

## Vocal jazz competition season begins next week

by Paige Winter

They've been rehearsing for weeks, and it's finally time to compete: This Monday February 8th kicks off the Maquoketa Valley Jazz Choirs' first performance!

MV will be hosting the IHSMA State Jazz Choir Festival. It will be hosted much like the districts speech contest was: performers will be allowed their household number plus two who can attend their performance and audience members will leave as the next group of audience members arrive. However one thing that will be different is other schools will be allowed to attend and perform at the same contest.

The contest will start at 5pm and run until all the schools have performed. Though the event will not be livestreamed due to copyright issues, if you are lucky enough to get a ticket to the show you will not be disappointed.

The Smooth Harmony group will include Paige Panosh, Carlie Lewin, Keziah Ambundo, Annie Trenkamp, Kaitlyn Nolan, Amberlyn Farrell, Brock Trenkamp, Noah DeVore, Michael VanMeter, Andrew Hildebrand and Andrew Kloser. They will be performing "I Just Decided to Stay" and "If It Could Be" and "Come Together."

The Jazz X-Press group will include, Klynn Clary, Nia Burnett, Addie Rudd, Brylie Polhman, Josie Teymer, Amanda Pohlman, Cecily Trenkamp, Logan Johnson, Jackson Hunter-Wagner, Rhythm Section- Michael VanMeter- Acoustic Bass, Brock Trenkamp- Drum set, Amberlyn Farrell- Auxiliary Percussion, and Beth Mueller- Piano. They will be performing the selections "I Just Discovered Love," "Make Someone Happy" and "Masquerade."

The event is hosted by the Iowa High School Music Association and all

*"There's a whole lot of joy to be found in singing together in spite of the craziness that this year has dealt out."*

—Mrs. Mueller

groups will be performing for three judges to receive a divisional rating.

Mrs. Mueller, who is directing the groups this year, says that both of the groups are really great to listen to and she's excited for the community to hear them. Mrs. Mueller also added, "They are making great music together and working extremely hard to be the best they can be. There's a whole lot of joy to be found in singing together in spite of the craziness that this year has dealt out. They make me smile."

She also mentioned that the students are excited to have a live audience in the auditorium seats, so if you get the chance to go out and watch, definitely take it! And if you don't get the chance to see them this week, don't worry because in the words of Mrs. Mueller, "They are off to a great start and both groups have a lot of great music that they'll be adding throughout their singing season."

Make sure to wish all of these hardworking Wildcats good luck for their big performances.

## Five MV FFA students earn Iowa Degree

by Tara Goedken

On Monday night Ms. Lau took five Iowa Degrees to Starmont for Review Night. Five Iowa Degrees include five seniors, Sarah Goedken, Tara Goedken, Holli Hogan, Carter Kruse and Emma Ritz. All five Iowa Degrees were looked over by other FFA advisors before being sent to the state on Wednesday.

Also on Wednesday Courtney Goedken and Mr. Edwards and Ms. Lau traveled to Decorah where Courtney interviewed for a District Officer position.

## Job shadows continue, virtually



Few aspects of school have not been affected by COVID-19, and job shadows can be added to the list of modifications. Mrs. Palmer has been able to arrange job shadows to be conducted virtually. This week, Nick Gibbs and DeVante Strickland had the opportunity to learn more about computer/technology careers by visiting with Josh Holtz.

# FFA Member of the Month



**Name:** Courtney Goedken

**What do you enjoy most about FFA?** One thing that I enjoy most about FFA is all the opportunities that there are that get out of your comfort zone and try new things. I also enjoy the friendships that you are able to gain when you participate in the activities that FFA have to offer.

**What events have you been involved in throughout your time in FFA?** Freshman year I was involved in Creed Speaking and taking the Greenhand Test. Sophomore year I was involved in taking the Chapter Test. This year, I plan on participating in Team Ag Sales.

**What is your biggest accomplishment in FFA?** My biggest accomplishment in FFA is running to be a district officer. Even though I did not get on the ballot I learned a lot about myself. I also learned many life skills that I will be able to use in the future to get a job.

**What is your biggest takeaway from being involved in FFA?** My biggest takeaway from FFA is probably learning all the life skills that I will use in the future. I have also taken away the fact that everyone wants you to succeed and be successful in what you are doing so don't be afraid to ask for help. Ms. Lau and Mr. Edwards will help you with anything and teach you many life skills as well.

