

THE LEADER-NEWS

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NORDAK NORTH
PUBLICATIONS



CENTER

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PHAIDRA YUNKER | THE LEADER-NEWS

Lisa Gusewelle talks with Seth O'Neill and Victoria Jane Welk of the North Dakota Domestic & Sexual Violence Coalition inside the MFRC food pantry on April 1, explaining the center's shift to more flexible, barrier free distribution during its 45th birthday open house.

people are seeking help, which is good, but it also likely means that rates of violence are increasing."

He said rural programs are a critical part of the state-wide response.

"These issues happen everywhere across the state, not just in urban areas," he said. "Without rural organizations like MFRC, victims of violence would not have easy access to critical crisis and advocacy services."

O'Neill said MFRC's long term presence has strengthened relationships with law enforcement, courts and

other partners.

"The services that MFRC provides are interwoven into the fabric of the community," he said. "Collaboration with law enforcement, courts and other professionals are built on that foundation of trust that a long relationship provides."

The open house also served as a lead into the center's activities for Sexual Assault Awareness Month. MFRC plans to continue its support groups, host Coffee and Conversations events in Garrison, Riverdale and Underwood, provide body

safety talks for elementary students, and hold a chalk walk ahead of its child sexual abuse prevention walk April 27.

After the last cups of coffee were poured and the remaining slices of cake were packed away, Gusewelle said the day felt like a reminder of why the center's work continues. For MFRC, the focus now turns back to the daily efforts that have carried it through 45 years: meeting people where they are and helping them take their next steps forward.

Southern McLean track and field loaded with depth, talent entering 2026 season

BY ETHYN
WILLIAMS-CALVERT
SPORTS EDITOR

With one of the largest rosters in the region, the Southern McLean track and field team enters the 2026 season with high expectations and the depth to back them up.

Head coach Nathan Stamstad will guide a combined program featuring athletes from Washburn and Wilton-Wing the team a wide pool of competitors across nearly every event.

That depth is expected to be a defining strength throughout the spring.

"We have a very large team and that naturally gives us a lot of depth," Stamstad said. "The challenge will be turning that depth into top-end talent, but I'm confident that can happen. It should be a very exciting season."

On the girls side, Southern McLean returns several proven athletes with state experience. Maggie Jennings highlights the group after placing fifth in the high jump at last year's state meet while also qualifying in two additional events.

Erin Conoly also returns after earning a seventh-place finish in the pole vault as a freshman.

The Cardinals will also look for strong contributions from Sadie Goven, who is expected to compete in multiple areas including sprints, jumps, and relays.

Additional returners with state relay experience include Mae Jennings, Aubrey Steinert, and Ciarra Steinert, giving the team a solid foundation in team events.

Beyond those returning standouts, the girls roster features a deep lineup that includes Raina Backman, Chloe Erber, Brooke Bauer, Lily Goetz, Bree Benning, Lacy Seidler, Malia Tooke, Avery Usselman, Natalie Sweeney, Brooke Knutson, Dehmay Ternes, Harper Willett, Kylie Boone, Ava Tweeten, Ellie Ron-

deros, Madeline Risty, Briella Hruby, Kamryn Romandia, Abigail Knight, Brooklyn Steinert, Taylor Roehrich, Kinsley Speten, and Lydia Hutzenbiler.

With so many athletes available, competition for relay spots and event entries is expected to be fierce.

On the boys side, Southern McLean brings back a strong group led by Beckett Kadrmas, who qualified in eight different events last season and has shown continued improvement early this year.

Daniel Neumiller is another key returner after an All-State cross country season and appears poised to carry that momentum into track.

Additional contributors include Keaton Kadrmas, Brady Vollmuth, Kaleb Benning, Carter Gieger, and William Bergquist, all of whom have either state experience or strong early-season performances.

Vollmuth returns after qualifying in the pole vault, while Bergquist competed in the high jump and Hayden Clausen qualified in the hurdles.

Relay experience also returns in the form of Joshua Laning, Levi McGregor, and Easton Kugler, giving Southern McLean a strong base for team events.

The roster is rounded out by a large group of athletes including Aidan Beutler, Caiden Cleveland, Jace Kirchmeier, Jace Kallhoff, Easton Kugler, William Krush, Caleb Jans, Isaiah Acevedo, Tucker Schacher, Theron Arbach, Jed Wald, Carson Hutzenbiler, Levi Horne, Daniel Neumiller, Donnie Vetter, Colton Nielsen, Payton Hruby, Porter Snyder, Hayden Risty, Carter Cleveland, and Valerio Hernandez.

"The depth is going to create a lot of competition, especially for relay spots," Stamstad said. "That competition will push everyone and help us improve across the board."

Track cont. on 6