

The Storm Report

OAKES TORNADOES UPDATES

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Advice from Alumni

By: McKenna Allston

High school seniors often feel lost and do not know what their next step is. OHS alumni, Jaci Praska was willing to give some advice to our seniors. This is Jaci's second year at UND. She is double majoring in accounting and public affairs.



Jaci was asked what advice she would give to seniors. Her response was, "Always treat others with kindness and respect." She also said, "Don't forget to thank those who helped you along the way." When she was asked what she would tell high schoolers about college she said, "I want high schoolers to know that college is a fun and exciting time. No one's experience is perfect. It is ok to have ups and downs, just stay positive. Everything will be ok!"

High school can be scary, but there are always people who can help you. It is okay to not be sure what you want to do after you graduate. Be grateful for people that help you along the way. Always be kind and respectful to others. Remember that college may start a little rocky but everything will be ok.

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It's okay to not be okay: Let's talk about Mental Health By: Breann Young



In this article, I wanted to learn more about mental health and how it affected students like us. I decided to ask Katie a couple of questions about mental health.

When I asked Katie Dahlstrom about how to know if you might need help. Katie said "Its normal to have bad days, but if you've been feeling sad, anxious, or tired, and its stating to affect your sleep, grades, or even your friendships, that's a sign you you might need to see someone for help." She also did say "It's also important to pay attention if you stop enjoying things you used to like or start feeling hopeless. Those are signs something is not right."

Katie did add that there is always someone who wants to listen, you just have to reach out to someone and they will listen. You can talk to a teacher, counselor, nurse, parent, or friend, and if you ever really feel stuck, you can call or text 988, which is the Suicide and Crisis Lifeline. You never have to go through things alone.

When I asked about healthy ways to deal with anxiety or depression, Katie said to find positive ways to express your feelings. That could mean talking to someone you trust.

After talking to Katie, I realized that mental health is something we all need to take care of, just like our physical health. It is okay to ask for help, and it's okay to not be okay sometimes. Everyone goes through hard times, so its important to be kind and supportive to other not mattter what.

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OHS Students Share Thoughts On The New Cell Phone Rule

By: Ava Thompson

Our state's new cell phone rule has everyone talking at OHS. Some students like it while others think the rules should change. Most agree it helps students focus more and talk to people in real life instead of on their phones.

Breann Young and Nadysen McKay said the new cell phone policy has changed how they do in school, They have done a lot better without their phone. Such as talking to more people and getting better grades. Samantha Thompson an 8th grader also said, "I think the rule helps us talk to each other more and my classmates pay more attention now."

Some students, like Erin Rodine, think that phones should be allowed during breaks, lunch, or on the bus to the center.

Even though not everyone agrees with the rule. Many say it helps them focus, improve their grades, and actually make friends.

Guess the Teacher

By: Kalyn Haafke

If you guess Mrs. Neer for last weeks guess the teacher, then you got it right! Mrs. Neer enjoys camping, particularly at National Parks. She used to teach 4th-6th grade ELA and took a few years off to stay home with her children. In that time, she also had an in-home daycare. In her free time you can find her drinking a coffee, enjoying some chocolate, and listening to The David Crowder Band.



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The Room Cleaning Cycle

By: Nadyson McKay

Stage 1: Denial

You walk into your room and instantly feel that wave of regret. Clothes everywhere, dishes you forgot about, and maybe even a sock colony forming in the corner. But instead of actually doing anything you tell yourself, "It's fine. I'll clean it later." You even convince yourself that your "floor clothes" are just part of your room's aesthetic.

Stage 2: Overwhelm

You finally decide to clean, but the second you start, you realize this might take actual effort. You pick up one shoe, stare at the mess and immediately consider setting the whole room on fire and starting over. You try to "organize" but end up creating three new piles: trash, maybe trash, and emotional damage. You start to question every life decision that led you here.

Stage 3: Rage Cleaning

Something inside you just SNAPS. Suddenly you're blasting music, moving at lightning speed, and cleaning like you're on a home makeover show. You're vacuuming corners you didn't even know existed and yelling at anyone who dares enter your workspace. You find things you lost months ago: a favorite hoodie, your missing earbuds, and a random spoon for some reason. You start to feel unstoppable.

