

## 'Beauty and the Beast' to take stage next week

by Kristin Lucas

The MV drama department is proud to present the production *Beauty and the Beast*.

In this musical, a sweet girl named Belle (played by Molly Anderegg) becomes a prisoner in an enchanted castle to save her father from the beast who has taken him captive. Belle befriends the talking objects in the castle and begins to see a softer side to the beast.

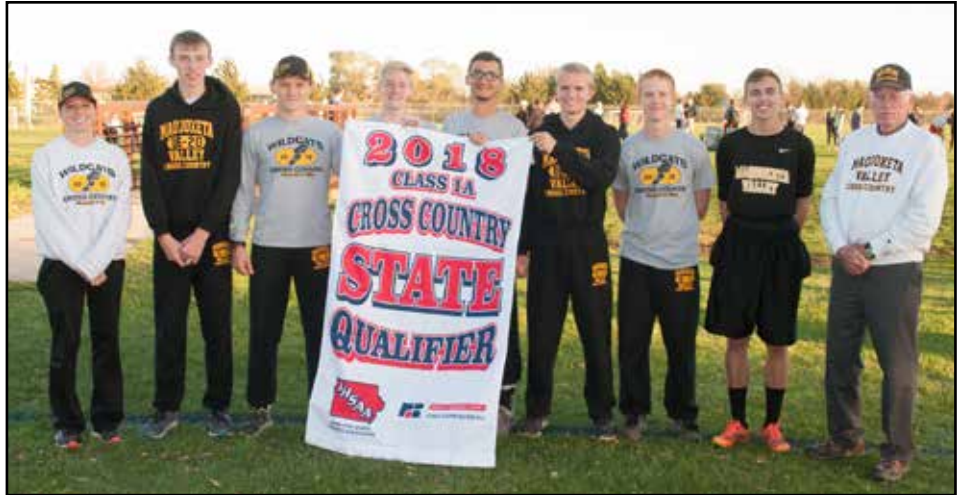
Showtimes are November 1, 2, and 3 at 7pm and November 4 at 2pm. Tickets are \$5 and are available in the office now for purchase. You can also purchase tickets at the door. At intermission, lighted roses will be for sale for \$5; they may be used interactively in the second act.

Come be our guest as the drama department brings this classic story to life!



Logan Johnson and Molly Anderegg rehearse a scene from Act I.

## Harriers prepare for state



Coach Dever, Ethan Doyl, Chance Downs, Mason Lubben, Jon Seibert, Derek Mensen, Nolan Ries, Tate Trenkamp and Coach Meehan pose with their state qualifier banner at last week's state-qualifying meet in Iowa City. They will run in the 1A race tomorrow afternoon in Fort Dodge. (photo courtesy of Wilson Photography)

## Student council news you can use

by Kelly Winter

### Halloween Costume Contest

As all may know, Halloween is just around the corner! Our students have been out and about going to haunted houses and corn mazes, just enjoying the spooky season. We're going to continue that spirit into our classrooms.

On Wednesday, October 31st all students are invited to dress in their best costume! Every student who is dressed up will be judged by some anonymous people in our high school and there will be a boy and girl winner in each grade level.

Teachers are also welcome to dress up and similar to the students will be judged by the student council and one winner will be chosen.

Hope to see y'all dressed up and festive! Also to note, Junior are required to change from their costumes into nice clothes for the career fair, but may return to their outfits afterwards. Happy Halloween!

### Hot Chocolate & Treats to help those in need

Student Council has already been

thinking ahead and has planned some activities for our student body. As a school district, we are

great about helping each other out and we want to extend that this Christmas Season. The student council, as well as many of you, wants to support needy families from our district. We will be sending gift cards to those families anonymously. To fund this idea the student council will be selling hot chocolate every Friday morning and selling treats every Friday at 3:00. This will be starting next Friday, November 2nd. Please, please, please come and support these families. Take this opportunity and show your Wildcat love!



## Trying Something New by Brooklyn Sands

Everyone will face challenges in their life, big and small. It is whether or not we want to take on those challenges and try new things or back down when things get tough. Kathy Jurgens, a retired sixth grade educator at Maquoketa Valley, decided to try something new and spend six weeks of her time substituting in a high school Spanish class.



After spending 34 years (1984-2018) in the education system, she was like a kid in the candy store who could not stay away! "I have wanted to be a teacher since I was in third grade. Every teacher I had every year became my favorite teacher ever!" excitedly announced Jurgens.

Although entering a high school Spanish class as a retired middle school social studies teacher might seem terrifying, Jurgens took a leap of faith. "I had some trepidations about it when Pam first asked me to do it but mostly because of the subject matter. I would have had the same reaction if she'd ask me to do math or chemistry or anything I wasn't that familiar with in the high school courses. I am thoroughly enjoying it though, so I'm glad that I'm here."

After spending some time in the high school, Jurgens explains that it is nothing to be afraid of. She enjoys seeing the high school students each day and being able to catch up with them and laugh. As a matter of fact, she says that she looks forward to coming back when her grandkids grow older and take up less of her time.

Middle school differs drastically from high school. Speaking from experience, Mrs. Jurgens realizes that the difference between the two is the level of maturity. After being given the opportunity to teach at both levels, she cannot pick a favorite. "I enjoy both levels actually. After subbing in the lower grades, I've realized I prefer fifth grade and above. I don't feel like I can accurately compare the two levels because I've never taught my own classroom full time in the high school like I did all those years as a fifth and sixth grade teacher."

Although she is enjoying her time here, there are a few things that make her temporary job as a substitute difficult. She explains that some students who do not always complete their work are the students that are extremely capable of achieving academic success. This saddens her as kids are very talented! While some children might make the experience a struggle at times, Jurgens knows how to handle situations like these.

Jurgens has learned many valuable skills that has helped her succeed at her job. Over the years, she has realized that sometimes she needs to take a step back in certain situations. "Certain students can't help the things they do or the way they act sometimes because of what may be going on in their homes. I tried to make my classroom a fun, welcoming, safe place for them to hang out for a small part of the day." She has also learned to be more patient and calm with students.

Today is Mrs. Jurgens last day as Sra. Ries' long-term sub, so be sure to go to the second floor and stop in the Spanish room and say "hasta la vista" to Mrs. Jurgens. Chances are you probably already know her or had her as a teacher. Thank her for her time and dedication to educating the young population of this community.

