

A film buff

Resident makes movie about teens and junk food.

ALISO ACCENTS

While we have all probably dreamed about making our own film, Jennifer Mattox, the president of Faerie Films LLC in Aliso Viejo actually does it.



DEBBIE SKLAR
ALISO ACCENTS

Mattox, 39, a film buff for as long as she can remember is producing a film called "All Jacked Up," about teens and junk food. It will hit theaters in 2008. Here's a closer look at this film whiz.

Q: How did you come up with name Faerie Films?

A: Faeries are joyous and carefree, and honor the environment. I felt this best expressed where I was in life -

tired of corporate America, wanting to contribute more meaningfully to society. I love tradition and root heritage, so I wanted to stick to the traditional spelling of the Celtic tales about faeries.

Q: Why the interest in film?

A: Movies have always been a great passion of mine. My creativity and imagination as a kid was nurtured by some of the greatest classics. I respond to and better appreciate things through visual stimulation, so I always wanted to see what was taught in school, on film. I believe we have much to learn from the messages that are conveyed through film. And there is no denying the impact that movies have on children and our culture. Film is the perfect medium for telling a big story.

Q: Your film centers on kids and nutrition...

A: Our first film, All Jacked Up, is a story about teens who are urged to challenge the plight of their reality brought

on by parents and big business when they face up to their addictions to fast food, junk food and stressed-out lifestyles. I do not have children yet, but I am very concerned about the future of children today. We have become drones, programmed to buy, consume, buy, consume, and consume some more with little thought to what we are doing and a lot of thought to our instant gratification. Teens need to understand that they have the power to overcome any difficulties they might be enduring created by our society's fascination with food. And I am inspired to help educate, motivate and empower the younger generation to create a brighter future through simple action. The film digs into issues that we believe have caused the present state of health and well-being among teens today. We focus on teens because it is this pre-adult sector that can be empowered to impact not only themselves, but future generations.

Q: Have any major stars signed on?

A: There will be a major celebrity involved, but we can-

not disclose who at this time. **Q: Where will the film be filmed? Distributed? Where will people eventually be able to see it?**

A: The film is being shot in various locations around Orange County. The theatrical release is intended for distribution in theaters across the country.

Q: Any other projects in the works?

A: We have several other projects in various stages of development. Like All Jacked Up, our future projects will touch the human spirit, and provoke the audience into taking simple action.

Q: What do you like about making films? What is challenging?

A: Foremost, I love the creativity involved in making films. I love the collaborative process it requires, and I love that in the end, there is a physical recorded format that is anchored in time forever. I also love that it can bring a message to the world and possibly impact millions. The challenge is that there are constant hurdles to overcome and when you approach each obstacle with openness and vulnerability, you learn more about yourself and how to



COURTESY OF JENNIFER MATTOX

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make it better, and that is very exciting. There's never a dull moment!

Debbie L. Sklar is a Laguna Niguel resident, writer and editor. Her columns appear Fridays in the San Clemente Sun Post and on Thursdays in the Laguna Niguel News and the Aliso Viejo News. Please send story ideas to Debbiesklar@cox.net.

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Low Vision Doctors Help Legally Blind to See

Members of the *International Academy of Low Vision Specialists* help those with macular degeneration to keep reading and driving.

By Elena Lombardi
Freelance Writer

Donald Paquette, 72, a former assessor from Anaheim, California thought that his driving days were over. "I could not read the street signs soon enough and I couldn't pass the vision test at the DMV office."

Gonzalo Garcia, 74, Albuquerque, New Mexico, wanted to be able to read and write more easily. He wanted to see the nails and screws when he tried to use them in home repairs. He wanted see his grandchildren singing in the church choir. But he thought those days were over when he was diagnosed with Macular Degeneration.

Neither Donald nor Gonzalo knew that a low vision optometrist could help with some of those issues.

"In some states, Bioptic Telescopic Glasses can be used to pass the vision test for driving", say Dr. Richard J. Shuldiner, a California Low Vision optometrist. "This can allow some with conditions like macular degeneration to continue driving".

"Amazing!" says Donald. "I can read the street signs twice as far as I did before and even see the television better!" Dr. Shuldiner also provided special prismatic reading glasses to make the newspaper a little easier to read.

People don't know that there are doctors who are very experienced in low vision care. "Not many

doctors like to work with people who are often upset and anxious" says Dr. Dulce Walker, of New Mexico. "I love to see their faces light up when they see again."

Macular Degeneration is the most common eye disease amongst the senior population. As many as 25% of those over 65 have some degree of degeneration. The macula is one small part of the entire retina, but it is the most sensitive and gives us sharp images. When it degenerates, ARMD leaves a blind spot right in the center of vision making it impossible to recognize faces, read a book, or pass the drivers vision test.

The experts do not know what causes macular degeneration. But major factors include UV light from the sun, smoking, aging, and improper nutrition.

Vitamins can help. The results of two studies, AREDS and LAST demonstrated a lowered risk of progression by about 25% when treated with a high-dose combination of vitamins.

A new, proprietary supplement based on the scientific studies is available from these doctors. A very powerful formulation, *Macula Therapy Formula* is available from Vision Vitamins, toll free 877-848-2030, and on the internet at www.visionvitamins.net.

Nine out of ten people who have macular degeneration have the dry type. There is no medical treatment except for vitamins. The wet type is more aggressive and results in more dramatic vision loss. It involves leaky blood vessels that sometimes can be sealed with hot or cold laser. Newer treatments, such as Macugen, Lucentis and Avastin are injections to prevent leakage.



CAROL BUCKLES DRIVING WITH BIOPTIC TELESCOPE GLASSES

Carole Buckles, 71 of Arcadia California came to Dr. Shuldiner on the advise of a friend. "I wanted to be able to keep driving and do the fun things in life. One of those fun things is baseball. I love going to the stadium and now I can see those plays again".

Dr. Shuldiner prescribed bioptic telescopic glasses to read signs and see traffic lights farther away. As Carole puts it, "These telescope glasses that Dr. Shuldiner has provided not only allows me to read signs from a farther distance, but makes driving much easier. I've also used them to watch television so I don't have to sit so close. Definitely worth the \$1975 cost. I don't know why I waited two years to do this; I should have come sooner."

"Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Shuldiner. "Whether it's driving, reading, watching television, seeing faces, playing bridge... we work with whatever is on the persons "wish list".

"Telescopic glasses usually cost over \$2000", says Dr. Shuldiner, "especially if we build them with an automatic sunglass". Reading glasses start at \$500 and hand magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

The following are some of the very experienced doctors working with low vision patients. They are members of the *International Academy of Low Vision Specialists* and are happy to speak with you:

- Richard J. Shuldiner, OD, FAAO**
California (888) 610-2020
- Dulce Walker, OD**
New Mexico (505) 286-2020
- Edward Paul, OD, PhD**
North Carolina (866) 366-2040
- Jarrod Long, OD**
Indiana (877) 577-2040
- David Armstrong, OD**
Virginia (866) 321-2030
- Brian Saunders, OD**
Georgia (877) 948-7784
- Marc Gannon, OD**
Florida (866) 942-2020
- Ross Cusic, OD**
Washington (877) 823-2020
- Sheldon Smith, OD**
Michigan (877) 677-2020
- Larry Chism, OD**
Texas (888) 243-2020