

Wildcat Echo

Issue 17
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A publication by the students of Maquoketa Valley High School

Spanish IV class takes on the role of *maestros*



The Spanish IV class has begun working with the first and third graders in the Delhi elementary on a weekly basis. The Spanish IV students will help the younger students learn some basic Spanish vocabulary and phrases.

Left: Abby Jay and Zach Salow set up an activity.
Below: Dylan Salow and Savannah Salow quiz the students with flashcards.



MV speech advances 16 groups to State speech

Last Saturday the mighty MV speech team competed in district contest with hopes of earning a I rating from each group's one judge (except for One-Act which has three judges) to earn a berth to the state contest. Out of MV's 23 groups, 16 will compete at Decorah Feb. 7.

Groups earning a Division I rating were Choral Reading, Readers Theatre, TV News group WHAT 0.0, One Act play, Short Film (If You Don't Control Your Mind, Someone Else Will), the Ensemble Acting group of Emily LaGrant and Derek Salow, the Ensemble Acting group of Abby Jay, Shaylyn Trenkamp, Ali Sheehy and Sienna Becker, the Ensemble Acting group of Bailey Lubben, Amanda Fortman and Dani Schuman (XX filled in for her at contest because of a funeral), Radio News STRZ, Mary Poppins Musical Theatre, Kites of Hope Group Mime, Solo Mimes for Dustin Heims, Patrick Hanson and Taylor Guthrie,



Choral Reading members rehearse "The Monster." Speech students have been rehearsing for large group contest since October. Many students are now rehearsing for both large group and individual contest.

Group Improv of Erin Digmann, Garrett Hogan, Abby Jay, Reiji Smith and Angie Wilson; Group Improv of Tamala Askeland, Mitchell Neuzil, Colin Wendt and Jazz Niehaus,

Groups earning a Division II

rating and not going onto the state level were TV News group NOBN, Short Film (Haunted Hallways), Radio News OFOF, Little Shop of Horrors Musical Theatre, Catastrophic Cake-off Group Mime and Behind Barbed Wire Group Mime.

Sports Connection

Lady Cats claim 3 more victories

by Shaylyn Trenkamp

Maquoketa Valley girls found themselves undefeated recently after facing Starmont, Cedar Valley Christian and Lisbon. The Wildcats won all of their games by 10 or more points, played strong offensively, and rebounded well.

On Thursday, the Wildcats then took on Starmont and beat them 47-34. The jump ball went to the Stars, but Erin Digmann stole it back quickly. Brianna Mensen scored the first shot of the game and Erin Digmann followed not too long after with a shot from under the basket. The Cats had some trouble shooting, but their excellent rebounding made up for it. At the end of the first quarter, the score was close: 9-8, with MV in the lead. The second quarter brought the same results, with Maquoketa Valley scoring one more point than the Stars. Digmann brought on three back-to-back three pointers for the team, for nine points out of the 14 of the second quarter for MV. Megan Mensen started off the second half with a steal and a three pointer later on. Freshman Abby Holtz made both of her free throws, advancing the Wildcat lead even more. The third quarter ended with a quick in-bound pass from Brianna Mensen to her sister Megan for two-points before the buzzer rang. The last quarter, MV stayed strong and gained another nine points, allowing only three from Starmont. The Cats won by 13 points, with Brianna Mensen leading the scoreboard with 18 points and Abby Jay and Annie Fjelstul leading the backboard with seven rebounds each.

Maquoketa Valley faced the Cedar Valley Christian Huskies last Friday and quickly took the lead in the first quarter. The Huskies fought back, though, and for awhile the scores were back and forth. Maquoketa Valley prevailed though, and they won 55-13.

The Cats pounced onto the court and outscored the Huskies 20-5 in the first quarter and 21-2 in the second quarter.

