

FFA has successful DelCo, state fair experiences

Lacy Reth shows her horse at the Delaware County Fair this past July.



by Kaya Knipper, FFA reporter

This summer was very busy for many FFA members as they spent their time working with livestock.

Around 15 of our hard working members exhibited at the Delaware County Fair. Results from the Delaware County fair include:

In horses, Lacy Reth did exceptional, taking home Grand Champion Western Horse, Champion Mare and Reserve Champion Gelding. Tracy Reth did great taking home Reserve Champion 2 & 3 year old halter horse. Marley Wagner took home multiple 3rd and 4th place class finishes.

In poultry the Reth girls had another great turnout. Lacy received Grand Champion overall poultry, Champion Exhibition Standard and Champion Senior Showman. Tracy took honors with Champion pullets Reserve Champion Exhibition Standard, along with honorable mention in Showmanship.

In the sheep and goat barn Ella Reicher, Lainey and Kaya Knipper exhibited goats, Karly Kerch and Allison showed sheep. On the goat side the Knippers took home some hardware. Kaya exhibited Champion Home Raised Wether, Champion Rate of Gain Champion Junior Doe,

Kaya and Ella showing their Market Goats.

Reserve champion Doe, Reserve champion senior doe and some respectful class wins. Lainey took home honors with Champion Doe, Champion Senior Doe, Champion Senior Showman along with respectful class placings. Ella also placed within her classes.

On the sheep side both Allison and Karly fared well in their respective classes.

In the swine barn Emma and Ethen Brochohn, Haley and Bianka Ronnebaum, Lainey and Kaya Knipper exhibited their swine, all members placed very well within their classes. Lainey Knipper had the honor of receiving Reserve Champion Senior Showman.

At the state fair. Lainey and Kaya Knipper exhibited their goats. In all of the classes they placed within the top half taking home some blue ribbons.



New Staff at MV 2023: Mr. Seabold



by Grace Richter

This year Mr. Seabold is the strength and conditioning director, activities director, and teaching health 1 & 2, and second semester he may be teaching strength classes during the school day!

He attended Burlington High School and went to college at South Dakota State, and Central College.

When asked about what he likes about Maquoketa Valley so far he said, "I really enjoy all of you kids! I have been treated with the utmost respect since day 1. Everyone is dedicated to making themselves better and are responsible for there actions."

His goals are to help mold students to be the best version of themselves and to create a culture of kids that are committed to excellence and bettering themselves to be elite in all aspects of their lives.

When Mr. Seabold is not in the weight room or at school he enjoys doing woodworking, working on cars, and doing home improvement projects with his wife, Jennie!

One fun fact about Mr. Seabold is that his wife's family breeds white Labradors, and he and his wife have one of their puppies that is a mother to puppies he sells!

Wildcats cage Cougars for first time since 2011

by Kaitlyn Nolan

The bell echoed throughout Maquoketa Valley's field last Friday night, symbolizing a solid night and victory for head coach Scot Moenck's Wildcats. Despite the hot temperatures, the boys showed up and played tough against the Cascade Cougars, a team they haven't beaten since 2011. With a final score of 33-12, the Cats solidified their place as a Top Ten squad in Class A, just making it in at #10 behind #9 North Linn and #5 East Buchanan, two teams from the Tri-Rivers West Conference.

"I was really proud of our guys Friday night," stated Coach Moenck. "It was a very hot and humid night and we didn't get off to a great start. However I thought our guys really responded well. They played hard and really competed every snap which are things we talk about every day."

He added that Cascade is a very good team and that the defense stepped up in the second half by putting pressure on the Cougar's QB, Will Hosch. However, even with the first win of the season under their belts, Moenck knows that they need to throw the ball more and that'll be a focus leading up to the game against North Cedar this Friday.

"North Cedar is coming in off a very big win week one so we will have to be ready to go," said Coach Moenck when asked for insight on the game. "They have some very nice size and speed. We have to cut down on the mental mistakes we made week one. We had way too many silly pen-



Center Nathan Beitz gets the ball to quarterback Brady Wall in last week's matchup with Cascade. (photo by Dannie Burkle)

alties that cost us drives."

