

The Storm Report

OAKES TORNADOES UPDATES

November 21st, 2025



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Best Seat In the House

BY: MCKENNA ALLSTON

Are you tired of the uncomfortable seats in the gym? Here is your chance to upgrade! For just \$5 per ticket, you can enter drawing to win the best seat in the house- a cozy couch to enjoy one varsity game in total comfort. All money raised will go to our boys' and girls' basketball teams. A big thank you to Total Home and Ashley Furniture for generously donating the couch for this fundraiser.

ENTER TO WIN
BEST SEAT IN THE HOUSE

NIGHTLY TICKETS
\$5 PER TICKET
ALL MONEY RAISED GOES BACK TO THE TEAMS
6 SEATS TOTAL

WINNERS WILL BE ANNOUNCED WITH 5
MINUTES REMAINING OF VARSITY WARM UPS

CPR Awareness

BY: KALYN HAAFKE

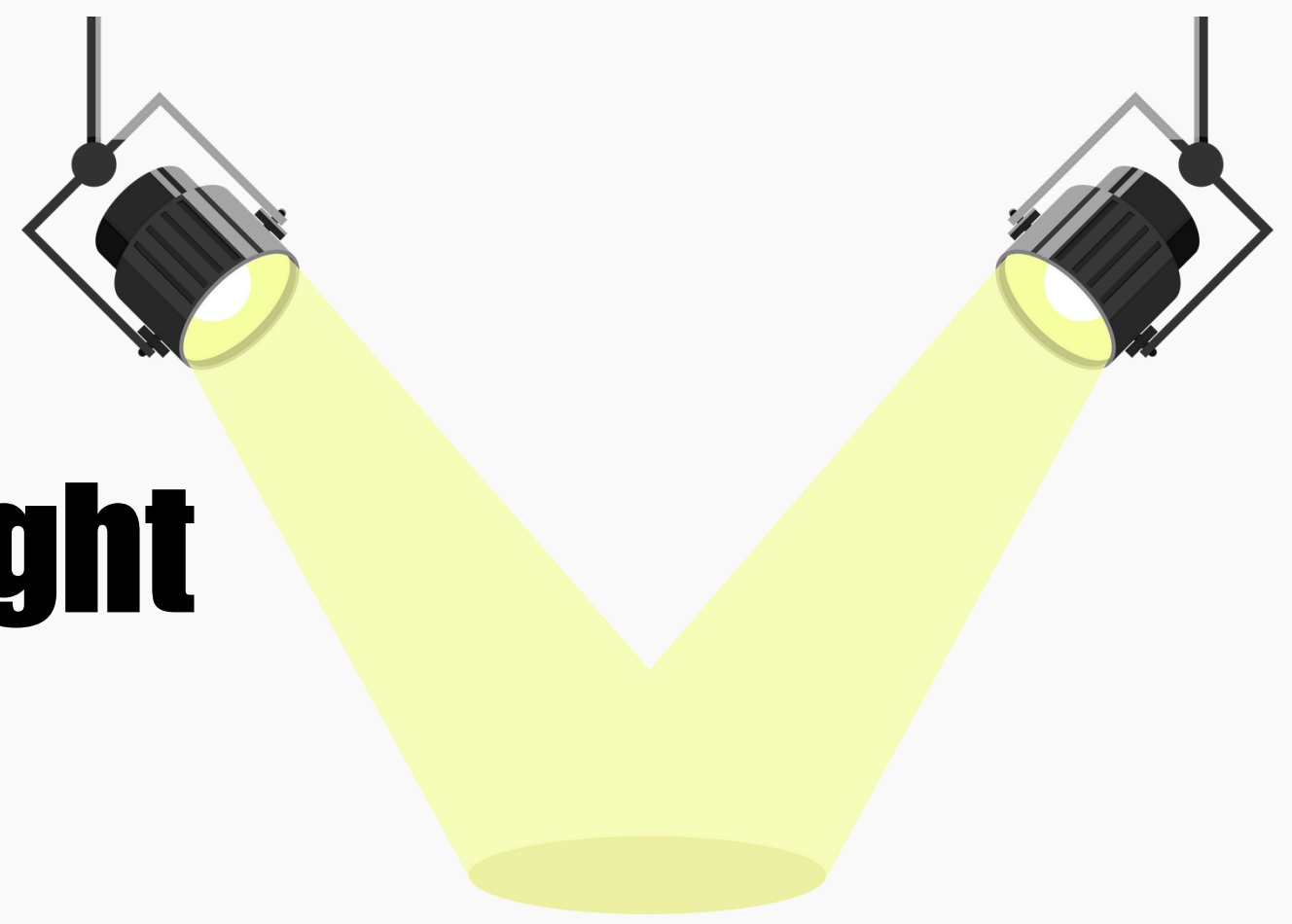
Students in Mr. Sagert's 7th and 8th grade health class are learning how to respond in emergency situations during a CPR training led by the Oakes Ambulance team. Once the training is complete, students will be officially CPR certified.