Brianna Mensen was 100% from



Caitlyn Gibbs looks inside as a Cedar Valley Christian defender puts some pressure on her. (photo by Shaylyn Trenkamp)

the field as she went seven for seven for her 14 points. Megan Mensen and Abby Jay each had eight points. Erin Digmann, Morgan Manternach, Kristi Goedken, Caitlyn Gibbs and Abby Holtz each added four points.

Manternach and Megan Mensen each had six rebounds.

The team had 20 total steals for the night. Goedken had four blocks.

The Lisbon Lions suffered a major defeat at the hands of the Wildcats this past Tuesday as MV won 62-18. The Cats took a commanding lead and led 28-6 at halftime.

Erin Digmann led in scoring with 10 points. Abby Jay and Morgan Manternach each added nine points. Megan Mensen chipped in eight points and Annie Fjelstul had six.

Jay pulled down nine rebounds and Megan Mensen had six rebounds and five assists and a steal. Brianna Mensen had four assists and a steal. Manternach had the eyes of a thief as she stole the ball five times. Jay had four blocks.

Dance team showcase is tomorrow

by Nichole Lucas

As some of you may already know, on Saturday, January 31st the Maquoketa Valley Dance Team is having its annual showcase performance at 5:30 in the high school gym.

This year they had 88 campers sign up from grades K-8! This is the largest number since Mrs. Rudd has been coach!

For an admission of \$2 for students and \$4 for adults you can expect to see 32 numbers. This includes 10 routines from the dance team, two senior solos, two routines from private studios, and one routine from Coach Rudd's alma mater, the Vinton Voyagers. There will also be a number of MVDT alumnae with a routine, plus dodge ball!

So come on out next Saturday and support our girls. Hope to see you there!



Dance team members support Bailey Lubben during a dance earlier in the season. The dance team will feature the dance from throughout the season tomorrow night.

STUDENT OF THE WEEK

Mikaela Reth



You have been helping Patty and other cooks with the concession stand. Why?

I told her at the beginning of the year to ask me if she ever needed any help with the concession stand since it was her first year and I had often stayed after school to help Janelle set up in past years. I really enjoy kitchen work. Concessions are one of my favorite places to work because it centers around the kitchen and basic math, two of my many favorite things.

How else does volunteering play a role in your life? I don't get a chance to do a lot of volunteering, but I get such joy out of helping others.

After you leave MV, what are some volunteer activities you'd like to do in the future? I'd love to be able to go on a mission trip somewhere. I enjoy cooking and baking, so maybe I could do something with that. My sister and her husband will be moving soon and neither of them like doing yard work, so I offered to come mow their lawn and weed eat for them. I'm sure there will be other opportunities that come my way as well. I've also looked at joining AmeriCorps for a while.

What are some ideas you have for other students to volunteer? If you have a home church, definitely see if there is anything to do there. If there's nothing to do in study hall (this means absolutely all homework is 100% complete) and it's a home game day, ask Susan if she would like some help folding programs. Otherwise, cleaning the bedroom or doing the dishes at home is always a good start...although I am rather awful about doing this.

—Mikaela was nominated by Mr. Tuetken

Fine Artists of the Week

Name: Olivia Hill

Activity: Large group speech

What event are you in for speech?

I am in Group Mime and Choral Reading

What do you enjoy most about large group speech? I enjoy being able to go through the sea-

son and seeing how much my group has improved and being able to bond with my group.

What have you learned through this event?

Throughout this event I have learned to step out of my box and become more comfortable around people. I also learned to be better at speaking in front of people.

Who is your speech role model? Mrs. DeVore

If you could create a new large group speech event, what would it be? Mime Improv

Name: Lea Ries
Activity: Large group speech

What event are you in for speech?

Group Mime & Short Film

What do you enjoy

most about large group speech? I like going to competitions & watching other group's performances

What have you learned through this

event? You have to work extremely well together, because if you don't, nothing would turn out well.

