

PLANTING THE SEEDS FOR Healthier Habits



GARDEN BERRY TRIFLE

1 3/4 cups 100% Juice or Light Juice
 Drink Fruit & Veggie Cranberry Strawberry
 Banana or Tropical Citrus
 13-ounce package cook and serve vanilla
 pudding mix (not instant)
 1 cup heavy whipping cream
 2 tablespoons powdered sugar
 17-ounce angel food cake, cut in small
 cubes (approximately 6 cups)
 3 cups sliced fresh strawberries and/or
 red raspberries

Mix juice or juice drink and pudding mix in
 1 1/2-quart saucepan. Bring to a boil over
 medium heat, stirring frequently. Remove
 from heat and place piece of waxed paper
 directly on surface of pudding. Cool com-
 pletely.

Combine whipping cream and powdered
 sugar in medium bowl. Using electric mixer
 or hand whisk, beat until soft peaks form.

Layer half the cake cubes in large glass
 bowl. Top with half the berries. Spread half
 the pudding mixture over the berries; care-
 fully spread half the whipped cream over pud-
 ding. Repeat layers. Garnish with additional
 berries if desired. Cover loosely with plastic
 wrap and refrigerate 3 hours. 8 servings

To make individual servings, layer dessert
 in individual parfait glasses in order listed
 above.

HARVEST STIR FRY

1 pound boneless skinless chicken
 breasts
 1 teaspoon salt
 1/4 teaspoon pepper
 1 tablespoon vegetable oil
 1 red bell pepper, cut in bite-size strips
 1 cup pea pods, trimmed, cut in half
 1 cup mandarin orange segments,
 drained

1 cup Ocean Spray® 100% Juice or Light
 Juice Drink Fruit & Veggie Tropical Citrus
 1/4 cup rice vinegar
 1/4 cup orange marmalade
 2 tablespoons soy sauce
 4 teaspoons cornstarch

Cut chicken breasts in half lengthwise;
 thinly slice crosswise. Sprinkle with salt and
 pepper. Heat oil in 12-inch skillet over medi-
 um-high heat. Add chicken; cook 3 minutes
 or until browned, stirring occasionally. Push
 to one side of skillet. Add bell pepper and pea
 pods; cook 1 minute or until starting to soft-
 en. Stir in orange segments.

Combine vinegar, marmalade, soy sauce
 and cornstarch in medium bowl. Stir into skil-
 let. Bring to a boil; cook until thick and chick-
 en is no longer pink. If desired, serve over
 hot cooked rice. Makes 4 servings.

FRUIT & VEGGIE FROZEN POPS

4 cups Ocean Spray® 100% Juice or
 Light Juice Drink Fruit & Veggie Cranberry
 Strawberry Banana or Tropical Citrus
 8 5-ounce paper cups
 86-inch squares of heavy-duty foil
 8 wooden craft sticks

Pour 1/2 cup juice into each paper cup.
 Place foil over tops of cups; press and form
 around cups so top is tight. With sharp knife,
 cut a small slit in center of foil on each; care-
 fully insert sticks in each so it is standing up
 straight. Place cups on tray or baking sheet
 with sides. Place flat in freezer. Freeze
 overnight or until solid. To serve, remove foil;
 warm cups slightly with hands to lift out, or
 peel paper from frozen pops. Makes 8 pops.

Recipes and photos courtesy of Ocean Spray.

The warm sun and green landscapes are sure signs that spring is finally here. It's time to awaken your senses and gain a fresh perspective on renewing old habits, especially poor eating routines. Nothing is more inspiring or satisfying than growing your own fruits and vegetables. Not only are they good for you, but they also brighten up your plate – so start planting the seeds for a healthier lifestyle in the kitchen today!

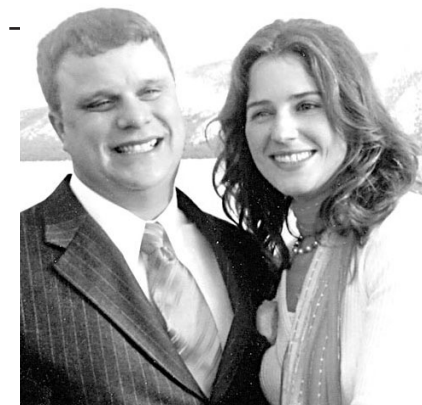
And, while you're waiting for your garden to grow outside, keep fruits and veggies front and center to remind you to incorporate them into your family's favorite dishes. Consider turning your kitchen into a garden extravaganza with lots of fresh produce, fruit and vegetable juices, a renewed recipe box of spring and summer recipes, and garden inspired plates and glassware.

