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Martha Jane Livossy xx  
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## Susan Duff writes Calorie Countdown

Susan Duff is the perfect example of a young woman who turned a hobby into a career. The hobby has been studying diet concepts and consulting with medical specialists in the field for over six years. Her talent comes in when she put all this research together and packaged it in her light and lively feature, CALORIE COUNTDOWN.

Since receiving her BA from Sarah Lawrence College, where she was president of her class, she has worked in a Manhattan office where she and, quite Ms. Duff, "some fellow ladies," herbed and laminated diets. Three times a week they met to enjoy under 300 calorie lunches together and discuss new diet ideas.

She was a research assistant to a psychologist at New York University where she became especially involved in a project concerning the psychological aspects of dieting and weight control. After all the research and experimentation with calories, Miss Duff has found the answer to keeping a most attractive

figure while still enjoying good food.

To keep up to date, she's formed another diet group which meets weekly to record weights on charts while they take turns preparing diet dinners. One of her greatest interests is in low calorie cooking and ways of preparing good-tasting and nonfattening foods.

Perhaps CALORIE COUNTDOWN'S universal appeal lies in the fact that Susan Duff brings the subject of dieting out of the kitchen and into restaurants and cocktail parties. Neither does she restrict the office, giving helpful and fresh suggestions on low-calorie snacks that satisfy hunger and overcome the craving for clandestine candy bars.

CALORIE COUNTDOWN will cover all areas where people nibble and gain weight, and it wouldn't surprise us to find a few helpful tips one day on what to eat at the Thursday Night Poker Game and still stay slim. That's why even those lucky ones who never have to worry about watching their weight will enjoy reading Susan Duff's CALORIE COUNTDOWN.

## Housing Commission elects Rev. Kamlage president

At the annual meeting of the Board of Directors of the Carlisle-Nicholas County Housing Commission recently, the following persons were elected to serve as officers during the coming year: A.V. Allison, vice president; Rev. Herman Kamlage, president; Dr. Robert Sparks, secretary-treasurer.

The Housing Commission is responsible for the operation of the Dyanore Hill Apartments housing project in Carlisle. The Board of Directors consists of a representative at the time of each of the

local churches: Carlisle Baptist Church, First Christian Church, Carlisle Christian Church, Carlisle Methodist Church, Carlisle Presbyterian Church, Shrine of Our Lady of Guadalupe, and Holy Family C.E. Methodist Church. Board members for the coming year are Rev. Herman Kamlage, Rev. Robert Sparks, A.V. Allison, S.R. Barlow, Stanley Blake and Dr. Robert Sparks.

The board also passed a resolution in memory of George Hankin Carter, who was serving as president of the Housing Commission at the time of his death.

## Mattox, Supt. Parsley attend Orientation Conference Monday

Chester Mattox, newly elected Nicholas County School Board member from District 1, and D.P. Parsley, Superintendent of Nicholas County Schools, attended the Orientation Conference for New School Board Members held in Lexington on Monday and Tuesday.

The conference, sponsored by the Kentucky School Boards Association and the Kentucky Department of Education, was designed to acquaint new school board members with their duties and responsibilities in managing and operating Kentucky's public schools.

About 200 board members that were elected in November and are taking office this month attended workshops conducted by authorities on Kentucky School Law, Kentucky School Finance and School-Community Relations. Veterans of the school board members were also invited to attend.

## Loss Fridays game 73-55 size, speed whip Jackets

The Williamstown Demons rolled into town last Friday night and wasted no time in displaying their desirable wares. The Demons had all it takes to whip the locals—smooth ball handling, good quickness, and at least one man with size.

It took the Demons exactly six minutes to establish their first ten point lead, at 14. Nicholas was obviously concentrating on the Demons big gun, 6' 2" Fred Hale, who brought a 30 point average into the game. Hale was held to four in the first half, but managed to successfully open the Jacket defenders long enough to well enough for teammates Dick Kennedy and Dennis Popham to simply take up the slack.

Hale and friends stayed on top throughout the half, by 14 at one point they were going by Doug Jones and Gerald Thompson out the gap to eight at the half. Williamstown jumped on Nicholas for two quick buckets at the outset of the second half, upping their lead to 36-26. Then lightning struck. For three minutes the locals could do no wrong. They hit the boards like madmen, pressed the Demons like demons, and threw nine unmetabolized points to cut the gap to three, 26-36, when Williamstown took a desperation time-out.

