

The Storm Report

OAKES TORNADOES UPDATES

January 30, 2026



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Can You Guess the Baby?

By: Breann Young

Did you ever want to know what your high school and elementary teachers looked like as babies? Can you guys guess the baby pictures? Here are some hints they gave you to figure them out. So take a guess and see if you get it right!



I used to collect Ring Pop rings. I would search the bleachers after basketball games to see if I could find any USED ones to add to my collection! Now that I can think of it...ummmmmm GROSS!!!!



I was shy and quiet growing up unless I was participating in sports or performing on the stage. Also, this picture was taken before a bullet flew through that yard which led for us to move before I started kindergarten.



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Guess Who?

By Lila Iverson

I interviewed an employee at Oakes high school. This worker has interesting hints for you. To start off I will say this person is a teacher.

When asked what inspired this person to become a a teacher they said, “The funny thing is, I did not know what I wanted to do in high school. No plan, so I went to college and took different classes. _____ education seemed fun and I loved it. I could see myself doing it as a career.”

Now moving on. This employee has never considered a different career. “I had no idea what I wanted. I hadn’t even applied for college until March of my senior year.”

One thing you most likely don’t know. This teacher does not like eating anything off the bone. That means no chicken legs, pork chops, or barbecued ribs.

How much has this person seen? “After we graduated senior year, our Spanish class went on a trip to Yucca Camp Peninsula, Cancun, Mexico. I only stayed there briefly. I also went to Chichen Itza, Tulum, Merida. We got to see the Mayan ruins, swam in an underground sea. It was a blast. And lived in the dorms in Medora.”

Lastly as this teacher said that books are better than movies, I asked if they would be in a mystery book what would be the plot? This was the response I got “The mystery of what other people can smell. It would be a mystery I would never be able to solve.” I am out of hints have you guessed who?



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School visit from State Superintendent

By: McKenna Allston



Last Friday, January 23rd, OPS welcomed State Superintendent Bachmeier for a visit. Superintendent Bachmeier set a goal to travel across North Dakota to visit every school district to better understand the needs from public schools. Mrs. Sell explained the purpose of the visit, by saying, “Superintendent Bachmeier is very interested in learning about all of our schools across the state, both urban and rural, and what is best for all learners at every grade level.” Mr. Dobitz said that the visit was meaningful because the Superintendent wanted to hear directly from “learners teachers staff and community members about the needs of public schools in North Dakota.”

During his visit, Superintendent Bachmeier spent time listening about OPS and sharing his own background. Mr. Dobitz said, “It was nice to meet him, and hear about his experience in politics and education.” The visit brought open conversations about education in North Dakota and showed that Bachmeier was truly interested in learning about schools in different communities.

Mr. Dobitz hopes he left with a good impression of our school. “Hopefully he saw some of the really great educators and learners we have here at OPS,” He also hopes the visit helped show some of the challenges the district faces. The visit was a positive experience for OPS. Mr. Dobitz summed it up by saying, “Education in North Dakota is in good hands with Superintendent Bachmeier.” Thank you Superintendent Bachmeier for taking the time to visit Oakes Public Schools.



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Senior Spotlight By: Kalyh Haafke



As graduation approaches, we are excited to highlight one of our seniors whose high school journey reflects growth, resilience, and kindness.

Although she is not involved in activities this year, she previously participated in volleyball and choir, experiences that helped shape her time in high school. Academically, her favorite subject has always been math, with one clear exception, geometry. She is quick to add that proofs are the worst, a sentiment many students can likely relate to.

She shared that I am her favorite teacher, which is truly an honor. I have known her since middle school and have had the privilege of watching her grow into a confident, thoughtful, and determined young woman. Over the years, she has shown tremendous personal growth, and I am incredibly proud of the person she has become.

