

4-H: Preparing For The Future

BY SHARON GUTHMILLER
Extension Educator

Although 4-H Achievement Days and the State Fair seem like quite a distance in the future, 4-H members are busy with 4-H projects, community service events and planning for the 2010 events. 4-H clubs meet throughout the year, and planning has begun for the Yankton County Achievement Days 2010.

Weigh-in of beef animals that will potentially be exhibited was recently held for Yankton County 4-H members.

Yankton County 4-H leaders received a request to reinstate the Open Class Exhibits as part of 4-H Achievement Days in 2010 at a recent meeting. Open class exhibits would be available to the general public allowing individuals to exhibit projects they have made.

Reinstatement would require an overseer of the Open Class Program and Exhibits. Job duties would include putting together a listing of exhibit project areas and preparation details for this event.

If you are interested in volunteering or participating please contact Danielle or Sharon at the Extension Office (605-665-3387) as soon as possible.

4-H means hands-on learning. In 4-H youth learn by doing projects that are designed to fit their needs at different ages. They have the opportunity to learn about a variety of projects from food to forestry, rockets to rabbits.

4-H gives kids and teens opportunities to experience life skills, practice them, and learn to use them throughout their lifetime.

4-H teaches young people how to meet their needs for belonging, mastery, independence and generosity in positive ways. In 4-H we work with young people in a variety of settings including schools, day camps, overnight camps, after school clubs and other learning environments.

4-H is a part of the South Dakota State University Extension and continues to empower youth to become better citizens, leaders and communicators.

4-H is based on research. Research from Tufts University shows that 4-H youth are competent, confident, caring and connected, and that they exhibit strong character. The Tufts study shows that 4-Hers contribute more to their families and communities, achieve higher grades in school and are more likely to go to college than youth who are not in 4-H — or even youth who participate in other out-of-school programs.

In addition, youth involved in 4-H lead healthier, more productive lives, are less likely to suffer from depression and are less likely to participate in risky behaviors like drinking and smoking.

Do you know the history of the 4-H Clover? One sunny June



SHARON GUTHMILLER

morning in 1906 at a one-room country school near Clarion, Iowa, 11 students spent their recess outside searching for four-leaf clovers. They had plucked seven clovers when a visitor

drove up — the superintendent of schools. At the teacher's suggestion, the children surrendered their good luck charms and placed the seven clovers into the hands of the superintendent.

He said, "I've been looking for an emblem for the agricultural clubs and the schools of the county and you have just given me that emblem — the four-leaf clover — it will help explain to young and old the message of a four square education."

(In those early days, 4H was known as "four-square education," which was based upon educational, physical, moral, and fellowship development.)

It wasn't until 1907 when Jessie Field Shambaugh, from Page County, and superintendent O.H. Benson of Wright County Schools started using a three leaf clover for the identity of boys and girls clubs.

The three H's were for:
• Head (was trained to think plan and reason);
• Heart (to be kind true and sympathetic); and
• Hands (to be useful, helpful, and skillful).

In 1911, when O.H. Benson worked in Washington D.C., the idea of the four-leaf clover came into play. He suggested the fourth "H" to stand for Health (to resist disease, enjoy life, and make for efficiency).

Those are the four H's on the four-leaf clover. The clover was officially adopted as the national emblem in 1911.

"I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living, for my club, my community, my country, and my world."

That's the 4H pledge written in 1927 and it still holds true today. Put your head, heart, hands, and health together and there's no telling how far you can go!

4-H is a community of young people across America who are learning leadership, citizenship, and life skills as they work in partnership with caring adults. We are committed to helping young people develop skills that will help them succeed. We want to empower all youth to reach their full potential.

(Source: 4-H Iowa State University Extension)

Thought: When embracing opportunity, give it a big hug.
Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

Spice Up Your Super Bowl Party

BY HEIDI STEVENS
Chicago Tribune (©2009 MCT)

What if you threw a cocktail party and a Super Bowl broke out?

