

Argus Leader

Sunday • Jan. 11, 2004

SIOUX FALLS, SOUTH DAKOTA

\$1.50

SPECIAL REPORT: TEEN HEALTH

FIRST OF A TWO-PART SERIES

BURGER AND FRIES SUPER BURRITO NACHOS CHOCOLATE CAKE WHOPPER CHICKEN NUGGETS POPTART CHOCOLATE CHIP COOKIE POTATO OLES BIG MAC STUFFED-CRUST PIZZA SODA SIX-PACK-AND-A-POUND

Junk food generation

Schools find themselves on the front lines in the battle to raise students' fitness



CHRISTOPHER GANNON / ARGUS LEADER

Sophomore Jason Amundson picks up a hamburger and fries from cafeteria worker Carolyn Belisle at Roosevelt High School. Cafeterias offer balanced meal combinations, but two-thirds of Sioux Falls high school students pick alternatives - a la carte, fast food, sack lunches, even nothing.

Survey shows poor eating, exercise habits

BY JENNIFER SANDERSON jsanders@argusleader.com

Sophomore Ashley Isaacson wants Krispy Kreme doughnuts stocked in the school store.

School cafeteria on a December noon, an entire table of freshmen aren't eating. They're talking to pass the 25 minutes before the next lunch becoming so, according to shift replaces them.

Travis Schmidt started his senior year in Sioux Falls with only one physical education class on his high school transcript - that during summer school.

"I don't do that good with my diet," said doughnut lover Isaacson. "Lots of mac and cheese, all carbohydrates." She remembers the food pyramid from eighth-grade health class problems. Health experts say and "something about 2,000 calories a day, but I figure I'm

going to burn it off anyway."

Her once-a-week Pilates workout falls far short of the recommended daily exercise, but she's counting on good genes and a high metabolism In the Roosevelt High to keep her fit and slim. Other students aren't as fortunate.

As many as one-fourth of American high schoolers are overweight or at risk of studies from the National Institutes for Health and other

federal agencies. In South Dakota, one in five high school students responding to a state health department survey put themselves in

those same categories. Parents and doctors know the trend: unhealthy meals, less exercise, bigger teenagers and more lifelong health

See FITNESS, page 4A

ONLINE

Visit the Argus Leader's home page at www.argus leader.com for additional features available only online.

Q&A: Send in your health and fitness questions. We'll research them with local experts.

MEAL CALCULATOR: High school students break down their daily menus to see calories, carbohydrates, cholesterol and other data. Learn how you can do the same.

RISK SURVEY: Find South Dakota's results in the 2001 Youth Risk Behavior Survey and read the entire health department questionnaire.

Lunch programs only part of solution

BY JENNIFER SANDERSON

jsanders@argusleader.com

School cafeterias serve up soy burgers, fresh veggies and 1 percent milk in meals patterned and portioned according to dietary guidelines. Nutrient and calorie combinations match dietitians' recommendations.

But in Sioux Falls high schools, only about onethird of students are eating the midday meals.

Some choose items a la carte, others brown-bag it, and seniors who have earned the privilege to take off-campus trips often hit fast-food chains or convenience stores.

"There's no rule that says kids have to eat at school," said Joni Davis, supervisor of the Sioux Falls School District's Child Nutrition Services. "With our flexible scheduling, some students might be done at 1:30 p.m., and they won't eat here, either. They'll go home or grab something

on their way to work." Pending federal legislation hopes to make the balanced school menu a more attractive option for students and families by expanding the number of students who qualify for free lunches. But it's still up to high-schoolers to make smart choices, and there's no guarantee a free lunch would beat out

See SCHOOL LUNCH, page 5A

Bill seeks accident, cell phone statistics

Proof of link might lead to partial ban

> BY TERRY WOSTER and BRENDA WADE SCHMIDT

Argus Leader

A state senator is convinced that South Dakotans using cell phones as they drive are highway menaces, but he doubts he can convince the rest of the Legislature of that without accident statistics.

Clarence Kooistra, a Republican from Garretson, wants that information gathered and reported publicly, showing how often a cell phone caused a traffic accident. He's writing a bill to require traffic officials to handle the task.

20 04

SOUTH DAKOTA

LEGISLATURE

This week

"I do believe it's a safety issue," Kooistra said. "There's more of it going on rather than less, and it seems like it's to the point we have to do something. Everyone has a story about a close call."

If not a story about a close call, then perhaps everyone has an opinion.

The Legislature Paul Hull, a convenes Tuesconstruction day. Here is a list worker who of stories previewuses a cell ing the session: phone, said if ▶ Sunday: Food cell phones are regulated, the ► Tuesday: should law require hands-Education ► Wednesday:

free devices. "Most people Research drive with one ► Thursday: hand and a cell Social programs phone. That's ► Friday: Special the point I don't election like," said Hull, ► Saturday: who's from

Kim Bartling, a theater professor at the University of Sioux Falls, said she doesn't think it is necessarily safe to use a cell phone and drive, but she does it her-

"If I didn't

Sioux Falls.

Inside Lawmakers say give fair the time

Terrorism

State Fair

► Today: Cell

phones in cars,

to prove itself.

SEE PAGE 10A

have a cell phone in my car, I wouldn't get half my work done," she said. "With families as busy as they are, I want my children to be able to find me." But she doesn't want her son to use his

phone in the car. "My son gets lectured all the time, 'Don't talk on your cell phone when you're

driving.' It probably should be regulated so I would have to do it, too."

Kooistra will introduce his bill when the 2004 Legislature convenes Tuesday in Pierre for a 35-day session. He admits it's less than he'd like to do. A year ago, Kooistra sponsored a bill to make it a

See CELL PHONES, page 10A

O'Neill: Bush mapped Iraq war in '01

BY SCOTT LINDLAW

Associated Press CRAWFORD, Texas - Former Treasury Secretary Paul O'Neill contends the United States began laying the groundwork for an invasion of Iraq just days after President Bush took office in January 2001 - more than two years before the start of the U.S.-led war that ousted Saddam Hussein.

"From the very beginning, there was a conviction that Saddam Hus-

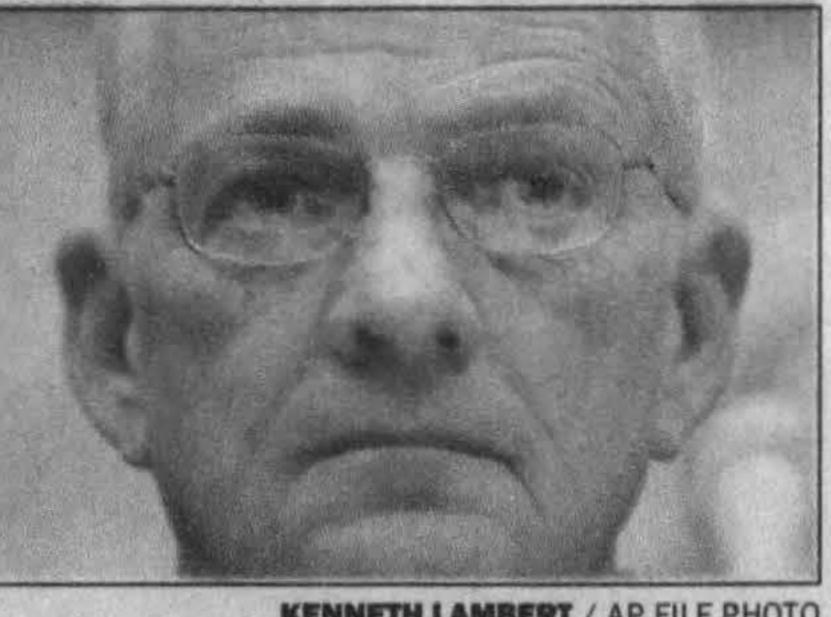
sein was a bad person and that he needed to go," O'Neill told CBS's "60 Minutes" in an interview to be aired tonight.

The official U.S. government stance on Iraq, dating to the Clinton administration, was that the United States sought to oust Saddam.

But O'Neill, who was fired by Bush in December 2002, said he had qualms about what he asserted was

88 pages

See O'NEILL, page 9A



KENNETH LAMBERT / AP FILE PHOTO Former Treasury Secretary Paul O'Nelll

Who watches the watchdogs?

