

### Student of the Month



Emma Heyen, September SOTM

The first student of the month award for the year goes to Emma Heyen. She is a member of the North Dakota Honor Society and believes that math and agricultural education are her areas of academic strength.

Emma is involved in many activities here at RHS including basketball, volleyball, FFA, FC-CLA, Close Up, Christian Colts, and student council. She is also a member of both the yearbook and The Hoofbeat staffs.

Emma is a strong leader in our school. She is currently serving as student council vice president, FCCLA vice president of community service, and FFA secretary. In addition, she is junior class vice president and has served as president for many years in the past.



Megan Roob, October SOTM

Megan Roob was named the October Student of the Month. She is a North Dakota Honor Society member and believes that math and history are her areas of academic strength.

Megan is a very talented athlete. She plays basketball and volleyball for the Colts and has achieved milestone accomplishments in each sport including scoring over 1000 points in basketball and earning over 1000 assists in volleyball. For her efforts on the basketball court, Megan was named to the All State Second Team the past two years and the All Region team the past three years. Megan also earned All Region honors in volleyball this fall and she was selected to be team captain for both the volleyball and basketball teams for multiple years. In addition to athletics, Megan is a member of student council, Close Up, FCCLA, yearbook staff, and The Hoofbeat staff. She is also currently serving as junior class president.



Keagan Neppl, November SOTM

The Student of the Month award for November goes to Keagan Neppl. She is a member of the North Dakota Honor Society and believes that agricultural education is her area of academic strength.

Keagan is an active member of Richland's FFA chapter. She has competed in various categories over the years including hippology and agronomy and has won numerous awards. Keagan has also earned both the Greenhand and Discovery FFA degrees.

In addition to FFA, Keagan is a member of FCCLA, student council, yearbook staff, and Close Up. She is also a member of Richland's trapshooting team and was named "most improved" during her freshman year. Outside of school, Keagan has taken guitar lessons for five years. Keagan helps the community in many ways. She is a member of St. Anthony's Church and helps with their annual fish fry. Keagan has also made countless blankets for Project Linus. Congratulations, Keagan!

Giving back to the community is important to Emma. She is active in her church youth group and has spent countless hours doing service projects. She also volunteers as a BIO girls junior mentor, a t-ball coach, and a VBS crew leader.

Congratulations, Emma!

Congrats, Megan!

## Student of the Month 2019-2020



Rylee Hendrickson, Dec. SOTM

The 2019 December Student of the Month award goes to Rylee Hendrickson. She believes agricultural education is her area of academic strength.

Rylee is a talented athlete and has played basketball and volleyball for the Colts for years. She has been a valuable member of the varsity volleyball team the past three years and was named the "most improved" player as a sophomore. She is currently a starter for the varsity basketball team and was selected to serve as a captain. She was also named the "most improved" basketball player multiple times in previous seasons.

In addition to athletics, Rylee is a member of both FFA and FC-CLA. Outside of school, she works

Rylee gives back to her com-Ellie helps the community in the summer of 2018, she particimunity in many ways including many ways and has done various helping with elementary basketball service projects through both school camp where she painted a house and her church. and garage for a couple in need. camps and tournaments. Congratulations, Rylee! Congratulations, Gwen! Congrats, Ellie! 372-3721 Aber Inc. Nadine Julson, LLC Northland Truss Systems, Inc. Fargo Certified Public Accountants **Colfax Farmer's Elevator** "Our mission is to exceed customer expectations in pride, quality, 506 Dakota Ave Wahpeton, ND Grain • Seed • Fertilizer • Chemicals reliability, service and creativity" (701) 642-8146 Ground & Aerial Spraying



Ellie Storbakken, Jan. SOTM

Ellie Storbakken was named the 2020 January Student of the Month. She believes that creative writing and health careers are her areas of academic strength.

Ellie is involved in many activities here at Richland. She has played volleyball for the Colts since her elementary days and started on the varsity team this fall. She was also selected to be a team captain this year.

