

moral perspectives

Rev. Robert Schaden

What would victims of Flight 007 tell us?

Since Flight 007 was shot out of the sky, we have heard from television and radio commentators in Russia as well as the United States. Newspapers have editorialized the issue from many cides.

sides.

Those whose business it is to sell nuclear hardware have attempted to captilize on the tragedy to try to peddle more and bigger weapons. We have also been exposed to the survivors of the victims from that ill-fated airliner.

the victims from that ill-fated airliner. We might do well to let our imagination roam and liaten to the people who died aboard flight 60?. They be now beyond our troubles. They have so more reason to fear the fitterpower we continue to worship. From their perspective of having seen life from both sides now, what would they have to say to us who have discussed their demises a hundred times over.

a filtance times over?

Is it possible that they might warn us to expect more of the same for as long as we continue to play with fire? Might they suggest that we learn something from this brutal act.

THIS WOULD be the real tragedy—that we learn nothing from what has taken place but insist upon moving in the same dangerous direction. If that is the case, then these 259 lives were really wasted. But if we can put aside our shock and cries for vengance long enough to hear them speak some sense to us at least they will not have died in vain.

it would seem from the speeches that have been made in the aftermath to this disaster that we are hell-bent on leagning oothing. But then we have always been more rendy to make speeches and call for blood than to listen and learn. Listen to the victims who died over the sea of Japan.

They might remind us that what hap-pened to them was inevitable or at least that it was inevitable for some-one. The simple truth is that if enough

A. Jola Farrell

light one.

The only difference here is that the child grew older and the toy was far bigger than a firecracker and in many instances they are far more powerful than the one that knocked 007 out of the sky. As long as we conline to scatter, the machinery of death around the globe the law of averages says that we are inviting someone to push another button.

THOSE who died at the hand of the Russion fighter pilot may have a different sense of human history than we do from the narrowness of our earthbound perspective. They may remind us that the history of war machinery is such that someone will always come up with justification for using it. Such justification knocked 280 lives out of our threat our control world. The question now simply has to do with who will justify pushing the next button and how many will join the next button and how many will join the 259 when it happens.

Perhaps we cannot hear this kind of wisdom at all because we are too caught up in seeking security where it can never be found. There are those who insist that this incident only proves that we need more and bigger firepow-

Even as we continue to worship the golden calf of nuclear firepower, we fall to realize that we become less se-cure with the development of each new cure with the development of each new weapon. Despite our awasome arsenal, 007 was blown out of the sky. Nothing more awasome or more numbing is going to prevent the distinct possibility of someone somewhere pushing anoth-er button big enough to blow cities out

If only the 269 could speak louder. Or is it perhaps a question of our listening more intentity? In either case, our fail-ure to hear may make us the real vi-cims of flight 007.



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Increase iron intake with iron-rich foods

gerontology

🛚 A. Jolayne

Dear Jo:
My diet is lacking in iron. Rather than take an iron supplement, I would prefer to include more iron in my daily diet. Please give me some tips as to how I can increase my dietary iron in-

take.
Miss E.R. (over 70 and business as usual)

Dear Miss R.:

The obvious foods that contain tron
are liver, kidney and other organ
meats. Rather than simply pan frying
these meats, you can add them to family favorites such as meatleaf or stew or serve them as a pate on whole grain crackers for for lunch on a bagel or a hun.

bun.
Other iron-rich foods are dried peas, beans and leutils. These can be added to soups, casseroles or used in baked beans or chill.

beans or chill.

Wheat germ is another good source
of iron; it can be sprinkled over
cereals, added to muffins or homemade
breads.
Other foods containing Iron are sardines, eggs, blackstrap molasses, currants, raiains, other dried fruits and
prune and tomato fuices. Older persons
should have at least 7 milligrams of
iron in their diet each day.

Dear Jolayne:
Even though I'm, not over the age of 65, I read your column.
I can lectailly with your middle-aged reader who wrote to you about her concerns in carring for both her teen-aged children and her older parent. I too am in this situation and would like to pass along what works for me.
I have both mother and my husband's mother to care for. They do not live with us, but we see them often. They are lonely and have time on their hands

so, as buy as I am, (or think I am) I drop by and pick one or both of them up and take them along on my errands and carpools with the children. They see how busy I am and are most considerate of, and sympathetic to, my "state" in life. At least I know with all the activity with the children and going from piace-to-piace, they are not bored or lonely. I enjoy their help, support and company. company.

Regarding your column on fatigue and low back pain while driving, I have found that it is the soft-cushloned, springy seats that cause my back to ache and cause me to have attacks of

sciatica.

To minimize the problem I sit on an 11-by-16 piece of plywood, covered with a sheepskin, and my back feels

just fine.

Perhaps some of your readers may benefit from this bit of advice. Happy driver since 1960.

Dear Jo: What do you think of an older women who wears brightly colored logging shoes when she goes out for her daily

Unsigned.

Dear Unsigned:

I don't really know what you were "getting at" in your letter, but to answer your question jogging shoes are comfortable, have good support, are well balanced and are generally sturyd and safe for older persons. The colour of the shoes is a personal matter, some people prefer the cheerful, bright colours, while others like the darker tones. It is the daily walk for older people in well-litting aboes, not the color, that is important.

15 churches in music festival

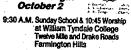
More than 15 churches will be in-volved in the fall music festival to be held at 430 p.m. Saturday in the new sanctuary of the Metropolitan Seventh Day Adventist Church, Haggerty and Pty Mile.

The festival is a quarterly presenta-tion sponsored by the western Detroit area Seventh Day Adventist churches. Highlights will include the Ebony

Singers of try Temple Church, Detroit, the Celebration of Fraise Trio from the Flymouth area, the Sharon Youth Choir of Inkster, and soloist Ray Anderson, who conducts a musical and evangelistic program on religious radio stations. The free event is open to the public. It was originally scheduled for the Flymouth church, but was moved to Metropolitac church which has more space to accommodate the public.

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