

## FFA competes *dairy well*

by Kaya Knipper, FFA reporter

Last Friday, eight Maquoketa Valley FFA members made the close trip to Manchester to compete in State Dairy Evaluation and State Milk Quality and Products.

In Dairy Evaluation Karly Kerch, McKayla Weber and Allison Hogan took home the honor of 9th Place Team. I

n Milk Quality and Products Haley Ronnebaum, Leah Reicher, Jada Knipper and Alexis Halverson took home 10th place team.

Bianka Ronnebaum also competed in the Dairy Handling and brought home 1st place Gold!



McKayla, Allison and Karly pose with their 9th place ribbons.



Leah, Haley, Jada and Alexis display their 10th place ribbons.

## Meet more new Wildcats

by Kaitlyn Nolan

We didn't quite get all of the new students in last week's issue, so here's your chance to meet two more new MV students.

Gracie Palmersheim is a freshman this year from Waterloo. She enjoys that the people at MV are so sweet and nice. Her hobbies include fishing, dancing, singing, and being around animals. She plans to be in



choir and the musical this school year.

Justin Fife is a senior who used to attend Waterloo West High School. He enjoys wrestling and playing games. When it comes to activities that he plans to be involved in this school year, he isn't quite sure.

## Powder Puff and Iron Man kick off Homecoming week

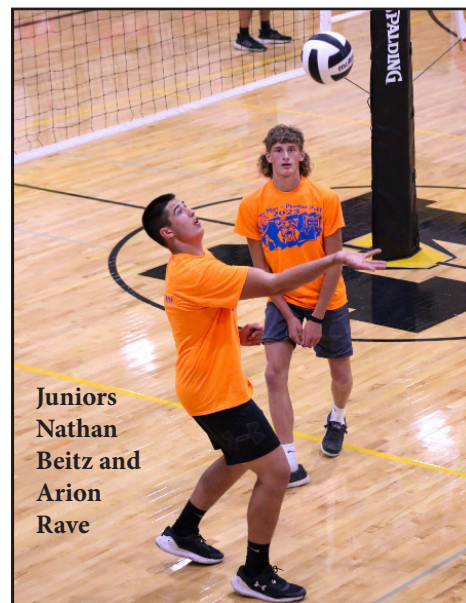


Senior  
Lucas  
Knipper

The fun of homecoming started Sunday night as the classes battled it out on the football field and volleyball court. The juniors won Powder Puff, and the sophomores were the Iron Man victors. (photos by Dannie Burkle)



Sophomore  
Madison  
Thompson



Juniors  
Nathan  
Beitz and  
Arion  
Rave



# Sports Connection

## Despite loss, MV still gains respect in rankings

by Kaitlyn Nolan

The first loss of the Wildcat's season just happened to be their first away game of the season, a close bout with a tough East Buchanan team. After a close 14-14 half, the Cats fell short with a score of 21-39.

Despite the loss, the Wildcats earned a 10-spot on the class A rankings this week, right behind number nine East Buchanan.

It's a game to learn from, and what they lacked last Friday they hope to bring against the Postville Pirates in this week's big homecoming game.

The Pirates are currently 0-3 after suffering a painful loss against Nashua Plainfield last week with a score of 0-46. The week before they got a beatdown from North Linn 0-60. The Maquoketa Valley Wildcats, led by Head Coach Scot Moenck, are hoping to make the Pirates "walk the plank" tonight and hand them their fourth loss of the season. The Cats are aiming for 3-1. The theme is black and gold, and the game starts at 7 o'clock.



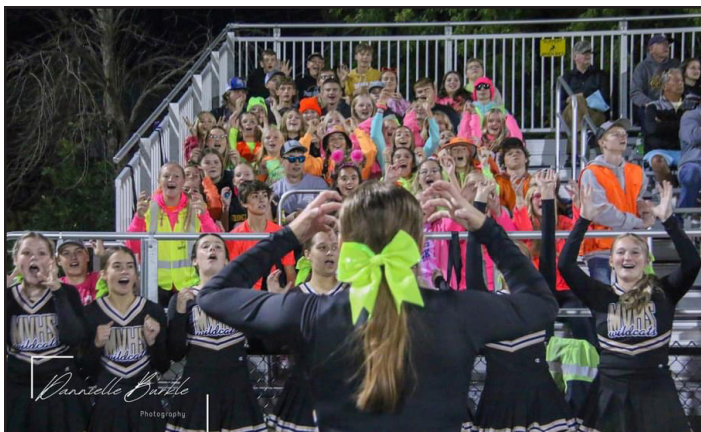
Avery Holtz looks for an opening to gain some yards against East Buchanan.