Hutton put two through, and Compton scored twice, once on a three point play, while the Jacket box-and-chase defense caused six fruitless trips by Williamstown into their front court. But then suddenly, someone or something let the air out of the big balloon. Nicholas shot eight straight shots, including a three-on-one fast break attempt, while the Demons calmed and then led to a 38-48 quarter lead. During the Demons counter-surge Hale began to loose his scoring touch. He scored nine points, 6' 3" reserve forward Mike Beckham came in to fine tune points and some fine defensive work, and the whole Demons team adjusted to the press.

The Demons cooled on in during the fourth quarter, leading by 20 at one point, to win easily 73-55. A negative factor figuring big in the Jacket's ninth loss, was the fact Doug Jones, who missed practice Thursday and Friday, was not in the lineup to start his guard position, but came in to play a fine game, scoring eight points. Doug Fryman had been fighting the flu all week and consequently scored only two points and rebounded only twice. Fryman averages 10 rebounds per game. Coach Bill Anderson was surprised at the number of good shots presented to his team. The Jackets took more shots than the bigger visitors, but the County continued on page 10

## NY survey says health better here; local statics show 385 treated for flu-like viruses since Jan. 11

NEW YORK—How healthy are Nicholas County residents? How do they compare, in that regard, with people in other parts of the country? What progress has been made, if any, in recent years?

Some answers to these questions may be gleaned from the reports of the National Center for Health Statistics, the analytic arm of the U.S. Public Health Service.

Through weekly samplings of families across the land, it keeps constant watch on the physical condition of the population. It assesses the general health of a community by the extent to which its people are able to pursue their normal daily activities without interruptions necessitated by illness or injury.

This is measured by what is called a "disability days index," which takes account of the number of days of restricted activity, when a person is unable to go to work or to school, and those in which he is kept in bed or in a hospital, called bed days.

In the regional area embracing Nicholas County, on that basis, the health of the population was somewhat better in 1970 than it was five years earlier, according to the government's latest figures.

They show that the average number of disability days in the area in 1970 was 15.9 per person, of which 7.2 were bed days. In 1965 local people had an average of 16.9 disability days, including 6.7 bed days. By way of comparison, the national average for the coming year are Rev. Herman Kamlage, Rev. Robert Sparks, A.V. Allison, S.R. Barlow, Stanley Blake and Dr. Robert Sparks.

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"Termination of REAP," the Kentucky Senator said, "will deprive perhaps 30,000 Kentucky farmers — and close to a million farmers throughout the nation — of important cost sharing payments during the year. It will retard conservation and environmental activities which are needed. It demonstrates a disregard for our farm population and for efforts to improve the rural environment."

"Coming in the midst of the year, the announced termination of the program completely defeats the intent of the Congress which has provided \$225 million for the program for the period beginning July 1, 1972, and ending June 30, 1973.

"I have as well as anyone that we must hold the line on federal spending. I support a spending ceiling and the reduction of expenditures. But, we must use discretion in our budget-cutting. And, in my opinion, REAP — a program which

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average in 1970 was 14.6 days of restricted activity, 6.1 of them in bed. Improvement was noted in this regard in all sections of the country except the northeastern states.

Also, it appears from the figures, women are more likely to be incapacitated than men. They have 15.2 days of disability per year as against 13.2 for men.

The loss in Nicholas county, based upon the disability rate reported for its sectional area, 15.9 days per person, adds up to a total of 103,000 days for the year.

The American Medical Association, commenting on these health statistics in its publication "Update," notes that the healthiest people in the country today are those who live on farms in the midwest and have incomes of over \$10,000 a year.

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It also reported that 288 students and 17 staff members were absent from the Nicholas County Schools on Tuesday, Jan. 11. Kindergraten was closed on Tuesday because of the flu, according to Mrs. Horace Marshall, school nurse. On Wednesday since the local schools did not close.

The visiting hours at the Nicholas County Hospital and the Johnson's Mothers' Nursing Home have been discontinued because of the flu epidemic, according to Mrs. Alma Croy, public administrator.

Feb. 25 Ford hailed the recent heart statistics which show that all cardiovascular deaths are down by 25 percent while stroke are down by 25 percent and deaths from heart attacks have been reduced by a percent.

"Last year," Ford said, "53,000 volunteers collected \$569,188.46 for Heart's programs of Research, Community Services and Health Education."

He also announced that Charles K. Watkins, Carlisle, will continue to serve as year-round Memorial Gifts chairman for Heart in Nicholas county.

Senator Huddleston also sent a letter to Senator Herman Talbot, Chairman of the Senate Agriculture and Forestry Committee, detailing the implications of REAP termination for Kentucky and expressing his support for action by the Committee to continue the program.

Senator Huddleston was appointed to the Agriculture and Forestry Committee on Jan. 9.

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