

JUNE 2016

# Studio City

## neighbors

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Expert Contributor: Mathnasium ... pg. 8

Family Matters: Is There A War On Boys? ... pg. 10

Why We Should Share Family Stories ... pg. 13

THE EVERHART-FERRO FAMILY:

# SAVORING SUMMER...

AT WORK AND AT PLAY

page 4

 Best Version Media

Cover photo by Jamie Johnson Photography

## NEIGHBORHOOD & YOUTH CLASSIFIEDS

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**The Orchid Society of Southern California** will hold its annual auction on June 11th @ 1PM. Meeting hall of the First Christian Church of Burbank. 221 South Sixth Street, Burbank, CA. [www.orchidssc.org](http://www.orchidssc.org). Please come and buy a beautiful orchid for your home.



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# Studio City neighbors

Volume 8 • Number 1

## PUBLICATION TEAM



Daniel Lewin  
Elyse Glickman  
Brittany Jooss  
Jamie Johnson Photography

## ADVERTISING

Daniel Lewin  
dlewin@bestversionmedia.com  
310-279-6287

## FEEDBACK/IDEAS/ SUBMISSIONS:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 20th of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [eglickman@bestversionmedia.com](mailto:eglickman@bestversionmedia.com).

## SUBMISSION DEADLINES:

Content Due:	Edition Date:
May 20.....	July
June 20.....	August
July 20.....	September
August 20.....	October
September 20.....	November
October 20.....	December
November 20.....	January 2017
December 20.....	February 2017
January 20.....	March 2017
February 20.....	April 2017
March 20.....	May 2017
April 20.....	June 2017



## DEAR RESIDENTS,

June is busting out all over, and we're ready to keep things cool with all of your summertime essentials for family fun, outdoor adventure, home improvement, family vacation ideas, festivals and more. Father's Day, graduations and a few weddings will probably fill up your social calendar, and that's a good thing as it gives all of us an opportunity to show the ones we love how much we appreciate them.

Case in point is our cover family, who are committed to staying busy in ways that are both renewing and inspiring. Nicole Weinstein, Center Director of Mathnasium in Studio City will discuss her passion for education and commitment to ensuring local kids maintain their love of learning throughout the year. And Whitney Rosenson, who has reinvented the art gallery business model, lends her expert advice on how to use art to make your home the coolest spot in town during the hot summer months.

We hope this issue will go with you to the beach, the park or your backyard patio and provide summertime reading you will not only enjoy, but just may inspire you.

Elyse Glickman

*Elyse Glickman*

Content Coordinator

## EXPERT CONTRIBUTORS



Whitney Rosenson, Art Consultant  
Art Dimensions Inc.  
[info@artdimensionsonline.com](mailto:info@artdimensionsonline.com)  
310-433-8934



Dr. Cory Rabonza, Dentist  
Healthy Smiles Dental Office  
[hsdo@att.net](mailto:hsdo@att.net)  
818-788-3168



Justin E. Sterling, Attorney  
Law Offices of Justin E. Sterling  
[Justin@sterlingdefense.com](mailto:Justin@sterlingdefense.com)  
747-233-3663



Tama Holve, Travel Agent  
Willett Travel, A FROSCH Company  
[willettt@frosch.com](mailto:willettt@frosch.com)  
800-994-5538



Susanna Nagy, Realtor  
Keller Williams Realty  
[1agentnagy@gmail.com](mailto:1agentnagy@gmail.com)  
818-481-1602



Nicole Weinstein, Center Director  
Mathnasium of Studio City  
[studiocity@mathnasium.com](mailto:studiocity@mathnasium.com)  
818-985-6284



Dennis F. Rose, CPA/PFS  
Dennis F. Rose & Associates  
[DFR@dennisfrosecpa.com](mailto:DFR@dennisfrosecpa.com)  
818-501-7788



Sadaf Salout, Owner  
Home Instead Senior Care  
[sadaf.salout@homeinstead.com](mailto:sadaf.salout@homeinstead.com)  
818-988-6848