Who is your speech role model? Emily LaGrant

If you could create a new large group speech event, what would it be? Improv mime



Athlete of the Week

Name: Ashley Holtz

Sport: Basketball

What positions do you play?

Small Forward (3) and Point Guard (1)

What do you enjoy most about basketball? I love playing the game

and even shooting on my own. It gives me a chance to forget about everything else and just focus on playing.

How does this year's team differ from past teams? We have struggled with so many injuries more than past teams but we have been able to overcome them.

What's your favorite drill in practice?

Zone shots and situations.

What's your least favorite drill?

One-on-one Zig-Zag.

How do you mentally prepare for the game?

I try not to over think my nerves. It's good to be nervous but not to the point where it affects the way I play. So we dance and sing in the locker room.

What did you eat for breakfast?

Brownies and ice cream.

What's the best motivational song out right now? "Hamster on a Piano"..... or "Champ" by Nelly.

You've been watching from the bench most of the season while your knee healed. How does it feel to be back out there on the court? After working as hard as I had to to come back 1-3 months early it was like a reward to get back out there. I love being on the team and supporting them on the bench but I've missed being on the court with the girls. So coming back was like a new beginning. Even though we are getting closer to the end of the season, I feel it's just getting started.



Just for giggles

If your mind is feeling fried from hyperboles, hyperbolas and hyper-reactive chemicals, sit back and enjoy some not-too-tough-on-the-brain jokes. Here are 15 jokes to make your inner-child laugh.

Knock, knock.
Who's there?
Interrupting squawking parrot.
Interrupting squawking parr-
SQUAWKKKKKKKKKKKKK!

Q: What do you call cheese that's not yours?

A: Nacho cheese!

Why was 6 afraid of 7?
Because: 7 8 9

What do elves learn in school?
The elf-abet

Why did the boy bring a ladder to school?
He wanted to go to high school.

Where do pencils go for vacation?
Pencil-vania

Why did the girl smear peanut butter on the road?
To go with the traffic jam!

Why do bananas have to put on sunscreen before they go to the beach?
Because they might peel!

Knock, knock.
Who's there?
Lettuce
Lettuce who?
Lettuce in, it's freezing out here.

A prisoner, after many years, is finally released.
He runs around yelling, "I'm free! I'm free!"
A little kid walks up to him and says, "So what, I'm 4."

How do you make a tissue dance?
You put a little boogie in it.

Which flower talks the most?
Tulips, of course, 'cause they have two lips!

What did 0 say to 8?
Nice belt!

Angie's Angle

by Angie Wilson
Bright Lights and a Broken Heart



It's funny how fast your life can change. This past week mine has changed dramatically. It was just a typical Thursday night, bookbag packed with homework and a basketball game ahead of me. Maquoketa Valley against Ed-Co. I was diving for a loose ball when the opponent's head slammed into mine. I closed my eyes and laid my head on the ground. I knew what was happening, it wasn't my first rodeo. I was sensitive to light, dizzy, had a pounding headache, and ready to sleep. The diagnosis was easy to detect, but the words were not easy to digest. "It's a concussion," they told me. It was my third.

Sleep, eat, repeat was my motto for the next days. I was trying to keep my mind off of going back to the doctor. The day came and the words were said. "You're done." Done with sports for this year, done with basketball forever. The words stung. No more competitive basketball. Something I have grown to love so much has been taken away, and it wasn't fair. There was nothing I could do but to swallow the truth. I learned something that day in the doctor's office that I wanted to share with all of you.

When you find out that you love something or someone don't take advantage of any time. Love and make the most of every single second you have with whatever you are in love with. Life is sneaky, it will come knocking at the door when you don't expect it. So my lesson is to love wholeheartedly and devote all of yourself to whatever or whomever you love, you won't regret it when it's time to say goodbye.

A man arrived on Friday in a small town. He stayed for two days and left on Friday. How is this possible?
His horse's name is Friday!

