

Wildcat Echo

Issue 12
December 12, 2014

A publication by the students of Maquoketa Valley High School

Holiday spirit abounds at winter concert next Monday

by Riley Kay Sternhagen

Hey, Wildcats! As all of you know, everyone's favorite holiday is almost upon us. The Christmas lights are up and shining, and everyone has made their holiday checklists. With the thoughts of Santa and spending time with our families and friends, the joy is overflowing, and what better way to spread that Christmas joy than some good, old fashioned Christmas music?!

Next Monday, December 15, Maquoketa Valley's choir and band members will be spreading that holiday happiness one note at a time. The band will be playing songs like "Mixed-up Christmas" and "Charlie Brown Christmas," while the

choir strikes some chords with "Mary Had a Baby Boy" and "Breath of Heaven." And you won't want to miss the special Christmas tune Smooth Harmony has put together just for the night.

To add to the joy, like in years past, the tickets will cost nothing more than a "hello" and a friendly smile. So if you're anything like me-- a lover of all things Christmas-- come on over to St. John's Catholic Church next Monday at 7:00 PM and soak up all the Christmas Cheer that Maquoketa Valley's Music Department has to offer.

Right: Mrs. Mueller leads rehearsal.
(photo by Annie Fjelstul)



Dance team earns third place trophy



The MV dance team earned a third place trophy in the hip hop category last week at state dance. Pictured are front row: Vicky Agromayor, Mary Feldmann, Madi Schaul and Cassie McIntyre; second row: Missy Schwandt, Taylor Guthrie and Briana March; back row: Angela Wendt, Kiesha Stelken and Dani Schuman. Not pictured: Rylee Davis

MV girls kicks off basketball season with two wins

by Shaylyn Trenkamp

The Wildcats of Maquoketa Valley played their first game of the season at Easton Valley and crushed the Riverhawks 60-30. MV started off the game by scoring 16 points in the first quarter, allowing Easton Valley three points. The second quarter was a more of a battle with MV scoring 21 points and Easton Valley scoring a close 13 before the half ended. The Wildcats continued to score more than the Riverhawks each quarter, with 10 points in the third quarter and 13 in the last, bringing them to a total of 60 points for the entire game. Brianna Mensen led the scoring with 19 points and Morgan Manternach led rebounds, getting 7 total.

Individual statistics for the game were as follows:

Points: Erin Digmann, 9; Megan Mensen, 16; Brianna Mensen, 19; Angie Wilson, 2; Morgan Manternach, 4; Kristi Goedken, 3; Abby Jay, 1; Madison Imler, 2; Payton Ries,

4. Field goals made: Erin Digmann, 3; Megan Mensen, 7; Brianna Mensen, 8; Angie Wilson, 1; Morgan Manternach, 2; Madison Imler, 1; Payton Ries, 2. Three pointers made: Erin Digmann, 2; Megan Mensen, 1. Freethrows made: Erin Digmann, 1; Megan Mensen, 1; Brianna Mensen, 3; Kristi Goedken, 3; Abby Jay, 1. Total rebounds: Caitlin Schuman, 1; Erin Digmann, 3; Megan Mensen, 5; Sienna Becker, 2; Brianna Mensen, 4; Annie Fjelstul, 1; Morgan Manternach, 7; Kristi Goedken, 5; Abby Jay, 4; Payton Ries, 2. Assists: Caitlin Schuman, 2; Erin Digmann, 3; Brianna Mensen, 7; Morgan Manternach, 2; Kristi Goedken, 2; Abby Holtz, 1. Steals: Caitlin Schuman, 2; Erin Digmann, 3; Megan Mensen, 6; Brianna Mensen, 8; Angie Wilson, 3; Morgan Manternach, 1; Kristi Goedken, 1; Madison Imler, 1; Payton Ries, 1. Blocks: Erin Digmann, 1; Megan Mensen, 1. Sienna Becker, 1; Brianna Mensen, 2; Abby Jay, 2.

Last Tuesday, MV hosted their



Brianna Mensen works around many Central City Wildcats to make the pass and move the ball down the court. (photo by Shaylyn Trenkamp)

game against the Wildcats of Central City and secured their second win of the season, winning 62-15. Maquoketa Valley came in strong and scored half of their points in the first quarter, then scored another solid 17 in the second. In the second half, MV scored less, receiving 14 points total, but still landed the win. The MV Wildcats scored almost 40% of their points by free throws and had 43 total rebounds by the end of the game.

