

# Wildcat Echo

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A publication by the students of Maquoketa Valley High School

## Trenkamp's writing earns her a Kindle

Junior Shaylyn Trenkamp was presented a Kindle Fire on Dec. 19 by Cedar Rapids Gazette sports editor J.R. Ogden. Shaylyn had submitted articles and pictures to the Iowa Prep Sports website, and her name was drawn from all the students who contributed work.



## New freshman joins student body



by Nichole Lucas

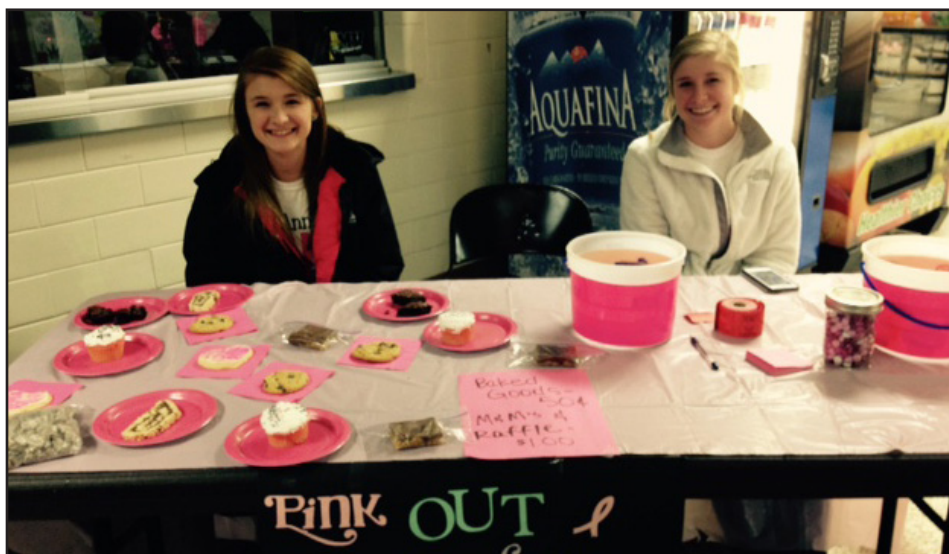
Some of you may have noticed a new face in our hallways. Chyanne Hills is a freshman from North Linn. She started here at the beginning of the semester when she moved to Hopkinton. Although she's not involved in any activities (yet!), she does enjoy kayaking, swimming, reading fiction, listening to heavy metal, or watching crime dramas on TV. At North Linn, she enjoyed her art class the most. She is a really nice girl --she even likes cats-- so be sure to say hi to her in the hallway sometime!

## Pink Out raises funds and awareness

Last Friday night and this past Monday night, basketball and wrestling athletes and fans participated in a Pink Out. Heather Sabers coordinated the event which included a bake sale and raffle.

**Right: Zach Salow sprints past Alburnett defense and puts up a shot last Friday in MV's sixth annual "Pink Out" game, dedicating to those who have fought and who are fighting breast cancer. (photo by Shaylyn Trenkamp)**

**Below: Brittany Sabers and Heather Sabers sell baked goods and raffle tickets at the basketball game.**



## Sophomores tour JREC



Craig Stadtmueller at Kirkwood's Jones Regional Education Center gave a tour of the facilities to the sophomores Monday morning. He explained the course offerings and answered questions.



# MV wins home tournament, dominates at last home meet

by Emily Krapfl

Last Saturday the Maquoketa Valley hosted a home wrestling tournament, teams in attendance were Midland, Starmont, Center Point Urbana, Beckman, and Monticello. The Wildcats came out on top by defeating all five opponents, and which put them in first place for the tournament.

Coach Andrews said he was pleased with the team's efforts and results. "To come out like we did after a very extensive Christmas break due to weather and what not was something to feel good about. The guys are really starting to come together and it showed today. Hopefully we can keep things rolling as we head back into the conference schedule this week."

Senior recognition was also held at the tournament. Seniors Greg Guetzko, Steve Huber, Trevor Koopmann and Ryan Parmely and their parents were honored.

First off, the Wildcats faced Midland, and won with a final team score of 54-27. Wrestlers who won their matches were Dylan Wright (pin), Trevor Koopmann (pin), Alec McDowell (pin), Steve Huber (forfeit), Eric Heims (pin), Ryan Parmely (forfeit), Kaleb Kruse (pin), Tanner Parmely (pin), and Carter Klostermann (forfeit).

