

## Tips For Maintaining Your Current Weight

BY SHARON GUTHMILLER  
Extension Educator

Don't let tastes go to waist — your waistline. It takes an excess of about 3500 calories to gain a pound of weight. One hundred extra calories a day can add 10 pounds a year to an individual's weight. Determining what causes us to gain weight can be frustrating as well as the weight gain. Consider the fact that a bite of food here and a bite of food there can add up to 100 or more calories in a short time. If you have been adding "mystery" pounds, consider counting the calories in those "tiny" bites. Tiny bites of food can add up to big calories. For example:

- One-fourth cup of orange juice remains in the carton. You might as well finish it, right? Calories = 26
- Two tablespoons of granola left in the box. You add it to your cereal because it's hardly worth returning to the cupboard. Calories = 64
- Add 2 teaspoons powdered cream substitute in your coffee at your workplace. Calories = 20
- Sample the cake in the break room. Decide to eat a second sliver of cake — a sliver should be ok. Calories = 73
- Forget to leave the mayo off the hamburger at lunch? Calories = 100
- Add 2 mints after eating that sandwich with onion on it — better have a mint or 2 for your breath — just in case. Calories = 20
- You take a small chocolate from a coworker's candy jar. A big report needs to be completed this afternoon — This is for medicinal purposes only! Calories = 25
- A second chocolate from that coworker's candy jar. You finished the report — what



SHARON GUTHMILLER

better way to celebrate. After all, it's just a tiny bit of candy. Calories = 25

- A handful of snack mix. The gang has gotten together after work to celebrate completing the report. In addition to the mineral water you order...surely a handful of mix can't have that many calories. Calories = 105
- Cheese on cracker at grocery store. It's a small sample. Calories = 55
- Two tablespoons macaroni and cheese. You're trying out a new recipe. You taste as you cook to get the seasonings just right. Calories = 54
- One-fourth cup macaroni and cheese. The new recipe tasted great; however, there's a small amount left over. It seems hardly worth the effort to refrigerate only 1/4 cup. You don't want to toss it, so you eat it. Calories = 108
- The grand total Extra Calories For The Day = 675 calories

Remember also in weight control to watch those food portion sizes, eat a variety of nutrient dense foods, get physical exercise regularly to help burn calories and maintain weight, and be sure to get enough rest. Lack of any one of these factors can help lead to excess weight gain. (Source: Alice Henneman, MS, RD at UNL)

Thought: Never argue with a fool — people might not notice the difference.

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

## Girl Scout Cookies: Not Just For Snacking

BY KATHY VAN MULLEKOM  
Newport News, Va. ©2009 MCT

Before you assume Girl Scout cookies are just for snacks, take a look at some grown-up recipes using the cookies. Some are healthy, some are not — but all are fun and chocked full of cookie magic.

Discover where and how you can buy Girl Scout cookies nationwide at [www.girlscoutcookies.org](http://www.girlscoutcookies.org). Cookie sales run Jan. 9-March 14.

"I am a huge fan of the Peanut Thai Chicken because it's a great party food for any time of year," says Elizabeth Farry, community relations manager with the Girl Scout Council of Colonial Coast in southeastern Virginia.

"I usually skip the noodles and serve them as appetizers or finger food and make my own homemade peanut sauce with some peanut butter, soy sauce, and a few spices thrown in there instead of buying pre-made sauce."

"I buy extra Do-Si-Dos during the sale and freeze so that I can use this recipe at summer barbecues as well."

"I also love to pull out the Lemon Sorbet Cups at dinner parties or anytime during the summer because the Lemon Chalet Creme is my favorite Girl Scout cookie! I've actually used the lemon shells as serving "bowls" and let me tell you — the wow on your guests' faces makes the time and effort absolutely worth it! — but think about wearing some plastic gloves because the acidity of the lemons can get intense if you're doing a lot at once!"

