

National School Lunch Week: COVID vs School Lunches

by Jordyn LeGassick

Happy National School Lunch Week! For hundreds of years schools have been feeding their students on trays. Full of veggies, fruits, protein, and grains, students have thrived. These meals were hand crafted and carefully placed on each student's plate ensuring they were fed properly and had enough to eat every day that they were at school. Amidst a pandemic this image seems hard to attain. For so long we have been accustomed to the luxuries of our student meal system. So when it was suddenly ripped away by a worldwide pandemic, we were left with this image of steaming, hot, delicious food still lingering in our minds. When preparing to go back to school, students longed for their homecooked school meal. Served hot and fresh on a plate, while eating these delicious meals we could sit down at a table and talk to friends.

That was not the case this year. These images in our mind of the past have been disintegrated, torn to shreds and what we are left with in front of us is something that we never thought the world would come to. Now there sits a sack full of the lunches that we loved, but cold. Cooks do not have it easy already. They are put in charge of providing nutritious meals for more than 500 kids a day. With these responsibilities comes many challenges. Karlene Sellner, the head cook at Maquoketa Valley High School, has taken on the daunting tasks that the coronavirus has placed in front of us.

"This pandemic has caused us to have to use to-go bags and individually packaged items all the way down to the condiments," Karlene explained. Lunches are now being pre packaged and stored in zip-lock bags, paper boxes and in cups. Silverware has now turned plastic and food is being given to students cold often because there is no way to prepackage and still make sure the food remains warm.

Karlene, as well as the other cooks, have been put under much more strain. The cooks are having a hard time



The cooks get ready for a day of preparing breakfast and lunch. (photo by Jordyn LeGassick)

determining how much food they need to prepare for students.

Along with this strain cooks are also asked to maintain high health safety protocols. They are asked to wear gloves and masks as well as continually sanitize when preparing food.

Karlene later explained about free lunches, "They are a benefit to students. It does not change what lunches are made or how much food the students get. The free lunches came from the government and state. Free is free. So take it while you can." These free lunches are benefiting students all over the Maquoketa Valley Community School District allowing for students to eat breakfast and lunch for free. These free lunches will not last forever and will end in December. Throughout this time where students are given lunches for free, this has not relieved cooks from the stress that these meals are causing. These free lunches are causing more students to eat lunch, increasing the amount of food that the cooks at MV have to make.

"We are getting through this COVID. We are having to change how we do things. We did it this way, now let's do it this way, let's try this, let's try that."

The school cooks are having to adapt more than ever to become accustomed to this new way of cooking and preparing meals for all those kids they are happy to serve. They are changing their en-

tire way of preparing and serving meals to students. Down to when they hand students their lunches in the hallways from tables instead of in the cafeteria behind counters. Another wrench has been thrown in the gears when they just recently brought reusable containers back into the mix. Allowing meals to be served fresh and hot. Now big yellow boxes are placed in each hallway for empty containers.

Karlene emphasized, "This is just part of the job, to take on new responsibilities and step forward."

This simple statement shows just how much the cooks at MV are taking this challenge thrown at them. Although these times are not easy our cooks are taking the best of a difficult situation, and taking one day at a time. Times are changing and the ability to adapt is necessary to thrive in this "new normal" and the cooks at MV are doing just that. Although for hundreds of years school lunches have been something that students all over the world look forward to, COVID is not going to stop cooks and students from putting their best foot forward and looking towards a brighter future. This pandemic although proving to have its challenges. The cooks at MV are pressing forward and hoping that lunches will be able to go back to normal and that they are able to see all the students' smiling faces once again.

Be sure to thank the cooks!

Sports Connection

Wildcats win last regular season game

by Tara Goedken

Last Thursday, the Wildcats ended the regular season with a 3-0 win over East Buchanan with scores of 25-14, 25-12, and 25-22.

