

SPORTS

SENATHLETES

Who is...
Katie West

The 18-year-old International Falls High School senior plays defense and is a captain on the Bronco girls hockey team.

Birthday:
September 5, 1995

Future plans:
Attend Minnesota State University Moorhead with Maria Shermoen and obtain a major in biology.

What’s on TV:
Pretty Little Liars, Full House

Favorite music:
Country

Favorite movies:
Harry Potter, Up

Favorite Web sites:
Twitter, Minnesota State High School League, Facebook

Favorite meal:
Spaghetti

Worst habit:
Procrastination


Biggest pet peeve:
When people touch my feet

Talent I’d most like to have:
Understand calculus

Favorite athlete to watch:
Phil Michelson

Favorite team as a kid:
Minnesota Twins

Favorite city to visit:
Capri, Italy



Favorite attribute about yourself:
Dedication

Least favorite attribute:
Height

Favorite holiday:
Christmas

Your hero:
My dad and mom

Top three things on your bucket list:
Go to state in hockey this year.
Go deep-sea fishing.
Travel all over the world.

Favorite memory about your high school career:
State golf tournament, hockey bus rides and two state cross country meets with the team.

Favorite thing to do that has nothing to do with sports:
Spend time on Rainy Lake.

Favorite people to follow on Twitter:
Nick Janttie, Michele McDonald and Brandon Cox

North Stars snap Lakers’ winning streak at 15

Fort Frances then downs Iron Rangers

JOURNAL STAFF REPORT


The Thunder Bay North Stars needed a five-round shootout Tuesday to put an end to the Fort Frances Lakers’ franchise-record 15-game winning streak.

The battle between two of the top teams in the Superior International Junior Hockey League went right down to the wire before Thunder Bay came out on top, 5-4, at the Fort William Gardens.

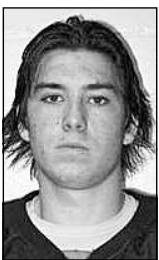
Matthias Gardiman had a hat trick for the North Stars and also found the back of the net in the shootout to pace the North Stars to victory.

Zach Grzelewski notched the other goal in regulation for Thunder Bay, while Daniel Delpaggio dished out three assists.

All three Lipinski brothers contributed for Fort Frances with Kyle, Lyndon and Bryce all scoring goals. Lakers forward and 2013 Falls



Lucas DeBenedet



Mason Meyer

ing the setback.

FORT FRANCES 6, MINNESOTA 5 (SO)

Tanner Fricke scored twice and then added the game-winner in a shootout

Wednesday when Fort Frances prevailed over Minnesota at Hoyt Lakes Arena, 6-5.

With the victory, the Lakers put an end to a six-game winning streak for the Iron Rangers.

Meyer also scored twice for Fort Frances and recorded an assist, while Patrick Sofer added a single goal.

Lyndon Lipinski dished out three assists to aid the Lakers’ offensive cause.

Drew Millis, Trevor Hoth, Tom Fazio, Matt O’Dea all notched power-play goals for Minnesota, while Jonathon Losurdo added one at even

strength.

Colton Spicer of the Lakers and Jason Reynolds of Minnesota also scored in the shootout for their respective sides.

Shots on goal were 30-30 with Cartney picking up the win in relief of starter Ryan Ferguson, who left the net after the Iron Rangers’ third goal.

Alex Reichle suffered the shootout defeat.

The Lakers returned to action Friday night to face the Wisconsin Wilderness at Ice for Kids Arena in Fort Frances.

