

Lent begins with Ash Wednesday services

Next Wednesday, February 14, Ash Wednesday begins the Easter Lenten Season, with many churches in the area starting the first of a season of worship services.

In Clark, a community service will be held at St. Paul Lutheran Church at 6:00 p.m. for the Ash Wednesday service. A meal will be served from 5:00 to 5:45 p.m. prior to worship.

Moving forward with the Clark Ecumenical Lenten series, the first Wednesday Lenten service will be held on Feb. 21 with a 6:00 p.m. ser-

vice at the Plymouth UCC Church. From 5:00 to 5:45 p.m., a meal will be served prior to worship.

A 6:00 p.m. worship for the remainder of Lenten season, along with a 5:00 to 5:45 p.m. meal being served prior to services, will be held with the dates and locations being: Feb. 28 at the Clark United Methodist Church; March 6 at St. Paul Lutheran Church; March 13 at Plymouth UCC Church and March 20 at the Clark United Methodist Church.

12th annual Lee Schlagel memorial basketball tournament is Feb. 17

Saturday, February 17 will mark the 12th anniversary of the Lee Schlagel Memorial Basketball Tournament, held annually on the third Saturday in February.

The basketball tournament has a boys and girls division involving junior varsity players. Each year, there is a lunch counter and silent auction in which proceeds raised go to provide scholarships for senior athletes at Clark High School and the surrounding area.

In years past, the Lee Schlagel Memorial has helped raise donations over \$90,000 to area organi-

zations and projects such as Clark County 4-H, Clark Area Baseball and Softball, Potato Days events, youth sports, Clark Lions and Rotary projects, Clark Area Rec Center, Raymond Park improvements and many others.

This year, the boys teams competing will be: Clark/Willow Lake, Aberdeen Christian, Castlewood, DeSmet, Hitchcock/Tulare and Webster.

The girls teams are: Clark/Willow Lake, Castlewood, DeSmet, Florence/Henry, Hitchcock/Tulare and Redfield.

Local law officers issue drug citations after tip

By Carolynn Olson

On January 30, 2024, at approximately 2:54 p.m., Clark City Police Chief Jeremy Wellnitz responded to an anonymous report of a vehicle involved in a possible drug deal. Chief Wellnitz got the approval from the Clark County Sheriff Tad Heaton to make the initial pull over. The stop was made about six miles west of Clark.

During the search of the vehicle, Clark County Sheriff Tad Heaton and Deputy Lindsay Stiefel found drug paraphernalia, including a marijuana pipe and two THC wax pens.

The driver of the vehicle Ryan Haverhals, 18 of Sioux Falls received a written citation for drug paraphernalia, failure to register a vehicle and no insurance. The passenger of the vehicle, a 17-year-old juvenile male

of Sioux Falls, was given citations for underage possession of tobacco and alcohol of a minor. Both parties were cited and released.

WEATHER			
Robert Cole - Official Weather Observer			
	HI	LO	PR
Jan. 30.....	42	29	0
Jan. 31.....	43	26	0
Feb. 1.....	50	30	0
Feb. 2.....	49	29	0
Feb. 3.....	37	32	0
Feb. 4.....	39	32	0
Feb. 5.....	36	29	0
2024 precipitation to date	0.29"		
2023 precipitation to date	0.52"		

Hovde's Physical Therapy celebrates 20 years of business

By Tara Knutson

When a patient is handed a Hovde's Physical Therapy Clinic business card, the message on the bottom of the card reads "Caring hands...close to home." This is exactly what you can expect to receive from the professionals at this local therapy clinic.

"We are a manual therapy clinic. We implement hands-on treatment plans that aid the patient through recovery with manipulation of soft tissues and improvements in muscle imbalances," explained physical therapist and owner Sandy Hovde. The variety of medical diagnoses that the care team treats can range from head to toe.

"That's my favorite part of the job," Hovde stated. "I am able to help people with a wide variety of conditions and injuries. It is so rewarding to see someone quite debilitated be able to regain their full function and become functioning members of the community again," she explained. "We have had patients come into the clinic in wheelchairs and leave walking - allowing them to regain all levels of independence and quality of their life."

Hovde then went on to list the various patient conditions they've worked with. "We have taken care of lots of patients after shoulder and rotator repair surgery, knee replacements and amputees with their new prosthetics. We have seen West Nile encephalitis patients require full body general conditioning and numerous athletes with ACL tears that have come through the clinic. Lately, we have had several teenage girls to treat after a hip repair surgery. I just love helping people."

Sandy Hovde graduated from South Dakota University with her undergraduate degree and then from the University of South Dakota with her Master's Degree in Physical Therapy in 1996. "I knew from high school that I wanted to do something in the healthcare field because I wanted to help people," said Hovde. "I had some experience with individuals growing up that had needed to utilize physical therapy to recover from an injury, and that exposure helped me narrow down my career search to physical therapy."

