

Pumpkins

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came running out the door. And the inmates look forward to it, too. It's their way of giving back to the community."

Beadle Elementary School Principal Carey Mitzel said the students were even more excited for this year's giveaway, as last year's event was canceled due to the pumpkin crop being destroyed by a hail storm.

"It's a very special treat since they had a year where they didn't get them," he said.

Mitzel added that the third graders were not the only students to receive pumpkins, as the younger classes also received them from other businesses and organizations in the community.

"We're fortunate in Yankton where we have all of our kindergarten through third grade

students getting free pumpkins to have at home," he said. "And that's good for families too, because it's not an additional expense."

Yankton Minimum Unit case manager Bruce Fisher said the staff and inmates at the unit look forward to the giveaway every year, as they enjoy the reactions of the students.

"One year at Lincoln school, we had some really big ones, and this kid picked out this great big pumpkin. And it was too big, so he was actually rolling it. The pumpkin was actually about twice the size of him, and we just kept wondering how he was going to get that home," Fisher said with a laugh.

The pumpkin giveaway is part of the larger harvest that takes place each year at the Yankton Minimum Unit's garden, which produces up to 50,000 pounds of food each year, Fisher said. However, due to the drought, this year's production is approximately half of a normal year, he said.

Three inmates are assigned to plant, maintain and harvest the garden each year, which includes crops such as watermelons, tomatoes, potatoes, okra, beans, carrots, beats, squash, cantaloupe and pumpkins. Once the harvest is complete, the food is donated to various nonprofit agencies in town.

"It's one of those jobs where the inmates do it because they want to do it," Fisher said. "They really enjoy it. They do it for personal pride and a chance to give back to the community."

Mitzel said he appreciates the work the minimum unit does for the school, such as the pumpkin giveaway and its involvement with the Sack Pack program, and he is pleased the inmates can find a way to give back to the community.

"I think that's one of the great parts of living in Yankton," he said.

You can follow Derek Bartos on Twitter at twitter.com/d_bartos

HANDS-ON HEALTH CARE TRAINING



KELLY HERTZ/P&D

Meghan Hofer (center) from Freeman Academy and Kendra Brenner (right) from Bon Homme get hands-on lesson on wrapping a broken arm during Wednesday's annual Yankton Scrubs Camp, held at the Avera Professional Pavilion. Kathy Nevins of the South Dakota State University Doctor of Nurse Practitioner program supplied the "broken" arm on which the students worked. The camp is a one-day event for area high school students to get hands-on experience with aspects of the health care fields. The day included numerous learning sessions, plus several exhibits.

OBITUARIES

Glenn Talsma

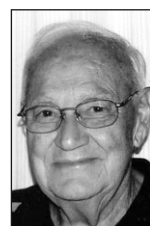
Glenn Talsma, age 85, of Yankton, South Dakota, died Tuesday, October 2, 2012 at the Good Samaritan Center in Tyndall, South Dakota.

Funeral services are 11 a.m., on Friday, October 5, 2012, at the First United Methodist Church in Yankton with Reverend Ron Johnson officiating. Burial will be at the Garden of Memories Cemetery in Yankton at a later date.

Visitation is from 5-8 p.m., on Thursday, at the Wintz & Ray Funeral Home in Yankton with a prayer service, time of sharing and video tribute at 7 p.m. Visitation continues one hour prior to the funeral service at the church.

Pallbearers are Corey and Dana Enfield, Tracy and Nick Kisch, Scott Enfield and Ryan Evans. Honorary pallbearers are his great grandchildren.

Glenn Edward Talsma was born May 1, 1927, in Orange City, Iowa to Julius and Frances (Vanderstoep) Talsma. He grew



Talsma

up in Sioux City, Iowa where he attended school. Glenn spent his entire career working at Bomgaars in Sioux City and Yankton, retiring after 55 years. On November 12, 1949, he married Janice Mills in Sioux City. He was a member of many service clubs including the Masonic Lodge, Elks Club, Moose Lodge, Lions Club and the El Riad Shriners. Glenn loved golfing, boating and waterskiing. He always enjoyed visiting with people and everyone he met became his friend.

