

## Speech students once again bring home the Eagle

by Annie Fjelstul

The Maquoketa Valley High School large group speech team began their season of competition on Saturday, December 17th. These teams have been practicing since mid-October.

Mr. DeVore stated about the results on Saturday, "Overall, I was extremely pleased with the outcome of Saturday's contest. Many students were performing in front of a judge for the first time and handled it with professionalism. We also had some students fill in on short notice for some absent performers and they did a great job! Our veteran performers were excellent role models throughout the day. As always, I was so proud to be associated with the students of Maquoketa Valley!"

Those involved in Choral Reading, a scripted event focused on voices, are Macy Anderegg, Danica Fjelstul, Amanda Fortman, Olivia Hill, Rebekah Hill, Tiffany Hoeger, Emily LaGrant, McKenzie Lansing, Natalie Neuzil, Kendra Ries, Heather Sabers, Laisee Shakespeare, Shaylyn Trenkamp, and Taylor White. The Readers Theatre, a scripted event focused on characters, consists of Eric Deutmeyer, Mary Feldmann, Annie Fjelstul, Abby Holtz, Ashley Holtz, Matt Lansing, Bailey Lubben, Jazz Niehaus, Heather Sabers, Derek Salow, and Tyson Tucker. MV has two TV News groups this year. The first group WHAT 0.0 consists of Caitlyn Gibbs, Josy Harmon, Brock Hillers, Garrett Hogan, Ashley Holtz, Clint Krapfl,



**Ensemble Acting members Bailey Lubben, Amanda Fortman and Dani Schuman receive feedback from their judge at conference.**

Bryant Meyer-Kemp, Kendra Ries, Payton Ries, Caitlin Schuman, Brooke Snyder, Kelsey Snyder, Kiesha Stelken, and Cassidy Wilson. NOBN is the second group consisting of Kristin Brehm, Hannah Clemen, Kristi Goedken, Gabriela Guetzkow, Emily Krapfl, Natalie Neuzil, Adrienne Supple, Colin Wendt, Nichole Winter, Dylan Wright, Josie Young. Sienna Becker, Eric Deutmeyer, Heath Gibbs, Patrick Hansen, Dustin Heims, Brock Hillers, Shawnae Hoeger, Brenden Hogan, Kinsey Johnson, Nichole Lucas, Morgan Manternach, Briana March, Alex McCusker, Brianna Mensen, Megan Mensen, Mitch Neuzil, Emily O'Connell, Caitlin Schuman, Zach Smith, Brooke Snyder, Kelsey Snyder, Tyson Tucker, Taylor White, Angie Wilson, and Cassidy Wilson perform in One Act, a category where students have lines memorized and use costumes and props. For Saturday's conference contest, Megan Beaman and Clint Krapfl filled in for students who were unable to attend. In Short Film, students create a storyline that is filmed and edited. Two groups are involved in this area. Group one (If You Don't Control Your Mind, Someone Else Will) includes Megan Beaman, Kristin Brehm, Mikayla Callan, Kristi Goedken, Josy Harmon, Rebekah Hill, Madison Imler, Nichole Lucas, Me-

gan Mensen, Mikaela Reth, Payton Ries, Laisee Shakespeare, Adrienne Supple, and Nichole Winter. Group two (Haunted Hallways) consists of Vicky Agromayor, Ryanne Flanagan, Katlyn Handel, Caitlyn Gibbs, Kinsey Johnson, Emily Krapfl, Victoria Lane, Morgan Manternach, Brianna Mensen, BrieAnna Nielson, Lea Ries, Danielle Schuman, Kiesha Stelken, Riley Sternhagen, and Josie Young. In Ensemble Acting, students perform a cutting of a play that cannot be over 15 minutes and must be memorized. MV has three ensemble groups: #1 - Amanda Fortman, Bailey Lubben, and Danielle Schuman; #2 - Sienna Becker, Abby Jay, Alison Sheehy, and Shaylyn Trenkamp; #3 - Emily LaGrant and Derek Salow. Radio Broadcasting has 2 teams: STRZ- Abby Holtz, Sean Hucker, Alec McDowell, Emily O'Connell, Cassi Westhoff, and Dylan Wright; and OFOF- Erin Digmann, Kaleb Handel, Macy Hoeger, Megan Hogan, Trent Reeves, Brody Severt, and Carson Wright. In Musical Theatre, students sing, act, and dance. MV has two teams. Group one includes Vicky Agromayor, Taylor Guthrie, Matt Lansing, and Riley Sternhagen.