Sure, your sound system will be belting out play-by-play commentary rather than lilting jazz. And, yes, your guests will eschew such topics as how to cure climate change in favor of "Noooooo!" and "Run! Run!" Still, a crowd will gather in your home. Eating and drinking will commence. This can be a dignified affair. We consulted a few experts on how to serve a Super Bowl spread that just might replace the commercials as the highlight of the evening.

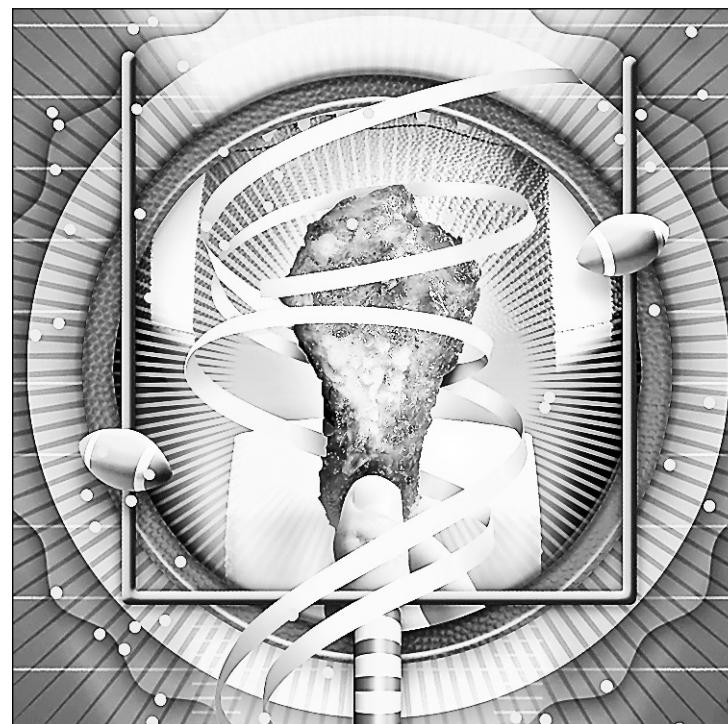
APPETIZERS

Homemade tortilla chips: Forgoing the bagged variety lends a bit of ingenuity to your soiree. Slice 3/6 white or yellow corn tortillas into sixths. Deep fry 2 minutes. Drain and sprinkle with seasoned salt. Serve with guacamole. "One of the best and easiest things in the book," Guseman said. "Always a hit."

Slow-roasted brown sugar and dill-cured salmon: Rub one 3-pound salmon fillet with 1/2 cup brown sugar and 2 tablespoons coarse salt the morning of the game. Two hours before kickoff, bake at 175 degrees for 70 minutes. While the fish is baking, mix 1/2 cup mayonnaise and 2 tablespoons Dijon mustard. Slice the salmon into thin strips and serve with the mustard-mayo sauce, along with brown bread, capers, chopped red onion and fresh dill sprigs, Pittman said.

ENTREES

Beef daube Provençal is "a step up from chili, but just as



easy to make," Pittman said. "You want something a little more upscale, but still hearty and satisfying."

Plus, you make the stew in a slow cooker. "You can set it up buffet style so people can serve themselves, and it won't suffer from being kept warm," she said. "It will taste just as good at kickoff as when you go back for more at halftime or even at the end of the game."

Seared beef tenderloin: "The day before the big game, rub a mixture of salt and pepper on a beef tenderloin and place it in the refrigerator overnight," Shaikowitz said. "The morning of the game, pull the meat out and heat up your grill. Sear the outside of the tenderloin, making sure to brown all sides. Place the tenderloin on a lightly oiled bak-

ing sheet and into a 350-degree oven. Cook for 30 minutes or until it reaches an internal temperature of 119 degrees. Let it sit 20 minutes before slicing." He recommends serving the tenderloin with horseradish mayonnaise.

