SPORTS

NBA

Afflalo and Nuggets hand Wolves 12th straight loss

MINNEAPOLIS (AP) — It's been a slog at times for Arron Afflalo in his second tour with the Denver Nuggets as he tries to re-acclimate himself to a team in flux.

Little by little, it's all coming back to him. Just ask the Minnesota Timberwolves.

Afflalo scored 34 points and the Nuggets handed the Timberwolves their 12th straight loss with a 110-101 victory on Monday night.

J.J. Hickson had 16 points and 11 rebounds and the Nuggets shot 55 percent to cruise past the Timberwolves. Jusuf Nurkic scored 14 points and Ty Lawson added 12 assists for the Nuggets, whose reserves outscored Minnesota's 47-10.

If the Nuggets (15-20) are going to turn things around after a terrible start, Afflalo will likely be a catalyst. He's averaged 25.3 points on 61 percent shooting over the last three games.

"When you go through struggles, which I was going through, I really tried to find myself and find what makes me a better player, a more effective player," Afflalo said. "I think I'm starting to notice it over the last two or three games, how to be efficient and effective."

Gorgui Dieng tied a career high with 22 points and grabbed 12 rebounds and Shabazz Muhammad added 19 points and six boards for the Wolves (5-28), who are now tied with Philadelphia and New York for fewest wins in the league. The Timberwolves shot just 43 percent and have not won since Dec. 10 while playing without Ricky Rubio, Nikola Pekovic and Kevin Martin.

"We've just got to dig through these dog days," said Wolves assistant Sam Mitchell, who filled in when Flip Saunders couldn't make it to the arena because of an illness.

Nuggets coach Brian Shaw recently switched up the team's game-day schedule, eliminating the time-honored morning shootaround in favor of a light workout later in the afternoon. Shaw believes starting later in the day gives his players more continuous sleep and has them operating when their bodies are used to exerting their most effort.

The approach was successful on Saturday when the Nuggets thumped the Grizzlies 114-85 and Shaw said before the game on Monday the plan was to employ it the rest of the season to get a large sample size and make a determination going forward about the long-term future.

The Nuggets looked energetic and well-rested again Monday night, though playing against the woeful Timberwolves might have had something to do with it. They outscored the Wolves 19-10 in transition and 56-38 in the paint.

The Wolves allowed the Nuggets to shoot 61 percent in the first half.

