



## Study: Fla. top state for conspiracy theory buffs

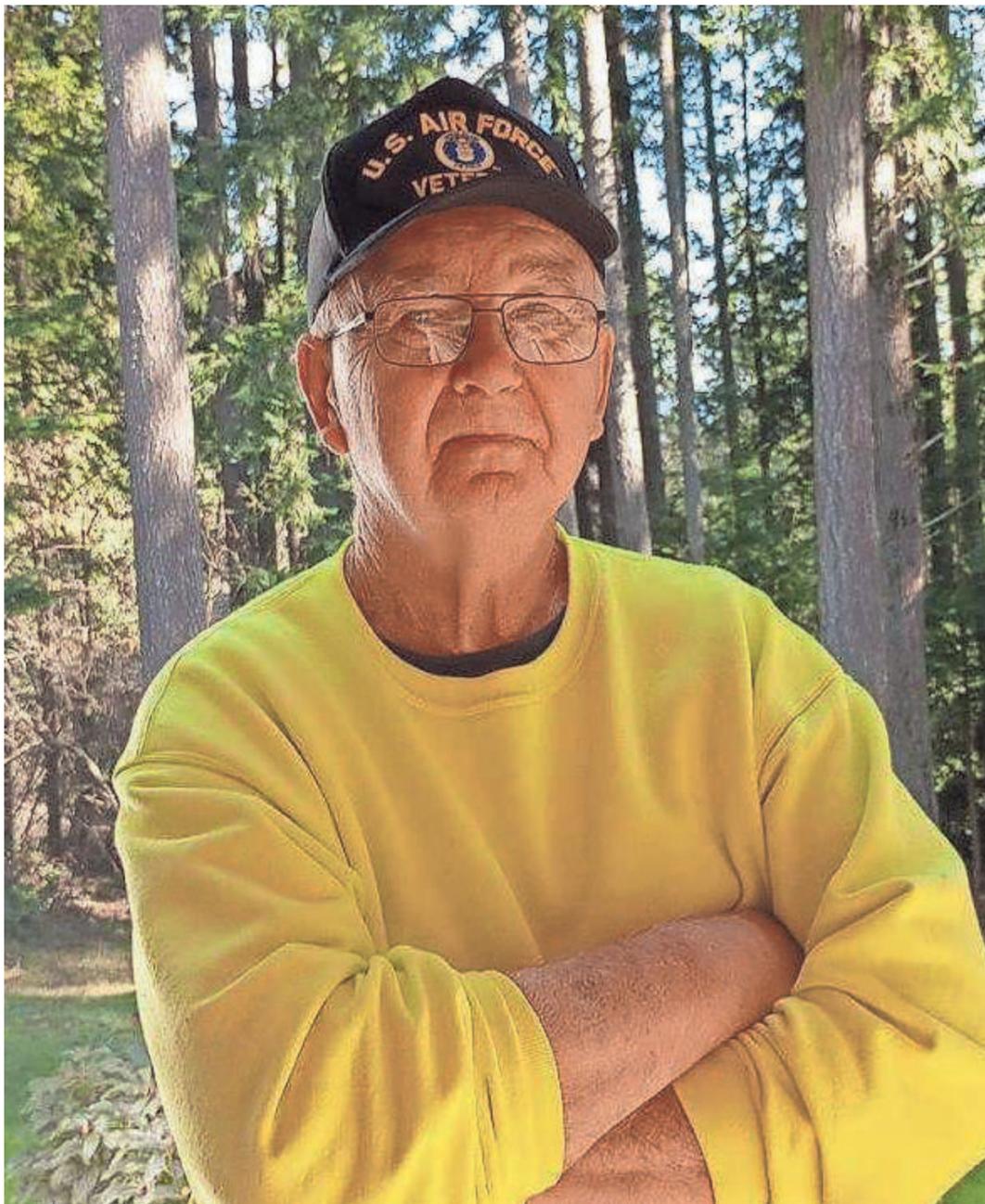
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# Montgomery Advertiser

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## Eclipses can damage your eyes permanently



After looking at a partial eclipse for about 20 seconds as a child, Louis Tomososki, 77, developed a grayish spot in the middle of his right eye. "I'm more aware of it than your average person walking down the street," Tomososki said. PROVIDED BY LOUIS TOMOSOSKI

## Viewing on TV is safest; special glasses can help

Eduardo Cuevas  
USA TODAY

When the ophthalmologist looked into a 26-year-old New Yorker's eye in 2017, it was a worst-case scenario. The distinctive contours of the solar eclipse the woman stared at days before were etched onto her retina.

The case of the Staten Island woman who watched the eclipse through faulty glasses was notable enough to be chronicled by doctors from Mount Sinai's New York Eye and Ear Infirmary in JAMA Ophthalmology, a medical journal – because these cases, luckily, are rare.

"It's a very focused beam of high-energy light from the sun itself," said Dr. Avnish Deobhakta, an ophthalmologist at the Mount Sinai infirmary who treated the woman. "It can actually destroy parts of the retina, and certainly destroy it in the shape of an eclipse."

The woman told Mount Sinai doctors she had gazed at the moon passing in front of the sun through what she believed were protective glasses. About four hours after she watched the eclipse, her vision became blurry and colors distorted, according to the

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Chrissy Reifschneider, 41, compared tianeptine, better known as "gas station heroin," to heroin and other opioids. CHRISSY REIFSCHNEIDER/PROVIDED

## A gas station supplement nearly killed Alabama woman

Katie Camero  
USA TODAY

Chrissy Reifschneider had just left rehab to treat her heroin addiction in 2017 when she started taking tianeptine, popularly dubbed "gas station heroin." The 41-year-old from Alabama was struggling with low energy, so a family member who worked at a gas station recommended she try the pills.

Within days, Reifschneider was hooked, and three dark years cruised by. Now four years clean, Reifschneider reflects on the deception that contributed to her tianeptine addiction and the overwhelming shame that followed. It's a trend that ad-

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## Final USS Arizona survivor has died

Jonathan Limehouse  
USA TODAY

Lou Conter, the final surviving crewmember of those aboard the USS Arizona during the attack on Pearl Harbor in 1941, has died, according to multiple reports. He was 102.



Conter

Surrounded by family in Grass Valley, California, Conter took his final breath, his daughter told KCRA 3. The veteran had been in hospice for the past four weeks, the Sacramento, California-based TV station reported.

Conter was one of the 335 sailors aboard the USS Arizona who survived on Dec. 7, 1941. The Arizona lost 1,177 sailors and Marines during the Japanese attack, according to the National WWII Museum.

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