

Clark All School play set to be performed Monday, April 29

By Carolynn Olson

Snow White and The Seven Endings by Tracy Wells is the Clark All School Play this year. Alaina Wellnitz has taken on the role of play director. "Agreeing to direct this play put me completely outside my comfort zone," Wellnitz said. "I absolutely love theater, but it's been a while since I have had my hands in a production."

Synopsis: Happily-ever-after gets turned on its head in this comedic retelling of Snow White's classic princess fairy tale. When the seven forest dwellers (who can be tall or short, it doesn't matter) reminisce about their recent run-in with a royal runaway, they each have a different take on how the story unfolds and who the real hero is. But, which is the real ending? The only thing they agree about is that the Prince shouldn't get the credit!

Laughter abounds as each of the seven forest dwellers takes their turn sharing their recollection of what happened to Snow White once she came to their cottage. Which will be your favorite? The mysterious "And Then There Were Seven," the melodramatic "Perilous Plight of Miss Snow White" or the slapstick "Snow Alone, Lost in the Woods"? Naturally, everyone loves the action adventure "Spindiana Jones and the Apple of Doom!" There's also the Shakespearean "Mid Snow White's Dream" and the hysterical interpretive dance, "The

Hunt-Cracker" along with the classic retelling. No matter your preference, the fast-paced scenes are fun for everyone.

Starring in the play as the Forest Dwellers are Nevaeh Rusher, Aleisha Naze, Oliver Reitz, Madison Pickrel, Jayla Easthouse, Olivia Fuller and Kendra Wren. Other story characters are Leah Nelson, Brianna Dale, Alayna Merkel, Kayla Arthur, Nevaeh Reitz, Kendra Warkenthien and Kaden Janisch.

"I will cherish this group of students forever; we had a lot of fun piecing this play together," Wellnitz commented. "My barometer of success will be if each of them feels more comfortable and confident in their own skin."

The public performance will be on Monday, April 29 at 7:00 p.m. at the Clark High School. All are invited to attend.

WEATHER

Robert Cole - Official
Weather Observer

	HI	LO	PR
April 16	76	48	0.24
April 17	51	41	1.33
April 18	56	32	0
April 19	43	24	0
April 20	36	25	0
April 21	48	29	0
April 22	60	37	0
2024 precipitation to date	3.26"		
2023 precipitation to date	2.78"		

Clark Area Farmers Market host soil health workshops led by Shane Jordan

By Carolynn Olson

Natural Resource Conservationist Shane Jordan along with Michaela Flora and Joslyn Reeves of Clark Area Farmers Market felt it was a great opportunity to incorporate some education into the farmers market effort.

Through the Clark Area Farmers Market social media sites, Flora and Reeves surveyed community members to see what they would be interested in learning more about. No-till gardening and composting seemed to be a few of the priorities, so they set out to plan the workshops.

"Michaela and Joslyn did a great job!" exclaimed Jordan. "I have a no-till garden and do a variety of different composting methods with my garden." He added, "I also work with smaller scale growers across the eastern third of South Dakota with my position as Area Resource Conservationist."

The main focus of the workshops was soil health. At the Natural Resources Conservation Service (NRCS), they operate on the five principles of soil health: increase diversity, keep soil surface covered, minimize disturbance, keep a living root and integrate livestock. With that in mind, Shane prepared for discussions and demonstrations involving composting and no-till gardening.

On March 13, the Clark Area Farmers Market hosted the composting workshop at the Ullyot Building in Clark. Jordan presented information on different types of composting systems and provided a demonstration for "How to Build a Worm Box."

Shane donated the assembled worm box to be a door prize for one of the workshop participants. Add-

ing compost to your garden has a slew of benefits, from feeding the microbiology in your soil to keeping the soil surface covered, increasing organic matter. This can also aid in the reduction of synthetic fertilizer usage.

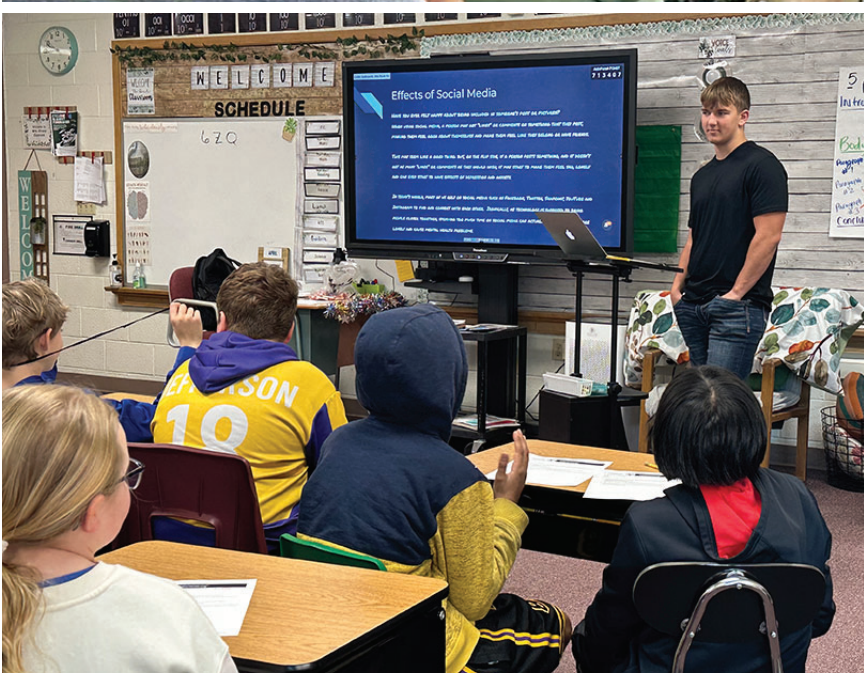
The no-till gardening workshop was held on April 1 by the Clark Area Farmers Market. There, Jordan discussed the benefits of no-till and how to get started.

