

## Staff members challenged to step it up in STEPtember

by Riley Kay Sternhagen

Hey Wildcats! Have any of you noticed the giant map of the U.S. by the front doors recently? Have you noticed that the map gets more and more footsteps added each Friday afternoon? Are you wondering what it's there for? Well here's the scoop.

Last year Mr. Tuetken asked Nurse Mary to find ways to promote health throughout the staff and faculty. After much research, Nurse Mary found one new idea for every month of the school year. And what is this month's topic? STEPtember. September is a reminder to all the staff that everyone should take about 10,000 steps a day. With 2,000 steps approximating one



The MV staff is making a conscious effort to improve fitness by counting and reporting how many steps and miles they go in a week. Nurse Mary has been tabulating their distance and taking them on an interstate adventure.

mile, that means they will be walking almost five miles every day.

The goal of STEPtember is to make

people aware of what they do and don't accomplish on a daily basis, and to show people that one small change-- like how many steps you take-- can make a big difference in your health. The staff's personal goal, though, is to make it to Las Vegas and back by the end of September. When asked how long the staff had to reach their goal, Nurse Mary had some wise words: "Actually, the participants have a lifetime, but the sooner they make the changes, the longer that life can be."

With not all the staff participating or turning in the number of steps they've taken, it's more of a challenge to reach their goal, but so far, the participants have walked 927.7 miles. About this, Nurse Mary was impressed, saying "I've been amazed at the number of staff who have taken a true interest. Many have even invested in pedometers to track their progress."

But it's not only the staff who should be promoting health. When asked how the students could participate in such events, Mary responded, "I'd love input from the students on how to implement this. It'd be great to include them next year or maybe even later this spring."

So next time you walk through those front doors, take time to stop, look at the map, and realize just how far our staff and faculty has come. And when you notice those teachers walking around with their brand new pedometers, congratulate them for taking a step towards a healthier life.

## Judging team does it again



The dairy judging team of Nick Bagge, Matthew Lansing, Advisor Mrs. Mausser, Trent Westhoff and Kaleb Kruse took first place at the TriState Dairy Expo last week.

Last week the MV FFA team competed at the TriState Dairy Expo at Calmar and brought home some hardware.

The dairy judging team of Nick Bagge, Matthew Lansing, Trent Westhoff and Kaleb Kruse earned a first place finish. They completed against 600 students from across the tri-state area. Westhoff was 2nd individual overall. Maquoketa Valley FFA team of Mindy Burkle, Cole Kruse, Aman-

da Engelken and Ryan Goedken earned 7th.

The soil judging teams also did well competing against 45 district teams. The seventh place team was Clay Willenbring, Curtis Nefzger, Travis Knipper and Andrew Palmersheim. The eighth place team was Dylan Salow, Ryan Parmely, Steve Huber and Kody Orcutt.



# Cross country team finally gets to compete



**Freshman Rejji Smith competes in the JV race in Monticello last weekend. (photos by Pete Temple)**

by Megan Hogan

Last Saturday the Maquoketa Valley cross country team opened its season at Monticello with a great morning to run.

Coach Rudd said it was a beautiful day to get the season started. "Sean, Koda, Brycen, Tamala, Cassie, Laisee, and Nicole all dropped their time significantly, and the others stayed steady around their Monticello pace," she stated

Surprisingly enough our Freshman and Sophomore boys did better than our Junior and Senior boys. We have four freshman boys on the team this year, Brendan Hogan, Sean Hucker, Brycen Askeland and Eric Deutmeyer. In the JV race, Brycen finished 7th overall with a time of 20:24, Brendan finished 14th overall with a time of 21:43, Eric finished 17th overall with a time of 22:15, and Sean finished 30th with a time of 30:06. Our sophomore, Bryant Meyer-Kemp, finished 8th overall with a time of 20:24. In the varsity race, junior Koda Kreutner finished 58th overall with a time of 23:36. Senior Greg Guetzko finished 57th over all with a time of 23:17.

Our girls also did very well on

Saturday, all five of them had great times. We have one freshman girl on the team this year, Rejji Smith. Rejji finished 3rd overall in the JV race with a time of 18:28. Sophomore Nichole Winter finished 7th overall with a time of 19:38. BrieAnna Nielson was ineligible to run on Saturday. Juniors Tamala Askeland, Laisee Shakespeare, and Cassie Burkle all had great times as well in the JV race. Tamala finished 12th overall with a time of 20:23. Laisee finished 14th overall with a time of 22:03. Cassie Burkle finished 24th with a time of 23:34.

