

Saints and sinners: Mother knows best; eat your veggies

After President Bush choked on a pretzel recently, he recalled that his mother had told him as a boy to "always chew your food thoroughly before you swallow it."

Many of us had parents who told us the same thing. "Chew it good," my father repeated at the dinner table when we were growing up.

He was following the advice of a food faddist named Fletcher who recommended chewing each mouthful 40 times before swallowing it. His method was known as "Fletcherizing."

The Rev. Sylvester Graham, a 19th-century Presbyterian minister best remembered for Graham crackers, taught that food should be cool and chewed slowly and thoroughly.

If the president's mother was like most mothers, she also advised young George W. and his brother, Jeb, to "eat your vegetables" — an in-

junction that fell on deaf ears with her husband, the former president, who made famous the line, "I hate broccoli."

But more people (adults as well as children) are eating their vegetables today. The fear that mad cow disease could spread from England to this country, contaminating the meat supply, turned many toward vegetarianism.

There is another reason for the switch away from meat. The threat of a world food shortage in the 1960s raised the specter of compulsory vegetarianism. "Toward the end of the 20th century," said the director of the New York Board of Nutrition, "the United States will have to divert a large proportion of grain from animal feeds to direct human consumption."

It was pointed out that "when grain is passed through the stomach of an animal and we eat the



george plagenz

● saints & sinners

meat, it takes about eight acres to produce as much food as we could get from one acre if we ate the food directly from the farmlands."

The food shortage never reached a critical stage here, but then environmentalists, with their eye on the future, began encouraging people to eat less meat.

The last time the country went on a vegetarian kick was in the 19th century, but it was not

the result of food shortages. Just the opposite.

"A cheap, abundant food supply and a robust habit of life sent our ancestors off on a gastronomic binge which knew no limits," said Gerald Carson in his book, "The Cornflake Crusade" (Ayer Co. Publishing, 1976).

The book tells the story of the food faddists — mostly clergymen and members of the evangelical sects — who brought ready-to-eat breakfast foods into the American home.

Gluttony and the frying pan were ruining the American stomach. Midday dinner consisted of two meats, gravies, pickles, vegetables, cheese, bread and butter, topped off by pudding or pie.

The 19th-century man would have scorned the modern breakfast of orange juice, cereal, toast and coffee.

He wanted two meats, bread and potatoes,

pickles, and sometimes eggs, toast, hot cakes, biscuits and coffee.

The manner of eating was no more delicate than the quantity of food consumed. The American gentleman of the times, wrote Carson, "ate with blinding speed, shoveling his victuals in with his knife and afterwards cleaning his teeth with his pocketknife."

Vegetarians fall into several categories — those who eat no meat, those who eat a little meat and those who eat fish, but no meat.

Their numbers have included Socrates, Plato, da Vinci, Einstein, Gandhi, John Milton, Robert Cummings, Gloria Swanson, the Beatles and George Bernard Shaw.

Shaw, who lived to 94, became a vegetarian at the age of 25 and remained healthy throughout his life.

Economic recession, fear of terrorist attacks keeps many away from Mecca

By Tarek Al-Issawi

Associated Press Writer

DUBAI, United Arab Emirates — Each year, roughly 2 million of Islam's 1 billion adherents worldwide make their way to Mecca for a pilgrimage that is a pillar of their faith.

Saudi Arabian authorities expect about the same number of people to perform the hajj — or pilgrimage — next week, but the travelers will find their journey less crowded and security much tighter when they arrive.

Many people have opted to stay away from Mecca this year, either because they fear more terrorist attacks in the wake of Sept. 11 or due to the global economic recession.

Tour operators say a substantial decrease in foreign visitors is already evident.

"The number of pilgrims from the Indian subcontinent, especially India

and Pakistan, has decreased by 25 to 30 percent, mainly because they can't afford it. The cost for citizens from these countries has increased by 50 percent," said Saeed Abdul Razzak, director of the Haramain Pilgrimage Campaign.

Saudi authorities have tried to reassure Muslims that everything possible is being done to ensure a safe and smooth pilgrimage, but Razzak expects just half of the nearly 90,000 North American and European pilgrims who performed the hajj last year.

"Many foreigners are still reluctant to travel and others fear terrorist attacks, but this is highly unlikely," he said.

The pilgrimage to Mecca, birthplace of the Prophet Muhammad and home to Islam's holiest shrine, is one of the five pillars of Islam. Muslims who are able-bodied and can afford the trip are obliged to do it once in their lifetime.

Security in Mecca, a sleepy city in

western Saudi Arabia that swells to bursting during the hajj, is a top priority for authorities as they struggle to accommodate the pilgrims and arrange their lodging and movement through the streets.

While the Saudi government usually does not announce the number of security forces it deploys during the hajj, officials said on condition of anonymity that the number of undercover intelligence officers in Mecca has more than doubled, in addition to the tens of thousands of police on the streets.

The Saudi government installed digital eye-scanning and fingerprinting machines to collect data on pilgrims at King Abdul Aziz International Airport in the Red Sea port city of Jiddah, which receives 80 percent of nonresident pilgrims.

