

SPORTS

EMO SPEEDWAY



CONTRIBUTED PHOTO BY ALYSSA STRACHAN

At right, Christopher Leek won the WISSOTA Midwest Modified feature Saturday night at the Emo Speedway and also claimed an unprecedented fourth track championship in a row. He needed to win the feature over Chuck Lambert to claim the championship.

Leek edges Lambert for 4th consecutive track championship

BY ANTHONY LEEK  
For The Journal

Cloudy skies and a chance of rain led to a smaller than usual crowd count Saturday night at the Emo Speedway. During the pit meeting, light rain started to fall on the facility, leading to a 45-minute delay. However, after work by the volunteers and drivers, the track was ready to go by 8:15 p.m. for AMSOIL Dirt Track Racing Series action.

It was the Keith McNally Memorial and Season Championship, which featured a hotly-contested battle for first between Christopher Leek and Chuck Lambert, who were only separated by one point in the WISSOTA Midwest Modified division. The other two classes had been mainly decided upon as Kendal Gamsby claimed the Street Stock division with Steve Nordin claiming the WISSOTA Modified division.

The WISSOTA Midwest Modifieds were up first for their heat. Being one car short of two heats, it was the smallest car count since the end of July. As fitting as it seemed, Leek and Lambert were both on the front row. The race quickly turned into Lambert running away with a win, while Leek suffered the setback of heading into the feature tied for first.

In the Street Stocks, 10 cars were split into two heats with Ron Westover coming from the fourth position to win the first race. In the second heat, Tylar Wilson repeated the same feat by starting fourth and passing for the win.

In the WISSOTA Modifieds, 11 cars were in attendance split into two heats. In the first heat, Gavin Paull used the high line to scoop the majority of cars from the sixth position to win it. Garrett Gamsby finished second. In the second heat, Ron Korpi took the win in dominating fashion over Brian Nelson.

Due to the risk of inclement weather, track officials decided to run the WISSOTA Midwest Modified feature immediately after the heats. Jake Rea and Terry Martin started on the front row, while Leek started fourth and Lambert fifth.

Rea took the early lead as Leek moved into second spot. The only way for either Lambert or Leek to win the championship was to finish ahead of the other. As Leek made the pass for the lead, Martin lost control of his car over the embankment and slid on the wet grass into the pit guardrail. He was fine, and was able to restart the race.

On the ensuing restart, Leek made the pass again on the outside and started to check out. However, another caution came and Lambert had now moved into second position. It was a nerve-racking race for both drivers as Lambert ducked on the inside several times and they raced side by side on occasion.

One more caution occurred, leading to a green-

white-checkered finish. It was a thrilling finish to one of the closest championship races in track history. Leek claimed the Keith McNally Memorial for the second year in a row and also came out on top for his fourth track championship in a row, a feat never done before in any of the current classes at the Emo Speedway.

In the Street Stocks feature, Devin Brown claimed the top spot early on and a battle ensued between him and Ron Westover. The two of them were door to door for several laps until Westover was able to get around. Meanwhile, Tylar Wilson and Kendal Gamsby were also knocking on the door as they went three wide a couple of times as the track started to widen out.

At one point, Brown was spun sideways, but was able to maintain control. Westover gained a significant lead for a while, but Wilson had moved into second. Within a few laps, Wilson was on the outside of Westover. Battles were occurring all over the track, but Wilson was able to clear for the lead and took the checkered flag for the fourth time in a row.

The WISSOTA Modified feature race was an incredible one, especially early on. Gavin Paull starting eighth had a hard time at first getting through traffic as other drivers went three wide for many laps in front of him. The racing was intense as Garrett Gamsby held onto the lead. But Paull was on the move as he finally got by several cars.

The battle for the lead was on as Paull went to the high side to try and get around. After a couple laps, Paull took the lead and drove off into the sunset until a caution came out. The battling continued for the second spot after the restart with Nelson, Gamsby and Korpi fighting for every inch. A mistake by Gamsby allowed both Korpi and Nelson to move up.

The caution later came out for Gamsby spinning and collected a couple cars. On the last restart, after Korpi spun in turn two, Paull continued to dominate taking his fourth win of the season.

There is one more night of racing left on Sept. 6. Hot laps begin at 6 p.m. with racing starting soon after for Fan Appreciation Night.

GIRLS VOLLEYBALL

Broncos come back at MI-B, then sweep Two Harbors

FHS opens season 2-0

BY KEVIN BONESKE  
Sports Editor

The International Falls volleyball team enters this Thursday's home match against nearby rival Littlefork-Big Falls undefeated after winning the first two matches of the season.

The Falls fell behind by two games last Thursday night, before waging a comeback in the final three games to win its season-opening match at Mountain Iron-Buhl, 11-25, 14-25, 25-22, 25-22, 16-14.

"(Last Thursday night's) match was an intense first match of the season," said Broncos head coach Erin Shikowsky. "We had an extremely slow start against a much improved MI-B team. After losing the first (game), we started to break things down a bit and make some small adjustments. The girls maintained their composure, played defense and started to turn things around.

"By the third game, we were earning one point at a time and found some excitement in our game. Our hitters brought some tough offense and critical blocks, while our back row covered the court with speed and confidence."

Falls' statistical leaders included: Lauren Rautio, 23 digs; Teagan Anderson, 33 set assists; Maddie Filipiak, five ace blocks and six kills; and Tessa Walls, 18 kills.

FALLS 3, TWO HARBORS 0

In Monday night's home opener, the Falls won in three straight games over Two Harbors, 25-5, 25-6, 25-16.

"It was a good match," Shikowsky said. "We were able to get all of our players in the game, and everyone that came off the bench did a great job, so I'm happy with our effort (Monday night)."

