



Clark yearbook staff members include seated, Tryston Epps, left, and Kaden Janisch, right. In the back row, from left to right are Marlee Bowers, Danielle Batchelor, Ashlan Wren and Lily Ingraham.

Photo by Kristin Janisch

Clark Yearbook Earns Excellent at State

Yearbook staff attend journalism workshops at USD campus

By Kristin Janisch

The Clark High School yearbook staff earned an excellent rating in the state yearbook contest at the South Dakota High School Press Convention held Monday, October 16 on the University of South Dakota campus in Vermillion.

"It's fun to see what the judge likes and doesn't like in the yearbook," said yearbook advisor Kristin Janisch. "The requirement list for design, photos, captions and stories is about as long as your arm. The judging is also subjective, so one thing might have worked last year, but this year's judge isn't into it."

Danielle Batchelor, a senior who has been a yearbook staff member for four years, said she was excited to see the "Comet" had received an excellent rating in state competition. "The judge said in her comments that we should be very proud of the yearbook we made," Batchelor said. "It paid off that Mrs. Janisch was always saying to us, 'What would make this photo or caption better?'"

"You learn by doing it," said sophomore Kaden Janisch, his second year on the yearbook staff. "Mrs. Janisch doesn't let us off easy. She will tell us to go do it again, but do it better." Batchelor agreed. "You get better at taking photos or interviewing people by taking more photos and interviewing more people,"

she said.

While at the South Dakota State Press Convention, yearbook staff members attended workshops to increase their knowledge base in design trends, how to discover story ideas, how to create digital storytelling, the importance of journalism ethics and what's happening in journalism with artificial intelligence. "We saw different ways to design pages, both from a speaker and from other students and what they did in their yearbooks," said Tryston Epps, freshman yearbook staff member. Former yearbook staff member Lily Ingraham said the artificial intelligence workshop was really interesting. "They would change things in the photo, like add a cat or change the color of a girl's hair with a click of a button in Photoshop," she said. Epps also thought it was interesting, adding, "We obviously can't do that because of journalism ethics, but it proves that it is so hard to believe a photo anymore."

"I think they got a lot out of this experience," Kristin Janisch said about the trip. The group had left the school parking lot at 5:30 a.m. for the three-hour drive to Vermillion. Freshman yearbook staff member Marlee Bowers said, "It was nice to see University of South Dakota's campus. It was a fun day."

Fall time change coming up soon

By Tara Knutson

As we turn the calendar page over to November, we are rapidly progressing to THE DAY. The day that can be dreaded by teachers and parents alike—the end of Daylight Savings Time. The change means a disruption of sleep patterns for millions of school-aged children. This has the potential to cause a stir in school and home functioning. Disasters may be avoided though with a few simple actions.

Benjamin Franklin wrote an essay in the spring of 1784 titled "An Economical Project" in which he wrote of the financial benefits the citizens of Paris would experience if they adjusted their sleep/wake schedule to match the natural daylight versus using artificial light. According to Franklin's calculations in his essay, adjusting the times by one hour would save "an immense sum! that the city of Paris might save every year, by the economy of using sunshine instead of candles." However, this theory has since received some further investigating as society has less dependence on energy for lighting and more dependence on temperature regulation and air conditioner usage.

A meta-analysis study conducted by Tomas Havranek, Dominik Herman, and Zuzana Irsova entitled "Does Daylight Savings Save Electricity?" published in 2017 for the International Association for Energy Economics Journal cited that "The original rationale for adopting Daylight Savings Time was energy savings. Modern research studies, however, question the magnitude and even direction of the effect of Daylight Savings Time on electricity consumption. Electricity savings are larger for countries farther away from the equator, while subtropical regions consume more electricity because of Daylight Savings Time."

Regardless of the arguments for or against daylight savings time, modern society is left with the need to prepare and adjust to the coming time change. It is important to maintain adequate quality and quantity of sleep of adults and children alike. A lack of rest can be a recipe for disruption in children's ability to focus, learn and regulate emotions in school.

