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Homecoming queen & king



Emily Lesmeister and Kacy Conner were crowned queen and king during Homecoming activities Friday. Their attendants were: senior, Tanner Abbott, Michele Anderson, Kelley Sheperd and Laurel Leonhardt; junior, Kaden Haun and Jamie Materi; sophomore, Dillon Matheson and Avery DeVries; and freshman, Eric Herold and Kayla Gilbert. For more Homecoming event photos, including the prize-winning junior class float, go to the Independent Record website, www.thermopir.com. — J.D. Stetson photo

Food service program feeling pressure of federal guidelines

by Joe Sovo

"Frustration."

That's the one-word reaction of Hot Springs County School District No. 1 Food Services Director Cindy Wallingford when asked about the woes facing the food service program in public schools in Wyoming and the rest of the United States.

Wallingford presented a food service program report to trustees during the Sept. 20 board meeting as the district's initiative six weeks into the 2012-13 school year. She was accompanied in the presentation by Patrick Hopper, cooperative director of Northeast Wyoming Board of Cooperative Educational Services (NE Wyoming BOCES). The Hot Springs district is part of the NE Wyoming BOCES, which serves as a cooperative in purchasing items for food service in school districts in Montana and Wyoming.

The frustration expressed by Wallingford in an interview after the meeting is the district's inability to provide the nutrition students need — especially high school students — due to federal mandates which is making food service more and more restrictive.

Hopper outlined the steps taken in developing school lunches, based on federal mandates, during the presentation to trustees. Those steps are to: 1, create a menu; 2, develop recipes for all components of the menu (breakdown of every ingredient); 3, input nutritionals for all ingredients based on CN labels; 4, monitor the menu against nutritionals; and 5, implement production sheets to track usage.

The nutritionals are: calories from fat, less than 30 percent; calories from saturated fat, less than 10 percent; calories from trans fat, 0 percent; and sodium, less than 1,250mg. The minimum calories are 664 for kindergarten through sixth grade, and

825 for seventh through 12th grade.

Hopper pointed out there are no maximum limitations other than sodium and fats.

The new federal requirements present all districts with a considerable challenge. The breakdowns for grades K-5, 6-8 and 9-12:

- 1/2-cup fruits/vegetable per day (1 cup for 9-12)
- Offer daily dark green, red-orange, starchy and a variety of other fruits/vegetables
- Must offer legumes daily (such as beans, which are low in fat, high in fiber and a source of protein)
- 1-ounce minimum meat/alternative daily; 8-10 ounces weekly (10-12 ounces for 9-12)

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We can fill them up with fruits and vegetables, but it won't last through football practice.

Patrick Hopper, cooperative director of NE Wyoming BOCES

- 8 servings of grains per week (minimum 1 ounce daily) and 8-9 servings per week (2 ounces daily), 10-12 per week
- Must be all whole grains by 2014; includes pasta, breads and breading
- 1 cup of milk, 1 percent or fat-free flavored
- Sodium eventually limited to less than 640mg (740 for 9-12)

- Calories: K-5, 550-650; 6-8, 600-700; and 9-12, 750-850

According to Wallingford and Hopper, the fact is many students are hungry well before they go home for the day, especially those students in school sports and other extracurricular activities, such as clubs.

Hopper outlined the challenges facing food service programs:

- Cost. Fresh products are more expensive. Menus will require more labor.
- Staffing. Scratch cooking is more labor-intensive.
- Small window of parameters (calories, meats and grains).

See Nutrition on page 8

October shines a light on domestic violence

by J.D. Stetson

October is the time for people to remember and support the victims of domestic violence by celebrating Domestic Violence Awareness Month.

The month will kick off with the Statewide Silent Witness Ceremony scheduled for 2 p.m. Saturday in Kemmerer. A community-wide ceremony will take place Oct. 19 in Hot Springs County.