The next dual was against Starmont, and the Wildcats came out on top, winning with a team score of 63-15. Wrestlers who led the team to another victory were Dylan Wright (forfeit), Trevor Koopmann (pin), Alec McDowell (forfeit), Steve Huber (forfeit), Ryan Parmely (pin), Kaleb Kruse (forfeit), Greg Guetzko (forfeit), Tanner Parmely (8-4 decision), Mason Hermanson (pin), Carter Klostermann (pin), and Zach Cornell (forfeit).

Next, the Wildcats battled CPU and won with a final team score. Team members who won their matches to put points on the board were Dylan Wright (pin), Trevor Koopmann (pin), Steve Huber (pin), Eric Heims (pin), Ryan Parmely (pin), Greg Guetzko (pin), Carter Klostermann (pin), and Mitch Smith (7-4 decision).

Maquoketa Valley then wrestled the Beckman Blazers, winning the dual with a final score of 52-15. Wrestlers who were successful were Dylan Wright (forfeit), Trevor Koopmann (pin), Alec McDowell (forfeit), Steve Huber (3-2 decision), Ryan Parmely (15-4 decision), Justin Krapfl (forfeit), Greg Guetzko (8-4 decision), Tanner Parmely (pin), Mason Her-



**Alec McDowell puts some pressure on his CP-U opponent last Saturday. (photos by Pete Temple)**

manson (3-2 decision), Carter Klostermann (forfeit), and Zach Cornell (7-6 decision).

The Wildcats finished off the day by facing Monticello, and winning with a team score of 66-18. Wrestlers who helped win the dual were Koopmann (pin), McDowell (forfeit), Huber (pin), Ryan Parmely (pin), Guetzko (forfeit), Carson Wright (forfeit), Hermanson (pin), Klostermann (forfeit), Cornell (forfeit), Smith (pin), and Dylan Wright (pin).

Tuesday night, the Maquoketa Valley wrestling team hosted their annual Pink Out meet. Other teams in attendance at the meet were Cascade, Bellevue, and Starmont. The Wildcats came out on top, by successfully beating all three of the teams.

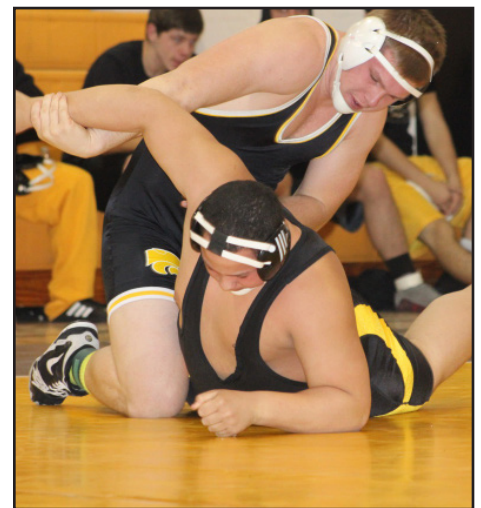
Coach Andrews said the meet was a great way to end the home schedule for the season in front of a home crowd. "Most of the guys came out and dominated from start to finish. Although we lost a couple matches I thought we should or could have won I am confident we will fix those mistakes over the next couple of weeks as we head towards the end of the year."

The first dual of the night was against the Cascade Cougars, whom the Wildcats defeated with a final team score of 64-15. Wrestlers who won their matches were Guetzko (forfeit), Tanner Parmely (forfeit), Hermanson (forfeit), Smith (pin), Dylan Wright (13-2 decision), Koopmann (forfeit), McDowell (pin), Huber (forfeit), Heims (forfeit), Logan Fronatt (forfeit), and Ryan Parmely (pin).

Next the team faced the Bellevue Comets, and were successful by winning

with a final team score of 78-6. Helping to get team points were wrestlers Carson Wright (forfeit), Tanner Parmely (forfeit), Hermanson (pin), Klostermann (pin), Cornell (forfeit), Dylan Wright (pin), Koopmann (pin), McDowell (pin), Huber (pin), Heims (pin), Ryan Parmely (pin), Kruse (pin), and Guetzko (pin).

The Wildcats finished off the night by also beating Starmont, with a score of 64-15. Wrestlers who won their matches in this dual were Mason Hermanson (pin), Carter Klostermann (16-4 decision), Zach Cornell (forfeit), Mitch Smith (pin), Dylan Wright (forfeit), Trevor Koopmann (forfeit), Alec McDowell (pin), Steve Huber (forfeit), Ryan Parmely (pin), Kaleb Kruse (forfeit), and Guetzko (forfeit).