Many students said they learned something important they didn't know before. Casyn Gemar shared that the most important skill he learned was the Heimlich maneuver because "you could help someone who is choking." Brylee Larson said she was surprised by how different compression depth is for adults and kids. Ryan Stickel said the biggest skill he learned was simply 'how to save someone's life.'

When asked why CPR matters for their age group, students had a clear answer: helping others. "So if someone needs it, you can give it to them," said Casyn. Brylee agreed, saying it's important "so you can do it when you need it." Ryan added that even everyday places, like a restaurant or the lunchroom, could be situations where knowing CPR might save a life.

Learning CPR gives students more than just a certificate, it equips them with the knowledge and skills to act in critical moments. By practicing these lifesaving techniques now, they can be prepared to help anyone in need, showing that even junior high students can make a real difference in emergencies.



Senior Spotlight

BY: KALYN HAAFKE

Isabelle “Izzy” Friedt has been a dedicated member of our school community. She’s involved in basketball and Honor Society, and she especially enjoys physics, where she loves connecting math and science to real-world situations.

One of Izzy’s favorite memories from high school is the Law and Justice field trip to the courthouse, where she found it fascinating to watch the courtroom in action. She also loves the excitement of pep rallies before the homecoming game.

Izzy’s favorite teacher is Mr. M.J. Hrabik, who not only helped her regain confidence on the basketball court after an injury but also taught her valuable lessons about believing in herself. Outside of school, Izzy enjoys doing word searches and spending time with her pets — her dog Frankie and her cat Chloe. Her favorite movie is *Beauty and the Beast*.

Throughout high school, Izzy faced challenges such as taking college-level classes early on. She overcame them through hard work and determination — rewriting notes, studying diligently, and never giving up. She’s proud of how much she’s grown in confidence and independence since freshman year.

Her biggest influences have been her parents, who have always supported and encouraged her dreams. Her dad shares, “Izzy has always been goal oriented and from a young age has had dreams for her future. Many people do, but what has stood out to me the most about her — and what I admire — is that she follows through on those goals despite varying obstacles. She makes choices every day that keep her on track for her future even when the easier options are available. She is a great role model to her siblings and loves those close to her endlessly.”

Her mom adds, “Isabelle has taught me numerous things throughout her 18 years — patience, strength, and how to love harder than I ever knew possible. The list of things could go on and on, but it all comes down to my favorite thing: she taught me how to be a mom.”

Izzy lives by the lesson, “Don’t let someone who’s never been in your shoes tie them for you,” a mindset she plans to carry with her into her future. After graduation, she hopes to attend a large university and pursue a career as a sports psychologist and assistant athletic trainer, helping athletes know they’re never alone in their sport.

To Izzy, being a senior means soaking in every moment, making memories, and having fun during her final year.

The Storm Report

The Rest We All Need



5 reasons why not getting enough sleep is bad

BY: NADYSEN MCKAY

Everyone needs sleep, but a lot of people don't get enough of it. Some stay up too late working, watching tv, or just thinking-worrying about work, replaying arguments, or stressing about your health because of poor sleep. When people don't sleep, they feel tired, grumpy, and can't focus. Sleep helps the body and brain recharge so you can feel better the next day. Without it, life just feels harder and slower. No matter who you are, sleep is something you can't live without.

5 reasons why getting enough sleep is important

1. Gives You More Energy

Getting enough sleep helps you wake up feeling refreshed and ready for the day. You feel less tired, and it's easier to get through school, work, or any tasks you have. Sleep gives your body time to rest and recharge.

