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Students, Schools Have Beef With New Lunch Guidelines

School Districts Adjusting Meal Options To Meet New Guidelines

BY ANDREW ATWAL
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School districts around the country have been adjusting their meal options in order to comply with the new federal guidelines on school lunches that took effect this fall.

South Dakota schools haven't been spared by the changes.

In a survey conducted last month of superintendents across the state, 90.7 percent said their schools had been affected by the new mandates. Ninety-nine responses were received of the 152 distributed.

Among the high school requirements instituted by the U.S. Department of Agriculture are an 850-calorie limit, milk that is nonfat or low-fat, one cup each of fruit and vegetables, 2 ounces of protein and 2 ounces of grains per day.

Middle schools have a 700-calorie cap, while the elementary schools have a 650 calorie maximum.

In the coming decade there will also be a maximum amount of sodium students can be served for their lunches.

In the survey, 73.2 percent of the superintendents said they had heard student complaints about not getting enough to eat. Also, 48.5 percent said the number of sack lunches being brought to school had increased.

More than two thirds of the respondents — 72.2 percent — said they would support a freeze on the new rules until further study of the issue could be done.

Rep. Kristi Noem (R-S.D.) met with Sandi Kramer, YSD's food services director, on Wednesday to discuss the changes. Additionally, Sen. John Thune got an earful about the new rules from students during a visit to the Yankton High School last week.

"The United States Department of Agriculture (USDA) increased the fruit and vegetable totals that we have to serve students across the board," Kramer told the *Press & Dakotan* Wednesday. "They're treating fruits and vegetables separately



Students at Yankton High School help themselves to fruit and vegetables during lunch on Wednesday. Among the new school lunch guidelines in place, students are required to have a fruit or vegetable each day at lunch.

ANDREW ATWAL/P&D

Food Service Director Searches For A Middle Ground Of Healthy Meals And Satisfying Needs

BY NATHAN JOHNSON
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Citing the concerns she has heard from constituents across the state, Rep. Kristi Noem (R-S.D.) visited with Yankton School District officials Wednesday about changes to the National School Lunch Program.

"It's been a big issue," Noem said. "I think our schools are really challenged by it. They see every time they sit down with kids at lunch that their needs are not being met."

She said the first complaints she heard about the rules were from her own two children still in the public school system.

"They came home from their open house at school and were upset with the new guidelines," Noem stated.

Sandi Kramer, the Yankton School District's nutrition director, told Noem that she has had to revamp almost every recipe — a process that has taken a lot of time.

Instead of the three ounces that she used to plan for a meal, Kramer said she can now serve a maximum of two ounces. Additionally, she used to allow approximately 1,000 calories per meal at the high school level. The maximum that can now be served is 850 calories.

That doesn't sit well with student athletes who burn 6,000 calories a day, Kramer said.

It also doesn't account for children who do not get regular meals at home.

"I know there are kids where this is their only meal," Kramer stated. "We've got to find a middle ground some-



Rep. Kristi Noem (left) discusses the USDA's new school lunch guidelines with Sandi Kramer, director of the Yankton School District's food services, Wednesday while Noem was at Yankton High School.

KELLY HERTZ/P&D

where. We know our kids."

It also bothers her that some kids can buy extra food, while others cannot afford it. Even for those who do pay for extra food, Kramer said she believes it puts pressure on their parents' purse strings, in many cases.

In September, Noem sent a letter to Secretary of

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Candidates Spar Over Economy In First Debate

BY JULIE PACE AND DAVID ESPO
Associated Press

DENVER — In a showdown at close quarters, President Barack Obama and Republican Mitt Romney sparred aggressively in their first campaign debate Wednesday night over taxes, deficits and strong steps needed to create jobs in a sputtering national economy. "The status quo is not going to cut it," declared the challenger.

Obama in turn accused his rival of seeking to "double down" on economic policies that actually led to the devastating national downturn four years ago — and of evasiveness on details for Romney proposals on tax changes, health care, Wall Street regulation and more.