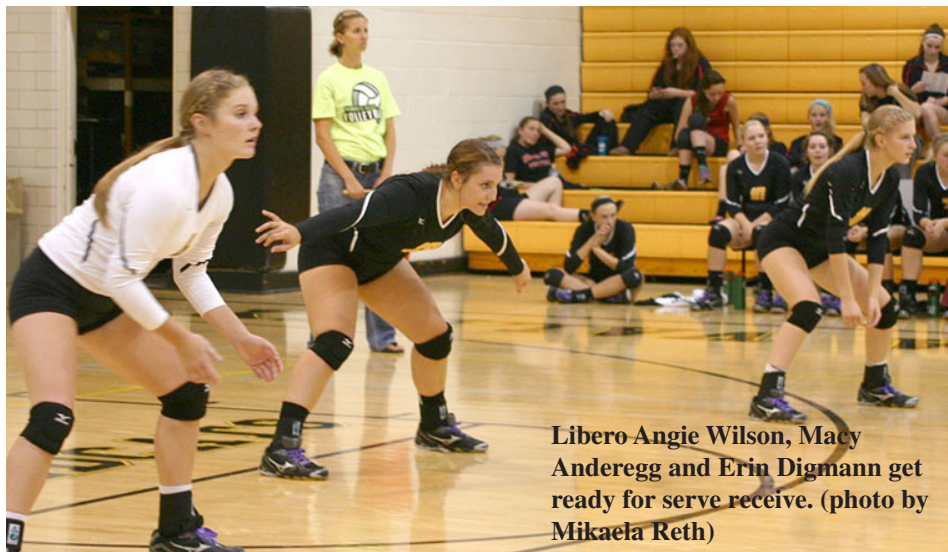
The next meet was Tuesday at Starmont. The runners competed in the JV meet, and many dropped their times from the first meet.

In the boys race, Brycen Askeland finished first in 20:00 with Meyer-Kemp close behind in 4th place in 20:26. Hogan finished 12th in 21:48 while Kreutner finished 14th in 22:03. Hucker finished 26th in 27:14.

In the girls race, Winter was MV's top finisher with a 5th place finish in 18:38 with Smith right behind her in 6th in 18:40. Askeland was 12th in 19:23, Shakespeare was 19th in 21:41 and Burkle was 22nd in 22:15.

The team runs at Cascade tonight.

## Volleyball team goes 3-0 against Easton Valley



**Libero Angie Wilson, Macy Anderegg and Erin Digmann get ready for serve receive. (photo by Mikaela Reth)**

The volleyball team had a strong win over Easton Valley last Thursday as won 25-16, 25-17 and 25-17.

The team served at almost 90% efficiency which helped with the win. Erin Digmann went 20 for 23 with 6 aces from the serving line. Macy Anderegg was 9 for 9 with 3 aces, Morgan Manternach was 14 for 16 with 1 ace, and Heather Sabers was 12 for 12.

At the net, Anderegg and Megan

Mensen each had 5 kills. Manternach had 4 and Digmann had 3. Sabers had 17 assists.

In backrow action, Digmann had 6 digs while Shawnae Hoeger had 5 and Emily LaGrant and Sabers each had 4.

Defensively, Annie Fjelstul had 6 blocks. Mensen and Digmann each had 5 blocks.

The Cats hosted Central City Tuesday night and won 3-0.



**Greg Guetzko comes around a corner in the Monticello race.**



# Wildcats shred Buccaneers

by Shaylyn Trenkamp

Last Friday night, Maquoketa Valley took on East Buchanan and brought their record to 3-0 this season, with a final score of 46-8.

Ryan Parmely started off the game for the Wildcats with a 45 yard touch-down return, stemming from an interception, within the first minute of the game. Parmely kept it up with another touchdown and two point conversion also in the first quarter. Parmely led rushing for the Wildcats Friday night with 213 yards in all, and a 10.6 yd. rushing average.