Dr. Ruth Hernandez, DNP, FNP-AANPC at Sanford Webster Medical Center, recommends that parents start adjusting younger children's nap times by 10 to 15 minutes each day, a week before the daylight savings time change. Encouraging outdoor activities and exercise during

daylight hours also ensures that kids go to bed tired and have adequate exposure to sunlight to help regulate the circadian rhythm.

Dr. Hernandez notes that younger children seem to do better with the time change than teens. One thing to keep in mind is the associated risk of sleep deprivation and teen drivers on the road. Drivers that are lacking sleep are at higher risk of being involved in an accident.

Dr. Hernandez reports that it can take up to five hours for caffeine to be filtered out of the blood stream. Therefore, caffeine intake should be limited or completely eliminated in the afternoon.

Another suggestion for the time change transition is maintaining good sleep hygiene. This includes having a consistent bedtime routine. When children engage in bedtime activities, such as reading stories, brushing teeth or bathing, their minds naturally start to unwind and prepare for sleep.

Eliminating blue light from electronic devices 60 minutes prior to bed will also help prevent the brain from thinking it's time to be awake. Aromatherapy in the home such as diffusing lavender or other essential oils may also be beneficial, according to Dr. Hernandez.

If your child continues to have difficulty adjusting, parents are encouraged to visit with their child's regular care provider. The implementation of low dose melatonin into the nighttime routine could also prove useful. However, this should not be started without the direction of a medical provider.

Fortunately, the calendar has given us forewarning of the time change coming. With some well thought out planning, the transition to the new time change can be seamless and not disruptive to all.

WEATHER

Robert Cole - Official Weather Observer

	HI	LO	PR
Oct. 24	67	44	0
Oct. 25	49	38	0.01
Oct. 26	49	39	0.23
Oct. 27	44	21	0.25
Oct. 28	25	15	0
Oct. 29	25	16	0
Oct. 30	30	15	0.02
2023 precipitation to date	18.93"		
2022 precipitation to date	17.10"		



Current Junior Snow Queen Zoey Helkenn, left and Senior Snow Queen Avery Miles, right, will relinquish their titles this Sunday. The 2023 Clark Area Snow Queen Festival is set for 7:00 p.m. at Clark High School.

Photo by Heather Jordan

55th annual Clark Area Snow Queen is Sunday, November 5

This is the 55th year of the Clark Area Snow Queen Festival. The Clark Area Snow Queen Festival will be held at 7:00 p.m. on Sunday, November 5 at the Clark High School gym.

Current Snow Queen Avery Miles and Junior Snow Queen Zoey Helkenn will make their final walks across the stage as reigning royalty and will speak on the last year's experiences. There will be Junior and Senior Talent contests this year. Hannah Heiman will be the emcee.

The senior snow queen contestants are Nevaeh Rusher, Sara Thonvold and Ella Wellnitz. Junior Snow Queen contestants include Mallory Nelson, Evelyn Terhark, Caitlyn Mudgett, Johanna Vandersnick, Gracie Decker, Hadley McIntire, daughter of Kyle and Malory McIntire; Kristen Beving, daughter of CJ and Kelsey Beving; Valerie Keul, daughter of Cole and Dolores Wessels; Callie Orris, daughter of Robbie and Baylee Orris; Jolie Irlbeck, daughter of Justin and Heather Irlbeck; Afia Cronauer, daughter of Mark and Tammy Cronauer; Sophia Vig, daughter of Cole and Emma Vig; Marie Warner, daughter of Christopher Warner and Samantha Hansen; Olivia Reyes, daughter of Eduardo Reyes and Aida Villegas Gallo; Roni Walker, daughter of Trisha Walker; Maren Neeman, daughter of Tyler and Jordana Neeman; Chace Lamont, daughter of Taylon and Samantha Lamont; Lily Glanzer, daughter of Nathan and Amanda Glanzer; Kella

Dockter, daughter of Kelly Dockter and Samantha Verdon; and Journey Poppen, daughter of Aaron and Sheila Poppen.