Here are some cookie recipes you can try at home; more can be found at [www.gisccc.com/2010CookieSeason](http://www.gisccc.com/2010CookieSeason)

### FRIED SAMOAS SHRIMP

- 4 extra large shrimp, peeled and veins removed
- 5 Samoas Girl Scout cookies, finely chopped
- 2 cups seasoned bread crumbs
- 2 cups flour
- 1 cup coconut flakes
- 4 egg whites
- 1 pinch cayenne pepper
- 1 lime for garnish
- Vegetable or peanut oil for frying



COURTESY GIRL SCOUT COUNCIL OF COLONIAL COAST VIA NEWPORT NEWS DAILY PRESS/MCT

### Enjoy Girl Scout cookies beyond dessert with recipes including Peanut Thai Chicken.

Toss coconut flakes with bread crumbs, cayenne pepper and chopped Samoas Girl Scout cookies.

Dredge shrimp through flour, followed by egg whites and Samoas Girl Scout cookies mixture.

Fry shrimp in vegetable oil at 350 degrees Fahrenheit until golden brown. Garnish with coconut flakes and lime wedges.

Makes five shrimp  
Serving suggestions:  
Serve warm.  
Arrange in a star pattern on a salad plate, or on a bamboo skewer with tropical fruits.

Serve as an appetizer, in a salad or as an entree.  
If serving as an entree, accompany with fried plantains and wild rice.

### BERRY MUNCH CRANBERRY PECAN CHICKEN SALAD

For salad:  
• 1 package mixed salad greens  
• 1 package (6 ounces) fully cooked chicken breast strips  
• 1/4 cup crumbled feta cheese  
• 1/4 cup dried mandarin oranges  
• 1/2 cup Berry Munch salad topping (see recipe below)

Balsamic vinaigrette salad dressing  
For salad topping:  
• 1 tablespoon vegetable oil  
• 2 tablespoons honey  
• 1 teaspoon grated orange rind  
• 1 1/2 cups pecans

10 Thank U Berry Munch cookies, broken into 1/2-inch pieces

Place salad greens in a serving bowl, scatter toppings on salad and serve with salad dressing.

To make salad topping: In a four-cup bowl, stir together honey, oil and orange rind. Add pecans and stir to coat. Add

cookie pieces and stir to coat. Spread mixture evenly in greased jelly roll pan or on a cookie sheet. Bake at 350 degrees Fahrenheit for 10 minutes. Cool.

Serving suggestions:  
Serve with Ciabatta bread.  
Salad topping is tasty on any salad, and is also a great addition to any trail mix.

### LEMON SORBET CUPS

Lemon cups:  
• 1 box Lemon Chalet Cremes Girl Scout cookies  
• 8 large lemons  
Lemon sorbet:  
• 1/3 cup lemon zest (4 additional lemons)  
• 1 1/2 cups sugar  
• 1 1/2 cups water

Cut off the top 1/3 of each lemon (not the stem end). Hollow out each lemon by using a grapefruit knife (being careful not to puncture the lemon). Remove juice and flesh and put it in your juicer or blender.

Make a slight shallow cut on the bottom of each lemon shell (being careful not to cut through to the inside of the lemon). This makes them sit straight and not fall over when placed on a plate.

Freeze the shells at least one hour. The frozen shell prevents the sorbet from melting too quickly when you serve it.

In a medium saucepan over medium heat, combine sugar and water until sugar dissolves. Add lemon zest. Stir until mixture comes to a boil, and then boil two minutes. Add lemon juice, and stir well.

Remove from heat, cool and strain. Pour cooled mixture into a shallow con-

tainer, cover and place mixture in the freezer.

When mixture is semi-solid, place in a food processor or blender and process until smooth. Cover and refreeze until serving time.

When ready to serve, layer each frozen lemon shell with cookie crumbs, then sorbet and repeat. Garnish with one Lemon Chalet Cremes cookie.

Serving suggestions:  
Perfect for a dinner party dessert.  
Can be prepared three days in advance.