Points: Erin Digmann, 15; Megan Mensen, 8; Sienna Becker, 2; Brianna Mensen, 15; Annie Fjelstul, 3; Morgan Manternach, 5; Kristi Goedken, 2; Abby Jay, 6; Abby Holtz, 2; Payton Ries, 4. Fieldgoals made: Erin Digmann, 6; Megan Mensen, 4; Sienna Becker, 1; Brianna Mensen, 6; Morgan Manternach, 1; Abby Jay, 2; Abby Holtz, 1; Payton Ries, 2. Three pointers made: Erin Digmann, 3; Brianna Mensen, 1. Freethrows made: Brianna Mensen, 2; Annie Fjelstul, 3; Morgan Manternach, 3; Kristi Goedken, 2; Abby Jay, 2. Total Rebounds: Erin Digmann, 3; Macy Hoeger, 2; Megan Mensen, 4; Sienna Becker, 2; Brianna Mensen, 5; Angie Wilson, 1; Annie Fjelstul, 7; Morgan Manternach, 5; Kristi Goedken, 2; Abby Jay, 8; Payton Ries, 4. Assists: Erin Digmann, 3; Brianna Mensen, 7; Annie Fjelstul, 2; Abby Jay, 2. Steals: Erin Digmann, 3; Megan Mensen, 3; Brianna Mensen, 6; Angie Wilson, 1; Morgan Manternach, 1; Abby Jay, 1; Abby Holtz, 1. Blocks: Megan Mensen, 1; Brianna Mensen, 1; Abby Jay, 2.

Recently the Cats defeated Central Elkader and lost to Springville. Details will be in next week's issue.

Koopmann, Parmely hit milestones

by Emily Krapfl

Congratulations go out to seniors Trevor Koopmann and Ryan Parmely for reaching their 100th and 150th win, respectively.

Last Friday night the Maquoketa Valley wrestling team traveled to Cascade for the first team tournament of the 2014-2015 season. Teams the wrestlers faced were Clayton Ridge, Starmont, Cascade, MFL Mar-Mac, and Washington. The Wildcats received second place out of a total of 8 teams, only losing to Washington by 12 team points. Trevor Koopmann was also recognized for his 100th career win.

The first dual of the night was against Clayton Ridge, with a final score of 84-0, resulting in a Wildcat win. Helping get all 84 points on the board were wrestlers Mason Hermanson (pin), Zach Cornell (pin), Cole Kruse (foreit), Dylan Wright (pin), Trevor Koopmann (pin), Alec McDowell (pin), Steve Huber (pin), Eric Heims (pin), Ryan Parmely (pin), Kaleb Kruse (pin), Greg Guetzko (forfeit), Justin Krapfl (forfeit), Carson Wright (forfeit), and Tanner Parmely (pin).

Next the Wildcats battled the Star-mont Stars, and won the dual with a final score of 66-15. Wrestlers who won their matches were Zach Cornell (pin), Dylan Wright (forfeit), Trevor Koopmann (for-

feit), Alec McDowell (pin), Steve Huber (pin), Eric Heims (pin), Ryan Parmely (pin), Kaleb Kruse (pin), Kaleb Kruse (pin), Greg Guetzko (forfeit), Tanner Parmely (pin), and Mason Hermanson (pin).

The next dual was against Cascade, and once again the Wildcats came out on top with a final score of 60-15. Wrestlers who got team points were Cole Kruse (2-0 decision), Mitch Smith (3-1 decision), Dylan Wright (pin), Trevor Koopmann (forfeit), Alec McDowell (pin), Steve Huber (forfeit), Eric Heims (pin), Ryan Parmely (pin), Justin Krapfl (forfeit), Tanner Parmely (forfeit), and Mason Hermanson (forfeit).

The Wildcats next faced MFL Mar-Mac, and also won that dual with a score of 40-36. Wrestlers who were successful in this dual included Dylan Wright (pin), Trevor Koopmann (pin), Steve Huber (pin), Ryan Parmely (10-2 decision), Justin Krapfl (forfeit), Tanner Parmely (pin), and Mason Hermanson (pin).

