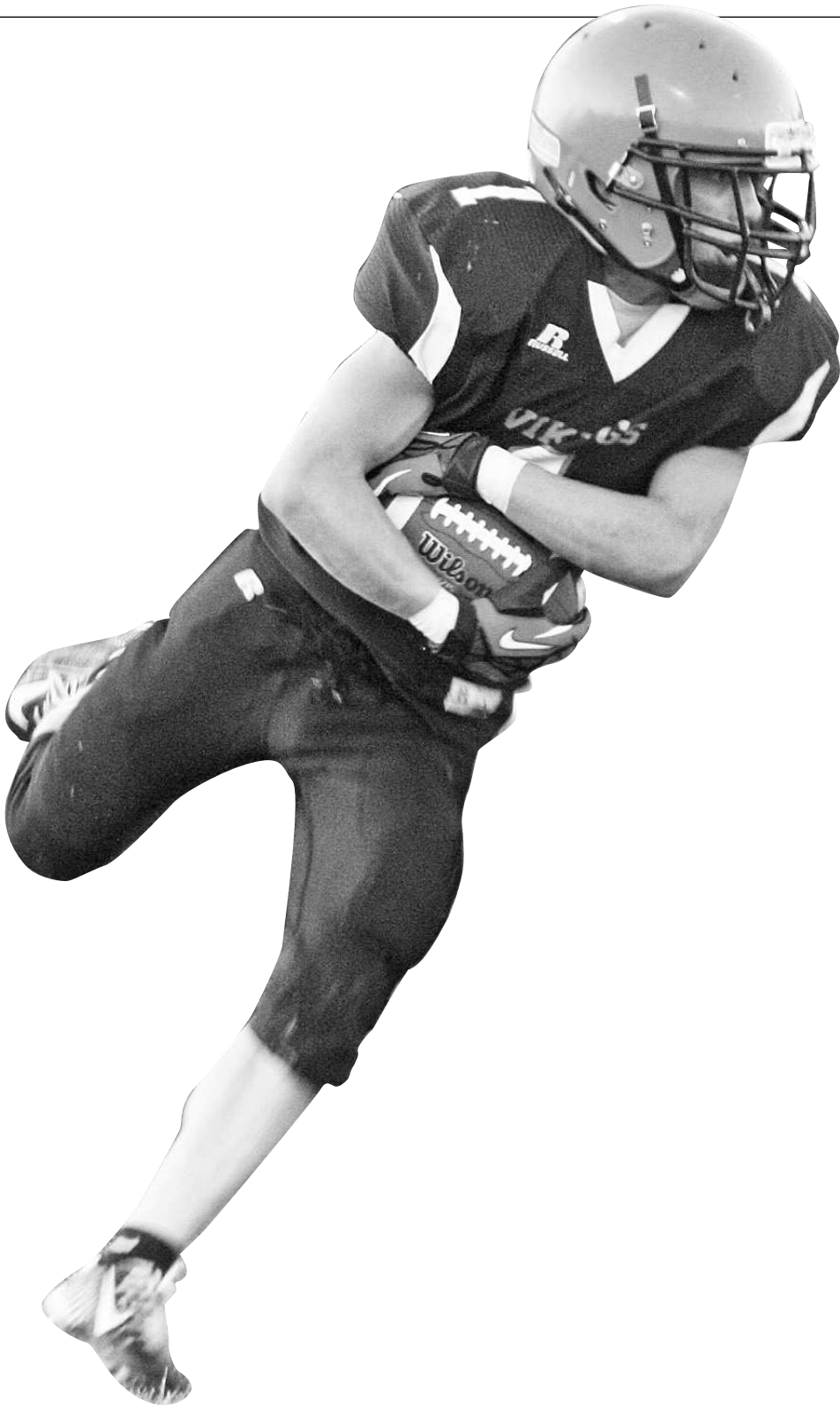


SPORTS



SENATHLETES

Who is...
Rylan Henrickson

The 17-year-old Littlefork-Big Falls High School senior is a running back on the Vikings’ football team.

Birthday:
November 16, 1996

Future plans:
Go to college.

What’s on TV:
SportsCenter

Favorite music:
Country

Favorite movies:
The Longest Yard

What do you drive:
2005 Dodge Dakota

Favorite Web sites:
Facebook

Favorite meal:
Steak and mashed potatoes

Talent I’d most like to have:
Dunk a basketball

Favorite athlete to watch:
LaBron James

Dream date:
Kate Upton

Favorite team as a kid:
Minnesota Vikings

Favorite city to visit:
Homer, Alaska

Favorite attribute about yourself:
Speed

Least favorite attribute:
Height

Favorite holiday:
Christmas

Favorite memory about your high school career:
Beating Barnum in baseball playoffs.

Favorite thing to do that has nothing to do with sports:
Hunt and go to the shack.