Some of her favorite high school memories come from homecoming week, something she looked forward to each year. Like many seniors, she feels that high school has gone by incredibly fast, describing it as happening in the blink of an eye. Outside of school, she enjoys spending time with family and friends, baking, and working. She is also a big fan of Christmas movies, especially *The Grinch*, *Elf*, *Home Alone*, and *The Santa Clause*. At home, she has a golden retriever who loves watching television and angrily barks anytime an animal appears on the screen.

Reflecting on her growth since freshman year, she is proud of how much she has changed. She describes herself as once quiet and reserved, often keeping her head down and to herself. Now, she confidently starts conversations, asks questions, and walks through school with a smile. Her biggest influence has been her mom, whom she describes as kind, selfless, and always able to help her through any challenge.

After high school, she plans to pursue her dream of becoming an elementary teacher. She has been accepted to VSCU and will participate in North Dakota's para educator program, working as a para while completing college coursework online. When asked what advice she would give others, she shared, "Be kind to everyone because you never know what they go home to." She also encourages students not to forget to have fun, reminding them that it is possible to balance schoolwork with life outside of school. With advice like that, it is clear she was made to be a teacher.

One accomplishment she is especially proud of is overcoming academic struggles during her sophomore year. Through hard work and determination, she raised her grades and achieved something she once doubted, being accepted to college.

To her, being a senior means more than just reaching the end of high school. It means being a role model. With younger students looking up to seniors, she believes it is important to set a positive example through actions, effort, and kindness.

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Cyber Madness

By: Ava Thompson



Five of our high-school students participated in the virtual Cyber Madness competition from January 15-17. They did very well and earned 8th place out of 27 teams. Because of this, they will travel to Bismarck State College for the in-person finals from February 9-10 with their art/computer science teacher, Mrs. Gramlow.

Cyber Madness is a North Dakota event for high school students that helps them learn about staying safe online and how electronic devices are protected. The contest included challenges like cracking codes, spotting fake emails, websites, and keeping information safe. It is run by ND EduTech with the help from state technology groups.

Becca Schlader, a junior said, “As someone who loves mind puzzles and critical thinking, I thought it was very fun to participate in. Towards the end it was more difficult and I lost some motivation, but overall, it was an amazing opportunity for me to learn more about cyber stuff. If my schedule allows, I would love to be on the team next year as well!”

I (Ava Thompson) am a senior and got to be on the team this year. I can't do it next year, it was a fun opportunity and really made me think. At the end, the questions got hard and I felt less motivated, but I still tried my best to help my team.

Easton McHarry, a junior, shared advice for the future Cyber Madness team. He said, “It helps to practice harder challenges and to pay attention in cyber security class, especially when using the cyber range.” He liked that the game let you keep trying even if you got the answer wrong. He didn't like having to wait before guessing again because it said he was answering the questions too fast. He said he would do it again next year.

Other team members were Grayson Dorsher and Kaia Heimbuch.

Cyber Madness helps students learn important computer safety skills, work together, and think about future jobs in technology. The team is excited to represent their school at the finals in Bismarck.

CYBER.ORG

Here try some of your own practice problems!

<https://practice.ctfcyber.org/challenges>

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Lifestyle Trends: Minimalism vs. Overconsumption

By: Addie Umbreit

We each have our own unique lifestyles, whether they may have been influenced upon you or not. Nowadays especially, we see hundreds of new, different trends flying in and out of style. According to Lode Magazine, a lifestyle trend is a popular way of living. This could include trends having to do with your behavior, health, food, fashion, travel, and even technology. How are these trends affecting our own lifestyles?

To further explain, there are two sides to these trends we see everywhere: minimalism and overconsumption. First, overconsumption is when we simply buy more than we need, and social media can have a huge influence on what it is we purchase. Constantly seeing these trends creates a sense of urgency, making you make unnecessary purchases. Information and content are continuously being spewed at us; what we should wear, what phone we should have, how we should decorate, and much more.