ICE ARENA SCHEDULE 1/7-1/11

Date	Time	Location	Comments
1-7	6:30am-8:00am	Bronco Arena	Bronco Boys JV Practice
1-7	3:50pm-5:20pm	Bronco Arena	Bronco Boys Varsity Practice
1-7	4:10pm-5:10pm	Kerry Park Arena	Mighty Mite Practice
1-7	5:20pm-6:20pm	Kerry Park Arena	Squirt Purple/White Practice
1-7	5:30pm-7:00pm	Bronco Arena Bronco	Girls Hockey Practice
1-7	6:30pm-7:30pm	Kerry Park Arena	Pee Wee A Practice
1-7	7:40pm-8:40pm	Kerry Park Arena	Pee Wee B Practice
1-7	7:50pm-8:50pm	Bronco Arena	Fort Salmon Kings vs. Kantor Electric
1-7	9:00pm-10:00pm	Bronco Arena	Camp Kooch Roasters vs. Team Bruyere
1-7	9:00pm-10:00pm	Kerry Park Arena	Border Bar vs. RRCC Men
1-8	6:10am-8:10am	Bronco Arena	Figure Skating: Seniors
1-8	2:30pm-3:40pm	Bronco Arena	RRCC Women's Hockey Practice
1-8	3:50pm-6:50pm	Bronco Arena	Bronco Girls Hockey Practice
1-8	4:10pm-5:10pm	Kerry Park Arena	Squirt Group Practice
1-8	5:20pm-6:20pm	Kerry Park Arena	Mini Mite Practice
1-8	6:30pm-7:40pm	Kerry Park Arena	Pee Wee B Practice
1-8	7:00pm-8:15pm	Bronco Arena	Banatm Practice
1-8	7:50pm-9:00pm	Kerry Park Arena	Pee Wee A Practice
1-8	8:30pm-9:45pm	Bronco Arena	Figure Skating: Basic 8 & Junior Privates
1-9	6:10am-8:10am	Bronco Arena	Figure Skating: Seniors
1-9	2:00pm-3:30pm	Kerry Park Arena	Squirt Tournament: Falls Gold vs. H. Town Blue
1-9	3:45pm-5:15pm	Kerry Park Arena	Squirt Tournament: H. Town Gold vs. Falls Purple
1-9	3:50pm-5:00pm	Bronco Arena	Bronco Boys Hockey Practice
1-9	5:30pm-7:00pm	Kerry Park Arena	Squirt Tournament: Falls White vs. Hibbing
1-9	5:30pm	Bronco Arena	Broncos Girls JV Hockey Game vs. Park Rapids Area
1-9	7:30pm	Bronco Arena	Bronco Girls Varsity Hockey Game vs. Park Rapids Area
1-9	7:30pm-9:00pm	Kerry Park Arena	Squirt Tournament: LOW vs. Fort Frances
1-10	8:00am-9:30am	Kerry Park Arena	SQUIRT TOURNAMENT GAME
1-10	8:00am-1:00pm	Bronco Arena	SQUIRT TOURNAMENT GAMES
1-10	10:00am-11:30am	Kerry Park Arena	Bantams vs. Virginia
1-10	11:45am-1:15pm	Kerry Park Arena	Pee Wee A vs. Virginia
1-10	1:00pm-2:00pm	Bronco Arena	SQUIRT TOURNAMENT ALL PLAYER SHOOTOUT
1-10	2:00pm-3:00pm	Kerry Park Arena	Mighty Mite Purple vs. Roseau
1-10	2:15pm-9:00pm	Bronco Arena	SQUIRT TOURNAMENT GAMES
1-10	4:00pm-5:00pm	Kerry Park Arena	Mighty Mite Gold vs. Roseau
1-10	5:30pm-7:30pm	Kerry Park Arena	Open Family Skating
1-10	7:45pm-9:30pm	Kerry Park Arena	Open Adult Hockey
1-11	9:00am-10:30am	Kerry Park Arena	Squirt Tournament: 5th Place game.
1-11	9:00am-2:30pm	Bronco Arena	SQUIRT TOURNAMENT GAMES
1-11	11:00am-12:30pm	Kerry Park Arena	Pee Wee A vs. Grand Rapids
1-11	1:00pm-2:00pm	Kerry Park Arena	Pee Wee B Open Hockey
1-11	2:15pm-3:15pm	Kerry Park Arena	Open Youth Hockey Ages 8-10
1-11	2:45pm-3:15pm	Bronco Arena	Figure Skating: Snow Plow Sam
1-11	3:15pm-4:00pm	Bronco Arena	Figure Skating: Basic 1-8
1-11	4:00pm-4:45pm	Bronco Arena	Figure Skating: Basic 1-7 Privates
1-11	4:00pm-5:30pm	Kerry Park Arena	Pee Wee A vs. Grand Rapids
1-11	4:45pm-5:30pm	Bronco Arena	Figure Skating: Junior Group
1-11	5:30pm-6:15pm	Bronco Arena	Figure Skating: Synchro
1-11	5:45pm-7:45pm	Kerry Park Arena	Open Family Skating
1-11	6:30pm-7:30pm	Bronco Arena	Coke vs. Super One/Choc. Moose
1-11	7:45pm-8:45pm	Bronco Arena	Viking Bar vs. RL Chiro/T-Star
1-11	8:00pm-9:30pm	Kerry Park Arena	Open Adult Hockey

Hedtke, Rasmussen win their wrestling matches at Virginia

JOURNAL STAFF REPORT

Three wrestlers from International Falls competed Dec. 30 at a meet in Virginia with two of them winning their matches.