BY LARRY MARGASAK Associated Press

When the auditors in the in the scheme. New York City office learned

in order to pass an internal records from several audits, review, say investigators the Defense Department's who found that the account- inspector general concluded. ing sleuths engaged in just Administrative staff, audit the kind of wasteful activity supervisors and other they are supposed to expose. employees also participated

The fabrication at the

well in advance which files a Defense Contract Audit review team would check, Agency "certainly violates WASHINGTON - Penta- they spent the equivalent of the spirit and intent" of govgon auditors spent 1,139 more than 47 days doctoring ernment auditing standards hours altering their own files the papers and updating and rules on ethical conduct, according to the inspector general's report obtained by The Associated Press.

> The fabrication was found in 2001, but the report was not disclosed until Tuesday.

See AUDIT, page 9A

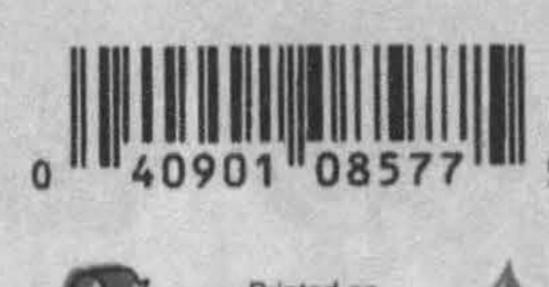
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Partly cloudy







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Unfortunately, I think schools have to do this. Kids spend hardly any time at home. You've got to look at where you stand to have the greatest impact.'

Richard Friess, Sioux Falls doctor

Fitness: Obesity is regional problem

Continued from 1A

the nation's youths risk serious self-inflicted consequences and must adapt their eating and exercise habits.

Responsibility falling on the schools

While teens and their parents ultimately are responsible for their decisions, some believe the public school system is the place to start making changes.

"Unfortunately, I think schools have to do this," said Richard Friess, a doctor who has practiced in Sioux Falls for more than three decades. "Kids spend hardly any time at home. You've got to look at where you stand to have the greatest impact."

In South Dakota, the problem is growing. More teens are overweight than ever, and

they're getting less exercise than did their counterparts 10 years ago. Among other concerns raised by the state's health survey and other sources:

South Dakota is one of only five states not requiring high school students to take physical education or health credits for graduation, according to the National Center for Education Statistics. About 22 percent of South Dakota teens take PE once or more during the school week, the fewest since 1991. In contrast, nearly 52 percent of 9th-through 12th-graders nationwide take PE at school.

Compared to past years, the state's high schoolers are drinking less milk and eating fewer fruits and vegetables. Though they fare better than national averages, they're still falling far short of food pyramid standards. For example, fewer than 25 percent of South Dakota teens drink three glasses of milk per

day. Other research confirms the Upper Midwest as "one of the most obese places in the nation," in part, Friess said, because people typically spend four to five months indoors and inactive. Former director of Sioux Valley Hospital's Partners in Prevention, he's helped screen Sioux Falls high school students during fall registration for the past three years. He calls the most recent results "shocking."

Of the 240 Roosevelt and Lincoln students given blood checks, 42 percent of males and 50 percent of females showed abnormal total cholesterol. Avera McKennan checked 500 students at Washington and found an average of 168.8, with anything less than 170 considered desirable. Blood pressure ratings also were higher than recommended in many students.

Incorporating health, fitness into the curriculum

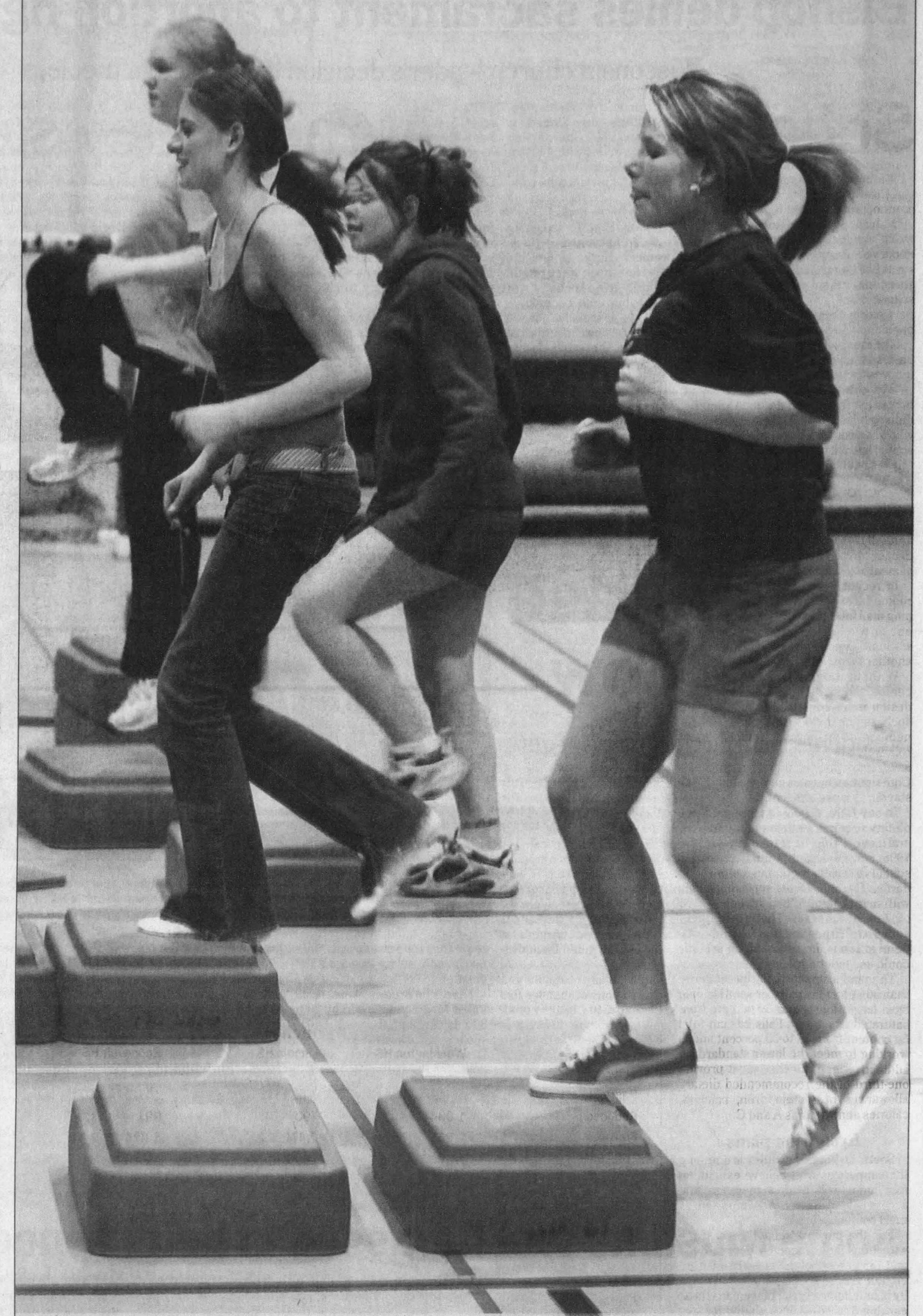
The federal government already is targeting schools in a push to reverse the obesity trend. The U.S. Senate has approved federal grants to schools and doctors for wellness training. Another proposal, the Obesity Prevention Act, would give money to educators who develop nutrition and activity curriculums. And both houses of Congress are considering making free, balanced school lunches available to more students.

State curriculum requirements are unlikely to change in the near future. Right now, the South Dakota Board of Education has no plans to require PE, according to president Glenna Fouberg. But she said the topic will be discussed this year.

Minnesota requires 3 credits of physical education and health. In Iowa and Nebraska, local districts are able to set some of their own credit requirements allowing the addition of P.E. and health.

State education officials believe South Dakota's baseline graduation requirement of 20 academic credits is sufficient. The education department does offer grade-specific physical education standards that local schools can choose to adopt.

Yet evidence that more health instruction is needed is spelled out on the health department's own Web site, where residents can find South Dakota's results in the student survey, which is administered across the country by the Centers for Disease Control.



CHRISTOPHER GANNON / ARGUS LEADER

Junior Jenna Gerleman (right) performs an aerobic workout with classmates in a physical education class at Lincoln High School. The district has shifted the focus of physical education from skills to individual health plans.

