

Fresh-senior mentoring program implemented at MV

by Riley Kay Sternhagen

Have any of you Wildcats noticed a lack of freshmen during WIN time on Mondays? How about a lack of seniors during WIN on Mondays and Fridays? Maybe you haven't noticed those things, but I'm sure you've taken note of the-- dare I say it-- lack of noise during in your WIN group on those days? If you have, you can thank Mrs. McDermott and Jade Hargrafen for implementing the new senior and freshman mentoring program.

The new senior and freshman mentoring program was started to help develop 21st century skills. It focuses on team building, leadership, communication, positive coping, acceptance and respect for yourself and others, responsibility, and problem solving. Another goal of the program is to give the freshmen a smooth transition into high school. When asked about the program, Mrs. McDermott said, "Our goal is for the freshmen to feel more welcome and accepted sooner by the upperclassmen, and to feel more comfortable asking a senior mentor for positive advice. We want them to get the help they need right away and from someone they trust."

The mentoring program was designed to engage students through research-based educational activities. A few of the activities that have been done were the "Group Juggle," which allowed students to experience juggling multiple tasks at once and the stress that comes along with those tasks; and "The Bus," where students once again dealt with stress as they were given everyday life activities to categorize as either minorly stressful or majorly stressful. When the activities are finished each week, the senior group leaders ask the freshmen processing questions about whatever activity they have just completed and find ways to tie the activities into everyday life. After the session, the seniors vote to determine which freshman has shown upstanding character, and that student receives a reward at the beginning of the next session.

But how did this program get into our school? Well, Jade Hargrafen, a

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—Mrs. McDermott

graduate of Maquoketa Valley, took a job for Iowa State University, working in their Delaware County Extension and Outreach Branch. As part of her job, she came to our school and asked to set up a program that would help the freshmen transition into high school. After both Mr. Tuetken and Mrs. McDermott agreed, all fifty-three of the freshmen were split into groups, and given leaders from a group of twenty-three seniors that chose to be involved.

When asked about the future of the program, McDermott replied, "This program is designed for nine weeks and should be finishing at the end of the first quarter; however, we hope to have the program in the coming years. Right now, we are in a trial phase. This year the seniors debrief after each session with the freshmen. Then they critique the session and we make changes to improve the program." So, Wildcats, do you think we can get three cheers for this new helpful, positive program? Not only does it make the lives of the freshmen a bit easier, but it also promotes good, helpful relationships between classes. It's a win-win all the way around. And remember: even if you're not in the program, you can still ask the seniors for advice on how to survive high school. We have been doing it for four years, after all.

Look up and say 'cheese'



Last Friday MVHS students and staff gathered on the football field and formed the words MV WILDCATS (Thank you, Pam) while Brad Kinsinger of Hawkeye Community College took a photo using a UAV (unmanned aerial vehicle, commonly referred to as a drone). The photo will be used for promotional purposes. Above: Mr. Tuetken helps line students up. (photo by Nichole Winter)

Changes in musical tickets

Be prepared for some changes when you order your musical tickets this year. This year for the musical, tickets will not be able to be reserved.

We will be selling tickets for assigned seating. In the past the tickets were general admission, meaning you could sit anywhere in the auditorium. This year the tickets will have an assigned seat and row on them. **So if you purchase tickets you will not be able to return them.** We will have a diagram of the auditorium so you will be able to see where the tickets are located and which seats are sold.

Tickets will go on sale later in October.

Sports Connection

Wildcats attack, triumph 28-0



Alec McDowell pushes through the defense during the Ed-Co game.

by Shaylyn Trenkamp

Last week the Wildcats faced not only the Vikings of Ed-Co, but also the pouring rain. Neither stopped the Cats, though, and they walked away with another win last Friday night with a score of 28-0.

Scoring went well with four points from Matteo Zucca, six points from Jeremy Fischer, six points from Zak Harbach, and 12 points from Alec McDowell.