2. Helps Your Brain Work Better

Sleeping enough helps your brain think clearly. It's easier to pay attention in class, remember information, and solve problems. When you're tired, your brain feels slow, and focusing on tasks is harder.

3. Boosts Your Mood

Good sleep makes you feel happier and calmer. When people don't sleep enough, they often get irritated or sad for no reason. Sleeping well helps control your emotions and makes it easier to handle stress

4. Keeps Your Body Healthy

While you sleep, your body heals and gets stronger. Your immune system works better, so you don't get sick as often. Sleep also helps your heart and other organs stay healthy.

5. Improves Your Performance

Getting enough sleep helps you do better in school, sports, or everyday tasks. You can think faster, move better, and stay focused longer. Sleep makes everything easier because your mind and body are working at their best.

1. You Feel Tired All the Time

When you don't sleep enough, you're tired no matter what you do. It's hard to stay awake in class or focus on simple things. You end up feeling lazy and unmotivated.

2. You Get Grumpy or Sad Easily

Lack of sleep can mess with your mood. You might snap at people, feel annoyed, or get sad for no reason. It's harder to control your emotions when you're exhausted.

3. You Can't Focus or Remember Things

Your brain doesn't work right without enough rest. You might forget things easily or not understand what you're learning. It's harder to pay attention, which makes school and work more difficult.

4. It Can Make You Sick

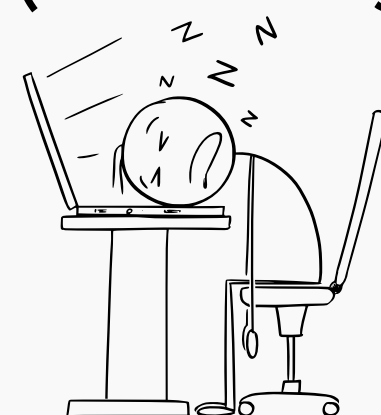
Not sleeping enough weakens your immune system. That means your body can't fight off colds or other illnesses as well. Over time, being sleep-deprived can lead to even more serious health problems.

5. You Don't Do as Well in School or Work

When you're tired, it's hard to do your best. You make more mistakes, move slower, and can't think clearly. Sleep is what helps you stay focused and perform well in everything you do.

In Conclusion, sleep is one of the most important things for our health. It helps our bodies and minds work the way they should. When people don't get enough sleep, it causes a lot of problems, like being tired, sick, or stressed out. Getting enough rest can make a big difference in how we feel and how we do in life. Everyone needs sleep to stay healthy, happy, and ready for whatever the next day brings.

- Infant: 12-16 hrs (including naps)
- Toddler: 11-14 hrs (including naps)
- Preschooler: 10-13 hrs (including naps)
- School Aged: 9-12 hrs
- Teenager: 8-10 hrs
- Adult : 7 or more hrs
- Older Adult: 7-8 hrs



The Storm Report

Shopping Local this Holiday

BY: BREANN YOUNG



The holiday season is here, and that means it's time to start thinking about Christmas shopping. Instead of stressing about shipping delays or driving to big cities or malls, you can find great gifts right here in Oakes, North Dakota. Three locally owned businesses—JQ Clothing, Hardware Hank, and Wild Wolff—have everything you need to surprise your family and friends this year.

JQ Clothing

At JQ Clothing, there's something for everyone who loves clothes and fashion. The store has cozy sweaters, warm flannels, and stylish jeans that make great presents for young girls or women. They also carry smaller items like hats, shoes, and jewelry, which work perfectly as stocking stuffers. The store is decorated for the holidays with lights and festive music, and the friendly staff can even help you pick out outfits if you're not sure what to buy.

Hardware Hank

If you're shopping for someone who enjoys fixing things or doing home projects, Hardware Hank is the perfect place to find a gift. They've got everything from power tools and paint to smaller gadgets and toolboxes. There are also fun options like mini flashlights, tape measures, and holiday-themed décor. It's also a great spot to pick up decorations or outdoor lights if you're getting your home ready for the season. So when you're shopping for your husband, boyfriend, dad, or brothers, make sure to stop by Hardware Hank.