SIOUX FALLS SCREENINGS

pants and most complete data:

Students at Sioux Falls' three public high schools took part in voluntary health screenings at the beginning of the 2003-2004 term. Sioux Valley Hospital's Partners in Prevention screened students at Roosevelt and Lincoln, while Avera McKennan Hospital representatives screened students at Washington. Administrators at each school chose which risks to assess, so information is not uniform for all schools. Roosevelt, in its third year of the screenings, had the greatest number of partici-

ROOSEVELT HIGH SCHOOL

	Males	Females	
Overweight (1,502 screened)	14%	9%	
High blood pressure (1,588 screened)	19%	10%	
Cholesterol above 200 (200 screened)	11%	15%	

At Lincoln, 5 percent of males and 4 percent of females had high blood pressure, with a total of 800 students screened. Only one of the 40 students screened for cholesterol registered as at-risk.

▶ Washington screened 500 students' cholesterol levels and found an average of 168.8, with anything less than 170 considered the desirable range for the age group. Eight students were referred to the school nurse for blood-pressure rechecks. The average body mass index, calculated using height and weight, was 21.89 - well within the acceptable range for young men and women.

Bonnie Brown conveys as much health education in her Lincoln High School fitness classes as possible, taking family histories and exploring topics such as diabetes, cancer and osteoporosis. But she doesn't think it's safe to assume high schools can do enough to change student lifestyles without help.

"I'd like to see health issues incorporated into activities courses, so student don't just sit and read and take tests on paper. But having a class is better than nothing," Brown said. "What has the bigger impact? Telling kids not to do drugs, or studying the nervous system and how alcohol affects it? You can't pull things apart and expect kids to see the big picture. We're getting it in little pieces."

Schools want to provide health and exercise options for students, but educators say cost always is an issue.

Smaller schools worry about asking too much of teachers as well as students.

"Certainly, money is a consideration. But we were more fortunate. Our athletic director and business teacher was willing to give up one of his prep periods," said Dave Hutchison, principal at Irene High School.

For the first time last year, his school offered PE as an elective. The class filled up at 18, the maximum the weight room could handle at one

Other schools are focusing on narrowing student dietary choices. During the holiday break, administrators at Riggs High School in Pierre removed all vending machines selling soda and junk food. Before the school board's vote, students and school clubs argued a privilege was being taken away. Superintendent John Pederson said the board decided that

"setting an example and offering more healthful alternatives outweighed any potential loss in revenue."

Changing the focus of physical education

The Sioux Falls School District offers students more options than many state schools. beginning with a requirement that students complete one credit of PE to graduate. Administrators such as Roosevelt Principal Jim Denevan also are pushing to add a half-credit of health education to the district's graduation requirements.

Sioux Falls teachers recently took the PE curriculum through a scheduled revision that focuses on individual success, not competition among classmates.

"We want to use sports as a means to an end, not the end product," said Brown, also chairwoman of the revision committee. "Even 10 years ago, the curriculum was more skillsrelated. Now, we're looking at a health-related plan. The end product is a student who knows several lifetime activities and fitness information and can use both as a stress release."

The district no longer uses the Presidential Fitness Test, which sets minimum numbers of push-ups, sit-ups and other exercises for boys and girls, as well as requiring a mile walk/run and a shorter sprint.

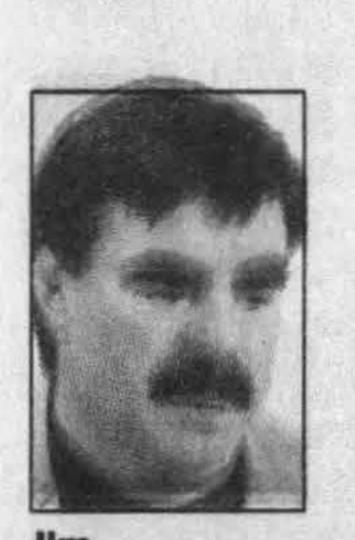
"If you couldn't do a single chin-up, you were done," said Kaaren Huber, a Lincoln instructor who's pleased to see more young women building bone density in strength-training courses. "Chances are, you came away from the skills test hating PE."

Instead, the district uses the Cooper Institute's Fitnessgram, a computerized assessment for children and youth. The Fitnessgram gives individualized results, much as the new curriculum focuses on individual goals.

"I think the competition is one of the things that turns kids off activity in a school setting. Some of the students will feel inferior," said Mark Meile, the district's athletics and physical education coordinator. "This way, they're competing with themselves."

Pulse monitors and pedometers allow teachers and students to target, then track, progress. So do pulley-driven machines with

See FITNESS, page 5A



Jim

Denevan

Ashley

Bonnie

Brown

Isaacson

One semester of health over four whole years doesn't cut it. School isn't about only the academics. We're preparing students for the world, and we need to think seriously about lifelong skills.'

Sandy Wehrkamp, Lincoln High School family and consumer sciences teacher

School lunch: Program in revision

Continued from 1A

other options.

"I think I bought lunch once this week," Ashley Isaacson, a sophomore at Roosevelt High School, said the final week before the holiday break. "I have study hall after lunch, so I go to the school store and buy stuff there doughnuts, beef jerky, sometimes a bagel."

Like most of her peers, she knows the basics of solid nutrition. But she often ignores them.

"My oldest son knows more about how to eat right than I do, and I know he didn't get it at home," said Rod Breitling, who has a son in college, another in high school and a daughter in middle school. "He'll say, 'Look at all the carbs, Dad.' "

School lunch program

The national school lunch program, whose cost is approaching \$7 billion annually, has tried for nearly four decades to provide students a nutritional meal at a reasonable or no cost.

In recent years, high school lunchrooms have adopted the look of shopping mall food courts. Instead of forming one or two lines, students visit smaller stations. One might offer sandwiches, another tacos, a third, pizza.

Without taking away freedom of choice, school dietitians are starting to design more combination menu items such as the ones listed above. Local numbers on pre-portioned lunches show relatively few students select a serving from every food group at each meal. Combination entrees could satisfy meal standards more efficiently.

In any form, school lunch must meet dietary requirements to qualify for federal money. The last reauthorization, the 1996 School Lunch Initiative, forced schools to meet stricter fat-content standards. The guidelines replaced butter with margarine and had schools switch to low-fat cheese. The government added fresh fruits and vegetables as entitlement foods, items for which schools could use federal money.

The plan also specified that no more than 30 percent of calories should come from fat, with less than 10 percent from saturated fats. Sioux Falls has cut total fat content from 39 to 33 percent and is working to meet the lower standard. In addition, school lunches must provide one-third of the recommended dietary allowances of protein, iron, calcium, calories and vitamins A and C.