McDowell led in yards with 223 rushing yards, six solo tackles, five tackle assists, and two touchdowns.

Individual stats for the game at Ed-Co are as follows:

Passing yards: Jeremy Fischer, 49 with 3 of 3 passes completed. Rushing yards: Jordy Downs, 21; Jeremy Fischer, 52, 1 touchdown; Zak Harbach, 57, 1 touchdown; Alec McDowell, 223, 2 touchdowns. Receiving yards: Garrett Hogan, 29; Alec McDowell, 20. Tackles: Dalton Becker, 1; Rob Bockenstedt, 2; Jeremy Fischer, 1; Zak Harbach, 2; Eric Heims, 1; Garrett Hogan, 5; Alec McDowell, 6; Calvin Orcutt, 2; Tyson Tucker, 1; Kyle Wilson, 1; Matteo Zucca, 2. Interceptions: Garrett Hogan, 1. Fumble recoveries: Logan Fronatt, 1. Kicking, Matteo Zucca was 4 for 4, had 62

punting yards and 272 kick off yards.

Maquoketa Valley will take on Lisbon tonight on our home turf so come out and support!



Foreign exchange student Matteo Zucca kicks off for the Wildcat during a rainy game in Edgewood last Friday night. (photos courtesy of MV Athletic Boosters)

Harriers run at CPU

by Tate Trenkamp

Welcome back to another week of the Wildcat Echo. Our cross country team had their fourth meet at CPU on Tuesday. They did great at their meet, some beating their times, and others doing well but added on to their time.

The girls' results are: Tamala Askeland, 25:34 41st; Cassie Burkle, 31:17 46th; Nicole Winter, 24:44 40th; Rejji Smith, 22:59 26th; Kristin Lucas, 31:18 47th; Madison Ott, 31:04 51st JV; Brooklyn Sands, 32:00 54th JV; Sammy Wall, 23:54 32nd.

And now the boys' times: Bryant Meyer-Kemp, 22:14 60th; Brenden Hogan, 21:55 56th; Sean Hucker, 24:18 67th; Lane Coyle, 24:32 68th; Canyon Richardson, 21:02 50th; Jon Seibert, 24:48 69th; Tate Trenkamp, 20:05 43rd.

The cross country team will have a meet this Saturday in Independence. Results will be in next week's Echo.

Wildcats have busy week

by Emily LaGrant

Once again the Wildcat volleyball team took matters into their own hands as they faced off against Central City last Tuesday. They walked away with a 3-0 win and the stats to show for it. The match scores were 25-18, 25-5, and 25-19.

Serving continues to be the Cat's strong point. They finished the game with a 96% serving efficiency and 25 aces. Senior Megan Mensen led with 16 for 16 serves and 6 aces. Erin Digmann was right behind her with 5 aces and went 16 for 17. Other notable servers include Macy Hoeger who went 8 for 8, 6 of which were aces.

The game ended with the team having 30 successful attacks and 9 kills. Macy Hoeger led with 7 kills. Lea Ries helped with 8 of 11 assists for the night.

West Delaware hosted a volleyball tournament on Saturday. The Wildcats competed along with 6 other teams and walked away with 2 wins to show for it.

The first two matches against Starmont and Independence were a rough start for the team as they were taken down 0-2 each time. The Starmont match scores were 9-21, 1-21. The Independence scores were 9-21, 11-21.

After the first two matches, the Wildcats had to step up for their game against Oelwein, and they did. They finished 2-0 with the following match scores: 21-12, 21-19.

The Oelwein game started to set the tone for the rest of the day. The Cats won 2-0 against East Buchanan as well. The match scores were 21-15, 22-20.

They then battled Ed-Co before

finishing the day against West Delaware. Against Ed-Co, the Cats pushed for 3 games and were eventually taken down in a tough third match. The scores were 21-17, 17-21, 12-15.