The key is to be creative! Fruits and vegetables are more than just side dishes. They can be used to create delicious dressings, zesty glazes, and flavorful drinks that pack a one-two health punch! Whether you're entertaining guests or planning a weekly meal, there are easy ways to boost your intake without sacrificing taste.

Photos and Text courtesy of ECES.com

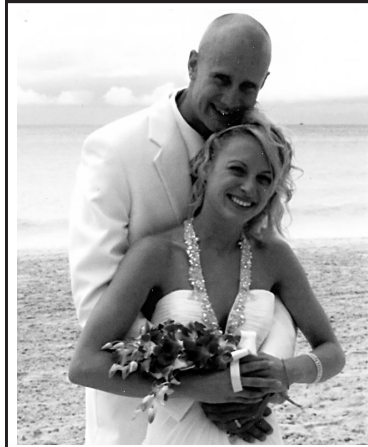


HOW DO YOU REUSE YOUR EMPTY JUICE BOTTLES? SHARE YOUR IDEAS AT OCEANSPRAY.COM



Coulson-Larson

Chelsea Coulson and Adam Larson were married February 13, 2010 in Lake Tahoe, NV. Parents of the couple are Tom and Joan Coulson, and Doug and Val Larson, all of Yankton, SD. Matron of Honor was Amy Hotzel, Colorado Springs, CO. Best Man was Matt Larson, Yankton, SD. A reception will be held at Riverside Park in Yankton on Saturday, May 29 starting at 4:00pm for family and friends. The couple resides in Colorado Springs, CO.



Slemp-Ray

Katie Slem and Robbie Ray of Gayville, SD, were married April 17, 2010, at an outdoor ceremony at Beaches Resort in Negril, Jamaica. Makiya Ray, daughter of the groom, was the flower girl. Parents of the couple are Louise Slem, John and Kim Slem, Leann Johnson and Doug and Sue Ray, all of Yankton, SD.



Hull-Leet

Rachel Hull and Jason Leet announce their engagement. Parents of the couple are Cindy Hull of Spring Park, MN, and Larry and Cindy Leet of Yankton, SD.

Rachel is a 2005 graduate of Mound-Westonka High School, Mound, MN. She is currently a Shift Supervisor at Caribou Coffee, Plymouth, MN, and a student at Normandale College. Jason is a 2005 graduate of Leet Home School. In 2009 he earned a BS in Bio-Chemistry from St. Cloud University. He is currently attending University of Minnesota School of Dentistry and serving in the United States Air Force. The couple will exchange vows on July 9, 2010, at Calvary Memorial Church, Wayzata, MN.

YD/4H Program Assistant Starts At Extension Office

BY SHARON GUTHMILLER
 Extension Educator



SHARON GUTHMILLER

Stop in at the Yankton County Extension Office or call the office 605-665-3387 and say hello to Aaron Weston, offer him a word of welcome and get acquainted with him. Aaron is now a full 2 weeks into the job as YD/4H Program Assistant for Yankton County. Aaron graduated from the University of Northern Iowa with a B.A. in Elementary/Middle Level Education. Instead of going into classroom teaching, he used his education for youth ministry at Ingham-Okobojo Lutheran Bible Camp in Milford, Iowa. His fiancé is from Yankton, thus, he decided to move to Yankton to make his home. His interest in young people, educational programming, 4-H and other Youth organizations is evident as he begins his work here. Aaron states: "Now I find myself surrounded by caring adults and youth who really want to make life meaningful. I am definitely on board with that mission and so I can honestly say I am excited to be here working with all of you. I look forward to meeting with you." The staff at the Yankton County Extension Office welcomes Aaron to our team. We are glad he is here.

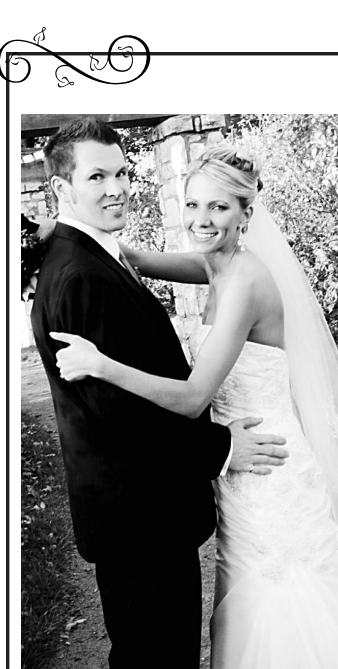
Think about the individuals you know who just seem to live life to the fullest. These people enjoy a variety of things. It is important to see and have meaning in life and those things that surround us. It is possible to recapture the passion we felt we left behind after childhood. Passion is defined as an enthusiasm for life, for learning, creating, and enjoying. Thankfully, we are not restricted from pursuing new interests at any age or stage in life. Have you ever known one of those people who started a new career at age 65? Take time to dream. Imagine something you would really like to do and work toward that goal. Take time to find something you enjoy. That something might be writing, bird watching, spending time with children or taking photos. In this busy day and age when we are bombarded with so many demands, it is a good idea to make it a priority to find the time to do those things you love to do. Shouldn't part of your day be spent doing something you really like to do? After all, something is taking up your time each day.