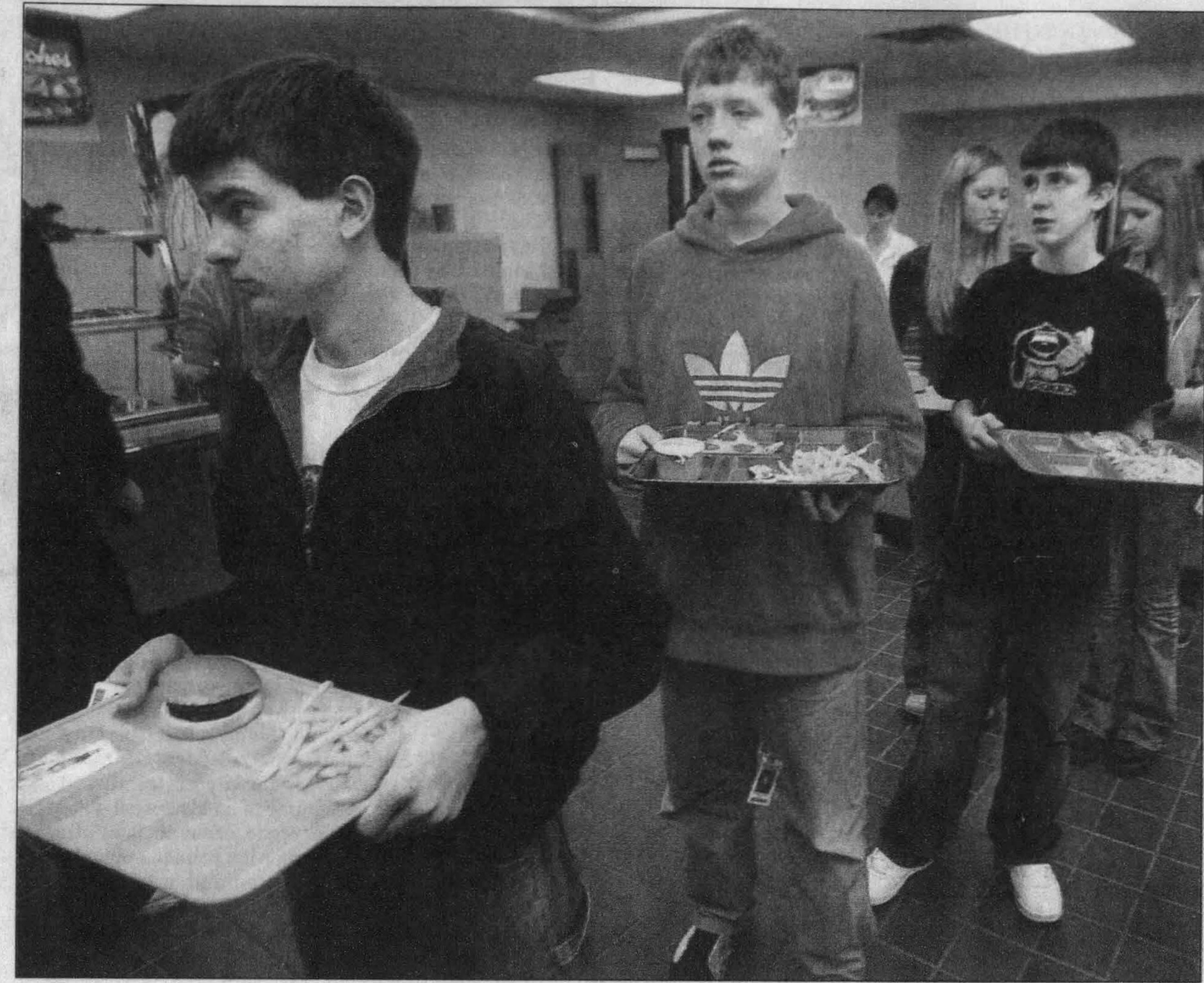
Expansion plans

South Dakota's senators are among the supporters who believe expanding free lunch will send a message that access to food service is as important as meal content.

For the current school year, those with household incomes between 130 and 185 percent of the poverty level are eligible for reduced lunches. For a family of four, for example, that means those earning \$23,920 or less qualify for free meals. Those earning \$23,921 to \$34,040 can get reduced-price lunches.

The proposal assigns a sliding scale to widen eligibility over five years. By the end of that time, households at 185 percent of the poverty level - families now at the upper end of the reduced-price bracket - could receive free lunches. South Dakota's senators are among the six co-sponsors.

In Sioux Falls, high-schoolers pay \$1.60 for each programmed meal if they purchase tickets and \$1.65 if they use cash. The district asks 40 cents for each gap between what the district charges and what it costs to serve the meals, the U.S. Department of Agriculture contributes \$2.19 for each free lunch, \$1.79 for reduced-price meals and 21 cents for



CHRISTOPHER GANNON / ARGUS LEADER

Hamburgers, pizza and french fries fill the lunch trays of Roosevelt students Zach Warne (left) and Zach Parmley while they wait in line to purchase their lunches. Because many students choose food items a la carte, school dietitians try to design combination menu items that help provide broader nutrition.

LUNCH COUNT

Child Nutrition Services provides balanced meals for students in the Sioux Falls Public School District. Lunches must provide one-third of the recommended dietary allowances of protein, iron, calcium, calories and vitamins A and C. But it's still largely up to high-schoolers to decide whether they'll take advantage of what's offered. High school students can choose a ready-made lunch, select items a la carte, bring a sack lunch, skip the noon meal or, if they meet eligibility requirements for seniors, exercise open-campus privileges.

A look at a typical month in Sioux Falls' high school cafeterias follows. This set of numbers does not include meals served to teachers and other staff.

T ---- -1- --*

		Lunches*		
	Washington HS	Lincoln HS	Roosevelt HS	All HS
Paid	10,126	7,625	10,484	28,235
Reduced-price	1,934	790	991	3,715
Free	2,908	2,472	1,824	7,204
Total lunches	14,968	10,887	13,299	39,154
Average/day	936	680	831	816
Membership	34%	37%	43%	38%
		A la carte**		
	Washington HS	Lincoln HS	Roosevelt HS	All HS
Average/day	547	340	436	441
Membership	27%	18%	22%	22%
Total students served	61%	55%	65%	60%

* Balanced, preportioned meals that meet dietary requirements.

** Students choose only the items they want. While individually nutritious, items may not meet dietary requirements.

Source: Child Nutrition Services

paid lunches.

ly and some things we can't do any more financially."

If the bill to expand free lunches passes, the federal government will be reimbursing more meals at the highest level.

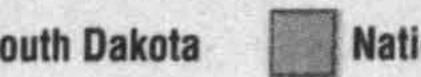
The South Dakota School Food Ser-Still, Davis said, there are "some vice Association supports the legislareduced-price meal. To help bridge the things we can't do any more nutritional- tion, as does the state board of education and more than 125 local school boards, including the Sioux Falls School District, Sioux Falls Catholic Schools and

Sioux Falls Christian Schools. "We simply have too many children in price school meals but are having trouble paying the fee or don't participate at all because they cannot afford the charge," Davis wrote in a letter praising the Senate bill. "As we all know, hungry children are unable to learn no matter how good the teacher."

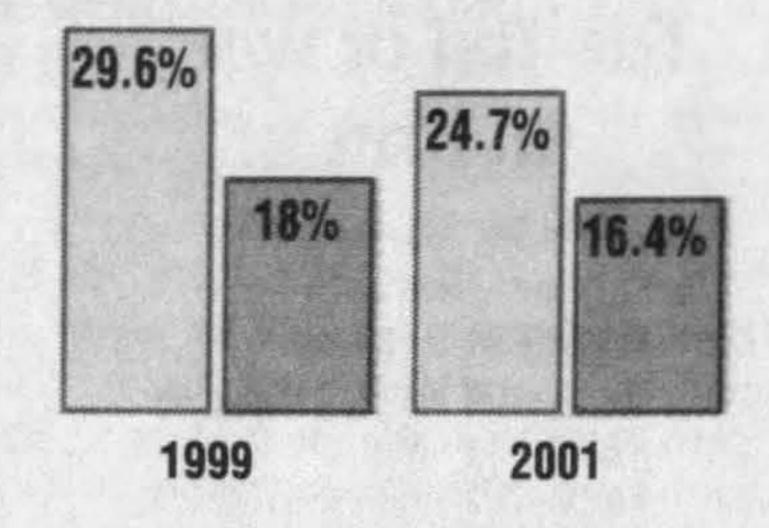
this area who are qualified for reduced-

Teen survey

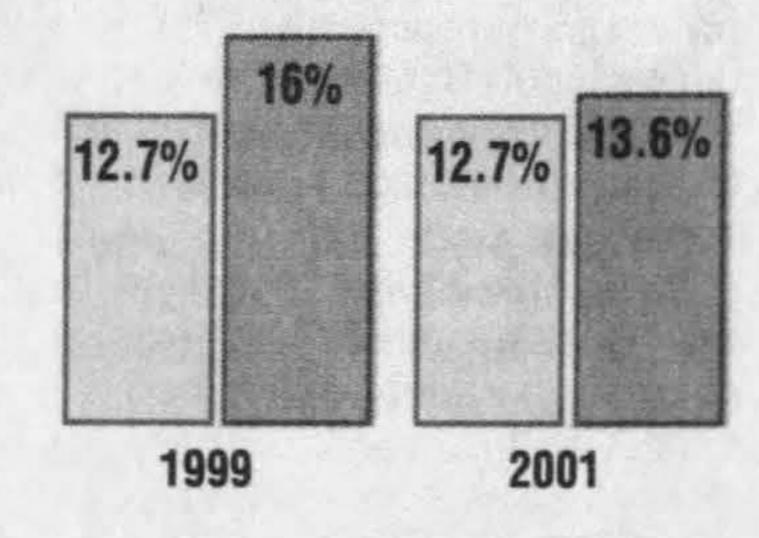
Nearly 1,500 South Dakotans in grades 9 through 12 took part in the Youth Behavior Survey conducted in 2001. More than 13,000 teens were surveyed nationally. Below are some of the key findings in the dietary and physical activity categories.



