



As a mother of two very young children (nearly 4 and just barely 1), balancing my responsibilities at home with working full time and training for Ironmans and ultramarathons can be exhausting. Needless to say, my alarm clock goes off way too early, and I am always pressed for time—All. Day. Long. The time spent at home with my kids before work is too short, the hours spent in the office too jammed, and the race to pick up my kids from daycare and get dinner on the table too frantic.

Sometimes I question my decision to actually make a home-cooked meal, especially given the fact that we do not typically walk in the door until about 6 pm and the kids are in bed between 8:30 and 9 pm. Yes, it would be easier to call and order a pizza on my drive home, or ask my husband to swing by the local Indian restaurant for takeout. Yes, I could put a few frozen entrees in the oven and call it dinner. But then I have this amazing sense of guilt—it's a lose-lose, really.

By the time I get dinner on the table, sometimes, the chaos of the day still surges inside of me, and I cannot relax. Then, I hear the sing-songy voice of my eldest, loud and lovely, *"Thank you for cooking dinner, mommy."*

Those two words—thank you—and it all melts away. I can feel my insides smile and my soul breathe a sigh of relief. With just two simple words that any one of us arguably does not say often enough.

This cover focus is a giant thank you. It not only celebrates the amazing content that we have curated with your help through the years, but it also traces the history of cataract and refractive surgery in the time that we have been in circulation, from 2006 to 2016. Three of our chief medical editors have put together top 20 lists, nominating what they believe are the best 20 articles that we have ever published. Additionally, many authors of the nominated articles have graciously written updates.

So, thank you. Thank you to our readers for choosing *CRST Europe* as your trusted source in ophthalmology, thank you to our authors for always being so willing to contribute to the publication, and thank you to our medical editors and editorial board, who work so diligently to make sure we are covering the right topics and trends.

Some days I feel like Wonder Woman and other days I feel like the Underdog. But every day, every single day, I am thankful to be able to share my time and talents with my families—my bloodline and my *CRST Europe* family. ■

—Laura Straub, Editor-in-Chief