On offense, Emerson Whittenbaugh led in kills with 21 kills followed by Taylor Schmuecker with 6 kills, and Kennedy Raucsh and Haley Ronnebaum each had 4 kills. Raucsh led in assists with 25. Ella Imler led in serves with 17, Schmuecker with 13 and Ronnebaum with 13 serves.

On defense, Imler led in digs with 23 followed by Anna Deutmeyer with 18 and Raucsh with 11 digs. Whittenbaugh led in blocks with 3 total, followed closely behind was Liz McDowell with 2 blocks and Schmuecker with 1 block.

Last night the Wildcats held the Tri-Rivers West Conference Tournament. Details will be in next week's issue.



The Wildcats celebrate a point in the game with East Buchanan. (photos by Lesa Parmely)

Wildcat Boys XC currently ranks 4th in 1A

by Chantel Crowley

The boys cross country team is currently ranked fourth, and last night they lived up to that ranking by winning the Tri-Rivers conference meet.

The boys won the meet with 39 points. Cal-Wheatland finished second with 60 points. Cy Huber finished third in 17:27, and Nolan Ries was fifth in 17:29. Michael Schaul finished eighth in 18:07. Finishing 14th was Mitch Heims in 19:05. Brock Trenkamp ran 16th in 19:26. Toby Grimm was 25th with a time of 20:15. Caleb Livingston finished in 45th in 23:08, and George Livingston was 53rd in 24:30.

The girls finished fourth as a team with 102 points. Emma Doyl finished 20th in 23:29. Zari Ambundo was 34th in 27:20, and Allison Hogan was 37th in 27:41. Jordan Hogan was 46th in 30:05, and Cecily Trenkamp rounded out the team scoring in 30:07 in 47th place. Josie Teymer was 56th in 31:52.

October 10th, the Wildcat cross

country team competed in the 39th Annual Cross Country Invitational at North Linn.

Coach Meehan commented, "Eight of the nine boys ran their season's best. Especially notable were the times of Nolan Ries and Cy Huber who ran their 5K race in 16:56 and 16:57, respectively." Schaul ran with a time of 17:41.7 placing 28th, then Heims with a time of 18:17.5 in 47th, along with Landin Frasher with a time of 19:13.3 in 70th, Trenkamp with a time of 19:39.0 in 83rd, and Grimm with a time of 20:03.5 in 89th.

"Two of the six high school girls ran their best times of the year," Coach Meehan also commented. For varsity, Doyl ran with a time of 23:37.5 in 69th place. For junior varsity, Ambundo ran with a time of 28:09.4 in 61th place, Allison Hogan right behind her with a time of 28:09.4 in 62nd place, and Trenkamp in 77th with a final time of 31:57.5.

As for the JV boys, Caleb Livingston ran with a time of 22:05.1 in 55th



Michael Schaul powers through to the finish at the North Linn meet. (photo courtesy of Amy Ries)

place, and George Livingston in 79th with a time of 23:49.9.

The runners will compete in the state qualifying meet at Clayton Ridge Thursday.

what's up?

What reality tv show would you like to be featured on?

by Paige Winter

Trista Elgin: Keeping up with the Kardashians
 Taylor Jones: Dance Moms
 Emma Beitz: Keeping up with the Kardashians
 Keziah Ambundo: Hell's Kitchen
 Mr. Ford: Wipeout
 Michael VanMeter: Big Brother
 Zach Mineart: Nailed In
 Carter Klaren: Big Brother
 Taya Tucker: The Bachelor
 Mr. Dunlap: Alone
 Annisten Trenkamp: The Real Housewives of Orange County

STUDENT OF THE WEEK

Ethen Brockholn



You have been nominated because you have been a great help to teachers, especially with wiping down desks and being a kind person. Why is it important to you to help others when they need it?

So they do not fall behind and it gives me something to do.

What other volunteer work do you do outside of school? I help someone with custom chopping and I do not get paid and I love to do it and it is a good environment.