The Wildcats host their second game of the season against the Knights this Friday at 7 p.m. The theme is blackout, and the Cats are hoping to keep their undefeated streak against the Knights since 2012.

Stats:

Brady Wall: 10 CAR, 25 YDS, 2.5 YPC, 0 TDS

Lance McShane: 38 CAR, 278 YDS, 7.3 YPC, 4 TDS, 2 INT

Dylan Knipper: 7 CAR, 40 YDS, 5.7 YPC, 1 TD

Taten Intorf: 2 REC, 8 YDS, 2 INT

Anderson Holtz: 1 REC, 10 YDS

Colin Smith: 1 REC, 4 YDS

Brady Davis: 2 T.O.T, 0 SOLO

Aidan Salow: 4.5 T.O.T, 4 SOLO

Preston Salow: 1.0 T.O.T, 1 SOLO

Nathan Beitz: 3.0 T.O.T, 3 SOLO, 1.0 SACKS

MV dancers audition for All Iowa Dance Team

Over the weekend Coach Teymer and three seniors and two freshmen traveled to Newton to audition for the All Iowa Dance Team. The All-Iowa Honor Dance Team is a group of about 200 high school dancers selected from schools all over Iowa. Over 500 auditioned between Saturday and Sunday. Teams will be announced the first part of October.

If they were to make the team they would perform at 4A Girls & Boys State Basketball tournament the Pre-Game Patriotic Salute.

"I could not be prouder of these five," stated Coach Teymer. "It was a long day that started with a 5am departure time, a full day of learning Pom and Kick routine choreography, auditioning in groups of 12 and not with anyone from your own school, a quick sack lunch and then one shot at auditioning."

Students who auditioned were Maddyx Rieniets, Josie Teymer, Livia Hermanson, Tessa Intorf and Alaina Mead.



Big Games on the Big Stage

Iowa Hawkeye football (and I guess Iowa State football) is back.

The team dynamic from last year, led by the longest tenured coach in college football in Kirk Ferentz, has definitely done a flip. With the transfer portal, NFL Draft, injuries, and graduation, how could it not? I'd be lying if I said that I wasn't going to miss seeing Riley Moss, Jack Campbell, and Sam LaPorta on Duke Slater Field in Kinnick Stadium wearing the black and gold of a Hawkeye. Still, I know they're off to bigger and better things in the NFL. As for Iowa's former quarterback, Spencer Petras, he'll be on the sidelines this year with an elbow injury while transfer portal QB, Cade McNamara from Michigan, will take the helm.

Am I excited? Absolutely. In my opinion, we haven't had a strong starting quarterback since C.J. Beathard who now competes in the NFL for the Jacksonville Jaguars. Some people may argue that Nate Stanley did great, but he while he was a big guy and good for rushing forward through the defensive line, I don't think his passing was ever that great. With Cade, I feel like we'll have a good mix of both... depending on how his knee holds up throughout the season. As of right now, he's a questionable starter, keeping us fans wondering if back-up QB Joey Labas will be the man. Not to mention one of his teammates at Michigan, Erick All, will fill the gap LaPorta left to keep up the TEU tradition at Iowa along with Luke Lachey.

Also, if you haven't seen the "2023 Intro Video" on Iowa Football's Instagram

page, you need to. Ricky Stanzi is a real one for that, and the media team deserves a raise.

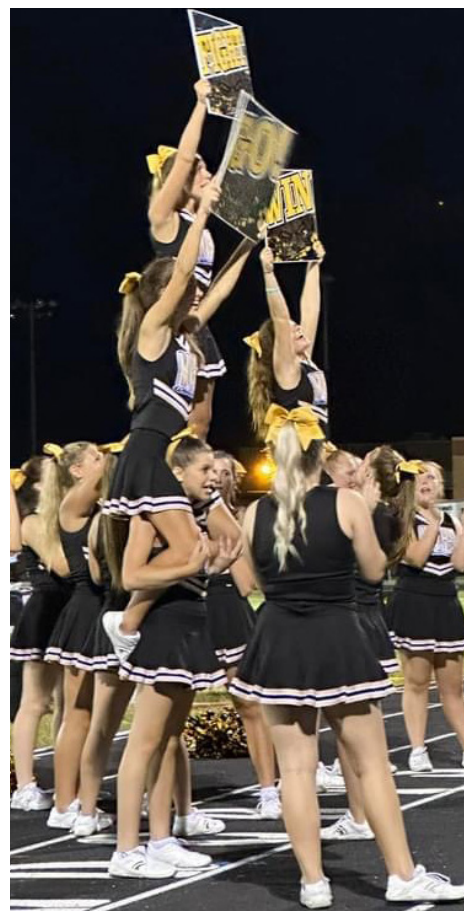
The #25 Hawks play the Utah State Aggies this Saturday in the season opener (fun fact: Aggie basically means 'someone from a farm' according to Cameron University). Iowa is predicted to be the 25-point favorite to win the game, but as we all know, that's based on whether the offense decides to outscore the defense for once.