In addition to volleyball, Ellie has participated in basketball, student council, FFA, FCCLA, band and she has also served as a class officer. During her freshman year, she starred at the state instrumental music contest. In the summers, Ellie has kept busy attending volleyball and basketball camps and



Gwen Hopping, Feb. SOTM

The 2020 Student of the Month award for February goes to Gwendolyn Hopping. She loves reading and writing and believes that English is her area of academic strength.

Gwen is a valuable member of Richland's athletic programs. She has served as team manager and done stats for the volleyball team (3 years), girls' basketball team (4 years), and girls' and boys' track and field teams. Gwen also greatly enjoys musicals and has participated in three musicals over the years including Working, Seussical the Musical, and Cinderella. In addition, she is a member of Richland's FFA and FCCLA chapters and has been a part of student council in past years.

for her family farm and family leagues along with Dynasty Perfor-Giving back to the commumance Training. nity is important to Gwen. During business, Golden Hook Camp. pated in the Catholic Heart Work-Northland Truss Systems, 553-9160 282-4477

## Student of the Month 2019-2020



Tommy Zander, March SOTM

The 2020 March Student of the Month award goes to Tommy Zander. He believes that science is his area of academic strength.

Tommy is a talented three sport athlete. He participates in football, basketball, and track and field. This past fall, Tommy was a valuable member of the Colts football team and earned All Regions honors for his efforts on the field. He was also selected to be one of the captains for the football team this season.

In addition to athletics, Tommy is a member of Close Up and Richland's FFA chapter. He also was elected to be class secretary/ treasurer during his junior year.

In the summers, Tommy has kept busy attending football camps along with speed and strength programs. Also, he is an active member of his church's youth group and has attended the FLY (Free Lutheran Youth) Convention in Colorado two different times.



Kaden Schroeder, April SOTM

Kaden Schroeder was named the 2020 April Student of the Month. He believes that math and history are his areas of academic strength.

Kaden is actively involved in the performing arts program here at RHS. He is a very talented actor and has participated in two one-act plays throughout his high school career. He has also been a part of three musicals: *Working*, *Seussical the Musical*, and *Cinderella*. In addition, Kaden is a member of Richland's choir. During his sophomore year, he was part of a vocal ensemble which qualified to the state music contest after earning a star at regionals.

Kaden participated in cross country the past two years. He has been a great team leader for the Colts. As a junior, he was awarded "Rookie of the Year" for his efforts. Kaden also stepped up this fall and was the announcer at football and



Gunnar Miller, May SOTM

The 2020 May Student of the Month award goes to Gunnar Miller. He believes math and science are his areas of academic strength.

Gunnar is involved in many activities here at Richland. He has played both football and basketball for the Colts for years. This fall Gunnar was a valuable member of the varsity football team and earned All Region honors for his efforts on the field. Gunnar is currently playing varsity boys' basketball and in the spring, he participates in trap shooting.

In addition to athletics, Gunnar is a member of FFA and Close Up. He has also served as a class officer for two years. Outside of school, Gunnar has participated in 4-H and served as 4-H vice president for a number of years.

Gunnar gives back to the community in many ways. He has cleaned ditches, planted flowers, and helped the Aber Fire Depart-

Congratulations, Tommy!

volleyball games when needed. Congrats, Kaden! ment during their annual rodeo. Congratulations, Gunnar!





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## New Staff • New Staff • New Staff



*Ms. Moen* by: Emma Heyen

This year Richland welcomed a new Preschool and Title 1 teacher, Taylor Moen. This is her first teaching job. She did her student teaching in Wisconsin in a multiage classroom of kindergarten and first graders.

Ms. Moen went to high school in St. Croix Falls, Wisconsin where she was involved in drama and forensics. She also competed in horse competitions. After high school, she attended the University of Wisconsin in River Falls. During her time in college, she was a part of the Phi Mu sorority, Love Your Melon campus crew, and the Aspiring Educators group.

Ms. Moen is very thankful she started her teaching career here. She came into teaching during a crazy year but has a sweet group of preschoolers with wonderful par-



*Mrs. Roth* by: Cora Hermunslie

We would like to give a warm welcome to Mrs. Allison Roth. She helps teach Read 180 this year along with working as a long term substitute teacher at the high school. Before she had kids, Mrs. Roth taught sixth grade in Missouri. Mrs. Roth and her family moved to North Dakota this summer.