## Marching Band Takes the Field by Maddie Lahr

There is a new sight to see this year at the Maquoketa Valley home football games. The marching band has finally made its return, with a half time show that the crowds at MV haven't seen in years. In the recent past MV didn't have a halftime performance during football games. Since the high school got a new band director he has made many good changes have been made to the program, one of them being bringing back the marching band.



Mr. Ford came to MV last year and has made many great changes to the band program. Out of those changed, one thing that is getting the most attention is definitely the marching band. The program has made many strides in the last year and a half with Mr. Ford being here. Many people in the community are also noticing the work he is doing. Tina Weber says, "Every show you guys get better." The band is getting a lot of support now from the student section as well as the older generation. Mr. Meehan, a retired teacher from MV who is well respected by the community, voiced his opinion to Mr. Ford about the band. "You guys sound really good this year."

Mr. Ford says, "Marching band has 100% boosted their confidence throughout the year." He also stated that the band is more comfortable with performing now than what they were last year. He believes getting out there and showing the community what they can do helps with confidence greatly. He also stated that being in marching band has forced the band to use more air when playing their instruments. Making the band louder and sound more confident.

Mr. Ford also stated that he has no future plans to have the marching band compete. "This way we can still have the football players, cross country runners, and the other band students who wouldn't want to go full out marching band." If the band were to compete there would be practices every morning and afternoon to perfect every little detail about the band. Many other schools in the area do compete, but because they compete they lose valuable members who are involved in other things. That is just something that Mr. Ford doesn't want to sacrifice; he wants the band to be diverse and involved in many other activities here at MV.

This year the MV marching band has two drum majors who help assist Mr. Ford in conducting the band, Maddie Lahr and Madeline Geller-son. Madeline stated she would recommend younger students in band to try being a drum major, "I was always a quiet person and I didn't really talk to other people. It forces you to communicate and it made me come out of my shell." Being a drum major does put some weight on your shoulders, because the band is looking to you for tempos and as a way to stay together. Some people wouldn't change it for the world. You become a role model for the younger students to look up to and ask questions to. There are many times where Mr. Ford is busy and a drum major goes and answers a question that he doesn't have the time to answer. A lot of the time drum majors are more there to keep Mr. Ford on track and to make sure that he remembers to talk about everything that he wants to talk about. There are many ways to get involved in leadership positions in high school, and being a drum major is one of them. If a person is willing to work hard and do a good job then maybe being a drum major is for him or her.

Marching band may not be as popular now as what it was here fifteen years ago, but Mr. Ford is trying to change that. The goal of this year was to play songs that the crowd would sing to and want to pay attention to. This year the marching band theme is classic rock, with their songs being "September" by Earth Wind and Fire, "Come Sail Away" by STYX and their show closer being "Livin' On a Prayer" by Bon Jovi. He is hoping that by choosing popular songs it would captivate the audience and make them pay attention to the very precise drill that had been created.

# Sports Connection

## Football team ends season with win over Lisbon

The Wildcats finished out their season 2-7 with an exciting 33-24 win over the Lisbon Lions that was led by some great blocking upfront, according to Coach Evers.

“It was a great team effort to end the season with the win. The leadership of the seniors came through,” praised Evers.

Junior Derek Becker’s huge rushing night helped lead to the Wildcats’ success. He moved the ball 212 yards on 30 carries and scored two touchdowns. He also made good on a 2-point conversion run. He also had a five-yard reception and two solo tackles.

“Derek had an awesome game showcasing his speed balance and vision,” stated Coach Evers.

Norm Wilson and James LeGassick also scored a touchdown. Wilson also made the PAT and made two of three field

goal attempts.

Hucker rushed for 20 yards, and LeGassick gained 30 yards.

In the passing game, Wilson made contact with Matthew Hucker for a gain of four yards Trent Koopmann twice for 32 yards.

Hucker had an interception. Zach Digman, Tim Harmon and Andrew Kloser capitalized on Lisbon’s errors and each had a fumble recovery.

Michael Feldmann had three solo tackles, LeGassick two and Digman, Harmon, Daniel Hunter and Wilson each had one solo tackle.

**Right: James LeGassick looks for an opening in the Lisbon defense. photos by Lesa Parmely)**



## Volleyball team falls to top-ranked Beckman

While the Wildcats had a tremendous season this year, they were brought down in district play against a top-ranked Beckman Catholic team in three sets: 8-25, 14-25 and 13-25.

“Our blocking game was good,” stated Coach Whittenbaugh. “We got our hands on the ball a lot, and the girls kept swinging all night and made some good things happen. They went up against some of the best volleyball players in the state [Tuesday] night and should be proud of their showing!”

Maci Freiburger and Emerson Whittenbaugh each had seven kills. Maddy Anderegg had 18 assists.

Lydia Helle, Olivia Hoeger, Brooke Wilson and Whittenbaugh each had a solo block.

Hoeger and Whittenbaugh each served 100% and had an ace.

The team ended its season with a 15-13 record.



**Lydia Helle and Olivia Hoeger go up for the block while Maddy Anderegg provides coverage in Tuesday night’s district matchup with Beckman.**

## The Running Madman by Blake Becker

Jon Seibert may seem like a quiet and shy person, but in reality, Jon is an avid runner who is a participant in the schools cross country team. Jon has participated in cross country since 8th grade. He started cross country as one of the worse runners on the team. Over the years, he has worked his way up the ranks and now he is one of the seven varsity runners.

Jon's season so far is going pretty well. Jon stated, "I'm pretty happy where I'm at right now. I started off really slow, but I had to find myself and bring my work ethic back up and get myself where I needed to be. And that is exactly what I have been doing." Jon started his senior year of cross country off by running on the junior varsity team. His recorded time at the first meet of his senior year was 21:47. He quickly started to get back in the groove of things and he found his full potential again so he started to run on the varsity team. Jon is proud of the work that he put in, because he got to where he is today. His personal best time for this year in the 5K is 19:20.

Some people are curious about what runners are thinking while they are running. Jon usually doesn't think. He just runs. He expressed, "I usually try to clear my mind and I really don't think about anything." Jon also noted that when he is thinking while running, he tries to think about something that went wrong during the day or something that made him mad and running helps diminish that anger. It's almost like meditation for him. It "resets" his brain and he is ready for anything that is thrown at him. Jon is very relieved when he is done running but in the end he is happy that he is putting in the work. Jon also emphasized that the team has a lot of fun with each other. Fun is a major part in a team's success, and this team will be very successful.

Jon is very passionate about cross country. He expressed how much he loves everything about the sport. He even enjoys the practices. Most people for any sport are not a huge fan of practices. But Jon is not the same. Jon enthusiastically said, "I love cross country."