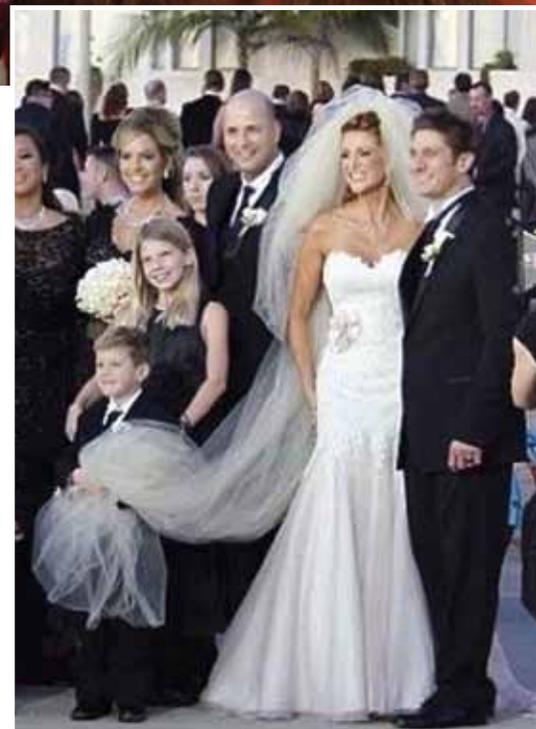
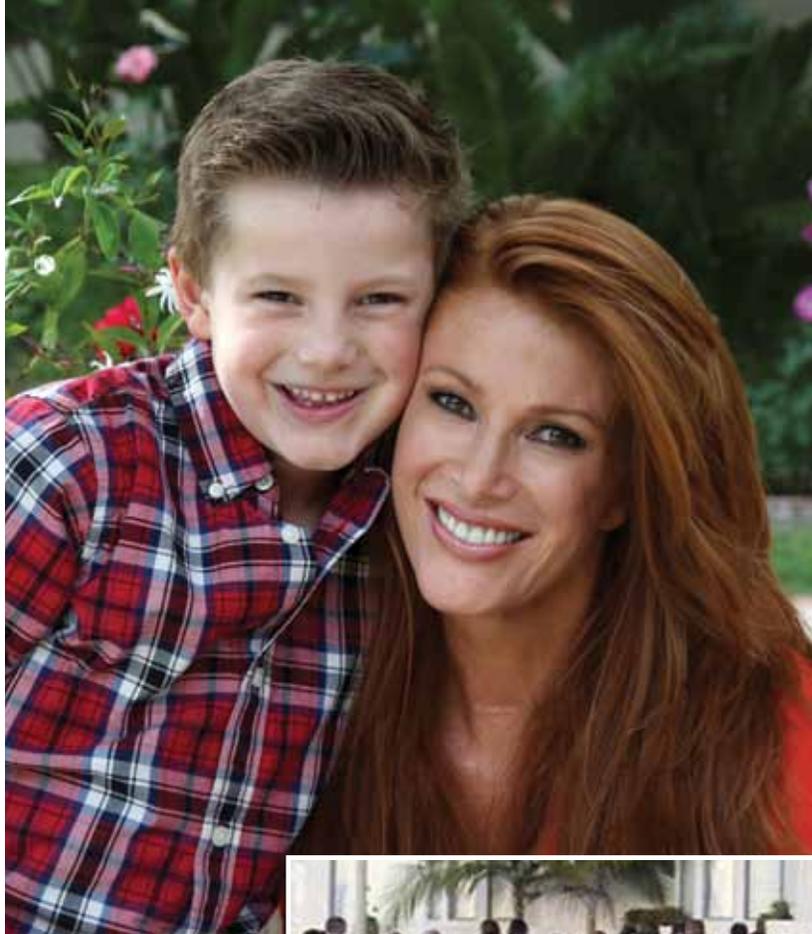
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ARMEN J. GULESERIAN, CFP®  
FINANCIAL ADVISOR, WADDELL & REED, INC.  
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Fax: (818) 465-0216  
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cover story

## THE EVERHART-FERRO FAMILY

# Heart and Soul

By Elyse Glickman/ Photos by Jamie Johnson Photography

Angie Everhart, 46, may be recognized throughout America as one of the 90s' most iconic models, thanks to her angelic facial features and lion's mane of red hair. After years of high profile magazine appearances, acting roles and other projects, she's the happiest she's ever been in her roles as "Mom," entrepreneur and a cancer survivor giving back.

Four years after marrying Carl Ferro, 43, a nutrition and health expert who founded Sunfare (a provider of nutritional meal plans), the two live with joy and purpose in Studio City with his daughter JoAnn, 10, and her son Kayden, 6. Angie says with pride that their combined family never went through usual transition issues some couples go through. Almost immediately, she brags, they started referring to each other as brother and sister. The household is completed by two dogs, 19 year-old black cat and a fish.

"Our relationship is an everyday partnership, which dovetails into our respective work in the health and entertainment industries," Angie says. "Right now, there's a television show in development that shows how we interact in our businesses separately and together. It seems like lots of interesting opportunities come up when food and entertainment come together. I will also be taping an episode of Oprah Winfrey's 'Where Are They Now' here in Studio City.

It was food, or the intelligent consumption of it, that brought the pair together. When Angie observed her friend's successful weight

loss via a cleanse, the friend introduced her to Sunfare and Carl. When her cleanse ran its course and produced good results, he then approached her for a date. Today, the seamlessly blended family bonds through a variety of participatory and spectator sports activities.