The most important first step is to know your site. He advised using a websoil survey to determine what kind of soil you're working in and get your soil tested to understand what levels of nutrients and organic matter you are starting with. This will determine what water infiltration rates you should be seeing, how long improvements may take and how your microbiome responds to changes.

"I thought the interest and turnouts were good for both sessions," Jordan said. "I enjoy sharing information that gives people the opportunity to see things differently, understand and value the many natural resources we have afforded to us and also to show people that there is a better, healthier way to grow food that can enrich both individuals and the community as a whole."

Currently, there are no upcoming workshops scheduled. "We have discussed setting up a canning workshop to kickoff summer," said Flora. "We are taking recommendations from the community for topics they want to learn/teach," she added.

The first Clark Area Farmers Market will be Tuesday, July 9 and every second and fourth Tuesday of the following months.



Collin Gaikowski, a senior at Clark High School, presented his senior project on mental health awareness and social media addiction over two days, April 9 and 10 to several classes in the Clark School District.

Top left: Gaikowski's project mentor, Chantelle Friedman of Live Inspired 365 speaks to students in the senior class. Bottom left: Gaikowski

talks to the fifth grade class at Clark Elementary School. Right: Clark High School seniors assemble care packages for Friedman's nonprofit organization that she founded in memory of her father.

Photos Courtesy of Live Inspired 365

Gaikowski's senior project spreads mental health awareness

By Carolynn Olson

Clark High School senior Collin Gaikowski is the son of Kyle and Trudi Gaikowski of Clark. He is the oldest sibling of brother Cade, 13 and sister Eve, 10.

Gaikowski chose to do his senior project on mental health awareness and social media addiction. "I came up with my senior project with the idea of wanting to help people who felt alone or going through any type of mental health problems," he explained.

On Tuesday, April 9, Collin gave presentations to three separate groups of Clark students in fifth through eighth grade. "I enjoyed getting the kids involved. I wanted to talk not only about the importance of mental health, but I also wanted to help them be aware of social media and cyberbullying and the risks of addiction and it's potential effects on a person's mental health," Gaikowski said.

The following day on April 10, Collin and his mentor, Chantelle Friedman of Sioux Falls, talked to fellow members of his senior class in Mrs. Tammie Paulson's classroom.

Gaikowski introduced his family friend Chantelle, and she talked to the students about her story, her family's story and Live Inspired 365, a nonprofit organization that she founded.

"I also wanted to bring more awareness to my mentor Chantelle's organization, Live Inspired 365," he added. That organization was started by Friedman in memory of her father who committed suicide



Collin Gaikowski and his senior project mentor Chantelle Friedman are pictured after speaking to the Clark High School senior class on Wednesday, April 10.

five years ago. She wanted to honor his memory by getting people to talk about the importance of mental health and try to prevent other people from going through what her family has gone through in the loss of her dad.

"Collin's senior project topic of Mental Health is something that needs to be looked at and addressed in schools and in everyday life," said Tammie Paulson, senior class project teacher and advisor.

Trudi Gaikowski, Collin's mom said, "Kyle (Collin's dad) and I are so proud of Collin for taking on this senior project." She added, "If you know Collin, you know he is not much of a big speaker, let alone a

big public speaker. He ripped the bandaid off so to speak and talked to three large groups of middle schoolers about a very personal and often uncomfortable thing to discuss. To tackle a subject as personal as this, it is huge! Often, mental health is not something that is talked about. For him to bring it more out in the open and for him to help Chantelle bring awareness to people that is ok to not be ok and ask for help, it is just awesome."

Friedman talked to the senior class about mental health awareness. "I feel it went well. They (the students) asked good questions, but most importantly, they seemed genuinely interested," said Chantelle.

Friedman stated, "I was very excited that Collin wanted to do his senior project on promoting mental health awareness and suicide prevention." She emphasized, "The more we can get people talking about mental health, the more we can decrease the stigma and encourage others to get help if or when they need it."

During Chantelle's presentation, she discussed the 988 Suicide and Crisis Hotline. Many of the students had never heard of '988'. Friedman stressed that it is an incredibly important phone number for everyone to know. If anyone is having thoughts of self harm or suicide, or simply needs to talk to someone, the crisis hotline is answered 24/7 by mental health professionals. You can also call 988 if you have concerns about someone that you care about or may be worried about be-

cause of their behavior or substance abuse. The hotline will connect you with the necessary resources to get you the help you need.

At the end of the presentation, Friedman had each student make five care packages. Those care packages will be given to people who are struggling with mental health. Live Inspired 365's care packages are donated to various places, including schools and mental health facilities.

The care packages put together in Clark included a sticker, bracelet, fidget toy and a handmade note card written by the senior class students with happy or encouraging phrases written on them.

"If anyone wants to learn more about us, they can visit us at liveinspired365.org. We are also on Facebook and Instagram, where we post updates about our projects, products and provide encouraging messages of hope," Chantelle explained.

Friedman stressed, "We all need help. We aren't weak if we ask for help; there is always someone that cares," she added.

Collin has been active in several sports throughout middle school and high school, including football, baseball, track and field, trap league and wrestling. When he has free time, he enjoys fishing, hunting, hanging out with friends and spending time at the lake.

Gaikowski said, "Upon graduation in May, my plans are to work at Westside Implement for the summer and attend South Dakota State University this fall for Agricultural Business."