On The Homefront

Each week a different business-person, artisan or professional who lives or works in Lansing will share some aspect about his or her occupation that may be useful to Lansing residents. Interested in sharing your skills? Call us at 533-7963.

Should You Wear Your Glasses For Sports?

By Charles F. Metzler, Jr., O.D.

lDo you wear glasses? Do you wear your glasses when you play sports? More importantly, should you wear your glasses when you play sports. To answer these questions, a controlled study was conducted in which a number of typical tennis players were tested. Each averaged 5.2 years of experience and was evaluated by an experienced tennis pro. Then by using special lenses to blur their vision, an attempt was made to establish when wearing glasses became necessary.

The results of this study were not as conclusinve as one would expect. First, it was shown that proper glasses (either prescription or sunglasses) do not noticeably affect performance. The physical presence of an eyeglass frame did not distract the players and the pro was not able to discern poorer performance when the players were wearing a frame. (It should be noted, however, that the eyeglass frame used in the study was chosen specifically for playing sports and was properly fitted to each of the participants.)

Second, it was proven that blurred vision can affect a player's performance. The lenses used in the study reduced the visual acuity to slightly worse than 20/50. This is approximately the minimum visual level at which a driver's license is issued.

Based on the results of the study, I would advise the following:

1) Don't hesitate to wear glasses if you need them to see clearly, screen out glare, or for physical protection. The frame itself, if properly designed, will not adversely affect your playing.

2) If your distance vision is less than 20/20 but at least 20/50 without glasses and you are comfortable and playing well without them, wearing glasses will probably not significantly improve your game.

3) Contact lenses may be the best answer for those who desire clar vision and are bothered by wearing an eyeglass frame. Emphasis should be placed on getting a proper fit to protect lens slippage with quick eye movements.

Dr. Metzler operates Vision Quest Optical in the Village of Lansing.

Academic Honor Roll Students

(Continued from page 5)

Grover, Sarah Hanratty, Kore Hardie, Caitlin Harner, Dondi Hartz, Karyn Ann Heisler, Karisa Henne, Eric Herter, Erik Hewitt, Eric Hotchkiss, Brett Howell, Loralee Hunter, Owen Ink, Lee Johnson, Luke Kemple, Robert Keyes, Caitlin Landon, Sara Leifeld, Michael LiVigne, Nicholas Mainville, Karollea Makela, Daren Maul, Kara Maywright, David Miller, Julia Petak, Brian Reaves, Alyssa Reinhart, Megan Megan Roser, Brigitta Schramm, Nichole Searles, Alan Sharp, Danielle Shipos, Kirk Stevenson, Jenna Stickel, Eirc Supek, Chad Sweazey, Melissa Tracy-Fortner, Morgan Usack, Joseph Valesente, Christina Wingate, Jamie

Honors

Abbott, Jeffrey Bain, Jaimi Baker, Lane Bass, Sarah Bednar, Teresa Bennett, Douglas Biviano, Jeffrey Buck, Darin Bush, Hannah Colt, Thomas Conley, Meggie Rae Davenport, Jill Dedrick, Valerie Frahm, Andrew Ingall, Simon Jones, Sabrina Lindberg, Catherine Martin, William Mehlenbacher, Chad Nagle, Kelly Papachryssanthou, A. Reeves, Rebecca Russell, Shawn Tull, Jessica Vovk, Lyudmila Wharton, Carolyn

Class of 2004

High Honors

Beck, Micah Bishop, Christopher Boga, Evelina Booth, Jeffrey Burling, Christopher Carlson, Erin Catone, Amanda Colvin, Andrew Cook, Landon Corbin, Scott Fessenden, Amanda Geiger, Jenny Gorman, Samuel Hardesty, Christopher Haring, Christopher Herrewyn, Jacob Inman, Cody June, Tyler Kanellis, Katie Koltko, Leah Loson, Chad Mack, Hannah Mapes, Gwynne McDonough, Lauren Melice, Guiseppa Mix. Amanda Nguyen, Amie Opperman, Emily Pal, Prasun (Raja) Redmond, Michael Ryerson, Annie Sandsted, Sarah Sangren, Kristin Schmidt, GregorymSevey, Brian Sherman, Jessica Thomson, Justin Thuesen, Andrew Tucker, Seth Usack, Melissa Vaughan, Brian Vovk, Vitaly Wolf, Shane