Stage 4: The Mid-Clean Meltdown

Halfway through, your motivation vanishes. You sit down "for a second" and end up scrolling on your phone for 45 minutes. Then you start getting sentimental flipping through old notes, trying on random clothes, and wondering how your life turned into an episode of Hoarders: Teen Edition. Cleaning has turned into an emotional rollercoaster, but with more dust and regret.

Stage 5: Satisfaction (and Lies)

At last, it's done. The floor is visible, the bed is made, and your desk looks like it belongs to a functional human. You light a candle to set the mood, take a few photos for proof, and swear you'll never let it get that bad again. Deep down, though, you know the cycle will repeat in about two weeks. But for now, you're going to sit on your perfectly made bed and act like you have your life together.

P.S.: This is not how I clean my room... I just get it done.



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Senior Spotlight

By: Kalyn Haafke



Meet Ben Mathias Wagner, a senior who has made his mark in both wrestling and baseball. Known for his dedication and work ethic, Ben's favorite class has been Cooking and Baking—he proudly calls himself “a big food guy” who loves to cook. Maybe it's no surprise that he enjoys cooking (and eating) so much—as a wrestler, he doesn't always get to do that during the season!

One of the most memorable moments of Ben's high school career was earning 3rd place at dual state with his wrestling team, an accomplishment that reflects his competitive spirit and teamwork. He also looks forward to Homecoming each year, calling it “a great time and lots of fun.”

Ben's favorite teacher is Mr. Schall, who taught him an important lesson: to be grateful for what you have. When he's not in school, you can find Ben hunting, working with his horses, or spending time with his three dogs—Dug, Henry, and Lola. His favorite movie is *Forrest Gump*, and as the movie says, “Life is like a box of chocolates—you never know what you're gonna get.” It's a quote that fits Ben's positive outlook and willingness to take on whatever comes his way.

Over the years, he's grown by taking assignments more seriously and goofing off less. His biggest influence has been his family, who taught him humility, a strong work ethic, and the importance of valuing the right things.

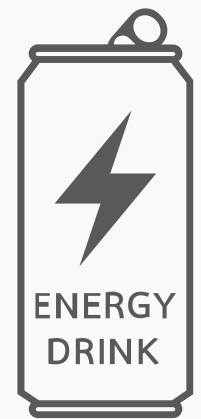
A lesson Ben will carry into the future is that time flies—“I just have to slow down and enjoy it.” Looking back, he realizes how quickly the years passed—high school seemed to fly by in a blur of practices, classes, and friendships. If he had to sum up his experience in one word, he'd choose “Fast,” capturing both the speed of the years and the whirlwind of memories. Knowing what he knows now, if he could give advice to his freshman self, it would be to slow down and enjoy school, even when it felt boring, because those everyday moments are the ones he'll remember most. After graduation, he plans to carry on his family farm, graduate college, and help feed America through beef and farming.

Ben is especially proud of making honor roll, earning academic all-state, and placing at the state tournament in wrestling. To him, being a senior means figuring out his future while setting a good example for underclassmen. Congratulations, Ben! Your hard work and dedication—both in the classroom and on the mat—show the kind of leadership and character that make our school proud.

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How to survive a Monday



By: Lila Iverson

Want to know how to survive a Monday? It is with caffeine. Monday's are hard, the weekend went by so fast. Getting back into the week's flow is hard. So, caffeine is a must have. Caffeine can put anyone in a great mood! It wakes you up and gives you the jitters. Don't you just love the way you cannot stop moving?

You might be able to have a delightful day, buut what did you have in the morning? Caffeine. Slow rising and need energy? Caffeine. Sad and need a pick me up, get yourself some caffeine. If you do not know where to go for a caffeinated beverage there are various places for different moods like; Sweets And Stories, Wild Wolff, the Bakery, any gas station in town, or just make some coffee at home.

You should choose your beverage wisely. Coffee is great for a simple day when you want a warm drink in your hand. Some may even like it iced to make it fancy and most of the time sweeter. Tea is a sweet, smother beverage if you do not like the flavor of bean juice. Energy drinks—another fun possibility. Are they healthy for you? No, but neither are Mondays. I will give them the fact they taste good when you find the right one. One thing I like about them is they are great at getting me pumped, but you can still crash when it is time for bed or just randomly. There are also more amazing options out there to have.