As for the Iowa State Cyclones, Head Coach Matt Campbell is readying his team for battle against an in-state rival, the UNI Panthers, at Jack Trice. It's been said that this is a big game for the Cyclones despite it supposedly being an easy win against the Panthers. ISU has been known to start rather slow in the season, losing most of their season openers or starting good against an easy team before being slaughtered the following week. Last year, the Cyclones ended the year with a feeble one win in the Big 12 and had a 4-8 losing record. To say that the Cyclones need this win to start the year strong is an understatement because if I was an ISU fan (which I'm definitely not), I'd want a win before hosting and competing in the annual CyHawk game the following week.



by Kaitlyn Nolan

The excitement of Friday Night Lights



Above: The band performed its pregame show but was not able to take the field at halftime due to a Cascade injury.

Left: The student section donned their best Hawaiian clothes for a hot Friday night game. (photos by Dannie Burkle)



Student of the Week

Arion Rave



Last week you went out of your way to help Mr. Palmer load some materials into his vehicle because of the rain. Why did you do that?

I chose to help Mr. Palmer load the materials because I was done with my things for cross country, and it was starting to rain. I didn't know how much he had to load up so I went to help him.

What's the nicest thing someone has done to help you?

The nicest thing that someone has done to help me is congratulate me on something I've accomplished. It helps me mentally and makes me happier in life.

What's the key to world peace?

Keep your life private, but always know what's going on around you.

"Last Thursday it was raining when I showed up to school around 6:30 and I decided to drive over to the football field where one of my classes will be building the new storage shed just to check to see if our material got delivered. At that time I noticed some of the supplies were getting wet and I wanted to load them into my truck and bring them over to the shop to stay dry until we are ready for them. While loading them up, Arion Rave came running over (while he was in cross country practice at the park) to see if I needed any help. I was happy he took the initiative to come over in the rain to help without anyone asking. We are lucky to have great young adults in our school district and this is just a small example of how a lot of our students act in our communities. I thanked him and it just reassured me again how lucky we are in the MV school district."

—Mr. Palmer

Wildcats start season with two wins

by Natalie Ries

The Wildcat volleyball teams have been hard at work preparing for the first games and tournaments of the season. The Varsity team, that consists of Seniors-Haley Ronnebaum, Kaya Knipper, Keira Leytem, Lilly Huber Juniors-Alexis Halverson, Bianka Ronnebaum, Jordan Hatfield, Lili Bauers, Kelsey Hoeger, Leah Reicher, Jada Knipper Sophomores-Grace Richter, Lanni Beaman Freshman-Camryn Paris, took on the first triangular of the year against Clayton Ridge and Jesup. The Wildcats came out of the tournament 2-0. "I am beyond proud of how well the girls played," stated Coach Nefzger. "It has been a while since we started our season off with two wins."

The girls beat Clayton Ridge 2-0 (25-22 and 25-16). They then played Jesup. Maquoketa Valley had not beat Jesup since 2011. The varsity team beat the J-Hawks with a score of MV 2 and Jesup 1 (25-20 MV, 25-21 Jesup, and 15-10 MV).

Despite the victories Coach Nefzger still mentioned some of the things that will be worked on "There were a couple times we gave up a 5, 6, or even a 7 point lead and they were able to hold on and come out on top. In those situations it can be easy to panic and start pointing fingers but they didn't. They stuck together and found a way to get the job done. We need to work on covering the deep corners better, we gave up too many points there. Now that we have the first two games under our belt we know what we need to work on. We will continue to work on 'situational' instances to prepare for all the different 'situations' games can throw at you."