The game against state-ranked West Delaware also provided a challenge. Though the the match scores were 8-21 and 14-21, this game was by far the high point of the day. The Cats had 18 for 20 serves with 5 aces. They also had high statistics for digs and blocks. There were 11 digs led by Emily LaGrant with 3. Out of 6 blocks, 4 were from Megan Mensen.

The stats added up throughout the day showed room for work for the team. There were a total of 25 kills with 39 blocks. There were 13 aces and 41 digs.

Overall, the tournament was a struggle for the Wildcats as they attempted to find a rhythm on the court, playing multiple different rotations with many girls not playing their main positions.

The next game was played on Tuesday against Springville. It was a defeat, going 1-3 for sets. The match scores were 10-25, 25-20, 23-25, and 21-25.

Megan Mensen was a leader on the court Tuesday. She went 18 for 18 serves with 4 aces. She had 7 out of 12 total blocks, and 5 kills, second only to Macy Anderegg with 9.

Other notable players include Maddy Anderegg with 26 assists. Erin Digmann went 11 out of 13 for serves with 4 aces. Briana Mensen also had 5 kills.

The Wildcats played on Thursday night against Calamus-Wheatland. Stats to come.

Athlete of the Week

Name: Caitlyn Gibbs

Sport: Volleyball

What do you enjoy most about volleyball?

Playing the game with an amazing team.

What's your favorite drill in practice?

Baseball

What's your least favorite drill in practice?

Serve and chase

What's your goal for the team this season?

To keep working harder because we are a great team, but we haven't shown everyone our full potential yet.

What has made this year unique for you?

The team this year is going to be one to remember. We've had amazing times, and we've had some really bad times, but in the end, we are still a team.

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

Before every home game we play follow the leader and sing the cow song.



what's up?

If you could trade lives with another person for a day, who would you be?

by McKenzie Lansing

Mitchell Neuzil- Tom Hanks

Carson Wright- Bill Gates

Brody Severt- Rich Froning

Ben Brown- Dalton Becker

Cole Willenbring- Kevin Hart

Payton Ries- Beyonce

Clint Krapfl- Cory Harbach

Mitchell Stender- K-Dub (#bballswag)

Tyson Tucker- Clint Krapfl

Megan McNamara- Megan Trainor

Dalton Becker- Chris Stender

Jake Jones- Barack Obama

Alex McCusker- Morgan Freeman

David Boyles- Baby Jesus

Norman Wilson- Mrs. Hunt

Evan Hoefer- Norman Wilson

Nate Lansing- David Boyles

Blake Hogan- Nate Lansing

Brooklyn Sands- Steph Curry

Megan Rausch- Kylie Jenner



Seniors Macy Anderegg and Sienna Becker prepare for serve receive during the Springville game. (photo courtesy of MV Athletic Boosters)

Meet the Freshmen



Maddy A., Maddy N., & Sydney

Name: Sydney Pritchard
 Siblings: Ryanne and Sawyer
 Activities you plan to be in: I don't know
 Favorite subject: English
 Career aspirations: nurse
 Hobbies: reading, volleyball
 Something cool about you: I am a twin

Name: Maddy Naab
 Siblings: Gwendalynne and Josef
 Favorite subject: spanish
 Career aspirations : nurse
 Hobbies: reading and making bracelets
 Something cool about you: I'm a 2nd degree black belt in taekwondo and I went to the national tournament in Florida!

Name: Maddy Anderegg
 Siblings: Macy and Molly
 Activities you plan to be in: basketball, volleyball, softball, track, speech, spanish club, and play
 Favorite subject: English
 Career aspirations: pediatric nurse
 Hobbies: sports, hanging with friends
 Something cool about you: I play on varsity volleyball as a freshman

—typist: Kristi Goedken

Thank You Manchester Dairy Queen

The Manchester Dairy Queen has been a supporter of Maquoketa Valley in multiple ways for many years. The first Tuesday of every month they donate 10% of all sales from 3:00 PM to close to Maquoketa Valley.