Jon has some high expectations for himself and the cross country team. Jon explained, "My goal is to keep improving, hopefully improve as a team and make it down to the state meet." He has a good reason to have high expectation for his team. The cross country team earned a ticket to state.

Jon also talked about how himself and the team need to keep pushing forward if they want to accomplish their goal. He noted that they are right on track and they need to keep doing what they are doing. The team has been working tirelessly throughout the summer and the last few months in order for them to hopefully achieve their goal. It's not easy to qualify for the state cross country meet. It takes a lot of hard work and restless nights.

Overall, Jon is a great cross country runner and he loves the sport for what it is. It gives him the freedom and an opportunity to clear his mind. It also gives Jon something to work towards. Jon and the team have been improving tremendously and the whole team is ready for the district meet. Jon could barely hold in his energy when we were talking about the road ahead. Jon says they are confident and they are excited for the road ahead. As for Jon, he couldn't be happier.



## Is Change Good? by Maddy Anderegg

In every season, with every team there's something unique about the group of seniors. Something that separates them from previous seniors of other years. This year's group of seniors filled the unique trait completely. Maddy Anderegg, Maci Freiburger, Olivia Hoeger and Brooke Wilson, have been coached by three different volleyball coaches throughout their four years at Maquoketa Valley. This is very rare for high school teams, and to some players this could've been a difficult adjustment.



For Brooke Wilson, each new coach brought her to a new position. "I found it hard changing coaches because every year brought lots of adjustments and new ways to play the game. It was often difficult to find stability. Though we had Coach Whittenbaugh last year, I personally still had to adjust this year because I changed positions." Brooke has found ways to overcome the adversity she's experienced throughout her four years at Maquoketa Valley. She's worked hard to get comfortable. This year she's been a leader on and off the court, and a very positive person who impacts our team greatly!

Maci Freiburger has been a four year starter for volleyball. She's a very talented player who's reliable and motivated. When Maci was asked how she felt about the changes in coaches, she responded with a sigh. "It was hard to adjust to it. I didn't like it because it's hard for them to create a bond and get to know me well. Each coach has different ways to make me a better player and it's hard to put it all together when it comes from different people." If you watch our team play you'll find Maci playing all the way around, but her strength is hitting the outside set. Maci is a leader on the court and is one who is willing to help out her teammates in order to succeed.

Olivia Hoeger got her first varsity experience with our varsity coach, Josh Holtz. Josh had coached and been around volleyball for a while in numerous ways, though he only stayed for one year. Olivia was very open in saying, "They all taught me different things that helped me improve in volleyball. It was hard changing because they were all different and taught different. I believe I adjusted well because I took what I learned from one year and brought it to the next." Olivia is a very much improved player, is a calm and reserved but also determined player on our team.

When I thought about the biggest struggle for me during my volleyball career at Maquoketa Valley, I couldn't help but think about the lack of consistency. Throughout all four years, one night you'd see us play our butts off and beat a team that was completely better than us, just to lose to a bad team the next week. That aspect of volleyball was by far the most frustrating. But each coach brought a different way to handle the lack of consistency. My freshman year coach, Hannah Jahn, would've fixed the little mistakes but during the game wouldn't have solved anything right then and there. Josh Holtz, my sophomore coach, would've fixed our fundamentals but probably wouldn't have said much. And now my current coach, Brandy Whittenbaugh, has tried to get us to believe in ourselves that we're good enough to beat good teams so we need to be confident when going up against a team we're better than. All the coaches bring different things to offer so it is difficult to combine all of their ways of coaching. I have been on varsity all four years and have loved every minute of it. Have there been bad times? Oh yes, but when it comes to the end of this season, the sport I've played since I was ten will definitely be missed.

Each senior this year had different things to offer. Just like each coach brought different ideas and words of wisdom to practice each day. Each high school sport brings a different life lesson learned and fill their own characteristic of unique.

## Gameday Vibes by Evan Hoefler

Electricity is vibrant in the air. Any football fan or player alike can feel it. Even though it's seven o'clock in the morning energy runs through many football players' veins. In Delhi people won't hesitate to say that Friday is for football. The players have battled with injuries and through brutal conditions to wage war against the team that has the nerve to come and face them. There is a sense of charm and animosity to the sport on gameday.

During the school day it's next to impossible to get the players to focus. All they want to do is get on the field and hit someone. The stakes are high, and the nerves race through the players' bodies. In study hall you can find football boys gathered around a computer watching plays. Doing this helps them prepare and perform at their best level. When speaking to Daniel Hunter about why he watched so much film, he had a determined look in his eye and stated, "This is for my team. I would never want to let the boys down. I just feel I owe it to them."

This brotherhood carries many of them throughout the day. There is always talk about the best players on the opposing team. These are normally the people that the team works to make invisible on game day. In the game we want our stars to shine in the dark fall night.

Towards the end of the season, the nights get frigid and all the players take it into their hands to stay warm through the game. Some of the players look like Eskimos braving the frozen tundra, while others like Alex Digman for example are "immune to the cold." The normal game day attire for most consists of running tights, a long sleeve shirt, and an extra pair of socks so all of our toes don't fall off. Others like to add more to their wardrobe. "First I'm going to make sure I don't get cold and wear my running tights, then; I always put on eye black to just take myself into another world," Derek Becker smirked as explaining his clothing choices.

While in the locker room the tone is different. At first the locker room is filled with excitement and energy with guys dancing and singing to the music. It looks almost like an Indian tribe dancing around a fire. There are some players calmly sitting in the corner assembling their pads. As the time passes so does the mood. The music begins to die down, and the guys gather around to put on their pads. The locker room gets quieter as the time of the game approaches. It's nearly to the point where a pin dropping can be heard. First they put on their game pants making sure everything is fastened nice and snug. Then they all work to pull on their tight shoulder pads. Various managers and players are there to help their fellow teammate pull their pads on and help them fasten it. Soon everyone circles up and listens to the seniors speak about everything that needs to be done. They all break the huddle in a fit of screaming and hype. The mood is high and everyone sprints out of the locker room and holds hands to head to the field as one.

The majority of the team sees the football field as a war zone. They get themselves to the point where they feel like if they don't give the game everything they got there is a chance of no return. By the time the players even reach the field they are already wound and ready to go. There is no stopping them and getting away from them in the game.

