

Ehlers aims to help students set goals

by Chantel Crowley

When it comes to college planning, the topic itself may seem confusing and overwhelming. Luckily, right here at MV, Jodi Ehlers is here to help!

Jodi Ehlers is Director of the Manchester NICC center. Her job also includes serving as a career coach for MV and West Delaware through a partnering program called College and Career Connection.

Basically, this program offers help to student who may be struggling on a career path, or for those who want experience in the field. Jodi has taken several MV groups on Career Exploration events, like going to Mercy One, the Anamosa Penitentiary, and most recently, a STEM Event at the University of Iowa.

"It's been awesome getting to

"With so many learning opportunities in this area as well as high demand careers, I'm here to make sure students know about them and help bridge the gap."

—Jodi Ehlers



know so many MV students over this first semester. Though I work for NICC, I'm here to help students with their life after high school regardless of what direction they're heading," Jodi says. "With so many learning opportunities in this area as well as high demand careers, I'm here to make sure students know about them and help bridge the gap."

If you'd like to speak with Jodi, you can make appointments with her through her Calendly app, but if she's not busy, her door is always open on Wednesdays when she's here at MV. Or, just stop in and say hi!

Exploring careers



MV Students experienced the University of Iowa STEM Careers in Health Care Exploratory Event Dec. 8. This trip was sponsored by NICC Career & College Education.

The students travelled to Iowa City and heard from a forensic pathologist, respiratory therapy, and child life department. Each presentation included engaging information, some hands-on activities, as well as Q&A sessions. Activities like these provide learning that can't be duplicated in the classroom.

Above: Senior Dylan Schmuecker sees how intubation can be practiced.

Winter concert features talents of music students



The concert band, jazz band and choir held their winter concert Monday night.

Special schedule for Thursday, Dec. 22

College Panel (HS Gym)

8:10 - 8:40 am - 8th grade

8:45 - 9:15 am - 11th grade

9:20 - 9:50 am - 12th grade

High School Schedule:

8:03 - 10:40 am: Regular Classes

Students attend Periods 1, 2, 3, 4, and 6

10:40 am: All HS Students report to the gym for Student Council Activities

10:40 - 11:00 am - Pie in the Face

11:00 - 12:30 pm - Christmas-themed games

12:30 - 1:00 pm - HS Lunch

Sports Connection

Wildcats go 1-2 in recent conference play with Pirates, Stars, Orioles

by Toby Grimm

Last Tuesday night the girls basketball team went to Alburnett to challenge the Pirates, resulting in a loss by a final score of 33-56.

Haley Ronnebaum led in scoring (11), followed by Ella Mensen (9), Jada Knipper (6), and Bianka Ronnebaum (4). Haley Ronnebaum also led in rebounds (5), next was Jada Knipper and Bianka Ronnebaum (4), Ella Mensen and Grace Richter (3), and Leah Reicher (2). On Thursday the team got back on track with a blowout win over the Anamosa Raiders by a final score of 59-30. The Cats came out hot, scoring 22 in the first quarter and holding Anamosa to 7. Haley Ronnebaum led in points (17), next was Richter (16), Bianka Ronnebaum (10), Rausch (9), and Knipper (4). Haley Ronnebaum also grabbed the most boards (9), followed by Richter (6), Reicher (5), and Bianka Ronnebaum (4). The Ronnebaum sisters combined to assist on 11 of the Wildcats 21 made field goals, while Mensen, Rausch, and Knipper all had 2 each, to complete the win over the Raiders.

After a reschedule because of weather, the girls team played last Saturday instead of Friday, against the Starmont Stars, at home. The Cats were victorious by a final score of 79-24.

Everyone on the Cats' roster scored at least one point, but Richer led the chase (15), followed by Rausch (13), Bianka Ronnebaum (11), Haley Ronnebaum (10), and Kelsey Hoeger (6). The team shot nearly 40% from beyond the arc to complete the win and finish the week strong.

On Tuesday night, the team traveled to Springville to take on the tough and experienced Orioles. The Cats came up short and lost 49-44.

Tonight the team is home to take on the Ed-Co Vikings. The statistics for those games will be in the next issue.



