



New organ at Methodist Church

### Methodist Church to dedicate organ

The Carlisle United Methodist Church will formally dedicate its new pipe organ during the 10:45 a.m. Sunday morning worship service Feb. 1, a recital, including works by many of the greatest composers of religious music of all time, will be given on the new organ that same afternoon at 3 p.m. The organ for the recital will be James Miller, president of the Miller Pipe Organ Company of Louisville. Mr. Miller's company installed and renovated the organ, which is partially new and partially restored. There will be a reception with refreshments following the recital. Robert Cispson, pastor of the church, cordially invites the public to

join the members and friends of the church in celebrating these exciting events. Mr. Miller has earned the B.A. degree in Church Music and Music Education from Olivet Nazarene College and the Master of Church Music degree from Southern Baptist Theological Seminary. He has studied at Westminster College and the American Conservatory of Music. He has also studied with Homer S. Taylor, Wanda Dranich, Raymond Cook, Edward Eisenberler, James Good and Al Washburn. He is a member of the American Guild of Organists, the Organ Historical Society and the American Institute of Organ Builders.

### Kay's Kitchen

By Kay Fisher

The month of January is nearly over and I hope you have maybe lost one pound. If not do not be discouraged. It is better to lose that weight slowly than to crash diet. It may take almost a year to lose the amount you want, but if you do it by just cutting down and watching the kind of food you eat it will probably stay off. Most important, stay away from those snacks between meals. If you must have something, eat a stalk of celery or a carrot stick. Green vegetables are good for you and low in calories: asparagus, 35; green beans, 30; brussels sprouts, 30; cabbage, 10; cooked cabbage, 35; one whole carrot, raw, 30; cooked 30; cauliflower, 30; cucumber, 10 slices 15; mustard greens, 35; mushrooms, fresh, raw, about 10, 35; green onion, five medium, 10; asparagus, 30; tomatoes, canned, one cup, 30; raw, 25; zucchini, 25. Except where indicated, all are average servings of 1/2 to one cup.

For those who must have a topping for their baked potato (100 calories) the following is a delicious. Put cottage cheese in your blender and whip until smooth. Season with seasoned salt, a little minced onion, and a pinch of dill weed. Let marinate several hours. This is also a good low calorie dip for raw vegetables.

Here are some low calorie recipes selected at random. Who would have thought about cookies being low calorie. Here are some.

- PEANUT BUTTER COOKIES**
- 2 tablespoons peanut butter
- 1/2 cup all-purpose or whole wheat flour, sifted
- 1/4 teaspoon salt
- 1/4 cup brown sugar
- 1 egg
- 1 teaspoon baking powder
- 1/2 cup rice cereal, crushed
- Combine peanut butter, brown sugar, vanilla and egg. Beat fluffy. Stir in flour, baking powder and salt together. Add to peanut-butter mixture and mix thoroughly. Shape into balls and bake in preheated oven at 350 degrees for 10 to 15 minutes.

crushed. Place on a non-stick cookie sheet and bake about 7 minutes at 375 degrees, until slightly brown.

- MACARONS**
- 21 cookies about 21 calories each
- ORANGE MACARONS**
- 2 egg whites
- Pinch of salt
- Pinch of cream of tartar
- 2 teaspoons grated orange rind
- 2 cups sweet shredded coconut (7-ounce can)
- 2 tablespoons cake flour
- 1/2 teaspoon baking powder
- Beat together egg whites, salt and cream of tartar until stiff peaks form. Combine the orange rind, coconut, flour and baking powder and mix well. Fold in the egg whites. Drop by teaspoonful on non-stick cookie sheet. Bake in preheated 350 degree oven 15 to 20 minutes, or until edges are brown. 27 calories each. You will eat calories even more if you use less coconut.

If you have used barley only in soup and stew, try it in place of rice for a side dish. One cup is 173 calories compared to 227 for cooked brown rice.

- BAKED SPANISH BARLEY**
- 1 cup quick-cooking barley
- 1 cup boiling water
- 1/2 ounce can tomatoes, broken up
- 1/2 ounce can tomato sauce
- 1/2 cup sliced onion
- 1 cup sliced bell pepper
- 1 clove garlic, minced
- 1/2 teaspoon oregano
- 1 bay leaf
- 4 tablespoons sliced Canadian bacon
- 1 tablespoon grated cheese
- Combine all ingredients except cheese in casserole. Mix well. Cover and bake in preheated oven at 375 degrees for 30 minutes. Uncover and stir. Sprinkle with cheese and bake an additional 10 to 15 minutes. If browning too much, lower heat a bit. This will make eight side dish servings, approximately 115 calories.

ADMISIONS: Gladys Duncan, Thelma Shaw, Mildred Marshall, Thelma Simpson, Edna Boyd, Charles Hobbs, Arthur Trichter, Carroll Florence, Billy Darrell, Carlisle; Alan Hunt, Charles Shugart; Leona Dale and baby girl, Paris, Clarence Bradley, Julian Martin, Florida Moore, Mt. Olivet.

### EKU students on Dean's List

Hamed Kouzy and Sherie Cornell have been named to the Dean's List for the 1980 fall semester at Eastern Kentucky University. Hamed made a perfect 4.0 standing. Dr. John D. Rowlett, vice president for academic affairs, said the list, totaling 1,135 students, includes 118 who made a perfect 4.0 academic standing. To attain the list, a student must make a scholastic average of 3.5 or better for 14 or more credit hours in a semester.