*As always, I was so proud to be associated with the students of Maquoketa Valley!"*

*—Mr. DeVore*

*continued on next page*

## Conference speech, cont.

*"Many students were performing in front of a judge for the first time and handled it with professionalism."*

—Mr. DeVore

Group two consists of Megan Beaman, Raven Eatman-Dietiker, Alison Sheehy, and Zach Smith; they were unable to perform at the conference contest. Three teams of Group Mime perform. The first tells the story of childhood cancer: Mikayla Callan, Danica Fjelstul, Olivia Hill, Megan Hogan, Megan McNamara, and Lea Ries. The second shows us the story of a Jewish family living through the Holocaust: Annie Fjelstul, Shawnae Hoeger, Briana March, Cassie McIntyre, Kara Orcutt, and Megan Wulfekuhle. The last group takes us to a Cake Off that has numerous issues: Gabriela Guetzko, Tiffany Hoeger, BrieAnna Nielson, Mikaela Reth, and Brittany Sabers. Three students are involved in Solo Mime: Patrick Hansen, Dustin Heims, and Taylor Guthrie. Three teams are involved in Group Improvisation: #1 - Mary Feldmann, Alex McCusker, Megan McNamara, and Cole Willenbring; #2 - Erin Digmann, Garrett Hogan, Abby Jay, Rejji Smith, and Angie Wilson; and #3 - Tamala Askeland, Mitch Neuzil, Jazz Niehaus, and Colin Wendt. For Saturday's conference contest, Heath Gibbs filled in for an absent student.

The first contest for the MV speech team was held Saturday, January 17 at Springville High School. Overall, the team performed in 22 events and earned 15 Division 1 ratings, 6 Division 2 rating, and One Act performed for comments only. Maquoketa Valley earned the conference title with 96 points. Six teams received first place in their category: WHAT 0.0 TV News, Short Film #1, Readers Theatre, Ensemble Acting #3, Group Mime #1, and Choral Reading. Four teams earned 2nd place in their category: NOBN TV News, Group Improvisation #1, Taylor Guthrie's Solo Mime, and Group Mime #2. Four teams received third place in their category: Patrick Hansen's Solo Mime, Ensemble Acting #2, STRZ Radio Broadcasting, and Short Film #2.

The speech teams will compete at District Large Group Contest on Saturday, January 24 in Cascade. Those that earn Division I ratings will continue on to State Contest.

## Quotastic

by Mikaela Reth

*"Smiling has always been easier than explaining why you're sad."*

~ Unknown

Think about it: how many times have parents, peers, teachers, or strangers asked how you are or how your day is going and you flat out lied to them. You really felt awful, but you faked a smile and calmly said, "I'm good, you?" (Going on a quick grammar lesson tangent, you should not say "I'm good" in response to "How are you?" It's just like saying "Estoy bueno" in Spanish; it does not mean that you are not feeling badly. Just say "I'm well," and everybody will get along.) Anywho, so many people will cover up their somberness with a smile. As the quote says: it's easier than explaining why you're sad.

