

# K-B-BC Honker Baseball Takes to the Field

**By Fay Froseth**  
**The Kenmare News**  
Coach Mike Fraunfelter is excited about the upcoming season of baseball for the Kenmare-Bowbells-Burke Central team. The coach has 19 athletes out for the season with the bulk of the team returning seniors and juniors.

In the first three weeks of practice, unfortunately as with many North Dakota spring sports, the team has not had any time on the actual baseball diamond. The team has been practicing indoors and Fraunfelter has added strength training to the regimen to prepare for the upcoming season with their first game April 8 against MLS and another home game on Thursday versus Berthold.

“The team has been pretty well coached in the past and they are fundamentally sound,” commented Fraunfelter.

The new head coach is assisted by Jeremy Handeland and JR Aufforth, both of whom have been a part of the team’s foundation as their recreation ball coaches and Babe Ruth and Legion coaches. “It is nice to have Jeremy and JR. They know the program and bring in good insight.”

“This group of people have played together for so long,” stated Zach Zorn. Peyton Nel-

son added by saying, “We have been playing baseball with each other or playing against each other since we were in grade school.”

Zorn continued by stating that he was excited to learn from his new coach, “We are learning new approaches and new strategies to use in the game.”

“We have a good pitching staff with four strong pitchers (TJ Lucy, Cannen Lalum, Nate Evenson and Peyton Nelson). TJ Lucy has big expectations not only for himself but for his teammates, “We have depth in the pitching line-up. We also have a few stepping up which is important, especially in tournament play. It can make or break the team.”

The coach continued listing other strengths such as a team with good defensive skills. Fraunfelter also praised several players for having high IQ baseball knowledge and skills.

“Peyton Nelson and Cannen Lalum have a good feel for the game of baseball,” praised Fraunfelter who also spoke of Zach Zorn and Hank Handeland having a solid foundation of baseball knowledge. Lalum and Nelson spoke of this knowledge.

“It is knowing what is going to happen before the play even happens,” commented Nelson.



FAY FROSETH

**2025 Kenmare-Bowbells-Burke Central Honkers Baseball Team: (back) Kylen Setliff, Cohen Seime, Zachary Zorn, Nathan Evenson, TJ Lucy, Peyton Nelson, Cannen Lalum, Jacob Zorn, Nick Griffin, Hank Handeland; (front) Sladen Pfeifer, Maddux Lotvedt, Jackson Wettstein, Delaney Feldman, Trevor Kreklau, Gregory Jensen, Gavin Aufforth and Wyatt Aufforth.**

“It is also knowing the other team’s strengths and weaknesses and you and your teammates’ positions on the field,” added Lalum.

But as with the strengths, Coach Fraunfelter knows there are elements of the game to work upon.

“We are working to develop and equip them with tools necessary to have confidence in themselves,” said Coach.

Fraunfelter wants to work with the talent that is abundantly apparent in the 2025 baseball team but needs to make the athletes realize it is the attention to details and doing things right that will win a

ballgame.

“At the high school level in baseball, a team has to minimize the number of errors,” stated Coach.

Fraunfelter talked of his team bringing in the work ethic that he was developing amongst the football players. “They want more success but we need to develop character both on the field and off the field.” Fraunfelter also spoke of developing athletes with perseverance.

He noted that too many youth, when experiencing a little bit of failure, will hesitate to try again. “It is not fatal or final to fail,” added Coach. “We have

to remember we are either winning or we are learning.”

Teams in the Honkers region that have been consistently well run programs are DLB and MLS.

Both Zorn and Hank Handeland spoke of the Honkers team in the past being consistently the third or fourth place team. “Everybody looks at those teams and don’t even look at us being in the championship,” stated Zorn.

Nelson agreed with Zorn, stating the MLS team is returning all of their players and are always a solid team.

But Lalum says the Honkers are poised to do well this year.

“We need to minimize our mistakes and pitch solid games.” He also added, “We need to put in what we have learned from practice into the game.”

Hank Handeland added, “We need to stay focused and disciplined.

Fraunfelter has confidence his players will do just that and think the 2025 season will be bright. “Most of these boys I coached in football and they got a taste of success. They bought into the work ethic and want more of that success.”

There is optimism amongst the teammates who feel it is their time to show off their talents and depth.

## Track Season Underway Three Honkers Qualify for State at First Meet

The Kenmare-Bowbells Honker Track team traveled to Watford City, Tuesday, April 8. Despite this being the first meet, three Honkers qualified for the State meet, Mashae Miller, 800m and 1600m; Peyton Helwig, discus; and Lincoln Spear, javelin.

“First meet of the year, we got the jitters out early as it felt like kids left off where they were at the end of last year,” said Coach Kacy Keysor. “Many put out numbers and times that were personal bests. It was a good start to the season as we were able to take everyone to the Watford City JV & Varsity meet. We achieved 36 PRs. As a coach, it is always fun to see PRs get set early in the season, but the thing that makes it more fun is having the kids understand they are going to get better and also trying to figure out what they need to do to continue to succeed and improve.” Keysor continued, “This is the earliest a Honker has qualified in a season since I have been head coach over the past 15 years. This just shows the commitment and growth our athletes have.”