Serving leaders were Jada Knipper and Jordan Hatfield with making 100% of their serves. Lili Bauers followed with making 95.7% of her serves. The varsity team had a total of 78% of their serves making it.

Grace Richter had a good night offensive-ly leading in kills with 18. Lanni Beaman followed with 7 kills. The team also had 42 total assists all night with Keira Leytem leading with 31.

On the defensive side there were a total of 117 digs. Bauers led with digs. Bauers had 30 digs. Leytem followed in digs with 17. Camryn Paris led in blocks over that night. Paris had 3 blocks. Following Paris was Haley Ronnebaum with 2 blocks.

"A big thank you goes out to those who came to support the team. Our student section was by far the smallest and by far the loudest. We appreciate you," added Coach Nefzger.

The Varsity, JV, and freshman teams all played last night. The Varsity team has a tournament this Saturday at Anamosa High School. All of those statistics will be in next week's issue.

Athletes of the Week

Name: Lance McShane

What do you enjoy most about football?
Friday night lights
How does this year's team differ from past year's?



Everyone this year is a lot more dedicated to the team. Everyone is showing up to the weight room and practice and working hard because they bought in.

What does your pregame routine look like?

The day of our game we have a team meal, then we meet at the school, go over plays and stretch in the gym. Then we go out to the field.

How does your mindset in football compare to your mindset in the other sports you participate in?

You have to have a no fear mindset because it is one of the most physical sports there is and you can't back down to anyone.

Who is your football role model?

Jack Campbell



Name: Lili Bauers

What do you enjoy most about volleyball this year?

How much we have at practice, dancing and cheering.

What is the most effective drill for you in practice?

Any serve receive drills.

What's your goal for the team this season?

To be Conference Champs.

What has made this year unique for you?

Having a new head coach.

Dying Words

by Cadence
Freiburger
Eric Ar-

thur Blair was born in Motihari, Bengal, on June 25th in 1903. His childhood was mostly lived in the upper middle class despite being descended from Fane Earls of Westmoreland—which were basically highly regarded families of soldiers. Because he was born in the time of British occupation of India, his family was relocated to England where he began schooling. Blair attended school at St Cyprian's preparatory school in Eastbourne where he was a very responsible and determined student. He was so studious that he received a King's Scholarship to Eton College. However, this academic dedication was lacking during his first term at Eton college, and he dropped out to join the Indian Imperial Police.



Eric Arthur Blair's time in Burma for the Indian Imperial Police isn't well recorded, but it is known that his time there offered inspiration for several of his future stories and novels. After resigning, Blair lived with his parents and was in-and-out of jobs until he wrote his first published story *Down and Out in Paris and London* under his pen name: George Orwell. His literary success continued as he met his first wife Eileen O'Shaughnessy.

Orwell's works often held undertones of politics, but he never truly took a stance until he volunteered in Spain to go against the Spanish dictatorship of Franco. Mere millimeters from his carotid artery, he took a bullet to his throat, and he faced Soviet hit-squads attempting to shut down his militia. This was where his socialist ideas began. He wrote a book of his time in Spain—*Homage to Catalonia*—before recovering from a lung hemorrhage.

As World War 2 broke out, Blair was denied entrance into the war as a soldier due to his health. Instead, he took a producer job for the BBC, which he came to hate for the atmosphere and ineffectiveness. After leaving the BBC, he became the editor of the *Tribune*, and he wrote his column *As I Please*. Another political work of his was *Animal Farm*, which is a widely known piece of literature even today. *Animal Farm* was finished a year before publication, but Soviet spies worked to keep the story hidden until 1945.

With his worsening health, Orwell managed to finish *Nineteen Eighty-Four*. Before dying, Blair married his second wife, Sonia Brownell. Blair died at 46 of tuberculosis. His final words were:

"At 50, everyone has the face he deserves."

Cutie



by Lily Huber

What's poppin, Cutie? This Cutie is a freshman, lives in Earlville, and has three older siblings! She plans to be involved in volleyball, basketball, track, softball, and FFA. A fun fact about her is that her favorite TV show is *Outer Banks*.

