

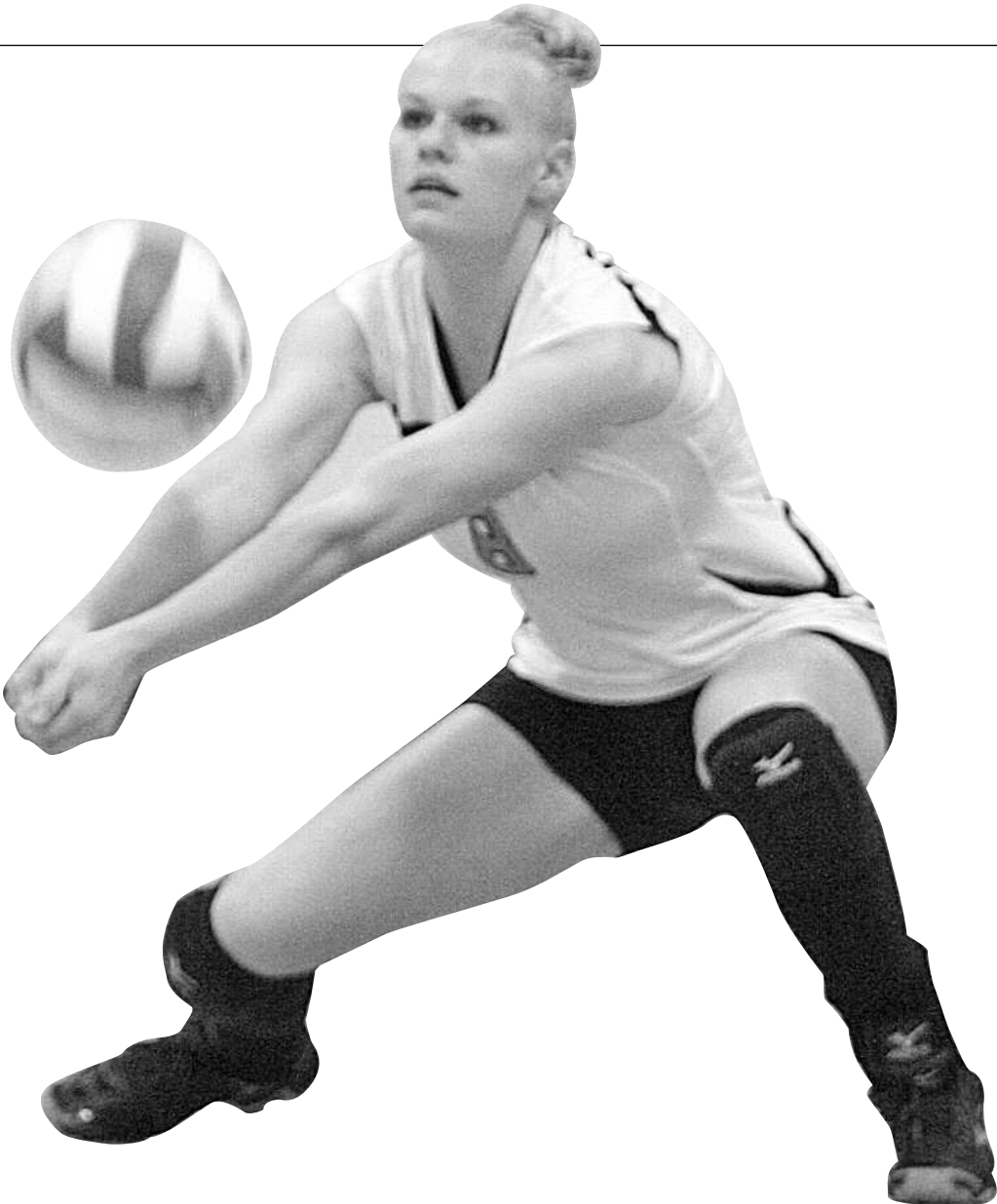
SPORTS

SENATHLETES

Who is...  
Karsyn Wendt

The 17-year-old Littlefork-Big Falls High School senior is an outside hitter on the Vikings’ volleyball team.

<b>Birthday:</b> August 20, 1996	<b>Talent I’d most like to have:</b> Fly
<b>What’s on TV:</b> Ridiculousness	<b>Dream date:</b> Channing Tatum
<b>Favorite music:</b> A wide variety	<b>Favorite team as a kid:</b> Littlefork-Big Falls Vikings
<b>Favorite movies:</b> The Proposal	<b>Favorite city to visit:</b> Duluth
<b>What do you drive:</b> Ford Taurus	<b>Favorite attribute about yourself:</b> Kindness
<b>Favorite Web sites:</b> Wanelo	<b>Least favorite attribute:</b> Lack of confidence
<b>Favorite meal:</b> Steak, mashed potatoes and peas	<b>Favorite holiday:</b> Christmas
<b>Biggest superstition:</b> Walking under a ladder	<b>Your hero:</b> My mom
<b>Worst habit:</b> Grinding my teeth	<b>Top three things on your bucket list:</b> Skydiving. Ride a camel. Make a difference.
<b>Biggest pet peeve:</b> Bullying	



<b>Your motto:</b> Be the change you want to see in the world.	<b>Dream job:</b> Work at an inner-city arts program
<b>Favorite memory about your high school career:</b> Volunteering at the nursing home	<b>Love to trade places for a day with...</b> My dog
<b>Favorite thing to do that has nothing to do with sports:</b> Theater	<b>Favorite person to follow on Twitter:</b> Don’t have Twitter

WOMEN’S VOLLEYBALL



STAFF PHOTOS BY KEVIN BONESKE  
Rainy River’s Rachel Clark digs out the ball in Wednesday’s match against Mesabi Range in the RRCC gym. Clark led the Voyageurs with 13 digs.