Kennedy Rausch puts up a three-pointer. According to a Bound Tweet on Wednesday, MV is one of the top three-point shooting teams in the state. (photo by Dannie Burkle)

Davis, Beitz earn top spots at NC

by Kaitlyn Nolan

Last Thursday the Maquoketa Valley Wrestling Team traveled to Lisbon to take on the East Buchanan Buccaneers, the Starmont Stars, and the Lisbon Lions in a conference matchup.

In a loss of 12-60, Tyreese Crippen pinned Junior Krob while wrestling at 152 in 1:51. Brayden Bjorkgren won by forfeit.

In a closer loss of 35-42 to Starmont, four of our wrestlers won by forfeit: Bjorkgren (106), Mason Jolley (170), Nathan Beitz (195), and Aidan Salow (285). Arion Rave, wrestling at 138, pinned Christian Latham in 1:12 while Brady Davis (220) beat Gabe Cummer by technical fall.

The Wildcats managed to defeat the Bucs with a score of 42-30. Three of our wrestlers won by forfeit: Davis, Brendin Frasher (113), and Crippen. Beitz pinned Carter Wilgenbusch at 3:21 while Aidan Salow pinned Caleb Dirks in 2:57. Bjorkgren earned a quick fall over Kaedden Hepke in 0:42. In 4:45, Rave pinned Colton Torres.

That Saturday, the Wildcats were

back on the mat when they traveled to North Cedar to participate in the North Cedar Invitational. Two wrestlers stood on top of their weight classes, and many more placed and earned team points.

Bjorkgren placed fourth and scored seven points. Frasher placed fourth and scored ten team points. In the fourth place match, he was pinned by Evan Griender from Belle Plaine in 1:59. Placing sixth in the 138 weight class, Rave earned eleven points and fell to Charlie Karam of Solon at 5:28. At 152, Crippen fell to Michael Dunn of Waterloo West in overtime. Jolley placed scored three points and placed sixth, but he had to opt out of his last two matches due to a medical forfeit. Scoring twenty-five points and placing first in 195, Beitz won his final match by pinning Garrett Kluesner of Western Dubuque at 1:33. For the second tournament in a row, Davis earned the top spot in the 220 weight class. He ended his day with a sudden victory over Trent Wilkerson from New London.

The Cats are back in action this Saturday at North Linn. Results from Thursday's matchup at North Linn will be in next week's article.

Boys basketball team goes 2-1 in conference action



Toby Grimm fights for the rebound against a Starmont opponent. (photo by Dannie Burkle)

by Chantel Crowley

Last Thursday, December 8th, the MV boys basketball team traveled to Prince of Peace in Clinton for their game. The game was a close one, but MV lost 49 to 52.

The leader in the point department was Avery Holtz with 20. Brady Wall scored eight, and Toby Grimm and Lance McShane scored seven each. Kody Hoeger scored four, and Treyton Cook scored three points.

For rebounds, McShane led the team with eight, Cook with six, Kody Hoeger with five, Grimm and Brady Wall with two each, and Holtz with one. As for assists, Holtz had four, Grimm had three, and Cook had two.

Their next game was a home game against Starmont which was rescheduled from Friday night to Saturday morning due to bad roads for Starmont. The boys played a good game and won 89 to 37.

For points, Holtz scored 27, Wall scored 16, and McShane scored twelve. Kody Hoeger brought eleven to the table,

Preston Salow scored eight, Cook scored six, Grimm scored five, Ty Hoeger scored 3, and Dylan Knipper scored one.

For assists, Grimm and Cook had five each, Holtz, McShane, and Tate Intorf had three each, and Kody Hoeger, Wall, and Knipper had one each for a total of 22 assists. As for rebounds, Grimm had seven, and Cook and McShane had five each. Kody Hoeger had four rebounds, Holtz and Knipper had two each, and Intorf had one.

Their most recent game was the following week on Tuesday at Springville. After the first quarter, the two teams were tied at 15, but MV broke loose in the second quarter and outscored the Orioles 24-4. The game ended in a 77-48 victory for the Wildcats.

It was another big night for Holtz with 20 points, six assists and two steals. McShane chipped in 18 points, nine rebounds, two steals and a block. Wall and Kody Hoeger each had 11 points. Cook had nine points and seven steals, and Grimm added four points with three assists. Knipper and Tate Intorf each had two points.