### BERRY MUNCH BREAD PUDDING

- 1 box Thank U Berry Munch Girl Scout cookies
- 1/3 cup cranberries (can be fresh/sliced or dried or Craisins)
- 2 eggs, slightly beaten
- 3 tablespoons sugar
- 1 teaspoon vanilla
- 1 teaspoon grated orange peel
- 1/4 teaspoon cinnamon
- 1 cup milk

Vanilla sauce:  
• 1 small box "cook & serve" vanilla pudding

• 2 1/2 cups milk  
• Preheat oven to 350°. Break cookies into 1/4" pieces. Grease the bottom and sides of a 1 quart casserole dish.

Place the Thank U Berry Munch cookie pieces in the bottom of the casserole dish.

Sprinkle the cranberries over the cookie pieces.

In a mixing bowl beat the eggs with a fork, then stir in the sugar, vanilla, orange peel, and cinnamon. Stir in 1 cup milk.

Pour the mixture over the cookie and cranberry pieces. Bake for 30 minutes, until set.

Vanilla Sauce: Prepare one box of "Cook & Serve" vanilla pudding as directed on box. Thin with 1 cup milk to make into a sauce.

Serving suggestion:  
Serve warm bread pudding with warm vanilla sauce.

### PEANUT THAI CHICKEN

- 8 crushed Do-Si-Dos Girl Scout cookies
- 2 pounds boneless, skinless chicken tenderloins
- Wood skewers
- Teriyaki glaze
- Thai peanut sauce

Grill chicken tenderloins on wood skewers, brushing occasionally with Teriyaki glaze. Prepare Pad Thai noodles according to directions on box. Serve chicken tenderloins with four crushed Do-Si-Dos cookies sprinkled on top. Mix remaining Do-Si-Dos cookie crumbs with peanut sauce.

Serve peanut sauce poured over chicken and noodles, or as side dipping sauce.

## 10 Ideas To Help You Stick To Your Healthy Resolutions

BY KATHLEEN PURVIS  
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How are those resolutions working out for you? Yes, those self-improvement plans always sound easy when you make them in December. But by the second week of January, the year is stretching out in front of you like a cross-country drive with no air conditioning.

Look, health and lifestyle experts always tell us that big resolutions aren't the way to go. Real change happens in small steps. A little improvement here, a tweak there. Eventually, it adds up.

To get you started in new directions for your life as a cook and eater in 2010, we asked people with real-life experience to offer up tips for making life better, in and out of the kitchen. Try these on for size.

### 1. Eating healthfully.

From chef Jon Dubay of Blynk Organic in Charlotte.  
"Each day, replace one unhealthy snack with fruit. Think about what you eat (and) detect the unhealthiest snack — the high-calorie smoothie, the chips, the candy." Choose a variety of fresh fruits you like and take them to work or have them ready on your kitchen counter.

### 2. Cutting fat.

From Denise Hairston of Charlotte, founder of the Black Women's Health Network.  
"Bake, boil, steam or poach rather than fry." To get crunchy results without frying, oven-fry in a 425- to 450-degree oven. Dip meats or vegetables in milk, then in bread crumbs and place on a cookie sheet or shallow pan coated with cooking spray, and spray the breaded item for extra-crispy texture.

### 3. Saving money.

From Tara McAlister, Charlotte Observer columnist and a blogger on [www.momscharlotte.com](http://www.momscharlotte.com).  
"Look at leftovers in a whole new way." Use bread left at dinner to make croutons; put left-over mashed potatoes or grits into muffin tins, top with cheese or bread crumbs and bake for a new side item; or combine left-over chicken and beef to make quesadillas.

### 4. Cooking better.

From food writer Debbie Moose of Raleigh, N.C., author of several cookbooks, including "Fan Fare."  
"Refresh your repertoire. Break away from those standby recipes once in a while. Trying something different can change how you look at preparing meals. Pick a recipe you've always been curious about from a cookbook.

Ask a friend for her favorite, or start an online recipe exchange among your friends. Or cruise an ethnic market for new ingredients to spice up those old standbys."

### 5. Baking better.

From food writer Nancie McDermott of Chapel Hill, N.C., author of "Southern Cakes."  
"Do what Grandma did — bake a lot. Bake every day if you can, or at least three times a week, and not only for company or show. Make sure you do the same thing over and over again. It's the secret to biscuits, pie crust, caramel icing, poundcake, yeast bread, meringue, cornbread, tea cakes, all those old-school baking triumphs..."