On the other hand, there's a minimalistic lifestyle which means choosing less on purpose. This type of lifestyle focuses more on needs instead of wants and is also heavily influenced throughout social media. This type of trend includes repeating outfits, mindful spending, and digital decluttering. Not only this but also sticking to minimal, multifunctional items or furniture for interior design.

There's nothing wrong with following trends and upgrading or decluttering your items, however, it's important to realize the effects it can have on your finances and environment. If you're constantly making unnecessary purchases while also getting rid of your "old" products, it can take a toll on the environment. An article called Sentient says, "The pressure to constantly consume is driving destructive resource extraction, pollution and waste, and contributing to the climate and extinction crises."

Whether your lifestyle is trend-based or minimal, it's important to be mindful of your choices. To adopt mindful habits, you can ask yourself if it's really worth the money or if the product will actually be useful or thrown out. Along with this, you can keep in mind the effects it can have on your personal finances. Either way, social media has a huge influence on what people buy, or don't buy, and it's important to think twice about what trends you're following.

MINIMALISM vs CONSUMERISM



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Substituting Junk Food

By: Nadysen McKay



Every day junk food is everywhere at school, at home, and all over social media making it super easy to grab chips, candy, or fast food without thinking twice. While junk food may taste good in the moment, eating too much of it can lead to low energy, poor focus, and long term health problems. This is why learning about substitutions for junk food is so important. Choosing healthier alternatives doesn't mean you have to completely give up your favorite foods, it just means finding better options that still taste good. Making small changes, like swapping sugary snacks for fruit or choosing homemade meals instead of fast food, can have a big impact. By eating healthier sometimes, we can feel better, stay more energized, and take better care of our bodies without feeling deprived.

Eating healthy is important because the food we put into our bodies affects almost everything we do. When we eat nutritious foods, we have more energy, better focus in school, and a stronger immune system to fight off sickness. Healthy eating also helps prevent serious health problems like obesity, diabetes, and heart disease later in life. Even though eating healthy can seem boring or difficult at times, it plays a huge role in helping us feel good both physically and mentally. By making healthier food choices, we are taking care of our bodies now and setting ourselves up for a better future.

In an interview, Tristen Loeks explained how he makes healthier food choices by planning ahead and focusing on nutrition. He said he plans his snack substitutions ahead of time instead of deciding in the moment, which helps him avoid unhealthy options, especially since many college food choices aren't very healthy. For Tristen, a substitute is only worth it if it's higher in protein than fat and not overly processed or packed with added sugar, although he believes some sugar is okay in moderation. When cutting, he believes macros matter the most, even more than taste, because getting the right balance of nutrients is important, though he still likes meals that are filling. Tristen also mentioned that he doesn't completely cut out junk food, as he believes enjoying food is important. As long as he eats healthy most of the time, he feels it's okay to have junk food occasionally, especially on cheat days, even if some snacks don't have healthy alternatives.

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Substituting Junk Food Continued

In an interview, Ben Wagner talked about how he manages his diet while being in wrestling season. He said that since he's in season, he's more restrictive with what he eats and tries to choose low-calorie or sugar-free options whenever he can. Ben mentioned that a lot of snacks like candy, cookies, crackers, and ice cream actually have healthier versions that taste almost the same as the originals. He also shared that he has found healthy snacks that satisfy his cravings, especially sugar-free options, and he even prefers zero-sugar or diet soda over regular soda. Instead of completely cutting out junk food, Ben focuses on balance by following an 80/20 plan, meaning he eats healthy about 80% of the time and allows himself junk food the other 20% of the time.

Overall, finding substitutes for junk food can make a big difference, especially for students who are busy with school, sports, or other responsibilities. Healthier alternatives can still satisfy cravings while helping people stay energized and focused throughout the day. As seen through interviews with students like Tristen and Ben, making smart food choices doesn't mean completely giving up junk food it's about balance, planning ahead, and choosing options that support personal goals. Whether someone is cutting, in a sport, or just trying to feel better, small changes in what they eat can lead to better habits over time.