BEEF DAUBE PROVENÇAL
Prep: 20 minutes Cook: 5 hours
Makes: 6 servings
Serves this hearty stew over cooked egg noodles or pasta.
2 teaspoons olive oil
12 cloves garlic, slightly crushed
1 boneless chuck roast, 2 pounds, trimmed, cut into 2-inch cubes
1 1/2 teaspoons salt
1/2 teaspoon freshly ground pepper
1 cup red wine
1 can (14.5 ounces) diced tomatoes, undrained
1 bay leaf
5 carrots, chopped
3 yellow onions, chopped
1/2 cup low-sodium beef broth
1 tablespoon tomato paste
1 teaspoon chopped each: fresh rosemary, fresh thyme
Dash ground cloves
1. Heat olive oil in a Dutch oven over low heat. Add garlic; cook until fragrant, 1 minute. Remove garlic with a slotted spoon; reserve. Increase heat to medium-high. Add beef, in batches, to pan. Sprinkle with 1/2 teaspoon of the salt and teaspoon of the pepper. Cook until browned on all sides, 5 minutes.
2. Remove beef from pan. Add wine to pan; heat to a boil, scraping pan to loosen browned bits. Stir in reserved garlic, beef, remaining 1 teaspoon of the salt and remaining teaspoon of the pepper. Add tomatoes and their liquid, bay leaf, carrots, onions, broth, tomato paste, rosemary, thyme and cloves. Heat to a boil.
3. Place beef mixture in slow cooker. Cover; cook on high 5 hours. Discard bay leaf.

DESSERTS

Fudgy mocha-toffee brownies: There are many recipes to make these from scratch, but we like the idea of doctoring up a box mix. Dissolve 2 tablespoons instant coffee granules in 1/4 cup hot water; add the mixture to your brownie batter. (Reduce the amount of water the box calls for by 1/4 cup.) Throw in 1/4 cup toffee or chocolate chips. Bake as directed.

Fried apples: Deep-fry freshly cut apple slices for 2 minutes and let your guests go to town with the garnishes: caramel sauce, cinnamon, whipped cream, confectioners' sugar, ice cream.

Big Easy Jambalaya Easily Feeds A Crowd

BY CAROLE KOTKIN
McClatchy Newspapers (MCT)

The Super Bowl is around the corner, and nothing complements the big game better than cold beer, an array of salty and spicy foods and the company of friends. One of my favorite crowd-pleasers is jambalaya, perhaps the most famous dish in New Orleans' Cajun-Creole repertoire.

If it's possible, Big Easy cuisine is a melting pot, combining Native American, African, French, Spanish and Caribbean influences.

After Spain took control of the region in the second half of the 18th century, settlers adapted Spanish specialties including paella to their new surroundings. Linguists believe the hybrid dish's name comes from the French word for ham, "jambon," and the Swahili word for rice, "laya."

Jambalaya is indeed a mixture of rice and ham along with pork, chicken, sausage, shrimp and/or crayfish plus plenty of seasonings and the holy trinity of Louisiana cooking, bell pepper, onion and celery.

A fresh-from-the-oven casserole is a great way to feed a crowd. All you have to do is brown the meat, saute the vegetables, add rice and liquid, and pop the mixture in the oven. If you wish, stir in a pound of peeled, raw, medium-size shrimp five minutes or so before the rice has finished cooking. Toss a green salad, slice a loaf of crusty bread, and your super Sunday supper is ready.

CHICKEN AND ANDOUILLE JAMBALAYA

The original recipe calls for tasso, a Cajun-style spiced ham, rather than sausage. Feel free to use it if you can find it. This one-dish meal goes best with cold lager beers.
1 tablespoon canola oil



MARICE COHN BAND/MIAMI HERALD/MCT
Jambalaya is a one-dish meal that mixes rice with various proteins.

