

# Wildcat Echo

Issue 9  
November 14, 2014

A publication by the students of Maquoketa Valley High School

## Talented and gift students to attend conference

by Riley Kay Sternhagen

Hey, Lady Cats! Ever wondered about a woman's place in the world of technology? Well now's the time to find out, as some of our very own high school girls will be strapping on their thinking caps and traveling to Cedar Rapids on Friday to participate in Kirkwood College's High-Tech Girls Day.

High-Tech Girls Day is open to all girls, grades 8-12. It is an event that educates young girls on the career options and opportunities that are available in the high-tech world. Planned and coordinated by Sharon Blanchard, Kirkwood's Department Coordinator of Business and Information Technology, the day is filled with many interesting activities, including short courses on Computer Software Development, Graphic Communication Technologies and Web Technologies.

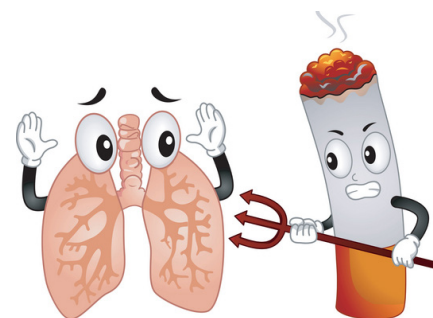
This year, Maquoketa Valley's Talented and Gifted program is sending six students: Kinsey Johnson, Whitney Wilson,

Riley Sternhagen, Lawson Roof, Amanda Fortman and Nichole Winter.

When asked why it is important for these students to attend such an event, Mr. Besler said, "With today's world revolving around technology, and only becoming more dependent on it in the future, it's imperative for students to be exposed to IT careers as they make their college choices. My hope is that students will be engaged in activities and discussions that will provide help in making college and career choices in the future. I also hope for students to gain contacts with Kirkwood professors, as well as other talented students from surrounding schools."

So next time you're typing on your phone, tablet or computer, Lady Cats, ask yourself if technology is a career you'd be interested in. Then maybe you, too, can find out just where a woman's place is in the field of technology. (Hint: It's everywhere.)

## TEL encourages behavior changes as part of Great American Smokeout



by Annie Fjelstul

The American Cancer Society website states that it marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting, even for one day, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 42 million Americans still smoke cigarettes — a bit under 1 in every 5 adults. As of 2012, there were also 13.4 million cigar smokers in the US, and 2.3 million who smoke tobacco in pipes.

The MV TEL group is promoting this day next week by putting caution tape on every eighth locker in the middle school and high school to signify that for every eight smokers that die from the effects of tobacco use, they take one non-smoker with them. There will also be an announcement made on Tuesday and Thursday. Shaylyn and Annie Fjelstul will also be giving a presentation to the fifth and sixth graders on tobacco use.

Use next Thursday as an excuse to kick your bad habits! If you don't smoke but you know someone that does, encourage him or her to quit. 1-800-quitnow is always a good source if needed as well.

## Musicians participate in honor band

Last Friday Mr. Hadley took five instrumentalists to an honor band at Loras College in Dubuque. Students participating were Nichole Winter, Mikaela Reth, Kinsey Johnson, Tamala Askeland and Bryant Meyer-Kemp.



# Sports Connection

## All-conference, district athletes recognized



### All-conference volleyball

**Second team:**  
Morgan Manternach

**Honorable mention:**  
Heather Sabers



### All-district football



**Most valuable offensive player:**  
Ryan Parmely  
**Most valuable kicker:**  
Rob Bockenstedt



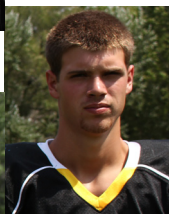
**First team:**  
Steve Huber  
Zach Salow  
Trevor Koopmann  
Alec McDowell  
Curtis Nefzger  
Matt Lansing



**Second team:**  
Kody Orcutt  
Chris Hoeger  
Derek Salow  
Jeremy Fischer



**Honorable mention:**  
Zak Harbach  
Riley Kloser  
Kalvin Orcutt



## Athletes of the Week

Name: Vicky Agromayor  
Sport: Dance team



**What do you enjoy most about dance team?** I had always wanted to join a dance team but in Spain I didn't have time. So I am so happy to be able to dance here. I also enjoy learning different routines and being with my team-mates!