What has been the best part of high school so far? I get to choose the classes I want so I will actually like school.

"Ethen has been very helpful, kind, and compassionate each day when he comes to WIN time. He can tell that just as a person, I'm exhausted and overwhelmed from the day when he arrives. He offers a helping hand by spraying all the desks to help me out and go faster and just chats to let of some steam. I appreciate him." —Srta.

Wildcat football finishes regular season against Ed-Co

by Kylie Chesnut

Last Friday night the Wildcats traveled to Edgewood to take on the Ed-Co Vikings, coming home with a tough loss 14-44.

Quarterback Parker Sternhagen threw for 142 yards in the game. Later in the game, Owen Mensen stepped up and threw for 48 yards. They made contact with AJ Ambundo who went for 84 yards in 4 attempts, Tony Offerman who went for 66 yards in 2 attempts and Lance McShane who went 26 yards in 2 attempts. Your rushing leaders for this game were Ambundo with 32 yards, as well as Sterhagen and Devin Meeks each with 23 yards.

Leading in tackles was Carter Klaren with 6, then Mensen and Andrew Kloser both taking down 5.5. Offerman kept it exciting and got a fumble recovery for the team.

The Wildcats were able to make it into the endzone 2 times, one touchdown by Ambundo and the other by Offerman. Ambundo was also able to score a 2 point conversion for the team.

Kicking duties were taken care of by Ambundo, who kicked for 96 yards in 2 attempts. Offerman handled punting going for 172 yards in 6 punts.

Tonight the Wildcats are on the road to take on North Tama. Kick off is to be at 7:00pm. If you can, come dressed warm to cheer on our Wildcats.



A.J. Ambundo and Owen Mensen celebrate after a play against Ed-Co last Friday. (photo by Lesa Parmely)

Fine Artist of the Week

Name: Logan Johnson

What is your role in the fall play?

I am the Model Boat.

What do you enjoy most about being a part of this show?

The funny and awkward moments on stage that just bring the practice to a halt until we can breathe again.

What will audience members enjoy most about the play?

There are some very comedic moments between The Boy and Velvetten that I think will be a smash hit.

If you could star in any TV show, what would it be?

This may be an odd answer but Cosmos: A Spacetime Odyssey, or Star Trek.



Athlete of the Week

Name: Lance McShane

What do you enjoy most about football?

The thing I enjoy most about football is being able to play physically and also playing with my teammates.

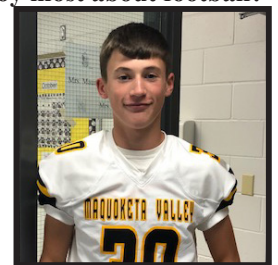
What lessons about life have you learned from the sport?

A lesson I have learned is to always work hard because it will pay off.

How have you changed as an athlete over the past few years? I have changed by lifting more so I can get stronger.

Why is football a sport worth going out for? Football is definitely a sport to go out for because it allows you to be very physical and just have some fun.

Who is your football role model? Russell Wilson.



Meet the Freshmen



Harold, Kaitlyn, Cadence & Mandi

Name: Harold Mohr
 Siblings: An older sister and younger brother
 Activities you plan to be in: Football and basketball
 Favorite subject: Small gas engines
 Career aspirations: Fishing
 Hobbies: Hunting and fishing
 Something cool about you: I love hunting and fishing

Name: Kaitlyn Nolan
 Siblings: 7th grade sister, Macee
 Activities you plan to be in: Volleyball, basketball, track, softball, musical, Wildcat Echo, and play
 Favorite subject: History
 Career aspirations: Journalist/Reporter
 Hobbies: Singing
 Something cool about you: I am a dog lover and own two myself

Name: Mandi Pohlman
 Siblings: Three
 Activities you plan to be in: Track, volleyball, band, vocal jazz, choir, and speech
 Favorite subject: Spanish
 Career aspirations: Military or mental health social worker
 Hobbies: Singing
 Something cool about you: I'm learning sign language