Tonight the Wildcats host Ed-Co.

Big Games on the Big Stage

First off: we gained a great commitment from former Michigan player Erick All Jr. who came here because of Cade McNamara. And, best part, that gives Iowa the #2 Transfer Portal Class in the whole country. Now I'm really looking forward to next year.

But back to winter sports. Both Hawkeye basketball teams took the dub



by Kaitlyn Nolan

in the annual CyHawk game which was the most pleasing thing in the past week. Yet, while the women dominated against the Minnesota Golden Gophers 87-64, the men fell 75-78 in overtime to a now-ranked #2 Wisconsin Badger team. It's alright though (is what I continue to tell myself; still early in the season, right?). The #12 Iowa women take on another instate rival this Sunday, Northern Iowa, in Carver Hawkeye. The Iowa men battle it out against SEMO

(Southeastern Missouri State University... no wonder they shortened it) at home this Saturday.

After a suffering loss to the Hawkeyes, the ISU men's basketball team won an easy game against McNeese State in Ames. They stay in their home arena to take on Western Michigan this Sunday. In a similar pattern to the men, the #14 Cyclone women took the L from the CyHawk game but won an easy game against Jacksonville. They have a tougher matchup to follow when they travel to #25 Villanova to take on the Wildcats this Sunday.

It was Real Woods that led the Iowa Hawkeye wrestling team this Saturday on the road against Chattanooga with the #2 Hawks to victory 27-12. They earned five bonus point wins and continue to have all ten wrestlers ranked. They don't compete until December 29th in Coralville for the Soldier Salute Tournament. The #6 ISU Cyclones haven't competed since their loss to Iowa, but they are scheduled to return to the mat on Monday in New Orleans for the Collegiate Duals.

Cutie



by Lily Huber

This hungry Cutie is a freshman who lives in Delhi! He is involved in basketball and plans to be in track. A fun fact about him is that he has been snowmobiling in Wyoming. Last week's Cutie was Tierra Morgan.

The Pet Corner



by Ava Cole

The first edition of The Pet Corner will showcase Ruby, a one-year old Siberian Husky who lives in Manchester, Iowa. She enjoys digging holes and looking out the window but cannot stand lying in a queen-sized bed with someone else. Her favorite toy is her dinosaur, which she carries everywhere. Ruby is fluffy and often mistaken for a fox compared to her Husky siblings.

Cuddle-bility - 5/10 - She's soft like a stuffed animal, although her inability to stay makes her a difficult cuddle partner.

Cuteness - 10/10 - Her red and white pattern with small, circular eyebrows gives her an appealing look that children and adults love.

Friendliness - 7/10 - While loving to her owner, she bites often. If given constant attention, she's fine. But watch out for your fingers if you dare to pet another dog!

Loyalty - 8/10 - She's not smart enough to realize she can run away, so Ruby tends to stay by your side.

Train-ability - 0/10 - Again, her lack of intelligence prevents her from knowing how to do many things.

Can I Take Them in a Fight? - 3/10 - As her owner and best friend, I've fought Ruby before. I've lost many times. Out of all animals to challenge, the hyperactive Husky baby isn't on my list.

Fine Artist of the Week

Name: Jenavieve LeGassick

What events are you in for speech?

I am in choral reading and ensemble acting.

What do you enjoy most about large group speech? I like working with the peers whom I normally don't get to work with.



What skills set this event from others?

Choral reading focuses on unity and coming together as one voice.

If you could judge a large group speech event, what would it be? I think that it would be fun to judge one act.



What was your favorite toy/gift that you received on Christmas Day as a kid?

by Lily Huber

Isabel Imler: An American Girl Doll

Keira Leytem: An American Girl Doll

Leah Reicher: I got a dog

Josie Teymer: My tiger head shark jaw

Mrs. Droeszler: I would have to say a snow block mold that you could build forts with. My brother, cousins, and I would build massive forts!

Karson Bush: Coal

Matthew Schaul: A unicorn pillow pet

Mr. Dunlap: A red beach buggy with yellow orange lights

Karla Chavez: A little toy BMW car that you could ride in

Mrs. Downs: Raggedy Ann and Andy ragdolls, I still have them.