### STATS:

Brady Wall: 16/25 C/ATT; 64% PCT; 154 YDS; 3 CAR; 12 YDS; 2 SOLO  
Lance McShane: 22 CAR; 128 YDS; 42 LONG; 4 REC; 24 YDS; 4 SOLO  
Anderson Holtz: 3 REC; 35 YDS  
Taten Intorf: 6 REC; 68 YDS; 3 SOLO

Colin Smith: 2 REC; 21 YDS  
Lukas Chesnut: 1 REC; 6 YDS; 2 SOLO  
Dylan Knipper: 2 SOLO  
Aidan Salow: 5 SOLO  
Nathan Beitz: 3 SOLO  
Brady Davis: 5 SOLO

## Hype time



The cheerleaders add some extra spirit to the game. Last Friday night at East Buchanan the student section was visible in their neon. (photos by Dannie Burkle)



# Cross country: Wildcats are off to the races

by Toby Grimm

Last Saturday, the MV Cross Country team traveled to Monticello to compete in the Monticello Invitation. This meet was the first one of the season for the Wildcats.

The JV girls started the morning off with Allison Hogan (51st) running a 28:08 and Haydin Flannagan (61st) with a 29:08.

Next was the JV boys race, where Jayden Schwandt (75th) ran a 25:40.

After that was the Varsity girls race, where Taryn Burbridge (5th) led the team with a 20:05, breaking her own school record. Next was Isabel Imler (66th) with a time of 23:54, and McKenna Bush (78th) running a 26:15.

Ending the meet was the Varsity boys, led by Matthew Schaul (5th) with a time of 16:42, and George Livingston (30th) running a 18:25. Right behind him was Kenyon Baker (34th) running a 18:28, beating his personal record by over a minute. Arion Rave (71st) ran a 19:43.

Coach Kirchoff reflected upon the meet, stating "I thought for our first meet we did a great job of competing. The excitement of finally racing led to some of our running going out too fast in the 1st mile. One of my favorite parts about this team is



Left: Taryn Burbridge works her way toward the final 400 meters in the Monticello meet. Burbridge went on to set a new school record.

Below: Matthew Schaul was MV's top runner Saturday. (photos courtesy of Pete Temple, The Monticello Express)



how reflective they are. After the races almost everyone already had a plan of how to run a smarter race next week at Cascade. Overall the 1st meet of the season was a success."

The cross country team competed last night at Cascade on the hills of Filmore. Times and results will be in the next Echo.

## Volleyball: Wildcats get another victory

by Natalie Ries

The volleyball teams all traveled to Clinton to take on Prince of Peace last Thursday. All three teams won their games. "We added another win to the record when we played Prince of Peace last Thursday," stated Coach Nefzger.

The varsity team won the first three sets in a hurry: MV 3 POP 0 (25-9 MV) (25-19 MV) (25-10 MV). "I kept on telling the girls that we need to play our best game but that can be hard to do when the opposing team does not always return the ball," Coach Nefzger repeated.

The offensive side of the game there were many leaders. Keira Leytem led the team in assists. Leytem had a total of 18 assists all night. Moving to kills Grace Richter led in kills. Richter had a total of 7 kills this night. Following Richter was Lanni Beaman with 6 kills. Haley Ronnebaum, Camryn Paris, Alexis Halverson and Leah

Reicher all had kills on the night.

Moving to the defensive stats, Haley Ronnebaum led in blocks. Ronnebaum had 4 blocks on the night. All 4 of these blocks were solo blocks. Alexis Halverson, Leah Reicher and Grace Richter all had additional blocks for a team total of 9 blocks on the night. Moving to digs Keira Leytem led in digs with 14 digs. Following Leytem was Lily Huber with 13 digs for the night.

