



Who is...
Jessica Hell, Bronco girls senior diver, is featured

2015 Bronco HOF inductees selected

Class of 2015 has four individuals, girls track team to be honored

BY KEVIN BONESKE
Sports Editor

Four individuals and a state-champion girls track and field team from International Falls will be honored the evening of April 18 at the AmericInn as the next class of inductees into the Bronco Athletic Hall of Fame.

The Hall of Fame's Class of 2015 includes shot putter and discus thrower Misty Bahr, hockey player Jim Amidon, football player and assistant recreation director Aldo DeMarchi, recreation director Bill Howard and the 1972 girls track and field team.

The four individuals received the most votes this week from the Hall of Fame's selection committee, which cast ballots for the nominees considered for possible induction in 2015.

MISTY BAHR

Bahr, who graduated in 1994 from Falls High School, where she competed in both volleyball and track and field, was a state qualifier in both the shot put and discus in 1993 and 1994. She finished third in the shot put in both years and placed sixth and eighth in the discus.

Bahr is the second-best discus thrower and third-best shot putter in Bronco

girls track and field history. Her best discus throw of 129 feet, 1 inch, is 8 inches short of the school record set by Kathleen Johnson in 1988. Her best throw in the shot put was 41-2.5.

She also competed in volleyball and track and field at Hamline University, where she was a six-time All-American. Bahr, who was the 1998 NCAA Division III national indoor champion in the shot put, remains the school's indoor record holder in that event with a toss of 48-3.75. She had also held the outdoor school records in the shot put and discus before those records were broken last year by Becky Culp.

The annual award for Hamline University's top senior female athlete is named after Bahr, who passed away in December 2003 and was inducted into the school's Athletic Hall of Fame in 2004. In addition, in the annual Hamline Elite Meet for the best high school track and field athletes in the state, the girls shot put is named in Bahr's honor and memory.

JIM AMIDON

Amidon, a 1963 FHS graduate, played forward on the Bronco boys hockey team from 1960-63, which included being on the teams that won the state championship in 1962 and placed runner-up at the state tournament in 1963. He was named to all-tournament team in both years.

He was part of a state championship team that went 27-0-1 and included forward Keith "Huffer"



Christiansen and goalie Mike "Lefty" Curran, both of whom have previously been inducted into the Bronco Athletic Hall of Fame. The head coach, Larry Ross, has also been inducted.

"Much was made of the inner-team competition between my line and Huffer Christiansen's, and there's no doubt that it was the greatest competition we faced all year," Amidon said. "The final key was that Larry Ross programmed everything we did towards the state tournament, and by the time that came around we were giants killers."

Absent Christiansen, Curran and others the following season, Amidon was one of only three seniors on the team that also entered that state tournament without a loss. In the 1963 championship game against St. Paul Johnson, Amidon scored a goal in the final minute of regulation to send the game into overtime, before the Falls lost, 4-3.

Amidon, who was ranked in 2011 by the Minnesota Hockey Hub as the 75th greatest high school player in the state's history, played

college hockey at Colorado College, where he got to play with another forward from the Falls, Glen Blumer, who graduated from FHS after the Broncos won the 1962 state title.

Amidon, who was moved from forward to defenseman at Colorado College, received honorable mention as an All-American in 1967.

Following his hockey career, which also included playing for the Green Bay Bobcats in the United States Hockey League and being a coach and player in France, Amidon was an elementary school teacher for 25 years. He currently is retired and lives in Bozeman, Mont.

ALDO DE MARCHI

DeMarchi, who played high school football for the Falls in the 1940s, received All-Conference honors in 1943 and All-Range and All-State honors in 1946.

After being drafted in 1944 into the United States Army during World War II, he returned home to resume his senior year of education in 1946, when the Falls went 6-0-1 as the first undefeated football team in school history and he was named to the All-State football team as an end.

After graduating from FHS, he was offered a scholarship to play football at the University of Minnesota Duluth.

DeMarchi is known for his involvement with youth sports in the Falls and worked 25 years for Falls' recreation department, where he was the assistant recreation director.

He passed away in April at the age of 87.

BILL HOWARD

Howard noted his "life's calling and real athletic accomplishment was coaching and mentoring hundreds of Falls youth."

He is a 1939 FHS graduate who participated in high school sports and then attended Carleton College, where he was a captain on the basketball team and a first baseman and pitcher on the baseball team. He earned a bachelor's degree in geology from Carleton and then served in the U.S. Marine Corps during World War II.

Howard returned briefly to the Falls following the war when he coached Falls' American Legion baseball team and played semipro baseball. After post-graduate studies in geology at the University of Minnesota and playing baseball for the Faribault Lakers in the Southern Minnesota League, he spent several years outside of Minnesota as a field geologist with oil companies.

While working for an oil company in Chicago, Howard was contacted by Falls Athletic Director Walt Scheela, who asked him to come back to the Falls and become the city's recreation director. Howard was in that position from 1951-81 and developed the community's athletic and other recreational programs while working with DeMarchi and several volunteers and seasonal staff.

He also is the only person to have played in all

of the Smokey Bear Golf Invitational's first 50 tournaments that began in 1954 and was the Falls Country Club's senior club champion three times.

1972 FHS GIRLS TRACK

The 1972 Falls girls track and field team, which was coached by Peg Johnson, went undefeated that season when the Broncos tied White Bear Lake for first in Minnesota's first-ever girls state track and field championship.

Susan Alstrom won two individual state titles with the Falls that year by placing first in both the shot put and discus. Alstrom, the only Bronco girl ever to be a state champion in the shot put, also ranks as the third-best discus thrower in school history with her top toss of 125-1.

