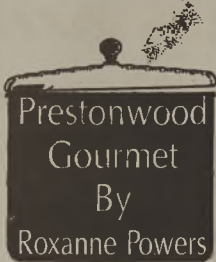


Recipe suitable for special needs diet

I received a letter from Sandy Garetton of Preston Fairways who is lactose intolerant and needs suggestions on substitutions for butter, cream, milk, cheese, etc. in recipes. Sandy says, "Yes, I take potatoes out of the pot before I add the butter and milk, roast meat separately for me when I'm making a sauce, keep vegetables separate, etc., but this is a pain and quite honestly, pretty boring cuisine for me." She adds, "Let's not even discuss dessert...there is no substitute for milk chocolate, heavy cream, ice cream..."



Talk about the stuff nightmares are made of; this must be it! Thanks, Sandy, for giving me the opportunity to help you with your special needs diet. As it turns out, during one of my Saturday morning chats with my mother (a diverticulitis sufferer) I discussed my plans to share the following

recipe in this month's column with those diverticulitis patients who can't have nuts, some grains, some legumes, and who can't imagine a Thanksgiving day meal without pecan pie.

I also told her of your dietary dilemma. She pointed out that this

month's recipe would work well for lactose intolerant people as well as diverticulitis patients. Its texture has the ability to "fool" the palate into believing it has just had creamy dessert, even though there's not a single drop of lactose.

And where did I get this delicious recipe? Hold onto your seat, for if you've never been a patient at Rex Hospital, you probably won't believe it. That's right, this month's recipe was submitted by Executive Chef Paul F. Johnson, chef at Rex Healthcare. Okay, I'm going to publicly confess. This is one hospital that actually has food I like! Whether or not you will admit to liking hospital food, I hope you'll enjoy this recipe.

In the meantime, Sandy, I'll check around and see what else I can come up with, and I hope you'll get some additional ideas from Progress readers. If so, I'll

pass them along. If any other Progress readers have special dietary concerns, don't forget that we consider it our privilege to be able to help.

Rex Healthcare Oatmeal Pie
 6 eggs
 1 stick melted margarine
 1 1/2 cups sugar
 2 1/2 cups light corn syrup
 1 tbsp. vanilla extract
 1/2 tsp. salt
 1 1/2 cups oatmeal
 2 pie shells

Preheat oven to 325 degrees. Beat eggs with hand mixer or whisk until combined. Add everything else but the oatmeal, mix well. Stir in oatmeal last. Pour evenly into pie shells. Bake 45 minutes or until firm and deep brown colored on top. Let cool before cutting and serving.

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New radios sought to improve communications

Twelve state-of-the-art mobile radios will be purchased by the Town of Morrisville in an attempt to clear up what has been a problem in communications between town departments. The cost: \$18,240.

During the past several months, a committee of employees representing six town departments has been meeting to identify problems with existing communication capabilities between department personnel.

The problems have been cropping up for years, but became quite noticeable during a disaster drill staged in Morrisville during the direction of Fire Chief Tony Chiotakis.

Chiotakis and other town officials, including Town Manager David Hodgkins, agreed that if one thing was learned it was that flaws existed in communications between departments. He said the drill showed a need for a town-wide overall communication system, one that could be used on a day-to-day basis, and not only in emergencies.

Hodgkins explained the study committee cited the various means of communication currently utilized by departments (such as cel-

lular telephones, digital pagers and mobile radios) as a major impediment to efficient communications and operations.

The 12 mobile radios will be used by four departments: finance, inspections, parks and recreation, and

public works/utilities. Hodgkins said most cellular telephones will be eliminated and the savings will be about \$600 a year.

The purchase was authorized by the Board of Commissioners.

Toronto flights start Nov. 18

Air Canada will offer two non-stop daily flights between Raleigh-Durham International Airport and Toronto starting Nov. 18.

Midway Airlines is seeking permission from the Department of Transportation for RDU to Toronto flights, but Air Canada did not require such approval because of a bilateral agreement between the U.S. and Canada. A Midway spokesman said the airlines hopes

to add Toronto flights starting in February.

Flights from Raleigh-Durham will depart at 10:50 a.m. and 7:25 p.m. Flights from Toronto will leave at 8:25 a.m. and 5:10 p.m.

The Toronto service will increase Raleigh-Durham's international flights to three. American Airlines offers a daily flight to London and Midway has a daily flight to Cancun, Mexico.



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