Mrs. Roth grew up in Kirksville, Missouri. While in high school, she was active in soccer, band, and jazz band. After high school, Mrs. Roth went to Truman State University in Kirksville to get her bachelor's degree in English. She then attended Lindenwood University in St. Charles, Missouri to get her master's degree in teaching.

Mrs. Roth is married to Jeff Roth who is the pastor of Eagle Valley Evangelical Free Church in Christine. They live in Colfax and have two kids: Evie (9) and Owen (7).



*Mrs. Weinmann* by: Ella Weinmann

Due to COVID, the school district hired two long term substitutes (one at each building) for the first semester. Richland Elementary has welcomed a familiar face to the staff this fall, Kaaryn Weinmann. She wanted to get back into the school system and also wanted to help with COVID in any way she could

Mrs. Weinmann grew up in rural Abercrombie and went to both elementary school and high school at Richland. After high school, she earned her bachelor's degree in Early Childhood Special Education from MSUM. She then worked as a special education preschool teacher in Iowa before moving back to North Dakota.

Since that time, Mrs. Weinmann has been a stay-at-home mom, raising her four children: Hans (15), Ella (14), Ruby (9), and Tess (7). She is married to Bob Weinmann. In her free time, Mrs. Weinmann enjoys drinking coffee, getting together with friends and family, and riding her horse, Shadow, as well as teaching her three girls to ride. Welcome back!

ents.

In her spare time, Ms. Moen enjoys going to the gym, shopping, reading, riding her horses and being outside. By the end of December her two horses, Cricket and Ellie May, will officially be living in North Dakota. She also has a dog named Phoebe.

Welcome to Richland!!

In her spare time, Mrs. Roth is very involved with her church and loves to spend time with her family. She also enjoys running, reading, baking, and knitting. Welcome Mrs. Roth!



### The Brothers Grimm Spectaculathon

#### by: Ella Weinmann

2020 has been the year of cancellations. We have been forced to put our lives on hold since March and although we have had the opportunity to resume some of our normal activities, some things have stayed up in the air. With that said, we were very blessed this year to have the opportunity to put on a one-act play, as well as compete with it.

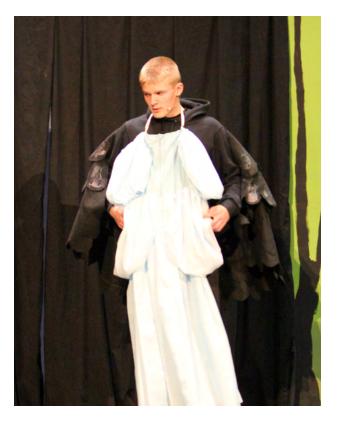
This year the cast chose a piece called "The Brothers Grimm Spectaculathon." This entertaining piece involves stories which were collected by the Grimm brothers. It takes stories that all end with "and they were never seen again" and stories in which the main characters died and transforms them into a lighthearted comedy, told by two narrators, played by Kaden and Tiana Schroder.

The cast consisted of Kaden and Tiana Schroeder, Penelope and Lillian Miranowski, Nick and Grayson Mjoness, Nick Wulfekuhle and Ella Weinmann. They competed at Central Cass on November 5. During most years, the cast and crew stay at the competition site all day and perform, watch all of the performances by other schools, and stay for awards. Due to COVID, this year the cast had only had one hour to set up, perform, get critiques, take down, load out, and leave. Most years the schools are given forty-five minutes to perform, but this year it was cut down to thirty minutes. This proved to be very challenging to both the cast and Mr. Aamold. After lots of cutting, the group was able to get the performance under the 30-minute time limit.

A special congratulations goes out to sophomore Tiana Schroeder who received the Superior Acting Award, which is the highest award for acting given out to individual performers. She truly gave an amazing performance and was very well deserving of the award!

The cast also performed the play for their families and for the high school, while broadcasting it on the Richland website.

Congratulations to the cast for yet another amazing one-act!











# Homecoming 2020

#### by: Kiersten Boehm

Homecoming Week was celebrated through September 8-12. Due to Covid-19 Muscle Volleyball and PowderPuff Football were postponed until the spring semester, but the students had fun with poster decorating and fun dress up days.

