

She's high on low-fat dessert

You may have noticed that this column was missing from last month's issue of *The Progress*. That's because I spent much of the month with my mother in Longview, Texas. She had a heart attack and subsequent quadruple bypass.

She seems to be doing well now, but as is almost always the case with heart attack patients, she is having to make some dietary changes, which is added stress to an already stressful situation. (Cut the fat and the sodium? The very thought gives me a mild case of angst.)

Ironically, just before mother's heart attack, I was in the beginning stages of planning the next several columns around recipes for special needs diets. For instance, my friend and neighbor, Nell Rimmer, prepared a low-fat creamy desert for my family and had agreed to share it with readers of this column. I thought it would also be nice to share some dessert recipes for diabetics and low sodium/low fat entrees, basically any recipes for people on restricted diets, because as a lover of good food, my heart goes out to people whose health depends on these restrictions.

Are you or someone you love on a restricted diet? Is there a particular type of food craving you have and would like an alternative recipe for? Or perhaps you have a particularly good recipe for a restricted diet that you would like to share. If so, please fax it along with the name of its originator, and your name and phone/fax number to me at 468-9335. In the meantime, here's my family's favorite low-fat, easy snack recipe. Some members prefer this snack made with Granny Smith apples, some with Red Delicious. Some like the apples raw, some cooked for three minutes in



the microwave. However you like your apples, this, of course, is the time of year to try them.

What is this recipe? Simply a cored, peeled and sliced apple sprinkled with a mixture of 1/2 teaspoon of apple pie spice to one teaspoon of sugar. If you can have some fat and sodium and prefer your apple slices cooked, you may top the apples with about a teaspoon of margarine. For those whose sweet tooth requires a creamier dessert, here is the delicious dessert Nell Rimmer served our family.

I wasn't home when Nell brought it over, but husband James urged me (he didn't really have to try too hard) to try it, saying, "Nell says this is low-fat."

After tasting it, I teased him in an admonishing way. "James," I said, "I'm sure Nell was being facetious when she said this was low-fat!" The next time I saw her (at Morrisville Elementary where she works in the cafeteria), I made a good-natured verbal jab about that "low-fat" dessert she had the nerve to bring to my house. When she assured me she wasn't kidding about it being low-fat, I went home and had another helping!

Cherry Delight
2 cups graham cracker crumbs
1/4 cup sugar (or 12 packages artificial sweetener)
1/2 stick margarine, melted.
Mix the above ingredients together and press into bottom of pie pan.

Filling: 2/3 cup of sugar (can use half sugar and half artificial sweetener), 8 oz. light cream cheese, 2 eggs.

Beat together until creamy and pour onto the cracker crust. Bake at 300 degrees for about 15 minutes. Cool. Pour one can of light cherry pie filling and top with a light whipped topping. Who says desserts aren't what they used to be?

Prestonwood Notebook

Halloween treat, 'mystery' buffet planned

A Halloween party and a "murder mystery" buffet dinner are included on Prestonwood's fall calendar. The Halloween party will be sponsored by Prestonwood Kid's Club and will be open to all children of Prestonwood members. It will take place Thursday, Oct. 31, from 6 to 8:30 p.m.

Events at the party will include a family buffet, a costume parade for trick or treating, a magician, a storyteller and a horse-drawn hayride along the golf course.

Reservations are required for both the 7 p.m. party and 6 p.m. buffet, and buffet attendance will be limited. The magic show, storytelling and hayride will begin every 20 minutes. At the end of the evening, each child will receive a trick or treat bag and an assortment of candies.

Reservations for the party can be made by calling 467-2566. More information can be obtained by call-

ing 467-9601. The cost for the party will be \$6 per child.

Friday, Nov. 15, is the date for the "murder mystery" buffet dinner. Light hors d'oeuvres will be served at 7 p.m., the show will start at 7:30 and the buffet begins at 7:45.