What did the mushroom say to the fungus?
You're a fun guy [fungi].

—taken shamelessly from babycenter.com

Do's and Don'ts of Getting Swole

by Shaylyn Trenkamp



Hey Wildcats, when's the last time you hit the weights? Or a treadmill? No worries, this week I have some pointers that'll hopefully help you get into shape or at least off your couch for awhile.

Don't compare yourself to others. Health is about YOU. Push yourself past your own limits, but don't set your standards based on other people's abilities. The overall goal is to better yourself, not to become someone else.

Do create a plan. It can be mentally, verbally, or through writing, but a plan is essential to progress.

Don't allow yourself to use excuses. Excuses only get in the way of your success.

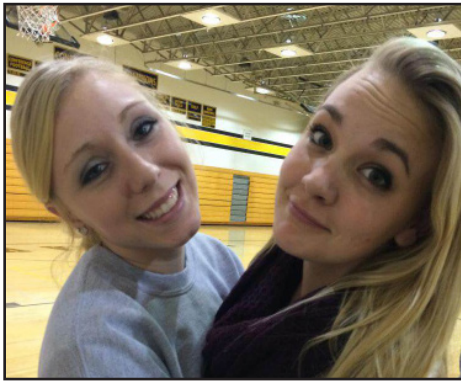
Do find a workout buddy(or many). Being part of a group can aid you in staying committed to what you're doing. Sharing common goals with someone else can also drive you to excel more.

Don't skip the stretching. Stretching is just as important as the exercise-- and it's super beneficial. With stretching comes flexibility, a decrease in injury, and relaxation for the mind and body. Yoga and pilates are great ways to incorporate stretching into your exercise plan.

Do reward yourself when you reach your goals. Go out for a movie, buy something nice, start saving money-- whatever you choose to reward yourself, let it remind you of the successes that you have conquered and let it inspire you even more.

And if you aren't feeling the workouts? That's okay, too. Do what's right for you. Sleeping and eating habits can be as important, if not more important, than exercise. Always listen to your own body and determine your own goals based on what's best for you.

Best Buds



Annie Fjelstul & Kelsey Gearhart
by Heather Sabers
How long have you been friends?
 Since Kelsey moved here in first grade.

What do you do for fun?
 Go to movies and just hang out

What's the most embarrassing thing you've done together?
 When we bring Rashida and/or Mary in public.

Describe your relationship in one word.
 Dysfunctional

what's up?

by Riley Kay Sternhagen

If you could combine any two animals, which two would you choose and what would you name them?

Emily LaGrant: Buffalo & Platypus- Buf-fapus or Plataflow

Tamala Askeland: Penguin & Alligator- Palligator

McKenzie Lansing: Seal & Zebra- Seabra

Amanda Engleken: Armidillo & Giraffe- Armiraffe

Chyanne Hills: Hawk & Rabbit- Harabbit

Megan Beaman: Puppy & Dragon- Pup-pon

Heather Sabers: Jaguar & Kangaroo- Jan-garoo

Tiffany Hoeger: Duck & Horse- Dorse

Caitlin Schuman: Penguin & Whale- Whanguin

Morgan Manternach: Hippo & Fox- Foppo

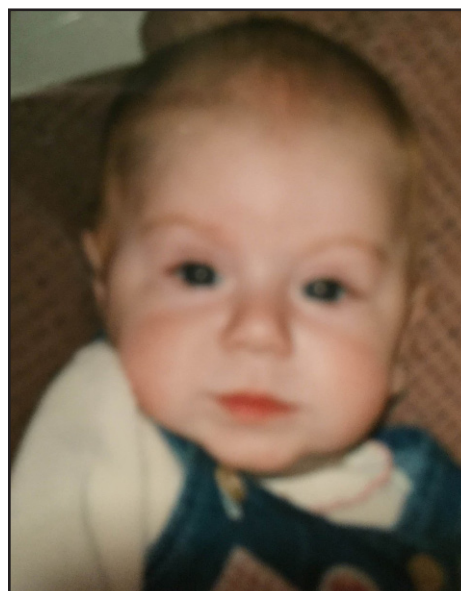
Vicky Agromayor: Monkey & Lion- Monion (With a spanish accent #BecauseShe'sFromSpain)

