

THE EAGLE

NEWS & TIPS FOR PATIENTS & FRIENDS OF DAVIES EYE CENTER

'T WAS A VERY BUSY MONTH OF MAY

The month of May is filled with a lot of fascinating and well-known holidays. Of course we all know about Mothers Day that falls on the second Sunday of May. Then there's Cinco de Mayo (no relation to "hold the mayo") that ALWAYS occurs on the 5th of May, for some reason.

For those of you who are *really* in tune with the calendar, you'll be among the first to recognize that beloved day of recognition, *Mother Goose Day* that falls on May 1st. In case you missed the opportunity to celebrate this festive occasion, since the word "Mother" is in the title, you have my permission to celebrate on Mother's Day. This is quite acceptable.

There are a number of other exciting days, but our celebrations typically end with one of our family favorites, the *End of the Middle Ages Day* on May 29th. I have often wondered if the Middle Ages were over, so it's good to have this reminder on the calendar each year.

"Never Ceases To Amaze Me" - Pg.7

"My Own Limerick" - Pg.3

May 9th-- Mother's Day

May 11th-- Twilight Zone Day

May 12th-- Limerick Day

May 14-- National Dance Like A Chicken Day (A personal and family favorite. After all, if a turkey has his own day, why not a chicken?)

May 15th-- National chocolate chip Day (who can argue with that?)

May 18th-- Visit your Relatives Day

May 19th-- Leave Your Relatives Alone Day (This is my own idea--it's not official yet)

May 26th-- National Senior Health & Fitness Day

Learn More... Pg. 5

WHICH ONES DID YOU CELEBRATE?



MA'S GLASSES

"Goodness gracious me! Wher-ever are my glasses?"

- See Pg. 2



LIFETIME LIFESAVERS

This couple travels the globe serving others and spreading joy.

- See Pg. 4



FILL 'ER UP... OUR TREAT!

Some relief at the pump for Ron...Find out how he earned it!

- See Pg. 6



Ma's Glasses

It starts when first the postman through the door a letter passes, And Ma says: "Goodness gracious me! Wher-ever are my glasses?"

We hunt 'em on the mantlepiece an' by the kitchen sink, Until Ma says: "Now, children, stop an' give me time to think..."

We've found them in the Bible, an' we've found'em in the flour,

We've found 'em in the sugar bowl, an' once we looked an hour before we came across 'em in the padding of her chair; An' many a time we found 'em in the topknot of her hair.

It's a search that ruins order an' the home completely wrecks, For there's no place where you may not find poor Ma's elusive specs.

It's a little bit of service that is joyous in it's thrill, It's a task that calls us daily an' we hope it always will.



Poem by: *Edgar A. Guest*

Dear Sherry

Dear Sherry is written by Sherry Bishop, also known as 'Mother Hen' here at Davies Eye. She is the proud mother of five children and four grandchildren. Dear Sherry has become a very popular column within the Davies Eye family, now over 5,900 patients strong.

Dear Readers,

This is a cute poem I came across some years ago and have always liked the message of helping our mother's through small daily acts of service.

A lot has changed in the last 94 years; some "Ma's" have no specs to find due to new technologies.

If you are still finding your Ma's (or your own) specs all over the house, call me at 760-729-7101.

This is one chore Dr. Davies can take off of your "to-do" list for good!

Signed, *Sherry*



Have A Question
For Sherry?

Write Dear Sherry at:
Sherry@davieseye.com
or 655 Laguna Drive Carlsbad, CA 92008

A MODEL WORTH

A year ago I wrote an article honoring my mother in our May newsletter. Although my wife Becky is not my mother, she has certainly helped my own mother finish the job of raising me (I was 22 when we married), and she has been a magnificent wife to me and mother to our seven children. She is very modest and never likes to have attention focused on her, so I'm writing this surreptitiously--below the radar, as they say, but I write to honor that loveliest of women whom I affectionately refer to as "the Lovely Rebecca of Poway."