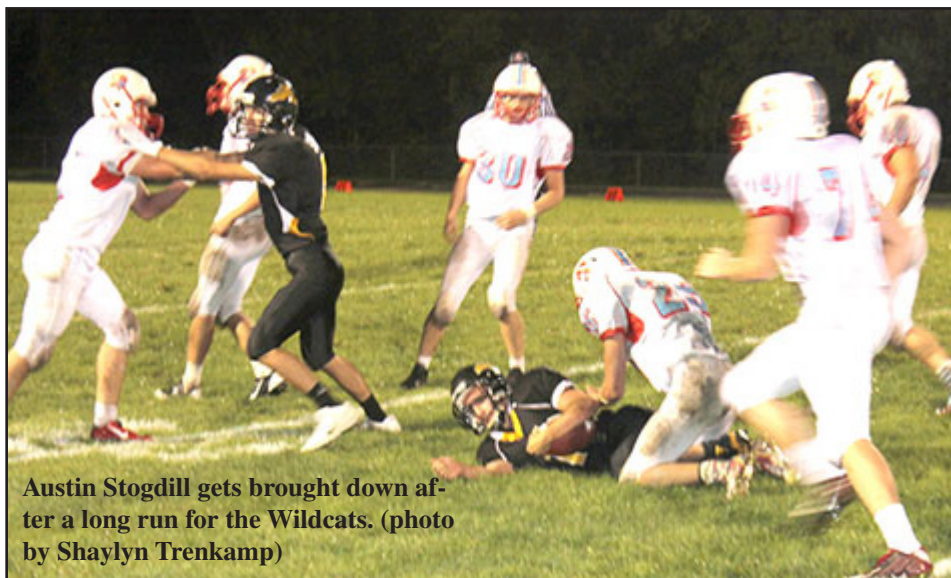
Starting off the scoring in the second quarter, Jeremy Fischer ran the ball in for the Wildcats third touchdown and Steve Huber followed with the extra point. Fischer later made the pass to Zach Salow for a 27 yard touchdown, followed by another touchdown run by Parmely and another successful field goal from Huber. Huber was two for five for field goals Friday night, and also led kicking with 148 yards from four kicks. Finishing out the half with a 13 yard touchdown run was Huber for the Wildcats.

Although the Wildcats held the Buccaneers at zero for the entire third quarter, MV didn't have any scoring plays for the quarter. After the Buccaneers scored a touchdown and two point conversion in the last quarter, Wildcats finished the game strong with a 80 yard pass from Jeremy Fischer to Trevor Koopmann for the final touchdown of the night.

Passing yards: Jeremy Fischer, 107. Rushing yards: Austin Stogdill, 42; Steve Huber, 26; Jeremy Fischer, 44; Zach Salow, 2; Trevor Koopmann, 29; Ryan Parmely, 213; Lukas Wilson, 9.

Receiving yards: Zach Salow, 27; Trevor Koopmann, 80.

Tackles: Austin Stogdill, 2; Zak Harbach, 1; Steve Huber, 2; Derek Salow, 1; Riley Kloser, 2; Zach Salow, 2; Trevor Koopmann, 1; Ryan Parmely, 4; Mason Hermanson, 3; Rob Bockenstedt, 1; Chris Hoeger, 1; Alec McDowell, 8; Curtis Nefzger, 4; Kody Orcutt, 2; Calvin Orcutt, 1; Matt Lansing, 4. Assists: Austin Stogdill, 1; Dylan Wright, 1; Zak Harbach, 1; Steve Huber, 5; Zach Salow, 2; Trevor Koopmann, 3; Ryan Parmely, 6; Rob Bockenstedt, 2; Chris Hoeger, 1; Alec McDowell, 2; Curtis Nefzger, 2; Kody Orcutt, 2; Calvin Orcutt, 1; Matt Lansing, 1; Kaleb



Austin Stogdill gets brought down after a long run for the Wildcats. (photo by Shaylyn Trenkamp)

Handel, 1. Sacks: Kody Orcutt, 2.

Interception yards: Ryan Parmely, 45.

Steve Huber was 2 for 5 on extra point attempts. Kicking yards: Steve Huber, 148; Ryan Parmely, 58; Rob Bockenstedt, 83.

The Cats host Ed-Co tonight.

## The Cat Box

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



A meow to Iron Man and Powder Puff shirts for sale. Let the Homecoming fever begin.



A meow to the information shared at the college fair on Tuesday.



A furball to the sickness going around.



A meow to speech auditions. Around 100 students auditioned. Impressive, Wildcats.



A furball to tough classes, but a meow to the satisfaction one gets when one gets it!