**Ryan Parmely wraps up his Stormin' Pointer matchup at the home tournament.**

# what's up?

If you could be anything in the world, what would it be?

by Riley Kay Sternhagen

Emily LaGrant- A Nobel Peace Prize winner... or a loaf of bread  
Jazz Niehaus- A kettle  
Mr. O- A professional golfer  
Shaylyn Trenkamp- Mermaid  
Zach Tanner- Ninja  
Bobbly Blair- An advanced physicist robot programmer ninja astronaut  
Trenton Kelley- Superhero  
Ethan Ottoway- Snail  
BrieAnna Nielson- Unicorn  
Keegan Haynes- A pretty little butterfly!

## STUDENT OF THE WEEK

*Logan Fronatt*



You recently helped out an underclassman during WIN. Why do you think it's important for upperclassmen to assist younger students? We've been through everything that they're doing, so we can easily help them out and as upperclassmen. We are expected to show the underclassmen the ropes.

What is the value of WIN time? We come to WIN every day as a "break" in the middle of our day and a reteaching period where if we need any help with anything, teachers can help us out.

What class did you enjoy most first semester, and what class are you most excited about for second semester? I enjoyed welding with Mr. Drew the most during first semester, and I am most excited about Architectural Drafting with Mr. Drew this semester.

—Logan was nominated by Mrs. Temple.

## Athlete of the Week

Name: Brock Hillers

Sport: Basketball

What position do you play? Guard

What do you enjoy most about basketball?

working together with my team

How does this year's team differ from past teams? I'm a freshman so I don't really know.

What's your favorite drill in practice? 3 on 2

What's your least favorite drill? W drill

How do you mentally prepare for the game? watch Hudl

What did you eat for breakfast? Cereal

What's the best motivational song out right now? "Centuries" by Fall Out Boy



## Best Buds



Madison Imler & Dani Schuman  
by Heather Sabers

How long have you been friends?

As long as it takes to do this interview

What do you do for fun? Speak Spanish to each other

What's your favorite memory together? Doing homework together every night

Describe your friendship in one word? Loca

## WHAT'S HAPPENING AT MV the week of JANUARY 18, 2015

SUNDAY, JANUARY 18, 2015

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

MONDAY, JANUARY 19, 2015

1. NO SCHOOL - Teacher Professional Day  
2. Tri-Rivers Conference HS Band Festival - HOME (Auditorium) - 1:00 PM - Concert at 7:00 PM  
3. Junior High Boys Basketball at Cascade - 4:00 PM (Bus Leaves at 3:00 PM)  
4. Maquoketa Valley School Board Meeting - Johnston Elementary - 6:00 PM

TUESDAY, JANUARY 20, 2015

1. HS JV/V G & B Basketball - HOME - Springville - JV at 4:45 PM / V at 6:15 PM

WEDNESDAY, JANUARY 21, 2015

1. HS College Planning Meeting - Auditorium - 5:30 PM / HS Financial Aid Meeting - 7:00 PM

THURSDAY, JANUARY 22, 2015

1. HS JV/V G & B Basketball - HOME - Starmont - JV at 4:45 PM / V at 6:15 PM  
2. HS JV/Varsity Wrestling at Lisbon (also with EB) - 6:30 PM (Bus Leaves 4:10 PM)

FRIDAY, JANUARY 23, 2015

1. HS JV/V G & B Basketball - HOME - Cedar Valley Christian - JV at 4:45 PM / V at 6:15 PM

SATURDAY, JANUARY 24, 2015

1. MV Athletic Boosters Mini-Wildcat Wrestling Tournament - HS & MS Gymnasiums - 6:00 AM  
2. District Large Group Speech at Cascade - 8:00 AM (2 Buses Leave Delhi 6:15 PM)

SUNDAY, JANUARY 25, 2015

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



# Meet the Freshmen

Name: Casey Fry

Siblings: 4 sisters, 1 brother-Christie, Haley, Payton, Lanni and Cody

Activities you plan to be in: track, softball, volleyball

Favorite subject: Math

Career aspirations: An accountant

Hobbies: mudding, helping Dad

Something cool about you: I've won a mud race.