I have mentioned before that I proposed to her ^{wow!} 25 times. That is quite literally true. Most in hearing that would think me insane, but the reality is I had some very strong impressions that it was the right thing to do, and that she was the right person for me to marry. So I braved the hurt and humiliation and persisted in my pursuit of her...and am I ever glad I did! Becky has had a remarkable influence on my life, and on the lives of so many others. She has, for example, taught an early morning religious education class (Seminary) for high school students for 12 consecutive years, getting up at 4:45 every school day and teaching without any recompense to help these young people start their day out on a good footing. She has also taught an adult religious education class every Monday morning for the past 10 years, and has recently started teaching a weekly Thursday evening class on the U.S. Constitution. On top of all this, she has home-schooled our three youngest children for 8 years, and teaches numerous subjects to other home-schooled children in our cooperative education venture.

Our eldest daughter Rachel is wonderful about honoring her mother, and in honor of Becky's recent birthday she had family members write a little tribute. (I may be sleeping in the garage for a while as a result of writing about my wife, but she is so deserving of our praise that I'm willing to take a chance!).

(This one in particular)



Dr. Davies - The Lovely Rebecca of Poway is my hero (actually heroine, but I'm afraid the uninitiated might think that I use heroin--for the record, I never have, and never will). She is truly one of the most remarkable people I have ever known. She is so REAL. She is, through and through, exactly who she portrays herself to be. Becky is a person of great personal virtue and integrity. She often jokes that when we were first married I thought she was some backwoods country bumpkin, and I was a sophisticated easterner. Well, admittedly, there may have been a little bit of the European traveler in me, and I might have viewed her upbringing as "simpler" than mine, but little did I realize that I was marrying the female version of Elder James E. Talmage (one of the great religious scholars of the 20th century). She loves the Lord, loves his gospel, and loves learning about gospel truths and everything else under the sun that is of any significance. I definitely married way above myself, and I'm doing my very best to keep up with my beloved Becky. She never ceases to amaze me.

So there you have it. Because of my wonderful wife--the fantastic mother of our children and grandmother of our grandchildren, I have turned out better than "unmentionable".

For the rest of the families tribute...go to:
www.davieseye.com/mothersdaytribute

MISSIONARY COUPLE SPRINGS INTO ACTION



Saving Lives Through Spreading The Word Of Christ

Vietnam and Indonesia are just a few places where Teresa and Leon Shearer have spent time in missionary service. No matter what challenges stand in their way, they serve all their heart and go to great lengths to get the word out. It is often very common to encounter areas that are extremely dangerous to serve in and the religious organizations must be run as underground churches.

Freedom's A Wonderful Thing!

Each service assignment was treated with the upmost care and caution. *"The people who were assigned to take us to where we would teach used a different route each day. The places where we teach have all the windows boarded up. The last missionaries that were there before us were escorted out of the country. We have been fortunate that we have never had any difficulties with the authorities but it did make us realize that wonderful thing, freedom, that we have in our country."*

Paying It Forward

Teresa and her husband also perform leadership trainings for young missionaries and churches in several different places in the world. And if that isn't enough, Teresa also writes her own quarterly newsletter for International Missions Support.

To see and hear more about
Teresa and Leon's travels go to...
www.internationalmissionsupport.com

*A BIG Thank You To Leon &
Teresa For All The Service
They Provide!*

SPOTLIGHT: TERESA SHEARER



Teresa in Kuala Lumpur, Malaysia on the way home from church during Chinese New Year. Lion Dancers invited her to have her photo taken with the Lion. So now Teresa can actually say "I met a lion on the way home from church!"

A Blessing In Disguise

In the midst of all of this, Teresa also had cataract surgery on both of her eyes, one eye at the time, and is so very happy to report that her vision is very close to 20/20:

"We are truly rejoicing in this surgery which was provided for in a very special manner. The Lord is so good!!! It was such a treat when we recently shared at Living Waters Fellowship in Coronado and when I stood up to share, I realized that I did not need my glasses!"

She can hardly wait to get to Asia and experience all the teaching that they will be doing, **glasses free of course.**

Leon & Teresa faithfully spread the word about Dr. Davies to others:

"We have told a lot of people over the years....anybody we know. I even brought a friend of mine in who lives in Vancouver who has experienced similar problems that I've experienced. We highly recommend Dr. Davies!"

Dr. **K** LEMAN'S
ORNER



PROTECT THE LITTLE ONES!

Besides protecting yourself, I want to remind you to protect your children and grandchildren from harm. While we always recommend you wear your sunglasses with UV protection, it is just as important to protect your children from the UV radiation. In fact, many experts believe our eyes get 80 percent of their total lifetime exposure to the sun's UV rays by age 18.