"What we try to instill in both of our children, as we are both from the Midwest (she from Akron, Ohio, and he from Kansas City) is the value of developing close, trusting relationships with one's parents," she says. "We are both very close with our own parents, and use that as a springboard to set good examples for our kids. By taking them to the gym with us, going to the park, and doing family activities such as going waterskiing on the weekends, we are showing them that sports provides them a good outlet physically and emotionally. They are also learning about good sportsmanship, that illustrates one should treat other people the way they want to be treated."



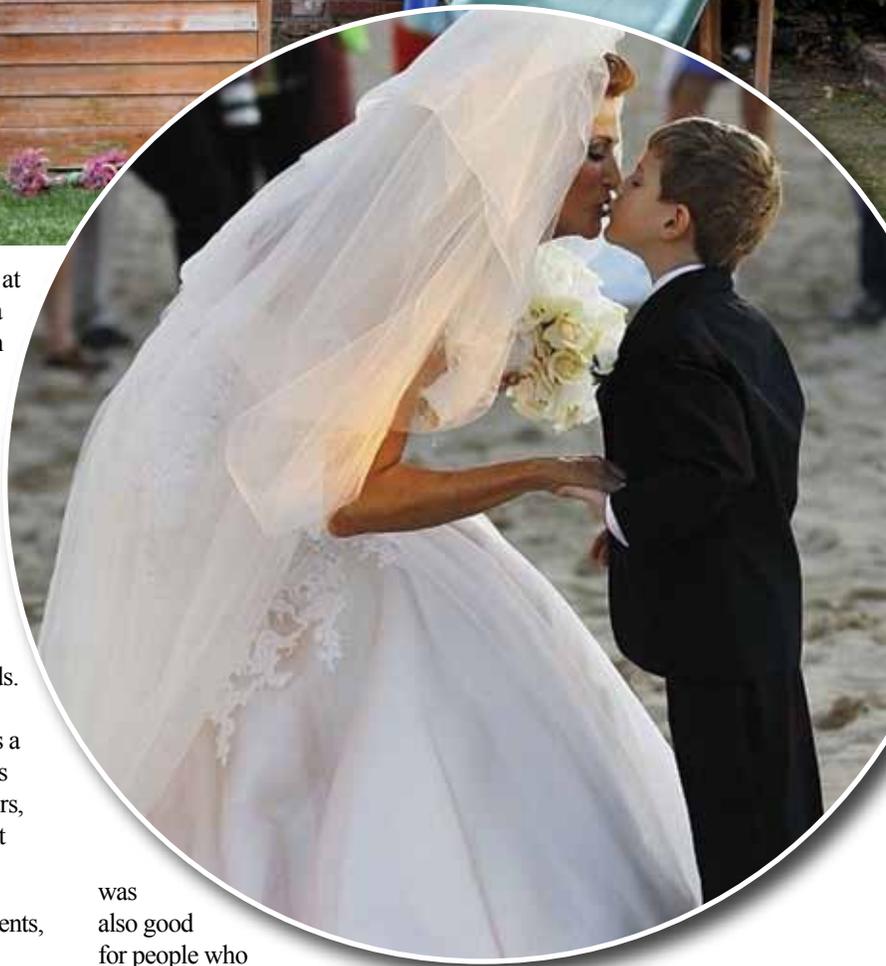
Angie adds the family will be spending a lot of time this summer at Dodger games, as Kayden is himself an avid baseball player for a nearby little league team, and some of the Dodger players happen to be Carl's clients.

"We enjoy supporting the players and cheering them on," she says. "That said, many of our family's outings all year round focus on sports. Having grown up with four brothers, professional sports is a passion of mine. I can't wait until the Rams get here, and L.A. has its own football team again. I was sad to see Kobe leave the Lakers, though it was thrilling to see him have a 60 point win in his last game."

"We enjoy supporting the players and cheering them on," she adds. "That said, many of our family's outings all year round focus on sports. Having grown up with four brothers, professional sports is a passion of mine. I can't wait until the Rams get here, and L.A. has its own football team again. I was sad to see Kobe leave the Lakers, though it was thrilling to see him have a 60-point game on his last time on the court."

Angie continues to up her game with her philanthropic commitments, especially in light of her having survived thyroid cancer. She is serving as a spokesmodel for the Twin Peaks Cosmetics, which has a unique business model where proceeds will help fund breast cancer education, early detection, and research as well as finance the efforts other charities supported by people and organizations who buy and sell the products. The line launches with a collection lipglosses and will expand to a full line of beautifying products.

