

Robert's back surgery successful
Operated on Thursday – home Saturday

Thursday, August 28th was the big day, and Robert checked in at 7 am for a 7:30 procedure. It was all over and he was back in his room at Sharp Grossmont hospital by 11 am. We arrived at about 11:30, and he still was pretty groggy. He did recognize us, but was mostly about half awake, half asleep. We left early,



taking Karla to lunch. The next day we came back again and found Robert much improved. He described the surgery, which involved the removal of bone growth that had grown sufficiently



to compress the nerve bundles in the spine, thus causing much pain.



Removal of the excess bone provides relief of pressure, hence pain. He made rapid progress, and was released on Saturday. On the following Wednesday we visited him on the way back from a visit to nearby Viejas Casino. He was up and about, feeling better, although he still had pain from a six inch

incision, which he would let us photograph. We did, however, get some nice pictures of the remodeling job, which is almost complete. Robert assures us that all will be in fine shape for the 2009 Riel Bowl.



The Riel Family Newsletter

Catch the News

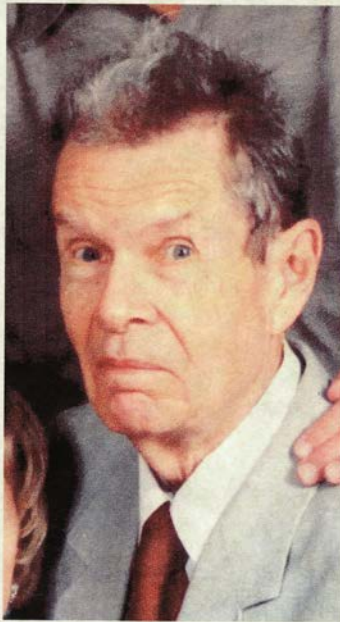
September, 2008

...WALTER WILCOXSON 1924 -2008...

It is with sadness that we report the passing of an old friend of Grandma and Grandpa, who died on August 31, from cancer of the pancreas. Virginia and Walter were long time members of St. Vincent's church. We knew them closely many years ago as participants in the church bridge marathon we were in back in the Lyndon Road days. Although that activity is long gone, we still saw them frequently at the 11:00 clock mass.



*"Aloha, a hui hou ka'ou"
Farewell, until we meet again*



*Walter George "Kanelei" Wilcoxson
March 14, 1924 to August 31, 2008*

Walter G. Wilcoxson, 84, passed away on August 31, 2008 after a valiant battle with prostate cancer. Born in San Diego, he graduated from high school in Honolulu, Hawaii and received a BA in Business Administration from the University of California at Berkeley in 1948. The son of a naval officer, Walter lived in Hawaii as a young man and always had a deep love for the Islands. As a hobby, he dabbled in Hawaiian and Tahitian dancing, much to the surprise of family and friends who knew him as a quiet, reserved civil engineer. He loved to recount his experience the morning of Dec. 7, 1941 at Pearl Harbor. Walter met the love of his life, Virginia Urbani at UC Berkley. They married in 1948 and settled in Mission Hills in 1956.

Walter was registered on the board of Civil and Professional Engineers as an architect and lands surveyor both in Hawaii and California where he assisted in the design of many parts of I-15 and I-8 for Caltrans. In 1978, Walter studied and received a JD from the Western State University College of Law.

He was a fan of Star Trek from the moment it aired on television and became a 'trekkie' long before it became fashionable.

In addition to Virginia, his loving wife of almost 60 yrs, Walter is survived by a son, Tony(Janet)Wilcoxson, of Atlanta, GA; daughters, Anna(Duncan)Wilcoxson Schute, Tess(Mark)Nelson of San Diego; grandchildren, Eric, Lauren and Max Nelson and Christian Kirklighter.

Hi everyone, its brother/uncle Ed catching up on some back family news.

First, Jan and I would like to share two pictures with you. The first, which was taken long ago, before digital, of our four boys, dressed up in our back yard, for, who can remember what occasion. The second, as one of the high points of Jan's Birthday party, was of our boys attempt to reenact the original picture. It was a lot of fun; the making of new memories out of old ones.

Secondly, on behalf of Tim, I would like to both, thank the members of our family that helped him meet the donation part of his second Bike & Build adventure, and also report on its success. A small part of the success happened here in San Diego days before Tim was to fly to Florida to start. As documented in the attached picture of our start, Tim got me, and his three brothers, to do a bike loop around the San Diego Bay. We started in Ocean Beach; rode downtown and then past the docks and, from Chula Vista on, there is a scenic bike trail running next to the Bay. We came back up the Silver Strand and took the ferry back to downtown. It was a wonderful family trip. We rode back to O.B. for a Super BBQ at Nathan and Brooks place where we attempted to put some ballast on skinny Tim for his long ride ahead.