### 6. Feeding kids.

From Dean McCord, Raleigh attorney and food blogger ([varmintbites.com](http://varmintbites.com)), and father of four children, ages 9, 11, 14 and 15.  
"Here's a tip that has saved my wife's sanity. She put together a comprehensive list of dinner options for the kids, broken down into proteins, starches, fruits and vegetables.

"On Sunday morning, one child chooses the meals for the week, ensuring there is a balance across the board. I shop for the necessary items that day, and if advanced preparation is needed (such as stuffed shells), we do

that, too. The next Sunday, another child gets to choose. And so on."

### 7. Feeding teenagers.

From Cheri Wiles, Charlotte blogger and a single parent with two teens.

"Be very flexible when it comes to scheduling meals. My kids have plenty of after-school and social activities, and it is too easy and tempting to just grab fast food en route to an activity. I've got a couple of quick-to-prepare, one-pot recipes I can use on busy nights. I also keep chicken stock with chopped chicken in the freezer, for making a quick and hearty chicken-orzo-vegetable soup."

### 8. Planning ahead.

From Andrea Weigl, food writer for The News & Observer.  
"Create space to stock up. What helps me really save money is my strategy of only buying the loss leaders (deeply discounted items) at the grocery stores and a few perishables: milk, bread, eggs, produce.

"Now I plan a week's worth of meals based on what I have on hand, and supplement with the perishables."

### 9. Widening your repertoire.

From Kathleen Purvis, food editor for The Charlotte Observer.

"I plan most of our meals, but a couple of times a month, I leave one meal blank and make myself come up with dinner from what I have on hand."

### 10. Trying new foods.

From Sarah Blacklin, manager of the growers-only Carborro

(N.C.) Farmers Market.

"Sign up for a CSA (community-supported agriculture) box from a farmer. Each week you receive a surprise box of seasonal fresh produce picked that week. Many farmers provide recipes and cooking tips."

**Kralicek-Tesch**  
Juliet Katherine Kralicek and Wyatt Johnnie Tesch were married July 25, 2009, at St. Benedict's Catholic Church, Yankton, SD, with Father Paul Josten officiating.  
Parents of the couple are Jolene and Frank Kralicek of Yankton, SD, and Barbara and Hal Tesch of Waco, NE.  
Maid of honor was Sarah Koza, sister of the bride, of Omaha, NE. Bridesmaids were Erin Schulte, friend of the bride, of Herrick, SD; Kati Cook, friend of the bride, of Yankton, SD; Melissa Kralicek, sister-in-law of the bride, of Yankton, SD; Jani Dubs, friend of the bride, of Sioux Falls, SD; Junior bridesmaid was Kia Hasson-Tesch, niece of the groom, of Anchorage, AK. Flower girls were Reagan Koza, Alexa Koza and Jersey Koza, nieces of the bride, all of Omaha, NE. Flower pinners were Shelia Zimmerman of Yankton, SD, and Sarah Tesch of Watertown, SD. The bride's personal attendants were Shannon Spreeman, sister of the groom, of Norfolk, NE; Veronica Strand, sister of the groom, of Wisconsin and Estelle Vlieger, sister of the groom, of Mankato, MN.  
Lloyd Tesch, brother of the groom, of Anchorage, AK, was best man. Groomsman were Boyd Tesch, brother of the groom, of Watertown, SD; Ryan Tesch, brother of the groom, of Mankato, MN; Frank Kralicek Jr., brother of the bride, of Yankton, SD; and Kelly Tesch, cousin of the groom, of Watertown, SD. Ring bearer was Jack Strand, nephew of the groom of Wisconsin. Ushers were Karl Kast, cousin of the bride, of Fordyce, NE; Nick Prasad, cousin of the bride, of Seattle, WA; Miles Spreeman, brother-in-law of the groom, of Norfolk, NE; Michael Vlieger, brother-in-law of the groom, of Mankato, MN.  
Mother-of-the-bride escorts were Javin Koza, nephew of the bride, Omaha, NE; Patrick Kralicek, nephew of the bride, of Yankton, SD.  
Wedding music was provided by organist Marilyn Kathol and vocalist Vicki Konken.  
Following the ceremony, a reception and dance was held at Beseda Hall, Tabor, SD, with Gary and Arlene Heine of Yankton, SD, Kim and Giltu Prasad of Coeur d'Alene, ID; Bill and Sue Weider of Milbank, SD; and Larry and Brenda Winge of Watertown, SD, as hosts. Guest book attendants were Carrie Saur of Lincoln, NE, and Sherri Kenitzer of Aberdeen, SD.  
The bride is employed at First Dakota National Bank.  
The groom works for Tacke Cattle Company.

