

With Dr. Raleigh Bynum



INSIGHT INTO EYESIGHT

Dr. Raleigh Bynum

OPTOMETRIST

Eye Fatigue

Your favorite TV show is on the screen, but why is the picture out of focus? Maybe it's not the picture. Maybe it's your eyes. Watching TV for long periods of time can cause eye fatigue. But TV watching is not harmful to the eyes.

To give your eyes a break when watching TV, you should be sitting at least six feet away from the screen. One guide is to sit at a distance that is five times the

width of the picture. And don't sit in the dark. It's not good for your eyes. There should be light in the room, but not bright enough to wash out the TV picture. Move the light or the TV so that it doesn't cause a reflection or glare in the TV screen.

The set should be in perfect focus. If you've done all you can to get a clear picture but still have trouble seeing it well, maybe it's time for an eye examination.

Corrective glasses or contact lenses or a new prescription will put your eyes where you want them to be: back in the picture -- clear and sharp.

Read The Charlotte Post each week. It's your best source of news about the people you know.

Scannell Joins Search For Tomorrow Cast

Susan Scannell has joined the cast of NBC-TV's daytime drama "Search for Tomorrow" as the young, wealthy, attractive Kristin Carter.

Arriving in Henderson to attend college, Kristin suddenly discovers her financial resources are on hold. Befriended by Wendy (Lisa

Peluso) and Suzi (Cindy Gibb), she soon settles her money woes, and begins to attract attention among Henderson's young bachelors.

A native of Lexington, Mass., Scannell studied musical theater at the University of New Hamp-

The Jeffersons

George thinks the heroic man described in a newspaper story may be Louise's supposedly long-deceased father, and he sets out to verify his suspicions - against Louise's wishes - on a rebroadcast of "The Jeffersons," Sunday, July 11 at 9:30 p.m. on WBTV, Channel 3.

Louise doesn't want her fond memories of her father destroyed by the knowledge that he may have abandoned his family.

shire. She then decided to move to New York City and pursue a modeling career. Since then, she has appeared in several major women's magazines and spent a year modeling in Paris. While there, she also recorded an album with the French rock group Fantasm.

Back in New York, Susan made a brief daytime TV debut on "One Life to Live," then appeared on NBC-TV's "Texas." She also

played Becky Hewitt on "Another World," where she met her husband-to-be, actor Christopher Roland. In addition to numerous regional theatre credits, Scannell appeared in the movie, "How to Pick Up Girls."

Though she "doesn't have any spare time," Susan enjoys bike-riding and writing song lyrics, prose and poetry. She resides both in New York City and Virginia Beach, Va.

Trapper John, M.D.

Fionnula Flanagan, Mildred Natwick, and Leslie Ackerman guest star as the warden of a women's prison and two of its inmates, on a rebroadcast of

"Trapper John, M.D." Sunday, July 11 at 10 p.m. on WBTV, Channel 3.

Young prisoner Bernice Lasky (Miss Ackerman) is pregnant. After a premature, emergency delivery is performed in the prison by Dr. Gonzo Gates, her baby must be rushed off to San Francisco Memorial for special care.

Bernice is enraged at warden Lucy Clayton (Miss Flanagan) for not somehow arranging for her to be at the hospital with her baby, and she administers a severe beating to the warden, who also winds up in the hospital.

In reprisal, Bernice is thrown into solitary confinement, making a reunion with her baby even more remote. Meanwhile, the nature of the warden's critical condition puzzles Gonzo, as the rest of the hospital staff puzzles over Grandma (Miss Natwick), an aged hospitalized prisoner who is determined to use the hospital as her escape route to freedom.

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