The Wildcats finished off the night by facing the Washington Demons in the finals dual, and lost with a final score of 30-42. Helping get points on the board for the dual were wrestlers Mitch Smith (forfeit), Alec McDowell (8-7 decision), Ryan Parmely (pin), Greg Guetzko (forfeit), and Cole Kruse (forfeit).

what's up?

If your life were a movie, what actor/actress would play you?

by Shawnae Hoeger

Ali Sheehy: Ariana Grande
Whitney Wilson: Melissa McCarthy
Brooke Snyder: Selena Gomez
Kaleb Kruse: Adam Sandler
Gabriella Guetzko: Jennifer Lawrence
Rejji Smith: Jennifer Anniston
Garrett Hogan: Will Ferrell
Carson Wright: Will Smith
Ethan Ottoway: John Wayne
Mitch Stender: Adam Sandler
Christie Fry: Angelina Jolie
Wyatt Wilson: James Franco
Mary Feldmann: Katherine Heigo

STUDENT OF THE WEEK

Madison Tmler



You are currently working on several projects in Fashion Design. Tell us about them. The first thing we learned how to make was shirts. We got a heat press. Then our first real project was a pencil pouch. After we were all done with that, we all learned to make our own quilt.

Where did you learn to sew? In fashion design

What is the coolest thing you've learned in Fashion Design? how to make a quilt

What's your next project? bags for my family

—Madison was nominated by Mrs. Downs

Cats fall to Orioles

by Megan Hogan

On Tuesday the Wildcats of Maquoketa Valley boys travelled to Springville to play their third game of the season. The boys played a tough game but lost in the end with a score of 40-52.

Maquoketa Valley boys played three good quarters of basketball against an athletic Springville boys basketball team. Defensively the MV boys held Springville to 22 points with a great half of hustle. Each team attempted to slow its opponent offensively by playing strong half court defense and tried to avoid making mistakes in transition. MV went into halftime with some momentum scoring the final bucket of the half to put them up by one, 23-22.

The third quarter both teams controlled the ball well and played good defense closing with Springville leading only by three points, 33-36.

The fourth quarter both teams played with intensity but Springville managed to avoid turnovers extending their lead to double digits. The Maquoketa Valley boys had a couple of bad passes and missed some opportunities for some easy put backs.

"In all I am proud of how these guys keep improving," stated Coach Dunlap. "I am also proud of how they bounced back after a big loss to Central Elkader over the weekend. We are getting great play out of a variety of players and a lot of young players."

Zach Salow led in scoring with 13 points followed by Kody Orcutt with 12. Orcutt also had six rebounds.

Last Saturday the Cats fell to Central Elkader, 26-62. Calvin Orcutt scored eight points. Brock Hillers added seven.



Returning letter winners on the boys basketball team are, front: Zach Salow and Ryan Goedken; back row: Jordan Schindler, Calvin Orcutt and Kody Orcutt.

Athletes of the Week

Name: Calvin Orcutt
Sport: Basketball



What position do you play? Center

What do you enjoy most about basketball? Shooting threes

How does this year's

team differ from past teams? A lot of young players

What's your favorite drill in practice? Three on Two

What's your least favorite drill? Charge drill

How do you mentally prepare for the game? Play Euchre

What did you eat for breakfast? The blood of my enemies

What's the best motivational song out right now? "Back in Black" by AC/DC

Name: Ryan Parmely
Sport: Wrestling

What weight are you wrestling at this year? 220

What are your goals this year? State Champion

What's the hardest part of wrestling? Not mentally breaking, when the going gets tough you have to put your head down and fight.

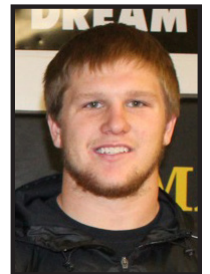
What's something about wrestling non-wrestlers may not know? Wrestling teaches you a lifestyle. Not just how to wrestle, but how to manage your weight and stay healthy, how to manage your time because you are fairly busy during the wrestling season, and how to be a hard worker.

How is this year's wrestling season different than other years? I went from practicing every day with Yonk who weighs around 250, to wrestling Steve, who weighs around 180 so it is a little different.