Voyageurs leveled by Mesabi Range

RRCC now 2-6 in MCAC North

BY KEVIN BONESKE  
Sports Editor

In a match to start off the second half of the Minnesota College Athletic Conference’s Northern Division volleyball schedule, Rainy River Community College lost Wednesday night in the RRCC gym in three straight games to Mesabi Range, 18-25, 19-25, 12-25. “I was disappointed with our energy level and we just made too many mistakes again,” said Voyageurs head coach Mel Millerbernd. “Against good teams like this, you’ve got to cut down on those errors, and serving is a huge one. You can’t miss that many serves and expect to win.” The Lady Norse dominated game one, in which RRCC rallied late and trimmed the losing margin to seven points. The Voyageurs had an opportunity to tie the match at a game apiece when they led midway through game two, then saw Mesabi

Range break a 16-16 tie and win by six. “In that middle game we missed five serves,” Millerbernd said. “If you take those missed serves away, we may have pulled off game two.” A 3-3 tie early in game three became a one-sided affair when the Lady Norse went on an 8-0 scoring run and ended up winning by 13. RRCC was led by CaseyLynn Fulton with seven kills and Rachel Clark with 13 digs. The Voyageurs’ season record dropped to 2-6 in the MCAC North and 4-18 overall, while Mesabi Range improved to 6-2 in conference play and 12-8 overall. The top four in the eight-team MCAC North will advance to the Region 13B Tournament. “Had we pulled this one off, that would have helped,” Millerbernd said. “This loss hurt us in the standings.” RRCC won’t have another match until Oct. 11 when the team faces the Fond du Lac Thunder in Cloquet. The Voyageurs then play at Itasca on Oct. 12.



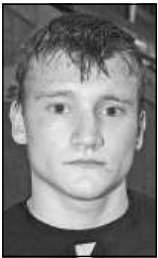
From left, Mesabi Range’s Danielle Lenci (1) reaches up to block a return hit of Rainy River’s CaseyLynn Fulton (21). Fulton led the Voyageurs with seven kills.

SIJHL HOCKEY

DeBenedet scores twice as Lakers defeat Iron Rangers

JOURNAL STAFF REPORT

Lakers forward Lucas DeBenedet, a 2013 Falls High School graduate, scored two goals and added a pair of assists Tuesday evening to help lead Fort Frances to a 7-5 victory over the Minnesota Iron Rangers in Superior International Junior Hockey League action at HoytLakes Arena. DeBenedet got things going for the Lakers with the night’s opening goal coming at 6:18 of the first period. After the Iron Rangers’ Matt O’Dea tied things up midway through the opening period, DeBenedet set up 2012 Falls High School graduate Mason Meyer for a shorthanded goal with less than 2 minutes to play in the period to put Fort Frances in front, 2-1.



Lucas DeBenedet

DeBenedet kept things going with his seventh goal of the season early in the second period, only to see Trevor Hoth answer right back for Minnesota while his club was on the power play. Lyndon Lipinski and Miles Nolan then tacked on another couple of goals to make it 5-2 Lakers, before O’Dea’s second of the night pulled the Iron Rangers closer when he found the back of the net while his team had a man-advantage opportunity. Minnesota kept scoring in the final period, getting goals again from Hoth and

O’Dea, who finished off a hat-trick, to tie the game with less than 7 minutes to play. Lipinski then scored his second goal of the contest at 14:11 of the third period in what turned out to be the game-winner for Fort Frances. Lakers captain Patrick Sofer added an empty-net goal with 47 seconds remaining to wrap things up. Shots on goal favored Minnesota, 26-21, with Ryan Ferguson picking up the victory and Erick Majerle suffering the loss. League play continued Friday with the same two teams wrapping up a home-and-home series at Ice for Kids Arena in Fort Frances. **Fort Frances 7, Minnesota 5**  
**Fort Frances 2 3 2 – 7**  
**Minnesota 1 2 2 – 5**

MEN’S BASEBALL

RRCC Voyageurs scrimmage Alumni, wrap up ‘fall ball’

JOURNAL STAFF REPORT

The Rainy River Community College baseball team held a scrimmage Sunday at Scheela Field against a team comprised of RRCC Alumni as the Voyageurs wrapped up last month’s “fall ball” practices in preparation for the 2014 season. The Voyageurs’ Landon Freeman (12) from Jasper, Alabama, delivers a pitch.



STAFF PHOTOS BY KEVIN BONESKE  
At right, the Voyageurs’ Colten Boudreau (6) from Winnipeg, Manitoba, slides into home plate where 2011 RRCC graduate Evan Marsh from Dauphin, Manitoba, plays catcher for the Alumni team in Sunday’s scrimmage at Scheela Field.