**What skill have you gained from FFA?** I have learned a lot of leadership through FFA. From FFA I have a better view of why communication is so important and why in everything that you do you need to work as a team and not take the work on by yourself because you work better as a team. I have also learned time management skills, I learn to manage my time so that I can be involved in many FFA activities and still get my school work done.

**Explain your SAE (Supervised Agricultural Experience).** My SAE is a Placement SAE. My SAE is working on my family's dairy and crop farm. Every morning and night I am responsible for assisting in milking and feeding the calves and making sure everything is healthy. With my sisters we are also responsible for other miscellaneous tasks around the farm such as assisting the vet and raking the freestalls.

**What advice would you give to underclassmen involved in FFA?** I advise all the underclassmen in FFA to get involved and try new things even if you don't think that you will like them. Even if you don't like the things that you tried at least you know that they are not for you in the future. But, if you do then you have a better idea of what you want to do in the future.

**Why would you recommend someone to join FFA?** I recommend everyone to join FFA because it will help you in the future no matter what career you plan on going into. FFA will help you in many ways that is why the FFA mission statement is to and I quote, "Make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success."

## Regulation station added to promote emotional health



**by Paige Winter**

One big thing that may have happened in our school that you probably didn't know about is the introduction of student regulation stations and choice tubs! The high school's regulation station is in Mrs. McDermott's office.

The choice tubs are going to include board games, STEM activities, mindfulness cards, and children's yoga cards and will be implemented in every classroom in the JK-8th grade. These specific activities were chosen to promote brain health, engagement, and positive interaction among students. The grant also allowed for portable regulation states for the middle and high school. These are meant to help with mental health and regulate emotions and behaviors for all students.

The stations will include fidget toys, self care items, and other calming tools that students can use to help with overwhelming feelings. One more thing that was added are four teacher relaxation stations that will be added in teacher's lounges across the district's different buildings. These teacher's stations will also include fidget toys, calming tools, and a teacher resource book to help with positive mental health.

The grant that allowed all of this to be possible was a \$10,000 grant from the Mental Health/Disability Services of the East Central Region. This information and more can also be found in the January Newsletter on the school website!



## 2-1 in recent play



Tony  
Offerman

by Chantel Crowley

On Friday, January 29th, the Wildcat Boys Basketball team played Alburnett. Top scorers included Andrew Holtz with 28 points, Avery Holtz and Michael Bojorquez with seven points each, AJ Ambundo with five, Jacorrey Wallace with four, and Lucas Orcutt and Mitch Heims with three each, for a total of 57 points. For rebounds, Ambundo had four, and Bojorquez, Orcutt and Avery Holtz had three each. Andrew Holtz, Wallace, and Heims each had one rebound. There were a total of seven steals; four made by Avery Holtz and one each made by Ambundo, Andrew Holtz, and Wallace. The boys made a close game with a loss of 57-69.

Monday night the boys hosted Central City and won 62-32. Ambundo had 16 points. Avery Holtz added 13, and Wallace had 11. Andrew Holtz had eight, Heims had five. Owen Mensen, Orcutt and Brock Trenkamp each had three. Andrew Holtz had six assists. Ambundo had a block. Ambundo and Avery Holtz each had three steals. Heims led in rebounds with five.

The winning continued Tuesday night with a 58-31 home victory over Starmont. Andrew Holtz put up 20 points and had four assists. Avery Holtz had 13 points and five assists and five rebounds. Mensen had five points, two steals and two rebounds. Wallace had two points, two steals and five rebounds. Ambundo put up five points, Bojorquez and Orcutt each had four. DeVante Strickland and Heims had two points apiece.

Tonight the Wildcats host Springfield.

## Wildcat girls remain undefeated

by Tara Goedken

Last Friday night the Wildcats traveled to Alburnett to take on the Pirates. The Wildcat traveled home with a 35-19 win over the Pirates. The Wildcats were able to score 13 points in the first half off the game and 22 points in the second half of the game.

On offense, Ella Imler led in points with 16 points followed by Taya Tucker with 14 points.

On defense Emerson Whittenbaugh led in rebounds with six followed by Tucker with five and Kylie Chesnut with four rebounds. Imler and Whittenbaugh each had two steals. Whittenbaugh led with 4 assists followed by Imler with two assists. Chesnut led with two blocks followed by Tucker with one block.