Dream job:
History teacher

Love to trade places for a day with...
Derek Jeter

ICE ARENA SCHEDULE 10/13-10/17

Date	Time	Location	Comments
10-13	2:15pm-3:30pm	Kerry Park Arena	RRCC Women’s Hockey Practice
10-13	4:10pm-5:10pm	Kerry Park Arena	Mighty Mite Open Hockey
10-13	5:20pm-6:20pm	Kerry Park Arena	Squirt Open Hockey
10-13	6:30pm-7:30pm	Kerry Park Arena	Pee Wee Open Hockey
10-13	7:40pm-8:40pm	Kerry Park Arena	Bantam Open Hockey
10-13	8:50pm-9:50pm	Kerry Park Arena	High School Boys Open Hockey
10-14	2:15pm-3:30pm	Kerry Park Arena	RRCC Women’s Hockey Practice
10-14	4:10pm-5:10pm	Kerry Park Arena	Termite Open Hockey
10-14	5:20pm-6:20pm	Kerry Park Arena	Pee Wee Open Hockey
10-14	6:30pm-7:30pm	Kerry Park Arena	Bantam Open Hockey
10-14	7:45pm-8:45pm	Kerry Park Arena	High School Girls Open Hockey
10-15	2:15pm-3:30pm	Kerry Park Arena	RRCC Women’s Hockey Practice
10-15	4:10pm-5:10pm	Kerry Park Arena	Mighty Mite Open Hockey
10-15	5:20pm-6:20pm	Kerry Park Arena	Squirt Open Hockey
10-15	6:30pm-7:30pm	Kerry Park Arena	Pee Wee Open Hockey
10-15	7:40pm-8:40pm	Kerry Park Arena	Bantam Open Hockey
10-15	8:50pm-9:50pm	Kerry Park Arena	High School Boys Open Hockey
10-16	2:00pm-3:30pm	Kerry Park Arena	RRCC Women’s Hockey Practice
10-16	4:10pm-5:10pm	Kerry Park Arena	Termite Open Hockey
10-16	5:10pm-6:10pm	Kerry Park Arena	Squirt Open Hockey
10-16	6:20pm-7:20pm	Kerry Park Arena	Pee Wee Open Hockey
10-16	7:30pm-8:30pm	Kerry Park Arena	Bantam Open Hockey
10-16	8:45pm-9:45pm	Kerry Park Arena	High School Girls Open Hockey
10-17	2:00pm-3:30pm	Kerry Park Arena	RRCC Women’s Hockey Practice
10-17	4:10pm-5:10pm	Kerry Park Arena	Mighty Mite Open Hockey
10-17	5:20pm-6:20pm	Kerry Park Arena	Squirt Open Hockey
10-17	6:30pm-7:30pm	Kerry Park Arena	Pee Wee Open Hockey
10-17	7:40pm-8:40pm	Kerry Park Arena	Bantam Open Hockey
10-17	8:50pm-9:50pm	Kerry Park Arena	High School Boys Open Hockey

catch up online.....

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Bridgewater says he feels 100 percent healthy

EDEN PRAIRIE (AP) — Teddy Bridgewater wants to win, of course, a given when it comes to any NFL player’s public commentary.

The other stated goal this week? To make that absence from the field a one-game blip.

Bridgewater said Wednesday he feels 100 percent healthy after spraining his left ankle in the fourth quarter of his first NFL start, Sept. 28 against Atlanta. The Minnesota Vikings held their rookie quarterback out last week at Green Bay with only three days for him to heal.

Now, with nine more days to get ready for the game against Detroit, there’s little doubt who will be taking the snaps Sunday.

“The ankle’s feeling good. I’m excited to get back out there,” Bridgewater said.

The Vikings sure missed him in that 42-10 loss to the Packers, when Christian Ponder filled in and threw 22 incompletions, including two interceptions. One was

returned for a touchdown, and the other set one up.

“It was very hard,” Bridgewater said of having to watch instead of play. “Especially being a competitor, you always want to be out there with the guys.”

Bridgewater didn’t directly answer questions about whether he lobbied coach Mike Zimmer to play in the shortened week, but he didn’t hint of any discontent with the decision.

Bridgewater, fast becoming a polished, poised guy at the podium who’s as quick with the company line and he is moving around in the pocket, repeatedly praised the rehabilitation work he’s done with athletic trainer Eric Sugarman and his staff. He said he won’t wear a brace



Teddy Bridgewater

on the ankle and isn’t worried about being able to cut and plant.

Bridgewater said he doesn’t think he has to prove anything about his durability, but he acknowledged a desire for career longevity.

“I want to be the guy, for 10-plus years,” he said.

Zimmer said he had “no concern” about Bridgewater’s availability this week. Even against a Lions defense that has allowed the fewest yards per game in the NFL and the second-fewest points per game, the expectations will be there for him to play as productively and capably as he did in that dazzling debut against the Falcons.

“My expectations are probably as high as everybody else’s. I understand that there will be some bumps and bruises along the way with all the young guys and young quarterbacks,” Zimmer said. “But Teddy is a super competitor. He’s got a lot of poise, and he’s got a lot of talent. I hope his expectations are high.”

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VOTE PERRYN HEDLUND NOV. 4



- Lifelong resident of Koochiching County
- Graduate of RRCC with Associate of Arts Degree
- Graduate of Bemidji State University with Bachelor of Science Degree in Criminal Justice
- Graduate of Hibbing Law Enforcement Skills Training
- Graduate of Federal Law Enforcement Training Center
- 13 years experience between the International Falls Police Department and U.S. Customs

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