Little Master contestants are Oliver Weber, son of Landon and Justyne Weber; Brooks Herr, son of Brandon and Amber Herr; Owen Hardy, son of Bradon and Jenni Hardy; Flint Nichols, son of Brock and Carolyn Nichols; Milo Terhark, son of Jeff and Melissa Terhark; and Macklin McGraw, son of Sean and Betty McGraw.

All former Clark Area Senior Snow Queens: Barbara Warkenthien 1970; Margaret Hess 1971; Jean Olverson 1972; Pam Obermeier 1973; Penny Heger 1974; Debra Gully 1975; Judy Linneman 1976; Theresa Patnoe 1977; Jenny Kirkeby 1978; Robin Neal 1979; Crystal Fletcher 1980; Natalie Sundvold 1981; Sandy Linneman 1982; Diane Schlueter 1983; Lynn Baldwin 1984; Mary Chapin 1985; Lori Paulson 1986; Sara Jo Wheeler 1987; Amy Schuster 1988; Amy Mahlen 1989; Amy Lane 1990; Cindy Berens 1991; Myra Chapin 1992; Gwen Warkenthien 1993; Angel Paulson 1994; Heidi Pommer 1995; Stacy Mohr 1996; Cristina Pollock 1997; Brandis Graves 1998; Jenny Roehrich 1999; Courtney Neill 2000; Cindy West 2001; Abby Monrens 2002; Nicole Cornelius 2003; Kandice Hanley 2004; Amanda Gill 2005; Samantha McGraw 2006; Michelle Hollarz 2007; Laura Warkenthien 2008; Arielle Slobotski 2009; Amanda Nelson 2010; Andrea Paulson 2011; Jill Stern 2012; Hannah Steffen 2013; Annabell Ryan 2014; Brooke Reidburn 2015; Kathryn Paulson 2016; Joice Nelson 2017; Laney Ulschmid 2018; Saylor Burke 2019; Saylor Burke 2020; Tianna Tschetter 2021; Teagan Orterberg 2022; Avery Miles 2023.

Clark home considered total loss after fire on Saturday

On Saturday, October 28, 2023 at 2:51 p.m., the Clark Police Department along with the Clark Fire Department were dispatched to a structure fire in the 1000 block of North Commercial Street.

Law Enforcement arrived and observed heavy smoke and flames coming from the residence. The home is considered a total loss. No

injuries were reported. The investigation is ongoing with no cause determined at this time.

Assisting units: Clark Fire Department, Clark County Sheriff's Office, Clark County Ambulance and Clark County Emergency Management and South Dakota Game, Fish and Parks units were on the scene for approximately four hours.



Local youth group hosts mission meal and Trunk or Treat for kids

The All For Jesus Youth Group in Clark hosted a mission meal and Trunk or Treat event last Wednesday at the Ulyot Building in Clark. The youth group consists of middle school and high school members of the St. Paul Lutheran Church and the Plymouth Congregational Church.

Normally, Trunk or Treat is held outside in cars. However, because of the cold and rainy weather, plans were quickly adapted. Instead of trunks, each group decorated a table in a Halloween theme with candy ready to go for the kids to grab. This year was the fifth annual Trunk or Treat. Those participating were the St. Paul Lutheran Church and Plymouth Congregational Church youth groups, Dacotah Bank, Clark Golf Course, Clark Ace Hardware, Ken's Food Fair, Clark County Courier, Clark Area Snow Queen, Clark County Sheriff's Office, Clark Fire Department and the Bjerke family.

The free will donation mission meal consisted of four soup choices, BBQ, a bar and water. Over \$600 was raised; proceeds will go toward holiday food boxes and Angel Tree shopping.

Above, first responders greet trick-or-treaters and their chaperons as they enter the Ulyot Building. Top right, Tori Borns, left, and daughter Tessa, who is dressed as a pumpkin princess, visit the Clark County Courier table, run by Kimberly, right, and Karli Paulson. Bottom right, the superhero trio of Superman, Batman and Spider-Man stop by for some candy.

Photos by Karli Paulson



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