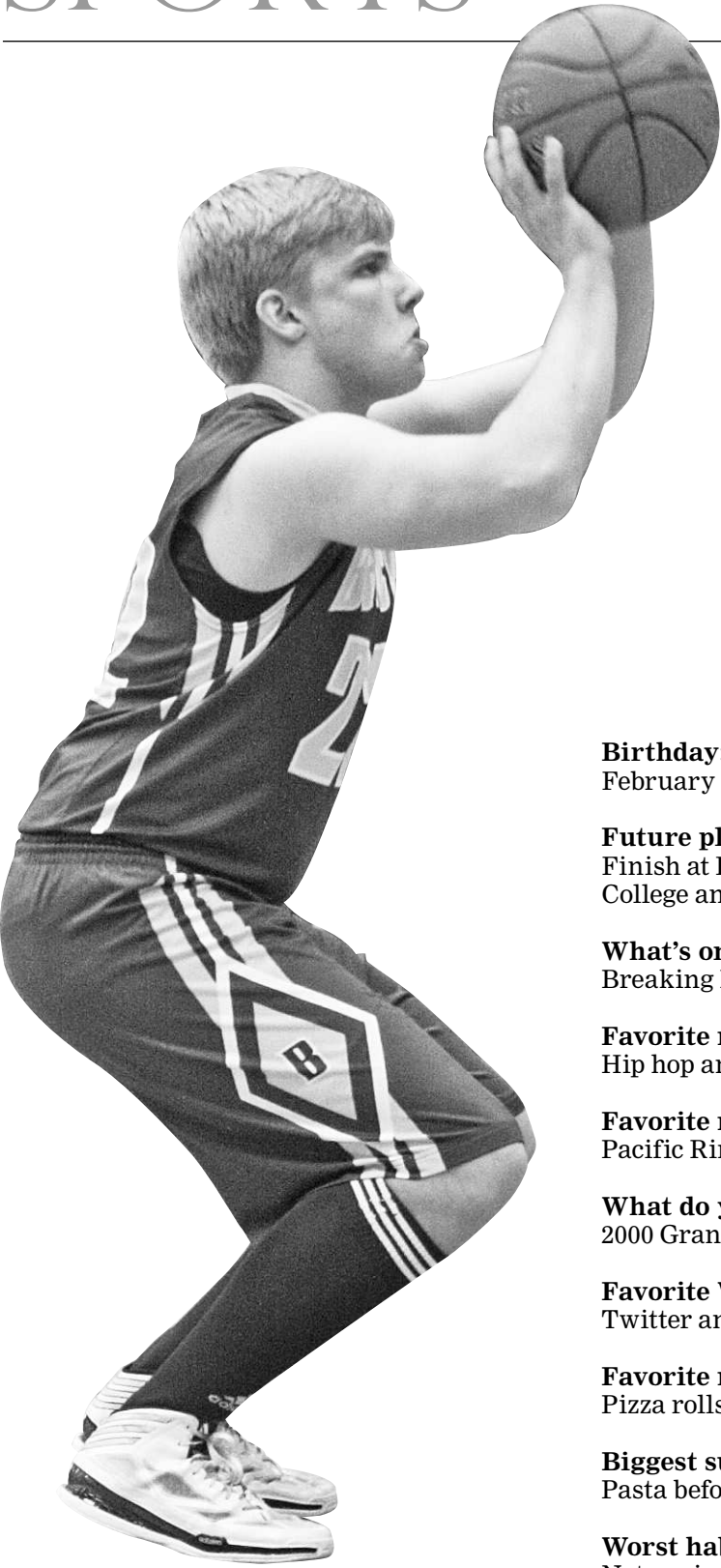


SPORTS



SENATHLETES

Who is...
Paul Skoglund

The 18-year-old International Falls High School senior is a forward on the Bronco boys basketball team.

Birthday:
February 29, 1996

Future plans:
Finish at Rainy River Community College and go on to a four-year college.

What’s on TV:
Breaking Bad

Favorite music:
Hip hop and rap

Favorite movies:
Pacific Rim

What do you drive:
2000 Grand Prix GTP

Favorite Web sites:
Twitter and Instagram

Favorite meal:
Pizza rolls

Biggest superstition:
Pasta before a game

Worst habit:
Not paying attention

Biggest pet peeve:
People who don’t think before they talk.

Talent I’d most like to have:
Being able to dunk

Favorite athlete to watch:
Ben Humbert

Dream date:
Katy Perry

Favorite team as a kid:
Timberwolves

Favorite city to visit:
Duluth

Favorite attribute about yourself:
My kind personality

Least favorite attribute:
Forgetfulness

Favorite holiday:
Fourth of July

Your hero:
Luke Spilde

Top three things on your bucket list:
Scuba dive.
Drive a fast car.
Pet a Cheetah.

