

Homecoming festivities set for next week

This year's homecoming court includes front row from left: Queen candidates Josie Teymer, Lily Huber, Livia Hermanson and Alia Domeyer; back row: King candidates Aidan Salow, Tate Monk, Lance McShane and George Livingston. Queen coronation will be Friday night at halftime of the football game. King coronation will be during the pep rally Friday afternoon.



A note from Mr. Osterhaus

MVHS ranked #11 in state

The U.S. News & World Report recently published their ranking of Iowa Public High Schools. I am extremely proud to let you know that Maquoketa Valley High School is ranked #11 out of all the public High Schools in the State of Iowa! I can not say enough about how proud I am of our teachers and staff for their hard work and dedication to providing our students with a high-quality education. We truly have one of the best staffs in the State of Iowa. I am also thankful that we have tremendous students, which is a direct result of the great support from our parents and community. Your support is greatly appreciated! This would not be possible without the tremendous job our Elementary & Middle School Staff is doing to prepare students for High School, and for that, I say thank you as well! Here are the past rankings for schools in our District:

2020 - High School Ranked #21
2020 - Middle School - US Department of Education Blue Ribbon School
2021 - High School Ranked #6
2021 - Middle School Ranked #10
2021 - Delhi Elementary Ranked #4
2022 - High School Ranked #13
2023 - High School Ranked #11

by Maya Smith

Homecoming is next week! This year's theme is Walk the Plank. Here's a timeline of events.

On Sunday, hallway decorating will be starting at 2:30. If you have time before the fun starts, feel free to come help! Powderpuff will start at 5:00. Ironman is to follow in the gym around 6:00. Each class will play two games of Powderpuff and two games of Ironman. Even if you aren't playing, come and support your classmates!

Monday's theme is Dynamic Duo. Tuesday's theme is Throwback Tuesday. Wednesday's theme is Workout Wednesday. Thursday's theme will be Class Colors, and of course, Friday's theme is Black and Gold. A gift card will be given out to the

best dressed each day!

On Friday we will run a 1:05 dismissal schedule. From 12:50 to 1:50 everyone will have fun at class competitions. The parade will start around 2:00. After the parade the pep rally will be held in the high school gym. The king will be crowned then. The football game will start at 7:00 with the queen being crowned at halftime.

On Saturday, doors to the high school commons will open at 7:30 p.m. for the homecoming dance. Doors will lock at 8:00, but the dance won't end until 10:00. It is a \$5 admission for students. You can pay in advance in the office or pay at the door on Saturday. Dress is semi-formal, which means no jeans!

5:00 PM - PowderPuff in the Stadium

5:00 East End of Field: Seniors vs Freshmen
5:00 West End of Field: Juniors vs Sophomores
5:45 East End of Field: Winners vs Winners
5:45 West End of Field: Losers vs Losers

6:00 PM - Ironman Volleyball in the HS Gym

6:00 Court 1: Seniors vs Freshmen (1 Game to 25 Points)
6:00 Court 2: Juniors vs Sophomores (1 Game to 25 Points)
6:30 Court 1: Winners vs Winners (Best 2 out of 3 to 21)
6:30 Court 2: Losers vs Losers (Best 2 out of 3 to 21)

Class Colors

Seniors - Hot Pink
Juniors - Safety Orange
Sophomores - Sky Blue
Freshmen - Red
Staff - Green

New students find their place at MV

by Kaitlyn Nolan

New school years often bring change, and one of those changes is some new faces in the halls of MV. Let's meet some new Wildcats.

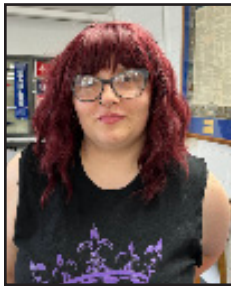
Braden Gardner-

Braden Gardner, a sophomore from North Linn, plans to be a part of FFA this school year and is on the football team. He likes the staff at MV and thinks they're all super nice and willing to help the students. He loves to fish and snowboard. He either plans to go to college in the future or join the Air Force to become a pilot.



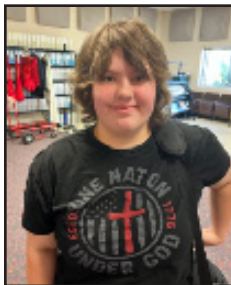
Chloe Letts-

Chloe Letts, another sophomore at MV, likes volleyball as well as drawing, coloring, and driving. She thinks that MV has been okay so far. Her future plans are undecided.



