

# Storm track team wrapping up season

The Grant County/Flasher Storm track and field teams continued a busy spring season with strong performances at both the Hunter Seifert Memorial Meet held May 2 at Shiloh Christian School in Bismarck and the Trinity Last Chance Meet on May 7 at Dickinson State University. Athletes from both the varsity and junior high squads recorded several personal bests, top-eight finishes and event championships during the two meets.

At the Hunter Seifert Memorial Meet, sophomore Preston Sauer led the Storm boys with a sixth-place finish in the long jump after setting a personal best mark of 19 feet, 9 inches. Sauer also placed 12th in the 200-meter dash in 25.05 seconds and 28th in the 100 meters in 12.32 seconds.

Junior Malachi Meyer added a pair of top finishes for the Storm, taking fifth in the high jump by clearing 5 feet, 6 inches and placing 11th in the 400-meter dash in 58.71 seconds. The Storm 4x200-meter relay team of Jaxton Olson, Malachi Meyer, Preston Sauer and Gavin Ottmar earned sixth place with a time of 1:43.88.

In the throwing events, sophomore Grant Bartz turned in one of the top performances of the day, placing third in the discus with a personal best throw of 123 feet, 8 inches. Bartz also took sixth in the shot put with a personal best toss of 40 feet, 2 inches and seventh in the javelin at 131 feet, 6 inches. Sage Sabin added a sixth-place finish in the javelin with a throw of 134 feet, 7 inches and placed 14th in the shot put.

Other boys results included Jaxton Olson placing 24th in the 200 meters, while Quincey Ottmar and Micah Meyer competed in both the 200- and 400-meter races.

On the girls side, senior Adison Vetter highlighted the meet with a runner-up finish in the 100-meter hurdles in a season-best time of 16.65 seconds. Vetter also placed seventh in the javelin with a throw of 95 feet, 2 inches.

Freshman Brynn Janisse recorded solid sprint performances, placing 11th in the 100 meters in 13.65 seconds and 17th in the 200 meters in 28.95 seconds. Junior Kaylee Maier set personal bests in both the 200 meters and 400 meters, finishing 33rd in the 200 and 11th in the 400 with a time of 1:09.33.

The girls 4x200 relay team of Moriah



STORM SPRINTERS, GAVIN OTTMAR AND MICAH MEYER bolt down the track.



photos | Gaylon Parker

MYKAYLA WINKLER, keeps her eye on the finish line.

Sprenger, Kaylee Maier, Adison Vetter and Brynn Janisse earned fifth place with a time of 1:55.21.

In the field events, senior Mykenzie Winkler placed third in the discus with a personal best throw of 105 feet, 8 inches and ninth in the shot put. Brenna Eckroth also recorded a personal best in the discus with a throw of 84 feet, 11 inches. Freshman Moriah Sprenger added a personal best in the long jump at 13 feet, 8.5 inches.

The junior high Storm athletes followed up with several stand-out performances at the Trinity Last Chance Meet in Dickinson.

Eighth-grader Cason Fuchs led the boys squad with a first-place finish in the triple jump at 34 feet even. Fuchs also placed third in the long jump at 16 feet, 1 inch and fifth in the 200-meter dash in a personal best time of 26.20 seconds.

The boys 4x100 relay team of Bryce Nieuwsma, Cason Fuchs, Madden Brackel and

Sloan Ottmar claimed runner-up honors in 54.44 seconds. Brackel also finished second in the 110-meter hurdles with a personal best time of 21.38 seconds.

Sloan Ottmar posted personal bests in both sprint events, running 13.39 seconds in the 100 meters and 27.99 in the 200. Bryce Nieuwsma added a sixth-place finish in the shot put with a personal best toss of 31 feet, 5 inches.

For the junior high girls, Savara Hoff had an impressive day, winning the 1600-meter run in a personal best time of 6:09.04. Hoff also placed second in the 100-meter hurdles and third in the 200-meter hurdles, setting personal bests in both events.

Bekka Bohl earned third place in the 1600 meters with a personal best time of 6:20.32, while the 4x400 relay team of Bohl, Hoff, Molly Meyer and Shaynee Miller finished fifth. Several athletes also recorded personal bests in sprinting and field events, including Roselynn

Frank, Mykayla Winkler, Shaynee Miller and Molly Meyer.

The Storm competed at the regional meet Tuesday, which was the last regular meet of the season. Results of the meet were not available until after press time.

