

# Wildcat Echo

Issue 3  
September 13, 2019

A publication by the students of Maquoketa Valley High School

## Helle runs unopposed for Student Council President



by Paige Winter

As most of you already know, the Maquoketa Valley Wildcats have a brand new student council president! Lydia Helle ran unopposed for president along with senior representative Shelby March, Junior representative Andrew Kloser, Sophomore rep. Amaya Hunt, and Freshman rep Erin Knipper.

Meet the Candidate was last Friday where Lydia gave a short speech and talked about some of her ideas to make our school a better place. She mentioned study days in preparation for semester tests and school-wide movie days. Other ideas that were posted around the school include starting a book club, having more incentive days for students, and starting hot chocolate sales earlier in the year.

Lydia also said, "We don't want to be all talk and no action," meaning this is a student council that will not stay dormant. You can count on some changes for the better around MV this year. She emphasized this point when she said she picked the representatives she did because they will work hard to get things done and are passionate about making the school better. Her slogan, "What you do has far greater impact than what you say," a quote by Stephen Covey, also conveys the point that this year's student council wants to take action.

So make sure to congratulate your new student council president Lydia, and "Let's make this a great year!"

## New lunch option available



Students and staff can now enjoy the salad bar as yet another lunch option. (photo by Kylynn Clary)

by Kylynn Clary

Introducing the brand new salad bar! If ever you notice what's for lunch, and decide you really don't want to eat that, nor the alternative, you can go to the salad bar.

The process is pretty simple. You wait your turn in line. (There's no grade order. First come first serve.) You can grab a bowl to put your salad in, then choose a few other things to fill your tray. This does replace the meal, so make sure you grab

enough to eat because this does replace the meal. There are usually rolls or cinnamon rolls, some fruit, yogurt, carrots, and some other stuff depending on the day. I personally believe that the salad bar is a lot better than having to sign up for a salad at breakfast. The salad bar has become quite popular unless it's chicken strip or pizza day. Also the lettuce has really improved since last year.

Thank you, lunch ladies.

## NHS members support Hero's Haven



National Honor Society members hosted a bake sale at the volleyball game Tuesday night with the proceeds to support Hero's Haven. Above: Chance Downs and Mason Lubben man the table. (photo by Kylynn Clary)

# Wildcats battle a tough game against the North Linn Lynx

by Kylie Chesnut

After a tough battle last Friday night, the Wildcats were conquered by the North Linn Lynx 0-40. Coach Arnold commented, "Mentally we weren't locked into our assignments and physically we played slow and not to our ability level in all facets of the game."

Parker Sternhagen, junior quarterback, threw for 143 yards in 21 pass attempts. Sternhagen stayed in contact with Trent Koopmann for another game of the season, giving Koopmann the ball 5 times to gain 62 yards. He also threw the ball to Andrew Kloser 3 times which gained the team 39 yards, Owen Mensen went for 30 yards in 2 attempts, and A.J. Ambundo with 12 yards in 1 attempt.

The boys worked just as hard on their rushing yards. Leading those yards was Zach Digman for 50 yards in 13 attempts, Koopmann for 24 yards in 3 attempts, Sternhagen himself went 13 yards in 10 attempts, and Kloser gained 3 yards for the team in 1 attempt.

The boys didn't quite make it down to the endzone, but that didn't stop them from showing strength on the defensive end of the game. The team was led in tackles by Koopmann with 13, Kloser with 4.5, Mensen and Issac Kramer each bringing down 4, and Tim Harmon finishing with 3 tackles.



**A.J. Ambundo breaks through a tackle last Friday night. (photo courtesy of MV Athletic Boosters)**

Kickoff was again handled by Michael Feldmann who kicked 40 yards in 1 attempt. Ambundo and Feldmann both took on the job of punting. Ambundo kicked a total of 51 yards in two attempts, and Feldmann punted a total of 24 yards in 1 attempt.

Tonight the Wildcats travel to Cascade to take on the Cougars. Coach Arnold notes, "We are spending this week prepping for Cascade but really focusing on the details and our technique. Football at the end of the day is about blocking and

tackling but within those two skills teams can be very focused on the details or just hope you do well. We are having a major re-focus on those basic fundamentals so we can be successful in all aspects of the game."

Due to some injuries and low numbers for both teams we will only be playing a varsity game and that will kickoff at 7:00 PM.

**The theme for tonight's game will be America night.**

## Harriers start on the right foot

by Chance Downs

Last Thursday the Maquoketa Valley Cross Country teams traveled to the Luana Golf Course for the season-opener MFL Mar-Mac Invitational.