ICE ARENA SCHEDULE 11/25-12/1

Date	Time	Location	Comments
11-25	7:00am-7:45am	Bronco Arena	Bronco Girls Hockey Practice
11-25	4:00pm-6:00pm	Bronco Arena	Bronco Boys Hockey Practice
11-25	6:10pm-7:10pm	Bronco Arena	Pee Wee A Practice
11-25	7:20pm-8:30pm	Bronco Arena	Bantam A Practice
11-25	8:40pm-10:00pm	Bronco Arena	Figure Skating: Seniors
11-25	4:10pm-5:10pm	Kerry Park Arena	Mighty Mite Practice
11-25	5:20pm-6:20pm	Kerry Park Arena	Squirt Practice
11-25	6:30pm-7:30pm	Kerry Park Arena	Girls U10/12 Practice
11-25	7:40pm-8:40pm	Kerry Park Arena	Pee Wee B Practice
11-25	8:50pm-10:00pm	Kerry Park Arena	Bantam B Practice
11-26	6:10am-8:10am	Bronco Arena	Figure Skating: Seniors
11-26	2:15pm-3:30pm	Bronco Arena	RRCC Women’s Hockey Practice
11-26	3:50pm-6:50pm	Bronco Arena	Bronco Girls Hockey Practice
11-26	7:00pm-8:50pm	Bronco Arena	Bronco Boys Hockey Practice
11-26	9:00pm-10:00pm	Bronco Arena	Bantam A Practice
11-26	4:10pm-5:10pm	Kerry Park Arena	Termite Practice
11-26	5:10pm-6:10pm	Kerry Park Arena	Squirt Practice
11-26	6:20pm-7:20pm	Kerry Park Arena	Pee Wee B Practice
11-26	7:30pm-8:30pm	Kerry Park Arena	Pee Wee A Practice
11-26	8:40pm-9:50pm	Kerry Park Arena	Bantam B Practice
11-27	6:10am-8:10am	Bronco Arena	Figure Skating: Seniors
11-27	3:50pm-5:20pm	Bronco Arena	Bronco Boys Hockey Practice
11-27	5:30pm-7:00pm	Bronco Arena	Bronco Girls Hockey Practice
11-27	7:15pm-8:30pm	Bronco Arena	Figure Skating: Junior Privates
11-27	8:45pm-10:00pm	Bronco Arena	Bantam A Practice
11-27	2:15pm-3:30pm	Kerry Park Arena	RRCC Women’s Hockey Practice
11-27	4:10pm-5:10pm	Kerry Park Arena	Mighty Mite Practice
11-27	5:20pm-6:20pm	Kerry Park Arena	Pee Wee A Practice
11-27	6:30pm-7:30pm	Kerry Park Arena	Girls U10/12 Practice
11-27	7:40pm-8:40pm	Kerry Park Arena	Pee Wee B Practice
11-27	8:50pm-10:00pm	Kerry Park Arena	Bantam B Practice
11-29	8:10am-9:10am	Bronco Arena	Figure Skating: Junior Group
11-29	9:30am-10:30am	Bronco Arena	Bronco Boys Hockey Practice
11-29	10:45am-12:00pm	Bronco Arena	Bronco Girls Hockey Practice
11-29	1:00pm-2:30pm	Bronco Arena	Pee Wee A vs. Warroad
11-29	3:00pm-3:45pm	Bronco Arena	Figure Skating: Basic 1-3
11-29	3:45pm-4:30pm	Bronco Arena	Figure Skating: Basic 4-8
11-29	5:30pm	Bronco Arena	Bronco Boys JV Hockey vs. Little Falls
11-29	7:30pm	Bronco Arena	Bronco Boys Varsity Hockey vs. Little Falls
11-29	3:15pm-4:15pm	Kerry Park Arena	Squirt Practice
11-29	4:30pm-5:30pm	Kerry Park Arena	Mighty Mite Practice
11-29	5:40pm-6:40pm	Kerry Park Arena	Girls U10-12 Practice
11-29	6:50pm-7:50pm	Kerry Park Arena	Pee Wee B Practice
11-30	8:00am-9:00am	Bronco Arena	Figure Skating: Junior Group
11-30	9:00am-10:00am	Bronco Arena	Figure Skating: Synchro
11-30	10:15am-11:15am	Bronco Arena	Bantam A Practice
11-30	11:30am-12:30pm	Bronco Arena	Pee Wee A Practice
11-30	12:45pm-1:45pm	Bronco Arena	Girls U10/12 Practice
11-30	2:00pm-2:45pm	Bronco Arena	Figure Skating: Basic 1-3
11-30	2:45pm-3:45pm	Bronco Arena	Figure Skating: Basic Privates
11-30	3:45pm-4:30pm	Bronco Arena	Figure Skating: Basic 4-8
11-30	4:30pm-5:00pm	Bronco Arena	Figure Skating: Snow Plow Sam
11-30	5:00pm-6:00pm	Bronco Arena	Figure Skating: Seniors
11-30	10:00am-11:00am	Kerry Park Arena	Termite Practice
11-30	11:15am-12:15pm	Kerry Park Arena	Mighty Mite Practice
11-30	12:30pm-1:30pm	Kerry Park Arena	Pee Wee B Practice
11-30	1:45pm-2:45pm	Kerry Park Arena	Bantam B Practice
11-30	3:00pm-4:00pm	Kerry Park Arena	Open Family Skating
11-30	4:00pm-5:00pm	Kerry Park Arena	Open Adult Hockey
12-1	12:00pm-1:00pm	Bronco Arena	Figure Skating: Junior Group
12-1	1:00pm-1:30pm	Bronco Arena	Figure Skating: Snow Plow Sam
12-1	2:00pm-3:30pm	Bronco Arena	Bantam A vs. Virginia
12-1	3:45pm-4:30pm	Bronco Arena	Figure Skating: Basic 4-8
12-1	4:30pm-5:15pm	Bronco Arena	Figure Skating: Basic Privates
12-1	5:15pm-6:00pm	Bronco Arena	Figure Skating: Basic 1-3
12-1	6:15pm-7:15pm	Bronco Arena	Coca Cola vs. Super One/Choc. Moose
12-1	7:30pm-8:30pm	Bronco Arena	Viking Bar vs. Kantor Elect.
12-1	8:45pm-9:45pm	Bronco Arena	Wagner Const. vs. Cedulie Photo
12-1	12:00pm-1:30pm	Kerry Park Arena	Pee Wee A vs. Virginia
12-1	2:00pm-3:15pm	Kerry Park Arena	Open Family Skating
12-1	3:30pm-4:45pm	Kerry Park Arena	Open Adult Hockey