Like I said, mood is a big part. If you are feeling lonely, find a friend and get coffee with them. It is such a fun and fantastic way to spend your time and your hard-earned money. You could change your perspective and use it as a goal. It makes it ten times more rewarding and mood boosting positivity.

However, you need to remember FOOD. It is one of the key things to help control the powerful substance. Depending on the person, not eating when consuming caffeine can be dangerous. Not in the way that they get sick but, in the fact, you go bonkers. I am also talking about, caffeine crashes, the nonstop yapping about anything, jitters, and the need for more of it because it tastes so good. Food can help make you more stable and hopefully stop you from crashing and becoming too jittery.

Getting back on topic of your Monday fiasco. If you get behind on whatever work you must complete, you should do it on Friday. Friday is always a delightful day. It leads into the well-deserved weekend. Completing things on Friday or over the weekend can help you with the stress. Then Monday everything is completed, so the latest problems may come your way.



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One Step At A Time

By: Isaac Bjornstad

Goals are important to our lives, more than you know. For one reason or another you got out of bed because of a goal. Whether its getting to tomorrow, meeting with friends, going shopping, you always have a goal. Some of us have big goals, goals fueled by our hopes and dreams. Though these dreams may fall apart without a few crucial steps, which I'm sure you're all SUPER interested in.

What you should start with is planning it all out first, you wouldn't fight a bear without a plan (unless you have a death wish or think you're invincible, you're not) so why would this be different? Personally my goal is to cage match that bear, so get an original goal bud. The next step would be making sure the goal is realistic enough to reach. You don't want to chase after something and crumble under your own failure. Luckily for me bears do in fact live in America.

The next step would be creating small manageable steps so you don't get overwhelmed and fail. Make sure your steps are digestible and bite sized, like my step to bite the bear's frontal lobe out (FNAF reference pending).

And now finally you can put your plan into action! Go out there and achieve your dreams ya'll! As for me, I got to see a bear about a cage, and not a zoo cage.

GOALS

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How To Look Busy Without Actually Being Busy

By: Mass Media Class

Be on your laptop/Ipad

You may look like you are busy doing work when in reality you are just shopping or just watching something. Maybe you really want a new pair of shoes. Maybe a new season of Outer Banks is on Netflix that you can't wait to watch. You can even have more than one tab open on your laptop to make you look even busier.

Walk around with paper in your hand

When you walk around with paper in your hand, it looks like you have to be somewhere important or have important papers to be signed. In reality, it's not important papers, it is just an essay you messed up or even a drawing you did. After you have fulfilled your "looking busy" the papers will just end up in the garbage anyways.

Be on your phone

Not at school of course. However, if you are at the grocery store and want to avoid everyone, bust out your phone and have a conversation with absolutely no one. Maybe you are trapped in a conversation, and you need to become busy to get out of it, just pretend to answer your phone and walk away.

Re-Arrange

Switching between different things makes you look like you are doing more than what you are actually doing. Say you are checking notes for class or even taking fake notes, you could use to write whatever you want to write about. So, if a teacher walks by and they see you writing they will not say anything because it looks like you are busy doing work.

Facial expressions

You can make confused looks while you're on your ipad or writing something down in your notebook. You can also look like you are concentrated while looking in your notebook if you have something written in it of course. Some peoples favorite while trying to look busy is having a book out pretending you are reading it while they are sleeping.

Type away

You can type when you are not doing anything else on your computer/iPad. You can watch YouTube and "fake type" at the same time, this will make you look busy and concentrated on what you are doing. People won't question you, and they will leave you alone.

Walk purposefully

If you want to master looking busy without doing anything, you must walk purposefully. Walk with your shoulders back and keep a steady pace. If you walk with confidence and speed, you will look a lot busier than if you were walking slowly and daydreaming.

Headphones

A device conceived solely for the anti-social. Put these on and no one will question what you are up to. Maybe you are pretending to listen to anything, but actually you are eavesdropping. On all the conversations happening around you.

