

The Storm Report

OAKES TORNADOES UPDATES

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Sports Accomplishments

School Records



This junior track athlete qualified for state in the long jump with an impressive leap of 21'4"! His jump also earned him a new school record.



This senior baseball player made Oakes history by throwing the program's first-ever no-hitter. He also set a new school record with 20 strikeouts!

State Qualifiers



This junior track athlete cleared 5'0" in the high jump, earning her spot at the state meet.



This senior track athlete cleared 10'9" in the pole vault, earning her spot at the state competition!

The Storm Report

Getting Ready for Graduation: What Students and Families Should Know

By: Breann Young



Graduation is a huge moment in a student's life. It's not just about getting a diploma and walking across the stage. It's about finishing high school and getting ready for the next chapter of life. Graduation can feel exciting, emotional, and even a little stressful for both students and their families. To learn more about graduation and what it means, I talked to Mrs. Bopp and this is what she had to say.

Mrs. Bopp explained that graduation means a lot more than just sitting through a ceremony. She described it as "a milestone made up of moments keeping my children safe and also teaching them to be fierce." She said graduation is a chance for parents to finally take a breath and appreciate all the hard work, lessons, and memories that led up to this moment.

For students, graduation is meaningful because it marks the point where they stop following someone else's plan and start making their own choices. Mrs. Bopp said students start realizing their worth is not based on grades or popularity, but on who they are as a person. Graduation is also a time to celebrate friendships, accomplishments, and memories made during high school.

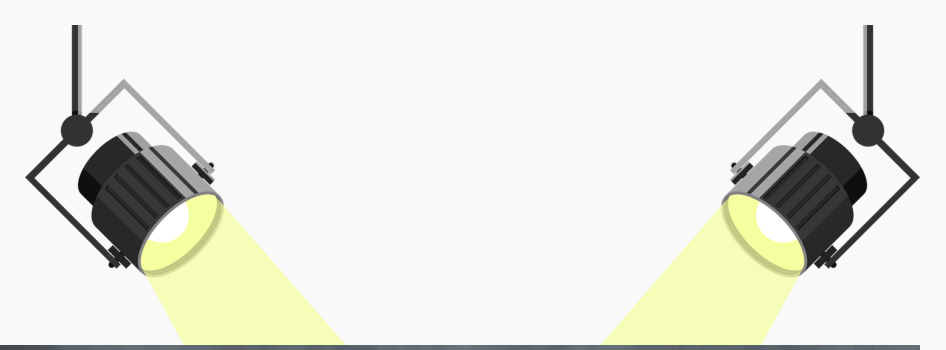
Mrs. Bopp also talked about how students can make graduation special for their families. She said simple things like saying thank you, giving a hug, smiling for pictures, and actually being present during the day can mean a lot. Families spend years supporting students, so showing appreciation matters.

After graduation, Mrs. Bopp thinks students should take time to prepare for what comes next. Before jumping into college or work, students should think about their values and goals. She also mentioned cleaning up social media, connecting with mentors, and learning to ask good questions. She reminded students that nobody has everything figured out right away, and that's completely normal.

Another important thing Mrs. Bopp mentioned is that everyone's timeline is different. Some people reach success quickly, while others take more time. Students should focus on their own goals instead of comparing themselves to everyone else.

One question Mrs. Bopp wishes more students would ask is how to stay true to themselves and deal with failure. Life after high school can be difficult sometimes, so having supportive people around you is important. Even when life changes, students should stay connected to the people who bring out the best in them.

In the end, graduation is more than just one day. It's a celebration of hard work, growth, and the beginning of a new chapter in life.



Staff Spotlight

By: McKenna Allston

Mrs. Bopp has been teaching for 28 years, and this is her 10th year at OHS. That is a lot of experience in the education field, and it really shows in the way she teaches and connects with her students. Over the years, she's helped a lot of kids grow both in school and as people. It's clear that Mrs. Bopp cares a lot about what she does.



Right now, Mrs. Bopp teaches Junior High English. In her class, students grow their reading and writing skills, and learn how to express their ideas. Her classroom is a place where students are encouraged to try their best and keep improving.