Cutie



by Kristi Goedken
 This week's cutie. . .
 -is a junior boy
 -plays football
 -likes fish and hunt
 -has one other sibling
 -went to Earlville Elementary

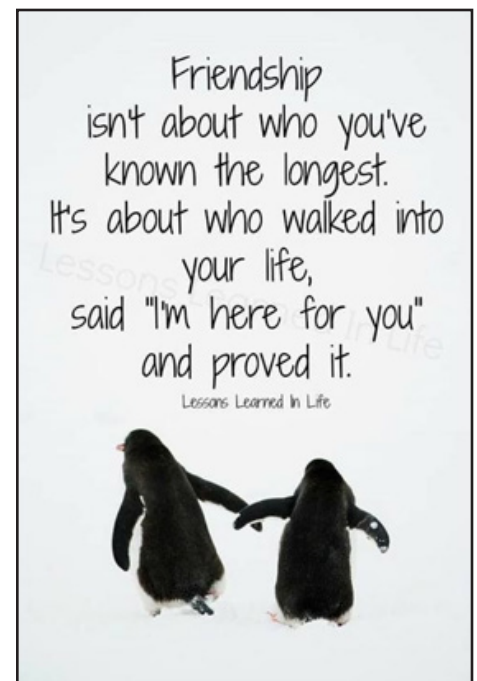
Last week's Cuties were Ryan Parmely and Cody Gibbs.



by Heather Sabers
 This cutie is a senior.
 She will be attending the University of Iowa next year.
 This cutie has green eyes.
 She has two sisters.

Quotastic

by Mikaela Reth



First off, I know I don't normally have a picture, but I get these quotes off of pinterest and I just like penguins too much to not include them.

Anyway, this quote is extremely important to keep in mind as we go through life. I know we all like to believe that all of our friends will always be kind and loyal, but think about it. How many times have you heard people speaking poorly of those they call their friends? How many times have you said something derogatory about somebody who might consider you a friend? It surprises me how much I hear people saying how much they dislike people that they hang around every day, people that I assumed to be their friends.

Here, one could bring up a very valid point about my assumption: I do not really know many people nor their friendships here. Sure, I know many people by name, but that is the extent of it. I know a little about people's personalities, but little about them. Anyway, going back to the original quote, there are people that I've gone to school with since preschool and kindergarten that are still in the same classrooms as me every day. That does not make them my highest quality friends. There are people that have been in my life for as little as a year or two that I am much closer to. It's all about who is there for you every time you need them. No matter what.

The Cat Box Hall Smarts

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



A meow to the success of speech contest.

A meow to the musical delights of the pep band.



A meow to the seniors who were recognized at senior night.



A mixed meow for the Super Bowl. Are these teams we really care about? Maybe the commercials will impress us.



A meow to The Bachelor and all its drama. We have to root for our homegrown Arlington boy...even though he makes out with every woman. (Literally)



A furball to Direct TV and KCRG. Come on, figure it out.



A meow to Mr. Tuetken for letting the basketball team to watch The Bachelor Monday night after the pizza party.



A meow to the girls basketball team for earning a bye in first round district play.



A friendly meow to our neighbors to the south (Monticello) for defeating Cascade in basketball Tuesday night.



A furball to the prank/vandalism at Western Dubuque. A flooded school is not cool.



A good luck meow to Kristi Goedken and Kaleb Kruse as they prepare to interview next Wednesday to become a district FFA officer.



