

Bob's Corner

My family, led by my imaginative and quite clever wife, Jan, "Shanghai'd" me last week. For maybe three weeks prior to last Wednesday, I was told that we were going to San Diego to celebrate my birthday. I was pleased at the thoughtfulness, as my birthplace is one of my favorite places to visit.

So off we went to Medford on Tuesday a week ago. Decided to spend the night there, as our flight was to leave at 5 a.m., and we'd rather arise at 3:15 a.m. in Medford instead of maybe 1:30 a.m. in Cave Junction to "get ready," drive to the airport, park and still check in an hour ahead of flight time.

So far so good. We made the flight; landed in Portland, and dashed for the "plane to San Diego" with not too many minutes to spare for the 6:45 a.m. take-off. However, I didn't bother to look at the digital readout at the boarding area. However more, once seated in the plane, I wondered why the pilot kept talking about Phoenix. "Flight time to Phoenix is two hours and 22 minutes." "The weather in Phoenix is clear and 64 sunny degrees." "We hope you enjoy your flight to Phoenix."

After about the second time, the word "Phoenix" began to sink in. One thought I had was that we would land in San Diego; then the craft would head for Arizona without us. Finally, I asked Jan why the pilot kept saying we were going to Phoenix. I was sure that we were going to San Diego. "Ask Mike," she said, as our son was sitting across the aisle from me with his daughter, Kimberly, 9. His wry answer, "It's a joke." OK, I can take a joke. Then the pilot said that we'd be heading to Phoenix in just a few minutes.



El Jéfé in Arizona

By this time, I was getting obviously apprehensive and worried. So Jan took pity on me and my obliviousness. "It's a birthday gift," she revealed with a smile. "We haven't been able to find that Southwestern-style shirt you've been wanting, so we're going to the Southwest, where we'll be sure to find one!" I was blown away. I was all smiles. I couldn't believe it. And off we flew. To Phoenix.

Jan further explained that our daughter, Vicki, and her daughters Natalie, 3, and Ella, 8 months, would meet us there, as they were flying from San Diego. Oh, wow -- now I was really blown away. What an amazing turn of events, all for little old me, turning an amazing 62.

We had a wonderful time, using as our base of operations a terrific house on a golf course in Chandler owned by "Liz," who is a sister of Matt, who is Vicki's husband. Got that? And we rented a van to haul us all around. It was a time with lots of fun and adventures; plenty of laughter, sight-seeing, and relaxing good times.

I'm about ready to stop for this week. So further observations, details, anecdotes and restaurant recommendations of My Surprise Birthday Trip will have to wait until next week.

Oh, the shirt? Never did find one! (That we liked). Looked all over Scottsdale without success. No matter. Maybe one of these days we'll go to Pendleton; got to be a good S.W.-type shirt there. Right? And if the pilot

Be content to remember that those who can make omelettes properly can do nothing else.

- Hilaire Belloc -

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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.

'Thank you' submissions are not accepted as letters.

Caution warranted with winter diets

From Jo Anne Stone
 Cave Junction

I'm concerned hearing about folks going on a "raw foods diet" as a way to lose their holiday pounds. In the winter, when one is not accustomed to such a diet, the result can be unbalance leading to illness, heart problems and even death.

Let's examine our relationship to food. Are we bingeing and purging? Or are we losing weight slowly with gentle exercise? If we are diabetic, asthmatic or more than 20 pounds overweight, are we under a practitioner's care?

Medication dosages may need to be adjusted. Purgation or extreme diets, especially in winter, can lead to problems.

Here are some tips from

a Chinese guidebook:

*Omit sugar and dairy products.

*Limit meat to 4 ounces several times a week.

*In winter, cooked root veggies, especially soups, are ideal.

*Omit all cold food and drinks.

*Take digestive enzymes 1/2 hour before meals.

He's puzzled by war rationale

From Wally Hardie
 Selma

It is puzzling to me trying to comprehend just what criteria are used by this administration to go to war.

When we say a country has weapons of mass destruction (WMD) and that nation says, "No we don't," and we send in inspectors by the thousands and they all say there are no WMDs, we continue to insist they do and if they won't produce them we will go to war, and we did, and there were no WMD.

However, if another country (Korea) says, "We have WMD," we want to appease them in any way we can. We have told them we don't want war. We have told them we will provide

food, build electrical generating plants, send medical aid; you name it, we'll do it. Much like jumping through hoops to appease.

However, Korea doesn't have oil either. Perhaps that's why we don't want war with it.

When we fought them before, it was to defeat communism. Now the communist sell their goods through Wal-Mart and most other department stores -- so much for defeating the commies, now we support them and owe communist China billions of dollars.

I believe we went to war in Vietnam for the same reason, to fight them over there, so we don't have to

fight them over here. Going to war for religious or ideological reasons results in wars that cannot be won. Fought, yes; won, no.

Americans had to die in wars, and we now support the communist victor.

Another country (Iran) says, "We are going to continue to develop nuclear power for peaceful use, and will allow monitoring of same." We tell them that they are lying and we will stop them, just like we stopped their neighbor Iraq.

We need an administration with a consistent foreign policy, but after six years without one, it may be too much to expect.

(Continued on page 3)

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