Who's your favorite sparing partner? Steven Douglas Huber- Tuff

What's a great warm-up song? "Lifestyle" by Rich Gang

Do you have any pre-meet traditions? While Steve and I are warming up, we like to act like we are going super hard and like to run people over and push each other into the other people. It's good stuff watch for it if you come watch. If we don't do that I just like to relax, kick back and chill.



Meet the Freshmen



Cole Kruse, Brittany Hines, McKenzie Lansing and Rejji Smith

Name: Rejji Smith

Siblings: Ipper, Jack, Pierce, Jasimen, Brian, Shawn

Activities you plan to be in: Softball, basketball, cross country, track, speech

Favorite subject: Algebra

Career aspirations: Social Worker

Hobbies: Sports

Something cool about you: I drive a truck.

Name: McKenzie Lansing

Siblings: Nate, Zach, Shannon, Damon, Vince

Activities you plan to be in: Volleyball, track, and speech

Favorite subject: Art

Career aspirations: Mental Health Counselor

Hobbies: Sports

Something cool about you: I'm funny.

Name: Cole Kruse

Siblings: Kaleb & Carter Kruse

Activities you plan to be in: football, FFA, wrestling

Favorite subject: Basic construction

Career aspirations: farmer

Hobbies: Showing cattle & pigs

Something cool about you: I placed 7th at nationals for wrestling.

Name: Brittany Hines

Siblings: Brianna

Activities you plan to be in: Cheer

Favorite subject: Math

Career aspirations: Criminal Justice

Hobbies: Music, tubing, mudding

Something cool about you: I like piercings.

—typist: Mikaela Reth

Angie's Angle

by Angie Wilson

Don't be a Bandwagon Jumper



band-wag-on
[bánd wàgg n]

increasingly popular movement: a cause or movement that is gaining popularity and support

Are you on a bandwagon? Do you know someone who is? The friend who will be by your side when things are going right for you? How about being nice to someone and becoming your friend, just to get something in return? Do you know someone who only cheers for the team who is winning? There is a lot of bandwagon kind of people out there. But let's, as Maquoketa Valley student body, not be bandwagon kind of people.

School spirit is something that has always been brought up in during the election of student body president. "We need more school spirit," "What are ways we can improve school spirit?" To me that's kind of sad. We should already have it! When we graduate from here and look back at those football games that we screamed so hard at, we will smile. But what about those we didn't? Maquoketa Valley has terrific programs, athletic and fine arts wise. So embrace that! Come show your support at ALL the different events! Get excited, don't worry about what someone thinks of you when you are going crazy! Because those thoughts usually aren't negative!

My challenge to you is to not become a bandwagon. Be there when we are on a losing streak, cheer when there is seconds left of the clock, and most importantly be proud to be a Wildcat no matter what the score is. A true fan is supporting, whether it be a win or a lose.

Do's and Don'ts of The Season

by Shaylyn Trenkamp



This "season" consists of so many events, decorations, and gifts that sometimes it's hard not to get caught up in it all.

However, the material things aren't what the holiday season is about- it's about family, gratitude, giving, and happiness. To remind us all of what we truly love the holidays for, here's your Do's and Don'ts of The Season.

Do spend a bunch of time with your family. Tell your parents, siblings, grandparents, aunts, uncles, and cousins how much you love them and how thankful you are for having them in your life and mean it.

Don't forget to think of others this season. Giving is more important and more fulfilling than receiving. And giving doesn't have to be material things, it can be as simple as giving thanks.

Do get in the spirit. That doesn't have to mean putting up decorations or buying gifts, it can simply mean that you choose to be happier and more grateful for the little things granted to you in life.

Don't give up. Winter break is near; hold out strong and give your best until this semester ends and then come back ready to rock at the end of break.

Do everything that you enjoy doing this season. This season is only here once a year, don't miss out on the things that really matter.

Don't miss out on all the exciting events that come with this season: basketball games, soup suppers, wrestling meets, the Christmas concert at the church on Monday, etc. Get out there and not only support, but take part in something you enjoy this season.

It's Soup Supper Season!
Support MV's Dollars for Scholars chapter TONIGHT! and MV Speech & Drama Dec. 19!
Enjoy some delicious soup, sandwiches and desserts while coming out to support the MV basketball teams.