Your motto:
Never give up.

Favorite memory about your high school career:
Beating Hibbing in overtime junior year

Favorite thing to do that has nothing to do with sports:
Go to the shack.

Dream job:
Not having to work

Love to trade places for a day with...
Nick Schoenecker

Favorite person to follow on Twitter:
Luke Spilde or Hanna Dahlin

ICE ARENA SCHEDULE 3/3-3/9

Date	Time	Location	Comments
3-3	4:00pm-5:00pm	Bronco Arena	Second Year Bantam/High School Boys Open Hockey
3-3	5:15pm-6:15pm	Bronco Arena	Girls High School Open Hockey
3-3	6:30pm-7:30pm	Bronco Arena	First Year Bantams/Second Year Pee Wee Hockey
3-3	8:15pm-8:45pm	Bronco Arena	Figure Skating: Foreign
3-3	8:45pm-9:15pm	Bronco Arena	Figure Skating: Cosmetic
3-3	9:15pm-9:45pm	Bronco Arena	Figure Skating: Gameshow
3-3	4:10pm-5:10pm	Kerry Park Arena	Mighty Mite Practice
3-3	5:20pm-6:20pm	Kerry Park Arena	Second Year Squirts/First Year Pee Wee Hockey
3-3	6:30pm-7:30pm	Kerry Park Arena	Girls U10-12 Practice
3-4	6:10am-6:40am	Bronco Arena	Figure Skating: Study
3-4	6:40am-7:10am	Bronco Arena	Figure Skating: Careers
3-4	7:10am-7:50am	Bronco Arena	Figure Skating: Hollywood
3-4	4:00pm-5:00pm	Bronco Arena	Second Year Bantam/High School Boys Hockey
3-4	5:15pm-6:15pm	Bronco Arena	High School Girls Open Hockey
3-4	6:30pm-7:30pm	Bronco Arena	Second Year Pee Wee/First Year Bantam Hockey
3-4	7:45pm-8:15pm	Bronco Arena	Figure Skating: Basic 5 Sailboat
3-4	8:15pm-8:45pm	Bronco Arena	Figure Skating: Basic 6 Orphanage
3-4	8:45pm-9:45pm	Bronco Arena	Figure Skating: All Senior
3-4	4:10pm-5:10pm	Kerry Park Arena	Termite Practice
3-4	5:10pm-6:10pm	Kerry Park Arena	First Year Squirt/Second Year Mighty Mite Hockey
3-4	6:20pm-7:20pm	Kerry Park Arena	Second Year Squirts/First Year Pee Wee Hockey
3-4	7:30pm-8:30pm	Kerry Park Arena	Girls U10-12 Practice
3-5	6:10am-6:40am	Bronco Arena	Figure Skating: Foreign
3-5	6:40am-7:30am	Bronco Arena	Figure Skating: Shelly's Solos
3-5	4:00pm-5:00pm	Bronco Arena	Second Year Bantam/High School Boys Hockey
3-5	5:15pm-6:15pm	Bronco Arena	High School Girls Open Hockey
3-5	6:30pm-7:30pm	Bronco Arena	Second Year Pee Wee/First Year Bantam Hockey
3-5	7:45pm-8:15pm	Bronco Arena	Figure Skating: Egypt
3-5	8:15pm-8:45pm	Bronco Arena	Figure Skating: Cruise
3-5	8:45pm-9:45pm	Bronco Arena	Figure Skating: All Senior
3-5	4:10pm-5:10pm	Kerry Park Arena	Mighty Mite Practice
3-5	5:20pm-6:20pm	Kerry Park Arena	Second Year Squirts/First Year Pee Wee Hockey
3-5	6:30pm-7:30pm	Kerry Park Arena	Girls U10-12 Practice
3-5	7:45pm-9:00pm	Kerry Park Arena	Open Adult Hockey
3-6	6:10am-7:00am	Bronco Arena	Figure Skating: Grand Finale
3-6	7:00am-7:30am	Bronco Arena	Figure Skating: Grad Seniors
3-6	4:00pm-5:00pm	Bronco Arena	Second Year Bantams/High School Boys Hockey
3-6	5:15pm-6:15pm	Bronco Arena	High School Girls Open Hockey
3-6	6:30pm-7:30pm	Bronco Arena	Second Year Pee Wee/First Year Bantam Hockey
3-6	8:00pm-9:00pm	Bronco Arena	Kantor Elect. vs. Wagner Const.
3-6	4:10pm-5:10pm	Kerry Park Arena	Termite Practice
3-6	5:10pm-6:10pm	Kerry Park Arena	First Year Squirts/Second Year Mighty Mite Hockey
3-6	6:20pm-7:20pm	Kerry Park Arena	Second Year Squirts/First Year Pee Wee Hockey
3-6	7:30pm-8:30pm	Kerry Park Arena	Girls U10-12 Practice
3-7	6:10am-6:50am	Bronco Arena	Figure Skating: Cosmetic/Family
3-7	6:50am-7:30am	Bronco Arena	Figure Skating: Dance/Gameshow

