

## Sportsmanship: Make It A Part Of Your Life

BY SHARON GUTHMILLER  
Extension Educator

Track season is off and running and it won't be long until summer sports program teams are being formed throughout various communities. Baseball, softball, soccer, swimming and tennis will be primary activities throughout the summer for many individuals and families.

The love of sports is deeply embedded in our national consciousness. Sports have become a major social force that shapes the quality and character of the American culture. The values of millions of participants and spectators are directly influenced by the values conveyed by organized sports.

Sportsmanship is a way of life. What type of role model are you? Development of sportsmanship is an important part of children's and youth development. To become contributing, competent, caring capable adults, youth must develop the knowledge, skills, attitudes and aspirations of good sportsmanship.

Our children learn behaviors from the adults most important to them. Perhaps that important adult is a parent, teacher, coach or valued friend. It is important that we model appropriate ways of being a good competitor as well as a spectator. Ways to teach a child to be a fair and generous competitor, a good loser and a graceful winner include teaching and modeling sportsmanship. It is important to require youth participants to demonstrate sportsmanship before, during and after a competitive event. Follow the rules. Be honest and fair. Show respect. Be well-mannered. Accept outcomes gracefully.

Applaud your children. Be sure to express your appreciation to your children, your favorite clubs or groups and any others for whom you wish to express respect. Remain positive at all times. Be cheerful and friendly. Show respect to others. Do not heckle, boo, make rude remarks or insult other spectators, competitors, coaches or the officials. Keep your emotions under control. Give other individuals the benefit of doubt. Show respect. Refrain from public arguments.

Be a polite participant. Listen, act (be) interested, and remain quiet when participants are introduced or when announcements are made. Stay until the end of the event even if your child is finished



SHARON GUTHMILLER

competing. Show integrity. Be objective. Accept the nature of the competition. Be a positive role model. Show courtesy to others. Do not sit or stand in the aisles. Do not jump up or block the view of those behind you in moments of excitement. Try not to block the view of others when taking pictures or videos. Leave the viewing area clean. Place litter into containers provided.

Children and youth participate in sports because they want to have fun. Be sure to consider each child individually and take into consideration the child's developmental process and maturation level, as well as the child's prior experiences and motivation to play the sport. Sports should have a positive impact on children and youth.

Praise consists of generic statements such as "Great Job!" Although praise helps children understand that you are pleased with their behavior, it also can set them up for failure. Praise may seem exaggerated and unbelievable, because it does not specifically address what the youth did right. Some children or youth begin to depend on praise for feelings of self-worth. Other children may rebel against praise, because they feel they can't continue to live up to the expectations of others. The long-term effect of praise is pressure.

Encouragement is more specific than praise. It denotes respect for youth and an interest in their activities and it provides tools for independence. Encouragement involves telling children and youth what they did right and how they can improve their skills. It lets them feel that the adults are paying attention and have a genuine interest in their development. The long-term effect of encouragement is self-confidence. Remember, each child and young person is unique and each is a star.

(Source: SDSU Cooperative Extension Curriculum: Putting Youth Back in Sports.)  
Thought: Nothing costs as little and goes as far as courtesy.  
Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

## VOTE

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• We should focus on partnering more with our university neighbor to the east, USD. Brookings has a strong research and entrepreneurial connection with its university. We can be the entrepreneurial nurturing ground for USD's young talent as it seeks to make its mark during and after college.

• We need to remember the value of our neighbors in Nebraska. Often they get forgotten because they live in an entirely different governmental district. We need to participate with them more in all we do on this side of the river.

3. The budget for the city has been strained by the economic slump. Do you have any ideas for cost cuts or savings? Are there areas where the city needs re-prioritize and spend more money?

We need to halt purchases of items like the \$150,000 two-stall bathroom structure at the Summit Center and spend wisely on items that add to the value of Yankton's quality of life. If bids on projects come in high, we need to pass on them. I often feel that when we get bids on projects, there is an automatic "it's the city" factor added on top of the price. We could use more in-house engineering for simple projects as well as contractor provided engineering. It's absolutely ridiculous that a project as simple as a two-stall bathroom requires tens of thousands of dollars of engineering and architecture fees. It's four walls and two drains! The plumbing contractor can figure out how to get it to drain and a building materials supplier will provide plans for simple projects.

4. Renovation work is set to get under way this spring on converting the Meridian Bridge into a recreational trail. The city has done a lot of planning for the downtown area to prepare for this eventuality. Once the renovation is complete this fall, what steps do you think the city needs to take to capitalize on this unique project?

We need to take action now to prepare for what will need to be done when it is completed. There are simple things that we can start

doing this summer to prepare for its reopening. As far as capitalizing on the bridge, we need to support as many private projects as possible. The bridge can be just the catalyst to get private owners excited about investing in Yankton's downtown.