Going into the regional meet, Head Coach Mike Mayer was optimistic about more Storm athletes qualifying to compete at state. "We have made a strong push towards the end of the season. Some athletes have really made gains and put themselves in a position (if they run their best times) at the regional meet to possibly make it to state. Both boys and girls 800 relays may have a shot at placing third. Brynn Janisse and Preston Sauer also may have an outside in the 100 m for both. All depends on what other teams do. Mykenzie Winkler has really started coming along in discus and if she has her best day is also a possibility," he said.

**ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES RELATING TO N.D. ADMIN. CODE CHAPTER 33-44-01 MEDICAL MARIJUANA**

TAKE NOTICE that the North Dakota Department of Health and Human Services will hold a public hearing to address proposed changes to the N.D. Admin. Code chapter 33-44-01, related to definitions, expiration of registry identification cards, compassion center certification fees, dispensary premises, manufacturing facility labeling, and standards for concentration compliance testing, at 1:30 p.m. on Friday, June 19, 2026, in Bismarck, N.D. in AV Room 210, located on the second floor of the Judicial Wing of the State Capitol. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Monday, June 29, 2026.

**ATTENTION PERSONS WITH DISABILITIES:** If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing.

Dated this 30th day of April, 2026.

## PUBLIC NOTICE

**ANALYSIS OF THE STATEWIDE MEASURES APPEARING ON THE ELECTION BALLOT JUNE 9, 2026**

The following analysis is for the measure appearing on the statewide Primary Election ballot on June 9, 2026. This publication is required by section 16.1-01-07 of the North Dakota Century Code to enable voters to become familiar with the effect of proposed measures. The full text of each measure is available on the Office of the Secretary of State's website at [vote.nd.gov](http://vote.nd.gov) or by requesting a copy from the Elections Division at 701-328-4146, or from the office of any County Auditor.

In addition, as required by section 16.1-01-17 of the North Dakota Century Code, a copy of the Legislative Council's report on the estimated fiscal impact of initiated Measures No. 1 is available on the Office of the Secretary of State's website at [vote.nd.gov](http://vote.nd.gov), by phone at 701-328-4146, by email at [soselect@nd.gov](mailto:soselect@nd.gov), or by letter to Secretary of State, 600 E Boulevard Avenue Dept 108, Bismarck ND 58505-0500.

**Analysis of Initiated Constitutional Measure No. 1 (Senate Concurrent Resolution No. 4007, 2025 Session Laws, Ch. 615)**

Initiated Constitutional Measure No. 1 was placed on the ballot by action of the 2025 North Dakota Legislative Assembly with passage of Senate Concurrent Resolution No. 4007 (2025 Session Laws, Chapter 610). If approved, this constitutional measure would amend and reenact section 9 of article III and section 16 of article IV of the Constitution of North Dakota, relating to requiring each resolution adopted by the legislative assembly proposing a constitutional amendment and each initiative petition and measure proposing a constitutional amendment to be comprised of a single subject. The proposed amendment would require constitutional amendments to be limited to one subject. The Secretary of State shall not approve an initiative petition for circulation if the Secretary determines that the proposed amendment comprises more than one subject. Additionally, the legislative assembly is required to limit proposed amendments to the constitution to one subject.

The estimated fiscal impact of this measure is none.

Voting "YES" means you approve the measure summarized above. Voting "NO" means you reject the measure summarized above.

*Published May 14, 21, 2026*

**Recipe: Ice Cream Caramel Sauce for Rolls**

*From the kitchen of: Joy Zimmerman*

**Ingredients:**

- 2 sticks butter, softened
- 1 + 1/2 C. vanilla ice cream
- 1 C. brown sugar
- 1 C. white sugar

*To submit a recipe, email to: [djzimm@westriv.com](mailto:djzimm@westriv.com) or mail: Joy Zimmerman, 7670 57th St. SW, New Leipzig, ND 58562*

**Directions:**

Bring to boil for one minute. Spray or grease the pans. Pour sauce into 2 (9x13) glass pans. Let the sauce cool down. Top with caramel rolls - 6 in each pan. Let raise until double and bake for 25-30 minutes at 350°. When done, remove from oven. Take a jelly roll pan and put on top of the pan, flip over and scrape the caramel out of the pan on to the rolls. For the other pan, take 2 rolls out at a time and put them on the jelly roll pan, upside down, caramel side up. Scraping the caramel sauce on to the rolls. Let cool and put a cover on.