

Bob's Corner

I'm one of those who wishes we could have Thanksgiving Day every day. Not only to give special thanks, but -- to tell the truth -- I thoroughly enjoy turkey, stuffing, mashed potatoes and gravy, yams, Brussels sprouts, cranberries, hot rolls with butter, pumpkin pie, and whatever else gets plonked onto the groaning table.

Unfortunately, I've too often staggered to my feet after a hearty Turkey Day feast, and I'm the one groaning. Actually, that doesn't happen much any more. Really. Honestly.

What's happened of late is that with a diet change, trying to trim carbohydrates and avoiding too much fat (in my food, and the resultant transfer to the lurking spare tire), meals like the traditional Thanksgiving repast are few and far between. Also, I've discovered that too much of the wrong food has the unhappy result of going to the heart of the matter (and the body).

Now the truth can be told. My diet years ago was terrible. Awful. Revolting (sort of). For nearly one year I lived on packets of cheese crackers, black coffee and double-cheeseburgers with fries. For one school year I lived on cinnamon rolls, chocolate milk, deep fat-fried fish sandwiches and chocolate marshmallow sundae cups.

For one summer I lived on Three Musketeer bars, jelly doughnuts, cheeseburgers and fries.

Those days are gone. Which is a good thing because otherwise I'd likely be gone too. Came close a couple of times because of that somewhat bizarre diet. But surgery and lifestyle changes turned the tide.

However, I will enjoy this week's Thanksgiving meal, being careful in a dietary manner. I am hoping that no one goes hungry on that special day, and that we will remember to whom we should give thanks.

Now excuse me, I am headed to the bathroom scale for a quick weight check before my pre-Thanksgiving exercise period.

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3 P.M. FRIDAY

(Classified ads & uncomplicated display ads can be accepted until Noon, Monday with an additional charge.)

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Letters to the Editor

Editor's Note: Views and commentary, including statements made as fact, are strictly those of the letter-writers.)

Typed, double-spaced letters written solely to this newspaper are considered for publication. Hand-written letters that are double-spaced and legible also can be considered. Cards of thanks are not accepted as letters.

Canada help From Fred Krauss Selma

It has come to my attention that some people in the United States are moving to Canada because they don't like President George Bush and the way the election went.

I would like to tell these people that they should get down on their hands and knees every night and thank God that they are American citizens.

Also, I would like to offer my help in moving them to Canada if they'll stay there.

'Angels wanted' From Cindy McMurphy O'Brien

We are blessed in this community to have dedicated volunteers who run needed, vital services.

Harvest Kitchen at St. Matthias Episcopal Church serves meals to those who otherwise would go without. These people are disabled, senior citizens, homeless,

veterans, home-bound, lonely, or just need a hot meal.

On Mondays and Tuesdays people can come and receive a smile, have a cup of coffee in a warm place, obtain a loaf of bread and hot food.

I am thankful to see these angels at work, and know that they cannot do it alone. Donations are needed year-round, and now even more, as the coldest time of the year is here.

Help can be provided with donations of food, warm clothing, blankets and sleeping bags, camping gear, and always, cash, to purchase needed items for this valuable service.

I hope that many remember Harvest Kitchen in their holiday giving.

Positives in Iraq From Bobbie Blakely Cave Junction

Last month, former valley resident and Evergreen school teacher Janet Johnson shared firsthand information from Iraq at the All-Congregations service in Cave Junction.

She has been working with the Iraqi people for the past 10 years. It was an enlightening evening and great pleasure to meet our sister, who has been in Iraq since before the Gulf War.

Janet shared a letter

from Specialist 1st Class Ray Reynolds, a medic in the Iowa National Guard, serving in Iraq. The following positive situations, which have occurred in Iraq recently, are excerpted from the letter:

*More than 400,000 children have up-to-date immunizations.

*School attendance is up 80 percent from levels before the war.

*More than 1,500 schools have been renovated and rid of the weapons stored there so that education can occur.

*The Port of Uhm Qasar was renovated so that grain can be off-loaded from ships faster.

*The country had its first 2 billion barrel export of oil in August.

*More than 4.5 million people in Iraq have clean water for the first time.

*The country now receives two times the electrical power than it did before the war.

*100 percent of the hospitals are open and fully staffed, compared to 35 percent before the war.

*Elections are taking place in every major city, and city councils are in place.

*Sewer and water lines are installed in every major city.

*More than 60,000 police are patrolling the streets.

*More than 100,000 Iraqi civil defense police are securing the country.

*More than 80,000 Iraqi soldiers are patrolling the streets side-by-side with U.S. soldiers.

*For the first time, more than 400,000 people have telephones.

*Students are taught field sanitation and hand-washing techniques to prevent the spread of germs.

*Girls are allowed to attend school classes.

*Textbooks that don't mention Saddam are in schools for the first time in 30 years.

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CJ Cares offers free meal for all-comers Thanksgiving Day

Available for "all who come," a free Thanksgiving meal will be dished up by Cave Junction Cares.

The feast will be held at the Jubilee Park pavilion in Cave Junction Thanksgiving Day, Thursday, Nov. 25 from noon to 2 p.m.

CJ Cares, a volunteer group led by Lynn Boucher, offers a "nice, warm eating

area with plenty of good, hot food." The annual event is "for all persons in the valley who do not have others with whom to share their thankfulness."

Volunteers and donations of any kind will be "accepted and appreciated." For more information phone Boucher at 592-3594 or 592-6855.

I feel a very unusual sensation - if it is not indigestion, I think it must be gratitude.

- Benjamin Disraeli -

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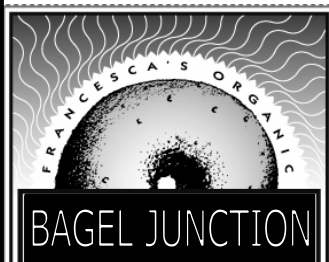
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