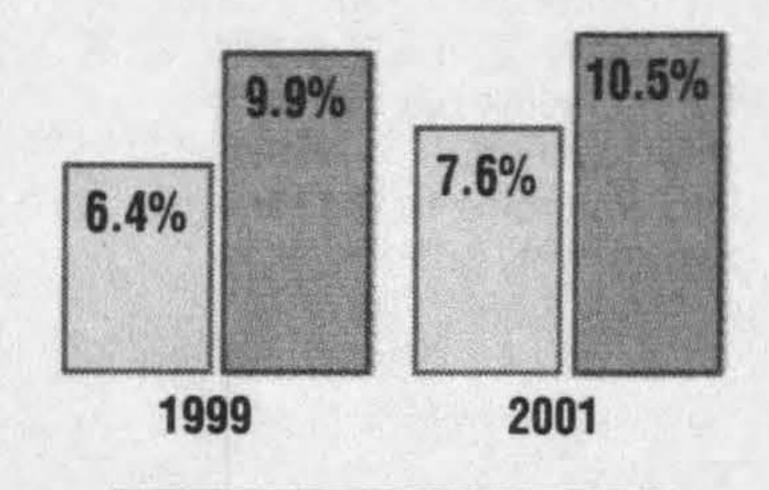
Percentage of students who drank three or more glasses of milk per day during the past seven days:



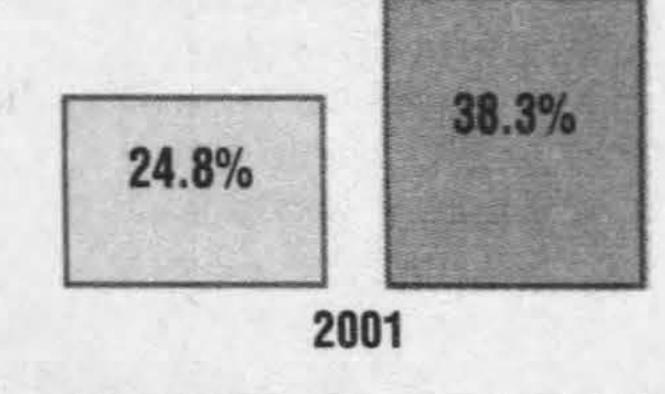
Percentage of students who are at risk for becoming overweight:



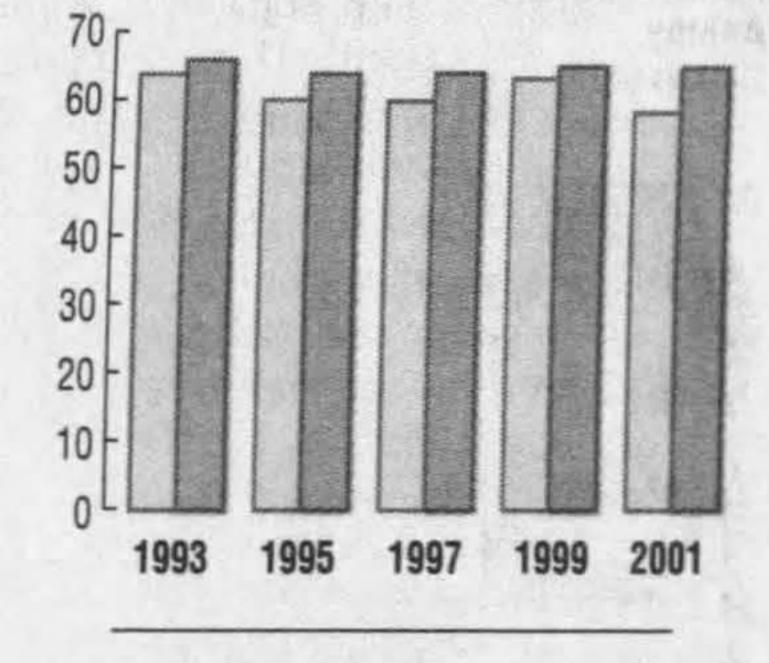
Percentage of students who are overweight:



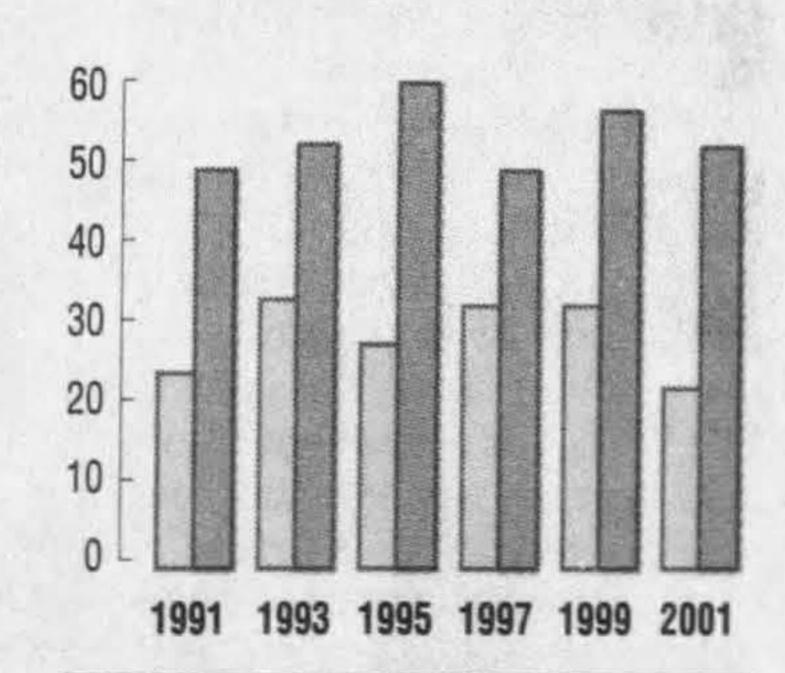
Percentage of students who watched three or more hours of television per day on an average school day:



Percentage of students who exercised or participated in physical activities for at least 20 minutes that made them sweat or breathe hard on three or more of the past seven days:



Percentage of students who attended physical education classes one or more days during an average school week:



Source: 2001 Youth Risk Behavior Survey Marty Two Bulls / Argus Leader

Fitness: Many students take good health for granted

Continued from 4A

adjustable bar-shaped weights. Students can select increments as small as 5 good, well-rounded education." pounds.

looking at what you're lifting," said junior school classroom - as long as it doesn't Kelsey Aamlid. "You have your own per- offset a PE requirement." sonal goals and don't worry about what everyone else is doing."

Meile thinks a half-credit health requirement would enhance the individual approach.

Concerns about demands on students' schedules

long review of elementary and middle taught in consumer science classes. school health curriculums. Meile said the study also will explore how those topics could be carried into high school. Fall 2005 is the earliest a health course could on board approval.

"One of the problems is that the demand on high school students already is so strenuous," said Roger Risty, a board member and past president. "If you add another requirement, they're going

Aamlid's father, Brian, agrees that a fast food is the typical choice.

health course must be an add-on compo-

half-credit over four years would necessitate that she sacrifice something else," he said.

Parent Rod Breitling said health topics This month, the district begins a year- should be placed on a par with life skills

"I know my sons have taken classes where they have to set a budget for a monthly car payment, apartment rent and utilities," he said. "In my opinion, they begin, with the final decision dependent should be core classes, not once during high school but every year."

Schools have always offered students nutritional food options during the school day through the federal school lunch program.

But the high school cafeterias can't bring income guidelines in line with allowances, not be a one-stop shop for all

to have to give up something. Even if it's control food intake as strictly as bells regan elective, that's taking away some ulate class periods. In Sioux Falls, teens opportunities to explore and give them a can choose balanced, pre-portioned meals, pick items a la carte from food sta-Meile hopes a health class "will tions or eat nothing at all. A few still "You don't have to feel like anyone's become an essential part of the high brown-bag it from home. Seniors who've earned the privilege can leave the campus, and with only 25 minutes to burn,

> periods, but many students wait to buy "Kelsey has a demanding academic snacks between early-afternoon classes. schedule, but I can't see that adding a Only machines selling water can be accessed during the day, but teachers see soda in lockers and hallways just the

Attitude adjustment a top obstacle

The U.S. Senate and House of Representatives are studying a bill that might say their parents are as make choosing school lunches easier. As rushed as they are. the National School Lunch Program goes Households with two working adults set for life," he said. "As they become through a planned reauthorization, South rarely sit down to meals together during Dakota's senators are among those work- the week. Parents who depend heavily on ing to make free meals available to more schools to provide balanced meals might students. The plan would widen income be surprised that school lunches are eligibility during a five-year span and designed to meet one-third of dietary

those for the federal Women, Infants and Children program. Faculty members say the push to

teach young people how to balance exercise and nutrition in their lifestyles often is unsuccessful because students take their good health for granted.

"I don't think the overall student body cares, School stores are closed during lunch and I don't think they understand how important their own bodies are," said Sandy Wehrkamp, a family and consumer sciences teacher at Lincoln.

