

## Help with household projects

We have one wall in our family room that has been sitting for more than a year with an incomplete wallpaper job on it. The paper goes around the rest of the room, and stops abruptly, showing the pale blue paint underneath for the last eighth of the wall space.

### MOM SPIN



J. CAMBRAIA

Why, you may wonder, is this job not finished? I have no good excuse, and the fact is I gave up. The non-papered part of the wall glares at me, but I shrug off my guilt easily.

When the boys were more baby-like, they napped longer and went to bed earlier in the evening; this gave me time to do crazy things like wallpaper the house. As they got progressively older, it became more difficult. Now, if I get out the wallpaper tools they are recognizable on sight, and when the boys see them they are all about helping and hands-on experience. I can't overcome the attraction that children seem to have for adult tools, of any type. The plastic play tools are dress by comparison.

Wallpapering requires a lot of clear floor space to roll out the paper and cut it the right length. I began to have trouble right there, with the first step. The kids want to step on the rolled-out paper, so I have to say, "No walking on, leaning on, or jumping over the paper! Just don't be on it at all!" That finally sinks in. Then they see me using the tape measure, another popular item on their list of "things to get." They attempt to use the tape measure, whapping the metal end around on the paper and generally causing me heart palpitations for fear the wall covering will end up with holes in it.

I have to draw a line across the paper before I know where to cut it, and this calls attention to my pencil, and the fact the paper can be written on. Suddenly they fight over who has the pencil I've mistakenly laid down, and scribbles all over the back of the wallpaper are the next peril to avoid.

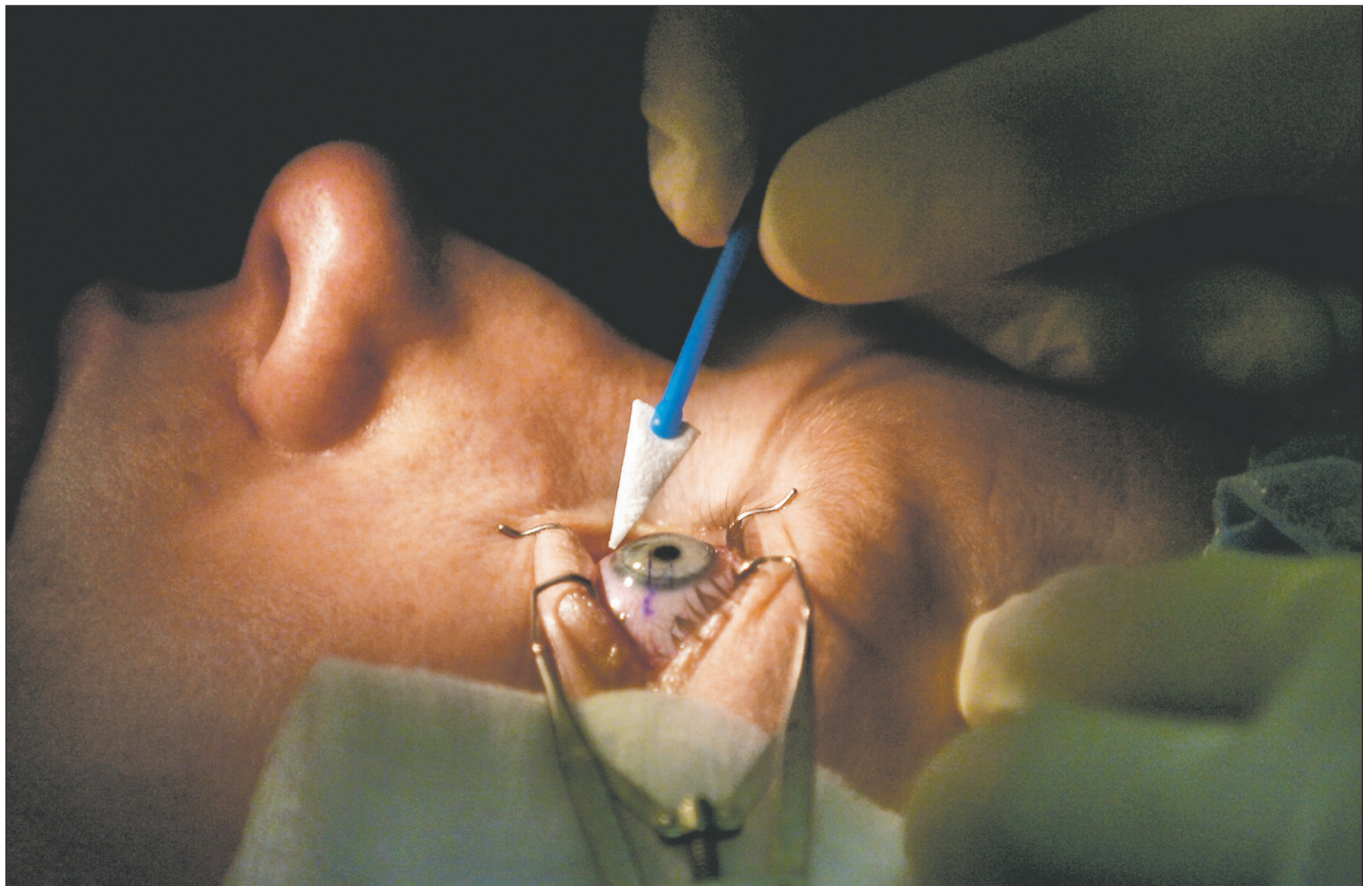
Then the scissors come into play. Big and industrial-looking, my scissors are far more interesting than the blunt-tipped child scissors they get to use, and no amount of persuasion ("Why don't you boys go cut some colored paper with your scissors?") will deter them from continuing to "help" me.