On the serving side of the night Keria Leytem led with a total of 21 successful serves while Lili Bauers led with a total percentage of serves being successful with 91.7%. There were a total of 15 aces made by the Wildcats. Girls that helped with this were Lily Huber, Lili Bauers, Keira Leytem, Bianca Ronnebaum, Camryn Paris, Jada Knipper, and Grace Richter. Coach Nefzger also stated, "Our serving was much better."

Although the Cats had an amazing victory there are always mistakes to

fix to perform better for the next games. "Come the second game we gave up WAY. TOO. MANY. POINTS. letting them score 19 points." Coach Nefzger added, "We need to find a way to not give up so many points in a row. Serving is what we struggled with in the beginning of the season, lucky that is an easy mental fix and we seem to have that under control. We have to find a way to get our minds right and come together as a team to not give up so many points at a time. It is totally doable, we just need to do it."

"I am proud of my team so far and looking forward to taking on the rest of the conference in the weeks ahead," Coach Nefzger proudly stated.

The volleyball teams played Central City last night and the Varsity team has a tournament at West Delaware tomorrow. Stats will be posted in next week's Echo.

## Big Games on the Big Stage

The Hawkeyes have done it once again. On the road against their biggest rival in what is the biggest game of the year for Iowans, the Iowa Hawkeyes beat the Iowa State Cyclones 20-13 last Saturday despite a close comeback from the cardinal and gold in the second half.



by Kaitlyn Nolan

The #25 Hawkeyes, now 2-0 and back in the AP Poll following a couple of ranked losses, host Western Michigan this Saturday at Kinnick Stadium. The game is set for 3:30 in the afternoon. Still, despite the two "easy" first games, Iowa's offense coordinator Brian Ferentz has yet to reach his 25-point goal for either game.

After falling to their in-state foes on home turf, the Cyclones are looking to bounce back with a road win against Ohio. Last year, ISU took home the win when the Ohio Bobcats traveled to Jack Trice and lost 10-43. Matt Campbell's Cyclones will play in Athens, Ohio on Saturday at 11 o'clock.

## Student of the Week

*Mason Jolley*

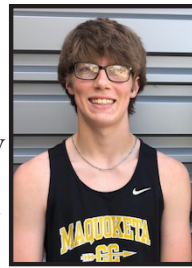
**You've been nominated because of your friendliness to the cooks. Why is it important to you to be kind to them?** The lunch ladies are always nice to everyone else so I just try to repay them for being so nice and they are always making great food. They work really hard and I appreciate them a lot.



**What has helped create your positive attitude?** No one likes being sad and whether people like to believe it or not if you are smiling you can't be sad because smiling releases endorphins so I try to smile as much as possible it helps me keep my positivity and spread it.

## Athletes of the Week

Name: Kenyon Baker  
**What do you enjoy most about cross country?** I enjoy the community and actually competing in races.  
**How have you changed as a runner since last year?** Since I have experience with some of the courses and I know how it feels and when I should be going a lot faster my mindset has changed a lot. Right now my goal is to stay with George during workouts and even some runs and during the races and I feel like I did a really good job of that Saturday.



**What has been your favorite memory of cross country this year?** One of my favorite memories was last year, during our warmup we went down the "long trail" and Brady Eike and I got into a little scuffle and I went to trip him and I accidentally tripped myself too and we both face planned on the dirt and that was the talk for the rest of practice.

**You PRed in your last meet. How does that feel?** PRing is one of the best feelings a runner could experience and I felt amazing going down the final stretch seeing 18 on the clock knowing I'm about to hit my PR goal on the first meet. Now I have way more goals this whole season and 18:27 is not going to be enough; now I set my goal to the Sub 18.

**Best finish line song?** Any song by SNOWCRASH.

Name: Brady Wall  
**What do you enjoy most about football?** The physicality and hanging around my teammates



**What lessons about life have you learned from the sport?** You with go farther as a group than you will by yourself.

**Who are your favorite football teams?** Iowa and the Green Bay Packers

**Why is football a sport worth going out for?** You only go through high school one time and there are not very many sports or things in life where you can hurt someone and get away with it.

**Who is your football role model?** My dad is definitely my biggest role model because he has set everything up for me to be successful.