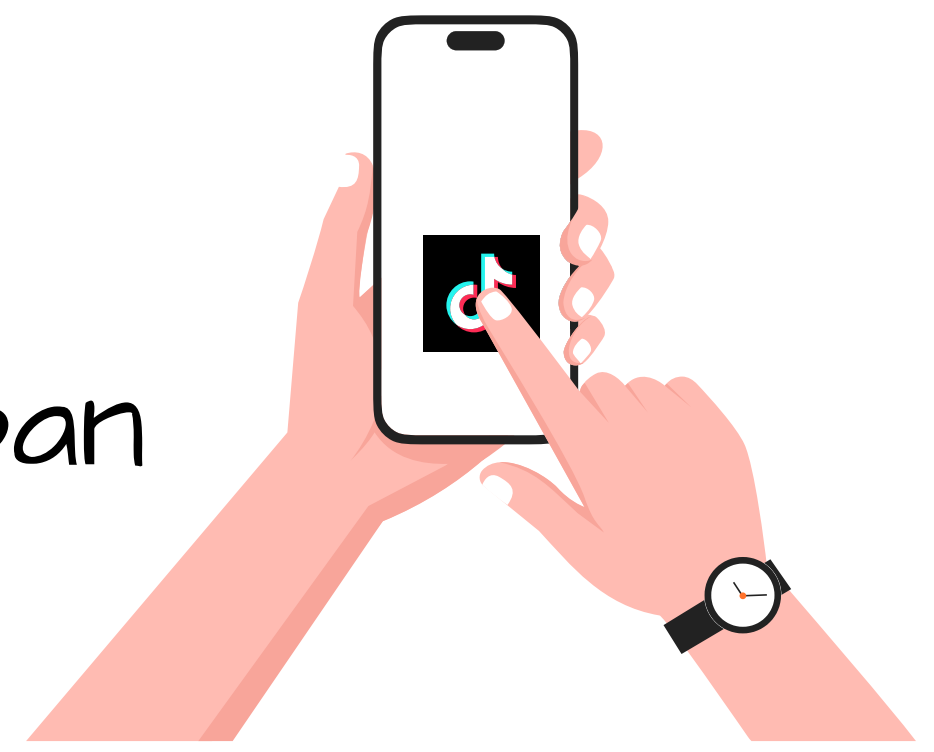
In conclusion, making substitutions for junk food is a smart way to improve overall health without completely giving up the foods we enjoy. Eating healthier can help people feel more energized, focused, and confident in their daily lives. As shown through different examples, balance is key being healthy most of the time while allowing occasional treats makes eating better more realistic and sustainable. By making small changes and better choices, people can build healthier habits that benefit them now and in the future.

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Social Media can Shorten Attention Span

By: Jyles Meier



Social media has become a modern part of students' everyday lives. Apps like TikTok, Snapchat, and Instagram are designed to give fast eye catching content in seconds. While these platforms can be entertaining and even educational, many educators are noticing students struggling to stay focused for long periods of time.

I asked Mrs. Haafke how she deals with this problem, she said, “breaking lessons into shorter chunks and giving students frequent chances to talk, write, or apply what they are learning makes a noticeable difference”. Students also tend to stay focused longer when they understand what they're working towards and when tasks feel purposeful or relevant to their lives. Making personal connections to the content helps students stay engaged.