"I am excited about the launch, because it is truly good for your hair on many levels," she explains. "As a cancer survivor, it was important to me to have the line not contain a single ingredient which causes cancer. I wanted something that was phosphate and sulfate free, and



was also good for people who frequently color their hair, and good for the environment." Carl, meanwhile, maintains a hands-on approach to the operation of Sunfare, overseeing the daily operations, accounting and delivery departments, employee relations, hiring, and menu development of the company. Though he had success prior to this as a trainer and nutrition counselor, he wanted to find his niche bringing common sense, accessible nutrition to a wider audience.

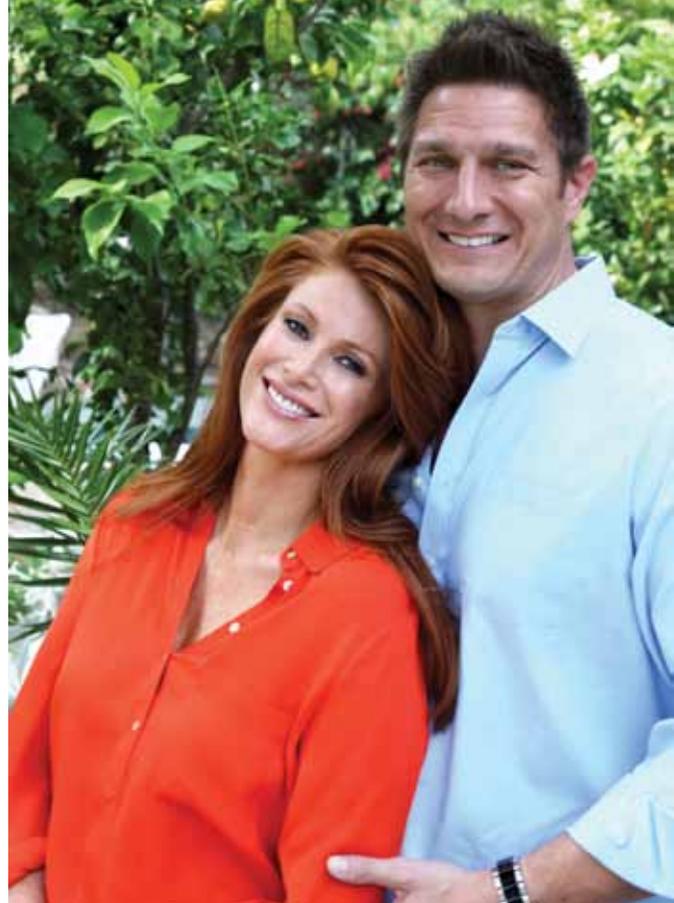
Given the couple's love of live, and vested interest in making it better and healthier, Studio City was a natural choice for their family, and



not only because of having one of Los Angeles' best public schools closeby.

"Everything is so convenient in Studio City, whether you want to go to the dry cleaners or go out to enjoy some of the best sushi in Los Angeles," she says emphatically. "This little area has so much to offer, down to the great schools. It may get hotter here during the summer than it does on the other side of the hill, but there's nothing cooler than being in a place where we can raise our children in the way we were raised as children of the Midwest, where we had the same

friends from kindergarten through high school. We love that we can give our kids that same sense of security and stability. I still have some of my best friends from first grade in my life, and we hope that will happen with our kids."



**Do you know a neighbor who has a story to share? Nominate your neighbor to be featured in one of our upcoming issues! Contact us at [eglickman@bestversionmedia.com](mailto:eglickman@bestversionmedia.com).**

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# CALENDAR OF EVENTS

# JUNE 2016

Wed. June 1

## Paul Simon in Concert

@Hollywood Bowl Legendary singer and storyteller Paul Simon brings his vital, evocative and expressive songs to a live audience.

Time: 8pm Cost: \$37.50-\$230  
hollywoodbowl.com



Fri. June 3

## The English Beat

@Canyon Club The 80s are back with a flourish, with the infectious beats and fancy verbal footwork of this seminal British pop band.

Time: 9pm Cost: \$24-28  
canyonclub.com



Sat. June 4

## The 2016 Relay for Life

@Church of the Chimes, Bower Hall, 14115 Magnolia, Sherman Oaks

The relay is a six-hour American Cancer Society fundraiser in which communities organize into teams of friends, co-workers and families to honor cancer survivors, remember the ones who passed on, and raise money for research and a cure.

Time: 6pm-Midnight Cost: Free  
fb.com/relayforlifesouthvalley

Sun. June 5

## Taste of the Nation Los Angeles

@Media Park, 9070 Venice Boulevard, Culver City Share Our Strength's Taste of the Nation is the premier culinary benefit dedicated to making sure no kid in America grows up hungry. We bring together the finest chefs and mixologists and corporate and individual supporters to raise the funds needed to end childhood hunger.