*top 12 results*  
**JV Men’s results**  
800 Meters - 5. Tygen Michalenko, 2:30.76aSR  
1600 Meters - 8. Tygen Michalenko, 5:32.97aSR  
300m Hurdles 33” - 5. Jake Mau, 51.10aPR; 10. Lleyton Spear, 58.52aPR  
Shot Put 12 lb. - 2. Lincoln Spear, 35-02.00PR  
Discus 1.6kg - 3. Jacob Zorn, 102-11SR; 4. Lincoln Spear, 100-11PR  
Javelin - 800g. - 2. Jacob Zorn, 106-11SR  
**Varsity Men’s results**  
3200 Meters - 4. Eli Anderson, 11:16.31aSR  
110m Hurdles 39” - 12. Drew Houck, 22.10aSR  
300m Hurdles 36” - 9. William Cook, 45.39aSR  
4x400 Relay Varsity - 7. (Kole Herman, Tygen Michalenko, Philip Ankenbauer and Eli Anderson) 3:59.25a  
4x800 Relay Varsity - 5. (Tygen Michalenko, Jonathan Hernandez, Philip Ankenbauer and Eli Anderson) 9:54.84a  
Shot Put - 12 lb. - 8. Gavin Gill, 42-06.00SR  
Discus 1.6kg - 4. Peyton Helwig, 137-02SR  
Javelin 800g - 1. Lincoln Spear, 160-01PR  
High Jump - 3. Peyton Helwig, 6-00.00SR

11. Jacob Zorn, 5-06.00SR  
Triple Jump - 5. William Cook, 41-01.50PR  
**JV Women’s results**  
400 Meters - 4. Katelyn Cook, 1:12.93aSR  
800 Meters - 7. Mersadie Miller, 3:01.46aSR  
100m Hurdles 30” - 7. Amaya Baptiste, 20.76aPR  
300m Hurdles 30” - 6. Amaya Baptiste, 1:03.61aSR; 7. Mersadie Miller; 10. Ayla Anderson, 1:08.76aSR  
Shot Put 4kg J- 4. Amaya Baptiste, 28-06.00PR  
Discus 1kg - 8. Maggi Gill, 74-09PR  
Javelin 600g. - 12. Roxanne Quigley, 59-04.50SR  
**Varsity Women’s results**  
400 Meters - 7. Anna Petersen, 1:04.15aPR  
800 Meters - 2. Mashae Miller, 2:24.60aSR  
1600 Meters - 3. Mashae Miller, 5:31.36aSR  
4x400 Relay - 4. (Mashae Miller, Ann Crosby, Katelyn Cook and Anna Petersen) 4:40.52a  
Shot Put 4kg - 11. Lilibeth Santizo, 32-03.00SR; 12. Destinee Anderson, 32-02.00SR  
Discus 1kg - 7. Lilibeth Santizo, 94-06SR; 9. Destinee Anderson, 93-04SR



AMY ANDERSON

**5th & 6th Grade K-B Boys: (back) Maguire Miller, Carson Peterson, Nathan Stroklund, Bridger Melin, Connor Petersen, Carver Undhjem, Rylan Martens; (front) Koehn Nelson, Emmitt Sieg, Emet Anderson, Daxton Undhjem, Matthew Ashby. Not pictured: Gavyn Barbot. Coach is Bryan Ankenbauer**



AMY ANDERSON

**5th & 6th Grade K-B Girls: (back) Hannah Alexander, Bianca Sagness, Ava Keysor, Adley Jensen, Acelyn Pfeifer, Bradee Seime, Mackenzie Quigley, Addison Zeltinger; (front) Teagen Lucy, Acelyn Russell, Sadie Michalenko, Claire Pugh, Virginia Sauder. Coaches are Amber Rodin & Hunter Rodin.**

## Ranchers Place at Watford City Meet

Powers Lake-Burke Central Ranchers scored top 12 finishes at the Watford City Early Bird outdoor track meet, Tuesday, April 8. The competition included Class A and B schools.

*top 12 results*  
**JV Men’s results**  
100 m - Tucker Alberts, 2nd, 11.70  
200 m. - Tucker Alberts, 5th, 24.64  
shotput - Wyatt Peach, 4th, 34-08  
discus - Wyatt Peach, 2nd, 105.04  
**Varsity Men’s results**  
100 m - Michael Crowder 11th, 11.49  
200 m - Michael Crowder 6th, 23.68  
4x100 relay (Michael Crowder, Corbin Bakken, Oakley Grubb, Tucker Alberts) 8th, 47.17

shotput - Cody Rystedt 11th, 42-03  
discus - Grayson Rystedt 10th, 128-10  
javelin - Grayson Rystedt 5th, 140  
long jump - Tucker Alberts 10th, 19-03.5; Michael Crowder 12th, 19-01

**JV Women’s results**  
100 m - Danica Boyd 5th, 14.49; Heaven Trujillo 11th, 14.64  
200 m - Danica Boyd 12th, 30.84  
shotput - Alli Nelson 12th, 25-05  
high jump - Alli Nelson 6th, 4-03.

## READ PUBLIC NOTICES

in our newspaper or  
go to [www.ndna.com](http://www.ndna.com) - click on public notices

## BE INFORMED

## Hop on over to our EASTER BUFFET

Sunday, April 20 • 11:00 AM-3:00 PM

TURKEY, HAM AND ALL THE FIXINGS!! & DESSERT TABLE

**109 STEAKHOUSE** - Lignite