For the first time in a few years, the girls were able to put together a full, scoring team. The Wildcat Girls finished 3rd out of 5 full teams in their debut with a total of 90 points. Senior Jaiden Porter led the Wildcats with a 7th place finish and a time of 23:02.20. Sophomore Emma Doyl finished on her heels at 23:11.00 claiming 9th place. Kriya Atwell came in next at 18th place and a time of 25:45.70. Junior Reece Mensen and sophomore Jordan Hogan finished closely at 27th and 29th with times of 29:56.20 and 30:22.00, respectively. Annie Trenkamp rounded out the girls' team placing 31st in a time of 33:48.80.

The boys kicked off their season in dramatic fashion with total dominance.

The boys finished first as a team with a perfect score of 15. Chance Downs led the Wildcats with a winning time of 18:09.70. Nolan Ries and Cy Huber finished closely behind at 2nd and 3rd place at times of 18:15 and 18:29.30. The pack continued with Preston Roling and Michael Schaul as they finished 4th and 5th overall with times of 18:43.90 and 18:46.60. Mason Lubben and Derek Mensen rounded out the boys' side of the competition with 7th and 8th place finishes. Mason ran his 5K in 19:13.70 and Derek ran his in 19:17.80.

Landin Frasher and Brock Trenkamp both scored in the Boys JV race where they finished 1st and second, respectively: Frasher (21:33.10) and Trenkamp (23:16.00).

The Wildcats' next meet is tomorrow morning at Monticello High School. Running will begin at 9 am. Be sure to come out and support your runners!

## Look to the sky



**Last Friday night, football fans got a special surprise: a helicopter flyover by the National Guard. MV alumnus Matt Wall helped arrange this event.**



## VB goes 1-2 at home



**Ella Imler squares up to serve. (photo courtesy of MV Athletic Boosters)**

by Tara Goedken

Maquoketa Valley had their first home game, a quadrangular, Tuesday night and lost to West Central and Lisbon, while defeating MFL-Mar-Mac.

The score against West Central were 12-25 and 23-25. Leading in kills were Taya Tucker with 5 and Emerson Whittenbaugh with 3. Carissa Sabers led with 11 assists. Ella Imler led with 14 digs, while Sabers followed behind with 8 digs. Lydia Helle and Tucker each had one block. Imler and Sabers led with 9 serves, each serving 100%. Allie Knipper followed behind with 5 serves, serving 100%

The Wildcats beat MFL-Mar-Mac with the scores of 25-21 and 25-15. Leading in kills were Whittenbaugh with 11, and Tucker and Payton Beaman each had 6 kills. Sabers led with 24 assists. Imler led with 14 digs, followed by Whittenbaugh with 13 and Sabers with 12 digs. Tucker led with 4 blocks and Helle followed behind with 3 blocks. Whittenbaugh led with 14 serves, followed by Imler with 8, and March with 4 each serving 100%.

The Wildcats played Lisbon in 3 matches and the scores were 25-17, 22-25, 12-15. In the Lisbon match leading with kills were Whittenbaugh with 14, Tucker with 5, and Beaman with 3 kills. Sabers led with 14 assists, followed by Chesnut with 3. Imler led with 14 digs, followed by Sabers with 11, Whittenbaugh with 10, and Beaman with 9. Tucker lead with 4 blocks. Leading in serves were Imler with 12 and Knipper with 10 each serving 100%.

Last night the Wildcats played at home against Eastern Valley. Details will be in the next issue.

Name: Kylie Chesnut  
Sport: Volleyball  
**What do you enjoy most about volleyball?**

I love the atmosphere during practices and games, and I love how the team is one big family.

**What's your favorite drill in practice?** Hitting lines for sure.  
**What's your least favorite drill in practice?** There isn't any in particular that I don't like.

**What's your goal for the team this season?** We are working hard to make it down to state.

**What has made this year unique for you?** I have never been a hitter until this year.

*"Kylie took on a brand new role this year for us and welcomed it with open arms. She works very hard and is a very coachable athlete. We went from a back row player on fresh/soph last year to a starting middle for us on varsity this year. This is all due to her work ethic! We are excited to see Kylie grow this year in her new role."* —Coach Whittenbaugh

Name: Trent Koopmann  
Sport: Football

**What do you enjoy most about football?**

The way you have to play the game 11 guys on the field working as one toward the same goal.

**What lessons about life have you learned from the sport?** If you give it everything you have you cannot have any regrets.

**How have you changed as an athlete over the past few years?** I have grown to love the sport more than just me I have grown to give it my all for my team and not to think of myself but think of what I need to do to help support my team on and off the field to help other players grow and become better athletes and people.