> Many teens also are pressed for time, running from home to school to work to home before starting over the next morning. The students

nutrition needs.

COMING

MONDAY

► SMALL STEPS:

Students show that

they are taking their

health more serious-

Real teen menus get

a healthy makeover.

► STARTING OVER:

Wehrkamp, who also advises a fledgling student group dedicated to smart living, said the district must make time for health issues and education.

"One semester of health over four whole years doesn't cut it," she said.

"School isn't about only the academics. We're preparing students for the world, and we need to think seriously about lifelong skills."

Friess, the Sioux Falls doctor, fears that without fundamental changes in health education and adolescent lifestyles, the problems will compound over time.

"These kids aren't learning good habits at home, and the habits are

young adults and parents, they've not a clue how to cook balanced meals or get started in a family exercise program. By then, these health issues are part of a whole new generation."

Reach reporter Jennifer Sanderson at 575-3629.

Argus Leader

Monday • Jan. 12, 2004

SIOUX FALLS, SOUTH DAKOTA

50 Cents

Bridge to let walkers, bikes, skaters safely traverse I-29

BY STEVE YOUNG syoung@argusleader.com

of the Southeast Technical South Dakota Department of Institute campus soon will Transportation. connect western Sioux Falls

raling access ramp on the the city's greenway and bike

east side, needs railings and trails, said Kevin Smith, some other work but should Sioux Falls' assistant direc-A new million-dollar be ready early this year, said pedestrian bridge spanning Greg Aalberg, an engineer-Interstate 29 at the south end ing supervisor with the or Rollerblade on the bike

to the city's bike trail system. bicyclists and walkers will The structure, with its spi- have new and safe access to

tor of public works.

"If you don't walk, bicycle trails, you might look at it" as an extravagance, Smith said When it is, in-line skaters, of the bridge, which Sioux Falls Construction Co. is

See BRIDGE, page 8A



LLOYD B. CUNNINGHAM / ARGUS LEADER

This new walkway spans interstate 29 and will connect a parking lot on the campus of Southeast Technical Institute to

SPECIAL REPORT: TEEN HEALTH

SECOND OF A TWO-PART SERIES

Students step toward fitness



CHRISTOPHER GANNON / ARGUS LEADER

Roosevelt High School students fill the cafeteria during lunch. High school teachers say that teenagers, though they still have a way to go, are starting to pay more attention to nutrition and exercise.

Changes in diet, exercise seen, school officials say

BY JENNIFER SANDERSON

jsanders@argusleader.com A flock of freshmen plunk backpacks on tables and chairs, staking out cafeteria territory before going through the lunch prevent nearly every threat. Yet many stuline. Two return before the rest, holding dents either don't have the information soft-serve ice-cream cones and nothing they need or don't take seriously the risks. else.

Anderson to fill his tray, classmates wait- tion and exercise, teachers say they are ing at his table place bets on what he'll starting to see encouraging signs that stubring back. Slender and self-confident, he dents might be willing to change attitudes plays up the game when he returns. and habits.

"It's all pretty greasy," he acknowledges, picking up a burger. After school, if there's enough powder, he'll go snowboarding. If not, he'll play video games on his Microsoft Xbox.

Most of his working classmates log hours in restaurants and fast-food chains, and bulimia. Everyone's keying in on what eating during breaks. They get exercise in physical education classes and sports

team practices or not at all. They often skip lunch, spending cash on positive or negative effects. snacks and soda in the school store or at vending machines inside the building. changes at home, too," she said. "It's mak-They eat supper with their families maybe ing a big difference." once or twice a week.

schoolers are overweight or at risk of this year, is another. Both schools are conbecoming so, according to national stud- sidering hosting after-school fitness sesies. In South Dakota, one in five students sions. Teenagers want and need help, said responding to a state survey put themselves in those same categories.

These high schoolers are part of a group unique not only because of the epidemic obesity and related diseases, but also because its members have the power to

As Congress and health care experts In the time it takes sophomore Justin push schools to improve classes on nutri-

"We're all trying to plug into the awareness issue," said Sandy Wehrkamp, a family and consumer sciences teacher who also advises Lincoln High School's voluntary student health group. "Our school newspaper has done stories on anorexia causes these issues."

Students who take Wehrkamp's elective courses realize their actions can have

"Parents tell me their kids are making

Lincoln's health club is one example. A As many as one-fourth of American high packed aerobics class, new to Roosevelt

See TEENS, page 4A

Stewart stylishly tells her side of story on Web

ONLINE

Visit the Argus Leader's home page at www.argusleader.com for additional fea-

tures available only online. Q&A: Send in your health and fitness questions. We'll research them with local experts.

MEAL CALCULA-TOR: High school students break down their daily menus to see calories, carbohydrates, cholesterol and other

data. Learn how you can do the same. RISK SURVEY: Find South Dakota's results in the 2001 Youth Risk Behavior Survey and read the entire heath depart-

ment questionnaire. DIET MAKEOVER

A health professional gives students advice on turning their pizza-and-burger lifestyle into healthier choices.

SEE CHART, PAGE 4A

Ganadian ranchers: U.S. blame misplaced

Mad cow has cost them \$2B

BY NICHOLAS K. GERANIOS Associated Press

LETHBRIDGE, Alberta -In the heart of Canada's cattle country, ranchers feel a bond should be opened tomorrow," with their American col- said Rick Paskal, a rancher leagues, one built on a centu- and feedlot operator. ry of trade.

"My area was settled by Texans and Texan cattle, and cattle have been moving back and forth ever since," said rancher Neil Jahnke, who runs 1,200 head near Gouldtown, in southwest Saskatchewan.

He and other Tom Canadian ranchers

view the land where they make their living as an Washington state Holstein, uninterrupted range over which testing in December which cattle, feed and determined also had BSE. processed beef move back

sense to differentiate between ica. American and Canadian beef. about American finger-point- Canada," he said last week. ing following the discoveries

Alberta. What really steams them American trade. are efforts by some in the on imports. They say that May.

appears to blame Canada for the two cases of the brainwasting disease.

"In all reality, the border

Before BSE was found in the Alberta Black Angus in May, cattle and feed freely moved between the United States and Canada. Afterward, the United States banned

most Canadian beef. Still unknown is the source of the disease that infected that cow and the

That didn't stop U.S. Senate and forth freely between Minority Leader Tom Canada and the United States. Daschle, D-S.D., from calling The border is just a line on a for all beef from cattle born, raised and slaughtered in the They insist the North Amer- United States to be clearly ican cattle industry is so inter- labeled, and for all Canadian twined that it makes little beef to be banned from Amer-

"We all know now the mad That's why they're angry cow incident originated in

U.S. ranchers are anxious last year of mad cow disease, to reopen markets in dozens bovine spongiform of countries that slammed encephalopathy, in an Alberta shut after the Washington Black Angus cow and a Wash- mad cow case, and Canadian ington state Holstein traced to ranchers fear their business will be sacrificed to protect

The United States is Cana-American cattle industry and da's biggest beef customer, politics to distance them- and the American ban has cost selves from Canadian beef, the Canadian cattle industry including an ongoing U.S. ban an estimated \$2 billion since

Baathists must pay, Iraq's leaders vow

Former party members may be denied jobs

BY TOM HUNDLEY and STEPHEN FRANKLIN Chicago Tribune

BAGHDAD, Iraq - After much delay and debate, Iraq's Governing Council unveiled a set of guidelines Sunday for penalizing former high-ranking members of Saddam Hussein's Baath party.

Ahmad Chalabi, a Bush administration favorite who heads the council's committee on what is referred to as "cleansing" would be a "civilized and humane process" and that violence against former Baathists would not be tolerated.

But Chalabi also said that tens of thousands of high-

More on Iraq

► ATTACKS: Saddam capture cuts number.

BAKER: He sought loans for Iraq; now he works to forgive them.

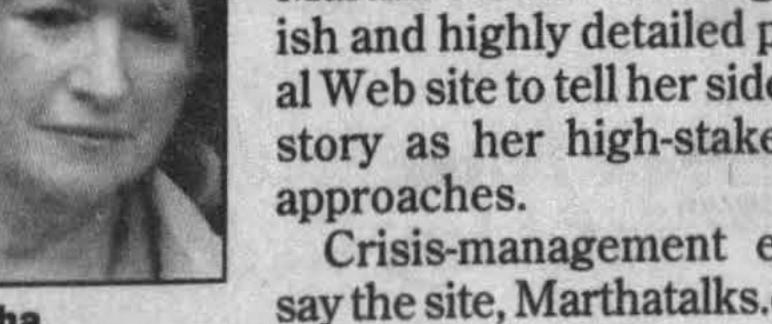
▶ JOBLESS: Angry Iraqis throw rocks at troops.

