



## **Let's Move! Museums & Gardens: September 8, 2011**

### **Success Stories**

#### *Let's Move! Museums and Gardens*

##### *The Magic House*

##### *Magic House's Picnic Basket Café!*

What's fast and fun and full of good things to eat? A pre-ordered picnic from the Magic House's Picnic Basket Café! Visitors can place a lunch order at the museum's front desk kiosk and a cafe staffer will pack an actual picnic basket filled with delicious salads, sandwiches, soups and snacks -- all made with fresh ingredients and whole grains. Visitors then can picnic inside the cafe or, on nice days, outside on the covered porch or in the Play Garden. Kudos to the Magic House for making healthy food convenient for busy parents and fun for kids. Bonus points for partnering with St. Louis-based Prairie Farms Dairy to ensure milk and yogurt menu items are locally sourced!

Photos:





***Mississippi Children’s Museum***  
The Healthy Fun Gallery

Mississippi Children’s Museum promotes healthy habits in exhibits and programs. The Mississippi Children’s Museum opened its big, red doors in December 2010 with a goal of providing a unique and exciting educational experience that ignites and inspires a thirst for discovery, knowledge and learning in all children. The MCM exhibits fall under five basic themes: Mississippi Heritage, Literacy, The Arts, Mississippi Industry, and Health and Nutrition. The Healthy Fun gallery teaches visitors the importance of correct portion sizes in a healthy diet. In this gallery, children are faced with the task of creating a Healthy Helpings portion plate. This puzzle fits together when visitors choose the correct portion size for their plate. Portions that are too small or too big will not complete the puzzle, teaching children that too much or too little of a certain food group will not “fit” in a healthy diet. The Healthy Helpings portion plate is similar to the My Plate diagram, which was unveiled by the USDA six months after MCM opened its doors! Located next to the Healthy Helpings puzzle, the MCM also features a Farmer’s Market truck. The Farmer’s Market truck encourages visitors to “shop local” for healthy fruits and vegetables, while also providing information about nutrients in the foods we eat.

Photos:



### *Stearns History Museum and Research Center*

In August 2011, the Stearns History Museum and Research Center completed a garden project designed to get children involved in gardening and healthy living. Thirty-five volunteers planned the project around the Minnesota education standards for history, science and health. Also, they used the Smithsonian traveling exhibit, "The Working White House," which was being shown at SHMRC during Summer 2011, and Mrs. Michelle Obama's garden for ideas.

Over 300 children participated in planting seeds in classrooms, transferring the plants to the garden plot, tending them, and eventually harvesting them for a picnic.

Weekly meetings involved healthy food preparation by pediatric nutritionists and exercise classes by a local doctor. Children learned that good health depends on nutritious foods and daily exercises.

The garden plot will be used for a scarecrow contest in fall. In the coming years, garden themes will be coordinated with special exhibits.

Photos:



## *Museum of Glass*

Museum of Glass celebrated its role as a *Let's Move!* Museum on July 21, 2011 with Zumba dance and exercise on the outdoor waterfront plaza. The event took place during the Museum's monthly free Third Thursday Artwalk, from 5:00 to 8:00 pm, in which a consortium of Tacoma artists, gallery owners and museums provide free access to the downtown arts scene.

At this kick-off event for Museum of Glass and the *Let's Move! Museums & Gardens* initiative, youth and adults alike created festive jingle-bell bracelets with a studio artist and then joined in the Zumba fun. Museum of Glass welcomed a record-setting 2,172 visitors, presented in partnership with the YMCA of Pierce and Kitsap Counties. Participants enjoyed healthy refreshments of fresh fruit and water after their workout.

Photos:



## *Hands On!-A Child's Gallery*

Since 2009, visitors to Hands On!-A Child's Gallery in Hendersonville, NC have served up healthy portions at our Pick A Portion Cafe. Visitors use special plates to help them determine appropriate portion sizes. Wooden fruits, vegetables, dairy, meat and grains are available to place on the plates. A wooden blender allows visitors to whip up healthy smoothies!



