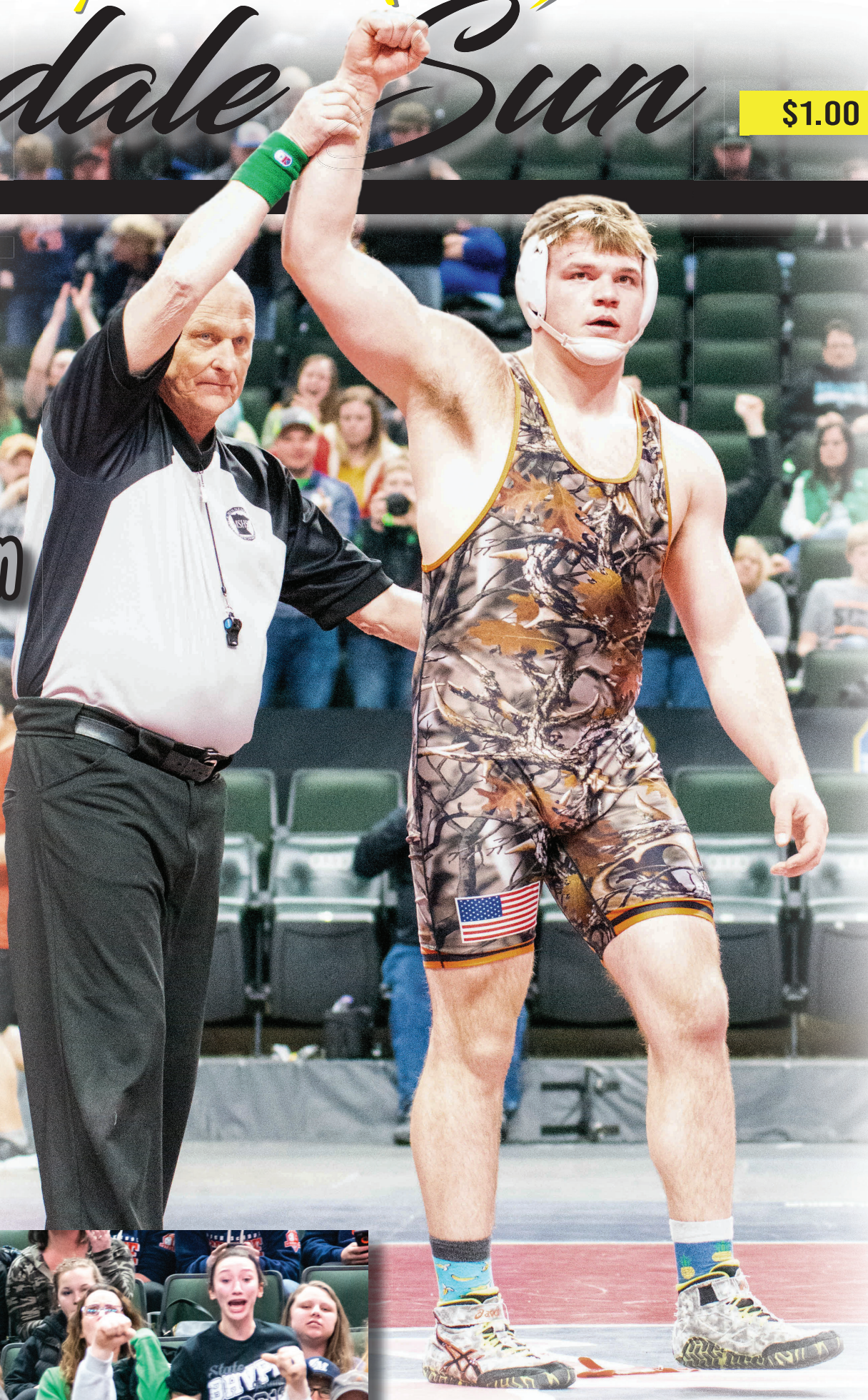


Orlando defends State Title Class A State Champion

by Michael Arvidson

Craig Orlando entered his third state tournament as the top seed and defending State Champion. His first two matches would be rematches from the season, but Orlando was on top of his game as he put each of them away guaranteeing his podium spot. The semifinals went the same as great position and technique ended in a pin to advance to the finals.

The finals would be a rematch from the state quarterfinal a year ago that gave Orlando a scare when his opponent headlocked him. This time around, Orlando kept his head buried on his opponent's chest and never allowed it to happen. After an escape in the second period and the 1-0 lead, Orlando finally got the positioning he wanted and seized the opportunity with a crushing bear hug. The ref slid around, slapped the mat, and it was over as his opponent laid there knocked out cold. It was a very impressive weekend for Orlando as he



wrestled seven matches in 11 minutes and 36 seconds combined in the state tournament with seven pins and a knockout for his second state championship.

