

Wildcat Echo

Issue 5
October 2, 2015

A publication by the students of Maquoketa Valley High School

Plans made for homecoming: Stomp the Stars



This year's homecoming court is comprised of Macy Anderegg, Rob Bockenstedt, Erin Digmann, Jeremy Fischer, Megan Mensen, Colton Nefzger, Angie Wilson, Calvin Orcutt and honorary attendants Flavia Xavier and Maeva Luis Garcia.

Homecoming is upon us once again. This year's theme is Stomp the Stars.

Festivities begin on Monday with Movie Character dress up day.

Tuesday, have some fun with Twinning Day, and then support the cross country team as they compete in Manchester and then cheer on the volleyball teams as they host Cedar Valley Christian.

Gear up for Wednesday's Gender Swap Day and then enjoy some Iron Man Volleyball at 1:00 in the gym. Powder Puff football will follow on the football field. The weather forecast says we'll have a high of 73 degrees, so dress appropriately! We will be running the 1:05 dismissal schedule on Wednesday.

Thursday the halls will be filled holiday spirit: the freshmen will don their red, white and blue; the sophomores will sport green in honor St. Patrick's Day; the juniors will deck the halls in Christmas garb; and the seniors will bring their best Halloween costumes.

Friday is filled with excitement. All true Wildcats will wear their black and gold. Students will report to classes 1-5 and then the student council will host

class competitions in the gym at 1:00. The parade starts at 2:00, and the pep rally and king coronation will follow the parade.

This year's homecoming court includes Macy Anderegg, Rob Bockenstedt, Erin Digmann, Jeremy Fischer, Megan Mensen, Colton Nefzger, Angie Wilson, Calvin Orcutt and honorary attendants Flavia Xavier and Maeva Luis Garcia.

The queen coronation will be held at half-time of the varsity football game. The FFA hog raffle drawing will also be held Friday night.

Saturday night students are invited to the student council dance held in the high school cafeteria from 8:00-11:00.

One change in this year's homecoming festivities is the change in homecoming court. The decision was made to eliminate underclassmen attendants and queen escort for several reasons. In recent years certain students became targets during the voting process for attendants and escorts. School officials also wanted to keep the focus on the seniors and provide an opportunity for the parents of the queen candidates to escort their daughters at the coronation.

Class officers elected

Freshmen:

President-Sam Wall
Vice President-James LeGassick
Secretary/Treasurer-Olivia Hoeger

Sophomores:

President-Abby Holtz
Vice President-Heath Gibbs
Secretary/Treasurer-Brittany Sakers

Juniors:

President-Brianna Mensen
Vice President-Amanda Fortman
Secretary-Treasurer-Nichole Winter

Seniors:

President-Angie Wilson
Vice President-Jeremy Fischer
Secretary-Treasurer-Emily LaGrant

Sports Connection

Runners cut times at Independence meet

by Tate Trenkamp

Welcome back wildcats, this week the cross country team ran at Independence on Saturday 9/26. All improved their times at Independence. "Every runner who raced [Saturday] dropped their time at this meet!" stated Coach Rudd.

First the Girls times: Tamala Askeland, 24:48 58th; Cassie Burkle, 28:54 73rd; Nicole Winter, 24:20 56th; Re-
jji Smith, 21:46 24th; Kristin Lucas, 29:19 74th; Sammy Wall, 23:51 49th.

Now the boys times: Bryant Meyer-Kemp, 20:49 66th; Brenden Hogan, 20:28 63rd; Sean Hucker, 23:09 76th; Lane Coyle, 23:25 77th; Canyon Richardson, 20:21 62nd; Jon Seibert, 23:50 78th; Tate Trenkamp, 20:03 59th.

Overall the cross country team did well at both meets. The next meet will be Tuesday at West Delaware, so come on out and support our runners.

They also ran at Jesup on Tuesday but stats were not available.

Right: Laisee Shakespeare makes her way along the Jesup course. Canyon Richardson moves around an opponent.
(photos by Izzy Niehaus)



Wildcats fall to Cal-Wheat by Emily LaGrant

The Wildcat volleyball team took on the far-away Calamus-Wheatland last Thursday night. The team once again struggled with consistency despite a well played match against Springville that previous Tuesday. The team finished 0-3 with match scores 16-25, 18-25, and 17-25.

Despite rough an overall rough game, serving continues to be the strong point for the Cats. They finished with an 87% serving efficiency with 7 aces. Maci Frieburger led the night with 14 for 14 serves with 2 aces. Erin Digmann went 10 for 13 with 2 aces while Megan Mensen went 7 for 9 also with 2 aces.