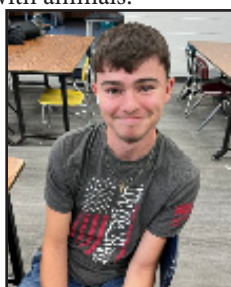
Taylor Saunders-

Taylor Saunders is a sophomore this year at Maquoketa Valley who is planning on being a part of the musical and dance. She's enjoyed the smaller school and how easy it is to fit in and feel welcome. Taylor enjoys music, art, and dance. She isn't quite sure what she wants to do in the future, but she knows that she wants to attend college following graduation and is leaning towards something that has to do with animals.



Xander Smock-

Xander Smock is a sophomore this year. He enjoys the small class periods at MV, and his hobbies include hanging



out with friends. His future plan is to be a mechanic.

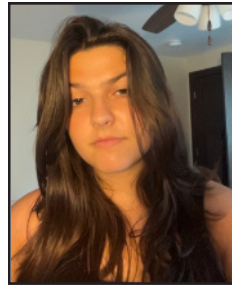
Macoy Stone-

Macoy Stone is a sophomore this year at MV who plans on participating in football and track this school year. He likes the schedule at MV so far. In Macoy's free time, he enjoys lifting weights and hanging out with his friends. His future plan is to be an electrician.



Braxtyn Gardner-

Braxtyn Gardner, a senior this year, is dual enrolled at MV this year for some classes. She used to attend North Linn until her sophomore year when she changed to homeschool. Although she doesn't plan on being involved this year in activities, she does plan on supporting her brothers in theirs. A couple things Braxtyn likes about MV are their teachers and the students that she met already, especially the ones that she has met before school started. Some of her favorite hobbies include drawing, reading, and spending time with family and friends. Her current goals for the near future are to obtain her motorcycle license, a motorcycle, and go to NICC for their automotive mechanics program.



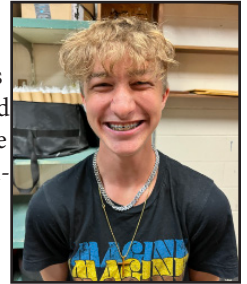
Beau Puffet-

Beau Puffet is a freshman and plans to be in golf and band this year. He enjoys the faculty and staff at MV and believes that they are very nice and care about the students. His hobbies include playing the trumpet, golfing, and playing video games. Beau's future plans are undecided.



Tristen Dietz-

Tristan Dietz is a freshman at MV this year, and he's enjoyed the people at MV the most since the beginning of the school year. He enjoys music and waterskiing in his free time. He plans to be in band, jazz band, choir, speech, the play this spring, and baseball.



Caden Kremer -

Caden Kremer is a sophomore this year at MV. He enjoys the FFA program at MV and plans to participate in that group this year. His hobby is being around animals. Caden's future plans are undecided.



what's up?

What is the weirdest food combination you have ever eaten?
by Camryn Paris

McKenna Mineart - Skittles and sour cream

Sadie Boeckenstedt- Dipping chips in Jello
Braden Ronnebaum- Peaches and mashed potatoes

Izzi Meonck- grapes and sour cream
(words from Izzi- "TBH, it's kinda buss")

Natalie Ries- popcorn and sour cream

Haydin Flannagan- Pickles and chocolate

Jade Hillers- Pickle juice popcorn

Cece Trenkamp- Well, I don't eat it, but people in my family put peanut butter in their chili.

Sports Connection

Volleyball team takes on some new and familiar competition

by Natalie Ries

The Wildcats had their first home games last Thursday night. The freshman team had a victory and so did the JV team. The Varsity team fought for a tough loss.

Overall the scores were North Cedar 3 MV 1 (25-15 NC, 25-23 MV, 25-20 NC, 25-23 NC).

To start with the stats that came from these games offensively Grace Richter led with 8 kills on the night. Following Richter was Lanni Beaman. Beaman had 7 kills all night. Overall the team of 12 girls had 34 kills. Moving to assists, Keira Leytem led with 29 assists. Following Leytem was Lili Bauers with 5 assists. Overall there were 37 assists performed by the Wildcats.

Looking at the defensive side of the night, blocks were led by Camryn Paris. Paris had 5 blocks all being solo blocks. Following Paris was Haley Ronnebaum and Richter, with 1 block each. Continuing with defensive stats Bauers led with digs on the night. Bauers had 25 digs in total. Following Bauers was Bianka Ronnebaum with 18 digs. The Wildcats had a total of 108 digs.