All these distractions led to the inevitable quick and sloppy job of measuring. Before I officially gave up I managed to hang two pieces of wallpaper, only to find each one was drastically short of the baseboard at the bottom. I peeled off the sticky, wet paper and resolved to finish the wall when the boys were teens.

It isn't only wallpaper that is impossible to do with all this pre-school-age help. A few weeks ago, I started refinishing a piece of wood furniture. The electric sander I was using was incredibly loud and sent the boys into a panic when turned on. Now, I'm sanding a huge piece of furniture by hand, and I have to stop and vacuum the dust every 10 minutes or the boys will end up covered in the stuff. Using a paintbrush and putting the stain on will have to be done when they are asleep; I know they won't be able to resist having their noses in that process!

Even the noise of the sewing machine makes them come galloping from two rooms away. "Whatcha doin' Mama? What's dat you're sewing? Can I see?" They love to watch tools in action, up close. It isn't easy to sew a straight seam with two munchkins crowding in at my elbows.

And my mother often reminds me, "By the time they're old enough to actually BE of help, they will have no interest in doing it whatsoever." She may be right, but I'll bet I can get them to lend a hand with any project that uses big-people tools.



Matthew Berry, The Advocate

Dr. Shahin Shahinfar wipes around Angel Hoffer's eye so the cuts will seal properly after performing LASIK eye surgery at Bloomberg Eye Center.

# LASIK procedure has changed lives

Vision correction surgery has taken a long time to develop, but quick to take at Bloomberg

BY L.B. WHYDE  
Advocate Reporter

After wearing contacts and glasses for more than 40 years, Diane Wheeler just didn't want to do it any more.

She wanted to be able to see when she woke up in the morning, so she went to Bloomberg Eye Center in Newark and had a LASIK procedure done this past December. Now the only problem the 50-year-old has with her vision is that she still reaches for her glasses in the morning, out of habit.

"It has made my life easier," Wheeler, of Utica, said. "I can now read wonderfully without any glasses and I can also see far away without glasses. I'm hoping to do it for my daughters someday, because three out of the four wear contacts."

LASIK has been available in the United States since 1987, but the procedure took 100 years in the making. European doctors acknowledged the possibility of sophisticated surgical techniques, then in the 1930's, Japanese doctors did more research in radial keratotomy. But it was not until the 1970's when a Russian doctor was able to put procedures to the physical test.

Dr. Fyodorov was treating a young boy who had fallen and his glasses had broken and cut into his eye. Instead of significantly hurting the boy, the damage was minimal and simply shaved off a layer of the outer surface of the eye. Previously the boy was very nearsighted and after the fall, his vision had improved in that eye.

Fyodorov published his discoveries and American doctors, with adequate funding, began serious research. Later, it was also the Americans who were able to include a laser in the process.

In 1997, Dr. Leroy Bloomberg and Dr. Shahin Shahinfar began studying and using the procedure. Today Shahinfar has performed more than 25,000 procedures using two different procedures, traditional and custom, which is more computer driven. Technology has evolved into better lasers for the procedure.

"It gives us a better way to do LASIK with a better quality of vision," Shahinfar said. "With custom there is less glare and halo at night."

When LASIK became popular in 2000, Bloomberg Eye Center conducted 8,000 procedures and was one of the busiest centers in the country.



Matthew Berry, The Advocate

Dr. Shahin Sharhinfar performs LASIK eye surgery on Angel Hoffer Friday afternoon in Newark.

"This is not just a Newark center, but more of a regional center," Bloomberg's Director of Corporation Services, Judy Mackey, said. "We have patients that come from Columbus, West Virginia, Kentucky, and even London, Paris and Germany, to name a few."

Today, the center sees patients that range in age from 25 to 54, although Shahinfar says that age is not an issue with LASIK. Some 55 percent of the company's patients are women.

It was three years ago that Robert Armentrout, 40, of Heath, had LASIK performed at Bloomberg. He had friends that had had the procedure done, but he was still amazed at the results.

"As soon as it was completed, I sat up and had really, really good vision,"



Matthew Berry, The Advocate

Janelle Lehman, left, performs a final Wave Scan on patient Angel Hoffer before Hoffer's LASIK eye surgery Friday afternoon in Newark.

Armentrout said. "I had no problems at all."

L.B. Whyde can be reached at (740) 328-8513 or lwhyde@newarkadvocate.com.

### DEFINITION

LASIK stands for Laser-Assisted In Situ Keratomileusis — a procedure that permanently changes the shape of the cornea, the clear covering of the front of the eye, using an excimer laser.

A blade or laser device is used to cut a flap in the cornea. A hinge is left at one end of this flap. The flap is folded back to reveal the stroma.

Pulses from a computer-controlled laser vaporizes a portion of the stroma, and then the flap is replaced.

### LASIK IS NOT FOR YOU IF:

- You are not a risk taker.
- It will jeopardize your career. Does your job prohibit refractive surgery?
- Cost is an issue.
- You required a change in your contact lens or glasses prescription in the past year.
- You have a disease or are on medication that may affect wound healing.
- You actively participate in contact sports.
- You are not an adult.

### WHAT ARE THE RISKS WITH LASIK?

- Some patients lose vision.
- Some patients develop debilitating visual symptoms.
- You may be under-treated or over-treated.
- Some patients may develop severe dry eye syndrome.
- Results are generally not as good in patients with very large refractive errors of any type.
- For some far-sighted patients, results may diminish with age.
- Long-term data are not available.

Source: www.fda.gov