This sport isn't child's play, and only the strong minded survive. Not many people can go through the day knowing that they are going to get hit. It's difficult for most to mentally prepare themselves for the bumps and bruises that they are bound to receive. All these games and all the lessons learned have brought these men to know that as hard as it must seem the strong have the power to get up and battle. On gameday, nothing else matters. Everyone puts everything aside and stands as one to go to war. This is what gameday is to me, my team, and anyone else who is willing to strap on the pads. We wouldn't trade it for the world.

## The Power Within by Sam Wall

Some events in your life are unexpected. These unplanned incidents can be for the better and unfortunately, for the worse. Life will knock you down at some point, but it's your decision to get back up. Pushing you to your limits, life will force you to make decisions that could affect you for years. The ability to learn from your decisions or mistakes is vital to the growth of a person. When life seems to never go your way, it's truly your reaction that sets you apart from the rest. Should you give up and walk away? Or should you keep fighting to hopefully gain some ground?

The Maquoketa Valley football team did not start its year on the best foot. After losing their first six games of the year, it would be effortless for this team to give up and loosely play out the rest of the season. Senior wide receiver Daniel Hunter proudly stated, "I don't think there's ever been a time where we felt like giving up this season. I think part of this is because we don't want to let the community and our school down. There are so many younger kids looking up to us as well. Also, from a senior standpoint, it's our last season so we try to give it our all every game." Daniel and the rest of the squad have refused to throw in the towel no matter how tough the circumstances may be.

Despite simply playing the game, the senior competitors have more added to their plate. Winning has been a tradition for the Maquoketa Valley football program with rarely having a year below average. The community, students, and even athletes' expectations are always to have an exceptional season. Because of that, the seniors have had to uphold a critical role of rallying the troops night in and night out to keep their teammates' spirits up. Positivity is contagious and a vital aspect among a team. "We try to stay positive by looking at the things that we have done well, and trying to just learn from the things we did wrong," senior quarterback, Norman Wilson, assured. "However, there are definitely people that are more negative than others, which really makes it hard to keep everyone on the same boat," sighed Norman.

With improvement visible through every week, the Maquoketa Valley football team won their first game of the season at home against Clayton Ridge. A storm delay sounded in the opening minutes of the game with the Wildcats being down 7-0. This circumstance would have dragged down any team, especially one with our record. However, the boys remained exhilarated and positive throughout the hour and a half delay. As they took the field, their enthusiasm and motivation was distinctly pulled off the win.

The players uphold a strong desire to learn from their mistakes and build upon what they had done wrong the week before. "With every game, we learn how to play football again; it's like a baby learning to walk," Norman explains. "We are just learning how to be more and more physical every week," he informs. The instant reward of winning a football game makes all the grueling work and tough situations the seniors and the rest of the team had to go through this season worth it.

The power of perseverance and dedication is key not only in the sport of football, but life itself. The way the football team gets back up relentlessly after being forced down is a skill many students should take note of. With their refusal to give up, their ability to remain positive, and their improvement throughout the year, the football boys ended the season with a win against Lisbon.

Maya Angelou, an American writer and civil rights activist once said, "You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."

# The Last Chapter by Daniel Hunter

The whistle blows, and everything is ended. In the blink of an eye, the Maquoketa Valley Wildcats football team walks off the field for the last time. All of the hard work, sweat, and tears the lasting memory that we have left. The last time we ever have to be part of this team, and having the opportunity to go to war with our brothers every Friday night.

Leading up to October 19th, everything was a blur. Knowing that this was the last time I would ever be able to play under the lights representing Maquoketa Valley felt surreal. Monday came that week and it was a little bit of a different atmosphere. We lifted and watched film like always, except this time it was different. Our head coach Chris Evers gave us a life talk, and assessed the season that we've had. Not every word that was said is vivid, but the message was clear: Football is more than just a game, and even if we haven't had success on the field, the life lessons that have been learned playing the game we love is much more important than any success we could have possibly had.

Tuesday practice came and went, and Wednesday followed that same pattern. These were the last two padded practices of the year, and it was much simpler than normal. Everyone was still locked in since we wanted more than anything to end the season on a good note, but the practices were very short and sweet: No conditioning at the end, no drills, just mental preparation for the last game of the season, and for some including myself, forever. Thursday is always the final practice before the game, and all that is required for practice is a helmet, a gold shirt, and black shorts (in this case sweats because it's pretty cold this



time of year). Once it was over, the team showered and went to the last team meal that we would ever have together.

Fast forward through the school day, the team went to Buliceks and ate there as we have done for every home game. Tacos and tater tots were the meal of choice this time, and let's just say we figured out later that this was a bad choice, as it did not sit well during the game at all.

The final thing that happened before the game was something that caused extreme nostalgia and brought me all the way back to the eighth grade. We watched a video called *The Boys of Fall*, a football video we watched in middle school because our team couldn't get along. The first time we watched the video it was still inspirational, but this time it had a whole new meaning. It talked a lot about playing every play as if it was your last, and being a senior that message hit home harder than ever.

The game started and it felt like every other game, except for the fact that the seniors went on the track beforehand to celebrate senior night. Lisbon was a team that we knew was beatable, and everyone was motivated to be able to ring that bell. As usual, we came out lackadaisical and gave up a touchdown on the first couple of plays. After this, the realization hit the team that this was our last game, and there was no way we weren't going out on a win. The game went on, and when the final whistle blew, we came out victorious with the score 33-24. Emotions were swirling and I had no idea what to feel. I was thrilled and relieved that we had won, and would be able to ring the bell, but at the

same time felt distraught and distant since I knew it was my last game ever.

Thoughts came back from the first practice of the year on July 31. At the time, there was so much anticipation for what was to come, and the nerves of the unknown. Coming into the season, I knew it was my last year, but I felt as if it would never end. Remembering the first official week of practice doing grass drills, hearing constant whistles blowing, the sound of cleats shuffling all over the practice field. People running to the side to puke and then hurrying back. The smell of freshly cut grass and sweat flowing through the air. Sounds of encouragement and grunting in the weight room striving to reach personal bests. It was football, and it felt good to be back. Games came and went. Our team had so much talent, but we just couldn't flip the switch and get things figured out until half way through the season, where something finally clicked and every game came down to a few crucial plays.

The thoughts of backyard football swirled through my head as I looked at some of the guys in the huddle after the game. Some of these guys were the same people that I've been playing football with in Hopkinton since I was 7 years old, years away from even being able to join the football team. Watching the past classes play under the lights on Fridays thinking at the time that it was so far away. All of these thoughts were going through my head, and the realization hit that the game that had created so many memorable moments for me, had finally come to an end. The memories all I would have left.