5. Any closing thoughts?  
I'd like to see the city work to create a development authority to expand into the land and 11 vacant buildings on the now largely unused portion of the Human Services Center campus. It is technically property that is owned by the people of South Dakota, not the administration of the state. Many developers have an interest in one or more of the buildings. We need a concrete plan so that we can open the development doors. Obviously the state no longer wants them, so let's get them into private hands and turn it into tax-generating property. It's the ultimate "green" recycling project and would create jobs. Fox Run used to also be part of the HSC campus, now it's a \$50 million property tax base and retail corridor.

Finally, thanks for your support and don't forget to vote Tuesday.



Thunker-Dohn

Trisha Thunker and David Dohn were married November 14, 2009 at St. Benedict Catholic Church in Yankton with Father Paul Josten officiating. Parents of the couple are Dale and Terri Thunker of Yankton, SD, and Thomas and

Marsha Dohn of Sioux Falls, SD. Matron of Honor was Kristy Poppe. Bridesmaids were Amy Haselhorst, Annie Vandegriend, Kellie Wirth, Rebecca Tidemann, and Emily Bryant. Flower girl was Payton Poppe. The Best Man was Eric Tidemann. Groomsman were Brady Bruns, Ryan Welsh, Jay Nelson, Dan Swatek, and Justin Clerck. Ring bearer was Brady Tidemann. The bride received her B.S. in HPER and M.S. HPER in Exercise Science from the University of South Dakota. She is currently employed as Director of Health & Wellness at Dakotacare. The groom received his B.S. in Education from South Dakota State University, and M.A. in Education Administration from the University of South Dakota. He is currently employed as a teacher/coach for Elk Point-Jefferson School District, and master sergeant in the Air National Guard.

## Creampuffs: They're Worth The Work

BY SHARON THOMPSON  
McClatchy Newspapers

I have always considered cream puffs to be the province of the French, until I discovered the Japanese version last month in San Francisco.

While visiting the city, I saw more Beard Papa stores than McDonald's. The name caught my eye first. When I saw that the specialty was cream puffs, I had to try one, and then another, and so on.

Beard Papa is a Japanese-based cream puff franchise whose logo features what one food blogger described as "a guy who looks like the love child of Ernest Hemingway and the Gorton's fisherman."

The Osaka-based parent company, Mugino, introduced its cream puff in 1999, and it has stores on the West and East coasts and, just recently, one in Chicago.

Cream puffs are made from a classic dough called *pâte à choux*. "Choux" (pronounced "shoo") is a French word for cabbages, which is what the puffs resemble. The dough requires just four main ingredients: water, butter, flour and eggs.

Heat is the key to successful puffs, so the process moves quite quickly, mixing together warm ingredients that go into a hot oven, where the steam puffs up the dough and makes a hollow center. When the choux is done, the puffs are injected with a rich, creamy filling. Sometimes the cream puffs are glazed with chocolate or dusted with powdered sugar.

Beard Papa combines a traditional choux and a pie crust-type dough that produces both softness and a degree of crunch. The French version is smaller than Beard Papa's and is called *profiteroles*.

Because there are no Beard Papa stores closer than Chicago, we are going to have to make our own. I think they make a perfect spring dessert.

Recipes are easy to find, but there are some tricks you'll need to know before heading to the kitchen. These tips are from Food Network, Cook's Illustrated and the San Francisco Examiner.

—Warming the eggs in a bowl of hot water from the tap makes them easier to stir into the dough and keeps the dough as warm as possible. Using a pizza stone beneath your baking sheet also boosts the heat under the pastries, helping them to puff.

—For such a delicate result, cream puffs require strong biceps. Once you add the flour to the boiling water and butter, you



DAVID PERRY/LEXINGTON HERALD-LEADER/MCT

Cream puffs are made from a classic dough called *pâte à choux*. "Choux" (pronounced "shoo") is a French word for cabbages, which is what the puffs resemble. Finished cream-puff, drizzled with chocolate.

need to stir vigorously to quickly incorporate the flour and avoid lumps. Stir fast and constantly for one to two minutes.

—Using an electric mixer not only cools the dough but prevents crusty bits from forming. Some recipes recommend using a mixer or a food processor.

—The dough needs to dry as much as possible so it will absorb as much egg as possible. Eggs are the only leavening ingredient in cream puffs, so the more egg, the more puff. One recipe calls for eight eggs.

—Some recipes call for adding one egg at a time. As you add each egg, the dough ball will break into pieces and then gradually pull back together, at which point you add the next egg.

—Add as much egg as possible, without adding so much that the dough gets soft. Do this test: Place a small spoonful on a plate. The dough should be supple enough to hold its shape but not be "pasty." If it still seems stiff, add an extra egg white; if it seems quite soft, move on to shaping the puffs.

—The dough recipe can be increased or decreased proportionately for any number of servings.

—The technique is to press the batter

against the sides, then stir into a ball, over and over until it feels drier and pulls away cleanly from the sides of the pan. Keep the dough moving in the pan so it doesn't scorch. A thin film of cooked dough will form on the bottom of the pot when it is ready. This can take 3 to 6 minutes.

—On the baking sheet, make sure to leave at least 2 inches between the dollops of dough to allow for expansion.

—Just before you place the pan in the oven, spritz each puff with water. (A plant spritzer works well.) This will keep them moist longer, so they will puff as much as possible before beginning to firm up.