Time: 12:30-4pm Cost: \$110-160



June 6-10; 20-24; 27-July 1

## Destination Science Camps

@St. Michael's Church, 3650 Coldwater Canyon Avenue, Studio City

No matter what powers up your curious 5-11 year-old (Roller Coaster Science Camp; Super Hero Physics Science Camp; Space Quest Science Camp), a typical day at camp includes both indoor and outdoor science activities, outdoor games, and hanging out with like-minded friends!

Time: 9am-3pm Cost: \$339/session  
destinationscience.org



Sat. June 18

## Eventrocket Food Market

@Staples Center Downtown L.A.

Eventrocket Food Market brings farmers market family fun to the dinner hour, with over 40 fresh-minded culinary creators serving tapas-style delicacies to the foodie community.

Time: 5-10pm Cost: Free, via  
eventrocket.com



Saturdays through July 9

## Sleeping Beauty

@Theater West, 3333 Cahuenga Blvd W, Los Angeles

In association with Storybook Theater, this interactive live musical show brings the classic cautionary tale to life – perfect for kids ages 3 -9 years.

Time: 1 pm. Cost: \$12 Adults, \$10 Children  
TheaterWest.org



Through July 31

## The Thrill of the Chase: The Wagstaff Collection of Photographs

@The Getty Center, 1200 Getty Center Drive, Los Angeles Don't miss this collection of evocative and moving photographs originally curated by Samuel J. Wagstaff Jr., whose collection spans the beginnings of photography in the nineteenth-century to the works of artists active in the 1970s and 1980s. Time: 9am-Closing daily Cost: Free

getty.edu

Through October 31

## Dinosaurs: Unextinct

@The Los Angeles Zoo

It's an outdoor adventure 135 million years in the making. Get up close and personal with 17 animatronic dinosaurs and discover facts about their lives and their similarities to animals you'll find at the zoo.

Time: 9am-5pm Cost: \$20-25  
Lazoo.org/dinos



LA FILM FESTIVAL

June 1 - 9





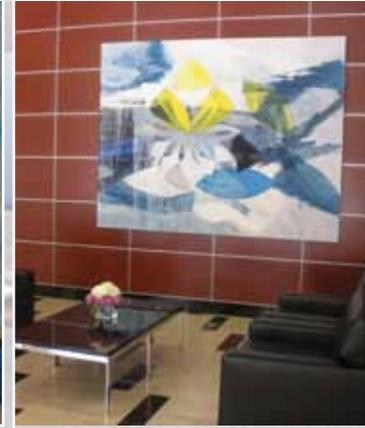
Art by Lori Dorn

# ALL YOUR HOME'S A STAGE: Get it Ready for the Spotlight



By Whitney Rosenson

Sometimes, all it takes is a new piece of art to revive the feel of your home and make a certain room worth spending time in. With a bold colored painting or a vibrant pattern, you can infuse an exciting “pop” of color to fill white space and add personality. A sculpture, whether it be a tabletop piece or a free-standing sculpture, can add movement to a space and create a dynamic, sometimes playful environment in a room that was once tired. Black and white photography, meanwhile, can provide a sophisticated, soulful addition to the existing room that will start conversations.



For more information on how to make art investments and loans, and have them look their best, visit [www.artdimensionsonline.com](http://www.artdimensionsonline.com) or call 310-433-8934.



If you entertain and stage parties during the summer, the right artwork can bring your home a much-needed sense of freshness and “cool.” However, if you’re planning to prep your home for sale this summer, Art Dimensions can help you with staging that will make your home more appealing to buyers. To bring that necessary “wow” factor to a prospective buyer, carefully selected artwork accents your home while complementing your style and existing furnishings. Whether your home’s architecture is modern or traditional, Art Dimensions Inc. can help you select the right art piece from different mediums (including painting, print, sculpture and drawing) that will help guests and buyers feel truly at home!

Most recently, Art Dimensions collaborated with Sierra Madre-based Bella Casa Home Staging, to provide six beautiful paintings for a home on the market in Arcadia. We worked closely with Bella Casa to help choose appropriate and complimentary art for the home’s interior. That expedited the sale of the home. If you’re looking for more inspiration, whether you’re keeping or selling your home, let us assist you with your next project. Insert: Wimage4 Ann Thornycroft (“Art by Ann Thornycroft”)