**Gregg-Cross**  
Rachel Gregg and Bruce Cross, Jr. were married July 4, 2009, at St. Paul's Lutheran Church, St. Louis, MO, with the Rev. Paul Hemenway officiating.  
Parents of the couple are Roger and Cheryl Gregg of Yankton, SD and Bruce and Ramona Cross of Collinsville, IL.  
Maid of honor was Kayla Pavel of Utica, SD. Bridesmaids were Tera Tramp of Sioux Falls, SD; Cassandra Weschke, Pamela Cross, Chelsea Blanner and Nicole Gilbert, all of St. Louis, MO. Junior bridesmaid was Carley Skorepa of Utica, SD. Flower girl was Sydney Cross of St. Louis, MO. The bride's personal attendants were Jeni and Steph McGowan, both of Lincoln, NE. Flower pinner was DeeAnn Stinson of Bozeman, MT.  
Andrew Lauber of Knoxville, TN, was the best man. Groomsman were Mark Collins, Ben Manga and Ryan Kane, all of St. Louis, MO; and Ed Balogh of Chicago, IL. Ring bearer was Ben Cross of St. Louis, MO. Ushers were Austin and Jason Bierle of Aberdeen, SD; and Matthew and Nathan Nakamura of Fresno, CA.  
Wedding music was provided by vocalists, Calsie and Kristina Skorepa of Utica, SD, and violinist Katie Stinson of Bozeman, MT.  
Following the ceremony, a reception was held at The Franklin Room, St. Louis, MO, with a reception held at Minerva's, Yankton, SD, July 10, 2009. Kevin and Corriena Gregg of Ennis, MT, and Larry and Lisa Skorepa of Utica, SD, served as hosts. Guest book attendants were Megan Crosby and Emily Filsinger. Program attendants were Jonathan Nakamura of Fresno, CA, and Tanner and Travis Skorepa of Utica, SD.  
The bride is a 2001 graduate of Yankton High School and a 2006 graduate of Concordia University. She is employed as a kindergarten teacher at Immanuel Lutheran School, Wentzville, MO.  
The groom is a 2000 graduate of Metro-East Lutheran High School, Edwardsville, IL, and a 2004 graduate of Augustana College, Rock Island, IL. He is employed as an internal business development consultant for Wells Fargo Advisors, St. Louis, MO.  
The couple resides in St. Louis, MO.

**Markwed-Kulm**  
Audra Markwed and Joshua Kulm were married October 2nd, 2009 at St. John American Lutheran Church in Sioux Falls, SD with Pastor Becca Freeman officiating.  
Honor attendants were Lindsay Markwed and Justin Kulm. Attendants were Melissa Costine, Crista Saeger, Ashley Johnson, Charles Norton, Andrew Moore and Eric Markwed. Flower girl was Amelie Markwed.  
The couple will live in Sioux Falls, SD. The bride is a graduate of South Dakota State University with degrees in Fine Arts and Spanish. She is an art retailer at Rehfeld's Art and Framing in Sioux Falls, SD. The groom is a graduate of Colorado Technical University with a degree in Criminal Justice. He is a correctional officer for the Minnehaha Sheriff's Department in Sioux Falls, SD.  
Parents of the couple are Earl and Monica Markwed of Brookings, SD and David and Marilyn Kulm of Yankton, SD.

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