—Before baking, smoothing the tops with a finger or spoon dipped in cold water evens out peaks that could burn in the oven.

—Once they're in the oven, don't open the oven door to peek. A rush of cold air might make them collapse. The puffs can be made several hours in advance of being served; store them in an airtight container.

—Piercing the finished cream puffs and leaving them in the turned-off oven allows steam to escape, making them crispier.

—Don't fill the puffs until you're ready to serve them.

### PÂTE À CHOUX

- 2 large eggs
- 1 large egg white
- 5 tablespoons unsalted butter, cut into 10 pieces
- 2 tablespoons whole milk
- 6 tablespoons water
- 1 1/2 teaspoons granulated sugar
- 1/4 teaspoon table salt
- 1/2 cup unbleached all-purpose flour, sifted

Adjust oven rack to middle position and heat oven to 425 degrees. Spray large (12-by-18-inch) baking sheet with non-stick cooking spray and line with parchment paper; set aside. Beat eggs and egg white in measuring cup or small bowl; you should have 1/2 cup (discard excess). Set aside.

Bring butter, milk, water, sugar and salt to boil in small saucepan over medium heat, stirring once or twice. When mixture reaches full boil (butter should be fully melted), immediately remove saucepan from heat and stir in flour with heat-proof spatula or wooden spoon until combined and mixture clears sides of pan. Return saucepan to low heat and cook, stirring constantly, using smearing motion, for 3 minutes, until mixture is slightly shiny with wet-sand appearance and tiny beads of fat appear on bottom of saucepan (the temperature of the paste should register 175 to 190 degrees on an instant-read thermometer).

Immediately transfer mixture to a food processor, and process with feed tube open for 10 seconds to cool slightly. With machine running, gradually add eggs in steady stream.



When all eggs have been added, scrape down sides of bowl, then process for 30 seconds until smooth, thick, sticky paste forms. (If not using immediately, transfer paste to medium bowl, cover surface flush with sheet of plastic wrap sprayed lightly with non-stick cooking spray, and store at room temperature for no more than 2 hours.)

Fold down top 3 or 4 inches to form a cuff on a 14- or 16-inch pastry bag fitted with 1/2-inch plain tip. Hold bag open with one hand in cuff and fill bag with paste. Unfold cuff, lay bag on work surface, and, using hands or bench scraper, push paste into lower portion of pastry bag. Twist top of bag and pipe paste into 1- to 1-

inch mounds on prepared baking sheet, spacing them about 1 to 1 1/4 inches apart (you should be able to fit about 24 mounds on baking sheet).

Use back of teaspoon dipped in bowl of cold water to smooth shape and surface of piped mounds. Bake 15 minutes (do not open oven door), then reduce oven temperature to 375 degrees and continue to bake until golden brown and fairly firm (puffs should not be soft and squishy), 8 to 10 minutes longer. Remove baking sheet from oven. With paring knife, cut 3/4-inch slit into side of each puff to release steam; return puffs to oven, turn off oven, and prop oven door open with handle of wooden spoon. Dry puffs in turned-off oven until centers are just moist (not wet) and puffs are crisp, about 45 minutes. Transfer puffs to wire rack to cool. (Cooled puffs can be stored at room temperature for as long as 24 hours or frozen in a zipper-lock plastic bag for as long as 1 month. Before serving, crisp room temperature puffs in 300-degree oven 5 to 8 minutes, or 8 to 10 minutes for frozen puffs.)

### FRESH WHIPPED CREAM FILLING

- 2 cups heavy cream
- 1/2 cup powdered sugar
- 1 teaspoon pure vanilla extract

Whip heavy cream until semi-stiff. Add powdered sugar and vanilla, and whip until stiff. Do not overwhip cream. Refrigerate until ready to fill cream puffs.

Cocoa whipped cream: Follow whipped cream directions above, and add 3 tablespoons cocoa with the powdered sugar and vanilla.

### Correction

In Wednesday's Visiting Hours column, under the photo, Janet Zimmerman was incorrectly identified as Lorna Arens. We apologize for any inconvenience.

### YOUR NEWS: The Press & Dakotan

Marsha Dohn of Sioux Falls, SD. Matron of Honor was Kristy Poppe. Bridesmaids were Amy Haselhorst, Annie Vandegriend, Kellie Wirth, Rebecca Tidemann, and Emily Bryant. Flower girl was Payton Poppe. The Best Man was Eric Tidemann. Groomsman were Brady Bruns, Ryan Welsh, Jay Nelson, Dan Swatek, and Justin Clerck. Ring bearer was Brady Tidemann. The bride received her B.S. in HPER and M.S. HPER in Exercise Science from the University of South Dakota. She is currently employed as Director of Health & Wellness at Dakotacare. The groom received his B.S. in Education from South Dakota State University, and M.A. in Education Administration from the University of South Dakota. He is currently employed as a teacher/coach for Elk Point-Jefferson School District, and master sergeant in the Air National Guard.

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Terence Pedersen, DPM

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