The team had 22 kills: 6 from Briana Mensen, 6 from Macy Hoeger, 4 from Frieburger, and 3 from Macy Anderegg. Lea Ries and Maddy Anderegg finished with 10 assists each.

Blocking was also a high point of the night. There were 11 blocks total with 4 from Briana Mensen and another 4 from Megan Mensen. Digmann had 2.

There were a total of 21 digs from the back row, as well. Leading was Emily LaGrant with 6 and Erin Digmann with 5. Lea Ries, Aspen Britt, Angie Wilson, and Caitlin Schuman had 2 apiece.

The team came back for a win against Lisbon Tuesday night. They also played East Buchanan Thursday. Stats to come.

Wildcats show Lions who's king of the field

by Shaylyn Trenkamp

Last Friday, the Wildcats gained another win 52-26 against the Lisbon Lions.

Leading the stats were Alec McDowell (30 points) and Matteo Zucca (10 points between seven extra points and a field goal). Garrett Hogan and Zak Harbach also scored six points a piece. Harbach also had 35 kick off return yards and two interceptions. It was a great game overall for the Cats!

Individual results:

Passing yards: Jeremy Fischer, 105. Rushing yards: Jordy Downs, 2; Jeremy Fischer, 113; Garrett Hogan, 4; Alec McDowell, 258; Dylan Wright, 2. Receiving yards: Zak Harbach, 68; Garrett Hogan, 31; Tyson Tucker, 6.

Total Tackles: Rob Bockenstedt, 4.5; Jordy Downs, 2.5; Kaleb Handel, 1; Eric Heims, 2.5; Mason Hermanson, 3; Garrett Hogan, 6.5; Clint Krapfl, 2.5; Alec McDowell, 8; Andy O'Connell, 3; Calvin

Orcutt, 4; Tyson Tucker, 4.5; Kyle Wilson, 3; Matteo Zucca, 1.5.

Fumble recoveries: Eric Heims, 1; Andy O'Connell, 1.

Kick off yards: Matteo Zucca, 384. Punting yards: Rob Bockenstedt, 75; Matteo Zucca, 27.

Tonight the Wildcats travel to North Linn to take on the Lynx, so come out and support!

Students attend leadership training

by Kristin Lucas

On Thursday, twelve students traveled to the Ed Thomas Legacy Leadership Academy at Applington-Parkersburg High School in Parkersburg. Attending were Amanda Fortman, Mikalya Callan, Zak Harbach, Jacob Bonert, Madison Imbler, McKenzie Lansing, Brenden Hogan, Sean Hucker, Brooke Wilson, Kristin Lucas, Lane Coyle, and Blake Becker. The convention focused on leadership and making an impact. One of the questions that came up repeatedly was “What are YOU going to to to be better?” To make a difference?”

The event featured five speakers. The first was Aaron Thomas, the eldest son of the late Ed Thomas. His main focus was opportunities. When your platform and opportunity comes, in a negative or positive way, what will you do with it? Will you make the most of it?

what's up?

Where would your dream

vacation be?
by McKenzie Lansing

Amanda Engelken- Switzerland
Megan Beaman- Walmart
Nate Lansing- Germany
Carson Wright- Australia
Brody Severt- Europe
Zach Tanner- Hawaii
Alex McCusker- New Zealand
Mr. Osterhaus- Germany
Mrs. Besler- Alaska
Norman Wilson- Canada
Payton Ries- anywhere with Abby Holtz
Mitchell Stender- Somewhere with an ocean
Brenden Hogan- Italy
Tyson Tucker- Clint Krapf's basement
Maddie Lahr- Mexico
Tony Tompson- Canada
Blake Hogan- Wisconsin
Ben Brown- Jamaica
David Boyles- With 6lbs. 6oz. baby Jesus
Mrs. Hunt- Ireland
Megan Rausch- U.K.
Karllyn Handel- Bora Bora
Dalton Becker- Amsterdam

Al Kems, another speaker, was

a coach and Applington-Parkersburg and was an assistant coach to Ed Thomas for over 30 years. A big belief of his was that it starts with you. Leadership begins with your actions. What can YOU do to improve?

Another speaker, Dallas Clark, a former Iowa Hawkeye and Indianapolis Colt, spoke about choices. Everyone is responsible for their own choices. Be confident in your choices because they make you who you are.