**Why is football a sport worth going out for?** It's a sport of not only physical toughness but mental to the things you have to remember and do during a game is a challenge and that is something I love to do is challenge myself

**Who is your football role model?**

Von Miller who plays for the Broncos. He is a guy who works hard and tries his hardest to be successful not only for him self but his teammates.

## Athletes of the Week



Name: Jaiden Porter  
Sport: Cross country  
**What do you enjoy most about cross**

**country?** I really enjoy being a part of a small team. Since this is my first year out for cross, I didn't really know what to expect. I didn't even

know what a meet looked like, but my teammates have helped me understand, and now I'm so excited to see what our girls team can do this year.

**How has cross country changed you?**

I used to hate running. I didn't understand why people did it for fun. But now everyone calls me a running addict. There's nothing I love more than running a few miles with my group of cross runners. (Brock, Emma, Kriya, Landin)

**What has been your favorite memory of cross country?** I would have to say that every day something weird or funny happens with the group I run with. We would be running hills and start laughing on the way up because of something Brock probably said.

**If a song could be playing as you crossed the finish line, what song would you like it to be?** Probably any song that Toby Grimm is singing. In case you guys didn't know, he loves to sing while running.

Name: Chance Downs  
Sport: Cross country

**What do you enjoy most about cross**

**country?** The people. My teammates, coaches, and fans are the best in the community. There is very little arrogance and ego-hungry behavior, unlike many other high school sports.

**How has cross country changed you?**

Cross Country has truly taught me the definition of being a leader. When I leave this team, I want them to be inspired and hungry to fill the shoes I have left behind. I hope to see them someday inspire and set a good example for those next in line.

**What has been your favorite memory of cross country?** Qualifying as an individual and team to the state meet last year. Nothing can replace the feeling of reaping hard work's rewards.

**If a song could be playing as you crossed the finish line, what song would you like it to be?** "Feels Great" - Cheat Codes, Fetty Wap, CVBZ



## Wildcats doin' what they do



Above: The student section shows its school spirit during the volleyball quad Tuesday night. (photo by Kyllynn Clary)

Right: Last Friday night's dress up theme was neon.



Below: The marching band performs its "Dancing through the Decades" show at Friday's game.



### Comedy Corner

—compiled by Lydia Helle

Why did the coffee file a police report?...It got mugged

Want to hear a joke about paper?...Never-mind, it's tearable

Want to hear a joke about construction?...I'm still working on it

The shovel was a ground-breaking invention.

Two goldfish are in a tank. One said to the other, "Do you know how to drive this thing?"

## Cutie

by Maria Cole

This week's cutie is a senior! She lives in Hopkinton and has one brother, one half-brother, and three half-sisters. She has a pet dog and cat. She enjoys reading, writing, and taking photos. Her favorite subject is English.

Last week's Cutie was Kriya Atwell.



## Brain Teaser

by Mason Lubben

I come in a cone, but I am not food.  
I will be skewed if you screw with my hue.

I come by the thousands, but you can probably only name a few.

What am I?

Answer: Colors

## what's up?

by Amaya Hunt

### What is an odd talent that you have?

Avery Krapfl: I'm freakishly double-jointed and I can pop almost every bone in my body.

Zach Digman: I can do the wave with my eyebrows.

Liz McDowell: I can fold my tongue in weird ways.

Mr. O: I am double-jointed in my thumb

Andrew Holtz: I know the element song word for word.

Kaela Clemen: I don't know, my elbows are double-jointed, is that weird?

Morgan Hermanson: Tell everybody that I can.... I don't know.... Somehow I have the talent to get women who are out of my league. It's true!

Mrs. Palmer: I do a good job of imitating people- like I can take on their voice.

Maybe that's why I can only sing if it's karaoke because it's their voice, not mine.

Nicholas Chen: I can roll my tongue.

Mrs. Temple: I can twirl silverware around both my thumbs at the same time.

I can also recite the Greek alphabet.

Cloie Wilson: I'm double-jointed in my elbows.

## MV TEL-ALL

by Lydia Helle

Excessive drinking is the cause of **4,300** underage youths' deaths each year.

Information came from the Underage Drinking Facts Sheet on Center for Disease Control and Prevention's website



## Meet the Freshmen



**Kade, Dannielle, Tristan & Travis**

Name: Dannielle Burkle  
Siblings: Cassie and Mindy  
Activities you plan to be in: FFA, Volleyball, TEL, Speech, Softball  
Favorite subject: Science  
Career aspirations: vet or zoologist  
Hobbies: hanging out with friends, painting  
Something cool about you: I've shown dairy since I was really little.

Name: Tristan Wrisley  
Siblings: Addyson, Christine, Patrick, Kyle, Brendon, Justin, Tyler, Micheal, Chris  
Activities you plan to be in: Speech  
Favorite subject: Art  
Career aspirations: coast guard or police officer  
Hobbies: drawing and running  
Something cool about you: I used to live in Florida.