Wild Wolff

The third stop on your Christmas shopping list could be Wild Wolff, a store known for its western-style clothing and unique gift options. They sell cowhide jackets, shirts, belts, hats, and all kinds of western outfits that make amazing presents. Wild Wolff also offers a variety of flavored teas, such as strawberry peach, raspberry lemon, and wild berry mix. You can buy tea kits to make at home or purchase gift cards for both teas and clothing. It's the perfect shop if your friends or family love western fashion.

Shopping at these local stores doesn't just make gift-giving easier—it also supports small businesses and strengthens the community during the holiday season. And these three are just the beginning—Oakes has many more locally owned shops worth exploring. You can find a full list of businesses on the Oakes Chamber of Commerce website. Whether you're looking for new outfits, helpful tools, or western gear with flavorful teas, there's something for everyone right here in Oakes, North Dakota.

The Storm Report Girls Wrestling Season Start Off

By: Lila Iverson

Every season has a different story. This year's wrestling team is already hinting at a run at state. With eight new members and a new practice spot, The Edge, the energy is high! Learn about their goals, expectations, and excitement for the season as this new chapter unfolds.

Potential & Early Impressions

Coaches Mr. Sell and Mr. Greenmyer both agree the team has a lot of potential. Mr. Sell said, "You cannot go lower than where their skill set is now, they can only go in a positive direction. It is a good thing to see how hard the girls have been working and good things will come from it." Mr. Greenmyer said, "We're tough, we're mentally tough, we're physically tough." When asked about the outcome of the season, Mr. Greenmyer said, "We are gonna have a season full of growth. We are going to keep getting better."

Practice, Work Ethic & Goals

When asked what the coaches would like to see this season, they replied that everyone should be working to their fullest ability. It starts at practice—bringing your 100% effort every time.

"They should be tired at the end of practice, meaning that if you are not sweating or huffing and puffing, that means you did not push yourself hard enough," said Mr. Sell.

Mr. Greenmyer says 100% can look like many different things: "It looks like I can barely take my shoes off at the end of practice."

Brooklyn has her goal set "to improve my cardio and make it to state this year."

Defining Success & Leadership

Many people define success in wrestling as pinning the other person or teching them (getting so many more points that you automatically win). But when talking to the coaches, that's not what success means for everyone.

Mr. Greenmyer says success is "getting better every day whether it is an inch or whether it is a mile."

"Little milestones, that's where success will come from," Mr. Sell added.

He also said, "Leadership is just as important as success."

Mr. Greenmyer gave an example from practice: "If I had not stoped Addie from sprinting, the rest of the team would have sprinted 15 to 20 minutes longer. Leadership is the willingness, that want, that drive to not only make yourself better but to make your teammates better."

"Leadership is showing and pushing the girls to their fullest abilities whether it is cheering someone on during conditioning, helping somebody out, or showing them how to do a move correctly. Especially for those older girls, in practice just pushing each other and making sure that everyone is working their hardest," said Mr. Sell.

Brooklyn says pushing each other and helping each other make improvements is the best form of leadership and helps people feel included. In the same sense, Izzy says switching up partners and getting to know each other also shows leadership.

The Road to State & Motivations

State is the main goal of the season. To qualify, you must place in the top six at regionals. When I asked Mr. Sell if we should expect anyone from the team to make it, he said, "It all depends on who puts in the work during practice and who analyzes and learns from their mistakes. Everyone has a potential to go to state."

When it comes to strategy for a tournament, Brooklyn's strategy is to watch her opponents' matches so she knows what to expect. But strategy applies both at tournaments and in practice, and the best strategy in practice is motivation.

Brooklyn says, "The thing that motivates me the most at practice is my coaches, because they push me to my max and I hope to make it to state."

Izzy says her motivation comes from "when I know get to go home and bed."

Mr. Greenmyer says, "A great coach once said you don't do the little things right every once in a while, you do them right all the time."

The Fun Side & Final Thoughts

With every serious, ambitious moment, there is also a fun, personal side to wrestling. Going to tournaments and being with their teammates helps the wrestlers make good friends—even if there are no friends on the mat. Each tournament and practice has its own memory.