Notes from Nurse Mary: Make the most of your workout

I will admit that it's not easy for me to get up and be gung ho for a workout session. I am not and never will be a morning person. It's hard for me to wake up just about every day. But I do manage to stick to my morning workouts (most days anyway). And no, I don't have super human powers ...which means you can do it, too. Here's how.

1. Go to bed at a normal time. I'm naturally sleeper in the fall and winter, probably because of it gets dark so much earlier. When I know I'm going to wake up and work out, I make sure I get to bed early enough that I get 8 hours of sleep. Does it mean skipping "Conan"? Yep. Is it worth it? Oh heck, yes.

2. Sleep in your workout clothes. I kid you not, this is my No. 1 strategy for making morning exercise a habit—especially in the fall and winter. When it's chilly, I don't want to get out of the covers or change into workout clothes. Plus, it saves me precious time in the morning. And honestly when you're already dressed, you're taking one less obstacle out of the way. Do it.

3. Have a plan. Know exactly what you plan to do for your workout when you go to bed the night before. Whether it's a run, walk, DVD or class, have a plan in place. That way, you're not lying there in the morning trying to figure it out. Lay out your gear, equipment, gym bag and whatever else you'll need the night before, too. Plus when you know what you're going to do (such as run 3 miles), you know exactly how much time it takes (30 minutes plus time to stretch), and it keeps you punctual in the morning to make it happen.

4. Don't hit snooze. Period. If you're a chronic snooze-button user, place your clock on the other side of the room so that you have to get out of bed to turn it off. Better yet, turn on the lights right away and turn on some heart-pumping music to help yourself wake up.

5. Play your get-up-and-go music. We all know how music affects our mind and body in a positive way. It can change your mood, give you energy, and motivate you to reach higher. Play those tunes in the morning that remind you of your goals and

why you're doing this in the first place. And make music the soundtrack to your morning workouts so that you can be fierce and push yourself to the very end.

6. Don't make it a choice. Put simply, the big difference between those who get up and get it done and those who keep sleeping and feel guilty later is that morning exercisers Just. Do. It. It's not optional. It's not "Oh, if I feel like it, I'll wake up and work out tomorrow." They make the decision the night before. And when it's time to wake up and go, that's that. No fights. No compromising. No negotiation. It's just something that they do. And you have just as much power to make that happen, too.

Well, I personally don't do number 3, but if that works for you, go for it. I thought these were some good tips. Take it for what it's worth to you! —Nurse Mary

Best Buds



Kody Orcutt & Morgan Manternach
by Heather Sabers

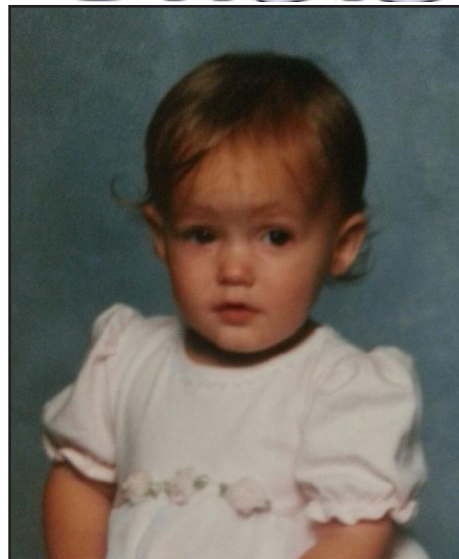
How long have you been friends?
Since Janet used to babysit Morgan

What do you do for fun?
Jam in 8th hour study hall

What's your most embarrassing moment together?
Getting interviewed to be best buds

Describe your relationship in one word.
Morganlaughsconstantly

Cutie



by Annie Fjelstul

This week's cutie is a sophomore. She has four sisters and one brother. She lives outside of Earlville. She's in the plays and musicals.

Last week's Cutie was Danica Fjelstul.

TEL speaker visits



On Monday, Lisa Lahr from SASC (Substance Abuse Services Center) spoke with TEL members to inform the students about the services provided through that agency and also share information about the harms of gambling.

The Cat Box Hall Smarts

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

A meow to all the donations for the food pantry. The faculty has the most donations so far...who's going to step up? A furball to anyone who hasn't brought anything!