John Jordan and Jennie Baranzky were two other speakers at the event. This Leadership Academy was such an amazing experience. Each speaker shared their personal view on leadership and making a difference and brought a new idea to the table. Their speeches were powerful and inspiring. So when you think of being a leader, how will you accomplish that? Will you make and impact and be the best you can be? Or will you sit back and lose that opportunity?

¿Qué pasa?

What's your favorite Mexican food?

by Emily LaGrant
Molly Miles: Burrito
Dylan Wright: Pancheros
Sue Kramer: I'm a very picky eater
Cassy Wilson: Rice
Briana March: Enchiladas
Mrs. Temple: Sopapilla
Adrienne Supple: Tacos
Bobby Blair: Green chili burritos
Cody Ries: Quesadillas
Sean Hucker: Rice
Emily Krapf: Tacos

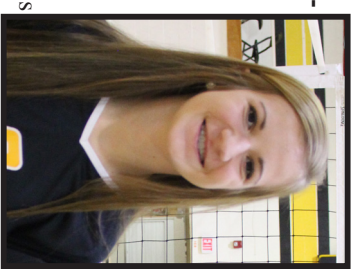
This pregunta was brought to you in honor of Hispanic Heritage Month.

Athlete of the Week

Name: Macy Hoeger
Sport: Volleyball

What do you enjoy most about volleyball? The competition and hanging out with my friends

What's your favorite drill in practice? Queens



What's your least favorite drill in practice? Serve and chase

What's your goal for the team this season? To improve every day and hopefully help my team succeed

What has made this year unique for you? Learning to play with different people than I did last year

What's your favorite memory from being involved in this volleyball? In the locker room before games, listening to music

Cutie



by Nichole Lucas

This week's cutie is a senior girl. She lives outside of Delhi and has four siblings. She is involved in three sports as well as many other extracurriculars. This cutie loves her cookie dough.

Last week's Cutie was Sammy Wall.

Meet the Freshmen



Zac, Hunter and James

Name: Hunter Farrand
Siblings: Cody, Alex, Devin, and Kayleena
Activities you plan to be in: football and baseball
Career Inspirations : lawyer
Hobbies: eat sleep, work, hang with friends
Something cool about you: I eat pizza!

Name: James LeGassick
Siblings: Jordyn, Jena, Jaxson, and Jefferson
Activities you plan to be in: football, track, wrestling, speech, and Spanish club
Favorite subject: Spanish
Career aspirations: sell dairy equipment like my dad
Hobbies: farming
Something cool about you: I like sports

Name: Zac Lansing
Siblings: Harper
Activities you plan to be in: basketball, track, FFA
Favorite subject: algebra
Career aspirations: farming or ag business
—typist: Kristi Goedken

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Angie's Angle

by Angie Wilson

"I don't care if you don't like me....I love me!"



Honesty hour.
When I was freshman and sophomore in high school, I was a people pleaser. I used to say something completely different of my own opinion just to please an individual. I would wear what everyone else is wearing because I wanted to fit in. I would go home sad or upset if someone gave me the stink eye, or didn't agree with me. I will be the first to admit that I used to be a people pleaser.

Being a people pleaser isn't a terrible thing to do; it's just unhealthy. It's okay to say a little white lie to reassure someone. It's okay to agree with someone who is bull-headed to avoid an argument. But it's not okay to give a fake laugh, a fake smile, or even a fake opinion just to make sure that everyone likes you. It's really okay if someone doesn't like you. If you haven't done anything harmful, and you have just been yourself, then what more can be asked? There are so many people in this world, and not 7 billion individuals are going to like you. That is okay. Don't change your looks, your attitude, or your opinions just to make sure certain people accept you.

It all starts with loving your unique self. I have accepted that fact that I enjoy wearing sweatpants and no make-up 99 percent of the time. I have accepted the fact that it is okay to enjoy shopping at secondhand stores. I have accepted the fact that sometimes being a goody-two-shoes is what I am good at. I love who I am, and I would never want to change that.

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Do's and Don'ts of Homecoming

by Shaylyn Trenkamp



One of the craziest weeks of the school year is next week already! How can we turn all the craziness into fun and memories? Here's how:

Do SHOW SOME SCHOOL SPIRIT! We got spirit, yeah yeah! We got spirit, yeah, yeah!

Don't be afraid to ask someone to go to the dance with you(and in a clever/cute/etc. way!)

Do participate in dress up days. It's super fun(and even more than usual this year because the dress up days are fantastic)!

Don't be lame. Like, seriously just forget about what other people will think of you for a week and have fun. Dress up! Cheer! Dance! Do it all, man, and enjoy it while it lasts!