A furball to the bipolar weather.



A meow to the song "All About That Base."



A meow to the new season of television shows starting.

## Athlete of the Week

Name: Megan Mensen

Sport: Volleyball

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

The intensity and being so close as a team

**What's your favorite drill in practice?**

Baseball

**What's your least favorite drill in practice?**

Serve and Chase

**What's your goal for the team this season?**

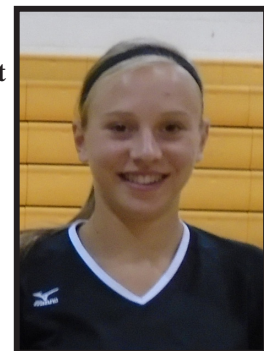
Have the best record we've had so far

**What has made this year unique for you?**

This team is closer and we all know how each other plays.

**What's your favorite memory from being involved in this volleyball?**

Doing the cow song before every game



# Meet the Freshmen



**Kara Orcutt, Mitch Smith, Mitchell Neuzil and Madison Imler**

Name: Kara Orcutt

Siblings: Kody Orcutt and Kristi Orcutt  
Activities you plan to be in: basketball, volleyball, golf, softball, play, musical, speech

Favorite subject: Spanish

Career aspirations: FBI agent or cosmetologist or photographer

Hobbies: playing sports, being with friends

Something cool about you: I ride dirtbikes.

Name: Mitchell Neuzil

Siblings: Natalie, Chad

Activities you plan to be in: speech, play, golf or track

Favorite subject: Social Studies

Career aspirations: Engineering

Hobbies: Going outdoors, being with friends

Name: Madison Imler

Siblings: Ella and Isabel

Activities you plan to be in: track, basketball, softball, volleyball, musical, play, speech

Favorite subject: Spanish/math

Career aspirations: teacher

Hobbies: playing sports, hanging with friends

Name: Mitch Smith

Siblings: Zach Smith, Devin Smith, Colin Smith

Activities you plan to be in: football, wrestling, track and field

Favorite subject: Basic construction

Career aspirations: auto mechanic or construction

Hobbies: riding four wheelers

Something cool about you: I like to have fun.

—typist: Mikaela Reth

## Macy's Message

by Macy Anderegg

*"Believe you can and you're halfway there."*

—Theodore Roosevelt



I was on my Pinterest account and stumbled across this quote by the famous Theodore Roosevelt and I got me thinking. This is something that I, myself, have been battling for what seems like my whole life: believing in myself.

I know as a fact that others do to. We all go through hard times or times that seem like they are hard and we forget that one little ounce of something that will get us through it: Belief in ourselves. It can be the hardest and easiest thing to do, but it always takes that extra "oomph" to get us going.

So, my fellow Wildcats, my challenge for you, whether it is today, next week, or throughout this school year, is to develop that extra step and believe in yourself. I think we will all be surprised what we can actually find ourselves doing.

## Angie's Angle

by Angie Wilson

**Trust**



Whom do you trust? Your family, friends, relatives? I bet some of you have trusted one individual and then the next it was gone. Trust is a foundation to a good relationship. If you don't have it then there is broken link to the relationship's chain.

If you expect loyalty from a friend then they should expect the same in return. In all relationships it is a two way street. Loyalty will enable both individuals to trust one another. We all make mistakes. We all say things that we know we shouldn't. We do things in the spur of the moment that in that time feels right. We are human; those things are going to happen. It's the matter of understanding the consequences to our actions. I like to compare losing someone's trust as breaking a mirror. Once you have broken it, no matter how hard you try to repair it, you will still see the cracks.

My message to you this week is to build a good relationship on trust and be loyal to each other.

## Do's and Don'ts of the 3-Day Weekend

by Shaylyn Trenkamp



If you haven't heard yet (I would hope you have though!), there's no school Monday, which means a three-day weekend for us! Here's how to make the most of it:

Do make plans. Take advantage of the extra day for more time with friends and family.

Don't forget to catch up on some sleep. That's what the extra day is really for, right?

Do use the extra time to squeeze in some planning so you're on top of it for next week.

Don't forget to wish your Wildcat football team and band good luck before they play tonight!

Do be grateful for some nice weather (hopefully) this weekend.

Don't forget about Homecoming coming up! :)

Do come watch the Wildcats face Ed-Co tonight for another exciting game on the home field. Go Cats! Happy Friday!