Both men made frequent references to the weak economy and high national unemployment, by far the dominant issue in the race for the White House. Public opinion polls show Obama with a slight advantage in key battleground states and nationally, and Romney was particularly aggressive, like a man looking to shake up the campaign with a little less than five weeks to run.

With a prime-time television audience likely counted in the tens of millions, moderator Jim Lehrer was pressed at time to enforce time limits on the two rivals. The president occasionally shook his head as Romney talked over Lehrer.

And Romney virtually lectured Obama at one point after the president accused him of seeking to cut education funds. "Mr. President, you're entitled to your own airplane and your own house, but not your own facts."

Romney said he had plans to fix the economy, repeal Obama's health care plan, remake Medicare, pass a substitute for the legislation designed to prevent another financial crash and reduce deficits — but he provided no specifics despite Obama's prodding.

Said Obama: "At some point the American people have to ask themselves: Is the reason Governor Romney is keeping all these plans secret, is it because they're going to be too good? Because middle class families benefit too much? No."

At times the debate turned into rapid-fire charges and retorts that drew on dense facts and



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Picking Out Pumpkins

100s of Pumpkins Given To Area Third Graders

BY DEREK BARTOS
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Outside of Yankton's Beadle Elementary School Wednesday morning, dozens of third graders stood anxiously in line, staring at a large assortment of pumpkins that lay before them.

As the line moved forward, the students carefully made their selections, then scurried off into the background to cherish their holiday gift.

The scene took place during one of several stops made by the Yankton Minimum Unit Wednesday during its annual pumpkin giveaway. Each year, the unit grows hundreds of pumpkins in its garden on the Human Services



Beadle School third-graders (from left) Fabian Avilez, Keaton List and Joe Andrews inspect the pumpkins they received during the Yankton Minimum Unit's annual pumpkin giveaway Wednesday morning.

KELLY HERTZ/P&D

Center campus, which are then donated to each third grade class in Yankton.

"It's been fun," said Sgt. Ron Prater, the officer who supervised this year's giveaway. "There's a lot of excited kids. At Webster, they

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Dain's Dutchmen To Play At Menno Oktoberfest

BY RANDY DOCKENDORF
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MENNO — Take out your lederhosen and get ready for an "oom-pah-pah" good time at Saturday's Oktoberfest in the Menno city-school auditorium.

This year's festival features not only traditional German food but also the polka music of "Dain's Dutchmen," a four-piece family band from Sleepy Eye, Minn. The band has received national recognition, appearing on a rural-oriented television network.

The annual Oktoberfest is sponsored by the Sodak Stamm chapter of the Germans from Russia Heritage Society (GRHS).

"Dain's Dutchmen" has been recognized as one of the top polka bands in the nation, according to Sodak Stamm president Gary Jerke of rural

Tripp.

"They were recently nominated for 'Best Polka Band USA,' which is quite an honor," he said. "They also appeared on the 'Mollie B Polka Party' on the (satellite and cable based) RFD-TV network."

The band will literally roll into Menno in time for the show, Jerke said.

"That (Saturday) afternoon, they are performing in New Ulm, Minn., for their Oktoberfest. Then, they are heading to Menno to perform for us that evening," he said. "It takes about 3 1/2 to 4 hours to get here, so they're going to have to hurry."

While the band's name includes "Dutchmen," the music is German all the way, Jerke said.

"In this case, the word 'Dutch' is a derivation of 'Deutsch,' which means

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Authorities Order Autopsy After Death Of Yankton Man

From P&D Staff Reports

An autopsy has been requested to determine the cause of death for a Yankton man.

Yankton Police Department Lt. Todd Brandt said the Yankton County State's Attorney Office ordered the autopsy of James Monroe Kirkendall, 40. He died Monday, Sept. 24, at the Nebraska Medical Center in Omaha, Neb.

Brandt said he couldn't elaborate on the case other than to say the matter is under investigation.

It is not known when the results of the autopsy will be returned to authorities, he stated.