In a year in which distances for track events were measured in yards instead of meters, others placing at state for the Falls included: Debbie Krats, who finished third in both the 50- and 80-yard hurdles; Roxanne Heibel, who placed fourth in the 100- and 220-yard dashes; and Chris Drinkwine, who finished sixth in the 440-yard dash.

The Broncos, who also qualified the 440- and 880-yard relay teams for state when they won the district championship, have not won another girls state track and field team title since 1972 when there was only one class in Minnesota to compete in before the current two-class system began in 1976.

GIRLS SWIMMING AND DIVING

FHS advances to section finals in 8 events

JOURNAL STAFF REPORT

The International Falls girls swimming and diving team will have the opportunity today to qualify for state in eight of the 11 swimming events following the team's top-eight finishes in Thursday's Section 7A preliminary races at Grand Rapids.

The Broncos' top preliminary finish came from junior Abby Kostiuk, who placed first in the 100-yard backstroke (1 minute, 4.25 seconds). She is seeking to qualify for state in that event for the second year in a row.

Kostiuk also advanced to the section finals in the 100 butterfly, in which her preliminary time of 1:05.66 tied

for third with sophomore teammate Emma Misner. Grand Rapids sophomore Kate Bustrom placed first in 1:04.1.

The Falls advanced two swimmers to the finals in the 100 breaststroke with sophomores Claire Herzig and Emily Saari placing fourth and fifth, respectively, in times of 1:15.4 and 1:15.97. Saari is seeking to qualify for state in that event for the second year in a row. Mesabi East senior Hailee Jofs won the preliminary race in 1:10.85.

Herzig also advanced to the finals by placing eighth in the 50 freestyle (27.18), while Broncos sophomore Carolann Stone made the final top eight after coming in

seventh in the 200 individual medley (2:29.07).

All three of Falls' relay teams advanced to the championship finals with top-eight finishes in the 10-team section preliminaries.

Kostiuk, Saari, Misner and Herzig came in third in the 200 medley relay (1:57.18). Mesabi East won in 1:56.45.

Kostiuk, Misner, Herzig and senior Tayler Hebner placed fourth in the 200 freestyle relay (1:48.98), 3.91 seconds behind Grand Rapids' top time.

Stone, Hebner, Misner and junior Abby Auran came in fifth in the 400 freestyle relay (4:03.8). Hibbing finished first in 3:54.22.

In today's championship finals, the top-two finishes

in each swimming event and the top-four divers will advance to next week's Class A State Meet.

Five Falls swimmers will be competing today in the consolation finals after having a preliminary finish between ninth and 16th place.

They include: Stone, ninth in the 100 backstroke (1:08.52); Hebner, 12th in the 100 freestyle (1:01.48); sophomore Anna Earley, 12th in the 100 breaststroke (1:19.53); sophomore Josie Bates, 13th in the 100 butterfly (1:13.11); and Auran, 14th in the 200 individual medley (2:36.88).

Today's diving competition begins at 11 a.m. The swimming finals start at 3 p.m.



FILE PHOTO

The Broncos' Abby Kostiuk, shown swimming to a first-place finish in the 100-yard backstroke during the Oct. 28 home dual meet against Virginia, also came in first in that event in Thursday's Section 7A preliminaries at Grand Rapids.

GIRLS HOCKEY PREVIEW



STAFF PHOTO BY KEVIN BONESKE

Broncos sophomore forward Lexi Erickson advances the puck during a recent practice at Bronco Arena.

Broncos seek to compete for section title

BY KEVIN BONESKE
Sports Editor

Though the players who are also swimmers haven't yet been practicing with the team, the International Falls girls hockey team has been preparing to open the season at home Tuesday against Roseau.

The Broncos' two captains for 2014-15 are senior forwards Jenna Anderson and Tessa Walls. Anderson is one the top returning scorers from last season with six goals and 14 assists, along with freshman forward Amber Tilander, who tallied 14 goals and eight assists in 2013-14.

Others on head coach Gerald Bolstad's list of key returning players include senior defensive players Ashley Jonson and Kylie Skallman, along with two underclassmen on defense, junior Abby Auran, who tallied a goal and eight assists last season, and sophomore Emily Saari.

In goal, the Broncos return junior Taylor Fish, who had a 5-3-1 record with a 2.15 goals-against average and .909 save percentage. Other returning players include sophomore forwards Lexi Edwards (six goals and 13 assists) and Lexi Erickson (eight goals and 13 assists).

Falls' graduation losses include forwards Amy Auran, Hillary Fox, Sydney Raboin and Kaitlin Van Heel, defensive player Katie West and goalie Keanna Carlson.

"The biggest challenge will be to find scoring with a lot of untested forwards," Bolstad said. "This group has a lot of potential but will have to mature as a team. By the end of the season I am hoping we will be a strong contender for a section title."

The Broncos last season finished with an overall record of 15-9-3 after losing their Section 7A semifinal game in double overtime to Hibbing/Chisholm, 1-0.

SPORTS SCHEDULE

- Today's games**
Girls swimming/diving
I. Falls in Section 7A finals at Grand Rapids, 11 a.m.
Women's hockey
RRCC at UMD, 2 p.m.
- Sunday's games**
Women's hockey
RRCC at UMD, 9 a.m.
- Tuesday's games**
Girls hockey
Roseau at I. Falls, 7:30 p.m.
- Thursday's games**
Girls hockey
Silver Bay at I. Falls, 7:30 p.m.
- Friday's games**
Women's/men's basketball
RRCC at Mesabi Range
Tourney, 2/4 p.m.
- Nov. 15 games**
Women's/men's basketball
RRCC at Mesabi Range
Tourney, TBA
Women's hockey
RRCC at UW-Stout, 4 p.m.