

WOKSAPE

“The Wise Book”

The Visit Fails to Scare

BY SHIANN BAKER

The new horror film *The Visit* was released on September 11, 2015.

The Visit is about two kids, a sixteen-year-old girl and her thirteen-year-old brother. They decide to visit their grandparents for a week while their mom goes on vacation. When the siblings get to the house, they begin to notice strange things happening with their grandparents and start to get worried. They ignore their initial concerns and continue to stay while things get weirder and scarier.

When people think of horror movies, they often imagine very scary things. One normally wouldn't think of humor being involved in this genre, but *The Visit* contains both horror and humor. Yes, there were some terrifying



MEDIA IMAGE

moments, but the humor seemed to lessen the fear factor. Because of this, this “horror” movie wasn't actually that scary. On a scale of 1-10, with 10 being the scariest, I would give it a 4.

YHS's Lone Lady Senior

BY HOLLY HICKS

Looking at the Yankton High School cross country team, you will find only one senior girl runner. That dedicated runner is Savannah Woods. She has been a part of the varsity girls' running team since her 7th grade year. That's a total of six years of dominating the cross country course.

Woods's goals for her final season were to set a leadership-like model for her younger teammates and to finish her final cross country season strongly.

At state cross country on October 24, up in Sioux

Falls, Woods ran her final state race. Throughout the whole race she was in the leading pack, battling her way into a good position for a fantastic race.

Woods finished 2nd overall in the girls' AA race and broke a personal record for her 5K time.

As a freshman Woods placed 1st at the state meet, and as a sophomore she took 3rd.

Savannah Woods plans to continue her running career as a Jackrabbit at South Dakota State University. The Yankton Cross Country team will surely miss her and all the hard work she has put into the program.



PHOTO BY TODD WOODS

At left: Savannah Woods runs at the state meet.

2015 Harvest Numbers Above Average

BY AUSTIN JERKE

Warmer temperatures in the past few weeks have allowed farmers in the Yankton area to bring in this year's crop with ease. Many of these farmers are bringing in above-average crops.

According to the United States Department of Agriculture National Agricultural Statistics Service, the corn harvest currently is at 60%, well above the 32% harvested at this time last year.

Jacob Warriner, Yankton High School junior, who has already finished harvesting, said that there were not very many setbacks this year as far as the harvest went. “It was a very smooth harvest. All of the equipment worked fine, and the weather held up,” he said.

Many other farmers are also reporting the same details. They, along with Warriner, report that the weather this summer was very good. “We had enough rain to water the crops,” Warriner said, “but we didn't have a substantial amount that would have drowned the crop.” Looking back, he said the summer storms were not as severe as they have been in the past few years.

Because of this, Warriner said that his corn harvest was above average this year. “We didn't use any new fertilizer or new equipment, just the same old, same old. The only thing we put on our crops was nitrogen, but we use that every year,” Warriner said.

Warriner is optimistic about next year's growing season but he said that anything can happen to affect next year's crop.

Watch Out for the Winter Blues

BY SAMANTHA WENZLAFF

Each fall many people experience a mood change. The lowering temperature and lack of sunlight are enough to make anyone depressed; however, this depression is not always caused by different downfalls in our lives or by the changes in the temperature. This depression can be caused by a health disorder called Seasonal Affective Disorder, or SAD.

SAD affects many people, usually adults between the ages of eighteen and thirty, worldwide. According to an article on the Mental Health

America website, SAD is dependent on a person's vulnerability, their location to the equator, and the variations of light during the changes of the seasons. Our bodies become used to day-to-day patterns, and even a slight variation in exposure to sunlight can throw our internal clocks off. Melatonin production in the brain is increased during dark periods, including fall and winter months when the sun is out for shorter periods of time. Melatonin can cause depression-like symptoms, such as anxiety,

mood changes, sleep problems, lethargy, overeating, and social problems, to name just a few.

The way to help with Seasonal Affective Disorder is light therapy and exposure to sunlight. Though it is getting colder outside, if one starts to experience mood changes, he or she should spend as much time in the sun as possible. The best thing one can do is bundle up in warm winter clothes and make the most of the dwindling hours of sunlight.

Are Students Getting Enough Sleep?

BY PIPER MIKKELSEN

Sleep is vital to everyone. With all that happens in a daily student life, students are falling behind in the amount of sleep they get each night. Students are up into the late hours of the night doing homework or studying. Some even wake up early to complete the tasks from the night before. Others may have practices that run late or take up much of their night only to come home to a pile of work that still needs to be done.

Sophomore Emily Oswald says, “I'm really busy and I have a lot of homework. I also get home late so I don't have enough time to get all my work done for the next day.”

Students need sleep to repair their bodies and retain the information they learned throughout the day.

According to Harvard Medical School's article, “Why Do We Sleep, Anyway,” people sleep to restore their bodies. Muscle growth, tissue repair, and protein synthesis are vital to life and only occur while sleeping. Students may become weaker and more susceptible to illness if they don't allow their bodies to rest. Athletes may become unable to participate in activities. Their bodies

will not be rested enough to play a physical game, such as football or basketball.

After a long day at school, students need at least nine and a half hours of sleep to retain all the information they learned throughout the day.

Senior Manny Valadez says, “I have to work every day after school. When I get home, I still have to do all my homework.”

The Harvard Medical School states that the brain needs sleep to get rid of the adenosine that builds up throughout the day. While sleeping, the brain clears out the adenosine from our system so we feel more alert when we wake up.

According to Michael J. Breus's article, “Sleep Habits: More Important Than You Think,” sleep deprivation leads to lower performance and alertness. Sleep deprivation also impairs students' memory and their ability to think and process information.