The mystery, entitled "Death by Politics," centers around three gubernatorial candidates representing the newly-formed "Wolf Party." The murder will take place during speechmaking and a telephone call-in. Reservations can be made by calling 467-2566. The charge is \$25 per person, not including cocktails. The event will be limited to 120 people.

Prestonwood Country Club is a private club and attendance at all functions and activities are for members and guests only.

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CLASSIFIEDS

Carpenter's Harvest Day scheduled for Oct. 12

Wagon rides, crafts and antiques, music and food.

Those are just some of the attractions at the Carpenter Ole Time Harvest Day, scheduled Oct. 12 at the Ferrell Farm on Morrisville-Carpenter Road.

The annual event is sponsored by the Carpenter Ruritan Club, with proceeds going to the Carpenter Ruritan Scholarship Fund.

Starting at 8 a.m. and continuing through 5 p.m., Harvest Day visitors can view and participate in a variety of activities.

Attractions include working and non-working horses and mules,

with demonstrations starting at 10 a.m., 2 p.m., and 4 p.m. Antique tractor demonstrations will start at 11 a.m. and 3 p.m. There will also be a petting zoo and a display of steam and gas antique engines.

Biscuits will be available in the morning. Other fare available throughout the day will include barbecue sandwiches, hot dogs, pinto beans, homemade ice cream, desserts and drinks.

The Ferrell Farm, site of the event, is located on Morrisville-Carpenter Road near the Koppers Road intersection between Davis Drive and N.C. 55.

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FLORICULTURAL ASSISTANT FOREMAN. Full-time permanent position. Responsibilities include installation and maintenance of summer and winter annuals and perennial flower beds. Must have NC drivers license. Apply between 8 a.m.-5 p.m. Monday-Friday. Bland Landscaping Co., 1200 Perry Rd., Apex, NC 27502; (919) 387-0010. FC

BINKY'S DINER IS HIRING evening waitstaff. Weekends necessary. Must be over 21; Waverly Place, Cary, NC; 851-1598. FC

CARPENTERS & LABORERS NEEDED for work in Cary, Raleigh & Durham areas. Must have own transportation; paid weekly. 639-2728. FC

COOLEY'S RESTAURANT. Full-time or part-time cook and part-time waitstaff positions available. Weekend work required. Apply in person at 305 South Main St., Fuquay-Varina. FC

MATURE SALESPERSON NEEDED with some interior design skills. Mail resume to P.O. Box 1179, Angler, NC 27501 or call 919-639-6141 for an appointment. FC

PAINTER/SHEETROCK/CARPENTER. Good pay, no experience necessary. 846-2586 business or pager; 713-5579, 713-5580. AC

Chamber surpasses goal

Membership in the Morrisville Chamber of Commerce nearly doubled in the organization's fiscal year ending Set. 30.

Ray Lech, chamber president, reports that membership is up to 402 businesses, professional people and individuals. The original goal for the year was 300, based on a starting point of 204.

The all-time high in membership will be one of the points of discussion at the chamber's annual dinner on Oct. 18. The event will take place at the Holiday Inn located on Page Road at Interstate 40. A social will start at 6 p.m., followed by the dinner at 6:30.

Luke Hyde, a Raleigh attorney, will be the guest speaker. Tickets, priced at \$35 each, are available through the chamber office.

New chamber officers expected to be in attendance at the banquet include Scott Beerman, chairman of the board; Mark Bolebruch,

Chamber Corner

chairman-elect; and Cleve Folger, Barbara McGill and Pam Cox, vice chairmen.

A barbecue lunch sponsored by the chamber is scheduled for Friday at the chamber's 222 Church St. office. The lunch, catered by Carvery Catery, will include barbecue pork, salad, potato salad, bread and iced tea.

Tickets are \$6 each and are available through the chamber.

The next Business After Hours will be held Oct. 10 from 5:30 to 7 p.m. at Computer Decisions, located at 2950 Gateway Center Boulevard.

The next Issues and Eggs breakfast will take place Oct. 24 at Sorrento's starting at 7:45 a.m. David Hodgkins, Morrisville's town manager, will be the guest speaker.

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