Surveillance cameras monitor the proceedings on every street and corner,

and guides and medics are at hand to lend assistance.

To keep the number of pilgrims reasonable, the government sets a quota of one pilgrim for every 1,000 people in each of the 56 members of the Organization of the Islamic Conference. For other nations, Saudi authorities determine quotas based on the number of applicants.

The hajj begins next Wednesday.

Men dressed in white, seamless garments wrapped like togas, and women wearing white robes covering everything but their face and hands, will converge on Mecca, where they will circle the Kaaba, the large cubic stone structure that Muslims face during their five daily prayers.

Covered with a black cloth, the Kaaba houses the Black Stone. It was a pagan pilgrimage site before Muhammad destroyed the idols there and established

worship of the one God.

From Mecca, the pilgrims head toward Mina, a small tent city that only comes alive during the hajj.

They will spend the night there, then journey at dawn to Mount Arafat — a little more than 10 miles southwest of Mecca — where Muslims believe that Muhammad gave his last sermon 14 centuries ago. At Mount Arafat, the pilgrims chant in unison "Here I am, oh Almighty, here I am."

The pilgrims trek to the nearby plain of Muzdalifah at sunset to collect pebbles for the symbolic ritual of "stoning the devil" in Mina the next day.

After the stoning — from giant ramps that surround three pillars symbolizing the devil — the pilgrims perform the ritual of sacrifice, slaughtering a camel, sheep or cow to mark the beginning of Eid al-Adha, or the "Feast of the Sacrifice."

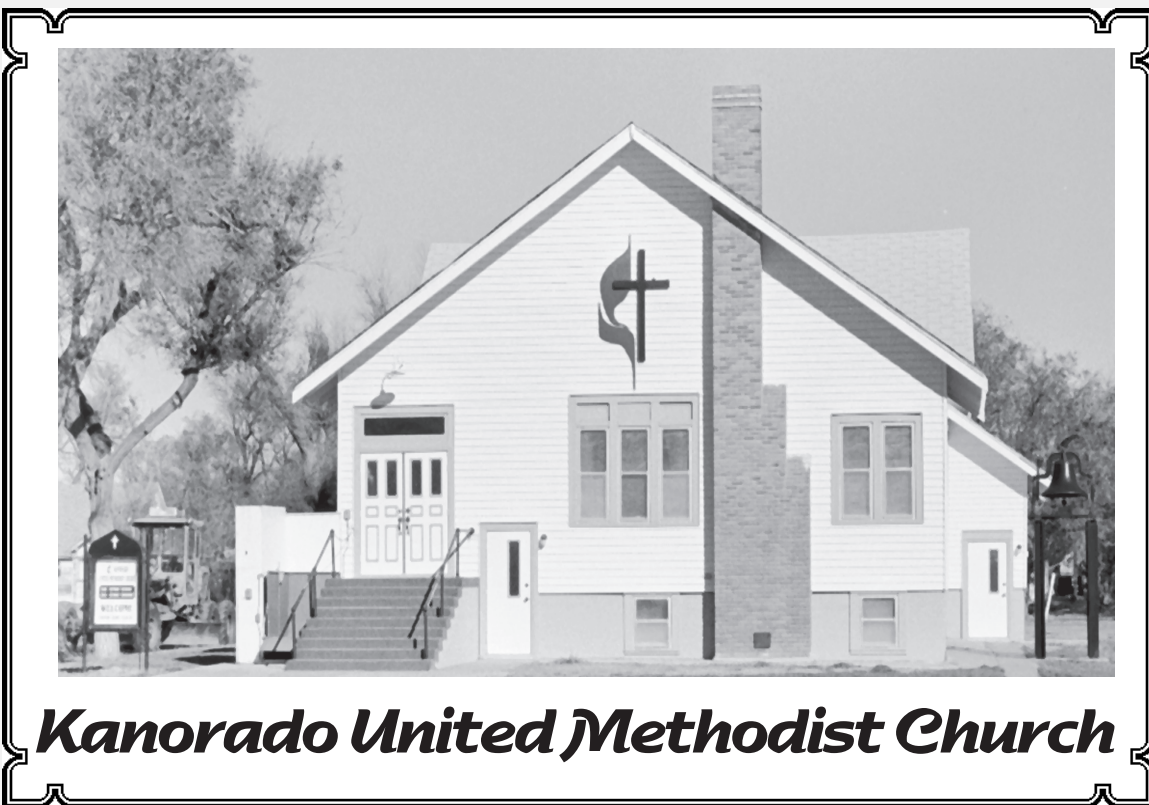
The act commemorates God's provision of a ram at Mina to substitute for Abraham's impending sacrifice of his son. It is celebrated by Muslims around the world, and is regarded as the most important feast in the Islamic calendar.

The pilgrims remain in Mina for two more days to again perform the stoning of the devil ritual, then perform a "farewell circling" of the Kaaba before leaving Mecca.

This is not the first time security and safety have been major concerns at the hajj.