Strategies to help bring back the fun and passion you once had as a child include seeking things you believe are fun to do. Then, do them. It doesn't hurt to try something new now and then. Put laughter back in your life. Laughter has been referred to as internal jogging. Do you remember watching your grandparents just sit around and laugh at something? Research is just beginning to catch up on what our grandparents already knew-laughter is good for you. Laughter is free and has no side effects.

Put creativity back in your life. Be creative even in solving everyday problems. Exercise and physical activity help bring about creativity, a better feeling about oneself, and is good for you also.

Don't be afraid to challenge yourself to learn about new things. Take a class, become a gourmet cook, learn to speak another language, or develop a new hobby. Let go of worry. Do not dwell on what awful things might happen. Focus on the possibilities just around the corner. Be enthusiastic and look for the positives in a situation. You might be pleasantly surprised about the possibilities and recapture some of the passion you knew as a child. Take time each day to release your playful, curious, adventurous self. Thought: All the flowers of all the tomorrows are in the seed of today.

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



England-Cox

Tara Marie England and Charles Edward Cox were married October 31, 2009, at St. Peter's Catholic Church in Brookside, MO, with Father Joe Sharbel officiating. Parents of the couple are Lawrence and Linda Look of Quinter, KS, and Jim and Betty Cox of Yankton, SD.

Matron of honor was Kristi Arasmith of Beloit, KS. Bridesmaids were Jenny Leon, Michaela Brewster, Alissa Hall, Stephanie Look and Cassie Look. Evie Look, niece of the bride, was the flower girl. The bride's personal attendant was Libby Hintgen.

Garrett Cox, brother of the groom, of Springfield, IL, was best man. Groomsman were Cameron Williams, Greg Hintgen, Derek Lyons, Garrett Schramm and Lars Anderson. Ring bearer was Ethan Cox, son of the bride. Ushers were Tad Look and Trey Look, brothers of the bride.

Following the ceremony, a reception was held at The Little Theater, Kansas City, MO, with Joyce Hladik, Susan Shannon, Connie Jenkins and Kathy Dix, aunts of the couple, as hosts. Guest book attendants were Jason and Amy Hladik, cousin of the groom.

The bride is a graduate of Quinter High School and Fort Hays State University. She is employed as HR manager at Straub Construction.

The groom is graduate of Yankton High School and South Dakota School of Mines and Technology. He is a Business Development Manager for Lafarge North America.

(605) 665-4500
 (888) 876-7705
 3100 BROADWAY
 YANKTON, SD

Northtown

CHEVROLET • CADILLAC • BUICK

LOW PRICES.

HIGH TRADE VALUES.

LOW PAYMENTS.

GREAT CUSTOMER SERVICE.

NEW 2010 COLORADO EXT CAB

Nicely equipped with auto, a/c, cruise, tilt, am/fm stereo & more

SALE PRICE \$18,990*



*Price includes factory incentives but does not include \$75 documentation fee.

See our entire inventory at...

'01 Pontiac Sunfire Coupe	83,XXX miles	\$4,990*
'03 Buick LeSabre Limited	Local trade	\$8,990*
'04 Cadillac SRX AWD	Luxury	\$14,990*
'05 Dodge Neon SXT	1-owner	\$7,990*
'05 Chevrolet Malibu Classic	79,XXX miles	\$5,990*
'06 Dodge Ram Quad Cab 4x4	39,XXX miles	\$18,990*
'06 Chevrolet Monte Carlo	Local Impala trade	\$8,990*
'06 Cadillac DTS	Local trade-in, 62,XXX miles	\$17,990*
'07 Chevrolet Trailblazer LT	Leather, sunroof	\$17,990*
'07 Cadillac DTS	Local trade, loaded with extras	\$19,990*
'07 Cadillac DTS	Local trade with 41,XXX miles	\$21,990*
'09 Chevrolet Aveo	Factory warranty	\$8,488*

*Price does not include \$75 documentation fee.

WWW.NORTHTOWNUSA.COM