The Broncos' Nick Hedtke won his match over Greenway/Nashwauk-Keewatin's Robert Modich with a third-period pin. Hedtke's season record improved to 9-1.

Falls' London Rasmussen won two matches by pinning both Virginia's Caleb Peterson and Pine City's Allen Ramstad.

The Broncos' Gage Wherley lost his two matches to Virginia's Tristan Bene and G/N-K's Kole Platt.

Falls didn't compete Jan. 3.

CONTRIBUTED PHOTO

At top, the Broncos' Nick Hedtke pins Greenway/Nashwauk-Keewatin's Robert Modich to win the Dec. 30 high school wrestling match at Virginia.

SIJHL HOCKEY

Lakers edge Ice Dogs, win 6th in a row

JOURNAL STAFF REPORT

A Mason Meyer powerplay goal with 39 seconds remaining in the second period turned out to be the game-winner Saturday night when the Fort Frances Lakers edged the Dryden Ice Dogs, 2-1, in Superior International Junior Hockey League action at Ice for Kids Arena.

Neither team was able to score in the first period, even though the Lakers fired 21 shots toward Ice Dogs goalie Tate Sproxton.

Dryden scored first 2:26 into the second period on a goal from Anthony Filoso.

The Lakers tied the game at 5:43 of the middle period when Donovan Cousineau scored on a power play.

Meyer, a Falls High School graduate in his third season with Fort Frances, then scored the final goal of the night assisted by Bryson Jasper and Lucas DeBenedet, another FHS graduate in his second season with the Lakers.

Nathan Park made 23 saves for Fort Frances, while Sproxton ended up stopping 36 shots.

The Lakers, who remained atop the five-team SIJHL standings after winning their sixth game in a row, returned to action Tuesday to face the Minnesota Iron Rangers at Hoyt Lakes Arena.

RRCC

➤ continued from B1

RRCC had six players score in double figures led by Sam Stirgus with 20 points. Ahmad Poche added 16 points, Sheldon O'Neal, Darius Johnson and Jimson Clerveus each scored a dozen and Tobias put in 11 more.

The Lakers were led in scoring by Jeremy Neadeau with a game-high 24 points, followed by Kyle Raisch with 15, Challenge Johnson with 14, Redday with 11 and Brandon Masten with 10.

With the win, the Voyageurs improved their season record to 8-4 going into today's Minnesota College Athletic Conference opener at Hibbing.

Babler also pointed out after the game that all 12 RRCC players who began the season remain eligible for the spring semester with the team's combined grade-point average having increased almost three-quarters of a full letter grade since the last semester.

RRCC 101, LLTC 91

LLTC	**44**	**47**	**– 91**
RRCC	**49**	**52**	**– 101**

LLTC: Thomas (Sonny) Sylvester 4, Brandon Masten 10, Josh Laduke 2, Jordan Collins 5, Kyle Raisch 15, Challenge Johnson 14, Josh Redday 11, Jeremy Neadeau 24, Joe Strong 6. 3-pointers: Masten 2, Redday 2, Neadeau 2, Johnson, Strong. Free throws: 13-23. Fouls: 15.

RRCC: Ahmad Poche 16, Sheldon O'Neal 12, Jammere Carlisle 8, Arfon Janetkhan 6, Antoine Tobias 11, Darius Johnson 12, Teekay Biti 4, Sam Stirgus 20, Jimson Clerveus 12. 3-pointers: O'Neal 3, Poche 2, Janetkhan 2, Tobias 2, Johnson 2, Stirgus. Free throws: 11-15. Fouls: 21.

BRONCOS

➤ continued from B1

had three players end up in double figures led by Zach Simon with 24 points. Rylan Henrickson added 12 points with Evan Wimmer scoring 11 more.

The loss dropped L-BF's season record to 3-6 going into Tuesday night's home game against Nashwauk-Keewatin.