MV TEL-ALL

compiled by Lily Huber

E-cigarettes (ex: JUULS) are supposed to be a safe alternative to smoking "real" tobacco, right? Wrong... the Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. If smokers are ready to quit smoking for good, they should call 1-800-QUITNOW or talk with their doctor about finding the best way to quit using proven methods and FDA-approved treatments and counseling.

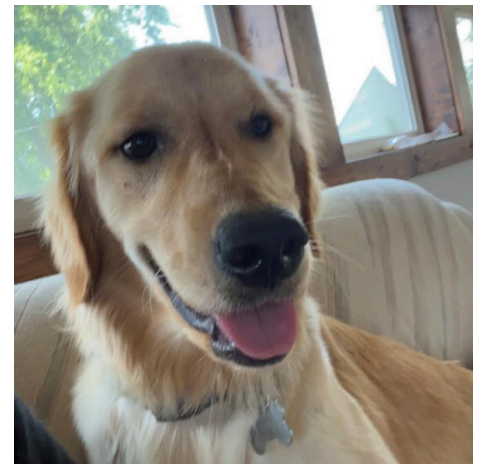


by Camryn Paris

What is the best kind of Gatorade?

Ava Knipper-Blue
Dalton Africa- Blue
Lanni Beaman- Yellow for sure!
Ian Krogmann- The white one
Jordan Hatfield-Dark blue
Caden Ries- Purple
Haley Ronnebaum- Cool blue because it doesn't dry your mouth out.
Ethen Brockhohn- Gatorade is gross. Powerade is better.

Pet Corner



by Ava Cole

Welcome back to another year of The Pet Corner! This year, we are starting with Macy Lynn Hunter, who is a beautiful golden retriever rescue that lives in Hopkinton with Ollie Hunter. She's only one year old and is very energetic and sweet. Some of her favorite things include her apple toy, swimming, hiking, and feet. She dislikes being alone and is very clingy with her owner.

Cuddle-bility - 6/10 - Macy is a lapdog, but some would argue that she is far too big for that. Despite her active personality, she makes for a good cuddle buddy.

Cuteness - 10/10 - Golden Retrievers are one of the cutest dog breeds! Macy's smile and warm eyes make her very nice to look at.

Friendliness - 9/10 - She's a very nice and sweet dog. Compared to her cat siblings, Macy is much more friendly.

Loyalty - 10/10 - Being a clingy dog, Macy hates to be alone. She's very loyal and would never leave you.

Train-ability - 4/10 - She doesn't know much when it comes to training due to her semi-rough upbringing. Despite that, she's quite intelligent and could easily learn with the right training.

Can I Take Them In A Fight - 5/10 - I'm used to big dogs, but I've never fought a Golden Retriever before — though I may be out of practice with fighting since our summer break had been so long. I'm not fully confident, but I could most definitely try.

Hall Smarts



by Maya Smith

Hey Barbie! How's the second week of school going? This week, I decided to ask 3 Barbies and 1 Ken some questions about the Barbie movie.

Who plays Ken in Barbie?

Ava Knipper: Ryan Gosling
Lucas Chestnut: Ryan Gosling
Alexis Halverson: John Wayne
Josie Teymer: Ryan Gosling
Answer: Ryan Gosling

What is Ken's job?

Ava: Beach
Lucas: Construction
Alexis: to make Barbie happy
Josie: Beach
Answer: Beach and to make Barbie happy

What was Margot Robbie's Barbie?

Ava: Stereotypical
Lucas: Blonde
Alexis: Pretty
Josie: Stereotypical Barbie
Answer: Stereotypical Barbie

Name a Barbie quote:

Ava: I'm here to see my gynecologist
Lucas: Hello Barbie, let's go party
Alexis: I'm Barbie girl, in a Barbie world
Josie: Nobody's beaching anybody off!

Comedy Corner

—compiled by Grace Richter

What do you call an angry carrot?
A steamed veggie.

What happens when a snowman throws a tantrum?
He has a meltdown.

What does a baby computer call his father?
Data!

When does a duck wake up?
At the quack of dawn!