Last year, about 35 Muslims died in a stampede while performing the "stoning of the devil" ritual. Stampedes in 1994 and 1998 killed and injured hundreds of people and, in the most deadly tragedy related to the hajj, 1,426 pilgrims died in another stampede in 1990.

A fire in Mina killed more than 340 pilgrims and injured 1,500.



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Bible Baptist Church
Pastor: Don Crutcher
 Fifth & Broadway
 899-7368
Sunday: Sunday School: 9 am
 Worship Service: 10 am
 Evening Service: 6:30 pm
Wednesday: Evening Bible Study: 7 pm

Calvary Gospel Church
Pastor: Rev. Steve Rains
 Fourth & College • 899-3605
Sunday: Sunday School: 9:15 am
 Morning Worship: 10:30 am
 Evening Worship: 6:30 pm
Wednesday: Family Night: 7 pm
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Saturday: Prayer Meeting: 5-7 pm
If you would like to receive a free newsletter, please call the church office.

Church of Christ
 401 Caldwell
 899-6185
Sunday: Bible Study: 9:45 am
 Worship Service: 10:45 am
 Evening Service: 6 pm
Wednesday: Bible Study: 7 pm

Church of the Nazarene
Pastor: Matthew Delp
 Third & Caldwell
 899-2080 or 899-3797
Sunday: Sunday School: 9:45 am
 Worship Service: 10:50 am
 Evening Service: 6 pm
Wednesday: Evening Service: 7 pm

First Baptist Church
Pastor: Bud Chester
 Fifth & Center • 899-3450
Sunday: Sunday School: 9:15 am
 Morning Worship: 10:30 am
 Evening Worship: 6:30 pm
Tuesday: Mens' Prayer Group: 6:00 am
Thursday: Night Bible Study: 7:00 pm

Seventh Day Adventist Church
 1160 Cattletrail
Pastor: Arlin Cochran • 785-332-2888
Saturday: Sabbath School: 9:30 am
 Worship Service: 11 am

First Christian Church (Disciples of Christ)
Pastor: Loren Strait
 Eighth & Arcade • 899-5233
Sunday: Worship Service: 10:30 am
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship
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 1116 Sherman
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Pastor: Rev. Carol Moore-Ramey
Sunday: Sunday School: 9:15 am
 Worship Service: 10:30 am

Sonrise Christian Church
 Ninth & Caldwell • 899-5398
Minister: Tony Kafka
Youth Minister: Doug Bean
Sunday: Worship Service: 9:30 am
 Sunday School: 10:45 am
Wednesday: Junior/Senior High Meeting: 7 pm
 Adult & Children's Classes: 7 pm

Emmanuel Lutheran Church
 13th & Sherman • 899-6161
Pastor: Scott Grimshaw
Sunday: Sunday School: 8:45 am
 Worship Service: 10 am
Wednesday: Confirmation: 6 pm

Kanorado United Methodist Church
Pastor: Leonard Cox
 399-2468
Sunday: Sunday School: 9 am
 Worship Service: 10:15 am

Goodland Bible Church
 109 Willow Road • 899-6400
Pastor:
Sunday: Sunday School: 9:45 am
 Morning Worship: 11 am
 Evening Worship: 6 pm
Wednesday: Call for location

Grace Fellowship Church
 104 E. Hwy 24 • 899-6423
Pastor: Bob Snyder • Residence: 899-0134
Sunday: Sunday School: 10 am
 Worship Service: 11 am
 Youth 5:30 pm
 Wednesday 6:30 pm Bible study and prayer
 Thursday 7 pm Bible study "Firm Foundations"

St. Paul's Episcopal Church
 13th & Center
 899-2115 or Rectory 899-2114
Priest: Father Charles Schneider
Deacon: Gretchen Talitha
Adult Forum: Sunday : 8:30 am
 Morning Prayer: 9:30 am 1st & 5th Sundays
Holy Eucharist: 2nd, 3rd, & 4th Sundays: 9:30
 Sr. Warden for emergencies during the week 899-2067

Church of Jesus Christ of Latter-Day Saints
 1200 15th Street • Burlington, CO • (970) 664-2470
Sacrament Meeting: 9:30 am
Sunday School: 10:45 am
Priesthood/Relief Society: 11:30 am

Word of Life Foursquare Church
 223 E. 10th
 899-5250
Pastor: John Coumerilh
Sunday: Worship Celebration & Kids' Church: 10:30 am

United Methodist Church Brewster:
Pastor:
 Worship Service: 10:45 am CST
 Sunday School: 9:45 am CST
Winona:
Minister: Rev. Bob Winters
 Worship Service: 9 am CST
 Sunday School: 10:15 am CST

Iglesia Del Dios Vivo
 La Luz Del Mundo
 Spanish Speaking Church
Minister: Esteban Ortiz B.
 1601 Texas • 899-5275
Daily Prayer: Sunday thru Saturday: 5 am & 6 pm
Sunday: Sunday School: 10 am

Our Lady of Perpetual Help
Pastor: Father Daryl Olmstead
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 Sunday: 8 am and 10:30 am
Spanish Mass: 1st & 3rd Sunday: 2 pm

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