The dates for this year are:

October 6
 November 3
 January 5
 February 2
 March 1
 April 5

Please support your school with a cool treat from Dairy Queen on these evenings.

Angie's Angle

by Angie Wilson
 What's for Lunch?



Do you have that one phrase every day that you say? Like, good morning. Or, how are you? Maybe, what did we have for homework? Or even, do I look like a train hit me today? Those are all common questions that are asked on a daily basis, but really think about that one question that you hear in the hallway, your locker buddy asks you every day, or in WIN time it's the only thing people seem to think about.

"...What's for Lunch?..."

Food, the medicine for everything. It may not be the medicine here at school, but I'm not going to there, it's a touchy subject. Food is my medicine to a lot of my problems. When I am mad, I eat. When I am sad, I eat. When I am bored, I eat. When I am trying to avoid homework, I eat. The list goes on and on. When I go shopping I don't look forward to the new things I am going to get but instead the tradition of going out for lunch. I'm guessing I am not the only one with this food mindset. We all have our favorite memories involving food, whether it be falling asleep while eating or that delicious pie Grandma makes at Thanksgiving dinner. We love food, our age group, and our culture. Food is not just refueling the body, but it refuels our soul. Wait...so what's for lunch?



by Nichole Winter

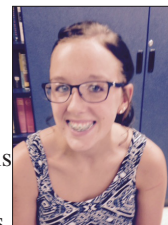
The cutie is a freshman. She has blonde hair. She lives in Delhi and she has three older sisters. Her favorite food is chicken strips. And she hates spiders!



Last week's Cutie was Nichole Winter.

Do's and Don'ts of Being a Big Sister

by Shaylyn Trenkamp



You may think this does not relate to you, but I have learned many tips as a big sister that help me in everyday life. So here's my sisterly advice to all of you fellow Wildcats and Happy Friday!

Do stand up for what you believe in. After 15 years of being a big sister, I have realized that I would risk anything for each and every one of my siblings. With that, I have also learned to be proud to stand for everything else I love.

Don't talk more than you listen. (Obviously I'm still working on this one!) it can mean a lot more to someone if you ask them how their day went and listen rather than tell them how yours went.

Do put aside time for family. You may think your siblings are the most annoying people on earth, but times have showed me that my siblings are not only the best friends I will ever have but at times the only friends I will have.

Don't assume you can't learn anything from an elementary student. You never know what new perspective they will bring to the table and how it could change the situation completely.

Do learn to shake off a bad mood. A bad mood can lead to saying things you don't mean, fights you later regret, or feelings being hurt.

Don't always take on the role of Mom. Remember that your siblings can figure things out on their own, too. You don't need to be overprotective; you need to be trusting and let them live a little!

Do be proud. I honestly feel like a mother at times with how proud I am of my brothers and sisters. I tear up, hug them way too tight, and probably embarrass them often but I wouldn't want it any other way.

Best Buds



Alyssa Otte & Jazz Niehaus
by Riley Kay Sternhagen

When did you meet?

Both: About a month ago

How did you meet?

Jazz: Alyssa showed up at school

Alyssa: I met her at school

What do you like to do together?

Jazz: Double date

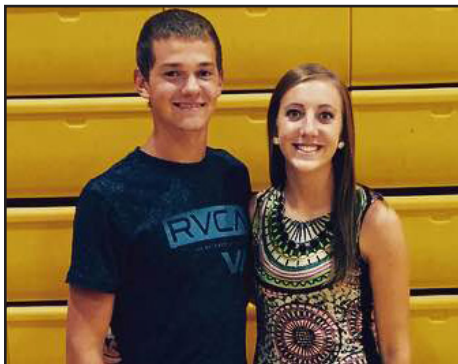
Alyssa: Eat pizza and Pizza Rolls

What's your favorite thing about the other?

Alyssa: Her sense of style

Jazz: She's very honest

Cutest Couple



Jeremy Fischer & Shawnae Hoeger
by Nichole Lucas

How long have you been dating?