Every motivated wrestler will be an asset to the team. I cannot express the amount of excitement I have to watch each girl compete. Their teamwork is impressive as they continue to grow individually and as a team. These girls work with purpose and with passion.

The Storm Report

How to Make Every Minute Matter

BY: ADDIE UMBREIT

Does it ever feel like the clock runs faster than you can work? It's important to realize time is one of the biggest resources and if it's utilized correctly, it can be applied as an advantage. Especially as you get busier and accumulate more tasks to complete, it's going to be necessary to use time wisely. Wasting time could end up costing you in the long run, so why not make every minute matter?

To first understand how to manage time wisely, there needs to be a switch to your mindset from time being something to "spend" or "kill," to seeing it as an "investment." Instead of wasting time with distractions or procrastination tasks, you could be working on homework, cleaning your room, and getting other tasks completed to take the load off of your future self. An example of procrastination would be if you must get an assignment done for the next day, but instead you decide to clean out your backpack. This is putting the unnecessary task above the one you should be doing which isn't using your time wisely.

Moving forward, in order to use your time wisely, assess how you currently use your time. Are you scrolling on social media, multitasking, or even procrastinating? If this is the case, these time wasters can be identified by looking at what apps fill up your time. One way to better these habits could be to keep daily logs to see where time goes. By doing this you will see what apps cause the most distraction which is why it's crucial to use technology wisely when trying to complete work.

Now that you've identified how your time is being spent, there are many strategies for using your time wisely. For example, setting and prioritizing goals. As you think about all there is to complete, order your tasks from most to least important and finish them in that sequence. This way, instead of wasting time on unnecessary distractions, the important tasks will be done and over with.

Another strategy would be to plan effectively which could include daily and weekly planning, along with time blocking. Time blocking is a time management tool that involves breaking up your day into specific blocks of time. Doing this will allow you to work on different tasks at specific times during the day or week to keep you organized. With this in mind, avoiding distractions is crucial. To do this, minimize interactions, set boundaries, and finally, use technology wisely.

Out of all of these strategies, it's important to give yourself a chance to reset and recharge. Allowing yourself downtime, getting sleep, and taking breaks will all tie into your level of productivity. In order to avoid burnout, it's essential to take the time to recharge before continuing or starting a new task, however, it's important to make sure you're not getting completely pulled away from the previous task at hand.

Overall, using your time wisely will allow you to work effectively, get tasks done, and keep yourself organized and caught up with work. Don't get discouraged if distractions still occur or it's difficult to follow through with the strategies. Even the minor changes are a step closer to investing in your time for the better.

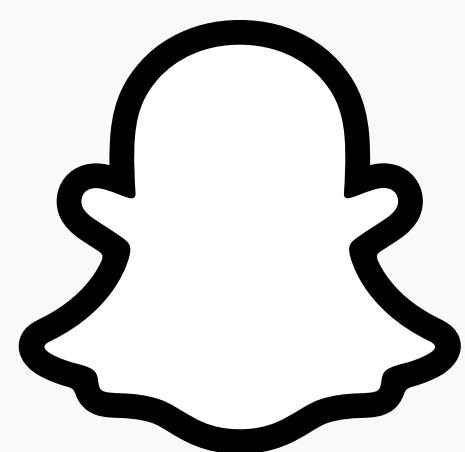
How Social Media Can Affect Your Body Image

By: Isaac Bjornstad

Social media is practically ingrained into all of our lives at this point. It requires no introduction, and it may as well be implanted into our hand at this point. And as much fun as it is to be on it, and as many times as you've already heard this by now, it's not exactly the best for our image of the world. Particularly it's not the best for our body image, a goal that I'm sure most of us can say is a goal we've been chasing for a while, why exactly is that?

Well social media has a fun little way of funneling us into categories it thinks we'll like whether we want it or not, and that includes the bodies we see and scroll through each day. No matter what you do the algorithm will always feed you to someone with a conventionally attractive body and whether you think it does or not, seeing them will always affect you. The National Library of Medicine tells the social comparison theory, a theory that states that people "evaluate their self-worth and achievements compared to others" and when we see bodies so much "better" than ours every day, it takes its toll. And unfortunately, when beauty influencers give their little tutorials on how you can be just like them, they always fail to mention the extensive and expensive surgeries they've gone through, setting an unreachable goal unless you can cough up the cash, and sending so many people into eating disorders, body dysmorphia, and full on depression.