## Making It Count by Maci Freiburger

It was like a blink of an eye and I was already a senior. It felt weird, like I was still supposed to be an underclassman. Going into my senior year of volleyball I had a lot on my mind. "I need to be a leader." "It's my last year. I gotta make it count." "This is my last chance." Every season flies by faster and faster. Coach Whittenbaugh knew that this year 2018, was going to be a good one. We all had that one goal. Conference champs.

The Maquoketa Valley volleyball team has improved tremendously over the years. We finally felt that confidence going out on the court and having that feeling of "We've got this." The conference we are in is one of the toughest conferences in our district. So we all knew that we had our hands full. Everyone of us has our roles that we know will make the team better. The season started off with summer conditioning. Coach wasn't easy on us. She knew that when game five comes around that this is what we are doing it for. Bigger, better, stronger, and faster.

"You guys are like powerhouses! You can beat anyone!" Coach shouted.

As the season continued, we ended up on our toughest week. Our opponents were Starmont and Ed-Co. We knew going into this week that it was a big week for us. Long story short, we ended up losing with both games.

"You guys played your hearts out. Even though we didn't get the win, I am still proud of you," Coach explained.

As the season continued, we got back on track and finished out the season tied for third overall in the conference. We were upset that we didn't reach our goal, but we knew that we gave our best effort.

Junior Allie Knipper provided some end of the season reflection and her goals for next year. "One of my main goals for coming into next year is getting closer as a team, working well together, and having fun while it lasts. Being a leader to the underclassmen is a big goal for me, and leading the team in the correct way. Having more team bonding and getting closer with one another I think would help us," Allie stated.

The team this year is losing four seniors. Those seniors led the team in a good way and were very successful throughout their four years. "We are losing half of our front row, so we will need improvement on our hitters," Allie added. "Defense will always be needed worked on, working together, and putting it together as a team."

Getting that chance to be a senior is always exciting. Players finally get that time to make it the last year, and making it one to remember.

"What I am most excited about coming into next year is seeing where the team will end up, getting my chance to be that senior leader everyone looks up to, playing the sport again, and the memories that will be made," Allie said.

Allie Knipper is going to be a great senior leader. She deeply cares about the sport, and has that same goal from the years passed. Significant legacies have been left behind here at Maquoketa Valley. They always say that these four years are the best years of your life. I believe that you should not take things for granted, and you only have so much time until you're out in the real world. You never know how much you have left until you know it's over, and that's why you want to make it count.



## The First of the Lasts by Brooke Wilson

Senior year contains many lasts. The last year students spend with all of their classmates. The last time students will eat school lunch. The last time players play with their teammates. Everything comes to an end.

October 16, 2018 started like any other game day. I woke up, grabbed my uniform and bookbag, and headed out the door to go to school. Class after class, assignment after assignment, nothing dawned on me or the other seniors that tonight would be the last time we would play on our sacred home floor. No more home court advantage for us, no more music of our choice, and no more

pre-game rituals in our own locker room. None of those things crossed our minds. "I didn't even realize that we were playing our final home game. I was just focused on winning," stated senior Maci Freiburger. The final bell of the school day rang, signaling that the volleyball match had finally started.

The whole team shuffled out to my house where my mom and senior Maddy Anderegg's mom whipped up some chicken alfredo for the team. The sound of plastic forks on plastic plates filled the basement as the pasta filled our stomachs. "Thank you for the meal!" echoed throughout the room as the team paraded out of the house, game bound.

"Let's get it on!" screamed Maci as she threw open the locker room door. Between the sounds of off key singing, ankle braces being velcroed, and tape being unrolled, this game day was nothing different from the rest. The team was focused, knowing our goal for the night.

"Captains!" the up-ref shouted. The four seniors, Maci, Maddy, Oliva and I, all jogged over to the score table for the last time. Rules were recited, coins were flipped and hands were shaken, nothing stirred a spec of difference.

Huddled up in center court, the conversation started the same.

"Hey, here we go ladies. Let's get it!"

"Gotta come out strong."

"No runs."

But, it ended different.

"Play like it's your last game."

At the time, nobody knew the significance of that one, simple sentence.

The first whistle blew and officially started our last game of Wildcat volleyball in that gym. Serve after serve, hit after hit, we fought long and hard for each and every point we earned. The first two games flew by with easy wins. But, Clayton Ridge wasn't going to end their season without a fight. They clawed their way through to win the third and fourth games.

It all came down to game number 5. As the ref blew the whistle to start that last, final, season-defining game, the seniors had one thing on their minds: we weren't going to lose, especially on this court. We played our hearts out that game and came out victorious.

After the game, the seniors were interviewed by the local radio station. Questions were answered about how the game went, how we dug ourselves out of the hole in game three, and how we will prepare for our next opponent. Out of all these statistical questions, only one really struck all of us seniors differently. How does it feel to have just played your final game on your home floor?

As we walked across the gym into the locker room, the seniors all looked at each other with sad eyes, soaking it all in. Maddy Anderegg reflects on that moment, "It made it feel real. Last year, we would picture us being seniors, and it seemed so far away. Now that it happened, it felt like being a senior is official."

As being a senior truly sets in, Olivia reminds us that it is just a part of it. "Playing our last home game is really sad and bittersweet, but we just have to move on to the next game." The seniors hold on to their memories of that night while they prepare to play their next opponent.

## Preparing to Run by Jon Seibert

Most people view running as a painful, un-enjoyable experience. This may be because running is one of the most difficult pieces of exercise to accomplish, as it works someone's leg muscles, arms, core, breathing patterns, and mental toughness. This can especially be tough for those who are out of shape. There is special group of people, though, who have learned to tolerate and overcome these struggles and fell in love with running. This group of people is mostly made up of cross country runners.

Some people may say you have to be crazy to be in cross country, but deep down, the runners know that they are not crazy, but they are simply mentally tough. Being mentally tough is what helps cross country runners to learn to love running because they know that they can overcome the pain. One of the best parts of a cross country season for a runner, though, are the meets.

As a cross country runner myself, I can say that I absolutely love cross country meets, especially the preparation that comes before the meets. There are a lot of things a runner must do to prepare for a meet. It may seem simple, that all you just have to do is warm up and run a three miles, but there's a lot more to it, and it all starts the night before.

The night before a meet, we runners all have a team meal together where we can eat a good meal and create some team bonding. The meal we eat is usually carb-loaded. That way, we can use those carbs to store in our body until the race the next day. The food the parents make us is always very good, and our stomachs are full once we are done. After the meal is completed, we all go home, rest up, and go to bed early so we are on top notch for the upcoming race.