PAGE 6A

de-Baathification, said the ranking party officials must be held accountable for crimes against the Iraqi people. "The Baath Party was a criminal organization, and senior Baath party members have a

See BAATHISTS, page 8A

updated almost daily with letters WEB SITES BY ERIN MCCLAM from fans, supportive newspaper Associated Press editorials and fresh pictures of NEW YORK - True to her ► Stewart speaks out



Martha Stewart

perfectionist reputation, the domestic style maven. Martha Stewart is using a stylish and highly detailed personal Web site to tell her side of the site even in her final days of story as her high-stakes trial

Crisis-management experts say the site, Marthatalks.com, is investigators and her own remarkably thorough. It is investors about why she sold

People close to Stewart say she is heavily involved with the intense pretrial preparation. She is due in court Jan. 20.

Stewart is accused of lying to

www.marthatalks.com

ImClone Systems Inc. stock in 2001 just before it dropped sharply on a negative government report about an experimental ImClone cancer drug.

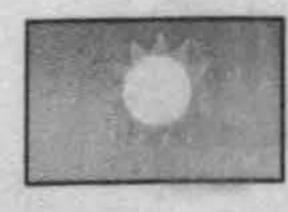
Stewart claims she and her

broker had a pre-existing agreement to sell, but the government says she had privileged information. A guilty verdict could land her behind bars. Last week, Stewart told fans

on the site that she is "hopefully optimistic that I will be exonerated" and launched a new section called Trial Update where her publicists hope to post same-day trial transcripts.



Full report, 2A



36 pages

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Argus Leader, Sioux Falls, South Dakota, Monday, Jan. 12, 2004



LLOYD B. CUNNINGHAM / ARGUS LEADER

Students head to the vending machines near the gym at Washington High School after classes. Most vending machines are off-limits during the school day. Washington Principal Bill Hoff said the policy prevents noise and litter distractions and promotes balanced nutrition.

Teens: 30% think they're overweight; about 8% are

Continued from 1A

physical education teacher Kaaren Huber. Her students at Lincoln regularly ask for round-table days.

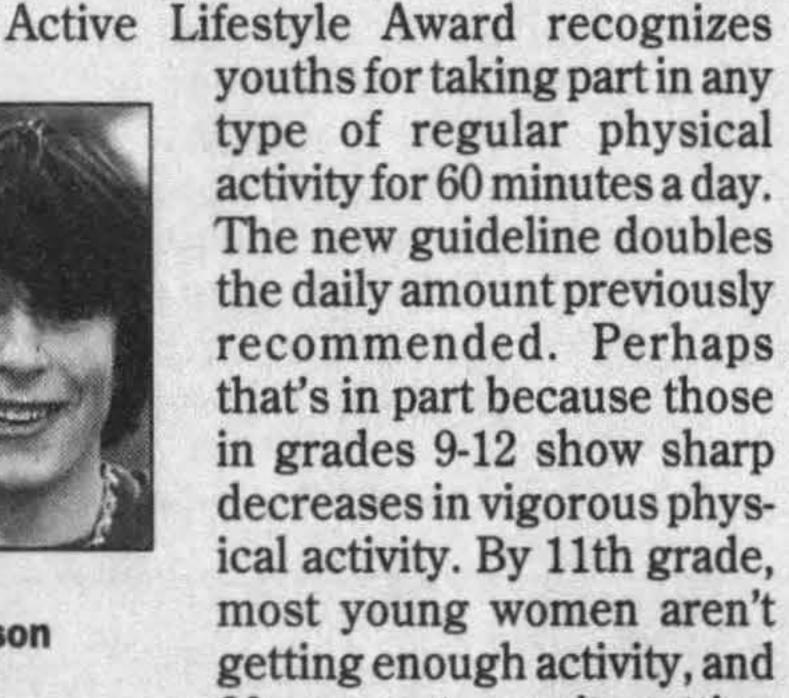
"They want more information on diabetes, cancer and other topics," she said. "They say, 'It's in my family, and I'm scared I'll get it. Am I a carrier or will I have to deal with this?' These are 15-, 16-, 17-year-olds, and they're looking at the risks."

They're also optimistic. Last spring, all Lincoln physical education students took an attitude survey to help teachers gauge the course's effectiveness.

Because the Sioux Falls School District requires one credit of PE for graduation, the 220 or so students likely had no choice but to enroll. Yet they considered themselves athletic, mostly happy with their physical appearance and more apt to participate than to watch sports on TV.

An overwhelming number agreed with statements such as: "Regular physical activity and exercise make me feel better," "Learning about personal fitness will be valuable to me later in life," and "Physical education should be a required class."

The federal government concurs, at least in principle. The new Presidential





Justin

Anderson

Mahoney

recommended. Perhaps that's in part because those in grades 9-12 show sharp decreases in vigorous physical activity. By 11th grade, most young women aren't getting enough activity, and 80 percent aren't getting enough calcium.

"I guess it kind of goes by the day and how I'm feeling. I think I do better some days than others," said junior Kelsey Aamlid, who takes a Roosevelt strength training course and plays on the school's volleyball team. Two nights a week, she takes dance.

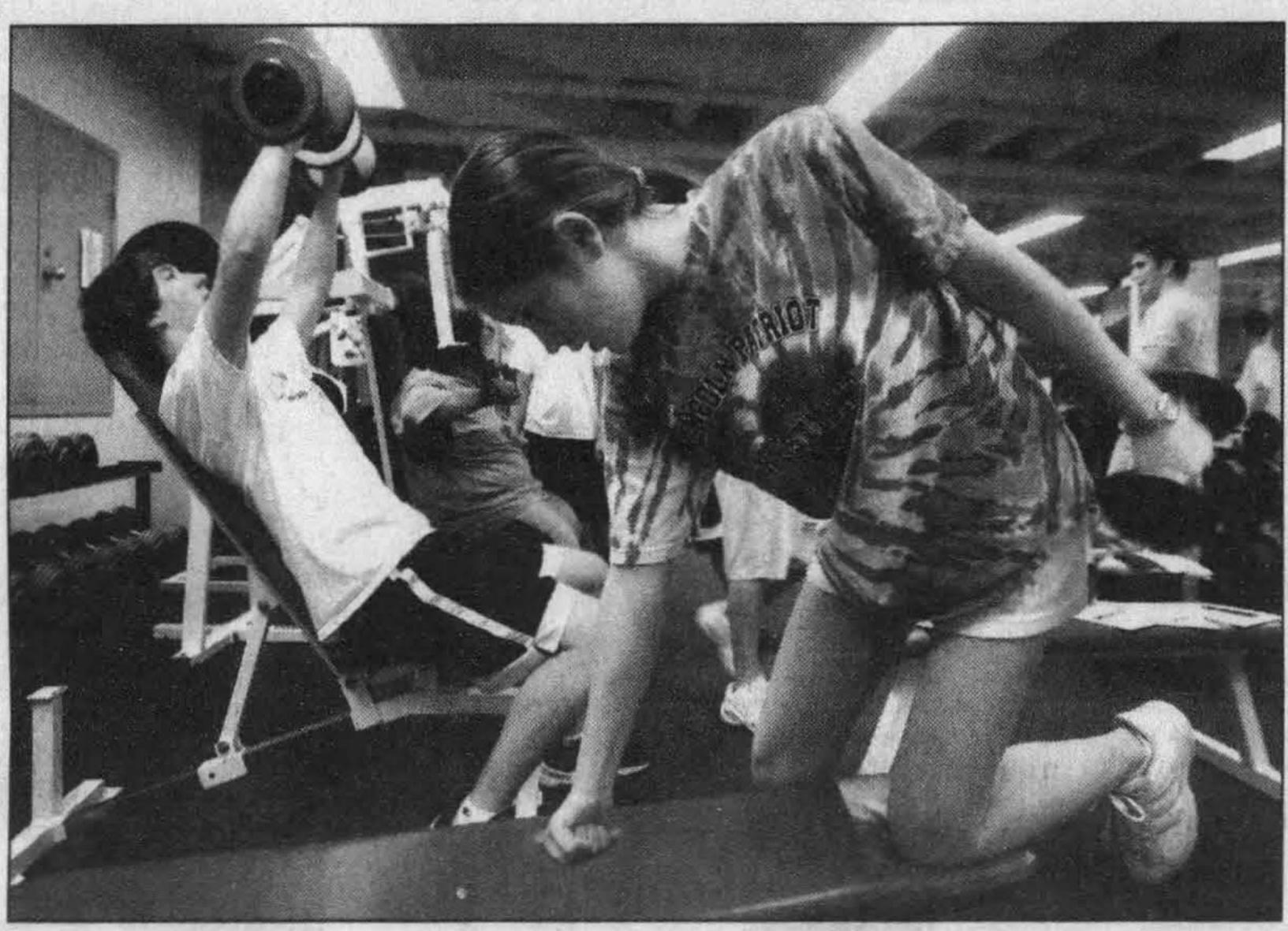
"It's a lot easier to keep with it if you're in a sport and have a trainer or coach," Aamlid said. "I had no idea how long I should be running or doing cardio or anything until I did an accel-

eration program." But those programs, designed primarily to build athletes' skills and endurance, aren't the norm. Dr. Richard Friess, former director of Sioux Valley Hospital's Partners in Prevention, has screened high school students for the past three years as part of fall registrations, often finding unnerving levels of cholesterol and blood pressure readings among teenagers.