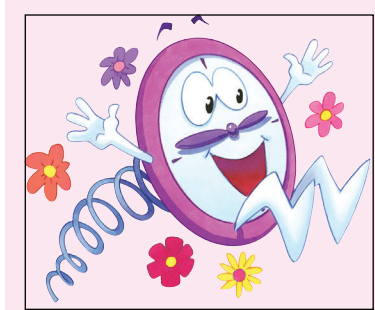
BHVPP finishes 6th

After a great send-off of three pepfests on Wednesday and the drive to the cities, BHVPP made its debut in the MSHSL State Team Tournament last Thursday. Being drawn in as the seven seed, the opening round opponent was second ranked and second

seeded Tracy-Milroy-Balaton/Westbrook-Walnut Grove from Section 3. The Raiders needed to start strong and get momentum in order to pull off the upset. David Revering got the fans excited with a late come from behind decision for the early 3-0 lead. After the Panthers pinned at 113, Quinn Kern dominated with a technical fall to regain the lead at 8-6. The swing match at 126 went to the Panthers and they managed to run off ten matches in a row until Craig Orlando

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Get ready to “spring ahead” — Daylight Savings Time is upon us



Remember to “spring ahead” on March 10 for Daylight Savings Time.

by Karin L. Nauber
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Time seems to fly—especially when you don't always know what you're doing!

Well, time is going to fly a little bit faster this weekend, when we “spring ahead” for Daylight Savings Time (DST).

DST is that time each spring when we set our clocks ahead by an hour. This makes it possible to have “more” daylight hours at least on the clock, as the sun “appears” to rise and set later.

According to the website timeanddate.com, about 70 coun-

tries in the world use DST “to make better use of daylight and to conserve energy.”

The beginning and end dates vary from country to country. In the United States, we have our DST from March until November. This year it's on March 10.

While DST has been around since ancient times, it only became popular globally when Germany introduced it in 1916.

“Clocks in the German Empire and its ally Austria, were turned ahead by one hour on April 30, 1916—two years into World War I. The rationale was to minimize the use of artificial lighting to save fuel for the war effort.”

It didn't take long for the idea to be used in the United Kingdom, France and several other countries.

After the war was over, most countries went back to “regular” time, but during World War II, it returned.

You can credit New Zealand Scientist George Vernon Hudson and British Builder William Willett for bringing DST to fruition.

It was Willett's idea of setting the clocks ahead by 20 minutes for the four Sundays in April and then back again in the fall, that caught on.

Robert Pearce presented a bill to the British Parliament in 1908, but it failed repeatedly and was opposed by many, especially farmers and never made it into law.

The United Kingdom started using DST in May 1916, a year after Willett died.

Modern United States DST

Did you know that you don't have to follow Daylight Savings Time?

It's true.

“The Energy Policy Act of 2005 gives every state or territory the right to opt out of using DST,” according to timeanddate.com.

Currently, only the states of Arizona and Hawaii exercise the right to not use DST. Our external territories including Puerto Rico, Guam and the U.S. Virgin Islands do not, either.

Continued on page 3

The debate over daily sirens in Hewitt Nostalgia, safety, hearing loss

by Trinity Gruenberg
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For the last few months the Hewitt City Council has been faced with a difficult decision trying to appease the town's residents. Should the siren stay off or turn it back on?

Most of the residents were accustomed to the nostalgic sound of the noon and 6 p.m. siren every day, but that changed in August when a petition was brought forth to the city council to turn it off due to the high decibel levels and concerns about hearing damage for those who lived near the siren. The city made the decision to shut the siren off.

Resident Michael Dagen, who lives next to the Hewitt water tower, where the town siren is located, measured the decibel levels in his backyard which were between 105-110 decibels. Sounds over 85 decibels can cause hearing damage. The daily sirens are roughly 40 second bursts, with wind-up and wind-down with approximately

10 seconds at full blast.

Noise induced hearing loss can be caused by a single exposure to an intense sound or by continuous exposure to loud sounds over time. The louder the sound, the higher the decibels, the shorter amount of time it takes to cause hearing damage.

Dagen collected 10 signatures from neighbors to have the daily siren silenced. The city council reviewed the information and decided to shut it off for a month on a trial basis to see if they would receive any complaints.

“It's a wonderful emergency siren. Just not the best dinner whistle,” said Dagen.

During the September meeting the council reviewed a complaint to have the siren turned back on. The council decided to send out a survey to the community to see if they wanted the twice daily siren back on and which times were preferred.

Continued on page 6

Damaging decibels

Sounds at these decibel levels don't typically cause hearing damage
Normal breathing 10 dB
Ticking watch 20 dB
Soft whisper 30 dB
Refrigerator hum 40 dB
Normal conversation, air conditioner 60 dB

You may feel annoyed by the noise
Washing machine, dishwasher 70 dB
City traffic (inside the car) 80-85 dB

Damage to hearing possible after two hours of exposure
Gas-powered lawnmowers and leaf blowers 90 dB

Damage to hearing possible after about 50 minutes of exposure
Motorcycle 95 dB

Hearing loss possible after 15 minutes
Approaching subway train, car horn at 16 feet (5 meters), and sporting events (such as hockey playoffs and football games) 100 dB

Hearing loss possible in less than five minutes
The maximum volume level for personal listening devices; a very loud radio, stereo, or television; and loud entertainment venues (such as nightclubs, bars, and rock concerts) 105-110 dB

Hearing loss possible in less than two minutes
Shouting or barking in the ear 110 dB

Pain and ear injury
Standing beside or near sirens 120 dB

Firecrackers 140-150 dB
CDC.gov

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