All this and a system that sets to sort us all into 2 rigid categories, with social media shoved in our faces we're not set up to succeed here. The alternatives are body positivity, but that also seems to scream at us that we're perfect the way we are, and we should not ever change and if you feel bad about your body then you just gotta be happy. I know it seems kinda hopeless, both sides seem not the best for us. Though there is one thing you can do, use your body for what it is whenever. Your body is the most malleable thing about us, we can become bigger, we can become stronger, the sky's the limit. And you don't always gotta like your body all the time. Though you always have to remind yourself that your body is you, but you are more than your body. Do whatever you want with it as long as it's in the realm of your safety, it's yours and solely yours after all. So, the next time you come across someone showing off for the camera, remember what's healthy for you, and keep scrolling.



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How do Energy Drinks affect Mental Health?

BY: AVA THOMPSON

Energy drinks might seem like a quick way to stay awake in school, but they can actually affect students' mental health more than most people realize. These drinks have a lot of caffeine, sugar, and sodium which are all not good for you. These drinks can change how teens feel, act, think, and how they go on about their day. Here are 5 reasons why energy drinks have an impact on students' mental health.

Increase Stress

Too much caffeine, sodium, and sugar can make your brain feel overwhelmed even if nothing stressful is happening. Signs of this are feeling worried, tense, or like you can't calm down.

Anxiety Worse

Energy drinks can make your heart beat faster and make you shaky. When this happens, your body thinks its stressed and can make your anxiety much worse.

Hard To Focus

Even though energy drinks say they help you focus. Studies have shown that too much caffeine can actually make it harder to pay attention, students may feel jumpy, distracted, or unable to stay calm during class.

Mood Swings

Energy drinks are meant to give you a big burst of energy filled with yummy flavors, but they don't always last long. After it wears off, students may feel anxious, sad or a little extra tired. This up-and-down feeling can make it harder to control emotions.

Affects Sleep

Caffeine can feed in your body for hours even after school, drinking energy drinks in the afternoon can make it hard to fall asleep at night, leading to stress and tiredness.

In conclusion, Energy drinks may look fun and exciting, but they have big effects on students' mental health, they can make anxiety so much worse such as causing mood swings, mess with sleep, and making focusing harder. Even though they promise quick energy and great flavor options. The side effects make school and daily tasks more stressful. Choosing water and snacks is a lot better for your mental health and overall a healthier choice.

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Union Square Unites the Oakes Community

BY: JYLES MEIER

In Oakes, a once-forgotten lot has been brought back to life by a crew of teens. The new space is called Union Square, a community park that's part hangout spot and part stage.

What used to be a burned, empty lot is now a bright and welcoming area filled with tables, artwork, and a stage. The transformation was completed by local Girl Scouts and Eagle Scouts who worked together for months to make their vision real.

The park cost around \$165,000, all raised locally. The teens even tried not to rely heavily on locally owned businesses for donations so the project would feel truly community-supported. Community members also voted on the artwork in the park, making the space even more meaningful and symbolic of how Oakes' youth are helping shape the future.

This project matters not only to the teens but also to adults. Now people of all ages have a place to gather, relax, or attend events. A project like this empowers the youth by proving they can make big things happen—even in small towns.

In conclusion, Union Square is more than a cool makeover. It's a sign that Oakes is investing in its youth, its arts, and its future. In a world where small towns are often overlooked, this project shows that big changes can start with a few teenagers, a creative idea, and the determination to make it happen.

Top 10 Thanksgiving Dishes

We sent out a poll of favorite Thanksgiving side dishes. Out of the 76 people who voted:

1. Stuffing- 23 people selected this as their #1
2. Mashed Potatoes
3. Deviled Eggs
4. Green Bean Casserole
5. Corn
6. Dinner Roll
7. Macaroni & Cheese
8. Sweet potatoes
9. Cranberries
10. Broccoli Salad- because no one really has this at Thanksgiving

A popular item that is also had at Thanksgiving among the surveyed people is Lefse. And of course the all time Thanksgiving favorite...pie.