

SPORTS



SENATHLETES

Who is...
Riley Rasmussen

The 17-year-old International Falls High School senior is an offensive end and defensive lineman on the Broncos’ football team.

- Birthday:**
February 7, 1997

Future plans:
College

What’s on TV:
Netflix

Favorite music:
Classic rock and country

Favorite movies:
Lone Survivor, The Wolf of Wall Street

What do you drive:
1995 Ford Explorer

Favorite Web sites:
YouTube

Favorite meal:
Chicken pot pie

Biggest pet peeve:
My brother

Talent I’d most like to have:
Pro wakeboarder

Favorite athlete to watch:
Lindsey Vonn

Dream date:
Kate Upton
- Favorite team as a kid:**
Vikings

Favorite city to visit:
Birchdale

Favorite attribute about yourself:
Sense of humor

Favorite holiday:
Thanksgiving

Your hero:
My grandfather

Top three things on your bucket list:
Base jumping.
Go scuba diving on a coral reef.
Go swimming with sharks.

Favorite memory about your high school career:
Making long lasting friendships with the kids on my team.

Favorite thing to do that has nothing to do with sports:
The second weekend of deer season

Dream job:
Professional chef

Love to trade places for a day with...
Charlie Sheen

Favorite person to follow on Twitter:
Glen Anderson



Mel (Nygaard) Millerbernd, shown dribbling the basketball during her senior season at Starbuck High School, will be inducted Sept. 20 into the Minnewaska Area Schools Athletic Hall of Fame. Millerbernd presently is the athletic director and head volleyball coach at Rainy River Community College.

Mel Millerbernd to be inducted into Minnewaska HOF

JOURNAL STAFF REPORT

In two weeks, Rainy River Community College athletic director and head volleyball coach Mel Millerbernd will be honored for her achievements as a basketball player in high school.

Millerbernd, formerly Nygaard, who graduated in 1977 from Starbuck High School, will be inducted Sept. 20 into the Minnewaska Area Schools Athletic Hall of Fame. The banquet will be held that evening at the Minnewaska House in Glenwood. (Since her graduation from high school, Starbuck, Glenwood and Villard have consolidated to become Minnewaska Area High School.)

“It is an honor to be inducted into the Minnewaska Athletic Hall of Fame,” Millerbernd said. “During my high school years I was fortunate to have great coaches that really cared about girls athletics. These people were my role models and had a great influence on my career choice.”

Millerbernd participated in two state high school basketball tournaments and came close to a third state appearance her senior year when the Bucks fell in the region tournament to New York Mills.

While a three-year starter, Millerbernd’s teams won three straight conference and district championships, making it to state tournaments in 1974 (fall season) and again in 1976 when the tournament was moved to winter and took place at the Met Center.

Millerbernd’s basketball career included setting individual season scoring records for Starbuck. In 1976, she tallied 297 points. Her 352 points in 1977 rank fourth-highest in a single season at SHS.

When she graduated from high school, Millerbernd held the girls scoring record with 774 career points, which is now sixth-highest overall in the school’s history.

Her senior year, she was a tri-captain with Jill Brenden and Jody DuBois. Millerbernd was voted All-Conference in 1976 and

who believed in us and we really worked,” Millerbernd said. “There were a lot of players, including me, giving it everything we had so our team could do well.”

In addition to playing basketball, Millerbernd also participated in track and volleyball while in high school.

After graduating from Starbuck, Millerbernd attended Concordia College, where she played field hockey and basketball. Upon graduation from Concordia, she set another record as she became the first female to play and coach in the girls state basketball tournament as the 1982 coach for New York Mills.

She then coached basketball and volleyball in Littlefork, before joining the staff at RRCC in the Falls and becoming the volleyball coach and athletic director.

Millerbernd is married to Starbuck graduate Tom Millerbernd, who also was an athlete and coached. They have three adult children.

1977 and received honorable mention her sophomore year. She was also a WCCO Prep Parade Team of the Week honoree as a junior and was the Jerry Lindell Award winner in 1977.

In her final season, the team started with 15 straight wins before its first loss against North St. Paul. The Bucks then won seven straight wins before their playoff game loss against New York Mills to open Region 6. Starbuck’s 22 wins that season is the school record.

“Mel was very dedicated and had a lot of natural ability,” said former coach Marlene Hippe. “She was fun to watch, a real leader on the court as she brought the ball down playing guard.”

As one of the team’s standouts, Millerbernd contributed to the Bucks’ 23-0 record during the first three years of Pheasant Conference play.

“We were really successful, but we were surrounded by coaches and teachers who were good role models,



We would like to thank Super One and Pepsi for sponsoring us in the International Falls Bass Championship. Thanks to Kristi Taylor for getting us ready for the tournament and thanks to IFBC, the many volunteers and to all the many supporters and attendees.


IT MAKES IT A GREAT EVENT.

ED & JAY TAYLOR

Open House
Saturday, September 13th,
2-5 pm at Northwoods Bible Church in Ray

25th Wedding Anniversary

Bloyd & Kathy Breneman
From their Children and Families



LIVE CONCERT
Vocal and Guitar
presented by
ANTHONY FAITH
Sunday, September 7 - 2:00 pm

THE DUNGEON at BACKUS
Listen to Old Favorites and Music of Today
Donations of \$ 10.00 accepted
All proceeds benefit
“MUSIC IN THE DUNGEON”
Public Invited - Refreshments Served

The Elevator will be open for use
Information: mrfaithislasers.com or
Facebook “Faiths Dungeon”