Glenn is survived by his two daughters, Deb (Greg) Enfield of Yankton and Laurie (Doug) Evans of Grapevine, TX; four grandchildren: Corey (Dana) Enfield of Yankton, Tracy (Nick) Kisch of Yankton, Scott Enfield of Yankton and Ryan Evans of Euless, TX; six great grandchildren: Julianna, Carson and Melania Enfield and Caleb, Parker and Beckett Kisch;

four sisters: Mary (Clark) Godfrey of Sioux City, Kay (Jim) Godfrey of Sioux City, Judy (Everett) Verdoorn of Lone Tree, CO and Arta (Cordell) Hull of Walnut Creek, CA; and many nieces and nephews.

Glenn was preceded in death by his parents; wife, Janice on July 22, 2003; brother, Bob Talsma and two sisters, Janice Fraser and Karilyn Merchant.

The family would like to extend a special thank you to everyone at the Tyndall Good Samaritan Society for their love and tender care for Glenn.

To send an online sympathy message or to view Glenn's video tribute, please visit wintzrayfuneralhome.com.

Yankton Press & Dakotan
October 4, 2012



Online condolences at: www.wintzrayfuneralhome.com

Students

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now. They used to be one food group; they're now considered two separate groups."

Kramer added one of the biggest changes with the new rules is there is now a maximum amount of protein allowed to be served to students, when it used to be a minimum amount.

"At the high school level, we used to give about one grain daily and up to 15 each week, and now it's a maximum amount of 10-12 grains that we are allowed to serve," she said.

Kramer said the biggest thing she has had to deal with so far is the calorie counts that she is required to serve students.

"The minimum amount of calories that we were allowed to serve high school students was \$25, now the maximum we can serve is \$50," she said.

She noted that when the old guidelines were in effect, high school lunches would average between 900-1,000 calories per lunch.

"When we were planning our kids' meals at school, we would figure out about one-third of the calories they would eat were at lunch," Kramer said. "However, studies have shown that an active average teenager will burn about 3,000 calories per day, and if a kid does sports, this could be up to 6,000 calories each day."

Another change officials have had to deal with is that kids now must have a fruit or vegetable on their plate at lunch. Schools must serve different vegetables every day, including serving one dark green vegetable each week, which could include broccoli. Schools must also serve a bean each week.

"I have been experimenting with different bean recipes for the kids' lunches," Kramer said.

Kramer noted that officials from the USDA have been telling schools there is not that big of a change from the old guidelines, except now students are getting the fruits and vegetables they need.

"If you just looked at the minimum amounts, there really is not a whole lot of difference, but if you look at the maximums and what we served before, there is a big difference," she said. "The new guidelines

were hard to plan for because there were so many different components that we needed to absorb. I think that if we could rewind this whole thing, I wish they would have given us a year or two to transition between the old and new guidelines to make it easier on the kids."

Kramer said it takes her a lot more time to work out the menus now with the new guidelines. She is also required to send worksheets to the USDA with the weekly menus to be approved, a process that is very time consuming.

A concern that she has is whether lawmakers in Washington took the time to read the bill when it was on their desks.

"This was a bill that was passed by the House and Senate and was about 288 pages long. I doubt that very many representatives actually read the bill and absorbed it all, so now we are feeling the repercussions of it," Kramer said. "Some-

where, we need to find a medium here. Lunch is a lot of the kids' main meals for the day, so when you start cutting back from their lunch, it is difficult to keep the kids from going hungry."

She said that parents have called her office to complain about some of the changes. One parent asked why she was not serving the full amount of allotted calories in a given meal. Since the call, Kramer said she has concentrated on serving the maximum amount of calories each meal.

"I'm always trying to think of ways I can squeeze in 50 or 70 more calories to give kids the maximum amount of calories they are allowed to have," Kramer said.

She added that, even with the changes, students are allowed to have an unlimited amount of fruits and vegetables during lunch.

"I really prefer that kids take what they can eat and not waste it, then come back and get more if they want," Kramer said. "Middle school kids have always done that, but more high school kids are doing it now."

