

Athlete to Coach: The Difference

by Miguel Bojorquez

Student-Athlete. These two words describe the majority of the students at MV. This lifestyle is something that many of us know. We do it every day and we learn not only how to improve at sports, but how to manage our time between sports and school. One day at a time, it gets closer to being your last football game, your last baseball game, etc. We all know what it is like to go to school all day, get assignments upon assignment, then have to go to a grueling practice that you are either dreading or anxious for. Finish practice, eat, do homework, sleep, and repeat.

Eric Conner, head boys basketball coach, and P.E. teacher grew up in a world very different yet similar to today. He attended Edgewood-Colesburg, who is a major rival for Maquoketa Valley. He grew up looking up to MV as a powerhouse because of the absence of leadership in his school.

"The attitude overall was like 'ehhh, we are not that good. I do not care,'" he stated about the school spirit and atmosphere of the school. Although the atmosphere was not encouraging to him, he chose to not give up and to do everything he could to make his team better.

There are ups and downs in life and sports, that's a given. Conner had a unique story to tell about how his sporting career and how it has impacted his life and coaching.

"This is not a very good memory but my sophomore season of basketball, we beat a JV team to go 1-21. Baseball season my sophomore year, I think we won 9 games. We went 0-9 in football my junior year. Went 0-22 in basketball, then had a decent baseball season. We won 11 or 12 games. The following basketball season, we opened with Postville and beat Postville in double overtime at their place."

His athletes have heard this story a multitude of times. This is his main drive for coaching as well as his personal life. They have seen it plenty on a baseball field, basketball court, and even the golf course.

He has a competitive edge that makes him want to win and do everything he can to win. His winning attitude is contagious and has even been spread onto some of his athletes. One of his famous examples is when he plays his niece in the household classic Monopoly, he'll make money if she's not paying attention because it will allow him to win.

One thing that has influenced his coaching style is his experience on teams in high school.

He was the guy who "if you are going to do something, I'm going to let you know about it" and would be very aggressive in his criticism of his fellow teammates. "Looking back on it, he has started to realize that this method does not work that well and has decided to give more a positive attitude towards his athletes and coaching.

"My leadership style when I was in high school was not very good. I'm 'slowly' trying to get away from that but it's harder than you would believe. I'm in the middle of reading an article for a paper I have to type this weekend. A positive coaching master is what I'm going through. Some of the stuff you are looking at yourself in the mirror-like, 'okay, if I would have done that in this situation, would it had been different?' I drawback on the stuff that I did. I still wouldn't change it but some of my teammates just needed to hear that stuff."

He relates his experience in high school to motivate his players. He wants them to succeed and get the most out of them so they don't have to deal with something like he did growing up. He wants them to have that drive and motivation to get better. Another key emphasis of his is not regretting any-



thing. He uses his example of sitting out of football his senior year. "One of my biggest regrets is not playing football my senior year,". He teaches his athletes not only to want to win but also how even little things can cause a major impact at some point in a game. At practices, the word "details" can be heard said more times than necessary but that is to ingrain and remind them that they do matter. The same goes for life. If you do all the little things correctly, in time, big things will come easy.

Coach Conner can be described as a dedicated man who uses his experiences in his athletic career to not only influence his coaching but also help him reflect on what he can do better. It has been a new feeling for him to come in to deal with the Boys Basketball program over the past years. He knows what it's like to be on the downside of a loss and hopes that his stories can encourage people to do their best not only on the basketball court but in their everyday lives as well.

A Second Family: Girls basketball is more than a coaching gig

by Ella Imler

A total of ten seconds remaining in the game. The Wildcats are down one point and it is our ball. All we need is a layup to win. The point guard brings the ball down the court and shoots a jump shot to win it. She misses, but another teammate snatches it and puts it right back up. The ball swishes right through the net and the buzzer rings. The fans jump and holler in excitement. The Wildcats beat the Orioles by one point. Moments like these are what coaches live for. The adrenaline rush, the anticipation, the determination to win, are all concepts Coach Moenck knows a few things about. Coaching hasn't been the easiest task, but it is a very important part to Coach Moenck's life.

It all started 25 years ago. Coach Moenck always had a passion for sports growing up. "When I was younger, I got to travel to many basketball camps with my brother-in-law, and I saw some of the best coaches out there." When he grew up, he knew he still wanted to be involved in sports, and coaching was the way. Coach Moenck hasn't always been at Maquoketa Valley though. In fact, he coached at Iowa City Regina as the assistant for two years. At Anamosa, Moenck coached as assistant for three years and head coach for six years. Currently, he is the head coach here at Maquoketa Valley. As you can tell, Moenck takes pride and dedicates a lot of his time to be a coach.