The next day, which is race day, we try not to do anything out of our ordinary routine. For me, I always eat a banana for breakfast on the day of a race to prevent myself from cramping up beforehand. Then, I go about my day as usual, which is spending the day at school. I eat the school's lunch and continue on my normal day up until we are dismissed for the bus, and that's when things change.

This is the moment when I really begin to mentally prepare myself. As I walk to the locker room to get changed, I begin to get a feeling of excitement, and it really hypes me up.

After I finish changing, I walk out confidently to the bus, where I then put on my headphones in order to pump myself up even more. As more and more people board the bus and begin talking very loud-



ly, I sit in my seat, head down, headphones on, and begin to focus.

After a long bus ride, we finally arrive at our destination. By this point, I am ready to go. My mind is now in the zone to compete, and I know everything I need to do in order to run a successful race for myself. We all go to set up our team camp by laying down tarps on an open area and setting up our team flag. Once this is completed, we go and walk a lap around the course in order to get a feel for it. There are usually many other teams on the course at this time, too, so we try to portray ourselves as classy and professional.

Once we complete our walk of the course, we head back to camp, where we kick off our shoes and lay down for awhile. We usually lay around in silence for about twenty minutes before we have to warm up. During this time, I start to drink a lot of water and take some ibuprofen to help prevent from any pain in my legs. After we're all calmed down and relaxed, we take our final bathroom breaks and get ready to warm up.

For warm up, we do the same thing each and every time. We always start exactly half an hour before our race starts, and we begin by doing an eight to ten minute jog in our sweats. We take it nice and easy, just enough to get us warmed up, but not too much that we fatigue ourselves. Once the jog is complete, we all get stretched out by going through our usual stretching routine, which is simple but very important. At this point, we have about fifteen minutes until our race begins, so we

finish our stretching and go back to camp to put our spikes on. Now it's time to head to the start line.

After finding our box number at the start line, we begin to do some run outs with about ten minutes until race time. We do about four to six of them, and doing so helps us to get a feel for our starting pace and to keep our legs warm. We do these off and on for a few minutes, and then we shed our sweats and get ourselves stretched out again. We all double knot our laces as Coach Meehan comes over to give us our pep talk, which helps us get pumped up once more.

At this point, we can hear the starter saying over his speaker, "Five minutes, gentlemen. Five minutes." The starter then proceeds to walk down the line of boxes to check if each team is in the correct box. During this time, we continue to stretch out and keep ourselves loose and warm.

Then the moment of truth finally arrives. The starter comes back over the speaker and explains the rules to the start. There's no backing down now. The starter walks to the side of the start and slowly raises his gun. This is when my heart starts pounding.

"On your mark," sounds the voice of the starter. We all step up to the line, locked, loaded, and ready to spring into action.

"It's go time," I confidently think to myself. In the next second, a loud gunshot rings out through the air, slicing right through our ears, and off to the races we go.



# The Last Race? by Tate Trenkamp

Preparing for districts the cross country team was ready. We had been working up to this all season; no other race was as important as districts. If we didn't do good enough, this was the last race, and no one wanted this season to continue more than us. Our team was hoping to get to state. I knew with our determination, we could be a contender for state as a team.

The team was excited for districts. After they called for cross country to be dismissed, I rushed to my locker, slammed my binder in, grabbed my bag, and tucked away my computer. I was preparing for what could be my last cross country race at Maquoketa Valley. I hustled to the locker room. Smelling the familiar sweat, and dirty clothes scent as I opened the door. There were already some of my team members getting ready. Following their normal routine, they talked about the meet coming up, and made a couple jokes that somebody was going to run extremely fast.

After I got dressed in my uniform and sweats, it was time to get on the bus. I worked my way through the aisle, and sat near the back of the bus. Normally, we would have more people running, but with all of our supporters you couldn't tell the difference.

I popped in my headphones, opened spotify, and clicked on my favorite playlist. I could never forget this familiar routine. As I looked around waiting for the bus to leave, I saw others listening to music, eating protein bars, and checking spikes. We all knew what worked for us going into the race; it was a routine that we followed every time we boarded the bus.

After Coach Meehan had taken roll, I started to sit back and think. This

could be the last race I've got to try and put it all out there. I could see everyone else with similar expressions, it was like we were all thinking the same thoughts, we've got to get to state. I knew this race would be difficult, especially because half of the season I had been sick, but I had to make it further than just districts for my senior year.

I watched as the familiar landscape of Iowa passed by on our way to districts; the flowing corn stalks, the patches of trees, and the many gravel roads. When we had finally arrived at the course, we spotted a small hill of wood chips. At first I thought nothing of it, but then somebody pointed out that there were people running on it. This small, laughable hill was added to the course. We laughed and questioned why they had added a tiny, little hill for the race. It was nothing more than three little bumps all connected, it seemed pitiful.

Having seen some of the course I was excited. The course was mostly flat with some natural hills, and then, of course, the added hills. As we found our parking spot, Coach gave his familiar speech, getting everybody amped up and ready to run. We unloaded the bus.

Later we set up our camp and started to walk the course, many other teams doing the same thing. As we walked on the deep blue line showing our path, I thought of every way I could make my race better. How far in could I cut? Should I be on the outside? Where should I start my final push to the end? My mind raced with thoughts about the race, I thought about what teams I would have to beat, who I would stick with, or if I should stick with someone.

These thoughts continued as we came back to camp and started our warm up. We started with our usual routine: jogging, stretching, and changing our shoes. Then, when we lined up at the start for run outs, we had something a little bit more meaningful added to our routine. After a couple run outs, Jon had us come over. He expressed that he didn't want his senior year to end in Iowa City by any means. Jon told the team to run for us, the seniors. I was in total agreement. Then, we had two more meetings before the race, one with Chance telling the team that we could do this, and another with Coach Meehan asking for one more wildcats breakdown.

Over the speakers a voice told us the race was about to start. I got ready, standing in my starting position. On your marks... BANG!

The race had started, everybody went from a quiet standstill to a burst of energy, but I knew I had to pace myself. I saw



my team members, and worked my way through the crowd to try and keep up with them. As the race went on many people slowed down as they tired from going too fast. I could still see Jon, but everyone else was pretty much gone. Our team had discussed some of the teams we should try to beat, and I had some of them in my sights. As I ran, I heard many people cheering for others as much as for me, everybody wanted their team to make it.