UV rays are not the only potential danger from sunlight. Recently, researchers have suggested that long-term exposure to high-energy visible (HEV) light rays, also called "blue light", may also cause eye damage over time. Although HEV rays have longer wavelengths and lower energy than UV rays, they penetrate deeply into the eye and have more potential to cause retinal damage.

How Young Is Too Young?

Because the lenses inside young eyes are less capable of filtering these high-energy rays, children's eyes are more susceptible to UV and HEV radiation than adult eyes. This is especially true for infants and toddlers, so it's wise for children to start wearing protective sunglasses outdoors as soon as they are carried or pushed in a stroller and begin playing in direct sunlight.

What Are The Options?

There are many options to protect your children's eyes from the harmful radiation. We recommend transition lenses for children who are already wearing glasses to correct their vision. Transition lenses change from clear to dark in the presence of ultraviolet light and block 100% of the harmful UV rays without having to remove and replace glasses with a second pair.

For children who do not require corrective lenses, there are numerous sizes and shapes of sunglasses to best fit your child's face. Sunglass cords or retainers can be attached to the temples of the sunglasses so that when removed, the sunglasses can hang from the neck and not get misplaced. Some sunglasses come with an athletic, elastic band to prevent the glasses from sliding off and to prevent infants and toddlers from removing the sunglasses.

One important factor to remember is that sunglass lenses are impact resistant, but not shatterproof. Many parents and opticians prefer polycarbonate lenses for their children's eyewear and sun wear since they are strong, durable and impact-resistant to fit their active lifestyle.

The best place to purchase sunglasses for your children is any optical shop, including your local optician or optometrist.

REMEMBER: *It's never too early for kids to begin wearing good quality sunglasses outdoors!*

NATIONAL SENIOR HEALTH & FITNESS DAY

Get Going, Keep Going, Stay Fit!

Every year, an estimated 100,000 seniors across the country help promote active, healthy lifestyles through physical fitness, good nutrition and preventive care.

National Senior Health and Fitness Day is a wonderful opportunity for

seniors to make, renew, and revitalize their commitment to live healthier lives through better health and fitness. National Senior Health & Fitness Day is **always held on the last Wednesday in May** in support of Older Americans Month and National Physical Fitness and Sports Month.

Get Involved! For more info call
3 2 1 - 2 5 5 - 4 4 9 6





A Few Fill-Ups On Us, Ron!

START YOUR
ENGINES!

This Month's Prize Results
"Dare To Share"
2010 Patient Referral Program
\$150 Chevron Gas Card

WAY TO GO, RON!

The Doctor's Surgeon

Dr. Poliner, MD, a retina specialist in La Jolla, had been treating Ron recently when he was diagnosed with cataracts. Ron was concerned with his worsening case of cataracts. "I knew that I had cataracts, so I asked Dr. Poliner where he would suggest going to for treating cataracts?" Dr. Poliner said "If it were me...I would go down and see Dr. Davies in Carlsbad."

After Surgery...

"My results were almost immediate. It took me a little while to adjust and build up my muscle strength in my eye for the very small print. I actually probably don't need the magnifying glasses.... I think I just use them as a crutch."

The Power Of A Referral

Ron said after the personal recommendation of Dr. Poliner, "I knew I should make an appointment with Dr. Davies right away."

Restoring Vision...

One Referral At A Time

As a result of Dr. Poliner referring Ron to Dr. Davies for his cataracts, Ron acted on his promptings and referred his neighbors, Lee and Patricia Lynam, now new patients at Davies Eye Center. Thanks, Ron!

ABOUT RON WULFF

- **Patient Since:** July 2007
- **Procedure:** Crystalens
- **City:** Carlsbad, CA
- **Age:** 63
- **Profession:** Retired Vietnam Veteran
- **1st Referral:** Lee & Patricia Lynam
- **Favorite Hobby:** Reconnecting with Vietnam Troop Members

Ron was entered into our monthly "Dare To Share" referral program and WON as a result. He will also have a chance to win the year end GRAND PRIZE that will be announced in the upcoming months.

"Thanks for helping me to see again!"
"I have been reading again, I did not realize how much I missed it!"