**What has been the hardest part of rehearsing for State?** Well, we only have a month and that's too little time, so we have to learn our routines quickly and do it the best we can all the time.

**What dance experience do you have?** I have been dancing all my life but when I was in 5th or 6th grade (I don't remember) I had to choose between dance or rhythmic gymnastics and I chose gymnastics because I wanted to be more flexible.

I had also done some dances with my friends but never nothing too serious.  
**How is dance in the U.S. different than dance in Spain?** We don't usually do sports at school, we do it in clubs or academies out of school. Although in my school they offered dance and they had practice twice a week for one hour, but I didn't have time to do it.

Name: Steve Huber  
Sport: Football



**What positions did you play?** Linebacker and Tight End

**What did you enjoy most about football?** The friendship, coaches, and wins

**How does this year's team differ from past teams?** We had a target on our back all season. We moved past it, played as a team, and won,

**What's your favorite pro-team?** College team? The Miami Dolphins and Iowa Hawkeyes

**When you think back to your high school football career, what will you remember most?** The jokes, laughs, and hard hits with my brothers.



## STUDENT OF THE WEEK

*Emily O'Connell*



**You recently filled in for Matthew Lansing on the FFA dairy judging team so he could play football. How did you prepare for contest?**

I talked to Mausser, Kaleb, Trent, and Nick a lot so they could catch me up and help me prepare for what to expect. We had meetings and practices before Nationals to talk over what the contest all involved and came up with a game plan on how we could do well down there.

**What was the hardest part of the contest?** The hardest part was probably giving oral reasons for our placings. It's been a while since I had to do that and I'm no expert on giving reasons so I really had to focus on that so I could help our team do well.

**What did you enjoy most about the National Convention?** I enjoyed seeing old friends from across Iowa and also from across the nation. I enjoyed the tours we went on, going to the Danielle Bradburry/Scotty McCreery concert, and also going skating on the last night and meeting other FFA members from Texas!

**What has your participation in FFA meant to you?** FFA has opened numerous doors for me and I have been able to accomplish so much. I also have had the opportunity to travel to Indiana, Kentucky, and also spend a week in Washington, D.C. with people who I have created lifelong friendships with. FFA truly is one of those things that I am very grateful for being apart of because it has taught me so many lessons, allowed me to travel and meet the most amazing people, and also open my eyes to so many opportunities. I am proud to wear the blue jacket with so many other young people who have the same passion for agriculture that I do.

## Fine Artists of the Week

Name: Vicky Agromayor

Class: Art



**You are currently working on a Chalk on Black drawing. What is it of?** It is about a poor little girl with a sad face.

**What do you enjoy most about art class?** I just never thought I could draw, and I'm really glad I chose drawing as a subject.

**What has been your favorite art project ever in your education?** I don't have only a favorite one; I like the one I'm doing now and also when I drew eyes and persons.

**How are art classes in Spain different than art classes in the U.S.?** Well, you can't really have an artistic education. I remember that in 8th or 9th grade we had an art class but I always needed to finish it at home because we didn't have enough time, and with rhythmic gymnastics I didn't have time to do it so my mum help me. haha!

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## what's up?

**If you had your own band, what would you name it?**  
by Destiny Clayborne

Megan McNamara- The McDonalds  
Trent Reeves- Brutal Noodle  
Paula Wear- The No Names  
Vicky Agromayor- 555 (Means hahaha in Thai)  
Megan Beaman- The Mac and Cheese  
Garrett Guetzko- You have the right to remain Silent (21 Jump Street)  
Amanda Fortman- Amanda and the Nobodies (courtesy of Bekah Hill)  
Morgan Manternach- Heather roxz

**What is your favorite traditional food/dish on Thanksgiving?**

by Angie Wilson

Megan Mensen- Angie Hoeger's Rolls and mashed potatoes  
Kelsey Synder - Corn Casserole at Grandmas  
Natalie Nuezil - Mashed Potatoes  
Caitlin Schuman- Mashed Potatoes  
Taylor White- Anything edible  
Sue Kremer- Pumpkin Pie  
Cody Ries - Pumpkin Pie  
Dalton- Pumpkin Pie  
Josie Young- Pumpkin Pie  
Cassie Westoff- Pumpkin Pie  
Sienna Becker- Mashed Potatoes

## Cutie

by Nichole Lucas

This week's cutie is a sophomore boy. He has one brother and two sisters. This cutie is blonde. He lives in Hopkinton. You can find him on the baseball or football field.

