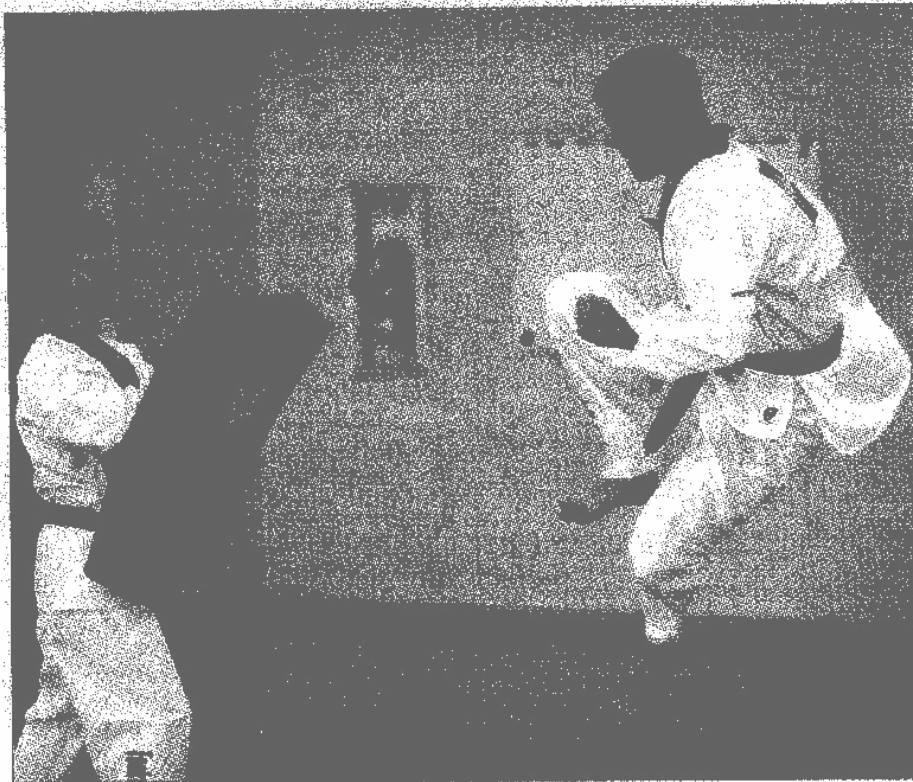


NEW ERA HEALTHY HABITS CLUB By Susan Jurgelski



Tom Amico / New Era

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

Getting a kick out of health

WHANT 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 tae kwon do martial arts skills for kids ages 5 to 15.

Tae kwon 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

DEgenerative diseases like macular degeneration are the leading cause of blindness in the United States. Because there is nothing anyone can do to prevent it, 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 sharp vision is lost. The macula is the part of the retina that causes symptoms of macular degeneration. About 10 percent of those between 65 and 74 have some form of macular degeneration, and about one-fourth of those over 75 have it.

Macular degeneration is usually caused by an abnormality in the blood vessels in the retina. This abnormality causes the blood vessels to become leaky, which 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 eventually causes total blindness.

About 10 percent of those with macular degeneration have wet macular degeneration. This form progresses more rapidly and causes blindness within a few years. It develops in someone who already has dry 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. 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 helpful for about half the patients. The drug helps to only 15 percent help of the retina.

Also, research is showing that certain supplements, such as vitamins C and E, zinc, and selenium, may help to slow the progression of macular degeneration. Please consult your doctor before taking any supplements.

YOUR MAGAZINE. YOUR LIFE.

ESDAY Health WEDNESDAY Floror THURSDAY Home & Garden FRIDAY Variety SATURDAY Neighbor