After the game Coach Moneck stated, "We knew going into this game it wasn't going to be easy. Alburnett has been playing very well as of late and playing at their place was going to be tough. We hadn't played in a week so I was nervous we would be a little rusty and we were early missing a lot of shots at the bucket and some wide open threes. I was very pleased how we defended the whole game. We didn't shoot it that well but we can always give ourselves a chance to win if we guard and rebound well and we did both really



Emerson Whittenbaugh gets a good grip on the opening tip Monday night. (photo by Lesa Parmely)

well Friday. Both our JV and Varsity did a lot of great things Friday. I am very proud of our kids. It's been a crazy year to say the least and our kids show up everyday for one another wanting to get better. They have been great to be around! We have a tough schedule down the stretch we have to make sure we remain focussed on our goals!"

On Monday night the Wildcats hosted Central City. The Wildcat added another 57-40 win to their record. The Wildcats were able to score 28 points in the first half of the game and 29 points in the second half of the game.

Ella Imler led the team with 24 points followed by Whittenbaugh with 13 points and Tucker with nine points.

On defense Taya Tucker led in rebounds with 11 followed by Whittenbaugh with six rebounds and Carrisa Sabers with five rebounds. Tucker and Imler each had four assists. Imler, Sabers, Tucker, and Whittenbaugh each had three steals. Saber had one block.

On Tuesday night the Wildcat played against Starmont. The Wildcats came out on top with a 69-6 win over the Stars. The Wildcats were able to score 47 points in the first half and 22 points in the second half of the game. The three senior girls were also recognized on Tuesday Night for Senior Night.

Tonight the Wildcats will host the Springfield Orioles.



Senior Andrew Hildebrand fights for position against Central City Monday night. (photos by Lesa Parmely)

## Regular season ends



**Devin Smith has the upperhand on his opponent in last Thursday's meet at North Fayette Valley. (photo by Lesa Parmely)**

**by Kaitlyn Nolan**

Last Thursday the Maquoketa Valley Wrestling team traveled to North Fayette Valley to compete. They wrestled against North Fayette Valley, Central of Elkader, Ed-Co and Monticello.

Against North Fayette Valley, the MV team lost 12-50. Both Michael Schaul, wrestling at 145, and Brady Davis, competing in the 220 weight class, earned a pin.

Ed-Co barely nudged by to beat MV 36-30. Schaul and Tyreese Crippen, who wrestled at 138, each earned one pin.

MV lost against Central of Elkader 24-39. Davis earned another pin.

Monticello won over MV, 54-27. Tim Harmon, wrestling at 195, earned one pin for the day. Schaul and Davis each earned another pin. Devin Smith, wrestling at 285, won by decision, 2-1.

The wrestlers will compete at sectionals tomorrow at Cascade.

**An early reminder to students interested in becoming members of National Honor Society:** In addition to having a 3.8 GPA, you also want to make sure you are involved in activities in school and out of school. Are you keeping track of service hours? Does your employability skills report speak highly of you? The application process does not start until after second semester, but you can make good choices now!

## Athletes of the Week

Name: Kaelynn Clark

**What do you enjoy most about dance team?**

I know almost every girl on the team has said it, but the most enjoyable thing is having a second family. I think I can speak for all of us when I say towards the end of practice when we make tiktoks, and telling stories is the best part.



**What's the hardest part of it?** Cleaning routines, it takes SO long and it is SO frustrating when you either don't understand or completely understand it and have to do it until everyone gets it, or I'm just impatient.

**What's your favorite routine you've ever been a part of?** My freshman year on homecoming we did a routine called "water" it was hip hop and I LOVED the music

**How has dance been different for you this year?** A lot of our fundraisers and dances have been cut due to COVID, which we usually did the fundraisers with little kids and it was really fun for the team and the kids!

**If you could choreograph a routine, what kind would it be?** Hip Hop for sure. My song would be "Partition" by Beyonce, "Look Alive" by BlocBoy and Drake, or "KOD" by J.Cole. But you'll see next year ;)

Name: Avery Holtz

**What position do you play?**

I play Point Guard.

**What do you enjoy most about playing basketball?** Being with all of the guys.

**How is this year different from past years for you?** We have to

practice with masks on and even play with masks on sometimes.

**What's been a favorite basketball memory?** Playing at NIACC 2 summers ago.

**What's the best warmup song?**

"In the Zone" by David Banner.



## Fine Artists of the Week

Name: Kaela Clemen

**What event are you in for speech?** Choral reading and radio broadcast

**What do you enjoy most about large group speech?** practicing choral reading and being able to have fun with each other at the same time.

**What have you learned through this event?** I have learned how I to work with different people better and how to blend my voice with others during choral.