What kind of car does an egg drive?
A yolkswagen.

One at a Time

by Arianna Nolan

The humid, hot summer air runs through the hallways bustling with students rushing to their lockers. What once was a group of friends hanging out and having fun together is now a classroom filled with students doing schoolwork. Summer has finally come to an end. But, that doesn't mean that all of the good times are over, and you are going to have to dread another 180 days of school to have those fun times to come again. Today, I am going to provide you with some tips to make this school year (somewhat) fun and not draining.

First, I would like to recommend getting enough sleep. According to the CDC (Centers for Disease Control and Prevention), students who do not get enough sleep have higher health risks. Some of these can do with your mental wellbeing, or having a higher chance of getting physically injured. This means that you should carefully and properly plan out what your sleeping schedule should look like. Perhaps you could start sleeping earlier in the night, so if you need to wake up earlier in the morning, you feel more well rested. To get yourself prepared for the night, you could start getting off your phone earlier and taking time to do something that will tire your mind. This could include activities such as reading a book or planning out your next day in a planner or journal. With this, you

should be able to get enough sleep which can help with your attention span during the day.

The second tip that I would like to recommend is getting involved in school activities. Whether it be getting involved with the speech and drama program or trying out for a sport, getting involved can help you in many ways. You are able to connect with a group of people that share the same interests as you and share bonds as a team. With this, you are supporting your mental health and finding time to do other things than be on your phone. Interacting with people in real life can be very important for brain development, and it is a required skill for when you get out of high school. Even if you are afraid to try something, there is no harm in making an effort at it. If you don't like it, you can use it as a learning experience and move onto something else. Plus, if you like it, you have found yourself something fun to do at school.

In conclusion, caring for your mental health and physical health is very important to having a valuable school year. Whatever you decide to do this school year, just know that there are people around you to support you and your journey. And, even if you feel alone, please know that you aren't. There are always people to help you get through the tough times this year. I hope you all had a great summer, and I am very excited to be writing to an audience again! I love you all, and I will see you next week!

JO-JO'S CLOSET

by Josie Teymer

Welcome back to another year at MV! I know that I would normally do what to expect for this upcoming school year or this summer's worst trends but Homecoming is literally in two weeks. Because it is earlier in the year, it might be a little hot for hoco. Let's look at some breezy, trendy options.

First up is the one-shoulder dress. These dresses can be seen almost everywhere and are usually paired with either lots of sparkles or ruching on the side.

I have also been seeing A LOT of the feather trend. Personally, I don't hate the feather trend. It has been around for the last few years, and it seems to be picking up in

popularity. I normally see them on a long sleeved dress at the end of the sleeve, on the bottom lining of a dress, or on the top if the dress is strapless.

This year's popular colors are shades of blue, black, white, and pink.

For shoes there is always the classic strappy heel, or if you don't want your feet to hurt by the end of the night you could always wear a pair of high tops.





Hi everyone! After the first full, long, and maybe even boring week of school... It's finally Friday. This also means that voting ends TODAY at noon for student body president! My ideas as president consist of making school a **"beachin' good time" for all** and making sure **the student body is heard** (such as a suggestion box). I get it, school can get repetitive. Finding ways to make your school year memorable and fun is my priority! My representatives from each class are: Lance McShane as my senior, Jordan Hatfield as my junior, Zachary Leytem as my sophomore, and Camryn Paris as my freshman. Good luck to all of the candidates and have a great rest of the year! :) - Lily Huber



KAITLYN 23-24

Freshman Rep: Ella Reicher
Sophomore Rep: Macee Nolan
Junior Rep: Isabella Mensen
Senior Rep: Maddyx Rieniets

"Let's Have a Rocking Good Year!"



Student Support Party of Maquoketa Valley



Want to be better represented as a student?
Vote George Livingston for Student Body President
to have more say in your day.

Voting for George will bring...

- A maintenance and addition of fun events for the students.
(Ex. Thanksgiving Dodgeball Tournament)
- Student Input Box in the commons to allow students to recommend events/changes.
- Work to establish better mental health access through Mrs. McDermott and TEL.
- The first steps toward an activity bus for select towns in order to improve extracurricular access at MV.