Date	Time	Location	Comments
3-7	4:00pm-5:00pm	Bronco Arena	Second Year Bantams/High School Boys Hockey
3-7	5:15pm-6:15pm	Bronco Arena	High School Girls Open Hockey
3-7	6:30pm-7:30pm	Bronco Arena	Mighty Mite Practice
3-7	7:45pm-8:45pm	Bronco Arena	Figure Skating: Junior
3-7	8:45pm-9:45pm	Bronco Arena	Figure Skating: All Senior
3-7	4:10pm-5:10pm	Kerry Park Arena	Termite Open Hockey
3-7	5:10pm-6:10pm	Kerry Park Arena	Second Year Squirt/First Year Pee Wee Hockey
3-7	6:20pm-7:20pm	Kerry Park Arena	Girls U10-12 Practice
3-7	7:30pm-8:30pm	Kerry Park Arena	Open Adult Hockey
3-8	9:00am-9:45am	Bronco Arena	Mighty Mite Jamboree: Falls Gold vs. Lake of the Woods
3-8	10:00am-10:45am	Bronco Arena	Mighty Mite Jamboree: Falls White vs. Bemidji Blue
3-8	11:00am-11:45am	Bronco Arena	Mighty Mite Jamboree: Bemidji White vs. North Lakes Lightning
3-8	12:00pm-12:45pm	Bronco Arena	Mighty Mite Jamboree: Falls Purple vs. Lake of the Woods
3-8	1:00pm-1:45pm	Bronco Arena	Mighty Mite Jamboree: Falls Gold vs. Bemidji Blue
3-8	2:00pm-2:15pm	Bronco Arena	Mighty Mite Jamboree: Chuck A Puck Contest
3-8	2:15pm-3:00pm	Bronco Arena	Mighty Mite Jamboree: Falls Purple vs. North Lake Lightning
3-8	3:15pm-4:00pm	Bronco Arena	Mighty Mite Jamboree: Falls White vs. Bemidji White
3-8	4:15pm-5:00pm	Bronco Arena	Mighty Mite Jamboree: Bemidji Blue vs. North Lakes Lightning
3-8	5:15pm-6:00pm	Bronco Arena	Mighty Mite Jamboree: Falls Gold vs. Bemidji White
3-8	6:15pm-7:00pm	Bronco Arena	Mighty Mite Jamboree: Falls White vs. Lake of the Woods
3-8	7:30pm-8:00pm	Bronco Arena	Figure Skating: Basic 3 Alps
3-8	8:00pm-8:30pm	Bronco Arena	Figure Skating: Basic 4 Theme
3-8	8:30pm-9:15pm	Bronco Arena	Figure Skating: Dar's Solos
3-8	9:15pm-10:00pm	Bronco Arena	Figure Skating: Shelly's Solos
3-8	11:00am-12:00pm	Kerry Park Arena	Squirt Open Hockey
3-8	12:00pm-1:00pm	Kerry Park Arena	Pee Wee Open Hockey
3-8	1:15pm-2:15pm	Kerry Park Arena	Bantam Open Hockey
3-8	2:15pm-3:15pm	Kerry Park Arena	Girls Open Rec. Hockey
3-8	3:30pm-4:30pm	Kerry Park Arena	Open Adult Hockey
3-9	12:00pm-12:30pm	Bronco Arena	Figure Skating: Basic 6 Orphanage
3-9	12:30pm-1:00pm	Bronco Arena	Figure Skating: Basic 5 Sailboat
3-9	1:00pm-1:30pm	Bronco Arena	Figure Skating: Basic 4 Theme
3-9	1:30pm-2:00pm	Bronco Arena	Figure Skating: Snow Plow Sam Adopt
3-9	2:00pm-2:30pm	Bronco Arena	Figure Skating: Basic 1 Child
3-9	2:30pm-3:00pm	Bronco Arena	Figure Skating: Basic 2 College
3-9	3:00pm-3:30pm	Bronco Arena	Figure Skating: Basic 3 Alps
3-9	3:30pm-4:00pm	Bronco Arena	Figure Skating: Basic 2 Marry
3-9	4:00pm-4:30pm	Bronco Arena	Figure Skating: Egypt/Careers
3-9	4:45pm-5:45pm	Bronco Arena	Coke vs. Viking Bar
3-9	6:00pm-7:00pm	Bronco Arena	Super 1/Choc. Moose vs. Kantor Elect.
3-9	7:15pm-8:15pm	Bronco Arena	Border Bar vs. T-Star/RL Chiro/Vet
3-9	1:00pm-1:45pm	Kerry Park Arena	Mighty Mite White Parent/Child Game
3-9	1:45pm-2:30pm	Kerry Park Arena	Mighty Mite Purple Parent/Child Game
3-9	2:30pm-3:15pm	Kerry Park Arena	Mighty Mite Gold Parent/Child Game
3-9	3:30pm-4:30pm	Kerry Park Arena	Open Family Skating
3-9	4:45pm-5:45pm	Kerry Park Arena	Open Adult Hockey