2 years and 7 months

What is your favorite place to go together?

Buffalo Wild Wings or Olive Garden

What do you do together?

Shawnae- play board games

Jeremy- we have a lot of fun together and watch TV

What do you appreciate most about each other?

Shawnae- he makes me happy

Jeremy- the compassion

Cat Attack Flashback

by Becca Hill & Amanda Fortman

1985 MV's great debate. In 1985 student's were trying to get the homecoming dance pushed back to Saturday night instead of Friday after the game. Mr. Mitts, the principal at the time, had a very good argument for keeping it after the game: on Saturday you would have to ask for chaperones instead of being able to appoint teachers on Friday night. However, the students also had a valid point. On Friday night they didn't have enough time to get ready, and also they had to leave the game early, go get ready, and then come back. Way to much work! Ready? Okay! On September 21st, 1985 the varsity cheerleaders went to their first competition. "We wanted to prove to everyone that we could do more than just jump around on the sidelines," said Wendy Eudaley.

1995 20 years ago some MV FFA students and Dr. Vittengl bowed for the MV School District. They threw a strike and raised about \$400 for Big Brothers/ Big Sisters. "1 we are the Wildcats, 2 a little bit louder 3 I still can't hear you 4 more more more more." The MV cheerleaders were fortunate to have the head cheerleader from the University of Iowa come and teach them a few things, before heading to their competition at Westdale Mall in Cedar Rapids.

Class of '16 checks out courthouse



Seniors toured the Delaware County Courthouse Tuesday as part of a government class field trip. While there, the students learned more about each facet of the county government. It proved especially memorable for Blake Hogan, Mason Hermanson and Katlyn Handel, above, as they registered to vote. (photo by Megan Hogan)

Hog Raffle supports FFA programs

Maquoketa Valley FFA annual homecoming hog raffle tickets are now on sale. The pig has been donated by the Bob & Sharon Goedken Family and the basic processing has been donated by the Dan's Earlville Locker. The winner will pay for the smoking and/or seasoned meats if wanted. The drawing will be held at halftime of the homecoming football game on October 9th. Tickets are \$5 each or 3 tickets for \$10 and can be purchased during all home varsity games or from any FFA member. Any questions or to purchase ticket contact Mrs. Mausser

The Cat Box Hall Smarts



A meow to students and staff who already have MV's Got Talent on their schedule for next Saturday. A melodic meow for students who are preparing for it.



A meow for Mr. Hadley's triumphant return.



A meow for the educational excitement of A & P's dissection of rats.



A meow to Joe Huber for speaking for with the government class.



A meow for the government field trip.



A meow to "A Series of Unfortunate Events" that will be on Netflix in January.



A meow to the return of "Grey's Anatomy."



A furball to traveling to Cal-Wheat. Can anyone say "It's time for a conference realignment?"

STUDENT OF THE WEEK

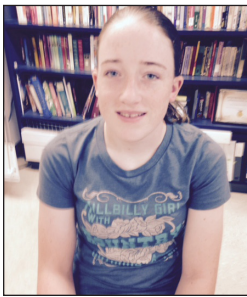
Cassie Burkle

You are working on a watercolor in art. What is it of? I finished up a watercolor painting of the silhouette of a man riding his horse at sunset. The new watercolor painting I'm working on is one of a Tiger and its cub.

What do you enjoy most about art class? Being able to be creative with your work and being able to do something new every time.

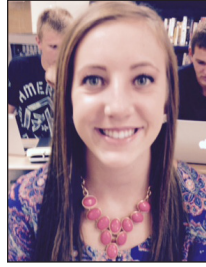
What other artwork do you hope to complete this semester? I can't wait to do oil painting in art because I've never painted with them before.

Who is your favorite artist? I love many types of art and styles of art by different artists so I couldn't choose just one.



by Shawnae Hoeger

This week's Hall Smarts made the contestants' brains work hard. This week's contestants are Kristi Goedken, Collin Wendy, Brody Severt and Maci Freiburger.