A meow to Mr. Tuetken for making the Sophomore Career Fair possible this past week. A meow also goes out to the sophomores and their parents who took advantage of this great career planning event.

by Emily LaGrant



After a wonderful Contest Speech meet last Saturday and another one in a week, I feel as though it's time to have a Hall Smarts on the different events in speech. Let's see how these students do. The contestants are:

1) Which events feature no speaking?

Jake: I don't know

McKenna: Mime

Taylor: Mime & Solo Mime

Savannah: Mimes

A: Mimes

2) Up to how many people can be in a Choral Reading?

Jake: 7

McKenna: 10

Taylor: 10

Savannah: 15

A: 15 people

3) How long can a One Act be?

Jake: 30 min

McKenna: 30 min

Taylor: 30 min

Savannah: 40

A: 35 min

4) Which event features drawing situations out a bucket and creating a story?

Jake: No idea

McKenna: Improv

Taylor: Improv

Savannah: Improv

A: Improv

5) Who are two of the speech coaches?

Jake: Big tall guy and Mrs. Mueller

McKenna: Mr. & Mrs. DeVore

Taylor: Mr. Hadley and Mrs. Temple

Savannah: Mr. and Mrs. DeVore

A: Mrs. DeVore, Mr. DeVore, Mr. Hadley, and Mrs. Temple

The winner this week was Savannah with 4 points. Taylor and McKenna tied for 2nd place with 3 points each, and Jake was last with no points. Congrats to everyone who was playing. People know quite a bit about speech. As for Jake, better luck next time!

WHAT'S HAPPENING AT MV the week of FEBRUARY 2, 2015

MONDAY, FEBRUARY 2, 2015

1. Jr. High Boys' Basketball - HOME - (Middle School Multi Purpose Room) - Lisbon - 4:00 PM

TUESDAY, FEBRUARY 3, 2015

1. Delhi 4th, 5th, 6th, 7th & 8th Homework Assistance - After School until 4:00 PM
2. HS JV/V Girls & Boys Basketball at North Linn - JV at 4:45 PM / V s at 6:15 PM (Bus Leaves at 3:20 PM)
3. HS JV/VWrestling at Ed/Co in Colesburg - 6:00 PM (Bus Leaves at 4:10 PM)
4. Youth Wrestling Practice - HS WR Room - PreK through 2nd 6:00 - 7:00 PM / 3rd-8th 5:00 - 6:15 PM

WEDNESDAY, FEBRUARY 4, 2015

1. EARLY DISMISSAL - 1:05 PM in Delhi / 1:15 in Earl. & Hopk. (Teacher Professional Development Day)
2. HS FFA District Review Night & Officer Interviews at Midland in Wyoming (Van Leaves at 3:00 PM)
3. NO 7th & 8th Boys Basketball Practice
4. NO 7th & 8th Homework Assistance
5. MV Athletic Boosters Club Meeting - HS Cafeteria - 6:30 PM

THURSDAY, FEBRUARY 5, 2015

1. Jr. High 7th & 8th Boys Basketball at Central City - 4:00 PM (Bus Leaves at 3:00 PM)
2. HS FFA Officers' Meeting - HS Room #307 - 7:00 PM

FRIDAY, FEBRUARY 6, 2015

1. MV Kndg. - 5th Trip to Gallagher Bluedern in Cedar Falls (Bus Leaves Hopk. 8:10 / Earl. 8:20 / Delhi 8:25)
2. HS JV/V Girls & Boys Basketball at Alburnett - JV at 4:00 PM / V at 6:15 PM (Bus Leaves at 2:40 PM)
3. Youth Wrestling Practice - HS WR Room - PreK through 2nd 6:00 - 7:00 PM / 3rd-8th 5:00 - 6:15 PM

SATURDAY, FEBRUARY 7, 2015

1. State Large Group Speech at Decorah HS (2 Buses & Suburban / Trailer Leave Delhi at 5:15 AM)
2. HS Wrestling Sectionals at North Linn in Troy Mills - Noon (Bus Leaves at 9:00 AM)

Wrestlers grapple with Lisbon, EB

by Emily Krapfl

Last Thursday night, January 22nd, the Maquoketa Valley Wrestling team traveled to Lisbon to take on Lisbon and East Buchanan. Heading into the meet the Wildcats were looking to split a piece of the conference championship by knocking off East Buchanan in the first dual of the night and then beating Lisbon.