He can also be found in the band room.

*Last week's Cutie was Amanda Fortman.*



# Meet the Freshmen



**Cody Gibbs, Amanda Engelken, Josy Harmon and Carson Wright**

Name: Cody Gibbs

Siblings: Caitlyn and Nick Gibbs

Activities you plan to be in: football, soccer, wrestling, FFA, water skiing, boy scouts

Favorite subject: math

Career aspirations: farmer or trucker

Hobbies: fishing, hunting, water skiing, driving four-wheelers, farming

Something cool about you: I can ramp a four-wheeler.

Name: Josy Harmon

Siblings: Timmy, Jeorjia

Activities you plan to be in: volleyball and golf

Favorite subject: Spanish

Career aspirations: nurse

Hobbies: watching baseball, hanging out with friends and family, painting

Something cool about you: I love baseball.

Name: Amanda Engelken

Siblings: Nicole, Amber

Activities you plan to be in: FFA, 4-H, dairy judging, dairy quiz bowl

Favorite subject: Science

Career aspirations: something with dairy

Name: Carson Wright

Siblings: Dylan Wright

Activities you plan to be in: wrestling, speech

Favorite subject: math

Career aspirations: lawyer, business man

Hobbies: playing sports with friends on weekends

Something cool about you: I skipped 7th grade math.

—typist: Mikaela Reth

## Macy's Message

by Macy Anderegg

This week on Tuesday, America celebrated the holiday of Veteran's Day.

What exactly does this holiday celebrate? It celebrates those, alive and passed, who have sacrificed their lives, family, and time for our country. Sometimes in our lives, we are so focused on what we do every day and what needs to be done, that we forget to be thankful for the little things. In terms of this week, it's honoring our country's veterans. So, maybe sometime this week or maybe just out of the blue stop by and say thank you to those who have sacrificed for our country.



## Angie's Angle

by Angie Wilson

**"You often find your fate, on the road you take to avoid it"**

Do you believe in fate? Something that can not be explained, out of the ordinary, but it happened and there is a mystery reason behind it? There is a difference between believing and experiencing.

I think everyone is bound to experience one sign of fate in his or her life time. Some may know right away; others may die thinking they have never experienced it. Every single person, I believe, will experience sooner or later. You can say you believe but you won't believe fully until it happens to you. I personally haven't experienced my share of fate. I'm waiting for a sign, or something out of the blue, that will twist my life and guide me to where I'm supposed to be. Or maybe, I'm entirely wrong. Maybe, I have already experienced it and it is my job to figure it out. But until then, I continue to put my faith in fate and follow my heart.

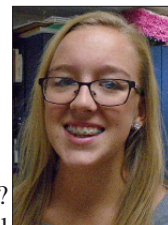
This is what I hope you take away from this column. Don't run away from fate. What's meant to be will always find it's wait. Don't seek it because it will find you. Be patient because there is enough fate for everyone.



## Do's and Don'ts of Sleep Habits

by Shaylyn Trenkamp

Sleep: as high schoolers, we can't seem to get enough, but what's the truth about sleeping habits? Here are some tips that will hopefully clarify what sleeping habits are correct.



Do try to get 8-10 hours of sleep each night. According to a study by the National Sleep Foundation, only 15% of teens get 8 1/2 hours of sleep each night. Most teens don't get enough sleep, so make it a priority for yourself to insure that 8-10 hours.

Don't spend the last hours before going to sleep eating, drinking, exercising, or on your phone, or it will be harder to fall asleep.

Do avoid changing your sleep pattern from day to day. The majority of us are guilty of sleeping later on the weekends, but it messes up your body's sleep schedule.

Don't fall asleep in Chemistry, (Sorry Mr.O!) or any other class. One of the reasons sleep is important, especially as a high school student, is so you can perform your best work for the next day, for the whole day.

Do SLEEP. Sleep has major benefits on health, mood, behavior, attendance, grades, and much more. Plus, who doesn't love taking some siestas?