As I passed the first mile, I couldn't make out the time that our managers said. I just kept running. As we approached the second mile Jon Seibert yelled to me, "Tate, you need to get up there!" I ran my pace, and when I reached the second mile I heard 12:45. I was going too slow. I tried to pick up my pace, but I wasn't feeling that good, my legs started to give out on me, but I continued to race. By the third mile I told myself I had to push for the last two-hundred.

I got to the last two-hundred, my legs felt like weights. I picked myself up, and sprinted the last mile. There was one guy I could see, so I pushed harder and caught up to him. I crossed the line and my body felt exhausted, but I had finished. Now it was all up to the awards.

We all walked back to camp together and everyone was anxious to see how we did. As we did our cool down, everyone was discussing who they were ahead of, what place they think they got, and what their time was.

When it was time for awards, we were certain we had made it. We were even discussing how we were going to act when we got called up. Soon we were called up and were very proud. We walked up, got our medals, and grabbed the banner. After that we took many pictures, everyone was overjoyed. We had made it to state; districts wasn't the end for us.



## STUDENTS OF THE WEEK



**You were nominated by Mr. Dunlap for your photography project. What can you tell us about it?**

Adrienne: Well surprisingly, its pretty decent for the amount of time that we worked on it. Just let me say that zombies were harmed in the making of this film.

Keziah: I would explain it, but it's a lot. You just have to watch it I guess.

Kriya: Imagine a zombie movie but the budget was \$5 and an old PB&J.

**What was the inspiration for this project?**

Adrienne: I can honestly say that the inspiration for this is quite... interesting. The original idea for our stop-motion came from one of Kriya's infamous dreams. You'll have to ask her about it, but I suggest that you don't because we all know how that will end.

Keziah: Kriya was kind of like our Delphi (oracle). She had a dream... actually, she should explain that. We just elaborated on that. We felt as if the movie needed more, so we found clipart and did a voice over (with music of course). Adrienne has wicked editing skills, so it just worked out.

Kriya: I had a dream where the football team was zombies and told Keziah and Adrienne about it and they thought it would make a good project.

**What photography skills have you developed in the class?**

Adrienne: When I signed up for the class I just assumed that we would take pictures, critique them and do minimal editing to them, but we've actually done a lot more. Most of the time we take pictures, but we've also learned about the cameras, techniques, and terms that a professional would use.

Keziah: Art is all about being creative, but I feel like my group was a bit more extra. I believe that is the point of art, and all of us have achieved that in and out of class. I had so much fun, and it was even better with my friends.

Kriya: How to move a certain way to make the angle good

## Fine Artists of the Week

Name: Madeline Gellersen

Activity: Fall musical

**What role do you play?** I am a towns person and a caryatid.

**What's your favorite part of the show?** The opening number "Belle"

**What's your favorite memory from rehearsals?**

Every rehearsal is different filled with many laughs and the creation of new friendships.

**If you could play any role in any musical, what would it be?** I enjoy my role as a towns person.

**How has participating in the musical affected you?** Musical let's you try things you may not have expected you would do in life. It pushes you to step out of your comfort zone, and helps you to become a better speaker/singer in front of others.



Name: Andrew Kloser

Activity: Fall musical

**What role do you play?** Maurice

**What's your favorite part of the show?**

When Belle takes Maurice's place in the dungeon. It is very emotional, and we do a great job of portraying those feelings.

**What's your favorite memory from rehearsals?** Mrs. DeVore's strange obsession with my character having a bald spot.

**If you could play any role in any musical, what would it be?** If I could play any roll in any musical it would have to be Mafala Hatimbi from *The Book of Mormon*

**How has participating in the musical affected you?** It helps me step out of my comfort zone, I don't much time away, so this allows me to be something other than myself for a while, and express myself in ways I don't get any other time of the year.



## Athletes of the Week

Name: Nolan Ries

Sport: Cross country

**What do you enjoy most about cross country?** I like how the team stays positive no matter what, and how we always work harder to achieve more success. If I ever have

a bad meet, my teammates and coaches assure me that I will get better

**How has cross country changed you?** It has made me mentally stronger and I am in the best shape that I have ever been in. I also am able to achieve a lot more challenges mentally and physically.

**What has been your favorite memory of cross country?** Trying to keep up with chance during practices at the beginning of the season and everyone making jokes about it all the time.

**Where would you love to have a meet?** The trails in the Grand Canyon



Name: Ethan Doyl

Sport: Cross country

**What do you enjoy most about cross country?**

What I love about cross country is the way that it pushes you both mentally and physically. It's a real challenge at times and it makes you

really push yourself. I mostly enjoy the encouragement that you get from all of your teammates, and the feeling that you get from finishing the race. But mostly my teammates are the best part in cross country

**How has cross country changed you?** Cross country has changed me in many ways. Cross country has made me have to push myself mentally since the beginning because cross country is really all mental. It has made me a better worker. It has changed me so that I can push myself through tough times and has helped me learn how to deal with difficult tasks.

**What has been your favorite memory of cross country?** The warm-ups before the meets, because it made me feel like I was part of something special.

**Where would you love to have a meet?** Fiji



## Meet the Freshmen



**Michael, Emma, Kaelynn & Keziah**

### Michael Van Meter

Siblings: 4 - two older brothers and two older sisters

Activities you plan to be in: Pit orchestra, Jazz band, Jazz choir

Favorite subject: Spanish

Career aspirations: Lawyer

Hobbies: Video games, music

Something cool about you: I play three instruments: bass guitar, electric guitar, trombone.

### Kaelynn Clark

Siblings: Brayden Schuster

Activities you plan to be in: MVDT

Favorite subject: Math

Career aspirations: Marriage/ Family counselor

Hobbies: Water Skiing

Something cool about you: I sleep in until 12 pm every chance I get.

### Emma Doyl

Siblings: 5 (Ethan, Dayton, Brayden, Sierra, Jack)

Activities you plan to be in: Speech, track, softball, musical

Favorite subject: Spanish

Career aspirations: Lawyer or teacher

Hobbies: Drawing and baking

Something cool about you: My aunt was in the Olympics.

### Keziah Ambundo

Siblings: A.J., Zari, Julia, Sellah, Mallori

Activities you plan to be in: Musical (Come and see it!), stats for about everything, speech

Favorite subject: English

Career aspirations: Enjoying my job

Hobbies: Singing

Something cool about you: Somehow, I'm Kriya's mom two years running! Come see the musical everyone!