Although it is unlikely the USDA will change the law, officials are still taking comments and concerns that students, parents and school officials have with it. Officials from the USDA will meet with concerned citizens in Brandon Valley on Oct. 10.

Despite the new guidelines, Kramer said there has not been as big of a change in the lunches at YSD as some other schools in the state have felt.

"Some small schools have offered their students unlimited bread or milk, but we didn't do that here," she said.

Kramer said the changes have all been a work in progress, and some schools around the state have been confused by the new guidelines and what qualifies as a fruit or vegetable. However, she hopes everything will be figured out within the next several months.

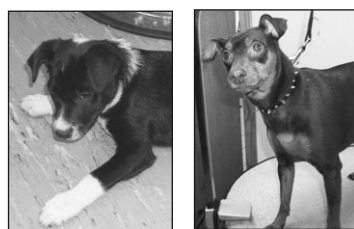
"The bottom line is the USDA wouldn't be making these changes if they thought there was not a problem," she said. "I just wish we could have a little bit more flexibility with how we feed our kids."

Kramer added that parents and children must be patient because the schools will eventually find a balance with the new guidelines and the food being served. However, she thinks that the guidelines may be too strict on schools.

"School lunches didn't necessarily make children obese; there are other factors there, including what happens after school. But we need to all set good examples for our kids," she said. "This isn't a one-size-fits-all thing, but there is nothing wrong with a kid putting a fruit or vegetable on their plate as part of their lunch."

You can follow Andrew Atwal on Twitter at twitter.com/andrewatwal

DAKOTA RESCUE



Andy

Indy

The following pets are available from Dakota Animal Rescue:

- Andy is an eight-week-old puppy with a broken leg. DAF is seeking donations to help cover the medical expenses, which are adding up fast. Assistance can be mailed to Dakota Animal Rescue, PO Box 240, Yankton, SD 57078, or dropped off at the Canine Grooming Center, Yankton.
- Indy is a 4-year-old male miniature pinscher. He is house-trained and knows tricks. Indy has lived with three children and other dogs and cats. He is current on shots and is neutered.

Many other dogs are also available and can be viewed on the DAR website.

If interested in becoming the owner of one of these pets, contact Dakota Animal Rescue at (605) 661-4519, or (605) 661-3121. You can also visit www.luvissavanimals.com.

Wilma Batterman

DELMONT — Wilma Batterman, 96, died at Golden Living Center in Armour on Monday, October 1, 2012.

Funeral service will be Saturday, October 6, 2012 at 10:30 a.m. at St. Peter Lutheran Church near Armour with burial following at St. Peter Lutheran Cemetery near Armour.

Visitation will be Friday, October 5, 2012 from 5-7 p.m. at St. Peter Lutheran Church near Armour with a prayer service at 7 p.m. Arrangements by Koehn Bros. Funeral Home in Armour.

Wilma Josephine (Brenner) Batterman was born in Douglas County on December 15, 1915 to John and Sophia (Hartman) Brenner. Wilma was baptized February 20, 1916 at St. Peters Lutheran Church of rural Delmont. Wilma was confirmed in the faith on July 13, 1930 at St. Peters Lutheran. She grew up with her siblings on the paternal John Brenner farm and as a 9 year old, was a main-keeper of the household chores, cook, farm laborer along with her 10 year old sister Altha, as their mother died young. Their brother, Ervin, was 5 years old. Wilma attended country school through 8th grade.

Wilma at the age of 19 was united in marriage to Leonard Albert Batterman (Joseph & Lydia) on February 20, 1935 at the Iowa Lutheran Church northwest of Delmont. They met at a barn dance. They farmed out west by Lake Andes for a time before moving and purchasing a farm 9 miles southeast of Armour or 8 miles west of Delmont on Old highway 18



Batterman

where they resided for 19 years. Born to this union were three daughters, Arlou Ann Lorenzen (Ver-non); Loretta Louise Kraft (Ver-non) and Marilyn Jane Kokesh (Dennis-deceased). Following Leonard's death in May of 1966, Wilma and Marilyn, 14, moved to Armour. Wilma and Marilyn worked at the Ligtenberg Café. Wilma worked there for a year, then worked as a Certified Nurses Assistant in Corsica Nursing Care facility for 5 years. When opportunity opened at Colonial Manor in Armour, she transferred there and acquired her CNA medical certification which enabled her to give medications and she was very proud of that. Wilma worked there for 12 years until retirement at age 65.