Due to Labor Day, we didn't have school the first day of the week. Tuesday's Dress Up day was Duo Day. It was great to see all of the costume groups and the creativity the students had!

On Wednesday, the students dressed up for the Class Color Day, where each class was designated a different color. It was fun to see so many colors in the hallway!

Thursday was celebrated by the students dressing up for College/Fraternity/Sorority Day. Students either dressed up in gear representing their favorite college team or as a college fraternity or sorority student.

Friday was the annual School Spirit Day where everyone cele-

brated by dressing up in their Colts gear. The halls were full of columbia blue and gold and it was great to see the school spirit shown by both the students and staff!

The 2020 Coronation Court consisted of Samantha Hendrickson, Rylee Hendrickson, Ellie Storbakken, Kiersten Boehm for the Queen Candidates and Gunnar Miller, Tommy Zander, Kaden Schroeder, and Chase Schmitt for the King Candidates. Throughout the week, the court participated in activities such as Minute-to-Win-It games and an interview session which allowed each candidate to share fun memories along with information about themselves.

On Friday the school was visited by the 2019 Homecoming King Zach Wulfekuhle and Queen Tessa Smith who crowned the 2020 Homecoming King and Queen: Chase Schmitt and Kiersten Boehm.

On a rainy Friday night, the football team played Enderlin. The



Queen Kiersten & King Chase

Colts fought hard, but lost to the Eagles. During halftime Mr. Moline participated in the "Kiss the Pig" event, put on by the Richland 44 FFA chapter. The Homecoming Court also drove around the field in the annual Homecoming Court Drive.

Although Homecoming Week may have not been a typical one, great memories were made and it was still a fun week as the students and staff showed their school spirit and support of the school!

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### **2020 Homecoming Court**

## Homecoming 2020















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## FFA Chapter Keeps Busy, Despite COVID-19

#### by: Addie Christensen

Throughout the fall and early winter, the Richland 44 FFA Chapter has been competing in a variety of events for District Leadership. Due to the Coronavirus, only two events were held in person and the rest were held virtually as we continue to find avenues to stay active.

The Parliamentary Procedure team of Kiersten Boehm, Eric Moen, Emma Heyen, Nick Wulfekuhle, Addie Christensen and Hannah Malaterre received a silver rating for fourth place. All officers received silver awards individually. Kiersten Boehm also competed in Job Interview. She received a gold rating and second place which means she will advance to the state competition.

Members also competed through recorded video submissions. In Prepared Public Speaking, Kiersten will also advance to the state competition for her second place finish. Penelope Miranowski, Adam Skoog and Tiana Schroeder competed in Creed, Demonstration, and Extemporaneous Speaking respectively. Adam Skoog received a gold rating for third place, Penelope Miranowski received silver and fourth place, and Tiana Schroeder received a bronze rating.

Richland 44 members also competed online in Senior High and Greenhand Quiz Events. Kiersten Boehm, Addie Christensen, Emma Heyen and Hannah Malaterre competed in the Senior High portion. The team placed third, with Kiersten Boehm receiving gold. Addie Christensen, Emma Heyen and Hannah Malaterre all placed bronze. The Greenhand Quiz team took second with Alison Heyen earning third place and Wade Gorder earning sixth. Kalie Boehm, Otto Dockter, Eric Moen, Ella Weinmann, Nick Wulfekuhle and Isabel Viele all earned silver.

Richland 44 FFA hosted a statewide Novice Parliamentary Procedure event with chapters from across the state submitting recorded videos of their teams presenting parliamentary abilities at a mock meeting. Richland 44 had two teams compete. The team of Wade Gorder, Ella Weinmann, Isabel Viele, Penelope Miranowski, Otto Dockter, and Cora Hermunslie received fifth place and a silver rating. Placing fourth and earning silver was the team made up of Nick Wulfekuhle, Eric Moen, Addie Christensen, Kalie Boehm, Nathan Clarke, Ethan Skoog, and Chance Gullett.

### Richland FFA Members Place in National Agri-Science Fair

#### by: Addie Christensen

Although the National FFA Convention was not held in person this year due to Covid-19, members were still able to submit their materials.