—typist: Kylie Chesnut

## Learning opportunities



Above: Several students and Miss Hollinrake attended the Career Pathways conference Tuesday at NICC. Students heard about education options offered at NICC and broke into small groups to learn more about specific career programs. (photo by Allie Dunn)



Left: Cody Hunter practices infant CPR. Nurse Mary led the training with seniors this week.

## Birthday Shoutouts!

by Chance Downs

*It's never too early or too late to tell a fellow classmate Happy Birthday!*

This week's birthdays are:

Chloe Roling - 10/27

Mady Moenck - 10/30

Cloie Wilson - 11/1

## Brain Teaser

by Mason Lubben

With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?

Answer: A staple

## what's up?

### What was your favorite Halloween costume you wore when you were younger?

by Leah Ries

Noah DeVore: Identity Theft

Keziah Ambundo: Power Ranger Princess

Claire Krapfl: Ladybug

Andrew Holtz: Red Power Ranger

Emma Hill: Ballerina

Michael Feldmann: Ninja Turtle Michelangelo

Faith Hunt: Pink Care Bear or Tamale

Blake Becker: Alligator

Sam Wall: Hippie

Mr. DeVore: Italian Pizza Man

## Comedy Corner

—compiled by Lydia Helle

Why don't skeletons hang out in graveyards?...They don't have the guts!

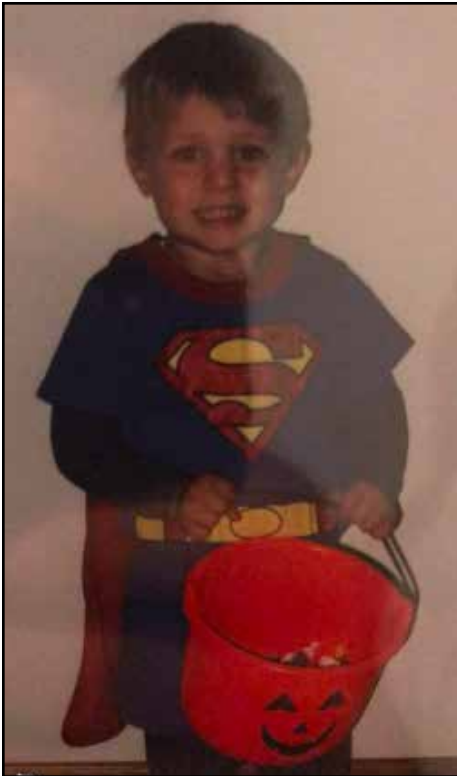
What room of the house does the skeleton stay out of?...The living room

Why did Dracula become a vegan?...He heard stake was bad for his heart.

Why are there fences around cemeteries?...People are dying to get in!

I went to a Halloween party dressed as a harp. The host asked me, "What are you?"  
Me: "Oh, I'm dressed as a harp."  
Host: "Your costume is too short to be a harp."  
Me: "Are you calling me a lyre?"

# Cutie



by Kelly Winter

This cutie lives in Earlville. He plays baseball, football, and runs track. This cutie also has one sister and two pets. He's a joker and loves to have fun.

Last week's Cutie was Kelsey Ries.

## HALLOWEEN DRESS UP DAY

**Who:** All students & Staff

**When:** Wednesday, October 31st

**What:** Wear a costume to school to show your Halloween spirit!

**Rules:** No masks or inappropriate costumes! Prizes will be given!



## Hall Smarts

by Lydia Helle



What one animal that always comes to mind when thinking about Halloween? For me, it's bats. Despite many people being afraid of their little beady eyes, we don't much about these winged creatures. This week, I asked Carlie Lewin, Claire Krapfl, Molly Anderegg, and Kendra Hillers what they knew about bats.

Bats are the only mammals that are able to do what?

Carlie: Fly  
Claire: Fly  
Molly: Fly  
Kendra: Fly around blind  
Answer: Fly

How many mosquito-sized insects can a bat catch in one hour?

Carlie: 50  
Claire: 73  
Molly: 150  
Kendra: 50  
Answer: 1,200

What percentage of the mammal population do bats make up?

Carlie: 5%  
Claire: 4%  
Molly: 14%  
Kendra: 3%  
Answer: 1/4 or 25%

How many babies does one bat have in a year?

Carlie: 3  
Claire: 12  
Molly: 8  
Kendra: 1  
Answer: One

How many years can a bat live?

Carlie: 5 years  
Claire: 104 years  
Molly: 12 years  
Kendra: 200 years  
Answer: 30 years

Well, obviously we have people who know the basics about bats- they can fly. In other areas, we have shown that we tend to overestimate, and even underestimate, bats' abilities. Well, that's all for this week- "catch you on the flip side"!

### WHAT'S HAPPENING AT MV the week of Oct. 29, 2018

SUNDAY, OCTOBER 28, 2018

1. MV Athletic Boosters Arts & Crafts Show - MS Gym & Commons, HS Cafeteria - 9:00 AM until 2:00 PM

MONDAY, OCTOBER 29, 2018

1. 12th Grade Parents FAFSA Completion Day - HS Mac Computer Lab - 1:00 PM to 8:00 PM

TUESDAY, OCTOBER 30, 2018

1. 12th Graders to REAL LIFE ACADEMY at Ed-Co HS in Edgewood (Bus Leaves at 8:15 AM)

WEDNESDAY, OCT. 31, 2018

1. Junior Career Fair - HS Cafeteria - 11:00 AM to Noon

THURSDAY, NOV. 1, 2018

1. Jr. High Wrestling at Midland (also with Alburnett & Cascade) - 4:30 PM (Vans Leave at 3:10 PM)  
2. Jr. High Girls Basketball - HOME (MS Multi-purpose Room) - East Buchanan - 4:00 PM  
3. MV HS Musical "Beauty and the Beast" - Auditorium & HS Cafeteria - 7:00 PM

FRIDAY, NOVEMBER 2, 2018

1. 1st Quarter Grades Due in Power School  
2. Jr. High Girls Basketball at Midland - 4:00 PM (Bus Leaves at 2:45 PM)  
3. MV HS Musical "Beauty and the Beast" - Auditorium & HS Cafeteria - 7:00 PM

SATURDAY, NOVEMBER 3, 2018

1. MV Dance Team to State Solo Dance Competition in Des Moines (Van Leaves at 9:00 AM)  
2. MV HS Musical "Beauty and the Beast" - Auditorium & HS Cafeteria - 7:00 PM

Daylight Savings Time Ends - Turn Your Clocks BACK One Hour

SUNDAY, NOVEMBER 4, 2018

1. MV HS Musical "Beauty and the Beast" - Auditorium & HS Cafeteria - 2:00 PM