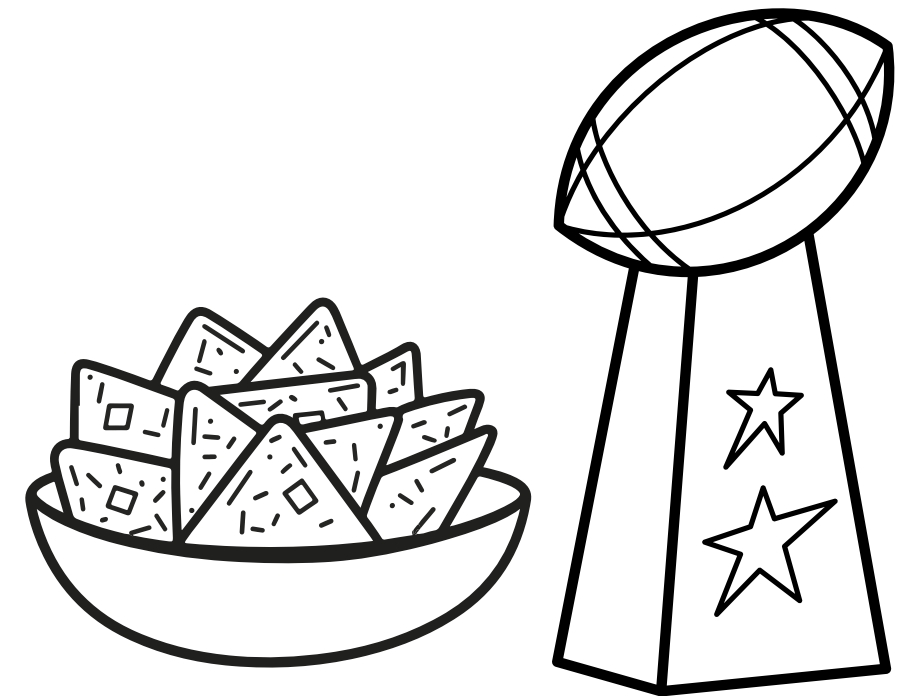
There are several ways you yourself can also protect or improve your attention span. One step is Setting limits on social media use especially during homework or study time. Putting phones away, turning off notifications, or using focus modes can help you stay present. Building habits like reading for longer periods, completing assignments in chunks, setting clear goals for each task can strengthen concentration over time.

Overall, social media has changed how students focus and learn, but attention span has not disappeared. When lessons are engaging, interactive, and meaningful it makes it easier for students to follow along. In a world full of screens and scrolling, developing focus has become a skill that needs to be intentionally supported.

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Super Bowl Snacks and Predictions

By: Dylan Quandt



The Super Bowl is the biggest and most watched championship in western sports. It's basically a holiday in a lot of places. It's traditional for families and friends to get together to watch the big game. The biggest decision on Super Bowl Sunday isn't the opening coin flip, but what snack you're bringing to the party.

I was wondering what's the safest snack you could bring to a Super Bowl party. So, I had a form sent out for everybody to rank their favorite Super Bowl snacks, and who they thought would win it all. If you want to bring something people will eat up, bring chicken wings, according to my survey they were the favorite by a long shot. 3 other safe options are chips and dip, sliders, and pizza, for all of them ranked close to 2nd. If you feel like bringing nachos, you better make sure they're good. They were last in the rankings.

In this year's Super Bowl, we are seeing a new era of football. This is the first time we have seen the Patriots in the Super Bowl since Tom Brady left them. Also, this is the first time we've seen the Seahawks in the Super Bowl since they had DangeRuss, beast mode, and The Legion of Boom. 11 years after the first legendary Super Bowl between the Hawks and the Pats, looks like it's going to go down to the wire again. For the Hawks have the number one offense in yards per play, and the Pats have the second. Though both have high powered offense, I and many others think that the Seahawks defense will be a massive game changer. Their defense is also ranked number one for good reason, they have a ferocious defensive line with 2 lockdown man corners outside. It just sounds like a quarterback's nightmare.

Though the Pats will come very disciplined, they are considered an underdog by myself, and many OHS students. 77% of OHS students who answered the survey chose the Seahawks to win. At the end of the day it's football and crazy things happen. Like when they played in the Super Bowl last time, everyone thought the Seahawks would take the lead with little time left. Then a Patriots DB named Malcom butler jumped a route and intercepted the ball at the one-yard line. History will tell you to never doubt the Patriots. So, make sure you get your snacks ready before the game. You won't want to miss a second.