### **Let's Move! Institutions**

As of 10:00 am on Friday, September 9, 454 institutions had signed up in 48 states and DC. [Click here](#) to view the list of the institutions on the IMLS Web site.

Participating institutions by type:

- 1 Aquarium
- 3 Anthropology Museum
- 82 Arboretum/Botanic Garden/Public Garden
- 42 Art Museum/Center/Sculpture Garden
- 124 Children's or Youth Museum**
- 12 Ethnically/Culturally/Tribally Specific Museum
- 15 General or Multi-disciplinary Museum (several subjects)
- 2 Hall of Fame (e.g., music, sports, entertainment, media)
- 14 Historic House
- 18 Historic Site/Landscape
- 47 History Museum
- 6 Historical Society
- 1 Military Museum/Battlefield
- 9 Nature Center
- 13 Natural History Museum
- 19 Science/Technology Center/Museum

- 34 Specialized Museum (single topic/individual)
  - 1 Transportation Museum (air & space, auto, maritime, train)
  - 2 Visitor Center/Interpretive Center
  - 9 Zoo/Animal Park
- 454 Total**

- Participating institutions commitments by priority

Priority	Will Do	Currently Do	Not Applicable	Total
Priority #1: Eat healthy, get active exhibits	157	241	29	427
Priority #2: Learning about healthy food choices and physical activity through afterschool, summer and other programs	145	238	31	414
Priority #3: Healthy food service	53	129	208	390
Priority #4: Learning about healthy food choices and physical activity using food service operation	79	44	238	361

## Media and Social Media Mentions

### Newspapers

Attached is a PDF with an assortment of newspaper articles printed and posted online this month.

### Blogs

*Let's Move! Museums & Gardens* was the topic of the following blog posts this month:

- *Musematic*: [Let's Move](#)
- *AAM Center for the Future of Museums*: [Big Food: Health, Culture and the Evolution of Eating](#)
- *Meditation Secrets*: [DeCordova Museum to Host Yoga Classes](#)
- *Museau(M)use*: [A Let's Move Museums and Gardens Thesis Project](#)

## Twitter

A sampling of tweets from the month of August:



@**AbseconLight**: We are thrilled to be a **Let's Move!** Museum!!! <http://t.co/7iSYCC1>



@**ThincDesign**: Let's Move! Museums & Gardens (helping institutions do their part to fight childhood obesity): <http://1.usa.gov/qw7bfv>

## Facebook

A sampling of mentions from the month of August:

[New England Museum Association](#): Is your museum participating in the Let's Move! Museums & Gardens initiative?

[Strong National Museum of Play®](#): Let's Move! Let's Play! Did you know dancing can burn 265 calories an hour?

[Fort Ticonderoga](#): Fort Ticonderoga's Corn Maze Adventure is part of the Institute of Museum and Library Service's initiative Lets Move! Museums & Gardens

## Other

*CBS Local News Video Clip:* [Woodson Art Museum Family Fest](#) Let's Move Activities

*ABC Local News Video Clip:* [Woodson Art Museum Family Fest](#) Let's Move Activities

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# Seward House Museum joins the national fight for children's health

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Story Discussion

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Nathan Baker / The Citizen | Posted: Tuesday, August 9, 2011 3:15 am | (0) Comments

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Ryan McVay  
Group of Children Running and Playing

Auburn's Seward House Museum is using old traditions to find new ways to fight rising childhood obesity rates.

By taking part in a nationwide program called Let's Move! Museums & Gardens, the historic home of William H. Seward is joining forces with thousands of other attractions to feature programs designed to get kids off the couch and on their feet.

"We wanted to do something with the kids in the area to get them involved with this program, and we wanted it to connect to the Seward," said Seward House intern Allison Hinman. "So we used Fanny's diaries and researched Victorian games that they would have actually played at those times."