I do this quite often myself. I don't want to burden others with my problems -- which, in all reality, are fairly minute -- so I plaster something convincing on my face and serve up a platter of little white lies. Except those who know me better than to grab one of those appealing orderves, nobody thinks anything of it. However, those that know me better take me by the shoulders and look me square in the eye, daring me to lie to them again. Then, they lay me out on an ironing table and smooth out all of my emotional wrinkles.

I don't know what I would do without these people. Though they are few in numbers, they are great in value. I like to believe that each of them would know for sure that it is them I am referring to, but I have told them each separately. They know that, while smiling is easier, it's not necessarily better. The more one holds in, the more stressed (s)he becomes. It's an awful, unending chain of doom that I would not wish upon anyone. If not stopped, this leads to walls so high and thick that you have no idea how to even begin breaking down.

This being said, dear readers, do try to be honest, if only with the people who matter to you most. Don't hide from everybody. Do keep your beautiful smiles, but don't use them to cover up your tears. Emotion is emotion: nobody should be ashamed of it.

## Do's and Don'ts of Basketball Games

by Shaylyn Trenkamp



For me, basketball season is one of the best seasons there is. It is my favorite sport to watch, and now, take pictures for as well. This week, I chose to give some advice on basketball games, so here you are.

Do come out and support. Support the basketball teams, the dance team, the pep band, and all the different organizations when they host soup suppers.

Don't stay glued to your phone the entire game. Come to the game to watch and cheer, not to do the same social media scrolling you could be doing at home.

Do cheer the entire game. The teams work their butts off for all 32 minutes the games, they deserve more than two minutes of cheering from our student section.

Don't forget your spirit at home. Start some cheers, stay on your feet, or maybe take some hints from Derek Salow and bring signs to support your favorite players.

Do tell the players and dancers how well they did after their games and performances, and good luck before they go on. (Good luck tonight, Wildcats!)

Don't miss tonight's game against Cedar Valley Christian. Go, Cats!

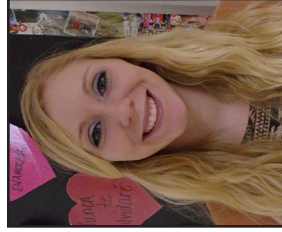
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## STUDENT OF THE WEEK

### Annie Fjelstul

**You are involved in many activities.**  
**How do you manage your time?** I try to be as efficient as possible and not waste any time. If I have any time to work on anything, I take advantage of it. I also try not to procrastinate.



**You have been nominated because you've been seen helping numerous students in various situations. Sadly, not everyone does that. Why does helping others matter to you?** I enjoy making people happy and helping them succeed. Not everyone has a role model in their lives, and I think it's important that they do.

**What are your future plans?** I plan to attend the University of Iowa to major in biomedical engineering. I plan to go to medical school afterwards to become a pediatrician.

**What do you appreciate most about MV?** I appreciate how much the teachers and coaches care about the students. They will do almost anything to help us succeed. It isn't like that everywhere.

**What's something you'd like to change about MV?** I believe that preparation for future years should be more emphasized.

—Annie was nominated by Coach Moenck

*Cutie*



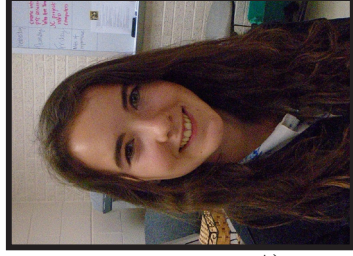
**by Heather Sabers**

This cutie is a four sport athlete.  
 This boy drives a black truck.  
 This cutie lives in Delhi.  
 This senior has green eyes.  
 This cutie likes to farm.

## Fine Artists of the Week

Name: Vicky Agromayor  
 Activity: Large group speech

**What events are you in for speech?** I'm in musical theater and in short film.

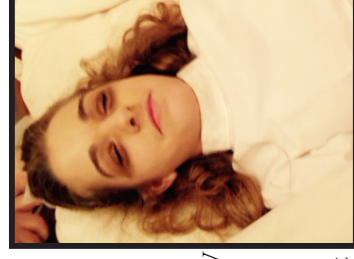


**What do you enjoy most about large group speech?** I love getting to now better a lot of different people and I love them all; I have a lot of fun.