**Who is your speech role model?** Probably Amaya because she is so fun to watch on stage. It is fun to see her ideas flow and come to life in her characters.

**If you could judge a large group speech event, what would it be?** Choral reading



Name: Andrew Kloser

**What events are you in for speech, both large group and individual?**

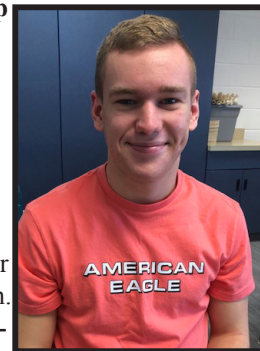
I am in readers theater as well as ensemble acting for large group, as well as storytelling and public address for individual speech.

**What do you enjoy most about speech?**

My favorite part is having fun in practices and laughing about whatever, just having a good time in general.

**How has speech been different for you this year?** It's been more difficult. It's been tough not going to other schools and not getting to see other kids perform besides our school.

**If you could create an event in speech, what would it be?** I don't know if I would create an event. There is a lot of events that I love, and I would just love to be able to do more of them. My favorite is definitely ensemble acting though.





# Best Buds/Cutest Couple

**Trevor & Rachel Arnold**

by Amaya Hunt

## **How did you two meet each other?**

Mr. Arnold: I moved to Tiltonka when I was in 8th grade. The first time I ever saw Rachel would have been 15 minutes before school started on the first day in August of 1999.

Mrs. Arnold: Trevor moved to my hometown of Tiltonka in the summer of 1999. His dad became our new principal.

## **In your youth, what were some of your favorite things to do together? Has that changed nowadays?**

Mr. Arnold: We used to love going out to the movies, dinner, sporting events and out with other friends. (And also Night Storm ;). With three kids now, we still enjoy going out to eat or hanging out with other friends, without the kids of course. No matter where we end up, we always enjoy each other's company.

Mrs. Arnold: We were both really active in extracurricular activities in school, so we spent a lot of our time together at the school. He always seemed to drag me to different games where other teams were playing. Nowadays, it seems as if nothing has changed- we spend the majority of our free time at the school, and he still drags me to watch two random teams play one another.

## **Both of your careers revolve around education... but if you weren't involved with the MV Community, what would you absolutely love to do with your life?**

Mr. Arnold: My gut instinct is to say a professional athlete, but the more realistic answer would have to be a job where I could design and sell uniforms, athletic apparel, sports equipment, and pretty much anything else related to athletics.

Mrs. Arnold: For me, as long as I'm around kids I can be perfectly happy... but in a perfect world, I would absolutely love to own my own bakery.

## **Your children are obviously a huge part of your lives. If they were to read this article when they become high school students, what is one thing you would tell them?**

Mr. Arnold: Be confident in yourself in everything you do, and surround yourself



with people who are going to not only make you happy, but also push you to be a better version of yourself everyday.

Mrs. Arnold: I would tell them that I am so proud of them. Right now, our kids are constantly moving and grooving with our crazy schedules, and they do so well balancing everything out.

## **If you could choose to travel anywhere in the world with each other, where would you go and why?**

Mr. Arnold: We've always talked about several places, and we've already been out of the country twice- to Cabo and the Dominican Republic. If we were to ever leave the country again, we'd love to go to Europe. Rachel is an artist and that would be the best place for her to see amazing artworks that she has always wanted to see. I'd also love to go to Banff in Alberta, Canada (Editor's Note: Sounds weird, but the google pictures are absolutely stunning).

Mrs. Arnold: I WANT TO GO TO IRELAND!

## **After all the years spent together, what has been your favorite memory with the other?**

Mr. Arnold: Oh, man. Rach is close to my age, and we've been together since 2002; so more than half of our lives have been spent together. It's really tough to have to narrow it down, but I think my favorite memories have been having our three beautiful & amazing kids (Sadey-9, Cam-6, Mace-4). I can still remember Rach waking me up on my birthday and telling

me that she was pregnant with Sadey... the rest is history. One thing I can say for sure, though, is that Rachel is my "Ride or Die" and there is nothing that makes me more happy and motivated than that- she's truly the best.

Mrs. Arnold: There are so many! I genuinely enjoy Trevor's company; last year when we were stuck in quarantine and there was no other option but to stay home and be together made my top five memories for sure. Even though it was a bit overwhelming at times and obviously very weird, I think we somehow managed to learn more about one another and appreciated each other more.