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Whitney Rosenson

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### Market Update

**\$1MILLION+ HOMES IN STUDIO CITY – SOUTH OF VENTURA BLVD.**

#### Recent Listings and Sales

ADDRESS	HOME SF	LOT SF	BUILT	BED	BATH	LIST PRICE	SOLD PRICE	\$/SF	DAYS
3215 Laurel Canyon	1,813	15,152	1976	3	2	\$1,249,000		\$689	
3872 Reklaw Dr.	2,544	7,576	1979	4	2.5	\$1,399,000		\$550	
3630 Potosi Ave.	4,600	4,850	1997	4	4	\$1,648,000		\$358	
3386 Fryman Pl.	2,700	13,673	1950	3	3	\$1,899,000		\$703	
12127 Iredell St.	4,622	42,250	1937	4	4.5	\$5,995,000		\$1,297	
3620 Woodhill Canyon	1,556	18,501	1936	3	2	\$1,500,000		\$964	
3734 Reklaw Dr.	3,024	15,000	1929	5	3	\$2,799,000		\$926	
3123 Dona Elena Pl.	3,040	9,145	1960	4	4	\$2,448,000		\$805	
11401 Dona Lola Dr.	2,613	11,409	1964	3	2.5	\$1,510,000		\$578	
3961 Sunswept Dr.	5,150	9,006	1925	4	3.5	\$3,275,000		\$636	
3506 Berry Dr.	5,297	64,468	1938	5	4.5	\$5,900,000	\$7,500,000	\$1,416	60
11400 Dona Pegita Dr.	2,483	13,122	1964	3	2.5	\$1,495,000	\$1,210,000	\$487	62
3830 Goodland Ave.	4,800	13,256	2015	6	6.5	\$3,325,000	\$2,750,000	\$573	65
11231 Briarcliff Lane	5,592	24,100	1998	5	5.5	\$3,500,000	\$3,400,000	\$608	87
12808 Halkirk St.	3,900	10,000	1939	6	6	\$2,099,000	\$2,060,000	\$528	92
3168 Dona Sofia Dr.	2,829	36,019	1964	3	3.5	\$1,495,000	\$1,480,000	\$523	157
12019 Laurel Ln.	4,714	17,142	1923	5	4	\$2,675,000	\$2,450,000	\$520	175

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# Afterschool Special

By Nicole Weinstein

From the time Nicole Weinstein, 24, started tutoring her classmates in high school, she knew her days were numbered... but in a most wonderful, productive and personally fulfilling way. Unlike many people her age, the whiz kid director of Mathnasium of Studio City formulated a career based on engaging children in the mysteries of math that would be greater than the sum of its parts.

“When I was attending school at UC Berkeley, I realized my professional interests were in child development and education,” she says, bursting with energy. “Education is a vital piece of their development, not only intellectually but also in terms of their identity and self-esteem. I am very passionate about encouraging kids to not only love the process of learning, but becoming more confident about what they can do with the skills they are mastering.”

During her years in Northern California, she led a local literacy tutoring program through BUILD (Berkeley United In Literacy Development) at an elementary school close to the UC Berkeley campus and campus and ran the university’s chapter of Peer Health Exchange, a non-profit organization that teaches a health curriculum to high school students in Oakland and Berkeley. She returned to Los Angeles and took a job as an Assistant Director at Mathnasium’s Sherman Oaks location and another as a Teaching Assistant in Granada Hills. Though she worked from 8:00 am to 8:00 pm on some days, she counts those hours as some of the most fulfilling moments of her life.

“When my students have that ‘aha!’ moment, it is so exciting,” she says. “I love every second of watching them tell their parents they did well on their Mastery Checks (a mini quiz in Mathnasium’s curriculum) and come back to me when they’ve taken their skills to school and received an ‘A’ on their test.

I love putting up their successes on our ‘Brag Board.’ Seeing these students improve their math skills really inspires me to work here.”

That commitment got the attention of Mathnasium’s top brass, who late in 2014 promoted her to open and take leadership of the Studio City location

that opened in February 2015. Although the company provided her with additional business management and marketing training, Nicole and her team hit the ground running. They now provide math instruction to over 100 students.

“We spent a lot of long nights prior to the opening to get the center to where it is right now,” she recalls. “It is fun to see how all of that work has really paid off. I am so grateful and honored to be a part of this community as a Center Director.”

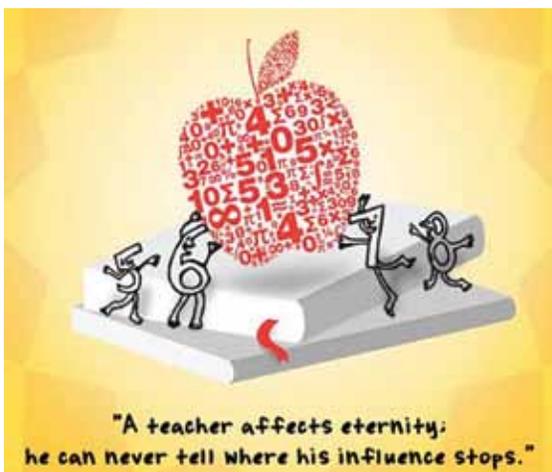
While Nicole explains UC Berkeley graduates are often expected to use their education to find jobs at top tier companies and ambitious start-ups, she says she found herself drawn to a career in education, where she could enrich her students with skills that would expand their professional options later in life.