**What have you learned through this event?** I learned how to sing supercalifragilisticexpialidocious in English instead of Spanish, and then how to do your own short film. I really love both!

**You've spent hours edited the short film video. What makes the project worth your time?** I had spent around 8 hours. I'm very perfectionist and the result was worth my time. I think we all did a really good job. I 'm very proud of my team!

Name: Kiesha Stelken  
 Activity: Large group speech



**What events are you in for speech?**  
 Short Film and TV News

**What do you enjoy most about large group speech?** Getting to work with upper classmen.

**Kiesha during recording**

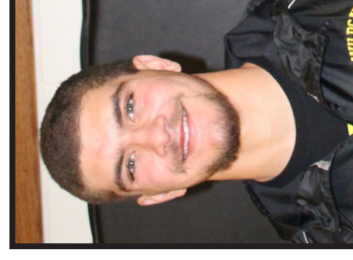
**What have you learned through this event?** I have learned how to make my acting better, and what the difference is between a choppy clip/video, an okay clip/video, and a great clip/video.

**You've spent hours edited the short film video. What makes the project worth your time?** I want to make it look the best it can be for our contests, and getting a feeling of what goes on after we are done filming.

## Athletes of the Week

Name: Steve Huber  
 Sport: Wrestling

**What weight are you wrestling at this year?** 182



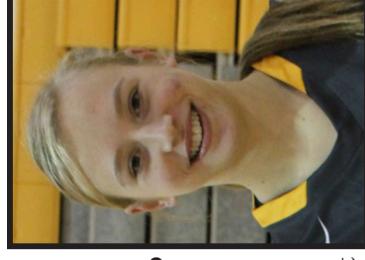
**What are your goals this year?**  
 A State Medal.

**What's the hardest part of wrestling?**  
 The Mental Aspect.

**What's something about wrestling non-wrestlers may not know?**  
 You have to be dedicated. It takes a different mindset to be a championship wrestler.

**What's a great warm-up song?**  
 Anything produced by Wiz.

**Do you have any pre-meet traditions?**  
 Wrestling with Ryan and sitting down and getting focused in.



Name: Megan Mensen  
 Sport: Basketball

**What position do you play?**  
 Wing and sometimes the point

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

I like the intensity and the competitive instinct both teams have

**How does this year's team differ from past teams?**

This year's team has went through a lot dealing with injuries

What's your favorite drill in practice?

Wildcat Transition

What's your least favorite drill?

**How do you mentally prepare for the game?**

Go through plays in my head.

# Sports Connection

## Basketball girls take on some area teams and show their strength

by Shaylyn Trenkamp

Early last week, the Wildcats faced Central City and smothered them 51-9. The Wildcats did very well both defensively and offensively to start off the first quarter, scoring 21 points and allowing only one point from Central City. The next quarter, MV did even better offensively, bringing in 22 points. At the end of the first half, Maquoketa Valley already had an enormous lead of 43-4. The next half found the Wildcats suffering though, gaining only eight more points before the game's end. Although, the Wildcats did stay on track defensively and let in only five more points, bringing the final score to 51-9, a huge win for MV. Sophomore Brianna Mensen scored almost 40 percent of the Wildcat's points, leading with 20 total. Senior Abby Jay found herself on top for rebounding, with 9 altogether. The team also had an incredibly low foul total of 3.