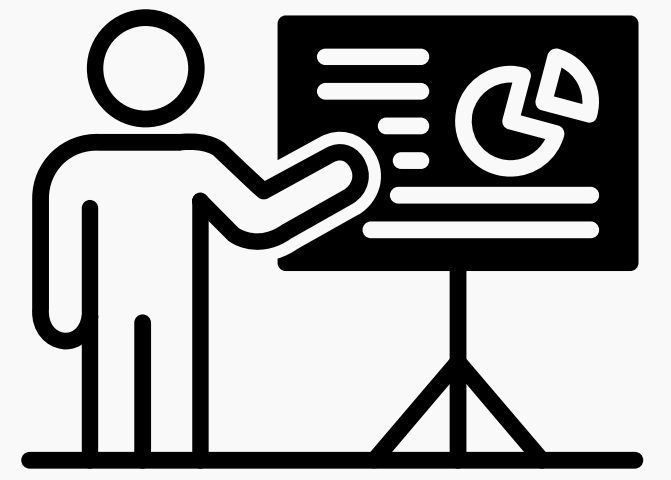
Outside of school, Mrs. Bopp has a lot of hobbies that keep her busy. She loves anything to do with horses, which shows her interest in animals and the outdoors. She also volunteers as a 4-H leader, helping younger kids learn and grow. In her free time, she enjoys traveling and spending time at the lake with her family.

Mrs. Bopp decided to become a teacher because of the impact teachers had on her when she was younger. She saw how much of a difference it makes when teachers supports the whole student, not just their school work. She also noticed how it feels when the support isn't there. Because of this, she wanted to be someone who helps students succeed no matter where they start. Her goal is to make sure every student feels supported.

Mrs. Bopp's favorite thing about about OHS is building relationships with her students. She enjoys helping them develop habits that will open doors for their future. Seeing students grow and become more confident is something she really values. If she wasn't a teacher, she said that she would probably be farming, volunteering, or finding other ways to help people connect with opportunities.

Student Showcase

Ava Thompson



Our school recently had a Student Showcase, and it gave students a chance to share what they've been learning and how to connect to real life. Instead of regular parent teacher conferences, students were the ones presenting their project and explaining what they learned. According to our principal, Mr. Lynch, the goal of the showcase is to help students take more responsibility in their learning, feel proud of their work, and prepare for life after graduation.

Many students enjoyed the event because it gave them the opportunity to talk to others and show off projects, they worked hard on. In a student survey, the most common favorite part of the showcase was "talking to students," while others enjoyed seeing projects or the food and snacks that were available. Several students also said the showcase helped them practice important life skills like communication, teamwork, creativity, and critical thinking, also known as the "4 C's."

Planning the event took a lot of teamwork from teachers and the staff. One of the biggest challenges was finding a time that worked for everyone, especially students involved in sports, activities, or jobs after school. This year, the school tried to improve the event by offering two different presentation times to make it less crowded. The National Honor Society also helped run the concessions stand to raise money for Mr. Engel and his medical expenses. Many students said the food and concessions made the event feel more welcoming and fun.

The student survey also gave helpful feedback on ways to improve the showcase in the future. A lot of students wanted more activities, displays, and food options. Others thought changing the setup to make it not as cluttered along with the event being shorter. Some students felt the showcase was helpful for showing their learning, while others believed it was more of a requirement than something meaningful. A few students also suggested practicing presentations in class beforehand so they could feel more prepared and confident during the event.

Seniors also competed in a special program called the Senior Capstone Project. Mr. Lynch explained that the capstone project is designed to show everything seniors have learned during high school and prove they are ready for the road ahead, whether that means college, the workforce, or military. While options on the capstone project were mixed in the survey, many students agreed it could be a good way to prepare for life after graduation.

Overall, the Student Showcase gave students a chance to share their learning, practice important future skills, and connect with the community. The survey results showed that while there is still an area to improve, many students appreciated the opportunity to present their work, and hopes are high for making next year's showcase event better.

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The Star of North Dakota: A Trip Across Europe

By: Addie Umbreit

Imagine performing music in places you've dreamed of visiting or exploring historic cities like London and Salzburg with a group of talented musicians from across North Dakota. The Star of North Dakota is a select honor concert group composed of students from the state, chosen through director nominations. In 2024, this tour had nearly 200 participants from North Dakota.

Touring Europe is a once-in-a-lifetime experience and it's happening again during the summer of 2026, specifically, June 18–July 3. This continues the 25-year tradition for our region established by Northern Ambassadors of Music, with over 2,000 participants having visited and performed in Europe.