Wilma loved to work. She would toddle out to Loretta's farm by Delmont or Marilyn's farm by Scotland and help butcher chickens. She always had her own garden in town which she canned the produce; nothing went to waste. Everyone raved about her dill pickles and her kuchens. Wilma was such a proud woman, she did her own work, like mowing the huge yard and also cleaned houses for a couple of ladies in Armour. She always had a quilt up, in the winter months. Nothing was more important to Wilma than her grandchildren. She hosted many wonderful dinners and Easter egg hunts for her family.

Wilma loved her church. She

helped sew relief quilts at St. Peters every Thursday and was active in Lutheran Women Church Assoc. Wilma suffered a stroke at age 85 in July, 1999.

Those who cherished her life, include her three daughters, Arlou, Loretta and Marilyn, nine grandchildren-Melody Lindhag, Craig Lorenzen, Karen Lorenzen; Tammy Gordon, Timothy Kraft, Tabettha Herr; Stephanie Kokesh, Desiree Kokesh and Molly Kokesh. Nine great grandchildren; Elizabeth Lindhag, Nicholas Lindhag; Adam Krone, Holly (Krone) Judisch; Benjamin Gordon, Emily Gordon, Sam Gordon; Anna Herr; and Eli Bloomquist (Desiree). One great-grandchild, Lydia Judisch. Additionally, Wilma is survived by one sister, Edna Headrick (Ver-nec.), Sioux Falls, one sister in law, Amanda Ruff (Albert-dec.), Armour, and a half-brother, Warren Brenner (Dorie-dec.), Yankton and a host of nieces and nephews.

Wilma was preceded in death by her husband, Leonard, 56, her parents John, step-mother Olga, maternal mother Sophia and brother Ervin Brenner; sister Altha Semmler; two grandsons, Rodney Lorenzen, 18; Ryan Kokesh, 2; and son in law Dennis Kokesh, 48.

Yankton Press & Dakotan
October 4, 2012

Thirsty Thursday
50¢ Wings & \$2 Bottle Beers
5-9pm
Yesterday's Cafe
2216 Broadway • Yankton, SD • 665-4383

IN REMEMBRANCE

Glenn Talsma 11:00 AM, Friday First United Methodist Church Yankton	Judith "Judy" Kay Wescott 10:30 AM, Saturday Wintz & Ray Funeral Home Yankton
James Monroe Kirkendall 2:00 PM, Tuesday Wintz & Ray Funeral Home Yankton	

WINTZ & RAY FUNERAL HOME and Cremation Service, Inc. 605-665-3644 www.wintzrayfuneralhome.com

WINTZ FUNERAL HOME INC. Hartington, Coleridge, Crofton 402-254-6547

2012 Women's HEALTH FORUM

Monday, October 15, 2012
BEST WESTERN KELLY INN, YANKTON, SD
Doors open at 11:30AM – Lunch will be served at noon – Forum begins at noon

OUR EMCEE, MARY J. MILROY, M.D., FACS
Board Certified Surgeon, Specializing in Breast Surgery
Yankton Medical Clinic, P.C.

"Women's Health Screenings are Easier than Airport Screenings"
by Jill F. Sternquist, M.D., Board Eligible Obstetrician & Gynecologist at Yankton Medical Clinic, P.C.

"Making Molehills out of Mountains"
by Amy Mines, Breast Cancer Survivor

Tickets \$20.00
(includes lunch and program)

PROCEEDS BENEFIT:
SD All Women Count

All tickets must be purchased in advance or by mail by October 9th

Make checks payable to:
WOMEN'S HEALTH FORUM
c/o Avera Sacred Heart Cancer Center
1115 W. 9th St. • Yankton, SD 57078
Phone: (605) 668-8850

Tickets also available at:
First Dakota National Bank
Downtown & North
Rexall Drug
Avera Sacred Heart Cancer Center
Yankton Medical Clinic, P.C.

SPONSORED BY:
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