Name: Jake Jones

Siblings: Sister Julie

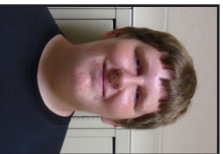
Activities you plan to be in: football, play

Favorite subject: Math

Career aspirations: mechanic

Hobbies, working for my dad, riding four-wheelers

Something cool about you: I'm funny, and my nickname is Jonesy



# Cutie



by Annie Fjeltul

This cutie is a junior.

Her mom is an alumna of Maquoketa Valley.

She is in Spanish and choir, among many others.

She wants to go to UNI to be a teacher.

## Angie's Angle

by Angie Wilson

In honor of the first large group speech competition coming right up, I thought it would be appropriate to talk a little bit about this wonderful thing.



Speech is, of course, the things we say with our voices. It is more than that, it is the thought we share and express that really makes an impression. As the quote at the top says, it is like writing in the air. When we write we take the time to gather our thoughts and pencil or regurgitate them down in writing. The only difference with speech is we say them allowed. Have you ever heard the saying "I didn't mean to say that" when someone says something rude, mean, disrespectful, etc?... I bet the majority of you have.

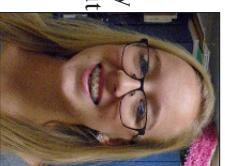
My message for this week is use speech just as you utilize writing. Think about what you say, before you say it. Gather your thoughts and choose words that won't come biting you in the butt. You are in control of your expressions.



## Do's and Don'ts of the New Year

by Shaylyn Trenkamp

The new year may have begun a while ago, but I believe that every day is an opportunity for a new beginning. If you haven't



started your resolutions yet, or are in the process of keeping some you've already made, here are some tips to help you achieve your goals and keep your resolutions.

Do start small. It's impractical to attempt to change everything about yourself--instead, begin to alter little, seemingly unsubstantial habits and routines... Eventually they will turn into or aid the progress of the substantial changes you desire.

Don't beat yourself up. Failure is going to happen a billion times before success. That's how it's meant to be, so let it motivate you.

Do team up. Finding friends or family to make resolutions with can help you stick to it and achieve more. Peer pressure can be a good thing that helps you reach your goals.

Don't be unrealistic. The point of resolutions and goals are to better yourself or your life. Being unrealistic will only cause you more unnecessary stress and impede your progress.

Do support others. Helping others reach their goals can help you be confident enough to conquer your own.

Don't forget that there is always a fresh start tomorrow. You can always start over, you can always rebuild, and you can always recreate. Believe in yourself and have faith in tomorrow and there's nothing you can't accomplish.

# Boys basketball falls in some close ones

Freshman Brock Hillers attacks the basket at full-speed, looking to score against North Linn. Hillers led scoring for the Wildcats at this game early last week with 14 points for the night. The Cats lost 47-49. (photos by Shaylyn Trenkamp)



The boys basketball team is on the hunt for a win after losing a few close matchups recently.

Last Friday night, the Cats fell to the Alburnett Pirates 42-65. The Cats led at the end of the first quarter, but Alburnett had the lead by half-time, 26-23. The Pirates came out hot in the second half and outscored the Cats 39-19.

Leading scorers for the night were Zach Salow with nine and Jordan Schindler, Kody Orcutt and Ryan Goedken each chipping in six. Kody Orcutt had eight rebounds and a block.

Saturday night was the Del Co showdown between the West Delaware Hawks and the Wildcats. West Delaware maintained a consistent lead throughout the battle with a half-time score of 46-14 and a

final score of 80-23.

It was Calvin Orcutt's night to tally up the points as he scored nine points. Salow had six with Kyle Wilson adding three. Calvin Orcutt had six rebounds. Garrett Hogan had one steal.

Tuesday night the Cats traveled to Central City and lost a close one, 54-58. MV led at half-time, 30-24. Central City finished strong with outscoring MV 24-10 in the final quarter.

Salow had 15 points for the evening along with six rebounds, an assist and a block. Calvin Orcutt contributed 13 points and 10 rebounds. Schindler and Kody Orcutt each had eight points.

Last night the Cats hosted Ed-Co. Details will be in next week's issue.

## Quotastic

by Mikaela Reth

*"It takes courage to grow up and become who you really are." ~ E. E. Cummings*

High school brought a new adventure for all of us. As freshmen, we came in wanting to make many friends and have grand adventures, only to find out that we could only seem to annoy the seniors (at first) with our "junior-high-ish-ness." However, as the years progressed, we began to grow up and find more of ourselves within our activities and friends. We take four years of going through the motions of everyday high school: attending classes, talking to friends in the halls, doing our homework, and supporting or participating on the different teams throughout the school.