This experience is led by the tour directors Mark and Sarah Herold. This music tour across Europe spans six countries in 16 days! Students will travel with experienced music directors from across the state. Over the course of 16 days, students will travel through six countries, including England, France, Liechtenstein, Austria, Germany, and Switzerland. Highlights include cities such as London, Paris, Salzburg, Montreux, Dinkelsbühl, and Seefeld. For students selected, the experience is both exciting and meaningful.

I was nominated to play trumpet in the band, an opportunity I didn't expect but am incredibly excited about. I'm especially looking forward to experiencing the architecture of Europe firsthand as well as attending a live show in London's famous theater district. Karsen German was also selected to participate, playing first trombone in the band. He is excited about traveling across several European countries because it's something he's always looked forward to doing one day.

Broken up over 16 days, students will begin in London, where they will perform their first concert. They will then travel to France, crossing the English Channel by ferry, before continuing on to Switzerland to perform in the Swiss Alps. The journey continues through Austria, including a stop in Seefeld, a two-time Winter Olympic host city, before ending in Germany.

For this trip, the students attending are responsible for most of the costs, including their passport fees, U.S. airport transfers, travel insurance (optional), one additional meal per day, and any personal purchases made during the trip. For students like us, this trip is more than just travel—it's a chance to grow as musicians, experiencing new cultures, and represent North Dakota in an international setting.



The Storm Report

How to Prepare for Finals



By: Nadysen McKay

Finals week can feel really stressful, but it doesn't have to be if you prepare the right way. With a bunch of tests, projects, and deadlines all at once, it's easy to get overwhelmed or not know where to start. But if you make a plan, use good study habits and manage your time well, finals can be a lot more manageable. Preparing for finals isn't just about studying more, it's about studying smarter, staying organized, and making sure you take care of yourself.

Studying for finals is important because these exams usually count for a big part of your overall grade, so doing well can really boost your score. It also helps you review and understand everything you've learned throughout the semester instead of just forgetting it after each test. When you study, you feel more prepared and confident, which can reduce stress and help you perform better on the actual exam. Even more, the habits you build while studying, like managing your time and staying focused, can help you in future classes and even outside of school.

I interviewed Tristen about how he prepares for finals since he is in college. He said he usually starts studying about a week before finals, depending on how difficult the class is. To figure out what to study, he pays attention to hints his professors like when they say "this will be on your test". He also reviews assignments that are similar to test questions. His main study method is looking through his notes, and sometimes he uses flash cards, although they don't always work for every class. To manage multiple finals, he prioritizes the exams he's most worried about and the ones that matter most for his major. He also said that setting aside specific time to study helps him stay focused and remember more information.

Marley said that she usually starts studying a few days before finals so she is not completely lost when the tests begin. She explained that she does not always make a strict study plan and she usually studies whenever she has time, although she will sometimes create a small plan if she has a lot going on. According to Marley, practice tests work best for studying, and flashcards can also help depending on the class. She described finals week as stressful, but said it is easier knowing everyone else is going through the same thing. Marley's advice for other students is to avoid procrastinating too much and make sure to get enough sleep because staying up all night studying is the worst.

In conclusion, finals week can be challenging and stressful, but preparing ahead of time can make it much easier to handle. Both Tristen and Marley showed that different study methods/habits can help students succeed, whether it is making a schedule, using practice tests, or even reviewing your notes. Their advice also shows the importance of avoiding procrastination and getting enough sleep during finals week. Overall, preparing for finals is not just about earning good grades, but also about building strong habits like time management, responsibility, and focus that can help students in school and in the future.

10 ways to prepare for finals whether you are in college or in high school:

- 1. Start studying early instead of waiting till the last minute.**
- 2. Make a study schedule so you can manage all of your classes.**
- 3. Organize your notes, assignments, and study guides before reviewing.**
- 4. Use study methods that work best for you. (flashcards, practice tests, or rewriting notes)**
- 5. Review a little each day instead of cramming everything at once.**
- 6. Take short breaks while studying so you do not get overwhelmed.**
- 7. Get enough sleep because being rested helps you focus and remember information.**
- 8. Eat healthy meals and drink water to keep your energy up during finals week.**
- 9. Ask teachers, classmates, or tutors for help if you do not understand something.**
- 10. Stay positive and confident by reminding yourself that preparation will help you succeed.**



State Honor Society

By: Kalyn Haafke

This year's State Honor Society Conference was more than just an opportunity for students to attend sessions. It was an experience centered on service, leadership, and personal growth. As the Honor Society advisor, I wanted our members to understand that true leadership goes beyond titles. It is found in giving back and dedicating time to others.