REGISTRATION NEXT WEEK!
Tuesday, March 4th • Wednesday, March 5th • Thursday, March 6th
6:00 - 8:00pm Memorial Sportsplex

Fort Frances Youth Soccer			
Age	Squirts (U5)	born 09/10	Tues. & Thurs. 5:30-6:15 pm..... \$ 45
Divisions:	Div. 1 (U7)	born 07/08	Mon. & Wed. 5:30-6:30 pm..... \$ 55
	Div. 2 (U9)	born 05/06	Mon. & Wed. 6:30-7:30 pm..... \$ 55
	Div. 3 (U11)	born 03/04	Tues. & Thurs. 6:30-7:30 pm..... \$ 55
	Div. 4 (U13)	born 01/02	Tues. & Thurs. 5:30-7:00 pm..... \$ 70
(Full field)	Div. 5 (U16)	born 98/99/00	Mon. & Wed. 5:30-7:00 pm..... \$ 70

PLEASE NOTE: *Non-Resident fees are an additional \$ 15.00/player *N.S.F. fee - \$ 25.00
ALL GAMES WILL BE PLAYED AT THE ST. FRANCIS SOCCER FIELDS

Season Starts April 28, 2014 and runs through June 19

VOLUNTEERS NEEDED!
Coaches and Assistant Coaches
Youth Officials (Paid or FFHS Community Hours) Are Also Required
CONTACT US AT: fortfrancesyouthsoccer@gmail.com or Facebook at: Fort Frances Youth Soccer

Lakers clinch SIJHL regular-season crown

JOURNAL STAFF REPORT

A power-play goal from Lakers forward Lucas DeBenedet of International Falls with 7:56 remaining in regulation turned out to be the game-winner Tuesday night when Fort Frances edged the Wisconsin Wilderness, 3-2, in Superior International Junior Hockey League play at Ice for Kids Arena.

The home victory also resulted in the Lakers clinching the SIJHL 2013-14 regular-season crown. It marks the first regular-season title for a Fort Frances-based club since 2002-03 when the Borderland Thunder finished first overall before going on to defeat the Thunder Bay Bulldogs in five games in the Bill Salonen Cup final.

On Tuesday night, the Lakers jumped out to a 2-0

lead after 20 minutes on goals by Aaron Wesley-Chisel at 4:01 and Falls native Mason Meyer at 8:45.

Alex Rezansoff pulled the Wilderness to within one with the only goal of the second period when he beat Jordan Cartney at 4:58.

Darrick Howard added the second goal for Wisconsin in the third period, but DeBenedet's league-leading 45th goal of the season stood up as the game-winner.

Fort Frances outshot the Wilderness, 42-25, on the night with Cartney picking up the win and Griffin Strain recording the loss in goal.

LAKERS 3, MINERS 1

The night after wrapping the regular season title, the Lakers continued their winning ways Wednesday when they defeated the

English River Miners, 3-1, at Ear Falls Arena.

Kevin Kurm gave Fort Frances the lead with the only goal of the opening period when he scored on the power play at 17:43.

English River pulled even midway through the second period on Paul Lamoureux's 16th goal of the season.

The Lakers went back on top late in the second period on goals 15 seconds apart from Meyer, who scored the eventual game-winner, and Wesley-Chisel, who also scored for a second-straight night.

Neither side scored in the final period as Fort Frances held on for the win.

Devin Tappenden made 28 saves to pick-up the victory in net for the Lakers, who fired 35 shots on Miners goalie P.D. Melgoza.