Hinman said children attending the two-hour program could expect to play 19th-century favorites like hoop and stick, participate in relay races and play frog in the middle, which is similar to tag, but the person who is "it" must catch the other players by hopping instead of running.

"They're high-energy, very active games to get the kids moving around and having fun, too," Hinman said. "They all fit in very well with the Let's Move! program."

Foul weather spoiled the museum's plans to initiate the program Saturday.

Hinman said there's no makeup date scheduled, but another program date is planned for early October.

The Museums & Gardens initiative, started in May, is an arm of the larger Let's Move program launched by first lady Michelle Obama.

The aim of the program is to turn the tide of the nation's childhood obesity rates, which have tripled in the last 30 years, and fight against afflictions like early onset diabetes, heart disease, high blood pressure, cancer and asthma.

Other parts of the initiative include a revamp of the food pyramid and changes to school menus to offer healthier choices.

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# Woodson Art Museum hosts Family Fest this week

Monday, August 08, 2011 3:36 a.m. CDT



The main entrance to the Woodson Art Museum in Wausau

WAUSAU, Wis. (WSAU) – The Woodson Art Museum in Wausau wants you and your family to come out and get involved in the arts together.

They're hosting their first annual Family Fest starting tomorrow, and marketing director Amy Beck says the program is aimed at getting people outside and playing together. "We want families to practice healthy habits together: movement, sun safety, and art." It's part of a national initiative called Let's Move: Museums and Gardens started by the First Lady's office.

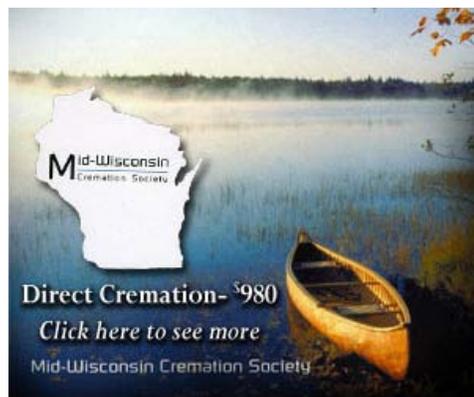
Programming scheduled this week takes place out in the sculpture garden on the grounds, and includes tie-dying, making your own sculptures, a graffiti wall and more. Beck says the best part is that art comes home with you. "We've got a different activity that you can take back home with you every day."

You can find out more about the program at their website, [www.lywam.org](http://www.lywam.org).

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Tags: [woodson](#), [museum](#), [fest](#), [family](#), [art](#),

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'Let's Move' for healthier kids

Cornell Plantations joins a national effort to raise a healthier generation of children with its first "Let's Move!" program, part of First Lady Michelle Obama's "Let's Move! Museums and Gardens" initiative, Aug. 14 from 1 to 3 p.m.

Visitors to the F. R. Newman Arboretum can take a leisurely hike around Houston and Grossman Ponds (suitable for families with strollers) or hike through the nearby Fall Creek Natural Areas. The first 50 children will receive a free "Let's Move!" T-shirt. Registration is at 1 p.m. near the Houston and Grossman Ponds parking areas.

The event is free and open to the public. The three-year "Let's Move!" initiative was launched to educate children about healthy food choices and physical activities.

Information: 607-255-2400, <http://cornellplantations.org>.

##

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## DeCordova to host yoga classes

### Lincoln Journal

Posted Aug 11, 2011 @ 05:24 PM


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Lincoln — DeCordova Sculpture Park and Museum is pleased to announce it has joined First Lady Michelle Obama's initiative Let's Move! Museums and Gardens, a partnership with the Institute of Museums and Libraries (IMLS).

In 2010, Obama launched Let's Move!, a comprehensive plan dedicated to solving the challenge of childhood obesity within a generation by encouraging activity and healthy eating. Let's Move! Museums and Gardens was launched in May of 2011 in order to provide opportunities for millions of museum and garden visitors to participate in physical activity through interactive exhibitions and programs.