Points: Erin Digmann, 4; Brianna Mensen, 20; Annie Fjelstul, 10; Morgan Manternach, 7; Kristi Goedken, 2; Payton Ries, 1. Field goals made: Erin Digmann, 1; Brianna Mensen, 10; Annie Fjelstul, 4; Morgan Manternach, 2; Kristi Goedken, 1. Three-pointers made: Annie Fjelstul, 2. Free-throws made: Erin Digmann, 2; Morgan Manternach, 3; Payton Ries, 1. Offensive rebounds: Erin Digmann, 1; Brianna Mensen, 3; Angie Wilson, 2; Annie Fjelstul, 2; Morgan Manternach, 3; Kristi Goedken, 1; Abby Jay, 4; Payton Ries, 2. Defensive rebounds: Erin Digmann, 2; Brianna Mensen, 1; Angie Wilson, 1; Annie Fjelstul, 4; Morgan Manternach, 1; Kristi Goedken, 1; Abby Jay, 5; Madison Imler, 1. Assists: Caitlin Schuman, 1; Erin Digmann, 3; Brianna Mensen, 6; Annie Fjelstul, 1; Kristi Goedken, 1. Steals: Caitlin Schuman, 1; Brianna Mensen, 3; Morgan Manternach, 1; Kristi Goedken, 3; Abby Jay, 2; Madison Imler, 1; Caitlyn Gibbs, 1. Blocks: Brianna Mensen, 1; Kristi Goedken, 1; Abby Jay, 1. Fouls: Brianna Mensen, 1; Morgan Manternach, 2.



**Angie Wilson storms down the court for the Wildcats last Thursday against Ed-Co and follows it through with a shot. (photo by Shaylyn Trenkamp)**

The Wildcats defeated the Vikings of Ed-Co last Thursday after a tough battle. Both teams had a good start, especially offensively. After an in-bound pass, Annie Fjelstul brought in the last points of the Wildcats' first quarter score of 16, one point ahead of the Vikings. The next quarter was tough for MV and brought some offensive trouble. The Wildcats only scored six more points before the half was up, and Ed-Co took the lead 26-22. The roles switched after halftime, though, and Maquoketa Valley made a comeback and ran with it. In the third quarter, MV only allowed six points from Ed-Co and scored 17 more themselves. The Cats didn't stop there, though. In the last quarter, Maquoketa Valley wrapped it up with 16 additional points. Ed-Co gained another 10, but it wasn't enough. The final score was 55-42. Brianna Mensen led scoring for the Cats, with 23 points, and senior Abby Jay kept the leading title for rebounding with 10.

Points: Erin Digmann, 13; Megan Mensen, 8; Brianna Mensen, 23; Annie Fjelstul, 6; Kristi Goedken, 4; Abby Jay, 1. Field goals made: Erin Digmann, 4; Brianna Mensen, 11; Annie Fjelstul, 3; Kristi Goedken, 2. Three-pointers made: Erin Digmann, 1; Brianna Mensen, 1. Free-throws made: Erin Digmann, 4; Abby Jay, 1. Offensive rebounds: Erin Digmann, 1; Brianna Mensen, 1; Annie Fjelstul, 4;

Kristi Goedken, 1; Abby Jay, 2. Defensive rebounds: Erin Digmann, 7; Brianna Mensen, 2; Angie Wilson, 2; Annie Fjelstul, 4; Kristi Goedken, 1; Abby Jay, 8. Assists: Caitlin Schuman, 1; Brianna Mensen, 4; Kristi Goedken, 1; Abby Jay, 1. Steals: Erin Digmann, 1; Brianna Mensen, 5; Annie Fjelstul, 1; Abby Jay, 3. Blocks: Brianna Mensen, 4; Kristi Goedken, 1; Abby Jay, 3.

This Tuesday, the Cats hosted Springville and won a big one against a tough conference team, 51-41.

The Cats took an early first quarter lead, 13-9, but the Orioles fought back in the second quarter to go into the second half 24-22, MV lead. The Cats finished the game maintaining control of the game.

Erin Digmann tallied 12 points, once again relying on that three-point shot. She also had seven rebounds, an assist and three steals. Megan Mensen added 10 points, had four rebounds, three assists, two steals and a block. Abby Jay had nine points, with a big night at the free throw line, shooting five for six. She also had a big rebounding night with seven. Jay also had two blocks.