Do go to the XC meet at West Delaware (Tuesday), the home volleyball game (Tuesday), and the football game on Friday! Support, support, support!

Don't be stupid. Have fun, but remember not to take things too far and keep respect for others in mind.

Do have a fantastic Friday Wildcats!!! Let's make this homecoming one to remember!

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Talent to be showcased Saturday night

by Riley Kay Sternhagen

Round up your listening ears, your dancing shoes, and your empty stomachs, Cats, because it's that time of year again! MV's choir has spent weeks preparing solos, duets, and full-chorus songs, and hours preparing appetizers and desserts, and the best part: you're invited to share all of it!

Starting at 7:00 PM, there will be appealing appetizers and music up for grabs in the high school cafeteria. Around 7:15, the concert will move into the auditorium for the main portion of the show. When the choir finishes their repertoire, the audience will move back into the cafeteria for the delicious dessert portion of the concert, a time that they can also use to converse with the members of the choir.

This year's concert will include a wide variety of music, including "Angels Among Us," "Amarillo Sky," "For Good," "Everytime We Touch," and many more.

When asked about the concert this year, Mrs. Mueller responded, "It should be



Choir members rehearse a number for the concert Saturday night.

Cat Attack Flashback

by Becca Hill & Amanda Fortman

A new year brings new changes. In the fall of **1980** new physical education changes were brought into MV. The number one new rule was "All students who are physically able to take part in physical education will. Mr. Mitts, the principal, then said the P.E. was made to broaden knowledge of health and physical education. He also said, "Athletics need to be in conjunction with physical education and not a replacement." That meant that athletes need to do both the sports they are in and physical education. The athletes of MV were not happy. They thought that having a study hall to get there homework done was more important than P.E. because they were busy at night. Sixty percent of the student body thought that the rule should be changed, and 40% thought it was a good rule.

2010 The cross country team had a running start at the West Delaware meet. Coach Rudd said, "What a meet! Seven runners did their personal best, with two others only seconds off their best time!" The girls team placed 16th overall in their division with the boys placing 20th in theirs. Students teaching teachers? Curtis Wilson and Cody Lahr helped Mr. Drew navigate the new Intro to Drafting program. The new program called AutoCAD was teaching kids how to use different tools to create/enhance their drawings. This program is used in architecture and engineering.

Best Buds



by Emma McDowell

This weeks best buds are Josie Young and Payton Ries.

How long have you been friends?

A year

What's one word that describes your friendship?

Fuego

What's the dumbest thing you've done together?

Chasing Eric on gravel

Favorite place to go on a friend date?

McDonald's

Cutest Couple



Mr. and Mrs. Moenck

by Nichole Winter

How long have you been together?

8 years

How did you meet?

Mr.- Children's Lit. class in college
Mrs.- We were in the same college course.
Mr. Moenck always begged to be in my group.

Any nicknames for each other?

Mr.- Aud
Mrs.- Honey

Who wears the pants in your relationship?

Mr.- Jemma!... and Izzy
Mrs.- I do

The Cat Box Hall Smarts

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



A furball to the lack of respect for the drama departments props and lights. If it isn't yours don't touch it.



A furball to students who don't follow through on commitments.



A meow to large group speech groups being announced.



A meow to the upcoming excitement of homecoming. Let the float building begin this weekend!



A furball to the internet going down on Friday mornings when the Echo staff is trying to finish up the paper.



A meow to MV's dedicated chain gang at home football games. Doug Wilson said he's been doing it for over 30 years.



A meow to the deliciousness of the tenderloin.



A meow to the leadership at Aplington-Parkersburg yesterday. Now let's see those students put that info to use!



A furball to the shooting at a community college in Oregon yesterday.

A furball to the stress of homework.



A meow to our MV's Got Talent performers.



A meow to our homecoming court. Represent us well.



A meow to the dance team for picking the themes for homecoming.

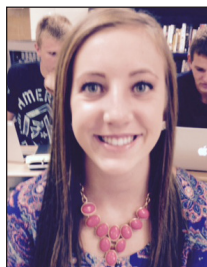


A meow to the volleyball's double win this week.



A meow to the Spanish students who are helping recognize Hispanic Heritage Month. Start looking around the school to see what's there is to see!

by Shawnae Hoeger



This week's edition dealt with sports. I don't know if the contestants know their stuff about sports, or if the questions were just too easy. This week's contestants are Emily Lagrant, Angela Wendt, Adrianne Supple, and Sammy Wall.

What is the 10-yard long area at both ends of a football field?