Honors

Anderson, Kelly Bong, Sochewant Burruss, John Capalongo, Joseph Coleman, Nichole Conley, Dana Costley, Zachariah Diebolt, Asa Eastman, Casie Emnett, Elizabeth Fuller, Anastacia Jayne, Kimberly Jolly, Bryan Lovejoy, Jerid Lovelace, Matthew McCray, Shaun Miller, Rachel Moore, Kira Moore, Ryan Munson, Benjamin Olver, Elizabeth Reichert, Rachael A. Sheive, Ryan Stull, Heather Swearingen, David Trotter, Michael Vorobyev, Ruslan Walters, Scott Whittenburg, Stefan

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You name it, we do it:

[illegible]

Insured & Referred
20% Senior Discount

SPECIAL: Gutter Cleaning $25

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MEDIEVAL FESTIVAL - The public is invited to the high school cafeteria at 8:00 am to hear student presentations.

READER CLASSIFIEDS

RAMADA INN - Part time positions available for bartenders, banquet servers and banquet set-up. Experienced preferred. Apply in person. 2310 No. Triphammer Rd. Ithaca, NY EEOE 12/26}

AEROBIC RIDER - exerciser. Hardly used. was $300 Now $150/ best 257-6588 {12/26}

MOVING SALE - 18 h.p. Craftsman lawn tractor, 1 year home maintenance warranty. $1100 19" color TV $125 6-piece pine-framed living room set $125. Must sell. 533-8539 {12/26}

BRANCHES - New Lansing restaurant seeking applications for wait staff, salads/prep cook and dishwashers. Experience preferred. 277-4718 or stop in person at the old Golden Garter. {1/2}

I WILL WAIT FOR YOU! Can't be home when the repair person, plumber or electrician needs to get in? I will let them in and wait until the job is done. Marc's Waiting Service. 272-8329

FREE TO GOOD HOME - Cute kitten & young mother cat 256-5348 {12/26}

USED FURNITURE FOR SALE - Cayuga Mall Laundramat, 257-4922 {12/26}

NATURE'S CREATIONS GIFT SHOP is overflowing with holiday wreaths, arrangements and cornhusk dolls great for your home or for a unique gift. Fresh centerpieces and boxwood trees available. 59 Emmons Road (607) 533-7160. Hours: Mon.-Fri. 8:30 am to 3:30 pm or by appointment. {12/26}

CAR WASH POSITIONS AVAILABLE - at *Squeaky Clean Car Wash.* Full time manager and assistant manager. Part-time positions also available to assist with greeting customers, prepping cars, yardwork and other duties. If you are interested in learning and growing with a local business, complete an application at 2326 North Triphammer Road in front of Pyramid Mall. {12/5}

CLASSIFIED AD FORM

Classifieds are $4.00 for 10 words or less. Additional words are 20 cents. Call **533-7963** or mail your ad to the

Lansing Community News, 204 Wilson Road, Lansing, NY 14882-9065

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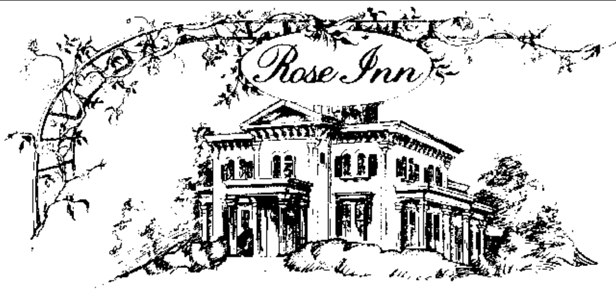
Your Name ____________________ Tel:____________
Address ________________________ ZIP Code________



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[illegible] (607) 533-7905

Community Business Directory

V C S, Inc

PROPANE

(315) 364-8967
Routes 90 and 34-B
King Ferry, N.Y. 13081
William & Cherl Heary

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Complete Body Shop
Sand Blasting * NYS Inspection
Major & Minor Auto Repair
175 Buck Road Lansing

Lakebreeze Pizzeria

2035 E. Shore Dr.
Lansing, NY
533-3552
Pizza, Wings, Subs, Salads
Dine-In or Take Out
T-Th 3:30 - 9:00
F-Sat 3:30 - 10:00
Sun 3:30 - 8:00

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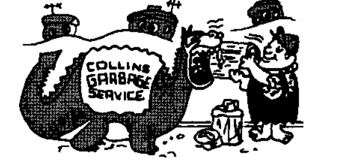

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