I. Falls 69, Virginia 47

Virginia	**16**	**31**	**– 47**
I. Falls	**26**	**43**	**– 69**

Virginia: Tyler Emery 4, Darby Maloney 7, Grady Maloney 4, Max Carlson 4, Ricky Sipila 10, Tom Prittinen 12, Ethan Youso 5. 3-pointers: Emery, G. Maloney, Youso. Free throws: 5-13. Fouls: 18

I. Falls: Ben Everson 2, Jack Bartkowski 4, Wyatt Helgeson 9, Greg Harris 3, Clay Tomczak 18, Ben Humbert 33. 3-pointers: Tomczak 2, Harris, Humbert. Free throws: 13-21. Fouls: 15.

Eighth Street skating rink open in the Falls

The Eighth Street rink in International Falls is now open for skating Monday-Friday from 4-8 p.m. and Saturday-Sunday from noon-8 p.m.

SPORTS SCHEDULE

Today's games
Women's/men's basketball
RRCC at Hibbing, 6/8 p.m.

Thursday's games
Boys swimming/diving
Mesabi East at I. Falls, 4:30 p.m.
Girls basketball
Kelliher/Northome at L-BF, 7:15 p.m.
I. Falls at Grand Rapids, 7:15 p.m.
Boys hockey
I. Falls at Greenway, 7:30 p.m.

Friday's games
Girls basketball
Hibbing at I. Falls, 7:15 p.m.
Boys basketball
Northland at L-BF, 7:15 p.m.
I. Falls at Mesabi East, 7:15 p.m.
Girls hockey
Park Rapids Area at I. Falls, 7:30 p.m.

Saturday's games
Boys swimming/diving
I. Falls at Virginia Invitational, TBD
Women's/men's basketball
Vermilion at RRCC, 1/3 p.m.
Girls hockey
I. Falls at Crookston, 3 p.m.

PULL TABS • PULL TABS AVAILABLE • PULL TABS AVAILABLE • PULL TABS • PLAY PULL TABS
VFW Post
Friday & Saturday
January 9 & 10
VFW DJ & Karaoke
Friday Night Burgers 5-8 pm
Daily Specials
Margarita's Tues. Late Night
Happy Hour Wed. Buckets of Beer & Free Pool
Thurs. Throw Back Beers Fri. Meat Raffle @ 6:30 pm
Loaded Bloody Mary's every Sunday starting at 10 am
RENT OUR BANQUET ROOM FOR A GREAT RATE!
BINGO
Every Tuesday at 7 pm
Now Play Electronic Pull tabs & Bingo!
Reg. games still available
Mon. 6:30 pm - Whist • Wed. 6:30 pm - Gin
Sat. 2:00 pm - Cribbage
Play Pull Tabs • VFW 2948 Gambling Lic. #A-00071
• PULL TABS AVAILABLE • PULL TABS AVAILABLE •

Best Food! Best View!
Now open for Lunch and Dinner daily
Open for Breakfast weekends only
Friday & Saturday Dinner Feature
Roquefort Steak
12 oz. New York Strip with grilled onions and melted blue cheese with your choice of potato and salad.
Thunderbird Lodge
ON BEAUTIFUL RAINY LAKE
10 miles east of Int'l Falls on Hwy. 11
218-286-3151
Dine Daily ~ 12:00 p.m. - 9:00 p.m.
www.thunderbirdrainylake.com

ICEBOX DAYS
EVENTS AT BACKUS COMMUNITY CENTER
Saturday, January 17, 2015
CHILI CHALLENGE
1:00 – 3:00 p.m.
VOTE FOR YOUR FAVORITE!
Prizes for 1st, 2nd & 3rd Place
CHILI TASTING $6.00
Kids Under 12 - $2.00 accompanied by paid adult
Free!
Prizes!
KIDS ACTIVITIES Free!
TURKEY BOWLING
1:00 - 3:00 P.M.
SUPERVISED BY
FALLS HIGH SCHOOL STUDENT COUNCIL
Community Groups, Organizations, Restaurants, Businesses, Individuals are invited to participate in the "Chili Challenge"
Call Backus for information
218-285-7225
BACKUS Community Center
"Backus is fully accessible to persons with disabilities – Please call our office for specific accommodations."