### Miss Harper on Dean's List

May Ann Harper, daughter of Mrs. Ann Harper and the late Robert Harper of Carlisle, a student at Transylvania University in Lexington, Kentucky, has been named to the Dean's List for the fall semester 1980. Miss Harper and the late Robert Harper of Carlisle, a student at Transylvania University in Lexington, Kentucky, has been named to the Dean's List for the fall semester 1980. Miss Harper and the late Robert Harper of Carlisle, a student at Transylvania University in Lexington, Kentucky, has been named to the Dean's List for the fall semester 1980.

### Charles Dixon is president

Charles Dixon, Ocala, Fla., has been installed as the new president of the Ocala Optimist Club. He was also named Optimist of the Year 1979-80. Mr. Dixon, the son of Alma W. Dixon and the late Floyd Dixon, is married to the former Mary Elizabeth (Dolly) Garrett, and is the nephew of Mrs. J.W. Fyman of Carlisle and Joyce W. Cary of Ocala.

### Hospital notes

Jan. 16-22, 1981  
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### Ground Hog Forecast

Always Sunny At The Green Apple  
Monday thru Saturday 9:00 to 5:00  
SUNDAY 12 to 5:00

### Mental Health Board has new staff member

Jo Allard has joined the staff of the Bluegrass Regional Mental Health Retardation Board as director of developmentally disabled services. The board serves Nicholas and 14 other central Kentucky counties. Miss Allard will manage and coordinate services in an area where an estimated 7,000 developmentally disabled persons live. She will act as a liaison with other agencies involved in services to these residents, and will act as a public advocate for their needs and rights. She is a 1971 graduate of Hancock County High School and has bachelor's and master's degrees in social work from the University of Kentucky, where she was Phi Beta Kappa. She began working with the developmentally disabled as a teenage volunteer. She helped at summer camps held by the local association for retarded citizens. Later she worked as a volunteer in a summer program for the Bluegrass Regional Mental Health Retardation Board as director of developmentally disabled services.



Mr. and Mrs. Will Snapp, Lexington, were guests last week of Mrs. Snapp's sister, Mrs. Louise Young. Mrs. Young visited her brother, Roger Holopentine and his wife, Heloise in Ewing recently. Mrs. Young and her husband, Winchester, and Mrs. Charles Cox were lunch guests of Miss Isabelle Knight Thursday. Mr. and Mrs. A.B. Whaley attended the annual directors' meeting of the Maine-Annis Association in LaGrange last week. Mr. and Mrs. William Richards, Milltown, New Jersey, returned home after visiting with Mrs. Richard's mother, Odella Miller, and relatives. They were called to Louisville Friday to attend the funeral of Mr. Richard's mother, Mrs. Bernie Arnold. Mr. and Mrs. Warren R. Fisher were in Louisville Friday and Saturday when they attended the mid-winter convention of the Kentucky Press Association held Jan. 22-24 at the Hyatt-Regency.

### Vaughn's Restaurant

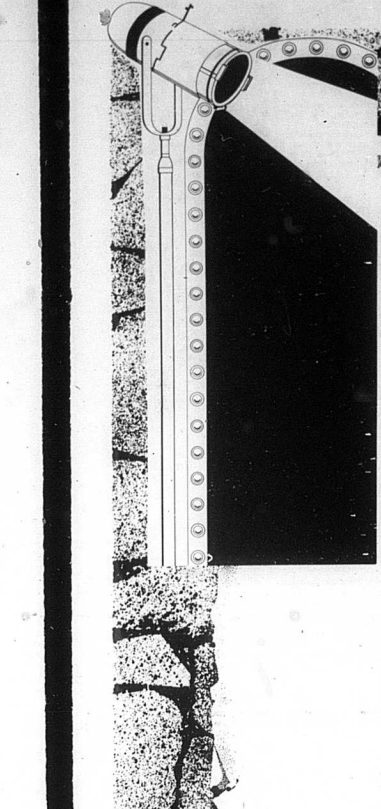
Family Nights Special!  
Starting Mon., Feb. 2 (Mon., Tues. & Wed.)  
8 oz. Ribeye Steak, Baked Potato, Steak Fries, Tossed Salad & Fresh Baked Bread  
All for One Low Price \$4.95  
Beginning Sun., Feb. 1, we will be closed on Sunday Afternoons after 2 P.M.

### Picture stirs local comment

All but one of the gentlemen pictured on page six of last week's Mercury have been identified. Mrs. Frank Goddell was the first to call Wednesday afternoon. The gentleman in question according to Mrs. Goddell and Herd Crouch may be Lindsay McCracken, brother of the late Doris McCracken. Herd Crouch Sr. could name them all except one. John Soper says the picture was taken at the annual directors' meeting of the pictures. Mrs. Grimes Caywood and Mr. Crouch had the picture in a Madison County newspaper. Mrs. Grimes Caywood and Mr. Crouch had the picture in a Madison County newspaper. Mrs. Grimes Caywood and Mr. Crouch had the picture in a Madison County newspaper.

### HEART THROB

"Sweets" from Russell Stover CANDIES  
and...  
"Love Notes" from Hallmark  
★ Valente Napkins, Plates & Cups & Cups  
"Your Prescription Our Specialty" HOPKINS DRUG STORE



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Hopkins Drug Store True Value Hardware  
Hughes' Grocery Vaughn's Cafe  
Willoughby's Grocery

### Certificate of Award

Newspaper Production Contests

CARLISLE MERCURY  
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