## Speech auditions held



Almost 100 students auditions for speech this week. Rehearsals will start next month. Above: Raven Eatman-Dietiker, Megan McNamara and Gabriella Guetzko perform an improvisational skit.



## Fine Artist of the Week

Name: Taylor Guthrie  
Activity: Fall musical

### What role do you play in the musical?

Glinda, the Good Witch of the North

### How are you like/not like your character?

I feel I am similar to Glinda in the leader aspect, but she's got the princess thing going on a lot better than I do :)

### What's your favorite part of the show?

I love the clashes onstage between Glinda and the Wicked Witch of the West.

### What would surprise people about the show?

It would surprise everyone how many people are out for the musical as well as both of our foreign exchange students.

### What's your favorite part of rehearsal?

I love getting to see new performers improve from beginning to end; it's amazing to see how much they grow.

**Who is your drama role model?** My mother because had leads in the musicals and plays throughout high school, and she has always encouraged and supported me in every drama aspect in my life.

## Cutest Couple

Abby Holtz & Brock Hillers

by Heather Sabers

### How long have you been dating?

Almost two years

### What do you do for fun?

Help each other with geometry

### Describe your relationship in one word.

Everlasting with a little help from Kara.

### Any nicknames?

Brockalicious and Abby



## Hall Smarts

by Emily LaGrant

I thought that this week, we could have a little fun. And by a little fun, I mean spelling. Let's see how well these Wildcats do. The contestants are: Megan Beaman, Taylor White, Dylan Wright and Greg Guetzko.



### 1. How do you spell amateur?

Megan: amereter

Taylor: amiture

Dylan: amateur

Greg: amerdete

### 2. How do you spell conscious?

Megan: concuiencous

Taylor: consios

Dylan: conchous

Greg: conches

### 3. How do you spell embarrassment?

Megan: embarresment

Taylor: embarrassment

Dylan: embarrasment

Greg: embrisemen

### 4. How do you spell gauge?

Megan: gauge

Taylor: gage

Dylan: gauge

Greg: gauge

### 5. How do you spell intelligence?

Megan: enteligence

Taylor: intelligence

Dylan: intelegence

Greg: intelenge

The winner this week was Dylan with a whole 2 points! Greg, Taylor, and Megan all tied for last with 1 point each. I think we've located these Wildcat's weak spots. Thank goodness for spell check!



## WHAT'S HAPPENING AT MV the week of SEPTEMBER 22, 2014

### MONDAY, SEPTEMBER 22, 2014

1. NO SCHOOL - Teacher Professional Development Day
2. High School JV Football - HOME - Edgewood/Colesburg - 6:00 PM
3. High School Musical Practice - Auditorium - 7:00 PM to 9:00 PM

### TUESDAY, SEPTEMBER 23, 2014

1. Homework Assistance for 7th & 8th Graders - 3:00 to 4:00 PM
2. HS Cross Country at C.P.U. - 4:30 PM (Bus Leaves at 3:00 PM)
3. Jr. High Volleyball - HOME - Lisbon - 4:00 PM
4. HS 9/JV/V Volleyball at Springville - 5:15 PM (Bus Leaves at 4:10 PM)
5. High School Musical Practice - Auditorium - 7:00 PM to 9:00 PM

### WEDNESDAY, SEPTEMBER 24, 2014

1. IYS Administered to 6th & 8th Graders - 6th during Science / 8th during Social Studies
2. Homework Assistance for 7th & 8th Graders - 3:00 to 4:00 PM

### THURSDAY, SEPTEMBER 25, 2014

1. Jr. High Volleyball at Central City - 4:00 PM (Bus Leaves at 2:50 PM)
2. High School Musical Practice - Auditorium - 7:00 PM to 9:00 PM
3. HS JV Football at Lisbon - One Game at 6:00 PM (Bus Leaves at 4:00 PM)
4. HS 9/JV/V Volleyball - HOME - Midland - 5:15 PM

### FRIDAY, SEPTEMBER 26, 2014

1. Deficiency Reports Due
2. HS V Football at Lisbon - One Game at 7:00 PM (Bus Leaves at 4:30 PM)

### SATURDAY, SEPTEMBER 27, 2014

1. HS Cross Country at MHI in Independence - 9:15 AM (Bus Leaves at 7:30 AM)



# Gotta love

*photos by Emily Krapfl*



# those



# Wildcat Fridays