

# A Friend Says Farewell

BY SHARON GUTHMILLER  
Extension Educator

The time has come for me to say farewell and thank you. This will be my last column as I leave Yankton and the County Extension Office here to move to Rapid City and begin work as Extension educator in the Pennington County Extension Office next week. Thanks to the *Press & Dakotan* for faithfully printing this column these past years. Writing this column has been something I look forward to each week. Thanks to each of the faithful readers. Comments I have received over the years have been rewarding. Thanks also to other newspapers and staff members for your support also in columns, newspaper articles and interviews. I will miss Yankton and surrounding communities and the people here who have touched my life in a special way.

In thinking about moving and making preparations for moving, my thoughts turned to change. Change, it has been said, is one of the only certain things in life. With those thoughts in mind, I looked back to an article previously written regarding attitudes toward change and will share some of those thoughts again.

Living presents each of us with a big order of constant changes. We are ever-changing individuals in an ever-changing environment. It may be hard at times to recognize that change is in the nature of ourselves as well as in our universe. History has shown that man has a natural resistance to change. Yet, as individuals we have a desire for new experience and for adventure. Resistance to change and longing for change may produce inner and outer conflicts in the human race. Change either for an individual or changes in environment may produce stress or tension. To make necessary adjustments to feel comfortable again, either the individual or the environment or both must be modified. If we can gain some understanding of the change that is taking place, we may work out the most effective reaction to the change. Sometimes that means accepting it, sometimes resisting it and at other times modifying or controlling it. There may be some



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security in understanding change. Since change is inevitable, it is important to carefully recognize and consider constructive attitudes toward change and reactions to change. It is important that both children and adults learn to recognize change

and find ways of living with it. Each of us needs to learn:

- to expect change and be prepared for change since it is inevitable

- to accept and adjust to inevitable and uncontrollable changes

- to assume responsibility for the direction of changes that can be controlled. A person's life becomes meaningful to the extent he or she accepts responsibility for participating in directing social change.

- to react to change in such a way that it becomes a basis for satisfaction and optimism rather than frustration and pessimism. We can learn to use each hour in a positive manner and recognize the uselessness of regrets over things we cannot control.

- to see ourselves in a great perspective, in a progression of individuals, past, present and future. Each of us has a role to play in the march of mankind. Each human being is an essential link. We have been influenced by individuals who have gone before us. We can hope to leave some influence on those who follow us. Every life is meaningful and significant.

We live in a world of constant change. As long as life exists there will be differences and change. We cannot expect final solutions that will remain fixed. Look for opportunities for adventure, growth, and for betterment in change.

Thought: Cherish your yesterdays, dream your tomorrows, but live for your today's.

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



## GRILLED CARIBBEAN FRUIT SALSA

PREPARATION: 10 MINUTES  
GRILL TIME: 8 MINUTES  
MAKES: 4 SERVINGS

- INGREDIENTS**
- 1/2 fresh Dole Tropical Gold Pineapple, peeled and sliced vertically
  - 1 large, ripe firm Dole Banana, slice in half vertically
  - 1 mango, skinned, peeled and sliced in half vertically
  - 1/4 cup olive oil
  - 1 tablespoon fresh lime juice
  - 1/4 cup red onion, minced
  - 1/4 to 1/2 teaspoon crushed red pepper flakes
  - 2 kiwi, diced

**DIRECTIONS**

Combine pineapple, banana and mango slices with the olive oil and lime juice. Brush to coat the fruit. Place fruit on grill. Grill fruit 4 to 5 minutes each side, remove and cool slightly.

Roughly chop the grilled fruit, reserving juices. Combine fruit and reserved juices with the red onion, red pepper flakes and kiwi. Serve warm or room temperature. Great with grilled chicken or fish.

## GRILLED BANANAS

GRILL TIME: 10 MINUTES  
MAKES: 4 SERVINGS

- INGREDIENTS**
- 4 Dole Bananas, unpeeled
  - Assorted favorite dessert toppings

**DIRECTIONS**

Place unpeeled bananas on grill over medium high heat. Grill 4 to 5 minutes on each side until peels blacken and soften. Insides will be custard-like. Serve warm or chilled with your favorite toppings such as fresh fruit, chopped nuts, miniature marshmallows, chocolate bits, caramel or frozen yogurt.



## FAMILY FEATURES

Bananas aren't just for breakfast or lunch anymore. By grilling this popular fruit, you can add a whole new flavor dimension to a dinner recipe and turn a basic dessert into something wow.

Adding bananas to your summer grilling routine is a fun way to eat fruit. You can grill them in their peels while the BBQ coals are still hot or add peeled slices to a tasty kabob — it's that simple. From kid-friendly desserts to grown-up dishes with a tropical twist, make it easy on yourself and go bananas on the grill.