"The first meet of the night we wrestled a very competitive/ aggressive East Buchanan team," stated Coach Andrews. "We were fortunate to come away with a victory with how some of the guys performed. We used this as a learning tool and hopefully we took something away from this for future encounters. I was pleased with how we performed against Lisbon. Although we did not come away with a victory I feel the guys walked away with a feeling that we are right there and can compete with any 1A team in the state."

The first meet of the night saw the Wildcats come out victorious by defeating a very respectable East Buchanan team by a score of 45-29. Picking up victories in this dual meet included: Greg Guetzko (forfeit), Carson Wright (forfeit), Mason Hermanson defeated Max McGraw by a score of 8-2, Trevor Koopman won by fall over Jacob Schmitt in 1:50, Alec McDowell won by fall over Chance Cook in 1:37, Steve Huber (forfeit), Eric Heims won by fall over Griffin Cabalka in a time of 5:30, and Ryan Parmely won by fall over Nile White in :44.

The last meet of the night the Wildcats battled the Lisbon Lions for a share of the regular season dual team conference championship. The Lions ended up defeating the Wildcats by a score of 41-33 and were crowned conference champions. Picking up victories for the Wildcats in this dual meet included: Trevor Koopmann won by a 4-0 decision over Connor Woodward, Steve Huber won by fall over TJ Krob in :32, Eric Heims won by fall over Dakota O'Conner in a time of 4:58, Ryan Parmely won by fall over Logan O'Conner in a time of :34, Kaleb Kruse (forfeit), and Greg Guetzko won by fall over Wes Benyshek in a time of 1:01.

Boys basketball team goes 1-2 in recent games



Kalvin Orcutt reaches past Cedar Valley Christian Huskies for the rebound Friday night. Conquering the Huskies last week marked Maquoketa Valley's third win of the season. (photos by Shaylyn Trenkamp)

Another win has been added to the Wildcats' record as the boys basketball team got a win over Cedar Valley Christian last week; however, they did fall to both Starmont and Lisbon.

Last Thursday night the Cats hosted Starmont and lost 39-52. They kept it fairly close at half-time with only a six-point deficit. Starmont outscored MV 1-9 in the third quarter and maintained the lead.

Leading scorers were Brook Hillers with 10 points, six of which came from behind the three-point line. Jake Bonert added five points while Kody Orcutt, Calvin Orcutt and Kyle Wilson each chipped in four points.

Hillers also led in rebounds with six. Wilson pulled down five. Calvin Orcutt and Wilson each had two steals, and Garrett Hogan had a block.

Last Friday night the Cats played Cedar Valley Christian and won 46-38. The Wildcats maintained control throughout the game and finished the game strong by outscoring the Huskies 17-8 in the fourth quarter.

Zach Salow had a monster night on the court as he tallied 22 points, one assist and three steals.

Hillers and Calvin Orcutt each had 10 points, and Orcutt had 10 rebounds. Hillers had two steals. Wilson and Jordan Schindler rounded out the scoring with three points each. Schindler had three steals.

This past Tuesday MV hosted Lisbon and lost 52-75. Salow once again led in scoring. He contributed 16 points, three rebounds, an assist and two steals.

Ryan Goedken had a big night as he scored 12 points and had three steals.

Hillers had 10 points, two rebounds and a steal.

Wilson and Calvin Orcutt each had five points.



Snatching up an offensive rebound for the Wildcats was Kody Orcutt last Thursday against the Starmont Stars.