To bring that idea to life, our group traveled a day early to volunteer at the Bismarck Dream Center and the Ronald McDonald House in Bismarck. At both locations, students supported individuals and families facing difficult circumstances and gained a deeper understanding of the impact of service.

One moment that will stay with me was our visit to the Ronald McDonald House. We had the chance to meet a family staying there, and I will never forget the smile on the oldest son's face as he played with a bubble gun alongside our students. It was a simple moment, but one that captured the heart of what service truly means. It was about bringing joy, even in the midst of hardship.

Of course, not every memorable moment came from service or sessions. After a long day of volunteering, our group was more than ready to check into the hotel, clean up, and head to dinner. Instead, we discovered that we did not actually have hotel reservations for that night. With a mix of confusion and laughter, we made the only logical decision... we headed to Olive Garden and ate our worries away with unlimited breadsticks while we figured out our next steps. It was not part of the plan, but it quickly became one of the most memorable bonding moments of the trip.

Students also embraced the leadership and learning opportunities provided throughout the conference. One senior reflected, "It was amazing. I had so much fun meeting new people and stepping out of my comfort zone. I also learned so much from the speakers and breakout sessions." She added that meeting a young child at the Ronald McDonald House "opened my eyes to families that have to stay there and how young the kids are."

A junior member admitted he came in with different expectations. "Overall, my experience at Honor Society was better than I expected. I thought it was going to be a boring conference, but there were a lot of activities that we could be a part of." He also reflected on the service work, sharing that volunteering "showed what some people are going through and how they receive help through these organizations." He added that leadership is about action. "It is not about being the loudest person. It is about setting a standard through what you do."

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A senior who served on the state board offered a unique perspective, having helped run parts of the conference. “I really enjoyed the State Honor Society Conference. Even though I was mostly busy helping run the conference, I still had a lot of fun with my board members and my Local Honor Society.” He reflected on the volunteer work at the Dream Center, where students helped prepare for a banquet by cleaning and setting up. “It was meaningful because we were able to help people who are giving to those in need.”

He also shared a powerful takeaway from one of the speakers. “Do not judge a person based on what chapter you walk in on.” This message reminded students that no matter where someone is in life, physically, mentally, or financially, they deserve empathy, respect, and support.

We also celebrate an exciting accomplishment from the conference. A junior from Oakes was elected as a State Representative on the State Honor Society Board. This achievement reflects the leadership, dedication, and character that our students continue to develop.

Students walked away from the experience with a deeper understanding of both service and leadership. As he shared, “Honor Society matters because it gives students real experience that prepares them for life after high school. You learn how to volunteer, work with others, and take initiative.”

The State Honor Society Conference served as a powerful reminder that leadership is not just about recognition. It is about action. Whether through serving others, stepping outside of comfort zones, or taking on new challenges, our students exemplified what it means to lead with purpose.

I am incredibly proud of how our members represented our school and embraced every opportunity to learn, serve, and grow.



Business Spotlight

By Lila Iverson



Oakes Grand Theater has been around for decades. It has had a few different owners and now it belongs to the Murphy's. They have owned it for 3 years. The first year was spent renovating it and giving it new life then in May of 2024 they had their first opening. The opening movie was "If" and it was the place to be. The line was well out the door.

"The theater is something special" said the Murphy's group. The Murphy's wanted the theater to keep on going after the past owners were not showing many movies and then decided to sell. The family's love of movies and did not want the building to go to waste got them to take a chance and buy it.

They put a lot of demanding work into renovating the theater and the apartment. The movies do not randomly come to town Faith goes to a lot of work watching trailers getting feedback from family, coworkers, and costumers. She sees what is popular and what she thinks will do well. In the town of Oakes religious movies and children's movies do the best however she tries to get a mix of different movies. Right now, they are playing The Devil Wears Prada 2. Some fun upcoming movies they will play are the Michael ,new hunger games, Sydney's Spider-Man, live action Moana movie.