“It’s important to give students an emotional connection to the subject at hand,” she stresses. “The moment a kid walks into Mathnasium, we make them feel welcome and empower them to have fun with the material. While every child learns differently, our approach is about making the experience fun and positive for these kids, adding in relatable things into the teaching process like pop culture. This makes for a support system they may not get from their regular school.”

When not enlightening a generation of Studio City kids about math, she spends time with her boyfriend, whom she first met through their high school robotics program and became closer friends with during a “Star Wars” exhibit at the California Science Center. The relationship began in earnest when she joined him during their studies at UC Berkeley. She also enjoys contemplating where her work at Mathnasium will take her in the future, weighing her options with careers in classroom teaching and in school administration.

“My philosophy about the right way to teach math is to not only explain how concepts work but why they work,” she said. “While kids often learn and memorize facts and rules in conventional settings, for me, math is more of a story. When kids learn this way, they better understand why a math concept works the way it does. From there, everything connects.”

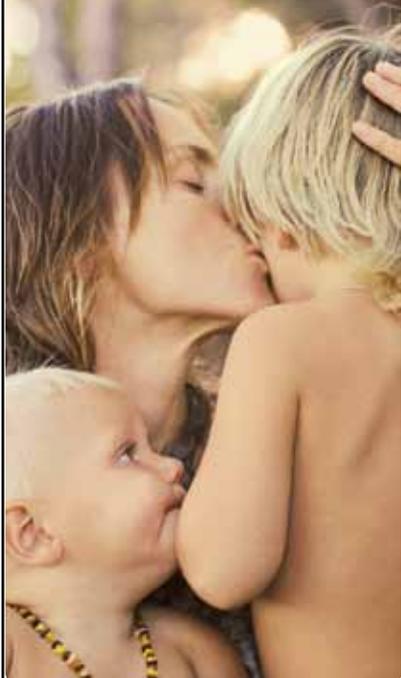
50+ million students  
2/3 are below average for math



For more information on summertime tutoring services, contact Nicole Weinstein, Center Director of Mathnasium of Studio City, at 818-985-6284 or [studiocity@mathnasium.com](mailto:studiocity@mathnasium.com)

#44

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# The Eyes Have It –Protect Them

By Simon Hill

The amount of time we spend staring at screens has increased dramatically in the last few years. We know that our sedentary lifestyles spent staring at screens impacts our physical health thanks to the obesity crisis, and we're starting to explore the impact on our mental well-being as anxiety disorders are on the rise, but what effect is all this screen time having on our eyesight?

"No one knows for sure at this point if prolonged use of digital devices actually causes permanent damage to the eyes," explained Gary Heiting, OD, senior editor of AllAboutVision.com, "but it's well established that it causes eye strain and discomfort."

Digital eye-strain, sometimes referred to as computer vision syndrome, is well documented. If you've ever experienced dry or irritable eyes, blurred vision, eye fatigue, or head, neck and back pain after using a computer or smartphone, then you're familiar with it.

A 2015 report from The Vision Council, found that 61 percent of Americans have experienced eye strain after prolonged use of digital devices — nearly 2 out of every 3 people. Long-term damage or not, we have an outbreak of electronic eye strain on our hands.

Because they emit HEV light (also called blue light), staring at phone and tablet screens may actually harm our eyes permanently. HEV light is that portion of the visible light spectrum that comprises light with the shortest wavelengths, which carry the greatest potential to damage living tissue.

Studies have shown exposure to high levels of HEV light can damage tissue in the retina of the eye in a way that appears consistent with macular degeneration, a leading cause of permanent vision loss in older adults." says Dr. Heiting. "But no one knows for sure at this point if prolonged use of digital devices causes sufficient

**THE 20-20-20 RULE**  
Reducing the effects of Computer Vision Syndrome

EVERY 20 MINUTES... TAKE A BREAK FOR 20 SECONDS... AND LOOK AT AN OBJECT 20 FEET AWAY.

Computer Vision Syndrome (CVS) is one of the most common stress injuries in the workplace. Caused by staring at a computer monitor for too long, CVS can cause headaches, blurred vision and dry or watery eyes.

Follow the 20-20-20 Rule and give your eyes the break they deserve.

exposure to HEV light to cause permanent eye damage."

You don't need to worry about going cross-eyed, but your mom may have had a point about not sitting too close to the TV. It may actually harm your eyes. Proximity is definitely a factor in eye strain and HEV light exposure.

"The amount of HEV light exposure a person receives depends on many factors, including screen technology, screen size, screen brightness, distance from the screen to the user's face, and duration of use." Dr. Heiting explains. "Even though smartphones have small screens, they potentially could cause greater cumulative HEV light exposure than a large-screen TV."

