



Rototeller - Rotary Club of Forest Grove

FGRotary.org

Club Leaders

Tom Raabe

President

Blake Timm

President-Elect

Julia Kollar

Executive Secretary

Ken S. Cunningham

Treasurer

Claudia Yakos

Membership Chair

Tim Pearson

Vice President, Program Chair

Claudia Yakos

Past President

Mike Yakos

Rotary Foundation Chair

Duties

Program

Jan 17 PU Basketball

Jerod Gibson

Jan 24 Oregon Historical

Society Scott Calhoun

Jan 31 Washington

County Commissioner

Bob Terry

Feb 7 Farmers Day

Rototeller Article

Jan 17 Josh Shinoda

Jan 24 Blake Timm

Jan 31 Dayna Mullins

Feb 7 Loren Waltz

Greeting Partners

Jan 17 Marykay Morelli & Dan Mueller

Jan 24 Dayna Mullins & Jeannine Murrell

Jan 31 Mark Nakajima & Greg Nemchick

Feb 7 Bob Nixon & Virginia Ohler

Feb 7 Bob Nixon & Virginia Ohler

Feb 7 Bob Nixon & Virginia Ohler

Thought For The Day

Jan 17 Jeannine Murrell

Jan 24 John Forsyth

Jan 31 Rob Foster

Feb 7 Dr Lesley Hallick

We Are Meeting At In The MPR At Pacific University Week!

January 17, 2018

Myths About your Eyes

As the second best eye care provider in the club (you can guess who is the first), I thought I would take some time to debunk some common myths about your eyes and vision. I often get questions like these from my patients, so I thought it would be a fun thing to share. The following is taken from the Fort Lauderdale Eye Institute and covers some of the most common myths you may or may have not heard.

Josh Shinoda

10 Vision Myths

Myth: If you sit too close to the tv you'll hurt your eyes.

Fact: The truth is, if you need to sit close to the tv to clearly see what is going on, you may already have vision problems. Sitting close to any object in order to see better is a symptom of nearsightedness, and you should talk with your doctor. However, there is no scientific proof that sitting too close to a tv will cause any damage to your eye site.

Myth: If you eat carrots they will improve your vision.

Fact: While it is true that carrots carry beta-carotene and a source of vitamin A, which are both essential nutrients, eating carrots will not improve your eye site regardless how many you eat. They are however, an essential part to a healthy diet.

Myth: Reading in the dark can damage your eyes.

Fact: We have all read in the dark once or twice in our lives I'm sure. Lucky for us, the only thing this will cause is eye fatigue. You may get a slight headache and your eyes will become tired a bit quicker causing words to seem blurry, but this is only temporary and no permanent damage has been done to your vision.

Myth: Wearing someone's glasses will hurt your eyes more than it will help.

Fact: There is a slight truth to this one. While you are wearing someone else's glasses your eyes will not be working as they

Raffle Prize

Jan 17 Ed Becker
Jan 24 Tom BeLusko
Jan 31 Ron Brandt
Feb 7 Jim Cain

Meeting Place

Jan 17 MPR Pacific U
Jan 24 MPR Pacific U
Jan 31 MPR Pacific U
Feb 7 MPR Pacific U

Events

Rotary Board Meeting

January 18, 2018

Thirsty Thursday

January 18, 2018

Concours Board Meeting

February 13, 2018

Rotary District Training Assembly

April 14, 2018

Rotary District Conference

May 18 - 20, 2018

Forest Grove Concours d'Elegance

July 15, 2018

Board Members

Director 2015 - 2018

Lucas Welliver

Director 2015 - 2018

Michael Hundley

Director 2015 - 2018

Stan Reasoner

Director 2016 - 2019

Pete Van Dyke

Director 2016 - 2019

Lorrie Hutchins

Director 2016 - 2019

Tim Pearson

Director 2017 - 2020

Doug Thompson

Director 2017 - 2020

Mackenzie Johnston

Carey

Director 2017 - 2020

Todd Kelly

Community Outreach Chair

Mike Hundley

Fund Raising Treasurer

Jim Crisp

Club Services Group Chair

Geoff Faris

New Generations Chair

Ryan Garcia

normally would. This however is only temporary, and as soon as you take the glasses off, your eyes will automatically adjust back to normal.

Myth: Vision loss happens, and there is nothing you can do to prevent it.

Fact: There is some truth to this, while as we age our vision will naturally deteriorate and won't be as sharp. You can slow this down with a healthy diet, wearing protective eye gear such as goggles or sunglasses, and having regular eye exams.

Myth: Staring at the computer all day will ruin your eyes.

Fact: When you stare at anything for an extended period of time, you tend to blink less causing dryness and eye strain, but this will not affect your vision. It is recommended for you to take regular breaks and frequently glance away from the computer when working for an extended amount of time.

Myth: Staring directly at the sun is okay if you squint or are wearing sunglasses.

Fact: It is never recommended to stare at the sun. The sun produces ultra-violet rays which can cause damage to your cornea, lens, and retina. Even the best sunglasses can't block UV rays 100%. It should also be noted that staring directly at a solar eclipse can cause blindness.

Myth: Crossing your eyes will make them stay like that.

Fact: When you cross your eyes for humor or amusement it may cause a few laughs, but it will not cause permanent damage to your eyes. Once you are done, your eyes will return to normal placement. Our eyes naturally come together when we look at something closely, so when you purposefully cross your eyes, you are just exaggerating your eyes natural response.

Myth: Children with crossed-eyes or misaligned eyes will grow out of it as they get older.

Fact: Crossed-eyes and misaligned eyes, a condition called strabismus, will not correct themselves over time. The eye can be corrected by using patching, glasses, eye drops, or surgical procedures. The best results are achieved when the corrections are started as soon as possible.

Myth: You don't need to have regular eye exams. You only need to have your eyes checked when you are experiencing problems.

Fact: It is extremely important to have regular eye exams. Regular eye exams can prevent eye disease, help find other health problems, and correct eye problems at an early stage helping to prevent more damage.

There are many more vision myths out there that we didn't touch on in this article, but these are some of the common ones. If you are in doubt whether something regarding your vision is a myth or fact, talk with your eye professional to get the truth.

Number of Wild Poliovirus Cases Globally as of January 10, 2018

New Cases Last 7 Days	0
YTD - 2018	0
YTD - 2017	0
Total - 2017	20
Total - 2016	74
Total - 2015	74
Total - 2014	359
Total - 2013	416
Total - 2012	223
Total - 2011	650
Total - 2010	1,352
Total - 2009	1,604
Total - 2008	1,651

Source: <http://polioeradication.org/polio-today/polio-now/this-week/>