Other scorers for the night were Brianna Mensen, 6; Annie Fjelstul, 7; Morgan Manternach, 4; and Kristi Goedken, 3.

Last night the Cats hosted Star-mont and won 47-34.



# MV hosts conference honor band



Eleven MV students attended the Tri-Rivers Honor Band hosted by MV on Monday. The students and Mr. Hadley are pictured with Dr. Hancock, the guest director from Wartburg College. Students participating, from left, were: Emily LaGrant, Kristin Brehm, Taylor Guthrie, Riley Kay Sternhagen, Mr. Hadley, Jazz Niehaus, Bryant Meyer-Kemp, Tamala Askeland, Dr. Hancock, Mikaela Reth, Nichole Lucas and Nichole Winter. Inset: The students rehearse in the afternoon.

## Boys basketball team gets win over Ed-Co, loses close one to Springville

The boys basketball team proved to the home crowd that they've got some skills as they defeated Ed-Co last Thursday night, 65-46.

The Cats came out to win as they took a 26-13 lead after the first quarter and went into half-time with a 43-26 lead.

Brock Hillers had a huge night as he racked up 19 points, with nine of those points from outside the three-point line. He had four rebounds as well.

Zach Salow was also hot outside the arc as he made four of five three-point shots. He had 17 points for the night as well as a rebound, two assists and a block.

Jordan Schindler had four points, four rebounds and two steals.

Other scorers for the night were Ryan Goedken, 8; Jake Bonert, 1; Kyle Wilson, 6; Calvin Orcutt, 2; Brandon Gudenkauf, 2; and Kody Orcutt, 6.

This past Tuesday the Cats hosted Springville and lost a close one, 37-40. The Cats chased the Orioles throughout the game, with a 12-18 half-time scored, and



Kyle Wilson dives successfully for a loose ball last Thursday, saving the ball for the Wildcats and allowing Maquoketa Valley to add another two points to their score. (photo by Shaylyn Trenkamp)

tried to make a run for it in the fourth quarter where they outscored Springville 16-11, but it wasn't enough.

Zach Salow was the leading scorer for the night with 14 points. He also had four rebounds and two steals.

Brock Hillers added nine points, four rebounds and a steal.

Kyle Wilson added six points; Jordan Schindler, 2; Calvin Orcutt, 4; and Kody Orcutt, 2.

Last night the Cats hosted Star-mont and lost 39-52. Details will be in next week's issue.

# The Cat Box Hall Smarts

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



A meow to conference honor band success. A ultra huge meow to Dr. Hancock, director of the honor band, for his ability to engage students through humor.



A meow to combo links.

A meow to MV domination at conference speech. Good luck at districts tomorrow!



A meow to ordering Spanish shirts. Olé!



A meow to President Obama's confidence and sass during the State of the Union Address. A meow to his innovative ideas such as two years of free community college for hard-working students.

## Cutie



by Nichole Lucas

This cutie is a freshman.  
He is the middle child of three.  
He is involved in sports.  
You can also find him playing in the band.

*Last week's Cutie was Shaylyn Trenkamp.*

by Emily LaGrant



I grew up surrounded by Disney princess. It only seems right that I dedicate a Hall Smart's to them. Let's see how much these contestants know. The contestants are: Brock & Tyson, Cassie Wilson, Whitney Wilson and Annie Fjelstul.

1) What is Sleeping Beauty's real name?

Brock & Tyson: Ariel

Cassie: Belle

Whitney: I don't know

Annie: Belle

A: Aurora

2) What did Belle like to do in her free time?

Brock & Tyson: Dance

Cassie: Milk cows

Whitney: Read

Annie: Read

A: Read

3) What song did Pocahontas sing in her movie?