When Coach Moenck got to MV, he started the program on his own. He wanted to take a completely different route, and he didn't take anything from the previ-

ous head coach. After learning about everywhere he has coached, Maquoketa Valley stands out because he has been here the longest. Coach Moenck feels the kids here have always had dedication and commitment. "We have great kids here at Maquoketa Valley," he bragged, "and I mean that, that is why I have been here for so long this will be 15 years." Coach Moenck has been successful, but it hasn't always been simple and effortless.

"Something worth doing always has some challenges along the way," stated Coach Moenck. Throughout his years at MV highs and lows have occurred. He mentioned the hardest part of coaching is losing. "I don't like seeing the kids after a loss because they look and feel like they were defeated." Moenck is a big-time competitor so losing will always be hard. Another hard concept he mentioned was the seniors graduating. Moenck talked about the relationships formed with these kids, and then not being able to coach them after they graduate. "That is also difficult for me," he explained. He also went on to say that coaching is a big commitment, and with that commitment comes some sacrifices. One of those sacrifices includes losing time with his wife and two daughters. He mentioned he is able to be so committed to basketball because he has a very supportive family. With some hard times, also come some good times.

Moenck can recall some fond memories from all of his coaching experiences. "I have a lot of good memories from basketball, but one special occasion is when we went to the state basketball tour-



namment in 2013." This memory will never be forgotten for him because everyone on the team had so much dedication and grit. It may be surprising to some, but Coach Moenck says that he enjoys practices more than games because he enjoys laughing and joking around with the kids. The relationships he creates while coaching is something he enjoys the most. He voiced, "Building relationships with kids and competing with a group of people who put a lot of time and effort into being successful."

Coaching has been such a huge part of Moenck's life. He lives for the adrenaline rush, the anticipation, and the dedication from all of his players. It may have not always been the easiest, but the memories and the relationships have all made it worth it for Coach Moenck.

Wrestlers rely on strength, will battle for weight class



The wrestling room is bustling with anticipation of a solid season with a mix of veterans and newcomers.

Second year head coach Kurt Hatfield said physical strength will play a large role in this season. "Wrestlers must possess agility, flexibility and mental toughness. It takes a lot of effort and hard work to be a part of Maquoketa Valley wrestling." Coach Hatfield noted that many athletes have similar weights, so there will be some battles to stay at a weight class for the whole season. "Being mentally prepared for the challenges are just some things that wrestlers have to go through during the season."

MV plans to open its wrestling season at South Winn Tuesday, Dec. 1.

Returning letter-winners in wrestling, first row from left: Devin Smith and Michael Schaul. Second row: Carter Kruse, Evan Elgin and Tim Harmon.

Boys basketball team returns lots of leadership

Official practice for the boys basketball team started last Monday, and this team brings some excitement to the court.

"This year's team is one that I am really excited to coach," stated Coach Conner. "We return a large senior class, which should mean we won't have a shortage of leadership. We have some very strong perimeter play from our guards, and have some eager post players who I think can surprise some people this season. We have a lot of athleticism and depth on our team, so we can do some fun things with this group defensively that make it tough for other teams to prepare for us. We will find out a lot about ourselves as we go through this season with many new challenges that we may face."

The team features all-conference players senior Andrew Holtz, junior A.J. Ambundo and sophomore Avery Holtz. Other returning starters include Miguel Bojorquez and Owen Mensen. Devante Strickland, Mitch Heims, Tony Offerman and Andrew Hildebrand are other seniors on the team.

The team will face some tough opponents this year. "The Tri-Rivers may be one of the toughest conferences to play in any class in the entire state," stated



Returning letter-winners for Maquoketa Valley boys basketball, first row from left: Mitch Heims, Avery Holtz and Owen Mensen. Second row: Miguel Bojorquez, Andrew Hildebrand, Andrew Holtz and A.J. Ambundo. Not pictured are Devante Strickland, Ethan Doyle, Tony Offerman and Landen Deutmeyer.

Coach Conner. "There is so much parity in our league, which makes it a fun and challenging league to play in. There is a lot of returning talent on many teams this year, so it is going to be a dogfight each night. Hopefully we put ourselves in position

each night to compete, no matter what team we face, and we will see where we finish in the conference."

The team is slated to open the season with a home game against Prince of Peace Friday, Dec. 4.

