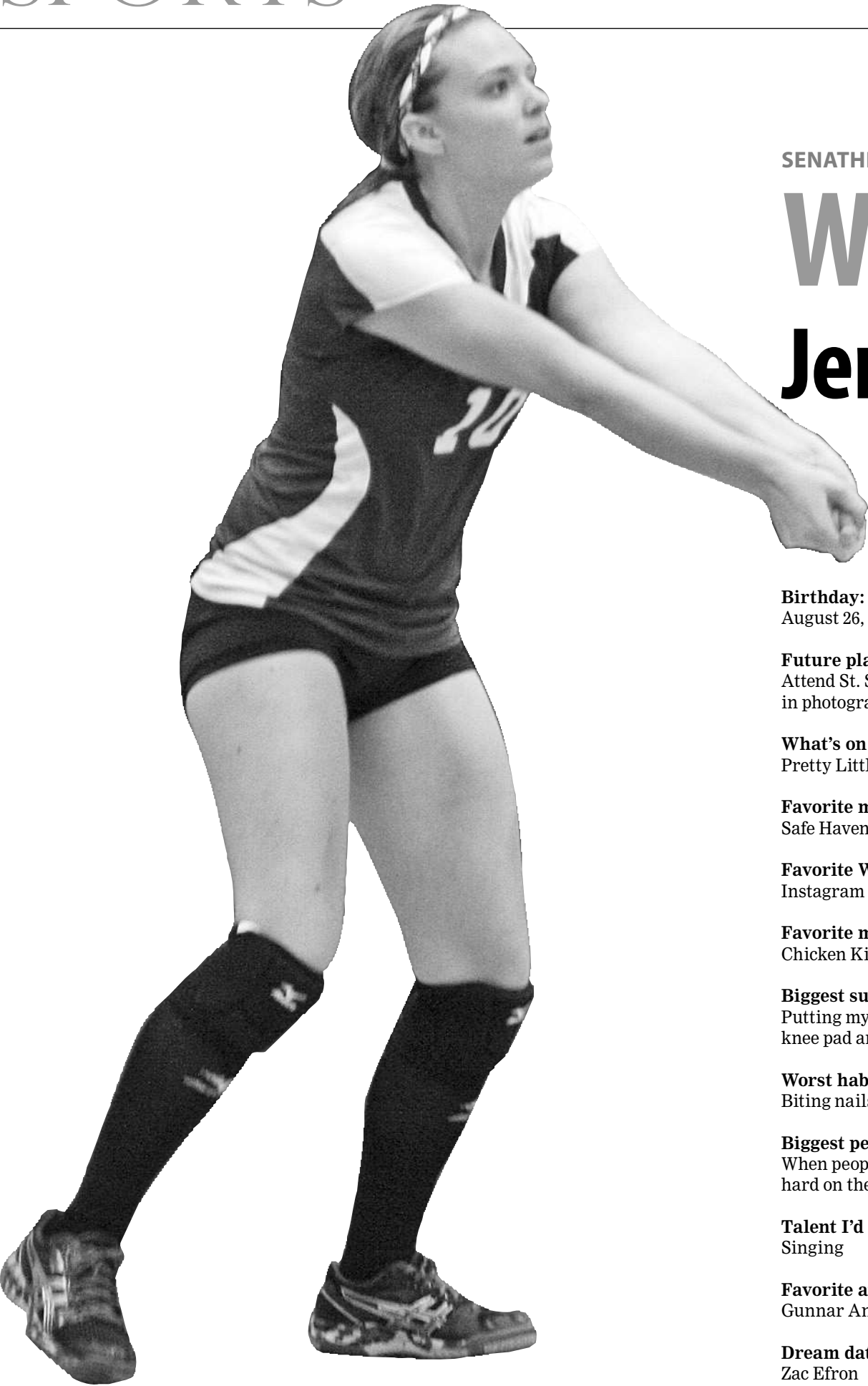


SPORTS



SENATHLETES

Who is...
Jenesa Casareto

The 17-year-old International Falls High School senior is a defensive specialist on the Broncos’ volleyball team.

- Birthday:**
August 26, 1996

Future plans:
Attend St. Scholastica and major in photography and business.

What’s on TV:
Pretty Little Liars and Vineyard

Favorite movies:
Safe Haven

Favorite Web sites:
Instagram and Twitter

Favorite meal:
Chicken Kiev

Biggest superstition:
Putting my right sock, knee pad and shoe on first.

Worst habit:
Biting nails

Biggest pet peeve:
When people are always hard on themselves.

Talent I’d most like to have:
Singing

Favorite athlete to watch:
Gunnar Anderson

Dream date:
Zac Efron
- Favorite team as a kid:**
Minnesota Twins

Favorite city to visit:
Rome or Chicago

Favorite holiday:
Christmas

Your hero:
My brother, Jake Casareto

Top three things on your bucket list:
Skydive, take a trip to Hawaii and go back to Italy.

Your motto:
Life is a challenge, meet it.
Life is a struggle, accept it.
Life is an adventure, dare it.

Favorite memory about your high school career:
Volleyball, softball and basketball bus and van rides.

Favorite thing to do that has nothing to do with sports:
Enjoying the great outdoors
International Falls has to offer with the best pals I have.