For more Dole Banana recipes and serving suggestions, go to [www.dole.com/bananas](http://www.dole.com/bananas). To share banana recipes anytime, go to [www.facebook.com/DOLEbananas](http://www.facebook.com/DOLEbananas).

## HOW TO STORE BANANAS

- Remove bananas from plastic produce bag and store at room temperature. The warmer it is, the faster the bananas will ripen.

- To slow ripening, refrigerate (peel will turn black but the fruit inside will be fresh and ripe). Bananas can be frozen once the banana is peeled and stored in a freezer bag until ready to use (use a bit of fresh lemon juice to reduce browning).

- If bananas are too green, place them in a brown paper bag, in a warm dry area (but not in direct sunlight) for a day or two to encourage ripening. If there is still not enough yellow appearing on the peel, place a ripe apple in the bag with the bananas.

## ISLAND KABOBS WITH TROPICAL FRUIT SALSA

PREPARATION: 10 MINUTES | GRILL TIME: 10 MINUTES | MAKES: 4 SERVINGS

- INGREDIENTS**
- 2 ripe, firm Dole® Bananas, peeled, each cut into 6 pieces, plus 1 ripe Dole Banana, peeled and diced
  - 12 chunks Dole Tropical Gold Pineapple
  - 16 extra large or jumbo shrimp, shelled and deveined
  - 1 green or red bell pepper, cut into 8 pieces
  - 2 tablespoons lime juice
  - 2 tablespoons olive oil

- 1/2 teaspoon ground allspice
- 1 mango, peeled and diced
- 1 tablespoon chopped mint
- 1 Dole Green Onion, minced
- 2 to 3 teaspoons minced jalapeño pepper

2 tablespoons over kabobs. Combine remaining marinade with diced banana, mango, mint, green onion and jalapeño pepper; place in a serving dish.

**DIRECTIONS**

Thread banana pieces, pineapple, shrimp and bell pepper pieces equally onto skewers. Whisk together lime juice, oil and allspice in small bowl. Brush

Grill kabobs over medium high heat 8 to 10 minutes, turning once or until the shrimp are opaque. Arrange the kabobs on top of the salsa.

## TERIYAKI PORK CHOPS WITH GRILLED BANANAS

PREPARATION: 20 MINUTES | GRILL TIME: 20 MINUTES | MAKES: 3 TO 4 SERVINGS

- INGREDIENTS**
- 1/4 cup dry sherry
  - 2 tablespoons soy sauce
  - 1 tablespoon packed brown sugar
  - 1 tablespoon vegetable oil
  - 1 pound boneless pork chops (3 to 4)
  - 2 large firm Dole Bananas, peeled
  - 1/2 teaspoon cornstarch
  - 2 cups hot cooked rice
  - 2 tablespoons sliced Dole Green Onion
  - 1 tablespoon toasted sesame seeds

**DIRECTIONS**

Combine sherry, soy sauce, brown sugar and oil in small bowl. Remove 2 tablespoons sherry mixture and brush on pork chops and bananas. Grill pork 8 to 10 minutes on each side until cooked through. Grill bananas 2 to 3 minutes on



each side until heated through. Cut each into 1-inch pieces. Combine remaining sherry mixture and cornstarch in small saucepan; cook, stirring until

thickened. Arrange pork and bananas over rice on serving plate; drizzle with sauce. Sprinkle with green onion and sesame seed.

## DID YOU KNOW?

- With no fat, cholesterol or sodium, vitamin-packed bananas are a guilt-free summer-time treat.
- Banana peels are great for polishing shoes. Use (the inside of) an empty peel on your leather shoes as you would shoe polish and then buff off

with a soft cloth. The banana's oils soak into the leather and, like most commercial shoe polishes, contains potassium. As bananas ripen, the starch in the fruit turns to sugar. Therefore, the riper the banana, the sweeter it will taste.

- Ten or more bananas growing together are called "hands" and a single banana is called a "finger." Four to six bananas sold in the store are called a "cluster."

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**Weiland 50th Anniversary**

Lloyd and Myrna Weiland celebrate 50 years of marriage on July 31, 2010. Congratulations and love from your children and grandchildren! Cards can be sent to their address: 10135 N. Glenstone Court, Johnston, IA 50131

# 2010 CLIP & SAVE

**January**

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**December**

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—Denotes South of 15th Street

—Denotes North of 15th Street

**City of Yankton Recycling Calendar**

Serving your recycling and trash collection needs.

Please have your solid waste and recycling set out by 7:00 A.M. on your scheduled collection day. The Solid Waste and Recycling Department allows two 33-gallon trash containers. If you have any questions, please call the Street Department at 668-5211.