Preseason outlook looks bright for Wildcats

The girls basketball team has gotten a lot of preseason shoutouts from local sportswriters and deservedly so.

The Wildcats will be led by some athletes who bring a lot of energy and experience to the court. Returning all-conference players include seniors Ella Imler, Taya Tucker and Emerson Whittenbaugh along with junior Carissa Sabers.

"As always there are high expectations for this team, not only from those around us but the expectations we put on ourselves year in and year out," stated Coach Moenck. "We have lots of kids who can play different spots on the floor who contributed last year and can also contribute in different ways. This is a very good group of kids, who will get better as the year goes on. We will need some kids to really step up and be very solid on the defensive end. We have the kids to do it."

Coach Moenck knows MV's league is competitive with North Linn, East Buchanan, Springville and Alburnett. "You have to be ready to go every night.



Returning letter-winners for Maquoketa Valley girls basketball, first row from left: Caelyn Sands, Ella Imler, Kennedy Rausch and Kylie Chesnut. Second row: Carissa Sabers, Liz McDowell, Taya Tucker, Emerson Whittenbaugh, Paige Winter, Ella Mensen and Erin Knipper.

Some of the teams that have struggled in years past have really improved and can beat anyone on any given night. We have the potential to very, very good as well but

we will have to be ready to go every night.

Their first game is scheduled at home Tuesday, Nov. 24 against Ed-Co.

Fall sports season wrap-up

For the third year in a row, the Maquoketa Valley boys returned to Fort Dodge to compete in the Class 1A State Cross Country Championships. The Wildcats place 6th out of 18 teams competing. Maquoketa Valley has place 7th, 5th, and 6th in successive years. There were 18 teams in the championship race. The highest a Wildcat boys team has placed in the state meet is 4th which occurred in the 1990s. With eight out of nine runners returning, along with a good group of 8th graders coming into high school, anticipation runs high for next year.

Cy Huber and Nolan Ries were individuals competing for individual medals by placing in the top 15 runners.

State places and times:

Cy Huber, 18, 17:35.7

Nolan Ries, 20, 17:39.7

Michael Schaul, 34 18:06.8

Mitch Heims, 47 18:30.1

Landin Frasher, 84 19:47.1

Brock Trenkamp, 85 19:48.5

Toby Grimm, 97 20:27.7

Team awards: Nolan Ries, outstanding communication; Jordan Hogan, outstanding navigation for girls team

All-District Football

First Team Offense

Parker Sternhagen

Owen Mensen

A.J. Ambundo

First Team Defense

Zach Digman

Andrew Kloser

Andrew Holtz

Second Team Offense

Avery Holtz

Devin Smith

Second Team Defense

Lucas Orcutt

Jaxson Kramer

Aidan Salow

Timmy Harmon

Honorable Mention Defense

Tanner DeMoss

Landen Deutmeyer



Cy Hubers battles his way to the finish at the state meet. Huber finished 18th. (photo courtesy of Amy Ries)

Post-season

Volleyball Awards

Congratulations to Emerson Whittenbaugh, Tri-Rivers West Division Player of the Year!

First Team

Emerson Whittenbaugh

Second Team

Ella Imler

Honorable Mention

Payton Beaman

All-District/3rd Team All-State

Emerson Whittenbaugh

Academic All State

Ella Imler

Emerson Whittenbaugh

Mentoring Matters!

Attention high school Juniors: We need you! You have made it to the final years of your undergraduate educational journey! We are so proud of you for your accomplishments and all that you have strived for. As you move forward, I want to remind you of the young eyes that are on you, searching for someone to lead them and give them direction in who they would like to be. You have an awesome opportunity to be a friend to someone who needs you. That's called mentoring, and we would like to provide you an opportunity to serve in that capacity. Please consider becoming a mentor through Youth Mentoring at Helping Services!

How does this work?

*First, contact Meg. I am the Youth Mentoring Coordinator for Helping Services. You can reach me at (563) 379-3454 or mgelner@helpingservices.org. You can call, text, or email me and I will get you an application to fill out.

*After an interview and your training, I will connect you with a student, age 6-16, that needs someone like you in their life.

*It only takes one hour of your time per week to make a lifetime of difference for someone! During that time you can do fun activities with your mentee: board games, crafts, reading, playing outside, or even helping them with their homework.

Not only will you be enriching the life of someone else and creating a lifelong relationship, you could also earn volunteer hours, build your resume, or build your scholarship applications. Martin Luther King Jr. said, "No work is insignificant. All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence." I hope you choose to join us, and to uplift humanity by making a difference in the life of someone who needs you.

