, the co-founder, President and Executive Director of Books for the Barrios.

Nancy Harrington and Dan, her husband, started Books for the Barrios twenty years ago after they were stationed in the Philippines in the Navy. The local schools were filled with children that wanted to learn but didn't have any children's books for them to read. Nancy and Dan used their local expertise in the Philippines to partner with government authorities to build school libraries in the remotest islands by sending used children's books from the U.S. Every year, Books for the Barrios diverts over 300,000 pounds of books and materials that otherwise would be sent to landfills.

Besides collecting used textbooks, Books for the Barrios also has field trips

for school children, scout troops and even birthday parties for kids to learn about children in the Philippines who are just like them and about the importance of re-using and recycling. As part of the experience the children bring their own used books to the warehouse, pack them into boxes, decorate the outside of the boxes that will become the Filipino children's desk, and then load them onto pallets. While having a traditional snack of dried mangos and pineapple juice, the children watch a slide show about daily school life in the Philippines. Harrington introduces herself with the traditional Filipino greeting and then shows them homemade dolls and toys that Filipino children have made. Nancy teaches the children a Filipino folk song and one lucky singer will even get to hold an authentic vacal or hand-made umbrella. "I learned that the Philippines need more books, so me and my class boxed some books for the Philippines. I feel happy that we are helping the Philippines to have more of the things that we have," said a visiting fifth grader. For more information on the Books for the Barrios, the website is booksforthebarrios.com.

8 New Moraga Eagle Scouts

By Steve Angelides



Troop 246 Eagle Scouts (L to R): Hyder Ramatala, Kyle Morton (posthumously), Stephen Kuypers, Tristan Jones, Ryan Hoyt, Derek Hellender, Richard Hardy, Peter Geoghegan

Boy Scout Troop 246 presented Boy Scout's highest award, Eagle Scout, to 8 men at an Eagle Court of Honor convened by National Boy Scout President Rick Cronk before a full crowd of family and friends at St. Monica's earlier this spring.

One of the Eagle award recipients, Kyle Morton, had passed away on January 13, so his award was presented

posthumously. The crowd gave a standing ovation to Kyle's parents, Brian and Cynthia Morton, when St. Monica's pastor, Fr. Paul Minnihan, presented them with Eagle pins. The new Eagle Scouts were introduced by Scoutmaster Pat Geoghegan and Assistant Scoutmaster Mike Rijavek.

At the conclusion of the ceremony Cronk had all the Eagle Scouts of all ages

who were present stand and join the new Eagle recipients in the Eagle dedication pledge. Afterward, Fr. Minnihan delivered the benediction in the rear courtyard in honor of Kyle Morton, who had completed his Eagle service project by repairing the benches in that courtyard. A reception followed in the St. Monica Peace Room, hosted by the parents of the new Eagle Scouts.

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