His two-month trip is well documented on the Bike & Build web page. He rode the Southern route, along the Gulf Coast stopping a week in New Orleans. After Orleans the group biked to Texas and then headed northwest to San Francisco. Jan, Nathan, Brook, and I traveled to the Bay to cheer Tim in. With all of his local friends he had by far the biggest reception. It was a successful accomplishment in both the physical ride and in the spending so much time just doing something for others. Well done!

(see page 4 for pictures)

The Riel Family Newsletter

Catch the News

September, 2008

HEALTH Normally RFNL concentrates on family happenings, but once in a while we encounter something of general interest. On this page we have reproduced from the September issue of National Geographic magazine an interesting article on the subject of healthy (and unhealthy) foods. Most of you probably are aware that broccoli is famous for its healthy contents. Perhaps you did not know that blueberries, oranges, green beans, pineapples, and radishes are just as good.

Personally, I like all of the ones listed better than I like broccoli. Also, I did not know that sodium free club soda was healthier than steak. Personally, I prefer the latter. You may find some other interesting facts on your food.



Shopping by the Numbers

With 45,000 products in an average supermarket, confusion lurks in every aisle. How do you pick, say, the most nutritious fruits or snacks or canned soup? This month, thousands of stores will post numbers by many items as a cheat sheet. Developed by Yale University's Griffin Prevention Research Center, the Overall Nutritional Quality Index scores foods from 1 to 100, based on nutrients, vitamins, sugar, and salt as well as impact on blood pressure and other health concerns. More stores plan to adopt the rankings in 2009. —A. R. Williams



FOOD CHAIN
Here's a sampling
of items rated.
More scores are
at onqf.org.

- BROCCOLI 100**
- BLUEBERRIES 100
- ORANGE 100
- GREEN BEANS 100
- PINEAPPLE 99
- RADISH 99
- SUMMER SQUASH 98
- APPLE 96
- GREEN CABBAGE 96
- TOMATO 96
- CLEMENTINE 94
- WATERMELON 94
- MANGO 93
- NONFAT MILK 91
- FRESH FIGS 91
- GRAPES 91
- BANANA 91
- AVOCADO 89**
- OATMEAL 88
- BLACKBERRIES 83
- SOCKEYE SALMON 82
- RAW ALMONDS 82
- RAW PECANS 82
- ARUGULA 82
- BROWN RICE 82
- SNAPPER 82
- MILK (1% FAT) 81
- SHRIMP 75**
- COUSCOUS 72
- RAW PISTACHIOS 70
- UNBUTTERED, 69**
- UNSALTED POPCORN**
- CANNED TUNA IN OIL, DRAINED 67
- VEGETARIAN SPLIT-PEA SOUP MIX 63
- INSTANT OATMEAL 61
- CANNED PINEAPPLE PACKED IN JUICE 60
- WHITE RICE 57
- SODIUM-FREE CLUB SODA 56
- MILK (2% FAT) 55
- CANNED KIDNEY BEANS 53
- MILK (WHOLE) 52
- SCALLOPS 51
- PASTA 50**
- CANNED PEAS 49
- PRUNES 45



- 44 NY STRIP STEAK**
- 43 VANILLA YOGURT
- 39 ORANGE JUICE
- 39 SKINLESS CHICKEN BREASTS
- 37 CANNED PEACHES IN LIGHT SYRUP
- 36 LOBSTER
- 34 DRIED APPLES
- 32 TOMATO JUICE
- 32 CONDENSED SPLIT-PEA SOUP WITH HAM
- 29 ENRICHED WHITE BREAD
- 28 WHOLE CHICKEN WITH SKIN
- 26 RAISINS
- 25 HAMBURGER (75% LEAN)
- 24 APPLE CHIPS
- 24 GREEN OLIVES
- 23 BAGEL**
- 23 CONDENSED TOMATO SOUP
- 23 PEANUT BUTTER
- 23 SHERBET
- 22 REDUCED-FAT SOUR CREAM
- 21 CONDENSED CREAM OF BROCCOLI SOUP
- 21 SALTED, DRY-ROASTED PEANUTS**
- 20 INSTANT CHOCOLATE PUDDING
- 18 FRIED EGG**
- 17 SWISS CHEESE**
- 15 DIET SODA
- 13 CENTER-CUT BACON
- 11 PRETZEL STICKS
- 10 DARK CHOCOLATE**
- 9 WHITE BREAD
- 7 SALAMI
- 5 HOT DOG
- 4 CHEESE PUFFS**
- 3 MILK CHOCOLATE
- 2 APPLE PIE
- 2 REG. CUT BACON
- 2 SALTINE CRACKERS
- 1 SODA
- 1 POPSICLE**

The Riel Family Newsletter

Catch the News

September, 2008



Ed's pics



Curtis on the move – Southeast Asia to Texas to the Middle East

As we reported in the August RFNL Curtis is on way to Iraq after a brief indoctrination in Texas. Recently he joined us at lunch, and showed us some awards he won at the conclusion of his three years service in South Korea.