Let's Move! Museums and Gardens aims to sign up 2,000 museums and gardens and reach over 200 million visitors in the next year. DeCordova is well-positioned to make the most of this new initiative through programs such as "Yoga in the Park," educational classes like "Moving through Art," and its unique 35-acre Sculpture Park which encourages walking, running, and playing.

As a participating museum, deCordova will continue to promote healthy, active experiences in its Sculpture Park and Museum. This summer, deCordova welcomed back partner Stil Studio to lead three yoga sessions of fitness and relaxation for the entire family in the Sculpture Park. Classes are offered for children ages 3 to 6 and 7 to 12 as well as adults. Families are encouraged to participate with their children. Free coconut water is also offered as a healthy alternative to juice at "Yoga in the Park" thanks to event sponsor Vita Coco.

This summer's final Yoga in the Park will be held on August 14. This is the second year that deCordova and Stil Studio have partnered to offer a unique outdoor yoga experience for families in the tranquil, inspiring setting of the Sculpture Park. Studio owners Kevan Gale and Betty Riaz believe that practicing yoga is just as important children as it is for adults because of its

ability to inspire self-confidence and healthy living.

As part of the youth and teen summer programs deCordova's School integrates physical activity and movement into many of the classes. "Moving through Art" incorporates multiple art forms, including visual art, storytelling, music, and dance—encouraging students to explore movement in addition to art. Students enrolled in classes at the School are encouraged to draw inspiration from the natural world by walking through the Sculpture Park daily.

### Schedule

Sunday, August 14

**10 to 10:30 a.m.** Children's Yoga Class for Ages 3 to 6 with teacher Katy O'Brien

**10:30 to 11 a.m.** Children's Yoga Class for Ages 7 to 12 with teacher Katy O'Brien

**11 a.m.—noon** Yoga Class with teacher Bianca Grace and musicians The Grass Gypsies

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**(Ticonderoga, NY) Fort Ticonderoga's Heroic Maze:** A Corn Maze Adventure is part of a national initiative called Lets Move! Museums & Gardens dedicated to solving the problem of childhood obesity. Lets Move! is supported through the federal Institute of Museum and Library Services and connects 2000 museums and gardens and nearly 200 million visitors to this alarming issue impacting children across America. The national initiative provides opportunities for millions of museum and garden visitors to learn about healthy food choices and will promote physical activity through interactive exhibits and programs.

As part of the national initiative The Heroic Maze at Fort Ticonderoga offers children the opportunity to be immersed in a six-acre life-size puzzle cut out in the shape of the Fort and includes more than 2 miles of trails. Children of all ages are challenged to test their navigational skills by answering clues related to Fort Ticonderoga's history and geography will actively exploring the trails to solve the puzzle.

Fort Ticonderoga is a leader in educational programs and is committed to a comprehensive strategy that puts children on the path to a healthy future while engaging them in its defining history. Beth Hill, Executive Director, said "Fort Ticonderoga is a natural fit for this initiative because the Fort's 2000 acres offers families outdoor spaces where they can engage in physical activity. The Heroic Maze in particular offers a unique and fun way to challenge children physically and intellectually through exploration in a life-size puzzle at one of America's most significant historic sites."

Fort Ticonderoga's Heroic Maze: A Corn Maze Adventure! is open through October 20 and offers special field trip opportunities. Tickets for the maze are \$10 for adults and \$7 for children 3 yrs-12 yrs. of age and can be combined with Fort admission for a special package rate. Special group rates are offered. Tickets can be purchased at Fort Ticonderoga admission area located in the Log House. Visit [www.fortticonderoga.org](http://www.fortticonderoga.org) for corn maze details or call 518-585-2821. The Heroic Maze: A Corn Maze Adventure! is sponsored by Lake George RV and McDonalds of Ticonderoga.