## Best Buds



**Tiffany Hoeger & Emily O'Connell**  
by Heather Sabers

**How long have you been friends?**

Too long

**What do you do for fun?**

Hang out with Zach in senior study hall

**What's your most embarrassing moment together?**

The day we met.

**Describe your friendship in one word.**

Indescribable

## Cutest Couple



**Patrick Hanson & Gabrielle Guetzko**  
by Megan Hogan

**How long have you been dating?**

One month and 18 days

**What do you do for fun?**

Go to Gabby's house and eat pizza

**What is your favorite memory together?**

-Anytime I am with her!!!!!!

-We went tp-ing

**What are you nicknames for each other, if any?**

-Gabby, Gabster, Shorty

-Pe-at-rick, Rick, Patrica

## Healthy Tips

courtesy of Nurse Mary

Thanksgiving does not have to sabotage your weight. With a little know-how, you can satisfy your desire for traditional favorites and still enjoy a guilt-free feast.

1. Get Active! Create a calorie deficit by exercising to burn off extra calories before you ever indulge in your favorite foods. Eat less and exercise more...is the winning formula. Increase your steps or lengthen your fitness routine the weeks ahead.

2. While you might think it makes sense to save up calories for the big meal, actually, eating a light breakfast will give you better control over your appetite when it's time for the big meal.

3. Try to make your dishes healthier...less sugar, fat, and calories.

4. Police your portions. Check out what you're having and make decisions before you fill your plate. Skip second helpings.

5. Cook the dressing in a casserole dish instead of in the turkey. This decreases the amount of fat in the dressing.

6. Better choices: white turkey meat, roasted sweet potatoes, mashed potatoes, defatted gravy, and pumpkin pie.

7. Eat slowly!

8. Be thankful for everything that you have! Sometimes we forget this one. Enjoy your family.

## Quotastic

by Mikaela Reth

*"I know that mirrors give us a false sense of confidence," I continued. "The reflection that we see everyday has nothing to do with how others see us. The glass lies."*

*Rasmenia Massoud, Human Detritus*

While browsing through the Amazon bookstore, I stumbled across the book Human Detritus. (Detritus is an accumulation of disintegrated material or debris from any source.) Intrigued by the name, I bought it and began to read it.

I found this quote within it and realized just how true it was. I know only too well the harsh perspectives one can have on herself. I also know how many times my best of friends have defended me against my own self-depreciation. We all must remember that these special people in our lives have the better perspective. All people have something beautiful in them, and they are all wonderful people. Of course, we all have evils within us; however, the beauty out shines them to any person that should matter to us.

My friends, for example, are the world to me. I may not particularly enjoy anything about myself, but I know my friends love me for who I am. That in itself is more than enough to keep me going on a daily basis. I couldn't be more thankful for them ever. I hope that everybody might have at least one friend such as mine in their lives. Perhaps, one day, I might think more of myself like my friends do, but I am left to the ever-gradual improvement of my image. I have to remember, as I read in the book, that "The glass lies."



## Honor choir to be held

MV will send some outstanding vocalists to the Tri-Rivers conference honor choir on Monday at Calamus-Wheatland.

Students representing MV are: Vicky Agromayer, Audrey Sheehy, Zach Smith, Taylor Guthrie, Emily LaGrant, Jazz Niehaus, Riley Sternhagen, Shaylyn Trenkamp, Lawson Roof, Dalton Sprau, Patrick Hansen and Ryan Dunn.

The students will rehearse during the day and then perform in a concert that night.

# The Cat Box Hall Smarts

opinions, ideas and random thoughts from the staff of *The Wildcat Echo*



A meow from Mr. Tuetken to the seniors and "their leadership on the football team on how they conducted themselves with class in defeat. They were great role models for our younger students at this moment."



A meow to Ryan Dunn and Megan McNamara for laminating books for Mrs. Temple. They're not suck-ups...they're just doing the right thing.



A meow and furball for the snow. It's pretty, but it's cold. We know it's Iowa, but we're just not ready for winter driving.



A meow to the cast and crew and directors of *The Wizard of Oz*. What a great turnout!



A meow to magic muffins that Mrs. Temple brings her Wildcat Echo staff because the writers are amazeballs.



A furball to issues with episodios...attendance, technical issues...ugh.