## **If you could look back on all your years spent together, what would be one piece of advice you would give our generation?**

Mr. Arnold: Find someone that makes you more happy than sad -- too many times I've given advice to kids who are "in love" with someone who doesn't make them happy. The saying "there are plenty of fish in the sea" is true. Throw yours back, and get your line back in the water!

Mrs. Arnold: My advice to the youth would be that both people should wear the pants in the relationship. Both people should have equal playing time, and communication is key; try to see from their perspective, be honest, and just be yourself.

## **And as always... in 10 or 15 years, where do you hope to be in life?**

Mr. Arnold: Professionally, I hope to be a principal and will be finishing my coaching career as Mace should be a senior in high school. Personally, I hope I will be getting to enjoy all the things that my kids will be doing. Sadey would be 24 (yikes), and Cam would be in college/working, or maybe getting ready for the NFL Combine ;) As for my family, I hope we are all happy, healthy, and loving life as we are today.

Mrs. Arnold: 10 years from now, Sadey would be in her first year of college, Cam would be a sophomore in high school, and Mace an eighth grader.... So, I guess I would still be running around like crazy because I don't see Coach Arnold giving up football just yet. In 15 years, all of our kids would have graduated and I would somehow still be going to random football games where I don't know anyone.

# Quoted

by Matthew Brehm

The quote this week leads us to think about what kind of impact we leave on the world.

This week's quote is, **"The individual is but an atom; he is born, he acts, he dies; but principles are eternal..."** -

*William Jennings Bryan.*



While I was reading a famous speech regarding a certain political party in A.P. U.S. History, I stopped for a moment when I got to this line. It caught my eye. I started to think about this line and what it meant for society. It actually proves itself correct, in nature, as it still holds true after 125 years.

Not to be gloomy or anything, but it's safe to say that humans are temporary. We expire. What we leave after we die is something many have put into consideration, writing wills and trying to help others to make the world a better place. The principles we leave behind, however, are a little different. They are passed down from generation to generation.

The first opinions we ever formed were probably inspired by our parents or other people in our lives that we spent a lot of time around. These are the principles that are shared with us by others. We eventually have a choice as to whether or not we wish to support those principles or if we want to make our own to pass onto people around us.

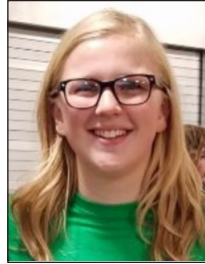
What Bryan is advocating against in his speech is what he believes is a false set of principles, an incorrect set of morals. While there really is no way to determine which principles are correct and which aren't, we can determine what we promote based on the fact that principles are long-lasting. Do we want to enable a world containing principles that probably shouldn't last, such as hatred and pessimism?

No ideal ever disappears from society completely, but by working to minimize the spread of ones that are generally considered negative, we can help to leave a more positive world than the one we were introduced to.

# Hall Smarts

by Cadence Freiburger

February is nationally recognized as Black History Month, so I thought it would be interesting to test the Black History Month knowledge of some Maquoketa Valley High schoolers.



1. What year was Black History Month first celebrated?

Josie Teymer: 1936

Brianna Fischer: Early 1900s

Keira Leytem: 1980

Answer: 1926

2. Which president officially recognized Black History Month?

Josie: Ford

Brianna: Teddy Roosevelt

Keira: Ronald Reagan

Answer: President Gerald Ford

3. What year did Martin Luther King Jr. give his "I have a dream" speech?

Josie: August 1964

Brianna: In the 60's

Keira: 1960

Answer: 1965

4. What was Barack Obama before he became president?

Josie: A Senator

Brianna: A Senator

Keira: A Senator

Answer: U.S. Senator

## MV TEL-ALL

compiled by Paige Panosh

Approximately **17 million** adults ages 18 and older have an alcohol use disorder (AUD)

-NIH

# Cutie



by Matthew Brehm

The cutie this week lives outside Hopkinton. Some of his hobbies include playing video games and fishing. This cutie is involved in football, basketball, baseball, and speech. He is a sophomore and has brown hair.

*Last week's Cutie was Courtney Goedken.*

## Comedy Corner

—compiled by Paige Panosh

A climber fell off a cliff, and, as he tumbled down, he caught hold of a small branch.

"Help! Is there anybody up there?" he shouted.

A majestic voice boomed through the gorge:

"I will help you, my son, but first you must have faith in me."

"Yes, yes, I trust you!" cried the man.

"Let go of the branch," boomed the voice.

There was a long pause, and the man shouted up again, "Is there anybody else up there?"