Or if you are Robin..

Put on your readers

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Winter Survival

by: Jyles Meier

Winter in North Dakota can be rough. The wind is vicious, the snow is endless, and sometimes it feels like the cold will never end. To survive it you have to be prepared.

Wearing layers of clothes is super important because the weather can change fast and you don't want to be stuck freezing. Keeping essentials in your car comes in handy too, like having blankets, snacks, and a shovel in case you get stuck in a snow drift. Make sure your gas tank isn't almost empty, or it can freeze up! At home, make sure your windows are closed so the heat doesn't escape. Drink hot chocolate, soup, or tea to always stay warm and cozy. Always check the weather because in North Dakota it could be sunny and then snow really hard an hour later. Be careful when it's windy cause the wind chill can make it feel way colder than it says it is. Ice is another big problem black ice is super slippery and rarely visible, so walk slow and drive carefully. Winter can also make people kind of bored or sad, so it's good to hang out with friends and family or spend time doing something you like to keep you occupied. Don't forget about pets either, they get cold too and need warm shelter and water that isn't frozen.

Even though it's freezing, winter can still be fun. Go sledding, make a snowman, or go deer hunting or ice fishing. All in all, winter in North Dakota is tough but if you play it smart and stay warm, you'll make it through just fine.

What does 6-7 Even Mean?

by: Jyles Meier

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Have you ever heard students say 6-7 and wondered what it meant? Well actually it doesn't mean anything. Students have been saying 6-7 because of a popular song, by the rapper Sogrilla, that went viral on TikTok. Students are always making up slang and eventually it will go away.

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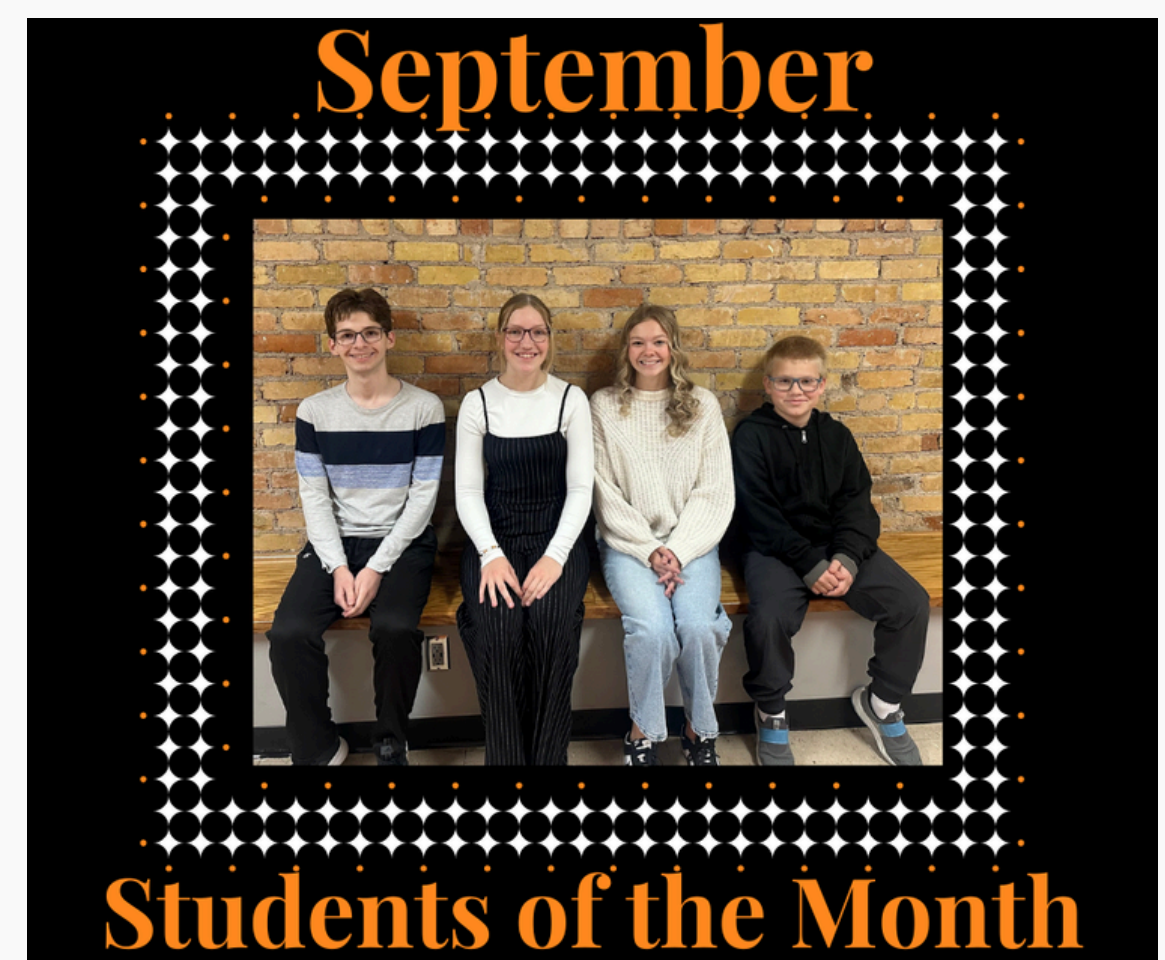
How long will six-seeeeven really last?