Lack of sleep also affects how students drive. The National Highway Traffic Safety Administration estimates that each year driving tired is responsible for at least 100,000 car crashes, 71,000 injuries, and 1,550 fatalities. Bad sleep routines may also result in stress relationships. Students may develop

moodiness and conflicts with their friends or family.

Perelman School of Medicine at the University of Pennsylvania conducted a study to show why sleep is needed when one is sick. The first study involved fruit flies. The researchers injected the flies with a bacteria. “We deprived flies of sleep after infection with the idea that if we blocked this sleep, things would get worse in terms of survival,” said study researcher Julie A. Williams, Ph.D., a research associate at the university's Center for Sleep and Circadian Neurobiology. The article states that the researchers conducted another study with genetically engineered flies. The flies received more sleep before they were injected with the bacteria. The researchers found that flies survived much longer with the bacteria than the flies in the first experiment.

Sleep is needed for students to excel in school and protect their bodies. Sleeping allows your body to fix your muscles and also your brain. Students may see a drop in their grades and attention to detail if they don't get the amount of sleep they need. No matter your age, all students need more sleep than what they are currently getting.



NBC's Blindspot Offers Suspense

BY SHIANN BAKER



MEDIA IMAGE

On September 21, 2015, the show, *Blindspot*, premiered. It continues to play on Monday nights on NBC.

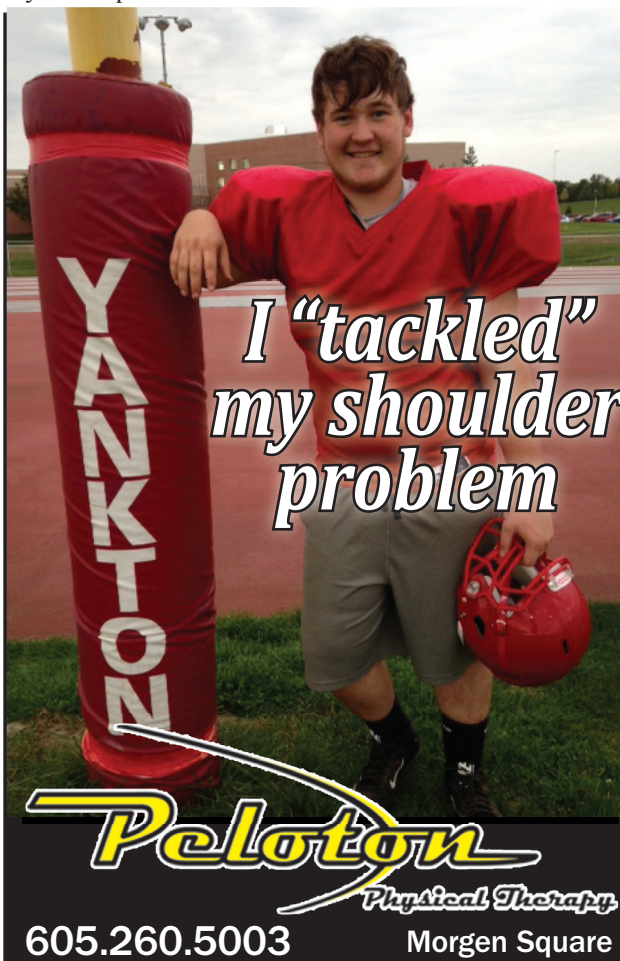
Blindspot begins in New York City's Times Square, where a woman, with no memory of who she is, is found lying in a duffle bag and covered in tattoos. After being escorted to the police department, the woman's body is scanned, and she is then interrogated by an officer. As the first episode continues, the police find out that the woman's tattoos are clues to upcoming crimes, and if they are able to decode the tattoos before a crime takes place, they may be able to stop the unlawful act before it happens.

The plot itself is interesting to watch unfold, and the actors do an amazing job in portraying their characters, although some episodes do seem to drag on a bit at times.

This program is a brilliant crime show that has a hint of romance and a lot of foreshadowing of things to come. The show is entertaining and keeps the viewer's mind busy while trying to figure out what's going to happen next.

Viewers who like shows such as *Bones* or *Criminal Minds* would probably enjoy *Blindspot*.

So if you love crime--or romance--I would definitely recommend this to you.



I “tackled” my shoulder problem

605.260.5003

Morgen Square

WOKSAPE

Published by the students of Yankton High School, 1801 Summit, Yankton, SD 57078.

Co-Editors
.....Samantha Wenzlaff
.....Sammi Simonsen

News/Features Writers
.....Samantha Wenzlaff
.....Sammi Simonsen
.....Erin Olson
.....Ashlynn Schwarz
.....Lilly Purzol
.....Holly Hicks

Sports
.....Holly Hicks
.....Ashlynn Schwarz

Opinion/Editorial Writers
.....Shiann Baker
.....Samantha Wenzlaff
.....Sammi Simonsen
.....Ashlynn Schwarz

Photography
.....Nick Hauser
.....Shiann Baker
.....Lilly Purzol
.....Erin Olson
.....Samantha Wenzlaff

The opinions expressed herein are not necessarily those of the high school faculty or the student body but the expressed opinion of the editorial staff, or writers herein.

Signed letters to the editor are encouraged but may be rejected or edited for content, grammar, condensation and/or libel.

The Yankton Daily Press & Dakotan is not responsible for the news/editorial content appearing on the Woksape pages.



We are your local North Face dealer!



2404 Broadway, Yankton • 605-260-2453
www.acebikeandfitness.com

Ace now carries:

RC Drones
Quad Copters
Planes
Boats
Cars