

America

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 These articles may be written in English or Romanian,
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Paziti-va de computer!!!

Statul cu ochii-n calculator ore in sir poate afecta vederea. Asa se face ca, dupa ce petrecem timp indelungat
 in fata acestuia, multi dintre noi descoperim afectiuni ale ochilor de care pana atunci nu stiam ca suferim.

Specialistii spun ca lucrul la calculator timp indelungat afecteaza doar vederea persoanelor care au probleme.
 Daca nu aveti dioptrii, nu trebuie sa va faceti griji. Daca insa aveti un job de asa natura incat sunteti obligat sa
 petreceti 8-12 ore zilnic in fata ecranului, cu timpul ar putea aparea probleme de vedere. De aceea, trebuie sa
 luati masuri din timp. O vizita la medic o data pe an e de asemenea recomandata.

Iata cateva sfaturi:

- Distanta fata de monitor trebuie sa fie de cel putin 40 de centimetri, iar ecranul trebuie sa fie sub nivelul
 privirii.
 - Ochiul lucreaza mai usor daca ecranul e asezat pe mijlocul biroului, in fata privirii.
 - Ochiul suporta cel mai bine lumina naturala, care vine din stanga sau din dreapta.
 - Cand cititi un text, mariti caracterele, pentru ca ochiul sa nu oboseasca foarte repede.
 - Chiar daca nu aveti dioptrii, e bine sa purtati ochelari cu lentile antireflex.
 - Consumati vitaminele B, C si E. Alaturi de morcovi, sunt foarte bune pentru vedere.
 - O pauza de 5 minute la o ora in fata PC-ului ajuta ochiul sa se relaxeze.
 - Clipiti cat mai des si inchideti ochii din cand in cand pentru cateva secunde.
- Parerea specialistului

Primele simptome ale utilizarii excesive a calculatorului sunt durerile intepatoare in ochi, vederea incetosata
 si mai apoi durerile migrenice de cap. Lentilele antireflex ofera confortul necesar ochilor prin reducerea oboselii
 cauzate de reflexiile monitorului calculatorului. Timpul de lucru la calculator al copiilor trebuie limitat la cel mult
 3 ore pe zi.

Dear Society Officers and Members,

We encourage each and every one of you to buy this year's "America" Almanac 2006. Below is a contract for you to
 complete and return to our office. All checks must be in US funds and be made payable to the America Romanian News.
 The price for the Almanac is \$10 each. In anticipation of your positive response, we send fraternal greetings and best
 wishes. The Editorial Staff of the Almanac 2006.

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