

# I Wear My Sunglasses at Night

By Kendall Klaus, Owner of Klaus Nurseries

*I Wear My Sunglasses at Night* is a great song recorded by Canadian singer Corey Heart. In August of 1984, the song rose to number 7 on the Billboard Hot 100. The song is considered by many to be a classic '80's pop rock song. You may wonder why I bring this up – continue reading – it will all come together shortly.

I was lucky enough to grow up alongside a small lake in the Twin

Cities area. Like many of you who grew up in the 1960's and 1970's, when I wasn't in school, I was outside. Much of my youth was spent on the water, winter and summer, fishing, swimming, water skiing, playing hockey, etc. I can still remember being outside on a sunny winter's day, having fun.

Upon returning to the indoors, you wouldn't be able to see anything for 10 minutes, after having been

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Golf Digest  
Top 10  
2009 Best New Course  
★★★★★

★★★★★  
GOLF Magazine  
2009 Best New Public Course  
Honorable Mention  
★★★★★

★★★★★  
LINKS Magazine  
Top 10  
Best New Public Course  
★★★★★

★★★★★  
Golf Inc.  
2009 Best New Public Course  
Runner-up  
★★★★★



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*The Preserve on Lake Rathbun  
Hole 5 - 536 Yard Par 5,  
Photo by Peter Wong.*

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outside with the sun reflecting off all of that snow. I'm sure sunglasses had been invented, but I don't remember ever wearing any as a kid. I don't think I had my first pair of sunglasses until I could drive a car.

Last June, after returning from a fishing trip, I noticed a white growth on my right eye. It had been a particularly windy week up north and I assumed my eye irritation was a result of being out in all that wind. After a week of Visine use, it still felt like I had sand in my eye, so I made an appointment with my optometrist. Much to my surprise, he informed me that I had something called Pterygium! Not only had I never heard of it, I couldn't even pronounce it! Definition: Pterygium (noun, pronounced te-'ri-jē-um) "a fleshy mass of thickened conjunctiva that grows over part of the cornea usually from the inner side of the eyeball and causes a disturbance of vision." Sounds lovely, huh?! In severe cases, Pterygium can block your vision completely. After a visit with a surgeon of Ophthalmology it was confirmed – not only did I have it in my right eye, but also my left.

It became clear that relief would come only through surgery, which I did have this past January. He only operated on my right eye, since the

growth on my left eye is not yet big enough for surgery. My surgeon used the "no-stitch, amniotic graft method" and it went beautifully. For anyone interested in seeing this type of procedure, there is a You-Tube video; however, it is graphic and not for the squeamish!

The primary cause of this condition is ultraviolet radiation from sunlight. Other causes include exposure to dusty, dry environments; spending significant time on or in the water may double your exposure to ultraviolet rays. My surgeon believes that 90% of my exposure occurred before I was 16 years old!

Although I don't 'wear my sunglasses at night,' I do wear them from sunrise to sunset, sunshine or clouds. Please have all of your employees put those sunglasses on when they're outside, and by all means, if you have kids or grandkids get some good sunglasses on them whenever they are outdoors. Just remember the song,

"And I wear my sunglasses at night,  
so I can, so I can  
Keep track of the visions in my eyes."

Protect your vision – wear those sunglasses *whenever* you are outdoors!