Serving is the last statistics that were entered. The Wildcats for serving were led by Lili Bauers and Camryn Paris both with 81.8% on their serving for these games. Following Bauers and Paris was Keira Leytem with making 80% of her serves.

The Wildcats also had a tournament in Anamosa last weekend. The Wildcats played many tough teams. The Wildcats ended the tournament with a record of 2-4 with victories over Van Buren County and Washington and losses to Clear Creek Amana, Bellevue, Ed-Co and Galena.

"We started off slow at the Anamosa tournament," stated Coach Nefzger. "As the day went on we continued to improve and ended the day with two wins. It is always fun playing against 'new' teams that are not in our conference. We need to continue to dial in on the little things and focus on getting our serves in. I love taking the teams to Saturday tournaments. It



Keira Leytem and Haley Ronnebaum go up for a block against North Cedar last week. (photos by Dannie Burkle)

is a chance to work on things and get better without showing conference teams our abilities. I am looking forward to our tournament at West Delaware next Saturday!"

Tuesday night the Wildcats hosted a triangular the triangular with MFL-Mar-Mac and West Central. The Wildcats won both matches 25-26, 25-12; 25-17, 25-13, respectively.

Coach Nefzger noted, "Our home triangular went well. We played well. I was happy with the outcome. Talking with the girls after the game we all agreed that we can not give up more than two points at a time. We had some big leads on these teams and gave up 7 or 8 points at a time. If we do this while playing teams in our conference we will be in trouble. Overall, we are doing so many good things. We served the best we have all year, and we were swinging at the ball."

Upcoming stats in next week's issue will be from Thursday night's game at Prince of Peace.

Make sure to catch a Wildcat volleyball game and show your support!



Victory bell rings for second Friday in a row



Lance McShane powers through the North Cedar defense with some help by Lukas Chesnut (28) and Tate Intorf (10). (photo by Dannie Burkle)
by Kaitlyn Nolan

Two home games, two wins, and two times the bell has rang at Maquoketa Valley.

The Cats have started off the season strong with two strong performances against Cascade two weeks ago and last week with their 42-20 win over the North Cedar Knights. This is the third straight season where the Wildcats have come on top.

"I thought we really got off to a great start," stated Head Coach Scot Moenck. "They kids came out with great energy. I thought Brady was outstanding throwing the ball. He hit open receivers, he got the ball out quick, and he made some great reads. When our line gives him time, he does a great job completing the ball. I thought at times we were very physical up-front, and at times we weren't."

Even though the game was a win, there's more work to be done.

"Midway through the second quarter we kind of took our foot off the gas," Moenck continued. "We made a lot of mental mistakes that will cost us in big games that are close. We have a lot of room to grow."

The season is looking to be an exciting one for the boys. According to The Gazette, Maquoketa Valley is ranked ninth in this week's poll. Sitting at #4 is none other than this Friday's opponent, East Buchanan. Last year's game against the Buccaneers had been close until the Bucs started to pull

away in the second half. The hope this year is to keep the foot on the gas pedal.

The game starts at 7 p.m. and will be hosted by the Bucs in Winthrop, and the theme for the night is neon.

Stats:

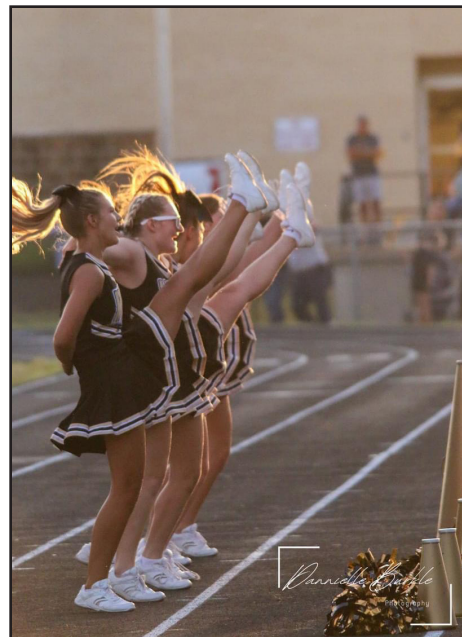
Brady Wall: 8/16 C/ATT; 6 CAR; 18 YDS
Lance McShane: 29 CAR; 326 YDS; 5 TDS; 57 LONG

Dylan Knipper: 3 CAR; 4 YDS; 1 REC; 2 YDS

Anderson Holtz: 3 REC; 61 YDS; 1 TD; 15 LONG

Taten Intorf: 3 REC; 54 YDS

Lukas Chesnut: 1 REC; 12 YDS



Athletes of the Week

Name: Lily Huber

What do you enjoy most about volleyball this year? Since we only lost Kennedy as a starter last year and Keira was already setting varsity too, we had the whole varsity team return (and now with Camryn and a few more). This consistency makes me feel like we are all comfortable with each other and gives us the ability to really have fun at practices and games which has really made this year so enjoyable.