Brock & Tyson: I don't know

Cassie: I don't know

Whitney: A lot

Annie: The hills are alive

A: The Colors of the Wind

4) Which movie was Gaston in?

Brock & Tyson: Frozen

Cassie: Beauty and the Beast

Whitney: Rapunzel

Annie: Beauty and the Beast

A: Beauty and the Beast

5) Who is Jasmin's prince?

Brock & Tyson: Aladdin

Cassie: Pocahontas

Whitney: I don't know.

Annie: Aladdin

A: Aladdin

Annie won this week with three points (with little help from Mr. Huegel) and the other groups tied with last with point. I guess these people's childhoods weren't as Disney crazed as mine. Good luck next time!

## WHAT'S HAPPENING AT MV the week of JANUARY 25, 2015

MONDAY, JANUARY 26, 2015

1. Jr High (7th & 8th) Boys Basketball - HOME (MS Multipurpose Rm) - East Buchanan - 4:00 PM
2. Youth Wrestling Practice - HS WR Room - PreK through 2nd 6:00 - 7:00 PM / 3rd-8th 5:00 - 6:15 PM
3. Career Night for 10th Graders (Sophomores) & Parents - Meet with NICC- Auditorium - 6:00 PM

TUESDAY, JANUARY 27, 2015

1. HS Construction & Technology Class to Kendrick Forest Products in Edgewood (Van Leaves at 11:00 AM)
2. HS JV/V Girls & Boys Basketball - HOME - Lisbon - JV at 4:45 PM / V s at 6:15 PM

THURSDAY, JANUARY 29, 2015

1. HS 9th Grade (Freshmen) Class Ring Orders - Taken During Lunch Hour
2. Delhi 4th, 5th & 6th Homework Assistance - After School until 4:00 PM
3. HS JV/Varsity Wrestling at Maquoketa (with C.P.U. & Midland) - 6:00 PM (Bus Leaves at 3:35 PM)
4. Jr High 7th & 8th Boys Basketball - at North Linn in Troy Mills - 4:00 PM (Bus Leaves at 2:55 PM)

FRIDAY, JANUARY 30, 2015

1. HS JV/V G & B Basketball at East Buchanan - JV at 4:45 PM / V s at 6:15 PM (Bus Leaves @ 3:35 PM)
2. Youth Wrestling Practice - HS WR Room - PreK through 2nd 6:00 - 7:00 PM / 3rd-8th 5:00 - 6:15 PM

SATURDAY, JANUARY 31, 2015

1. Tri-Rivers Varsity Wrestling Tournament at Midland in Wyoming - Noon (Bus Leaves at 6:45 AM)
2. HS Vocal to Meistersingers Festival at Wartburg College in Waverly (Van Leaves at 7:30 AM)
3. "Strut Your Stuff" Dance Camp - MS & HS Gyms 8-11AM / Perform in HS 5:30 PM (Campers there @ 5:15)

SUNDAY, FEBRUARY 1, 2015

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



# Wildcats suffer first conference dual loss, take second in Cascade individual tourney

by Emily Krapfl

The mats are heating up as the Wildcats make plans for a piece of the conference title. The Cats came into last week undefeated in the conference. Thursday the Wildcat wrestlers traveled to Midland to take on Lisbon, Midland, and North Linn. The team lost a tough battle to Lisbon, but came back to beat North Linn and Midland.

"Coming into the night we thought we had a good chance of beating Lisbon and winning the regular season conference duals championship," stated Coach Andrews. "Due to some misfortunes this did not happen and we learned a lot as a team that night. It was good to see the guys respond with the way we wrestled North Linn and Midland."

The Wildcats started off the meet by wrestling Lisbon, and losing the dual with a final team score of 24-50. Wrestlers who got these team points were Steve Huber (pin), Ryan Parmely (forfeit), Greg Guetzko (pin) and Trevor Koopmann (pin).