Name: Grace Richter  
**What do you enjoy most about volleyball this year?** I really enjoy my teammates and coaches this year!  
**What is the most effective drill for you in practice?** Even though

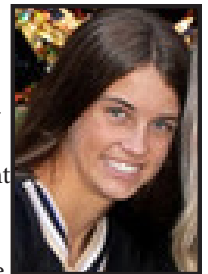


it is difficult, I would have to say the chair drill. Which works on you getting behind the 10-foot line fast in transition.

**What's your goal for the team this season?** I want us to have a winning season, and my biggest goal is to make it to state.

**What has made this year unique for you?** I would say how many fans came to the home game against North Cedar. Last year we never had a gym that full for a volleyball game, so that was really cool!

Name: Natalie Ries  
**What do you enjoy most about being part of the cheer team?** I enjoy the atmosphere and happiness that is brought to every game, practice, and community service event that we participate in. The happiness that gets brought to every Friday night game gives the whole cheer team so much joy. I enjoy watching everybody around me be so happy and excited for such small things.



**Why is having cheer important at MV?**

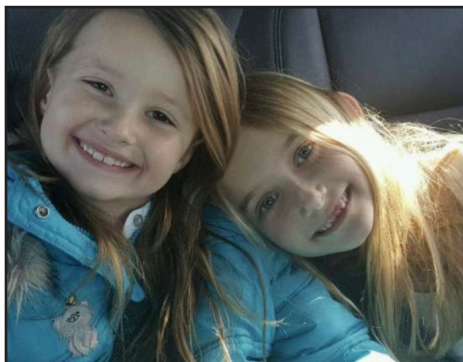
Having cheer at MV really gets the crowd excited. The crowd also gets the cheer team excited. The cheer team is important because of all the little things that the Cheer team does that is not noticed.

**What's your favorite cheer?** My favorite cheer would definitely have to be any of the ones where the crowd replies. The Student section gets so excited when we start doing these cheers. (Ex: do-do-do-do, Marching, Do it do it do it.)

**What's something about cheer that others may not know?** Cheer takes a lot of time and preparation to perform the smallest tasks. For example just get the tear away banner and flags along with Willy ready to go for the game we have to be at school ready to go at least 1-1 1/2 hour early.



# Best Buds



**Ruby Recker & Tristen Flannagan**  
by Chantel Crowley

**How did the two of you meet?**

Ruby: Our very first day of school.

Tristen: Like pre-k? It's been so long I don't even know.

**What is your favorite memory you have with each other?**

Ruby: Going to the Tiny House in Kindergarten and picking out princess outfits and matching shoes.

Tristen: My favorite memory with Ruby is making box brownies at midnight and adding olive oil instead of vegetable oil. -not recommended.

**What song best describes your friends?**

Ruby: "We R Who We R" by Ke\$ha

Tristen: "Barbie Girl"

**What do you admire most about each other?**

Ruby: I admire that Tristen always reminds me that we only live once and to not take it too seriously if it won't matter in 5 minutes.

Tristen: How prepared Ruby always is; if I need something, she's got it.

**What does a typical hangout look like?**

Ruby: Making food (a frozen pizza and brownies) and cleaning Tristen's room (we can't go anywhere until her room is clean).  
Tristen: Always something with food

**Where do you see each other in the future?**

Ruby: I see Tristen being very successful in life, pursuing her dream job as a therapist. I see her being the "fun mom" and always being the life of the party.

Tristen: Because Ruby has always been the "mom" of the friend group, I see her having many kids and being an "almond mom." I see her being very organized and always on time for everything.

# Hall Smarts



by Maya Smith

After the game last night, I wanted to see if some students know some volleyball trivia.

How many people are allowed on court at a time?

Joellen Beitz: 6

Zach Leytem: 6

Logan Beaman: 6

Answer: 6

If you score a point by hitting the ball on the ground of the other team's side, what is it called?

Joellen: Hitting

Zach: An ace

Logan: A score

Answer: A kill

What is the number of times the team can hit a ball before it has to go over the net?

Joellen: 3

Zach: 3

Logan: 4

Answer: 3

How many points are in a set in a Varsity game?