Many of us, especially those who work on a computer all day, spend most of our waking lives staring at screens. The Vision Council report reveals that a third of

adults spend more than 9 hours every day on digital devices, but there are clear generational differences.

Percentage of population that spends more than 9 hours a day on devices:

- 26 percent of Baby Boomers, born between 1946 and 1964
- 32 percent of Gen Xers, born between 1965 and 1980
- 37.4 percent of Millennials, born between 1981 and 1996

It should come as no surprise then that digital eye strain is on the rise.

All this extra screen time is also part of a shifting trend toward close-up work that's thought to contribute to rising levels of myopia or nearsightedness. The National Eye Institute reports 34 million Americans suffer from myopia right now and projects that figure will hit nearly 40 million by 2030.

We may still be in the dark about the long-term effects of HEV exposure, but there's no doubt about prolonged screen time causing eye strain. We asked Dr. Heiting for some advice and this is what he recommends:

- Maintain a comfortable working distance at the computer (close to arm's length from the screen) and avoid hunching closer and closer.

- When using a phone keep the screen as far away from your eyes as comfortably possible. The greater the distance your phone is from your eye, the less eye strain it is likely to cause

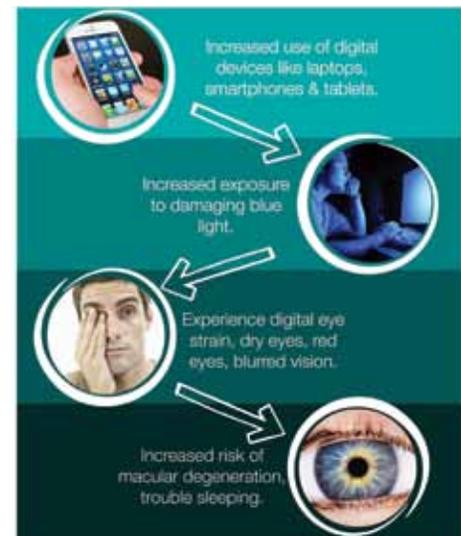
- Every 20 minutes, take a 20-second break and look off into the distance — at something 20 feet away. This is called the "20-20-20 rule" by many eye care providers, and it relaxes the focusing muscle inside the eye, relaxes the muscles outside the eyes that converge the eyes and stimulates blinking to re moisten the surface of the eyes — all comforting things!

- Get an eye exam. Even minor problems with your eyesight can increase your risk for digital eye strain. Also, ask your eye care professional about the best type of glasses for your digital viewing needs.

- Ask your eye care provider about glasses that block blue light. There are a number of brands of eyeglass lenses and coatings that can reduce your exposure to HEV light when using digital devices.

- Make sure your eyeglass lenses (if you need them) have an anti-reflective (AR) coating. Eliminating reflections from your lenses can increase viewing comfort and reduce eye strain.

- Go outside and play more!



Simon Hill is a lover of all things tech. Contributing editor at DigitalTrends.com and freelance writer elsewhere. Also a game designer, film fan, husband, father and insomniac.



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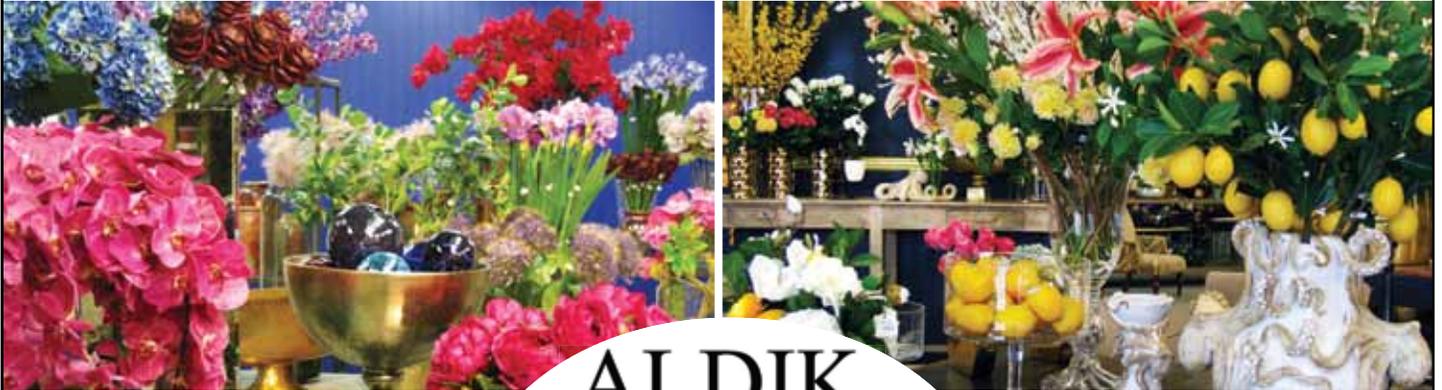
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