Devin Meeks: A new Xbox

Athletes of the Week

Name: Haley Ronnebaum

What do you enjoy most about playing basketball?

The thing I enjoy most about playing basketball is being a part of the team and how intense it is.



How have you evolved as a player? I've gotten better at

getting to the basket and making shots around the perimeter.

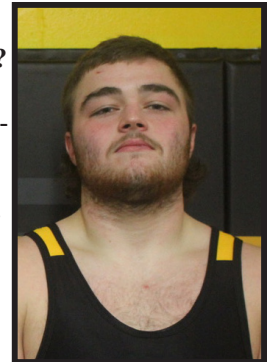
What's been a favorite basketball memory? Beating Beckman at West Delaware to go to state and getting the blue banner.

Who's your basketball role model? My basketball role model is Ella Imler.

Name: Brady Davis

What do you enjoy most about wrestling?

I enjoy the team aspect and watching us succeed.



How is this year different for you? I have a little more technique and a lot more confidence.

What's your goal this season? Win State.

What's your warm-up routine? Anything that keeps me moving to get loose and warm.

MV TEL-ALL

compiled by Lily Huber

An estimated 15.1 million adults in the U.S. over the age of 18 suffer from alcohol use disorder. Alcohol addiction can be treated using an alcohol detox to lower the risk for complications like seizure and delirium tremens.

JO-JO'S CLOSET

by Josie Teymer

Welcome back to winter in Iowa. Although I hate the snow, I enjoy the fashion.

Today I want to talk about winter coats. Coats have been known to ruin your outfit. But it doesn't have to be that way. Trust me, you can make anything look cute. My winter coat is a black one, furry hood, and puffer style. I think that the best way to make it work is layers. For example, put on a shirt, long or short, with a jacket. Then I would recommend leaving the coat unzipped and closing the jacket. If you are

wearing it somewhere other than school, wear a hat. I know that sounds obvious, but you need to think about colors. If you are wearing a plain black coat like me, I would either wear a dark green one or a neutral color such as tan or brown. If you want to go the extra mile, match your shoes to your hat.



Dying Words

by Cadence Freiburger

Buddy Rich—

while unknown to most—is often considered one of the most influential drummers of all time. Although, he specialized in jazz music. He was born on September 30, 1917, in Los Angeles, California. He was born to a very musical family and began dancing for their productions when he was only 18 months old. Buddy became known as “Baby Traps, the Drum Wonder.” At only 11, he was leading a band.



Buddy began to specialize in the jazz genre in 1938 and began to inspire other famous jazz musicians like Tommy Dorsey and Harry James. Beginning in 1942, he served in the United States Marine Corps as a judo instructor and rifleman in WW2 (though, he never served overseas). Three years after he stopped his service, he began to tour with the Philharmonics. Throughout his life, Buddy had short careers as a singer and as an actor. He formed several larger bands, but none of them ever lasted very long. Finally, with a group of 16 younger musicians, he formed a band that lasted. They specialized in playing rock music as well as pop music.

Eventually, Buddy was discovered to have a brain tumor that they ended up operating on in 1987, and he began his journey through chemotherapy. He was reported to be recovering well at home until a seizure led him right back to the hospital.

His final words were after a nurse had asked him, “Is there anything you can’t take?” to which Buddy replied:

“Yeah, country music.”

Comedy Corner

—compiled by Erin Knipper

What does Santa suffer from if he gets stuck in a chimney? Claus-trophobia!

What do you call a reindeer ghost? Cariboo!

Where do Santa’s reindeer stop for coffee? Star-bucks!

What did the gingerbread man put on his bed? A cookie sheet!

Carolers add some spirit to tree lighting



Some members of the MV choir sang carols recently at the lighting of the community Christmas tree in Delhi.

MAQUOKETA VALLEY DOLLARS FOR SCHOLARS SOUP SUPPER

Friday, December 16

5:00 – 7:30 p.m.

Maquoketa Valley High School Cafeteria

- Chili, Chicken Noodle, and Broccoli Cheese Soup
- Sandwiches
- Beverages and Desserts
- \$7– Ages 12 and up
- \$4 – Ages 5-11
- Free for children under 5



ENJOY A GREAT MEAL WHILE
WATCHING EXCITING WILDCAT
BASKETBALL!