Joellen: 25

Zach: 25

Logan: 25

Answer: 25

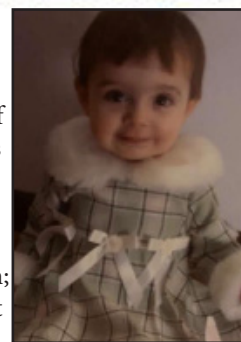


# Cutie

by Lily Huber

What a stylin' cutie!

This Cutie is a senior, lives outside of Hopkinton, and has one sibling. Some activities that she is involved in is musical, jazz, and speech; and a fun fact about her is that her dog is named after a character from Dukes of Hazzard. *The last Cutie was McKenna Mineart.*



# what's up?

**If you could choose any show/movie to rewatch, what would it be?**

by Camryn Paris

Lexi Ries - Cars 2

Lainey Deutmeyer - Trolls 1

Jeanie Teymer - The Notebook because Ryan Gosling is hot.

Lucy Hucker - Grey's Anatomy

Keira Leytem - The Titanic

Taryn Burbridge- One Tree Hill

Rogan Heidt- A River Runs Through It

Camran McAreavy- Where the Red Fern Grows

Addie Vorwald- The Miracle Season

Zachary Leytem- Barbie

# Adding spirit

The cheerleaders decorated the entrances at all of the schools in the district Sunday to prepare for homecoming week.



## Meet the Freshmen



**Shannahan, Ava, Alaina & Morgan**

Name: Ava Knipper  
Siblings: Jada and Kyra  
Activities you plan to be in: Volleyball, basketball, softball  
Favorite subject: Science  
Career aspirations: Dental hygienist  
Hobbies: Tanning  
Something cool about you: I am a middle child.

Name: Alaina Mead  
Siblings: Miles and Eli  
Activities you plan to be in: Dance team, track, softball  
Favorite subject: Math  
Career aspirations: Not sure  
Hobbies: Competition dance and boating  
Something cool about you: I live near lake Delhi.

Name: Morgan Howes  
Siblings: Sam and Emmah  
Activities you plan to be in: Golf  
Favorite subject: Computer science  
Career aspirations: Engineering  
Hobbies: Playing guitar  
Something cool about you: I travel a lot.

Name: Shannahan Smith  
Siblings: Mary Ellen, Ivan, and Hilar.  
Activities you plan to be in: Basketball and speech  
Favorite subject: Electricity  
Career aspirations: Farming and ag mechanics  
Hobbies: Farming  
Something cool about you: I show chickens at the fair.

—typist: Grace Richter

## One at a Time

by Arianna Nolan

The feeling of trying to avoid certain people at school, in fear they are going to try and hurt you, is a common feeling in our current society. But, it shouldn't have to be. Have you ever wondered why this could be happening to YOU, and what you could do about it? Well, I have some news for you.

Unfortunately, bullying is very common within our society, especially in high school and middle schools. According to the CDC (Centers for Disease Control and Prevention), 1 out of 5 high school students in the past year communicated that they were being bullied at school. Additionally, 1 in 6 high school students felt like they were being bullied online and the rates for middle school students are even higher. Bullying can be displayed in many forms, such as destroying the property of the victim, physical harm, verbal violence, social, and relationship harm. A type that people might not know is bullying is social and relationship bullying, which is spreading rumors about that person, and leaving them out of group gatherings or chats on purpose. And of course, there is cyberbullying, which itself is its own topic. But today, I am going to talk about the effects of bullying, what to do about it if it is happening to you, and how to prevent it.

Many horrible consequences can happen if a student is being bullied. Smaller consequences such as lower grades can occur, but it can get to a point where a student feels like they should harm themselves. Words and actions do matter. What you say to a person can destroy them from the inside and out, and can make them want to die. According to the Megan Meier Foundation, "Students who experienced bullying or cyberbullying are nearly 2 times more likely to attempt suicide." So that means that even if you don't think that your words and actions that you find "funny" or "necessary" aren't going to lead to something bigger, you are wrong. You could be responsible for the life of an innocent person. Not only that, but students who experience bullying are more likely to experience mental health issues, and have sleeping problems. So many other consequences are likely to occur due to bullying,

this was just to name a few.