"The percentage that goes to the Y or the fitness centers isn't very large," said Friess, who oversees Sioux Valley Clinic's executive health services. "How can we get to them? We can't take them out of school. Their lifestyles are so hectic, and the number of kids working is huge. They go from one thing right to another."

Sophomore Jill Mahoney said she "doesn't do sports," then corrects herself: "I'm a swimmer."

She works at a restaurant after school, and because her stepfather works nights, her mother cooks for the whole family on Saturdays and



CHRISTOPHER GANNON / ARGUS LEADER

Lincoln High School students Nicole Becking (front) and Anthony Shawd exercise with free weights during physical education class.

To learn more

BODY AND MIND: www.bam.gov. This site is designed for adolescents. It has tips for increasing activity and reaching lifelong fitness. EAT RIGHT: www.nutrition.gov. This site has guidelines on diet, healthy eating and food safety.

IN THE KNOW: www.healthfinder.gov. A browser can link to selected sites from 1,700 health agencies and organizations, then review online checkups and read daily health news in English and Spanish.

Source: HealthierUS Initiative

Sundays. "We fend for ourselves most of the time," Mahoney said.

Fighting for balance

Teenagers nationwide struggle to find balance in a fast-food, miracle-pill culture that tells them they can neglect their bodies, yet effortlessly get thin and stay healthy. No fine print discloses the links between poor diets and inactivity and high blood pressure, diabetes and dangerous cholesterol

The fitness message can be slow to take hold in teenagers, many of whom feel the invincibility of youth.

"Nowhere is that more obvious than in the adolescent years," said Colleen Johnson, school nurse for Washington High and Longfellow Elementary schools. "They think, 'I'll do it later, maybe when I'm in my twenties.' I wish I knew how to get the message across that if they don't do it now, they aren't likely to start those habits later on in life."

At least one major U.S. research project backs up her opinions. The National Longitudinal Study of Adolescent Health, carried out in 1998 and updated in 2002, reported that health "is something adolescents tend to take for granted."

Complications caused by their own actions aside, adolescents are a typically healthy group. They've survived the vulnerability of early childhood and are decades away from the degenerative diseases of old age.

Their status relative to other groups means it's not unusual for the health industry to overlook them. Dr. Jerry Walton, who practiced family medicine in South Dakota for nearly 30 years, said adolescents receive little preventive care.

"Unless they're involved in athletics and have a heart check with their annual physical, we don't know about developing problems," said Walton,

now medical director of the Sioux Valley Health Plan.

Prompted by high numbers of overweight juveniles covered by their parents' insurance policies, Walton began

work on a childhood obesity program. Partners grew to include the state health department, Sioux Empire United Way, Sioux Falls School District, both local hospital systems and independent practitioners.

Without intervention from the medical community, high schoolers must take greater responsibility for their own well-being. It's not only physical health that's at stake. In Sioux Falls, annual school safety surveys consistently reveal that overweight teenagers suffer the most harassment of any student subgroup - including those defined by race, gender and reli-

The 2001 Youth Risk Behavior Survey, administered by the state health department and taken by more than 13,000 students nationwide, found many young women unhappy with their bodies. Some take drastic weightcontrol measures, fasting or forcing themselves to vomit after meals. In South Dakota, more than 30 percent of high schoolers see themselves as overweight, though less than 8 percent fit the clinical term. The survey also shows that those who think themselves "average" are dieting, too: 46 percent of South Dakota high schoolers say they're trying to lose weight.

School policies

For some adolescents, cutting junk food options might be the easiest starting point. Vending machines and school stores stock snacks and soda, but an increasing number also offer juice, water, and fresh fruits and veggies packaged to go.

Most vending machines are off-limits to Sioux Falls teenagers during the school day. Only water is allowed in

Suggestions for meal makeovers

The Argus Leader asked a group of Roosevelt High School students to write down what they ate on a particular day in December. Below are the entries from five students, as well as healthier alternatives provided by Sandy Wehrkamp, Lincoln High School family and consumer sciences teacher.

STUDENT NO. 1

What student ate

- ▶ Burger King Whopper, fries and soda
- ▶ Popsicle

Recommended changes

- ▶ Substitute grilled chicken sandwich (no mayonnaise) and extra tomato
- ▶ Take an apple or orange instead of fries or get a salad with low-fat dressing

Milk instead of soda

STUDENT NO. 2

What student ate

- ▶ Burger King Double Whopper, fries, soda
- ▶ 5-piece chicken tenders with
- sauce ▶ Pretzels

Recommended changes

- ▶ Substitute grilled chicken sandwich for double Whopper
- Have a salad instead of fries Milk instead of soda
- Carry an apple with you Skip chicken nuggets and get

chicken salad instead

STUDENT NO. 3

What student ate

- Four bowls of chili
- ▶ Three double cheeseburgers Two strips of bacon, scrambled eggs and biscuits with gravy and sausage

Recommended changes

- Limit portions of chili and
- cheeseburgers If you have a cheeseburger,
- get rid of mayonnaise Substitute a bagel for the
- biscuits and gravy Add milk, and fruits and
- vegetables

STUDENT NO. 4

What student ate

- Orange sherbet ► Taco John's 6-pack-and-a pound (six tacos and a pound of Potato Olès)
- ► Taco John's super burrito (beef, cheese, sour cream) ▶ Half a frozen cheese pizza

Recommended changes

- Take your lunch to work
- instead of buying it there. Portions are way too large and
- very high in fat Limit the number of tacos or make a sandwich with wholewheat bread, turkey, beef, ham,
- cheese, lettuce and tomato ► Skip Potato Olès
- ▶ Limit sour cream
- ► Add fruits and vegetables to your diet

STUDENT NO. 5

What student ate

- ▶ Pop Tart Spaghetti with marinara sauce
- and beef ► Lettuce salad
- ▶ Roast beef
- ► Popcorn
- ▶ Soda ▶ Orange juice
- ► Toast ▶ Pizza
- Recommended changes Substitute bagel and jelly or low fat cream cheese
- Choose low fat meats such as
- Canadian bacon on the pizza

classrooms, with other vending locked supportive of getting juice products out on timers. Washington Principal Bill Hoff said the policy is nutritionally sound and relieves teachers from noise and litter distractions.

Individual schools determine which vending machines will be allowed. At Lincoln, a machine offering fresh fruit was removed after slack sales. Fruit sells better through the school store. The school has soda, juice and water machines but no candy vending. Locker rooms house only water and juice machines.

The district doesn't sign contracts with vendors, according to Joni Davis, supervisor of Child Nutrition Services.

"We do have juice in the cafeteria. but we buy that outright and then sell it for a small markup," she said. "We don't operate machines. Some schools will sign with a company to get so much money for a set volume of pop sales. ... The bottlers here have been

into the schools, and no one's pres-Individual schools do partner with

vendors but often get little in return. During the 2002-03 term, machines brought Lincoln about \$800. Washington and Roosevelt have exclusive contracts with Pepsi and receive slightly more. Lincoln Principal Val Fox doesn't

consider her school's portion an incentive to make soda or other vending more accessible. The machines offer a choice, as do the school cafeteria and

Her head PE instructor calls moderation the key, whatever the topic.

"The workforce needs healthy people," Bonnie Brown said. "If we don't get some balance, if schools don't recognize how important wellness is, we're going to see it affect other areas."

Reach Jennifer Sanderson at 575-3629.