Meet the Freshmen

Name: Preston Salow
Siblings: Owen, Brandon, Ashton, Sydney, and Bailey
Activities you plan to be in: Football, basketball, baseball, and track
Favorite subject: History
Career aspirations: Physical trainer or business owner
Hobbies: Sports and eating
Something cool about you: My dad graduated when my mom was in 5th grade.

Name: Kash Hunt
Siblings: Faith, Teige, Amaya, Saige
Activities you plan to be in: Basketball, speech, track
Favorite subject: Science
Career aspirations: Navy
Hobbies: Wakeboarding, surfing, anything on the water honestly, and snowboarding in the mountains.
Something cool about you: I am a two-time national champion in division 2 water show skiing.

Name: Ollie Hunter
Siblings: Cody and Holly.
Activities you plan to be in: Choir, speech, drama, and the musical
Favorite subject: Choir
Career aspirations: Go to college and start up my own salon
Hobbies: Video games, "the arts"

Name: Grace Richter
Siblings: Emma Richter
Activities you plan to be in: Volleyball, basketball, maybe track
Favorite subject: Science
Career aspirations: Undecided
Hobbies: Watching movies, and playing basketball.

Name: Karly Kerch
Siblings: Clayton
Activities you plan to be in: Track, FFA
Favorite subject: Science
Career aspirations: Have a dairy farm
Hobbies: Working for Tim Goedken on his dairy farm.
Something cool about you: I work on a farm.

—typist: Grace Richter

Hall Smarts

by Maya Smith



Christmas is right around the corner, and another trademark treat of Christmas time is gingerbread men and gingerbread houses. This week, students were asked trivia questions on gingerbread.

Who were the first people to make gingerbread?

Dannei Burkle: Ancient Greeks

Dylan Sands: The Romanians

TJ Cook: The Gingerbread Men and Women.

Emily Rudd: Ancient Romans
Answer: The Egyptians

What fairytale are gingerbread houses a result of?

Dannie: Hansel and Gretel

Dylan: The three bears and the porridge one

TJ: Shrek

Emily: Barbie Fairytoria: Magic of the Rainbow

Answer: Hansel and Gretel

How many calories was the biggest gingerbread house, which was 2,520 square ft?

Dannie: 30,000

Dylan: probably as many as I eat in a day

TJ: 7 Calories

Emily: a lot

Answer: 35.8 million calories

How much was the most expensive gingerbread house?

Dannie: 1 million

Dylan: Probably worth a couple statues of liberty

TJ: About \$12

Emily: \$4,600-ish

Answer: \$1.2 million, as it is encrusted in diamonds and pearls.

One at a Time

by Arianna Nolan

Last week I thought I had the worst days of my life. My head was filled with only negative thoughts, and I didn't want to do anything. I just wanted everything to be perfect and well, but my thoughts didn't convey that. But this week, I feel as if I had one of the best days ever, and my head was filled with positive thoughts. This made me realize that in order to have good days, you need to believe that you are going to have good days. If you keep thinking that you only think negative thoughts, then only negative things will happen. You need to think good about yourself, your situation, and others in order for good things to come to you.

But, how do I do this? How do we think positively in such a hard time in our life? It's not simple, but if you pretend that it is, then things will come much faster to you. You need to be aware. Awareness is key to thinking positive thoughts. You have to be aware that your situation is bad, but things could always be worse, and you can make things better. People drive off self pity for themselves and always think that they are in the worst situation possible, but that is where all of the negative thoughts come from. If we are aware that we are always self-pitying ourselves, then we can change that fact and more positive thoughts will come our way, such as we are worth it, and we can change things. Thoughts like that are enough to change your day and make a bad day a good one!

Things we can also do to change our day is to spread positivity to others. By spreading positivity to others you can make yourself feel good for being kind. Personally, this is easier for me to do than to only think positive because thinking positive all of the time is hard and impossible to do. Sometimes it's okay to think negative thoughts, just don't let that define you and yourself. So, my goal for all of you next week is to create a positive affirmation about yourself and whenever you think poorly about yourself or the day at hand, say that affirmation and remind yourself that things will be okay and if you try that you can do great things. Also, I would like for all of you to do one kind thing for someone else. Try and get out of your comfort zone. I love you all and see you next week.