1 tablespoon unsalted butter
1/2 pound chopped andouille sausage
2 boneless, skinless chicken breasts or 3 boneless, skinless thighs (about 1 pound total), cut into 2-inch pieces
1 tablespoon homemade or purchased Creole seasoning (see note)
1 Vidalia onion, chopped
1 rib celery, chopped
1/2 green bell pepper, cored, seeded and chopped
1 garlic clove, very finely chopped
1 1/2 cups long-grain rice
1 (4-ounce) can tomato sauce
2 1/2 cups homemade chicken stock or reduced-sodium broth
Coarse salt and freshly ground pepper

In a large, ovenproof skillet, heat the oil and butter over high heat until shimmering. Add the sausage and cook until it starts to brown, about 3 minutes. Add the chicken and sprinkle the Creole seasoning over all. Continue cooking over high heat until the chicken just begins to color, about 3 min-

utes. Remove the meat to a plate.
Heat oven to 350 degrees. Add the onion, celery, and bell pepper to the skillet and cook until they start to color, 5 to 7 minutes, stirring occasionally. Add the garlic and cook until fragrant, 45 to 60 seconds. Add the rice and stir to coat. Stir in the tomato sauce and stock and bring to a boil.
Return the chicken and sausage to the skillet and stir to combine. Transfer to the oven and bake, uncovered, stirring once, until the rice is tender, 20 to 30 minutes. Let the jambalaya cool slightly and adjust seasoning to taste before serving. Makes 6 servings.
Note: To make 1/4 cup Creole seasoning, combine 4 teaspoons cayenne, 1 tablespoon each coarse salt and white pepper, 2 1/4 teaspoons each dried thyme and freshly ground black pepper, 1/2 teaspoon dried sage and 1/4 teaspoon each onion powder and garlic powder. Store in a cool, dry place for up to 3 months.

Ask A Cook: Cooling Hot Foods

Q. I boiled a chicken to make soup. I put the pot with the chicken and the cooking liquid into the refrigerator, but it took 5 to 6 hours to become cold. It was still quite warm for several hours. Should I have done it differently?

A. It's never a good idea to refrigerate large quantities of food while they're hot. It takes too long for cold to penetrate into the center of the container, and it raises your refrigerator temperature, affecting the quality of food stored around it.

The best way to chill any large batch of food is to let it stand for a little while at room temperature, maybe 30 minutes or so, until it is

no longer piping hot. Then divide it into smaller containers and refrigerate.

In the case of your chicken, it would have been better to remove the chicken from the broth, let it stand until cool enough to handle, then remove the meat from the bones.

Strain the cooking liquid and put it in a couple of smaller containers. Then either wrap the chicken and store it separately until you're ready to add it to the finished soup, or divide it among the containers of broth.

(E-mail food questions to Kathleen Purvis at kpurvis@charlotteobserver.com.)

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Press & Dakotan Beautiful Baby Contest 2010

Attention Parents, Grandparents, Aunts, Uncles, Godparents & Friends:

We will be featuring our annual "Beautiful Baby Contest" in print and online on Wednesday, February 24, 2010. If you or someone you know has a child, we would love to include them in our feature!

To enter, simply submit your photo and entry form with the \$10 submission fee by Wednesday, February 10, 2010.

First place winners in the following categories will receive a framed winners print and gift certificates to local businesses:

- 0-12 Months
- 13-24 Months
- 25 Months-3 Years
- 4-7 Years
- Multiple Births

Winners will be selected by the staff of Yankton Media, Inc.

Employees and family members of Yankton Media Inc. are ineligible to win.

Beautiful Baby Contest 2010 Submission fee (\$10) must accompany entry form to be valid.

Category #: _____ Age: _____ Date of Birth: _____
Child's Name: _____
Parent's Name: _____
Address: _____ Phone: _____

Submission of this form authorizes the publication of this photo in this contest in print and online at www.yankton.net.
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Entry Deadline: Wednesday, February 10, 2010

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