Learn more about how you, too,
can become a winner at:
www.davieseye.com/daretoshare

NATIONAL LIMERICK DAY

In honor of *National Limerick Day* (May 12th), I offer the following ditty that fits, I suppose, the definition of a limerick from Wikipedia:

A **limerick** is a five-line poem in anapestic or amphibrachic meter with a stretchy rhyme scheme (aabba), which intends to be witty or humorous, and is sometimes obscene with humorous intent. It may have its roots in the 18th-century Maigue Poets of Ireland, although the form can be found in England in the early years of the century. It was popularized in English by Edward Lear in the 19th century, although he did not use the term.

The following example of a limerick is of unknown origin:

*The limerick packs laughs anatomical
In space that is quite economical,
But the good ones I've seen
So seldom are clean,
And the clean ones so seldom are comical.*

And now, my
simple venture
into the world
of limericks:

*There once was a doctor for eyes
Who was known for his vertical size,
And he operated
On the blind and prostrated,
For their sight was the ultimate prize!*



"Care before and after surgery was excellent. Dr. Davies does everything needed for his patients so that good results are obtained."

-CATHERINE PERRYMAN



Patrick Mask
Carlsbad, CA

A Note From Patrick...

My wife and I have recently moved from the Palm Springs area where we resided for the last 22 years. We have been seeing a large optical firm for our eye concerns that range from cataracts to glaucoma and have found them to be very caring but hard to communicate with. Not knowing anyone in this area to continue our eye situations we have made several trips back to Palm Springs to keep continuity in our eye process.

While having a conversation recently with our chiropractor Dr. Michael Jacobs, he advised us to not make the long trip back to the desert for our eye treatments but instead call "Sherry" at Davies Eye Center and make an appointment to see Dr. Davies, who in his opinion and others here locally thought of as the best eye doctor on the "west Coast" (including the desert of so.cal.). So, that very day I called and made the appointment for my wife and I to have a consultation with Dr. Davies.

Dr. Davies is not only the most thorough doctor I have met but takes the time to listen to your concerns and responds in a language that I can understand. My wife was told that she needed cataract surgery in both eyes and has since had her left eye "done" and is so thrilled with the result that she is actually looking forward to having her right eye procedure in two weeks. Dr. Davies, is keeping a close eye on my glaucoma and has already scheduled ongoing treatments for improvement. We really do feel like we are part of your "family" now. Thank you!

DR. JIM'S JOKE

After booking my 90-year-old mother on a flight from Florida to Nevada, I called the airline to go over her needs. The woman representative listened patiently as I requested a wheelchair and an attendant for my mother because of her arthritis and impaired vision. I also asked for a special meal and assistance in changing planes.

My apprehension lightened a bit when the woman assured me everything would be taken care of. I thanked her profusely.

"Why, you're welcome," she replied. I was about to hang up when she cheerfully asked, "And will your mother be needing a rental car?"

655 Laguna Dr
Carlsbad CA 92008
(760) 729-7101



DARE TO SHARE

2010 Davies Eye Center
Patient Referral Program

Winning Is As Easy As 1 - 2 - 3!

- 1 Refer a family member or friend to Davies Eye Center by telling them about the great service and care you received by Dr. Davies and our staff.
- 2 Have that person schedule an appointment in our office by calling **(760) 729 - 7101**.
- 3 Be sure that person tells us that YOU referred them to Davies Eye Center.

...It's That Simple!!!



Ron Wulff

Go To Pg. 6

For Last Month's
Winner Details...

Are You The Next Winner?

- | | |
|---|-------------------------------------|
| Deluxe Dinner Package | <input checked="" type="checkbox"/> |
| Costco Cash Card | <input checked="" type="checkbox"/> |
| Dinner For Two At
Ruth's Chris Steak House | <input checked="" type="checkbox"/> |
| Chevron Gas Card | <input checked="" type="checkbox"/> |
| Weekend Giveaway | <input type="checkbox"/> |
| Broadway Show Tickets | <input type="checkbox"/> |
| iPod Touch | <input type="checkbox"/> |
| Royal Spa Treatment | <input type="checkbox"/> |
| Harbor Dinner Cruise | <input type="checkbox"/> |
| Golf Shop Shopping Spree | <input type="checkbox"/> |
| Target Gift Card | <input type="checkbox"/> |
| Runner Up & Grand Prizes | <input type="checkbox"/> |

Next Monthly Drawing: Monday, May 31st 4:30pm