Last year, the H.O.P.E. Agency coordinated the Statewide Silent Witness Ceremony, which honors

the victims who have died as a result of domestic violence.

People from around the state joined in the ceremony, which consisted of a march of more than 60 silhouettes representing a specific victim, lighting a candle for each victim and releasing a balloon representing the victims. A listing of the Silent Witnesses is available at womingsilentwitness.state.wy.us.

Throughout the month, the H.O.P.E. Agency will display the Clothesline Project at its office, which is at the intersection of

Springview and Big Horn streets, said director Jennifer Domhoff.

Details for the community ceremony are still being determined, but there are some changes to be expected, Domhoff said.

At past community ceremonies, about 25 to 30 people have attended. The agency's goal this year is to see an improvement in participation.

"(Domestic Violence Awareness Month) is to honor survivors and to empower people still living with abuse," Domhoff said.

The agency is also working

to enact a new tradition called Empty Place at the Table, which will be a display that will move throughout the month from a participating local business to another.

The agency also is encouraging people to "Shine a Light on Domestic Violence" by leaving a purple light on at night and displaying purple ribbons during the day.

For more information or to inquire about obtaining a purple light bulb or ribbon, call the agency at 864-4073.



County clerk catches term limit mistake on General Election ballot

Error that involved non-partisan races corrected by printer

by Cindy Glasson

Ballots for the upcoming Nov. 6 General Election have been returned to the printer after Hot Springs County Clerk Hans Odde found a mistake in the term limits.

Odde sends all the information to a third-party printing company which puts it into ballot form and then returns it to the clerk's office for proofing.

When Odde received the original print, he noticed "Democrat" or "Republican" had been added beside the names of those in non-partisan races. He informed the company and returned the proof for further editing.

When he received the second set of proofs, the party had been removed from the ballots and he authorized the printer to continue with the order.

Officially, the clerk must keep records on who requests absentee ballots as well as a

list of those ballots which are sent out. Approximately 100 absentee ballots had been mailed when it was discovered the term limits for the U.S. Senate race was set at four years rather than six years.

Looking back at the original proof, the term limits were correct, so the change occurred at the printing company after the second proof was returned.

Odde immediately contacted the State of Wyoming to inform them of the misprint and confirm what he needed to do now that some of the ballots had already been disbursed and returned.

According to the Secretary of State's office, because the term limit misprint does not affect the outcome of the vote, the ballots that have already been mailed will be fine.

However, as a precaution, Odde is sending out letters explaining the misprint with the remaining absentee ballots.

New, corrected ballots are being rush-printed, so the ballots used for the 2012 General Election will have the correct term limits on them.



A fundraiser for the Hot Springs Hospice Foundation brought in more than \$2,100 on Saturday at Shorty's Saloon and Liquor Store in East Thermopolis. One of the features was mechanical bull riding. Sharon Willis, above, rode the bull after donations totaling \$40 were taken for her ride alone. — Joe Sovo photo

Hospice fundraiser

by Joe Sovo

Shorty's Saloon and Liquor Store in East Thermopolis hosted a fundraiser for Hot Springs Hospice Foundation on Saturday and a total of \$2,105.02 was generated, according to foundation chairman Dr. Jason Weyer. Red Rock Family Practice was a participating sponsor.

"Chicken Bingo" raised \$500 during the event and \$467 came from "Smooch the Pig." There were \$167 in pledges for Weyer to kiss the large market hog and provided the memorable smooch. Butch Hendrickson finished second with \$97 raised. Other money was raised during a silent auction.

"I'm very pleased to make over \$2,000 on a weekend," Weyer said and currently about \$40,000 has been raised for the hospice foundation.

"It was a wonderful event," Shorty's owner Cindy Ellison said, although the turnout for the fundraiser was less than expected. "It was enough to make a difference."

Weyer said the eventual goal is for Hot Springs Hospice to be a full medical hospice. It now provides end-of-life care to folks in the home, hospital and nursing home. Community Home Health also plays a role.