Richland chapter members Kiersten Boehm and Chase Schmitt participated in the National AgriScience Fair. Boehm placed eighth in the nation with her project entitled "The Effect of Activated Carbon and Carbon Nanotube Seed Treatments on Seed Emergence." Schmitt placed thirteenth in his division for his project "The Effectiveness of Hemp Fiber as an Insulation."

Congratulations to Kiersten and Chase! You represented Richland and North Dakota well and the chapter is proud of you!





**Congrats to Richland 44's** 

FFA Chapter for <u>once again</u> earning a Three-Star National **Chapter Award** 



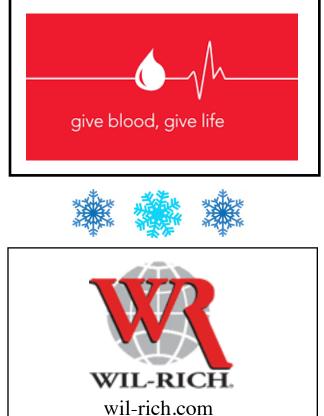
by: Popi Miranowski

The school's next blood drive, organized and sponsored by Richland's student council, will be on January 27. There are many slots to fill.

If you can donate, you are strongly encouraged to do so especially during these times. Free antibody testing is provided with every donation. In addition, points are rewarded for donation and those points can be used for merchandise and gift certificates.

Students who donate or volunteer four times are rewarded a red cord which can be worn during the graduation ceremony.

You must be sixteen years old or older to donate.



## Colts Care Community Service Day

Every year for the past eight years, the student body at Richland has participated in a community service event that allows students the opportunity to give back. The activities are student led and coordinated by Richland's FFA chapter, student council, and FCCLA chapter. Fundraising to help sponsor this event is provided by several student organizations. A big thanks also goes out to Thrivent who helped fund some of the costs this year.

After eight years of hard work and fun through service projects, we decided the annual event needs a name. Thus, "Colts Care Community Service Day" was born. This year's event will be held on December 22. Below is just a partial list of this year's service projects:

• Fleece tie blankets which will be donated to Project Linus and the Dakota Children's Advocacy Center

- Wool socks which will be collected and wrapped as gifts for the New Life Center
- Benches which will be built for the Colax Pool as well as shelving which will be built for stor-



<u>Editors</u> Kiersten Boehm Addie Christensen Mrs. Heyen

<u>Seniors</u> Kiersten Boehm

<u>Juniors</u> Emma Heyen Megan Roob

<u>Sophomore</u> Addie Christensen

<u>Freshmen</u> Alison Heyen Popi Miranowski Isabel Viele Ella Weinmann

<u>Junior High</u> Cora Hermunslie



### Happy Holidays!



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• Monster cookies which will be made and sold with the proceeds donated to the Children's Miracle Network

• Pasta meals which will be packaged and donated to the Great Plains Food Bank

# Varsity Football

by: Megan Roob

The 2020 varsity football team was very young and low in numbers this year. Although they were young and inexperienced, the seniors brought light to the team with awesome leadership and positive attitudes. A highlight from this year includes the fact that every senior scored a touchdown. The team will be returning with a lot of talent next year, but they will miss the hard work and dedication from this year's seniors: Gunnar Miller, Nate Mjoness, and Tommy Zander.

The Colts were coached by Pierce Moline, Luke Wuori, and Spencer Timm this year. When asked about the season, Coach Moline said, "This season didn't go as well as we had hoped with the battle against injuries and a final record of 0-8, but I am excited for the potential of these boys in the next few years. They have a lot of talent and are willing to work hard."

Special congratulations go out to seniors Gunnar Miller and Tommy Zander for earning All Region honors. In addition, junior Nick Thompson, sophomore Kaden Carlson, and freshman Nick Wulfekuhle all received Honorable Mention All Region honors.







### Football Awards

All Region: Gunnar Miller & Tommy Zander

#### Honorable Mention All Region:

Nick Thompson, Nick Wulfekuhle, Kaden Carlson

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## Junior High Football



by: Isabel Viele

The junior high football team did well despite this year's circumstances. The Colts worked hard throughout the short season and ended the year with one victory. They were coached by Mr. Timm.