Name: Travis Pohlman  
Siblings: Brylie and Amanda  
Activities you plan to be in: none  
Favorite subject: Fundamentals of Art, Drawing 1, Spanish 1  
Career aspirations: artist, animator, art teacher  
Hobbies: art, using brute force, pouncing on a challenge and beating it into submission, yelling  
Something cool about you: I'm loud and do art.

Name: Kade Freiburger  
Siblings: Maci  
Activities you plan to be in: baseball, basketball, golf  
Favorite subject: Ag  
Career aspirations: agriculture  
Hobbies: watersports  
Something cool about you: I like to play baseball.

—typist: Allie Knipper

## Hall Smarts

by Lydia Helle

2019 seems to be the year of the Disney movie remake. From Lion King to Aladdin, some of the Disney classics are making a comeback. However, one of the greatest parts about a Disney movie is the soundtrack that comes along with it. This week I decided to ask Jenna Nefzger, Claire Krapfl, Molly Anderegg and Kendra Hillers if they could decipher these Disney tunes.



What song's title could be rewritten as "A Member of Your Society"?  
Jenna: Part of Your World  
Claire: Part of Your World  
Molly: Part of Your World  
Kendra: Part of Your World  
Answer: Part of Your World

What song's title could be rewritten as "Sphere of the Living"?  
Jenna: Circle of Life  
Claire: "Aaaaaaaa shaveniaaaaaaaa"  
Molly: Circle of Life  
Kendra: Circle of Life  
Answer: Circle of Life

What song's title could be rewritten as "Pretty Girl and the Hairy Man"?  
Jenna: Beauty and the Beast  
Claire: Beauty and the Beast  
Molly: Beauty and the Beast  
Kendra: Beauty and the Beast  
Answer: Beauty and the Beast

What song's title could be rewritten as "Would You Like to Construct a Frozen Male"?  
Jenna: Do You Wanna Build a Snowman?  
Claire: Do You Wanna Build a Snowman?  
Molly: Do You Wanna Build a Snowman?  
Kendra: Do You Wanna Build a Snowman?  
Answer: Do You Wanna Build a Snowman?

I have to say that I am proud of these girls for knowing their Disney movies (except Claire- it's flipping "Circle of Life"!!!!). That's all for this week- "catch you on the flip side!"

## WHAT'S HAPPENING AT MV the week of September 16, 2019

MONDAY, SEPTEMBER 16, 2019

1. NO SCHOOL - Teacher Professional Learning Day
2. MV School Board of Directors Meeting - HS Conference Room - 5:30 PM

TUESDAY, SEPTEMBER 17, 2019

1. 11th & 12th Graders to Career Day @ West Delaware in Manchester (2 Buses Leaves at 8:05 AM)
2. Jr. High Volleyball - HOME - Edgewood / Colesburg- 4:00 PM

WEDNESDAY, SEPTEMBER 18, 2019

1. MV FFA Harvest Farm Safety Day @ NICC in Peosta (Bus at 8:15 AM)

THURSDAY, SEPTEMBER 19, 2019

1. HS Students to Healthcare Day at West Delaware HS in Manchester (Bus Leaves at 8:10 AM)
2. Grandparents & Special Friends Day for PreSchool Black at Earlville Elementary - 1:30 to 2:45 PM
3. Jr. High Football at Postville - 4:15 PM (Bus Leaves at 2:20 PM)
4. JH/HS Cross Country at Filmore Golf Course with Cascade - 4:00 PM (Bus Leaves at 2:45 PM)
5. Jr. High Volleyball at Central City - 4:00 PM (Bus Leaves at 3:00 PM)
6. HS FS/JV/V Volleyball at Cedar Valley Christian - 5:15 PM (Bus Leaves at 3:40 PM)

FRIDAY, SEPTEMBER 20, 2019

1. Grandparents & Special Friends Day at Earlville Elementary - 1:30 to 2:45 PM
2. MV Football Youth Dance Camp - MS - 3:30 PM to 5:30 PM
3. HS JV/V Football - HOME - Monticello - JV @ 5:45 PM/V @ 7:30
4. Dance Camp Performance @ Halftime of JV Football Game

SATURDAY, SEPTEMBER 21, 2019

1. 1st - 4th Grade Flag Football - HS Football Field - 8:45 AM to 10:15 AM
2. HS 9th/10th Volleyball at Western Dubuque in Epworth - 9:00 AM (Bus Leaves at 7:40 AM)
3. HS V Volleyball at West Delaware in Manchester - 9:00 AM (Bus Leaves at 7:40 AM)