

**The Above and Beyond 'Thunder Clap'  
Recognition for the Week of October 7th:**

## Kari Herman



### Hometown Pride:

I am proud to be part of the Osseo-Fairchild community. Our communities provide many opportunities for individuals of all ages to enjoy recreation, music, athletic events, and good food. There are many recreational activities for people to experience in our communities such as riding ATV or running on trails between Osseo and Fairchild, listening to live music at Central Park, swimming at Stoddard Park, golfing at Osseo Golf Course, watching baseball games at Osseo Merchants Field, or eating at the famous Norske Nook restaurant. The people of Osseo and Fairchild invest their time and care in supporting the youth within the communities and keeping our communities safe and beautiful.

### Bleacher Report (activities):

Sports: Cross Country, Basketball, Track

Clubs: Above and Beyond, TADD, Band, NHS and Culture Club

### Thunder Role:

"Drugs and alcohol are terrible for minds and bodies. Athletes and club members who take drugs or alcohol are at risk of letting their team members or club members down."

### Topic Thunder:

"A good role model does and says what is right even if it is not popular. Role models show they care for others and are able to help and support them in successes and challenges. Having a good role model to look up to can help a student/athlete in difficult situations or when a challenging decision must be made. Likewise, a good role model may inspire a young student athlete to set her heart on being like her role model."

### Scouting Report (quotes from teachers):

"It's hard to describe Kari in one word, but DEPENDABLE always fits. She puts her heart and soul into everything she does in the classroom, on the field, and in the community. She's one of a kind!" – Mrs. Beasley

"Kari continues to be an excellent role model for student-athletes in our district with her focus on academics and always doing the right thing." – Mr. Stoik

"Kari Herman is one of the nicest people I know. She is thoughtful and kind to everyone." – Mr. Velie

### Fan Deck (quotes from peers):

"Kari is determined, kind and caring."

"Kari always has a positive attitude."

"Kari achieves many goals and breaks school records."

"Kari puts 100% into everything she does. She is an awesome person inside and out."

"Kari is soooo nice and always willing to help."

"Kari is very hard-working and is always willing to help people out."

"Kari is always smiling and is great at sports."

"Kari is so kind and a hard worker."

"Kari is a very well rounded student, great friend and awesome person."

"Kari is very involved and treats teachers well."

"Kari is a nice person."

"Kari may be quiet but her heart is full of love and kindness."

"Kari has demonstrated leadership in everything."

### Hometown Hero:

"Jack Popple is my 'Hometown Hero.' Jack is a dedicated volunteer who works with student-athletes at Osseo-Fairchild High School year round to improve their physical strength. Jack volunteers countless hours creating complex workout plans. He customizes workouts to fit each student-athlete's needs and is eager to teach proper weightlifting techniques and guide athletes along their strength training journey. Jack works with both individual student-athletes as well as teams including our OFHS Football, Cross Country, Basketball, and Track and Field teams. As a volunteer strength coach, Jack has positively impacted many of Osseo-Fairchild High School's student-athletes."