What is the most effective drill for you in practice? The drill where we have to keep our heads/bodies under the net the whole time while passing to ourselves... and yes, figure eight passing.)

What's your goal for the team this season? My goals on the court are to keep improving on the little things and to become more competitive/aggressive. Looking at the bigger picture, a goal of mine (and ours) is to finish at the top of the conference.

What has made this year unique for you? With Coach Nefzger being the new head coach and our class being seniors (trust me, it's still weird and unreal for me), the new coaching staff as well as newfound supremacy and leadership has made this year unique from the rest. I truly feel that I've grown as an athlete as well as a leader playing since freshman year, and that my time poured into this sport was definitely worthwhile.



Name: Anderson Holtz

What do you enjoy most about football?

Being together as a team and lifting with my teammates.

What lessons about life have you learned from the sport? I learned the one thing you never get back in life is time.

Who are your favorite pro/college football teams? My favorite college team is the Iowa Hawkeyes.

Why is football a sport worth going out for? Because you can hit people for fun.

Who is your football role model? My football role model is Ray Lewis.



Hall Smarts



by Maya Smith

With homecoming around the corner, I decided to find out if some students actually know what's going on out on the field.

What does it mean when a team is on fourth down?

Alaina Leytem: One more chance to get the ball to the end zone

Grace Richter: Last try to get 10 yards

Kaitlyn Nolan: last down before the other teams gets the ball

Answer: Last attempt to gain 10 yards

After making a touchdown, what can a team do?

Alaina: They can do the kicky thing or run a two point conversion

Grace: They can try to get a two point conversion by running it or kicking it for 1.

Kaitlyn: Kick or a two point conversion

Answer: They can attempt an extra point or a two point conversion.

What does the quarterback do?

Grace: Throw it to the runners

Alaina: Throws the ball

Kaitlyn: He passes and hands off the ball to the receivers

Answer: The person who calls the plays and passes the ball.

What does the receiver do?

Alaina: Run the ball

Grace: Catch the ball from the QB

Kaitlyn: Catches the ball

Answer: Catch the quarterback's passes



MV Marching band performs halftime show

The marching band finally got to debut its halftime show last Friday. This year's show theme involves the various genres of music played on different radio stations. (photos by Dannie Burkle)

Big Games on the Big Stage

To put it simply, Iowa should have beaten Utah State by way more than they ended up doing. If this were a Big Ten game, a 24-14 win wouldn't be terrible. Heck, it would have been good considering our offense put up good numbers for the first time in arguably two seasons of Hawkeye football. Cade McNamara proved that he was a worthy asset to the team like we had been hoping, and for the first quarter, it was looking spectacular.

And then the next three quarters had fans questioning Brian Ferentz's playbook all over again.

The Hawks' lackluster win over Utah State had them pushed out of the AP Top 25 this week despite earning a surprisingly high number of votes. With the big CyHawk game this Saturday, the hope is to keep the gas going all four quarters and to have a stronger defense than what was

shown last Saturday.

As mentioned earlier, the Hawkeyes will be traveling to Jack Trice Stadium in Ames this Saturday.

Speaking of the Cyclones...

ISU put up a strong performance against another in-state foe, the UNI Panthers, with a 30-9 victory. Last year the Cyclones finally beat the Hawkeyes following a six-year losing streak. Matt Campbell looks for his second win while Kirk Ferentz is preparing to take back the infamous CyHawk trophy and return it to Iowa City.



by Kaitlyn Nolan

Best Buds

Grace Richter, Kalynn Freiburger, Macee Nolan

by Chantel Crowley

How did the three of you meet?

Kindergarten

What is your favorite memory you have with each other?

Grace: "My favorite memory I have with the three of us is swimming at the private pool at night and a bat tried to attack me."

Macee: "I can't choose. Either Walmart or homecoming last year."

Kalynn: "Homecoming last year"

What song best describes your friends?

Grace: "'Teenage Dirtbag' - Wheatus."

Macee: "'Woman' by Doja Cat is Kallie for sure. For Grace, I think of any Spanish song or Queen song."

Kalynn: "For Macee, 'Pitch Perfect Riff Off', and for Grace, any Hairspray songs."