When you are being bullied, it can feel like you are alone, and there is nobody to help you. But, there are people to help you. Some important people in your daily life that you can talk to are your school's guidance counselor, or a trusted adult. With their help, they can hopefully put an end to your issue, and help you find peace. If you are considering suicide as an option, there are many hotlines that would be willing to listen and to convince you to stay alive, at least for a little longer. Such hotlines include 988 and Teen Line IOWA. I know how it feels to feel like the whole world is caving in on you and being scared for your life because of what people have said about you, and I wish I had known about these resources sooner to help me. Don't feel afraid to reach out because the first step to healing is conquering your fear to reach out for help.

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### Need help?

**Suicide & Crisis Hotline 988**  
**Teen Line IOWA (800)443-8336**

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Lastly, preventing bullying is a complex process. It usually starts with teaching younger students what bullying is and how to treat others with respect. Behaviors are learned and are not naturally given to someone. So, if they see someone else being bullied, and are encouraged by others around them to do it also because they think it's funny, they are going to participate. Starting to teach your younger siblings or cousins about the topic is very helpful in preventing bullying in the future. Another way to prevent bullying is to stick up for people when you see it happening. It might feel a little embarrassing, but are you going to choose your pride or pay the price of seeing an innocent victim be harassed for doing nothing wrong? The choice is yours. Just remember, all the decisions you make in life will have consequences, whether good or bad. It's up to you what you want to do about it.

I hope even this little column is able to help victims at our school find peace and help, because I know that bullying does occur at Maquoketa Valley. Again, if you are being bullied, please contact help and know that you are not alone. I love you all, and happy homecoming!



# Dying Words

by Cadence  
Freiburger  
Born

Elinore Harris, Billie Holiday's life began on April 7th of 1915. Her mother never married her musician father, and she ended up changing her name several times. She began to spell her first name as Eleanora instead of Elinore, and she changed her surname to her step-father's. Neither the first name or the last name lasted long, and soon, her name was Billie Holiday. Billie came from her favorite actress, and Holiday came from her birth father's surname.

Moving to Baltimore in 1928, Holiday spent three years jumping from job to job to support herself. Finally, she landed a singing job in a Harlem nightclub. With no musical education, Billie Holiday thrived off of her natural talent and understanding of jazz music and blues music. Partly due to her lack of singing education, Billie Holiday forged her own unique singing style. Holiday's fame only grew from there when she began recording her songs and, eventually, toured Count Basie's band and Artie Shaw. By 1940, "Lady Day" was performing exclusively in concerts and cabarets with saxophonist Lester Young.

Holiday's inevitable end was met after a lifetime of narcotics and alcohol abuse, which revoked her cabaret license and ruined her voice. On July 17, 1959, Billie Holiday spoke her final words:

*"Don't be in such a hurry."*



## MV TEL-ALL

compiled by Lily Huber

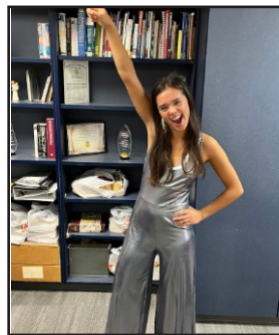
Over 39% of people with a substance use disorder also have a mental health disorder, such as anxiety or depression. People who suffer from a dual diagnosis can be treated for both disorders simultaneously. - America's Rehab Campuses

# Homecoming dress up days

photos by Kaitlyn Nolan



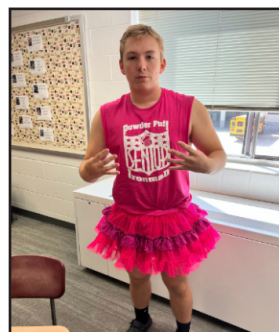
Ms. D and Mrs. Besler as Princess and the Frog



Lily Huber is dancing in the 70s.



Ms. McCrary is excited to workout!



Devin Meeks is hot pink for the senior class.

Dynamic Duo Day



The Teymer girls as Garth and Wayne from Wayne's World

Throwback Tuesday



Señorita Ries as Britney Spears

Workout Wednesday



Mr. Palmer and Mr. Dunlap are tough guys.

Color Wars



Freshman Jeanie Teymer is winning in red.



Camryn Paris and Sadie Boeckstedt as Spongebob and Patrick



The freshmen are throwing it back.



Zari Ambundo getting ready to run



Mrs. Moenck's feeling green for the staff.