Fall is to summer as Monday is to _____.

Kristi: Sunday
Collin: Sunday
Brody: Sunday
Maci: Tuesday
Answer: Sunday

A, S, D, F, G, H, J. Which letter comes next?

Kristi: M
Collin: K
Brody: K
Maci: M
Answer: K

These numbers follow a pattern. 5,10,3,8,1. What number comes next?

Kristi: 6
Collin: 6
Brody: 6
Maci: 6
Answer: 6

Rios, Amanti, Sorento, and Sedona. These are all types of what?

Kristi: jewelry
Collin: pepper
Brody: cheese
Maci: countries
Answer: Kia cars

How do you make a goldfish old?

Kristi: take out the g
Collin: take out the g
Brody: take out the g
Maci: quit feeding him
Answer: take out the g

Looks like Brody and Collin tied this week!

Collin: 4 points
Brody: 4 points
Kristi: 3 points
Maci: 1 point

WHAT'S HAPPENING AT MV the week of SEPTEMBER 28, 2015

MONDAY, SEPTEMBER 28, 2015

1. HS 9th/JV Football - HOME - Lisbon - 6:00 PM

TUESDAY, SEPTEMBER 29, 2015

1. HS FFA to World Dairy Expo in Madison, WI (Bus Leaves at 3:30 AM)
2. Jr. High Volleyball at Star-mont - 4:00 PM (Bus Leaves at 3:00 PM)
3. Homework Assistance for 7th & 8th Graders - 3:00 to 4:00 PM
4. HS Cross Country at Jesup Golf Course - 4:30 PM (Bus Leaves at 3:00 PM)
5. HS 9/JV/V Volleyball - HOME - Lisbon - 5:15 PM

WEDNESDAY, SEPTEMBER 30, 2015

1. Homework Assistance for 7th & 8th Graders - 3:00 to 4:00 PM

THURSDAY, OCTOBER 1, 2015

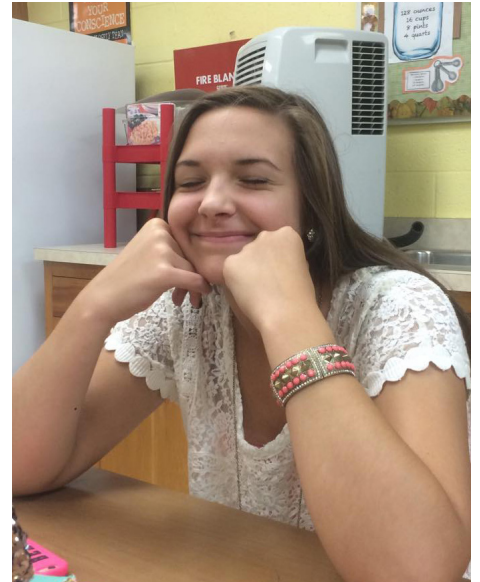
1. HS FFA Fruit & Meat Sales Orders Begin - Orders to Arrive on December 1st
2. HS Students to Leadership Academy at Applington/Parkersburg (2 Vans Leave at 7:00 AM)
3. HS Volleyball at East Buchanan - 5:15 PM (Bus Leaves at 4:00 PM)
4. Jr.High Volleyball - HOME (MS Multi-purpose Room) - Alburnett - 4:00 PM
5. Jr. High Football - HOME - Lisbon - 4:30 PM

FRIDAY, OCTOBER 2, 2015

1. HS Football at North Linn - 5:00 PM (JV Bus Leaves @ 3:15 PM / V Bus @ 4:15 PM)

SATURDAY, OCTOBER 3, 2015

1. HS Vocal Show "MV's Got Talent" - Auditorium & HS Cafeteria - 6:30 PM to 8:30 PM



THIS is MV

*photos by
Flavia Xavier*