Nothing comes easily the most challenging part of opening the theater was opening night. The first day everything was going wrong. The movie got lost and was in a random house. The sound system was still not working there was a family emergency, and Eli was injured which added to the chaos's because she was the one they sent out to get things. But even through all the troubles they got the movie to download at 7:20 and with no test runs they pulled it off and everything turned out well and they had a crazy turnout.

Buying the theatre with the people in mind they try to give back to the community as best as they can. They support music in the park, holiday movies during the week, make videos to keep people updated and included, supper bowl party's, boys state basketball, and more. With all their hard work and dedication from the family and employees the best way for people to show support is watching their videos on either Facebook, Instagram, or their new platform TikTok. Other wise coming to see the movie but if it does not sound interesting come on over to get concessions to have a movie night at home. They always have tasty popcorn, candy, pop, newly added pickles, and slim Jim's.

In all the Murphy's are so thankful for the community's support and the support of their workers.



Play Ball!

By: Isaac Bjornstad



With a new season of softball starting up, I'm sure many of us are filled to their brim (haha) with sports excitement. Though I'm sure many of you are curious as to what the team has planned for the season. Lucky for you, I interviewed Jaidyn Hill, the coach of the Oakes softball team to check and see what's in store for us. So put on your hat and let's play ball!

First and foremost, I wanted to check where they are in terms of strategy. Asking if the team has any new strategies, Mrs. Hill responded "For our last few games, we are focusing on putting everything together- fielding, throwing, and batting." So with some honed skills and techniques, this season could be a good one.

Second is checking to see if the team is ready for whatever comes this season. When asked, Mrs. Hill said "I believe the team is ready for the games to come. They have grown and improved with each game they have played! It is fun to see how much they have improved and how much confidence they have gained during this season." With a nice confidence boost and a team at the ready, what could possibly stop them?

And thirdly, a question I think we're all wondering about, the hopes of the team. Asking Mrs. Hill what her hopes are for the season were, she said "My hopes for this season are for the girls to have fun and gain confidence with their skills and abilities. We are a young team, but they have shown that they are here to compete and play hard. They have not given up during the season and continue to work hard!" Which in my opinion, is probably the best wish most coaches could have for their team.

With new games approaching and our opponents just as ready as we are, who's to say where this season will go? But keeping team morale high and with good teamwork, I'm sure they got what it takes! Good luck and go team Oakes!



Summer Camp



By: Dylan Quandt

MJ Hrabik's metabolic hoops Academy skill camp is in Oakes on June 4th-5th in the OHS gym there will be 3 sessions each day. Each session is by age level. High school will be from 9-11 A.M., grades 6-8 will be from 11:30 A.M. - 1:30 P.M., and grades 3-5 will be 2:00 P.M. - 3:30 P.M. If you are from grades 3-12 and want to improve at basketball, sign up by May 28th.

Instead of just playing games, MJ's camp focuses on the science of the sport, improving how players move, shoot, and handle the ball. This camp is giving small town athletes the same high-level training found in bigger cities.

I asked some OHS students, who have gone to MJ before, some questions. My first question was what was the thing that you learned that was most useful in the game? One student talked about MJ's difference in footwork and detail compared to other camps, she said "I would say I learned a lot, but I learned a lot of ways to make space away from defenders through different moves." Another student said, "The most useful I learned was reading your defender."

For my next question I asked, what was the hardest drill he put you through? Was it hard physically or mentally? One said, "The hardest drill he had me do was a reaction drill. He would set a light in front of us with 3 different color settings. So whatever color it landed on, I'd have to do a certain move based on that color." "I'd say it was more mentally confusing. He would say that all his drills were supposed to push us outside of our comfort zone, which they did." The other said, "I would say the hardest drills are footwork drills. They take a lot of time to get through and focus. Because your brain is trying so hard to correctly do it that it is challenging mentally when you do not get it the first time."

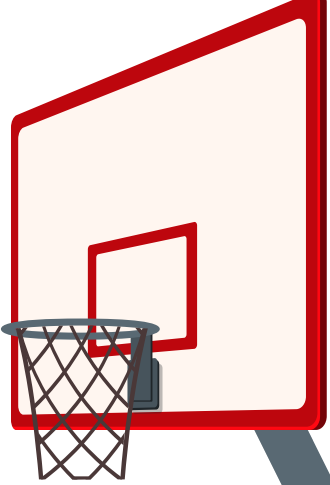




MHA - Signature Camps

MHA - Skill Labs provide elite basketball training and youth programs, building skills, character, and leadership in a supportive community.