Vikings keep Ponder in place at quarterback

EDEN PRAIRIE, (AP) — Stop the music. The quarterback carousel in Minnesota is staying put for another week. Christian Ponder will be the starter at Green Bay.


Vikings coach Leslie Frazier announced his decision on Wednesday, and Ponder made this sound like it wasn’t much of a decision at all. Frazier didn’t seek him out to tell him he was keeping the job, Ponder said. He just assumed the spot was still his.

“Unless I was told otherwise,” Ponder said. Which he wasn’t.

“I appreciate coach Frazier having the confidence in me to be able to go out this week and play,” Ponder said.

Ponder’s status was in question because of three more turnovers last weekend in a 41-20 loss at Seattle. His lost fumble and two interceptions led to 17 points for the Seahawks, and he was pulled for Matt Cassel early in the fourth quarter after he was picked off the second time. Frazier was blunt in his criticism of Ponder afterward.

But the coach said he believes Ponder, and not Cassel or Josh Freeman, again gives the Vikings their best chance to beat the Packers on Sunday. Frazier said he factored in Ponder’s previous performances against Green Bay, experience



Christian Ponder

playing in the cold at Lambeau Field and his grasp of the offense. But he also acknowledged the questions sticking with Ponder have prompted from fans, the media and even within the locker room.

As for the players? “They’ll get on board. It helps if we can have success as a team,” Frazier said.

In seven starts, Ponder has thrown nine interceptions and lost four fumbles. He has only six touchdown passes, though he has rushed for four scores. The inability to consistently complete important passes to intermediate and deep receivers has been a persistent issue.

The Vikings have turned this season into an open tryout at the position, but they’re so far past the developmental stage with Ponder that there’s almost no amount of highlight-reel throws he can make down the stretch that could dissuade them from drafting a quarterback next spring.

“Honestly, I’m not focused on it,” Ponder said. “There’s enough pressure going on in this position. And if you start worrying about those things, it’s only

going to make it worse. And again, my future in my eyes doesn’t go past Sunday.”

Frazier wouldn’t speculate on the depth chart past this week, either, but he left open the possibility that Freeman will start again. His debut was dismal, 53 attempts for 190 yards, but the Vikings make take another look. Cassel is likely the backup again, for this game at least.

“When it comes to Josh or Matt for future ballgames, you deal with it probably on Monday when we come back after this Green Bay game,” Frazier said.

Frazier said Freeman has “been a professional in everything we’ve asked him to do.” Freeman backed up that assessment after practice by avoiding even a whiff of discontent in discussing his situation with reporters.

“It’s not our job to say anything about that other than, ‘Here we go, Christian!’” Freeman said.

He said he has no regret about signing here, despite being on the inactive list for four of the six games he’s been on the roster.

“No distractions. No anything. You just get to sit and focus. I get my beats bumping in the QB room, just sitting there and just jamming and watch tape and take notes. It’s great. It’s great,” Freeman said.

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