The team had players ranging from seventh graders to freshmen. This season the Colts were made up of three seventh graders (Ethan Skoog, Carter Pfeiff, Grayson Mjoness) and four eighth graders (Preston Schmit, Otto Dockter, Logan Freadrich, Nathan Clarke). Due to the low numbers in the junior high, four freshmen who played varsity came down and helped the team. Those freshmen included Nick Mjoness, Wade Gorder, Cody Thompson, and Mikey Hopping.

The team was very fast this year and a highlight from the season includes Otto Dockter and Preston Schmit returning numerous kicks for touchdowns. When asked about this season, Coach Timm said "Heart, we had a lot of it."



## **Cross Country**

by: Isabel Viele

This year's cross country team had a great season. They were coached by Janelle Berseth and led by this year's only senior Kaden Schroeder. The rest of the team was made up of three freshmen (Levi Ulven, Nick Wulfekuhle, Brooks von Ruden), three eighth graders (Preston Schmit, Sydney Loff, Inger Holdman), and three seventh graders (Kylie Kummer, Brezlyn Callenius, and Evelyn Hermunslie). This team is also different from any other varsity sport because sixth graders can come up and run. The sixth graders this year included Sophie Peterson, Jozie Foley, Aleda Krenzel, and Boden Schroeder.

The team will only lose one senior this year, Kaden Schroeder, but he has contributed so much to the cross country team. As a senior leader Kaden expected the highest levels of sportsmanship and effort, made everyone feel welcome, made friends with other runners from different schools, and was always the first to lend a helping hand. The team will definitely miss him next year.

When asked about the season Coach Berseth had many good things to say. "We had a lot of racing success with personal records and top 10 finishes. Plus, every runner completed every race. They also beat the heat and snow. Five of nine races this year were over 80 degrees and two races were in temperature below freezing!"

The Colts adapted and persevered through all weather conditions this year and completed a full season despite recent events in the world. Congratulations to all runners!





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The 2020 Colts volleyball team had an outstanding season. With only fifteen girls on the team, the players came to know the phrase "get comfortable being un-comfortable." The girls were asked to play many different positions and roles throughout the season and they stepped up and did what the coaches asked of them.

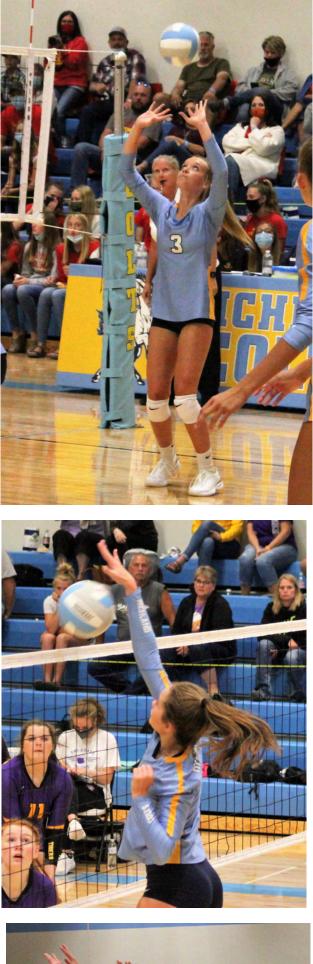
The team started the season strong by winning their first six games. This included 3-0 victories over Lisbon, Tri State, Enderlin, and Oak Grove. The six game winning streak also included a game against Central Cass where the Colts used excellent teamwork to defeat the Squirrels in a huge 3-2 win. In the middle of the season, the team lost a few games to tough teams like Northern Cass and Oakes, but the girls bounced back and easily won their last two games of the regular season 3-0 at home against Mayport-CG and Hankinson.

Richland earned the number four seed in the region tournament. This season, due to COVID, the region tournament games were not played at one site. Instead, the top seeded team hosted one game each night of the tournament. As a top four team, Richland received a bye in the first round of region play. The Colts took on the number five seeded Central Cass at Richland in the quarter finals and defeatsemi-finals. There, they faced top seeded Northern Cass and were defeated 0-3 by the Jaguars. The Colts ended the season with a 12-5 overall record.