All-District Football

Academic Awards

Andrew Kloser

Parker Sternhagen

Avery Holtz

A.J. Ambundo

Devin Smith

Zach Digman

Timmy Harmon

Andrew Holtz

Owen Mensen

what's up?

What's your favorite Thanksgiving food that you're most excited to eat on Thursday?

by Paige Winter

Ben Snyder: turkey

Devin Smith: cornbread

Emilee Supple: mashed potatoes

Zach Mineart: mashed potatoes

Jordan Hogan: ham

Abbie Sheehy: mashed potatoes and gravy

Mr. Arnold: turkey

Lacee Barry: green bean casserole

Emma Doyle: baked beans

Lane Domeyer: boxed mashed potatoes and gravy

Brock Trenkamp: corn casserole

Thanksgiving Facts

- The heaviest turkey on record is 86 pounds.
- The average turkey is 15 pounds.
- JFK was the first president to pardon a turkey.
- Abraham Lincoln made Thanksgiving an official American holiday.
- Thomas Jefferson did not observe Thanksgiving.
- Turkey was not served at the first Thanksgiving. Lobster was in addition to goose and swan.
- Green bean casserole was introduced to the Thanksgiving lineup after WWII.
- Dressing is Americans' favorite Thanksgiving meal side dish.
- About 50 million pumpkin pies will be consumed this Thanksgiving.
- The first NFL game played on Thanksgiving Day was in 1920.
- About 3.5 million people attend Macy's Thanksgiving Day parade.
- Balloons were first part of the parade in 1928.

—Parade magazine

MV TEL-ALL

compiled by Paige Panosh

"....about **1 in 6** people who start using marijuana as a teen, and **25-50%** of those who use it every day, become **addicted** to marijuana."

—NCDAS

Meet the Freshmen



Maison, Alia Deutmeyer, Sami DeMoss and Zari Ambundo

Name: Alia Domeyer

Siblings: Lane and Ford

Activities you plan to be in: FFA, speech, and track

Favorite subject: Intro to Ag

Career aspirations: Ag Teacher

Hobbies: Hanging with friends

Something cool about you: I'm allergic to sheep

Name: Zari Ambundo

Siblings: Keziah, AJ, Julia, Sellah, and Mallori

Activities you plan to be in: Choir, track, and cross country

Favorite subject: I don't have one

Career aspirations: Thrift shop or cafe owner/worker

Hobbies: I don't have any

Something cool about you: In hot weather I will wear jeans and sweatshirts

Name: Maison Krapfl

Siblings: Clarie, Justin, Emily, and Derek

Activities you plan to be in: Football

Favorite subject: Ag mechanics

Career aspirations: Construction worker

Hobbies: Fishing and hunting

Something cool about you: I'm fast

Name: Sami DeMoss

Siblings: James DeMoss and Ian Ozborn

Activities you plan to be in: Volleyball, wrestling stats, and track

Favorite subject: P.E.

Career aspirations: NICU Nurse

Hobbies: Water ski, hang with friends, and sports

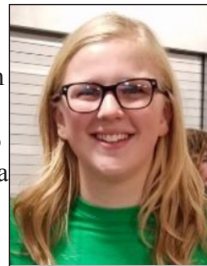
Something cool about you: I am on the ski team

—typist: Leah Ries

Hall Smarts

by Cadence Freiburger

Since this month was big election month, I thought it would be interesting to ask some election trivia facts.



1. Who was the youngest president ever to be elected?

Morgan Krumviede: Kennedy

Lauren Knock: John Kennedy

Anna Deutmeyer: John F. Kennedy

Answer: John F. Kennedy

2. Who was the oldest president ever to be elected?

Morgan: I don't know

Lauren: Donald

Anna: Donald Trump

Answer: Donald J. Trump

3. Which year was the legal voting age changed to 18 in ALL STATES?

Morgan: 1980

Lauren: 1940

Anna: 1970

Answer: 1971

4. When were women given the right to vote?

Morgan: 1926

Lauren: 1920

Anna: 1957

Answer: 1920

Comedy Corner

—compiled by Paige Panosh

Some Thanksgiving chuckles:

Why was the Thanksgiving stew so expensive?

It had 24 carrots.

What is the best song to sing when preparing the Thanksgiving turkey?

All About That Baste.

If your great-grandmother saw you making mashed potatoes from a box....

....She would turn over in her

gravy.

My friends told me to stop telling Thanksgiving jokes....

....But I couldn't quite "cold-turkey."