**FORT TICONDEROGA  
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Located on Lake Champlain in the beautiful 6 million acre Adirondack Park, Fort Ticonderoga is a private not-for-profit historic site and museum that ensures that present and future generations learn from the struggles, sacrifices, and victories that shaped the nations of North America and changed world history. Accredited by the American Association of Museums, Fort Ticonderoga offers programs, historic interpretation and tours, garden tours, demonstrations and exhibits daily from 9:30 am - 5 pm, May 20 - October 20. A full schedule and information on events can be found at [www.Fort-Ticonderoga.org](http://www.Fort-Ticonderoga.org) or phone (518) 585-2821. Fort Ticonderoga is located at 100 Fort Ti Road Ticonderoga, New York.

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## City of Fort Collins

08/20/2011 | Press release

### The Gardens on Spring Creek joins Let's Move! Museums and Gardens Campaign

wired by noodles on 08/20/2011 12:05

August 20, 2011 (Fort Collins, CO) -- The Gardens on Spring Creek, the community botanic garden of Fort Collins, has joined the Let's Move! Museums and Gardens campaign, a national initiative launched by First Lady Michelle Obama to raise a healthier generation of kids by addressing the issue of childhood obesity. Let's Move! Museums and Gardens focuses on interactive exhibits, and afterschool and summer programming that help young people to make healthy food choices and be physically active.

At the Gardens on Spring Creek, the Garden of Eatin', Outdoor Teaching Kitchen, and quality youth programs made joining the Let's Move! campaign a natural fit. According to Michelle Provaznik, Director of The Gardens, "Youth education programs that inspire a love of nature; create an awareness of where food comes from and how to grow it; and teach healthy food preparation skills; are fundamental parts of our mission to improve the lives of people through horticulture."

As part of Let's Move! The Gardens currently offers the following youth programs:

- Summer Camp: topics such as Gardeners and Chefs give kids hands-on experience in the garden and the kitchen.
- Ready! Set! Grow!: a preschool program that provides an introduction to gardening and the four seasons with hands-on projects, crafts, and books.
- School and Youth Field Trips: students are introduced to where food comes from in the Garden of Eatin', and the various plant parts that we eat.
- Parent/Child Partner Yoga: these classes provide quality time for families through a shared yoga experience.
- Cooking Matters™: In partnership with the Boys and Girls Club of Larimer County and Share Our Strength, The Gardens is hosting Share Our Strength's Cooking Matters™ in their Outdoor Teaching Kitchen. Cooking Matters™ is designed to empower families at risk of hunger with skills, knowledge and confidence to make healthy and affordable meals.
- School Gardens: In partnership with Poudre School District, Gardens' staff provides technical support to many school garden projects while under development.
- Family Garden Program: Funded by the Colorado Health Foundation and run by Gardens' staff, this program teaches selected low-income families how to grow their own fruits and vegetables, healthy food preparation, and food preservation.
- Food Bank for Larimer County Kids Café: Each year The Gardens is proud to donate thousands of pounds of fresh produce grown in our gardens to the Food Bank for Larimer County for use in the Kids Café and Food Share program.

About Let's Move!

Let's Move! is a comprehensive initiative, launched by First Lady Michelle Obama, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Working with parents, caregivers, schools, public officials, and communities, Let's Move! is about putting children on the path to a healthy future during their earliest months and years. President Obama has created the first-ever Task Force on Childhood Obesity to conduct a government-wide review and to develop a national action plan to maximize federal resources and set concrete benchmarks. The five pillars of the initiative are:



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# Museum of Vision Provides Free Curriculum Guides in Honor of First Lady Michelle Obama's Let's Move! Campaign

Public Service Program of the Foundation of the American Academy of Ophthalmology Teaches Kids That a Healthy Body Means Healthy Eyes



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Press Release Source: American Academy of Ophthalmology On Monday August 22, 2011, 12:47 pm EDT

SAN FRANCISCO, CA--(Marketwire -08/22/11)- Over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America are overweight or obese. Obesity affects a child's overall health. In fact, if this trend continues, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives.