[metaballiehoopsacademy.com /](http://metaballiehoopsacademy.com/)



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Small Communities Online

By: Jyles Meier

Growing up in a small community brings a strong sense of connection. Whether that being just walking into a local restaurant and being able to have a conversation with anyone in there, or even knowing people who are willing to be there for me whenever I need help with anything. Although, Social media has begun to change that in both positive and negative ways.

News spreads quickly even without social media. However, platforms like Instagram and TikTok make it easier for people to stay connected. As a junior in high school, I've noticed how social media can bring people together while also creating problems as well. For example, which is a reoccurring issue is spreading false news. Which can lead to conflicts and disagreements. This is still commonly done unfortunately.

Social media can be a great tool to also make small communities feel less isolated. Being able to have connections from far away can help small communities substantially. By having the ability of social media, big updates not only can be heard locally but possibly statewide. On the flip side, social media can cause drama that can lead to problems and can make minor problems seem major.

In conclusion, social media significantly impacts small communities. It can strengthen connections and create new opportunities, but it can also lead to conflicts or misunderstandings. From my view as a student, I think if used wisely it can help small communities thrive.



The Storm Report

The Top 20 Things We Learned in Mass Media Class

By: Sitzler & Robin

- 1. Donuts and pizza are the best breakfast options. Donuts are just breakfast cupcakes, and pizza is basically an open-faced omelet.**
- 2. Bowman is not superior to Oakes – even if it has fancy buttes. They might have Chloe, but we have Addie.**
- 3. There will be no playing of ‘favorites’ in Mass Media class. The Golden Child rankings have been replaced with alphabetical listings, starting with the 1st letter of their first name.**
- 4. The best graduation presents are towels and coolers. Because the real world is just sweat and leftovers.**
- 5. Correct spelling is optional. If you spell it wrong confidently, it becomes a new word.**
- 6. Don’t forget your readers. They’re less about reading, more about looking busy.**
- 7. Only Ava eats lunch at school. The rest of us are in a prolonged nutritional hiatus.**
- 8. Mrs. Haafke is a fundraising guru. Money appears in Ziploc bags when she enters the room.**
- 9. Notes left by the sub: ‘Class went well. However, the two oldest students act like they’re the local wildlife.’**
- 10. Addie has reached the ‘Robin level’ of talking. Silence has been officially removed from her vocabulary. Ok, she’s maybe not at the ‘Robin level’ yet – but close!**
- 11. Stop, drop, and roll’ isn’t appropriate during class time. Please save it for free time or spontaneous combustion scenarios.**
- 12. Ordering shoes during class: 10% learning, 90% checking if they’ll arrive before you forget you ordered them. Just remember that Robin’s shoe collection is less of a collection and more of a rotating fashion show.**
- 13. Constant zipping annoys McKenna. Every zip is a personal attack on her peace.**
- 14. Life Hint #1: Never forget the ways to look busy without being busy. Walk fast with no destination and carry some papers.**
- 15. Don’t use ChatGPT to write articles. Unless it’s for inspiration, then suddenly it’s very helpful. (Don’t tell Mrs. Haafke we said that!)**
- 16. Saying ‘6-7’ is our favorite pastime. It means nothing, and that’s exactly the point. “6-7....”**
- 17. Writing an article on the NCAA tournament is overrated when our favorite teams lose. Please check back after our emotional recovery.**
- 18. Coming to class is optional, just ask some of them. Their belief is that attendance is more of a suggestion than a requirement.**
- 19. Did someone say European band camp chaperones in June? Oh yes! ...so naturally, she told us to show up in August.**
- 20. This class was unforgettable. Mostly because we were never officially supposed to be there in the first place. We brought a little chaos, a lot of eye rolls, and just the right amount of sass and sarcasm. We would like to call it a curriculum enhancement, but you can call it what you want. Thank you for the laughs and memories...and for not kicking us out. Good luck to the seniors on your next adventure. Juniors, we’ll see you next year...whether you’re ready or not.**