After these four years, we suddenly face the end of our high school career, knowing the next year we are expected to be attending college for higher education and the beginning of the rest of our lives. This transition, however, is difficult for many. We have spent our lives following our friends, doing what they do, and going where they go. Next year, as seniors, we'll be leaving all of our friends behind. We will be faced with the challenge of growing up and becoming who we really are. This is why Cummings says that it takes courage.

Next year is going to be a leap into the unknown for many of us. It will be a walk in the dark. We'll have to take courage, spot the light at the end of the tunnel, and walk through the unknown. Before we know it, we'll feel right at home in our new environments, our new lives. We'll be happily installed on the rollercoaster of life and we'll take it as it goes, even though we won't be able to see anything clearly besides that which is behind us.

So, regardless if you're a freshman, a senior, or anything in between, every year will bring change. Every one of us will have to walk through our own tunnels. We will all have to face the future. It will bring some greatness, it will bring some trials, but most of all, it will bring us to the center of ourselves, our very beings and our true personalities.

Jordan Schindler snags a rebound for the Wildcats and fires the shot back up in a struggle against Alburnett Pirate defense last week.





# Food drive collects hundreds of items for local food banks

The student council poses on Dec. 19 with the items collected in the food drive held before Christmas. The faculty won the challenge.



## Catching up with the girls basketball team

by Shaylyn Trenkamp

On December 20, Maquoketa were defeated by the Mohawks of Bellevue Marquette Catholic in a non-conference game. The following Monday, though, the Wildcats came back with a win against Monticello.

Against the Mohawks, the Wildcats suffered from some shooting and foul trouble. Maquoketa Valley received an overall scoring percentage of about 25 percent of shots taken and had four girls foul out. With a slow start, the Wildcats received half as many points as the Mohawks in the first quarter. The second quarter brought another 12 points for the Mohawks and nine points for the Cats, bringing the halftime score to 24-15 with Bellevue Marquette Catholic leading. Maquoketa Valley continued to progress as the game went on, scoring 14 points in the third quarter, but Mohawks countered with another 15 points. In the final quarter, the Mohawks received another 14 points, and the Wildcats managed another 22. Scoring more the BMC in the last quarter didn't cut it though, and the Wildcats lost 63-53. Despite the loss, Maquoketa Valley pulled out a strong free-throw score of 24. Leading the Wildcats in scoring were Megan Mensen and Annie Fjelstul with 13 points each.

On Dec. 22, Maquoketa Valley traveled to Monticello and won a close game 42-41. The game started off rough for both teams. The Wildcats and Panthers both scored in the single digits: 6 points

and 4 points respectively. Maquoketa Valley dragged a bit behind before halftime though, scoring only 10 more points. Monticello scored 12 in the second quarter, but the roles reversed after the half and the Wildcats took back their two point lead. In a very close final quarter, Monticello scored 14 points, one more point than MV. Their previous lead left the Wildcats one point ahead though, and Maquoketa Valley took the Panthers 42-41. Erin Digmann, a junior for the Wildcats, led the team's scoring with 17 points, while Morgan Manternach managed to lead from the backboard, receiving 7 rebounds total.

Maquoketa Valley also took on North Linn, Alburnett, and West Delaware last week, losing to North Linn and losing 51-32 to the Hawks, and winning 49-29 against the Pirates.

In last Friday night's matchup with Alburnett, the Cats held the Pirates to only nine points in the first half. The Cats had 18 steals that night, with Brianna Mensen snatching six. She and Abby Jay each had two blocks.

Erin Digmann led in points with 16 followed by Brianna Mensen and Megan Mensen with 11 and 10, respectively. Digmann was hot behind the three-point line as she sunk four of them.

Saturday night the team traveled to Manchester to take on the West Delaware Hawks. After an 8-14 first quarter deficit, the team got close by half-time, 18-19. West Delaware powered up in the

fourth quarter to outscore the Cats 2-18 for a final score of 32-51.

No stats were available for the Jan. 6 North Linn game.

The girls defeated Central City this Tuesday.



Sienna Becker jumped up for the shot against Alburnett in the last minutes of the sixth annual "Pink Out" game that MV hosted last Friday night. (photo by Shaylyn Trenkamp)