According to the National Eye Institute, between 40 to 45 percent of Americans diagnosed with diabetes have some stage of diabetic retinopathy, a leading cause of blindness in the United States. That is why the [Museum of Vision](#), a public service program of the Foundation of the American Academy of Ophthalmology, has teamed up with the Let's Move! Museums and Gardens campaign. As a part of this national effort, the Museum is offering FREE curriculum guides for parents and educators to teach young people about the connection between healthy eyes and a healthy body.

Launched in May 2011, Let's Move! Museums and Gardens is the museum component of First Lady Michelle Obama's national initiative dedicated to solving the challenge of childhood obesity within a generation. One of the objectives of the campaign is to ensure that every family has access to affordable education about being healthy. The Museum of Vision supports and encourages teaching children about living a healthy lifestyle. To that end, the Museum has composed a curriculum guide for parents and teachers to use, when teaching their children the importance of maintaining a healthy body. The curriculum guide, Healthy Eyes, Healthy Body, is FREE and can be downloaded at [www.museumofvision.org/education](http://www.museumofvision.org/education).

The Healthy Eyes, Healthy Body curriculum is designed for multiple uses, including classrooms and home schools. While the concepts in this curriculum can be appreciated by children of all ages, it is targeted to students in the 6th, 7th and 8th grades. These children will be best able to grasp the concepts of life science, health and environment.

The first chapter of this curriculum, an introduction to the eye and the human visual system, will teach children about the parts of the eye and how they function together to allow them to see. The following two chapters focus on eating right and exercise. In these chapters, students will learn about the important vitamins and minerals in eye-healthy foods like strawberries, sunflower seeds and of course... carrots! Each chapter contains fun demonstrations and activities designed to help students understand these concepts with hands-on learning.

The Museum of Vision has partnered with the [American Association for Pediatric Ophthalmology and Strabismus](#) and the [National Association of School Nurses](#) in order to help distribute the guides.

The Museum's Healthy Eyes, Healthy Body curriculum is just part of the American Academy of Ophthalmology's mission to empower consumers with sight-saving, eye health information. As a part of their EyeSmart initiative, the Academy has created the internet's most trusted source for accurate, timely and relevant eye health information, [www.geteyesmart.org](http://www.geteyesmart.org).

At [geteyesmart.org](http://geteyesmart.org), visitors can learn about eye diseases, conditions, risk factors and treatment

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options. Informative videos and interactive tools will help educate consumers about how to take care of their eyes at every age and all of the site's content is reviewed by a team of ophthalmologists to ensure clinical accuracy. To learn more, visit [geteyesmart.org](http://geteyesmart.org).

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#### About the American Academy of Ophthalmology

The American Academy of Ophthalmology is the world's largest association of eye physicians and surgeons -- Eye M.D.s -- with more than 30,000 members worldwide. Eye health care is provided by the three "O's" - ophthalmologists, optometrists, and opticians. It is the ophthalmologist, or Eye M.D., who can treat it all: eye diseases and injuries, and perform eye surgery. To find an Eye M.D. in your area, visit the Academy's Web site at [www.aao.org](http://www.aao.org).

#### About the Foundation of the American Academy of Ophthalmology

Established in 1980, the Foundation of the American Academy of Ophthalmology (FAAO) has worked diligently for 30 years to raise financial support and implement programs that advance ophthalmic education and patient care. The programs created through the Academy Foundation's efforts ensure the best possible eye care for the public. More information can be found at: [www.faaoo.org](http://www.faaoo.org)

#### About the Museum of Vision

The Museum of Vision is an educational program of The Foundation of the American Academy of Ophthalmology. It is the only institution in the United States whose sole purpose is to preserve the history of ophthalmology and celebrate its unique contributions to science and health. The Museum of Vision strives to inspire an appreciation of vision science, the ophthalmic professions and contributions made toward preventing blindness. More information about the Museum can be found at [www.museumofvision.org](http://www.museumofvision.org)

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