A meow to students who are gearing up for the choir and band concert Monday night.



A furball to fog, but a meow to the Monday morning delay!



Our regular furball to procrastination. This is the season where students feel pressure about the end of the semester approaching.



A meow to the upcoming break!



A meow of encouragement to the sports teams.



A meow to Trevor Koopmann and Ryan Parmely for reaching milestone wins in wrestling. Late breaking news: Congrats to Steve Huber on his 100th win!



We don't know whether papier mache day is a meow or furball. You make the call.



A furball to the CIA's acknowledgment of the torture of suspected terrorists.



A furball that 25 million Americans cannot afford to pay for food.



by Emily LaGrant

Winter break is inching ever so closer with each day and students need to remember that winter break is more than just Christmas. There are lots of other important holidays that other people celebrate. Let's see how much these students know. The contestants are Mitch Smith, Brianna Mensen, Riley Sternhagen and Clay Wilenbring.



1) How long does Ramadan last?

Mitch: I don't know

Brianna: A month

Riley: 15 days

Clay: A week

A: A month

2) What holiday is at the end of Ramadan?

Mitch: No idea

Brianna: The Ramadan

Riley: Muslim Christmas

Clay: Fat Friday

A: Eid

3) What's the spinning top used in Hanukkah called?

Mitch: T-top

Brianna: Dreidel

Riley: Hanutop

Clay: Dreidel

A: Dreidel

4) How long is Kwanzaa?

Mitch: 5 months

Brianna: 8 days

Riley: 13 days

Clay: a week

A: A week

5) Who usually celebrates Kwanzaa?

Mitch: Chinese

Brianna: Jewish

Riley: The Jewish

Clay: Jews

A: People with African heritage

The winners this week were Brianna and Clay with 2 points each. Riley and Mitch both received 0. Looks like everyone could learn a little bit more about other holidays. 2 point winner, really?? Better luck next time, guys!

WHAT'S HAPPENING AT MV the week of December 14, 2014

SUNDAY, DECEMBER 14, 2014

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

MONDAY, DECEMBER 15, 2014

1. HS 9th Wrestling Tourney at West Delaware in Manchester - 6:00 PM

2. Maquoketa Valley School Board Meeting - Middle School Conference Room - 5:30 PM

3. High School Band & Vocal Christmas Concert - HOME (St. John's Catholic Church) - 7:00 PM

TUESDAY, DECEMBER 16, 2014

1. Deadline for January Newsletter Articles - Please Give to Sue Kramer in the HS Library

2. HS JV/V Girls & Boys BB at Lisbon - JV starts at 4:00 PM / V starts at 6:15 PM (Bus Leaves at 2:25 PM)

3. HS JV/V Wrestling - HOME - Clayton Ridge, Postville and Ed/Co - 5:00 PM

THURSDAY, DECEMBER 18, 2014

1. HS JV/V Wrestling - HOME - Alburnett and Ed/Co - 6:30 PM

FRIDAY, DECEMBER 19, 2014

1. HS JV/V Girls & Boys Basketball - HOME - East Buchanan - JV starts at 4:45 PM / V starts at 6:15 PM

2. HS Speech & Drama Club Soup Supper - HS Cafeteria - 4:30 PM-7:30 PM

SATURDAY, DECEMBER 20, 2014

1. HS V Wrestling at North Linn - 8:00 AM (Van Leaves at 6:15 AM)

HS JV/V G & B Basketball at Marquette Catholic HS - JV at 2:00 PM / V at 4:00 PM (Bus Leaves at Noon)

SUNDAY, DECEMBER 21, 2014

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

MONDAY, DECEMBER 22, 2014

1. HS College Panel Discussions - Auditorium - Seniors 3rd Hour (9:30 AM) / Juniors 5th hour (Noon)

2. EARLY DISMISSAL - 1:05 PM Delhi / 1:15 PM Earl.&Hopk. - Christmas Vacation/Semester Break

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

Classifieds

1 small female meat goat named Delilah - \$300 or OBO. Call Matthew Lansing at 563-920-0099



16 GB iPod Touch. Second generation. Comes with case. \$50. See Mrs. Temple.

Email your classified to Mrs. Temple.