September Students of the Month

By: Jordan Lynch

For Student of the Month, we'd like to recognize learners who stand out for their communication and respect in class! These students listen carefully, share their ideas, and treat everyone with kindness. Great job showing how much a little respect and good communication can make our classroom and school a better place!



Our 7th-grade Student of the Month brightens every room he walks into and helps make everyone feel seen. His kindness and smile make him a positive presence at OPS.

This month's junior nominee has been outstanding. She communicates clearly whenever she's gone, shows great respect in class, and consistently works hard. She completes all assignments on time and uses her time wisely.

Our sophomore Student of the Month serves at the help desk, assisting students of all ages and staff members. He is always positive and respectful. Though he's quiet, he takes time to guide others through what he's doing so they understand. He truly exemplifies communication and respect.

Another sophomore recognized this month demonstrates kindness and reliability every day. She has complete trust in the classroom and is always willing to help others. Her positive attitude and respect for her peers make her an excellent role model.

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How to Tame the Tornado in Your Backpack

By: Addie Umbreit



Are you sick of feeling like your backpack is a black hole that makes all your homework disappear? Well, this doesn't have to be the case with changing only a few habits. If you struggle to find your homework because there's too many unwanted, crinkled papers, then maybe it's time to make a change that will benefit you throughout the school year.

The first way to keep your backpack organized is to get specific holders for your subjects. Now, this could include folders, binders, or even notebooks. If you have a system for where you keep everything for each class, it will be so much easier to quickly find what you need, when you need it. As the year goes on, you're going to end up hoarding papers you didn't even know you still had, so that's why it's important to not keep unnecessary papers stowed away. Along with this, make sure you're not just shoving papers in your backpack, either find a place for them or throw them away if they're not needed. Having crinkled papers in your backpack wastes your time because now you have to take time to "iron" it out so it's legible again. Overall, keeping your papers in a safe, organized place like a folder will save you so much time.

Correspondingly, clean out your backpack regularly. Not just the papers on the bottom of your bags but any trash, broken pencils, worn-out markers, and even forgotten note cards. Sometimes those long classes make you work up an appetite, so you have a snack and dispose of your wrapper by putting it in your backpack. This could be a temporary solution, however, if you forget to throw out the accumulated garbage, your backpack gets full, and fast. One way to hold yourself accountable is to set a goal for how often you'll clean and reset your backpack. For example, at least once a month you could take the time to sort out what you need v.s. what you don't.

Furthermore, at Oakes High School, our backpacks are a resource we get to use, so keeping it organized and clean will benefit you in the long run. Other ways to stay organized could include putting items in pockets you'll remember them, getting a pencils case for writing utensils, and even using mini travel sized products to reduce clutter.

Given these points, we are dependent on our backpacks to haul our paperwork, supplies, and necessities, up, down, and all around the school. If you don't want to carry the extra weight on your back while going to the third floor, then help yourself out by staying organized. With a clean bag, you'll feel so much lighter while rushing through the halls. Although it may seem like a pointless chore, staying organized will reward you in many different ways.