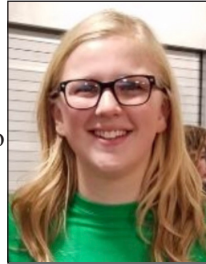
Name: Cadence Freiburger
 Siblings: Adrienne (Junior), Kalynn (7th), and Meleah (4th)
 Activities you plan to be in: Speech, choir, softball, TEL, and Wildcat Echo
 Favorite subject: English
 Career aspirations: Author or Psychologist
 Hobbies: Reading, writing, and rewatching The Office

—typist: Leah Ries

Hall Smarts

by Cadence Freiburger

Since we're officially in October now and people tend to watch more horror movies, I've decided to ask some Maquoketa Valley students some trivia questions about horror movies.



Which movie featured someone getting eaten by a shark?

Kylynn Clary: Jaws
 Keylee Cole: The Meg
 Josie Teymer: Jaws
 Answer: Jaws

What movie is known for its iconic woman screaming in the shower scene?

Kylynn: Scream
 Keylee: Scream
 Josie: Psycho
 Answer: Psycho

What horror film depicts a character smashing their dirt bike into an artificial wall?

Kylynn: Wrong Turn
 Keylee: Who watches those types of movies?
 Keylee: I don't know
 Answer: Cabin in the Woods

What scary movie features a clown as the villain?

Kylynn: It
 Keylee: It
 Josie: It
 Answer: It

The MV Class of 2021 is a tight knit group. We as a class have gone through some tough times together. We have lost two of our own, Anna Nefzger and Teige Hunt. We have decided to create an endowed scholarship for the Class of 2021 to honor our late classmates. We have a set goal of raising \$5000 to make this dream a reality. If anyone would like to donate, we ask that you send payments to the Maquoketa Valley High School at 107 South Street, Delhi, IA 52223 with MV Dollars for Scholars (designate it for the Class of 2021 scholarship) as the recipient. You can also reach out to any student in the class of 2021. Any amount will help us greatly and we appreciate your support.

Comedy Corner

—compiled by Paige Panosh

John visited his 90-year-old grandpa who lived way out in the country. On the first morning of the visit, John's grandpa prepared a breakfast of bacon and eggs. John noticed a film-like substance on his plate, and asked, "Are these plates clean?" His grandpa replied, "They're as clean as cold water can get them. Just go ahead and finish your meal."

For lunch, Grandpa made hamburgers. Again, John was concerned about the plates, as his appeared to have specks of dried egg on it. "Are you sure these plates are clean?" he asked.

Without looking up, Grandpa said, "I told you before, those dishes are as clean as cold water can get them!"

Later, as John was leaving, his grandpa's dog started to growl and wouldn't let him pass.

John said, "Grandpa, your dog won't let me get by!"

Grandpa yelled to the dog, "Cold Water, go lie down!"

A guy goes door to door looking for work. One homeowner hands him a brush and a can of paint and offers him \$150 to paint his porch.

A few hours later, the guy comes back to the homeowner and says, "I'm finished.

But you should know that your car's a Ferrari, not a Porsche."

Special congratulations!

Juniors Nolan Ries and Cy Huber have been ranked in the top 30 of 1A cross country runners in the state. Cy has been ranked 13th and Nolan has been ranked 14th. They were also the 12th and 13th runners in the history of MV to run in the 16's when Nolan ran a 16:56 and Cy ran 16:57 at the meet last Saturday. Let's congratulate Nolan and Cy on these rankings and for all their hard work, and good luck to them and all of our hardworking cross country athletes!

MV TEL-ALL

compiled by Paige Panosh

In 2020, **47%** of young people had

used an **illegal drug** by the time they graduated from high school.

—according to the National Center for Drug Abuse Statistics