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Mt. Zion Masonic Lodge installs officers

The newly elected corps of officers of Mt. Zion Lodge No. 211 was installed at the Masonic Temple in Camden on Jan. 6, following a dinner. Several wives, children, grandchildren and friends saw the installation of the 2009 officers. The ceremonies were conducted by Past Masters Bill Dyke and Wayne Downham. Presiding in the chair of worshipful master will be Donald Hickman, Jr. His senior warden will be Donald Hickman III, with Jerry Lowry filling the position of junior warden. Robert McCain will again serve as treasurer and Nicholas Clark re-

tains the position of secretary. Bill Dyke was elected to the board of trustees. Rounding out the slate of appointed officers will be Nate Hardin, senior deacon; Jason Dunning, senior steward; Dennis Veach, junior steward; Wayne Downham, chaplain; Ron King, Tyler; immediate Past Master Fred Hartman, Masonic Home representative; and Dieter Hantschel, media relations. The new master addressed the guests and his officers and expressed his appreciation for the work done by his predecessor, Fred Hartman, and the

2008 officers. Hickman noted that "much important work was done in the last year, such as the extensive renovations of the historic building." He continued, saying that "we will build on the foundation that has been handed to us and we will reach out to the community where needs arise. Our Lodge will continue to co-sponsor the free Child Identification Program this summer. We will also want to reach out to those men in Carroll County who wish to know more about Masonry and our work." Hickman later said that he is considering some public gatherings in the summer where guests can visit informally with members of the fraternity and ask questions. Mt. Zion Lodge was founded in Camden in 1857 and has met continuously in its own temple since 1902. At one time the building on Camden's Main Street was the largest structure in Carroll County. The lodge currently has over 250 members and welcomes more.



Okay. It's January and that time of year when my recipe focus navigates toward the healthy (except for the upcoming Super Bowl extravaganza!). Hopefully, the holidays were good to you and you didn't gain the five extra pounds Americans typically find between Thanksgiving and New Year's. If you weren't so lucky and the holiday turkey found its way to your thighs; the Christmas cookies now adorn your waistline; and the New Year's dips and delights have given you more rolls than Pillsbury, the next two columns are for you!

Healthy Chicken Nuggets are crispy, tasty and the kids will love them. But, the best part is their low fat and calorie count. Makeover Meatloaf does just that - takes an American classic and makes it over to a healthy substitute. And finally, creamy, delicious Skinny Clam Chowder takes on a skinny new look, but offers the same great taste.

Happy eating!

Healthy Chicken Nuggets

- 1 tsp. olive oil
 - 2 lbs. boneless, skinless chicken breasts, cut into 2-inch chunks
 - 1 C. buttermilk, non fat
 - 1 1/2 C. cornflake crumbs
- Preheat oven to 400 degrees. Line a large baking pan with foil and spray the foil with non-stick cooking spray. Rinse chicken and pat dry with paper towels. Place the buttermilk in a bowl and the cornflakes on a plate. Dip each piece of chicken into the buttermilk, then into the cornflakes. Place chicken on pan. Lightly drizzle the oil on top of chicken (or spray with more non-stick spray). Bake the chicken for about half an hour, turning once or until chicken is crisp and juices run clear. This recipe makes eight servings, with 160 calories per serving and only 3 grams of fat!

Makeover Meatloaf

- 2 lbs. ground turkey breast or very lean ground beef
 - 1 C. toasted Italian bread crumbs
 - 1/2 C. Egg Beaters
 - 1/2 C. warm water
 - 1/4 C. ketchup, divided
 - 2 tsp. Worcestershire sauce
 - 1/2 tsp. garlic powder
 - 1 T. dried minced onion
 - 1/2 C. green pepper, diced
 - 1/8 tsp. black pepper
 - 1/2 tsp. salt
- Topping:**
 1/4 C. ketchup
 1 T. brown sugar substitute

Preheat oven to 350 degrees. In a large bowl combine all ingredients with your hands. Pat the mixture into an 8x4 loaf pan. Whisk together topping ingredients and spread over meat loaf. Bake for 1 hour and 15 minutes. Serves 6. Calories, 226. Fat, 5 grams. Makes 4, 1 1/2 cup servings with only 155 calories and 3 grams of fat!

Skinny Clam Chowder

- 1 C. chopped onion
 - 1 C. diced celery
 - 2 C. diced, peeled raw potatoes
 - 1 1/2 C. water
 - 1 8-oz. can tomatoes, chopped and undrained
 - 1 (10 3/4 oz.) can Healthy Request Cream of Mushroom soup
 - 3 T. Hormel Bacon Bits (don't substitute)
 - 1 (4.5 ounce) can minced clams, undrained
- Spray a medium pan with non-cook spray, sauté sweet onions and celery until slightly tender. Place in a large saucepan with potatoes and water. Bring to a boil. Stir in tomatoes. Reduce heat and simmer for 10-15 minutes or until vegetables are tender. Add mushroom soup, bacon bits and clams. Mix to combine and simmer for 10 minutes or until soup is heated through. Calories, 155. Fat, 3 grams.

Announcements

CARROLL COUNTY DEMOCRATIC PARTY will meet at 6:30 p.m. Jan. 22 at the Flora Pizza King.

A **CANCER SUPPORT GROUP** will meet the first Wednesday of each month at 7 p.m. at Living Faith Church of the Brethren, 310 N. 250 W., Flora. The group will meet Feb. 4. There is no charge and all interested persons are invited to attend.

CARROLL COUNTY CHURCH MINISTRIES will meet at 7 p.m. Monday in the Camden First Baptist Church. Attorney Miriam Robeson will be guest speaker. All members are urged to attend.

This Thursday and the third Thursday of each month Living Faith Church of the Brethren holds a **MOVIE MATINEE** at 9 a.m. This week's feature is "Mrs. Smith Goes to Washington." The movie is free, as well as the popcorn.

Delphi Presbyterian Church will host its **SENIOR CITIZENS' MONTHLY LUNCHEON** Jan. 21 at noon in the church fellowship hall. An elevator is available for those in need. Call Susan at (765) 564-2371 between 9 a.m. and 1 p.m. to request a ride or information.

Delphi's **RECYCLING FOR BUSINESS AND COMMERCIAL ACCOUNTS ONLY** will be picked-up Thursdays. All residential recycling customers will be serviced on Tuesdays to coincide with city trash removal.

CARROLL COUNTY PARK BOARD will meet Jan. 19 at 6 p.m. at the Camden Library. Carroll County Friends of the Parks will meet at 7 p.m. the same night at the same location. For information contact board president Bob Burton at (574) 686-2958.

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