After college graduation, Hovde spent three years working at the long term care centers in Clark, Redfield and Lake Norden, where she spent the majority of her time



The team at Hovde's Physical Therapy celebrated 20 years of patient care recently at an open house celebration. Pictured above, from left to right, are Kyle McIntire, PTA; Sandy Hovde, PT and owner; Ann Larson, PT; Ann Schmidt, medical records; and Stephanie Wicks, business manager.

Photo by Tara Knutson

working with elderly. "It was mostly in-house patients with a few out-patients that would come into the therapy department from the community setting."

Later, Hovde moved into employment with TLC Physical Therapy out of Webster. While working with TLC, Hovde treated patients in a clinic that was set up in Wookley's Assisted Living Center. This arrangement included doing contracted work with the three nursing homes Sandy had previously provided care in also.

Starting in 2004, Hovde opened her own private practice clinic. In 2008, Hovde's Physical Therapy Clinic was moved to a bigger space along U.S. Highway 212. This year, Sandy is celebrating her 20th year of treating patients as an independent therapist. Joining her in celebration at an open house on January 26 were numerous past and present patients, community members and coworkers. Hovde's employees Ann Larson, PT; Kyle McIntire, physical therapist assistant; Ann Schmidt, medical records; and Stephanie Wicks, business manager also joined in on the party.

"We have such a great group of individuals on our team. Everyone works together so well. Ann Larson and Ann Schmidt have worked with me for 20 years, and Stephanie has been at the clinic for 13 years. Kyle joined us nine years ago," Hovde ex-

plained.

Sandy also raised three boys with her husband, Brian of 30 years, near Willow Lake. Lane is 29 and lives in Rapid City, Spencer is 26 and lives in Glenham, and Sam is 21 and lives in Groton.

Treatment plans for various conditions have changed and evolved through the years as medicine has advanced. In conjunction with these changes in the field, the care team at Hovde's Physical Therapy Clinic continues to advance their education. "I've taken various additional classes over the years to enhance the treatment of my patients," said Hovde. "Some of those classes have focused on pelvic muscles and core weakness along with vertigo."

Vertigo is the sensation of dizziness that is often caused by displacement of small calcium carbonate crystals within the inner ear. The Eply maneuvers is a series of head movements that can readjust those crystals and alleviate and resolve symptoms that can be quite debilitating. "In 2018, I had a patient that was very dizzy in certain positions. The symptoms were negatively affecting her quality of life. With just one treatment, the symptoms were resolved, and she didn't ever need to come back to see me again."

In her professional future, Hovde would like to see shorter working hours. "I see my patients blocked

into one hour time slots and often see nine patients a day, working right through lunch. At the end of the day, there is always at least one hour of paperwork - that's the worst part of my job," she admitted. "I think anyone in healthcare would say they dislike the documentation component of patient care. I'm ready to step back a bit."

Hovde reported that the therapists see between five and nine patients a day. It is through these appointments that the therapists are able to heal hearts in addition to physical ailments.

"The power of touch and time is so important to our patients. After working on their bodies and visiting with them, they feel comfortable with us. I've had patients tell me things they admit that their closest family members don't even know about them," Hovde said.

"My patients would tell you that it's fun to come to PT. We need to be fun. Rehabilitation can often be painful at various points throughout the healing process. So, within reason, silliness and laughing get worked into the therapy sessions," she explained. "After you spend some time with the patient, you get a feel if it is appropriate for each individual patient. The patients come in as strangers, but they leave as friends."

Clark actresses earn Superiors at State One Act Festival

The cast and crew from Clark High School performed at the South Dakota State One Act Play Festival in Brandon last weekend.

The Clark cast is pictured during their performances. Above, from left to right are Madison Pickrel, Neveah Rusher and Leah Nelson. Pictured on the left, from left to right, are Brianna Dale and Olivia Fuller.

Photos courtesy of South Dakota Public Broadcasting. Aidan DeBoer

By Carolynn Olson

The State One Act Festival was held February 1-3 at Brandon Valley High School in Brandon. The one act play cast and crew from Clark High School performed *The Candidate* by Brett Holland. Bri-



anna Dale, Neveah Rusher, Leah Nelson, and Madison Pickrel received Superior Acting awards for their performances.

Clark was one of 46 schools competing at State One Act. "I'm proud of everyone and how well

they worked together," said director Amy Nelson.

"We had our best performance yet!" exclaimed senior Neveah Rusher. When asked what she enjoyed most about State One Act, Rusher said, "I definitely enjoyed

seeing the different plays that were put on and how the different classes pick plays."

With this year being the last for a few of the cast members, sophomore Leah Nelson said, "Next year, I know I will miss the se-



niors because they are so good at making sure everyone feels comfortable with their roles."

Ten students made the trip to Brandon Valley. The cast included Pickrel, Dale, Rusher, Nelson and Olivia Fuller. Crew members

were Kaden Janisch, Logan Parker, Waylan Olson, Westen Olson and Aleisha Naze.

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