The Broncos broke open 3-3 ties early in the first two games with senior hitter McKenna Rasmussen serving. She ended up with



STAFF PHOTO BY KEVIN BONESKE

At right, the Broncos' Maddie Filipiak (2) spikes the ball over blocking opposition from Two Harbors' Ayla Lemke (14) in Monday's match in the Falls High School gym.

seven ace serves along with four kills and six digs.

"We had some tough serving in those first two games," Shikowsky said. "They were having trouble serve receiving, but we also had some good offense and I think all around we played a good match."

Other statistical leaders for the Falls included:

Walls, seven kills, one ace serve and two digs; Rautio, 13 digs; and Maddie Filipiak, five kills and one dig.

The Broncos will seek to remain undefeated on the season Thursday night when they will also seek

their first match victory over the Vikings since 2010.

"I know there's definitely things we can do better, and we're going to do the best we can (in Thursday's match)," Shikowsky said. "We're looking forward to playing Littlefork."

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Lunch - Reduced	\$ .00
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Breakfast	\$1.60
Breakfast - Reduced	\$ .00
Breakfast - Kindergarten	\$ .00
Milk	\$ .75

Due to special funding free breakfast is available to ALL kindergarten students regardless of income. In addition, any family whose income is within the USDA "reduced" price income range will receive breakfast AND lunch at no charge. A completed meal benefit application is required and is available in any school office. An application form must be completed EACH year.

Offer vs. Serve: Students are offered five food items (sometimes combined) of the school lunch pattrer in required amounts; yet students have the option of taking a minimum of three of the five food items to meet the requirements of the program. One of the items chosen each day must be a fruit or a vegetable component.

Breakfast requires students to take a minimum of three of the four items offered to meet requirements.

Fruit Choices: Fresh, canned or frozen fruits are available with lunch as a daily choice. Fruit and/or 100% fruit juice is served at breakfast.

Milk Choices: Milk choices of skim, 1% and chocolate skim are offered with meals.

For more information or assistance, please call  
Sue Karsnia, Food Service Director  
Phone: 218-283-2571

ISD 361—September 2014  
ELEMENTARY MENU  
Menu for Gr. 6-12 can be found at www.isd361.k12.mn.us  
INTERNATIONAL FALLS SCHOOLS  
Bronco PRIDE  
Mon Tue Wed Thu Fri  
2 Breakfast 3 Breakfast 4 Breakfast 5 Breakfast  
Waffles w/Syrup Or WG Cereal Choice Bagel w/toppings Or WG Cereal Choice Bacon Scramble Breakfast Pizza Or WG Cereal Choice Pancakes w/syrup Or WG Cereal Choice  
NO SCHOOL LABOR DAY Lunch Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Jello w/Fruit Fruit Choices Lunch Chicken Pattie on a Bun Romaine Lettuce/Tomato Slice Spanish Rice Steamed Carrot Coins Fruit Choices Lunch Spaghetti w/Meat Sauce Garden Spinach Salad Seasoned Peas Garlic Bread Fresh Grapes/Fruit Choice  
8 Breakfast 9 Breakfast 10 Breakfast 11 Breakfast 12 Breakfast  
Yogurt w/Nutrigrain Bar Or WG Cereal Choice Tony's Sausage Breakfast Pizza Or WG Cereal Choice Yogurt Sundae/Graham Squares Or WG Cereal Choice Apple Frudel/Cheese Stick Or WG Cereal Choice Mini French Toast Sticks Or WG Cereal Choice  
Lunch Deli Ham & Cheese on a Bun Lettuce & Tomato Sweet Potato Fries Rice Crispy Bar Fruit Choices Lunch Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Fruit Choices Lunch Assorted Deli Sandwiches WG Tortilla chips Celery & Cucumber Sticks Snickerdoodle Fruit Choices Lunch Italian Pizzas Slice Green Beans Baby Carrots & Dip Breadstick Fruit Choices  
15 Breakfast 16 Breakfast 17 Breakfast 18 Breakfast 19 Breakfast  
Oatmeal Breakfast Round Or WG Cereal Choice Pancake & Sausage on a Stick Or WG Cereal Choice Breakfast Pizza Or WG Cereal Choice Pumpkin Chocolate Chip Muffin w/Hard-Boiled Egg Or WG Cereal Choice Breakfast Bake w/ Salsa & Toast Or WG Cereal Choice  
Lunch Deli Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Chocolate Chip Cookie Fruit Choices Lunch Pepperoni Pizza Slice Tossed Romaine Salad Garlic Bread Stick w/ Marinara Sauce Fruit Choices Lunch Hard Shell Taco Shredded Lettuce & Tomato Refried Beans WG Tortilla Chips w/Black Bean & Corn Salsa Fruit Choices Lunch Italian Dunkers Green Pepper Strips & Fresh Baby Carrots Chocolate Brownie Fruit Choices  
22 Breakfast 23 Breakfast 24 Breakfast 25 Breakfast 26 Breakfast  
Yogurt Choice w/Toast Or Cereal Choice French Toast Sticks Or Cereal Choice Egg & Cheese Biscuit Sandwich Or Cereal Choice Cereal Bar & String Cheese Or Cereal Choice Mini Maple Pancakes & Sausage Or Cereal Choice  
Lunch Corn Dog Lettuce & Tomato Salad Whole Kernel Corn Chips & Salsa Fruit Choices Lunch Stromboli Garden Spinach Salad Fresh Carrots Fruit Choices Lunch BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Oatmeal Cookie Fruit Choices Lunch Turkey & Cheese Hoagie Leaf Lettuce & Tomato Slice Oven French Fries Fruit Choices  
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