A meow to Mr. Osterhaus for helping a student with a flat tire. Isn't it nice to know that teachers care about you outside of class too?



A meow to the start of vocal jazz, basketball and wrestling. Woo-woo!



A meow for veterans and all they've done as well as the band for playing at the ceremony on Tuesday.



A meow to the TATU students who are working with the sixth graders.



A good luck meow to the yearbook students who will go out and sell ads next week.



A meow to the students receiving Greenhand and chapter awards from last night.



A meow to the choir students who are performing for the Delhi Women's Club.

by Emily LaGrant

It's beginning to get chilly out. Winter may be over a month away, but these cold flashes make it feel as though it's come early. In preparation for the upcoming snow, this Hall Smarts is about the upcoming winter season. Let's see what these students know. The contestants are: Josy Harmon, Ben Brown, Molly Miles and the group of senior boys Matt, Curtis, and Kody.



1) When does winter start?

Josy: The beginning of December

Ben: This month

Molly: When it snows

Matt, Kody & Curtis: December 21

A: December 21

2) When are the next Winter Olympics?

Josy: 2018

Ben: 2016

Molly: 2015

Matt, Curtis & Kody: 2018

A: 2018

3) What temperature does it have to be to snow?

Josy: below 30

Ben: 24 degrees

Molly: 32 degrees

Curtis, Matt & Kody: below 32

A: 32 degrees

4) How much is one inch of rain equivalent to in snow?

Josy: a fourth of an inch of snow

Ben: I don't know

Molly: 6 inches

Kody, Curtis & Matt: 10 inches of snow

A: 10 inches

5) How many months does winter last?

Josy: 3 months

Ben: 6 1/2

Molly: 4

Matt, Curtis & Kody: 3

A: 3 months

Kody, Curtis, and Matt came in first with 5 points. Josy came in second with 2 points. Molly was third with 1 point and Ben was last with no points. These questions were hard this week, but it looks like the senior guys knew what was up. Looks like everyone else needs a little more preparation for winter.

**WHAT'S HAPPENING AT MV**  
**the week of NOVEMBER 16, 2014**

**American Education Week**

**SUNDAY, NOVEMBER 16, 2014**

1. Youth Wrestling Practice - HS Wrestling Room - PreK through 2nd 4:00 - 5 PM / 3rd-8th 6:15 - 7:30 PM

**MONDAY, NOVEMBER 17, 2014**

HS TRC Honor Choir Festival at Calamus-Wheatland (2 Vans Leaves at 11:20 AM) - Concert at 7:00 PM

2. JH Girls' Basketball at Lisbon - 4:00 PM (Bus Leaves at 2:30 PM)

3. Practice Begins for HS Boys' Basketball & HS Wrestling - After School

4. HS Sports Media Day - HS Gymnasium - 3:15 PM

5. HS Volleyball Banquet - HS Cafeteria - 6:00 PM

6. Youth Wrestling Practice - HS Wrestling Room

7. MV School Board Meeting - Earlville Elementary - 6:00 PM

**TUESDAY, NOVEMBER 18, 2014**

1. Deadline for December Newsletter Articles - Please Give to Sue Kramer

2. 7th & 8th Homework Assistance - After School until 4:00 PM

3. Jr. High Wrestling - HOME - East Buchanan & Alburnett - 4:30 PM

**WEDNESDAY, NOVEMBER 19, 2014**

1. 5th & 6th Graders to Drug Awareness Presentation - MS Multipurpose Room - 11:30 AM

2. Opus Honor Choir at All-State Music Festival at ISU in Ames (Van Leaves at 4:00 PM)

**THURSDAY, NOVEMBER 20, 2014**

1. Jr. High Girls' Basketball - HOME - Central City - 4:00 PM

2. Jr. High Wrestling at East Buchanan (with Central City) - 4:30 PM

**FRIDAY, NOVEMBER 21, 2014**

1. MV Fine Arts Dept. 7th & 8th Grade Dance - MS Multipurpose Room - 7:00 PM until 9:00 PM

**SATURDAY, NOVEMBER 22, 2014**

1. HS Speech Fundraiser Winter Wonderland - HS Gym, Auditorium & Cafeteria - 10:00 AM until Noon

**SUNDAY, NOVEMBER 9, 2014**

1. HS Football Banquet - HS Cafeteria - 6:00 PM