The team was coached by Dawn Storbakken and Tami Taszarek this year. When asked about the season, they said, "After placing second in the region last year, we came into this season with high hopes and big goals. Despite the season not ending the way we had hoped it would, we couldn't be more proud of these girls. They all worked hard, showed improvement, and stepped up and played as a team. Overall, it was a fun and memorable season." The coaches also want to give a huge thank you to team managers, Gwen Hopping and Tiana Schroeder, along with announcers Don Theil and Kaden Schroeder.

The Colts will lose three talented seniors to graduation this year: Rylee Hendrickson, Samantha Hendrickson, and Ellie Storbakken. These girls have been a part of the Colts volleyball program since their elementary days and have dedicated many hours in the off seasons to the sport. All three girls were starters for the varsity team this year and will be greatly missed!

Specials congrats go out to junior Megan Roob and sophomore Megan Taszarek who were selected for this year's All Region





#### ed them 3-0 to advance to the

leam.



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JV Volleyball

The JV team had a good season this year. Due to COVID-19, the team did not play as many games as they do in a typical season and they were also not allowed to compete in any weekend tournaments, but the girls played hard and finished the season with an overall record of 7-7.

Numbers were a bit low this season and this year's team included only eight players: Emma Heyen, Madison Syvertsen, Kennedi Wagner, Shandi Callenius, Carli Niemi, Morgan Sundstrom, Alison Heyen, and Isabel Viele. They were coached by Tami Taszarek and Dawn Storbakken and led by team captains Emma Heyen and Madison Syvertsen.

Big wins for the Colts this season came against Kindred, Maple Valley, Enderlin, Hankinson, and Wyndmere/Lidgerwood. When asked about the season, the coaches said, "The JV team did a great job this year. They each improved and found their place on the team and it showed on the court."

### Junior High VB

### by: Alison Heyen

The junior high volleyball team was low in numbers this year with only ten players on the team. They were all seventh graders. Even without older players to guide them, the girls worked hard to improve themselves personally and as a team.

This year was a little bit different for this group of girls. Throughout the season, they played against both seventh and eighth grade teams as well as combined teams. Although multiple games were cancelled, they didn't let that get to them. The team just kept working hard and having lots of fun. They ended their season with a 4-3-1 record.

This year the girls were coached by Megan Viele and Lois Vorachek. Both coaches were proud of their team and said they showed great improvement in all areas.

The team members were Diahnna Bercier, Ava Bernstein, Abbie Fischer, Jaci Foley, Mallory Gunness, Sadie Mickelson, Hannah Storbakken, Genevieve Ulven, and Lila Viele.

### **Richland Joins BW Athletics Swim Co-op**

Fall sports at RHS now include girls' swimming! Richland recently joined a co-op with the BW Athletics swim team and freshman Popi Miranowski was a valuable member of that team.

Popi has been competing in club swimming for the past four years. This was her first year competing in NDHSAA sanctioned swimming and she had a fantastic season! Popi swam all events at least once during the season and her strongest races were the 100 fly and 100 back. She also competed in relays. In fact, she was selected as an alternate for her team's medley relay which qualified to the state swim meet held in Bismarck.

Congrats on a great season, Popi!

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# Workin For A Cause V





This fall the Richland Colts showed their appreciation and support for Lora Workin, a beloved former Richland teacher who unexpectedly passed away in July. Lora is greatly missed by many in both our school and community.

Ten years ago this fall, Lora fought her first battle with breast cancer and ended up overcoming it twice. In August junior Emma Heyen designed a t-shirt to honor Lora. During October the "Workin for a Cause" shirts were sold and fans were encouraged to wear pink to the Colts' volleyball game in honor of Lora. The volleyball team also sported their pink jerseys for awareness.

The proceeds from the sale of the "Workin for a Cause" shirts were donated to members of our community who are currently battling cancer. We know this would have made Lora proud.







In August volleyball coach Tami Taszarek reached out to local artist Darla Rufer and asked her to create a piece of art which would honor Lora Workin's memory. Darla's beautiful work now hangs in the girls' locker room. Every day the painting reminds the girls, as Lora always said, "You got this!"