Dream job:
Photographer for a magazine

Love to trade places for a day with:
Lauren Conrad

CROSS COUNTRY

Bronco girls fourth at Bagley/Fosston Invite

JOURNAL STAFF REPORT

The International Falls girls cross country team had two top-10 individual finishes Tuesday when the Broncos finished fourth at the Bagley/Fosston Invitational. Park Rapids won the team title with 62 points, followed by Roseau (76), United North Central (109), the Falls (111) and Warroad (115) rounding out the top five out of nine teams with at least five finishers to place in the standings. Broncos freshman Lexi Erickson placed second on the 4,000-meter course in 15 minutes, 55 seconds, while

senior Sydney Raboin came in 10th in 16:27. “(Tuesday) was a pretty good day — we wanted to beat Warroad and we did,” Erickson said. “We all were sick, so we didn’t have our best day, but I’m proud of how our team did (Tuesday).” Falls’ three other finishers who counted in the team standings included: senior Amy Auran, 21st in 17:10; senior Lexi Owen, 31st in 18:04; and freshman Lexi Edwards, 47th in 19:02. “I liked what I saw from Amy and Lexi (Owen on Tuesday),” said Falls head coach Paul Hjelle. “They know in order for us to

become a better team, our spread (between runners) has to get better. They did that (Tuesday). “Lexi (Erickson) and Sydney are two of the better runners in our section, and for us to get back to state, we need to get our 3-5 runners closer.”

FHS BOYS 11TH

In the boys competition, the Broncos placed 11th with 283 points. Roseau had the top team score at 59, followed by Perham (75), Park Rapids (112), Pequot Lakes (125) and Pelicans Rapids (127) in the top five out of 13 teams with at least five finishers.

The Broncos’ top individual finish came from junior Cole Tatsak, who completed the 5,000-meter course in 19:22 for 38th place. “The boys had a pretty good race (Tuesday),” Tatsak said. “A couple of us boys got the goals we set for the race. I still think we could improve as the season goes on.” Eighth-grader John Cowman, who ran in his first varsity race for the Falls after having won races at the junior high level earlier this season, placed 51st in 19:52. The Broncos’ three other finishers who counted toward the team total included: senior Wyatt Ulrich,

52nd in 19:54; junior Billy Brokaw, 68th in 21:07; and freshman Chase Howdahl, 74th in 21:55. “The boys team pushed each other (Tuesday) — we had runners really close,” Ulrich said. “Chase had a really good race, moving up to the fifth spot. Hopefully he’ll stay there.” Falls’ next meet is Tuesday at Ely.

Bagley/Fosston Invite GIRLS

Team scores: Park Rapids 62, Roseau 76, United North Central 109, International Falls 111, Warroad 115, Pelican Rapids 119, Pequot Lakes 141, Thief River Falls 175, Staples/Motley 183.

International Falls runners: 2. Lexi Erickson, 15:55; 10. Sydney Raboin, 16:27; 21. Amy Auran, 17:10; 31. Lexi Owen, 18:04; 47. Lexi Edwards, 19:02; 51. Lauren Withers, 19:19; 53. Jenna Anderson, 19:21.

BOYS

Team scores: Roseau 59, Perham 75, Park Rapids 112, Pequot Lakes 125, Pelican Rapids 127, Hawley/Ulen-Hitterdal 146, Bemidji 154, Thief River Falls 208, Staples/Motley 210, United North Central 272, International Falls 283, Warroad 318, Pine River-Backus 336.

International Falls runners: 38. Cole Tatsak, 19:22; 51. John Cowman, 19:52; 52. Wyatt Ulrich, 19:54; 68. Billy Brokaw, 21:07; 74. Chase Howdahl, 21:55; 77. Ben Erickson, 22:09; 78. Eric Matthews, 22:11.

ASH TRAIL LODGE

OKTOBERFEST

Sat Sept 28

Music Featuring
Brian Brueggen from "Brian and the Mississippi Valley Dutchmen" and his Concertina!

John Streiff & King of the Road Entertainment!

Oktoberfest Biers, Pig Roast, Keg Toss, "The Boot", Polka Dancing & More!
DJ/Karaoke Later at Nite!

Opens at 3 pm.
Brats Available 3pm-10pm
Pig Roast & German Buffet 5pm - 8:30 pm

For More Information Call Ash Trail Lodge on the Ash River at 218-374-3131.
Big Groups are Encouraged to Make Reservations!

Bigfork Valley
Hospital • Clinics • Communities
Where skill meets compassion.

Orthopaedic Clinic
at the
Littlefork Medical Center
912 Main Street
and
Bigfork Valley Specialty Clinic

Dr. Daniel Baker
Mark Rasmusson, MPA, PA-C

No referral needed, call
1-866-776-0262
for an appointment.

Lyn Haglund Bruce (59), wife of Bradley Bruce, has been diagnosed with an Aortic Aneurysm on 9/8/13. Due to other medical issues, she is at great risk for surgery. Without surgery, she has 3-6 months to live. Donations are appreciated for medical and travel expenses.

Donations can be made at TruStar Federal Credit Union in Lyn Bruce's name.

Thank You!
The family of Lyn Bruce

TruStar
601 4th St
Int'l Falls, MN 56649
218-283-2000

FIND DEALS
in The Journal Classifieds