Next, Maquoketa Valley defeated North Linn, with a final score of 63-09. Wrestlers who were successful in this dual were Steve Huber (forfeit), Eric Heims (6-4 decision), Ryan Parmely (pin), Greg Guetzko (pin), Tanner Parmely (forfeit), Mason Hermanson (forfeit), Carter Klostermann (6-1 decision), Zach Cornell (forfeit), Cole Kruse (pin), Dylan Wright (pin), Trevor Koopmann (pin) and Alec McDowell (forfeit).

The Wildcats finished off the meet by defeating Midland, with a final score of 60-21. Wrestlers who helped to get these team points were Ryan Parmely (forfeit), Kaleb Kruse (pin), Tanner Parmely (pin), Mason Hermanson (pin), Carter Klostermann (pin), Dylan Wright (pin), Trevor Koopmann (pin), Alec McDowell (pin), Steve Huber (forfeit) and Eric Heims (forfeit).

Last Saturday the Maquoketa Valley wrestling team traveled to Cascade for their first individual tournament of the season. The Wildcats ended up taking second place as a team, with a score of 251.1 points, out of nine teams. Other teams included in the tournament were Cedar Rapids Washington, Central Clinton, Cascade, Dubuque Senior, Mount Vernon, Central City, Midland and Northeast.

Coach Andrews said the team had a pretty good day today, coming away with a second place finish. "Although there



Tanner Parmely, second



Ryan Parmely, first



Dylan Wright, first



Alec McDowell, first



Trevor Koopmann, first



Steve Huber, second

were a couple of matches that I thought should have ended up differently, we can use these couple matches to help fix mistakes and become better wrestlers from them. It's always good to come away with four champs especially with two of them being underclassmen. This should be a good week of training for us and hopefully we can keep the momentum going and getting better every day."

Maquoketa Valley ended the tournament with eight wrestlers finishing in the top three places. Individuals who received first place were Dylan Wright (152), Trevor Koopmann (160), Alec McDowell (170),

and Ryan Parmely (220). All four of these wrestlers remained undefeated throughout the tournament. Wright had three pins, Koopmann had three pins, McDowell had one pin and an 8-2 decision and Parmely had three pins and a tech. fall.

Runner-ups in the tournament were wrestlers Tanner Parmely (120), and Steve Huber (182). Parmely was 2-1 with two pins, and Huber was also 2-1 with two pins.

Wrestlers who received 3rd place were Greg Guetzko (106), and Eric Heims (195). Guetzko was 1-2 with an 8-4 decision, and Heims was 2-1 with two pins.

# Dance team members show off their moves



Last Thursday the MV Dance Team performed their kick routine, choreographed by senior captain Bailey Lubben.

Left: The MV Dance Team ends their halftime performance all smiles last week.

Below: The dancers execute a synchronized high kick.



## Oh, Baby

Child Development students Missy Schwandt, Annie Fjelstul, Katlyn Handel and Cassie McIntyre experienced the physical challenges of pregnancy as they walked around school with the Empathy Belly. Katlyn and Cassie pose with their “new” shapes.



## Macy's Message



During this time of year, basketball season and wrestling season are coming to their ends. Speech competitions are starting, which means that their season is wrapping up as well. As we perform all of our hard work on the courts, mats, and stages, we need to think of what the possible outcomes could be. You either reach your goals, or you receive the short end of the stick. Everyone hopes for that victory that they worked long and hard for, but someone has to lose, right?

Someone has to feel that state of defeat and disappointment. But what if we were to look at it a different way? Defeat and disappointment are what most people feel right away, but after awhile you can start to recognize the positives that come out of it. You didn't nail the section of the piece that you had been working hardest on? Work even harder next time. You didn't take the risk for the shot? Take that risk next time. These lessons we can take with us throughout the rest of our lives. Defeat is something we will all have to face, so instead of hanging our heads, think of all the things you could learn from that experience.