Emily: end zone

Angie: touchdown area

Adrianne: touchdown

Sammy: end zone

Answer: end zone

If a player is shooting a basketball and is fouled, what happens?

Emily: shoot free throws

Angie: shoot two free throws

Adrianne: shoot free throws

Sammy: shoot free throws

Answer: shoot two free throws

How many players are on the court at a time in volleyball?

Emily: 6

Angie: 6

Adrianne: 6

Sammy: 6

Answer: 6

How many innings are in a high school baseball game?

Emily: 7

Angie: 9

Adrianne: 7

Sammy: 7

Answer: 7

How many times do you need to run around the track in order to run a mile?

Emily: 4

Angie: 4

Adrianne: 4

Sammy: 4

Answer: 4

Sammy and Emily tied for first with a total of five points. Adrianne came in second with 4 points. And last but not least, Angie ended up with 3 points.

WHAT'S HAPPENING AT MV the week of OCTOBER 5, 2015

MONDAY, OCTOBER 5, 2015 - Movie Character Dress Up Day

TUESDAY, OCTOBER 6, 2015 - Twinning Dress Up Day

1. HS Cross Country at Manchester Fairgrounds & Golf Course - 4:30 PM (Bus Leaves at 3:15 PM)

2. Junior High Volleyball - HOME - Cedar Valley Christian - 4:00

3. HS JV/V Volleyball - HOME - Cedar Valley Christian - 6:15 PM

WEDNESDAY, OCTOBER 7, 2015 - Gender Swap Dress Up Day

1. HS &MS - Running on the 1:05 PM Early Dismissal Schedule

2. HS Iron Man Volleyball - HS Gym - 1:05 PM

3. HS Powder Puff Football - HS Football Field - (around 2:00 PM)

4. MV FFA to Greenhand Fire Up at Wapsi Valley HS - 4:30 PM (Suburban Leaves at 3:15 PM)

5. MV Athletic Boosters Meeting - HS Cafeteria - 6:30 PM

THURSDAY, OCTOBER 8, 2015 - Class Days 9th Independence / 10th St. Patrick's 11th Christmas / 12th Halloween

1. HS Juniors to Business & Industry Day - Manchester Fairgrounds - 12:30 PM (Bus Leaves at 12:10 PM)

2. Junior High Volleyball at Springfield - 4:00 PM (Bus at 2:50 PM)

3. Junior High Football - HOME - Starmont - 4:30 PM

4. HS 9th/JV/V Volleyball at North Linn - 5:00 PM (Bus at 4:00 PM)

FRIDAY, OCTOBER 9, 2015 - Black and Gold Dress Up Day

1. Back Pack Delivery - Johnston, Earlville, Delhi Elementary, Middle School, High School

2. HS Cross Country Team to Run the Game Ball from Starmont to Delhi (Bus Leaves at 7:45 AM)

3. Class Competitions - 1:00 PM / Parade - 2:00 PM / King Crowning; Pep Rally - After Parade - HS Gym

4. Football - HOMECOMING - Starmont - JV Game at 5:00 PM / V Game After (around 7:00 PM)

5. Homecoming Queen Crowning & FFA Raffle - at Half Time of Varsity Football Game

SATURDAY, OCTOBER 10, 2015

1. HS Cross Country at North Linn High School - 9:00 AM (Bus Leaves at 7:15 PM)

2. HS Homecoming Dance - HS Cafeteria - 8:00 PM until 11:00 PM



THIS is MV

*photos by
Flavia Xavier*



What would your day look like and feel like if you had a positive, growth mindset?

Even though this graphic is designed for teacher leaders, consider how this idea of a growth mindset works for students. How can you change these ideas into a growth mindset?

This homework is stupid.
I don't have time for anything fun.
I never have anything smart to say.
I'm not good at _____.
The internet will never work again.

~ A GUIDE TO ~

GROWTH MINDSET

FOR INSTRUCTIONAL COACHES

"People believe...talents and abilities can be developed through passion, education, and persistence.
For them...it's about a commitment to learning-taking informed risks and learning from the results, surrounding yourself with people who will challenge you to grow, looking frankly at your deficiencies and seeking to remedy them."
- Carol Dweck

INSTEAD OF ...

I can't do this!! Agh!

I'll never be as good as _____

I messed up!
Everyone will think I'm dumb!!

I can't work with that teacher

I'm the BOMB!
I rule the school!

That teacher has no hope

TRY THINKING...

I can't do this...**YET!**

I'm going to learn what they do and try it!

Mistakes are my friend

How can I approach this differently?

How can I keep getting better?

This may take some time and effort