What celebrity do you think each other looks like?

Grace: "I think Macee looks like Cindy Lou Who, and Kallie looks like Omar the Ref."

Macee: "Gdogrichter0207 I think looks like Kim K, and Kfriebrurger02 looks like Jennifer Lawrence."

Kalynn: "Macee looks like Margot Robbie and Grace looks like Rihanna."



What does a typical hangout look like?

Grace: "Going to Delhi Landing."

Macee: "Either Dairy Queen, Delhi Landing, or hanging at my house."

Kalynn: "Going to Macee's house."

Where do you see each other in the future?

Grace: "Macee will probably be in physical therapy for some injury, and Kallie becoming a nurse."

Macee: "I can see Kallie owning a cupcake store right by my hair salon, and Grace doing doctor things."

Kalynn: "I can see Grace playing basketball as a 40-year-old and Macee being a stay-at-home dog mom."

Comedy Corner

—compiled by Grace Richter

I was going to tell you a joke about boxing but I forgot the punch line.

I'm not a fan of spring cleaning. Let's be honest, I'm not into summer, fall, or winter cleaning either.

I wanted to buy some camo pants but couldn't find any.

I was going to tell a time traveling joke, but you guys didn't like it.

What does a pig put on dry skin?
Oinkment.

MV TEL-ALL

Question: What are the long term effects of vaping on the brain?

Answer: These risks include nicotine addiction, mood disorders, and permanent lowering of impulse control. Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.

—U.S. Surgeon General



MV football fans packed the stadium last Friday night. (photo by Dannie Burkle)

Meet the Freshmen



Noah, Tristen, Bryce & Otto

Name: Tristen Flanagan
Siblings: Kayla Flanagan and Riley Flanagan
Activities you plan to be in: Volleyball, cheer, and track.
Favorite subject: Spanish
Career aspirations: Not sure
Hobbies: Tanning
Something cool about you: I work at Jellystone in Monticello.

Name: Ivan Otto
Siblings: None
Activities you plan to be in: Football, wrestling, baseball, track
Favorite subject: Math
Career aspirations: Not sure
Hobbies: Hunting and Fishing
Something cool about you: I work out a lot

Name: Noah Whalen
Siblings: 1 brother and 1 sister
Activities you plan to be in: Football, wrestling, track
Favorite subject: History
Career aspirations: Not sure
Hobbies: Lifting and fishing

Name: Bryce Vaske
Siblings: Bevin Vaske
Activities you plan to be in: Baseball, and golf/
Favorite subject: Woodworking
Career aspirations: Cattle sales
Hobbies: Hunting and fishing
Something cool about you: I go ice fishing a lot.

—typist: Grace Richter

One at a Time

by Arianna Nolan

Your sweaty hands grasp the phone, the screen burning into your eyes. Everywhere you go on social media, there will always be hate lingering throughout the app. Whether it be comments on a post/video, an offensive post on a story, or direct messages that were meant for you — it's all harrowing. But, you can't get away from it somehow. It's as if you're a fish on a hook. No matter how hard you try, you will always come back to the thing that is slowly destroying your emotional and psychological health.

Social media addictions are becoming more prevalent within our society as time goes on, especially within teens. Jefferson Health (Home of Sidney Kimmel, Medical College) says "Adolescence is the second biggest period of growth in the brain. Because teens' brains and social skills are rapidly developing, they are particularly susceptible to the addictiveness of social media." Much like drugs and alcohol, once you start, it's very hard to stop. And it's very clear to see that a lot of us are addicted to our phones and social media. When walking down the hallways to class, you can see students walking down the hall with their phone gripped in their hands. As Mr. Huegel calls it, we are "walking digital zombies." But, what can we do about this? Well, I am going to tell you some ways that you can reduce your screen time, which in turn can lessen the time that you are on social media.

First, spending time with friends can reduce the amount of time that you are on your phone. There are many activities that you can do with your friends that don't require using your phone. If you would

like to do something at home, then you can play board games or create challenges to do around the house that make hanging out together fun and memorable. If you prefer going out, then you could go to a restaurant or go shopping at your favorite stores. Plus, there is always going on walks and talking, which is arguably one of the best activities that you could be doing for yourself.

Another activity that can reduce the amount of screen time you have is to do productive tasks for yourself. Most people usually have work that they need to get done, but have been putting off due to distractions like social media. But, now is your chance to get those tasks done,



which can make you feel better about yourself. And, even if you don't have goals/and or tasks that you can think of, you can always come up with some. These can be simple activities such as cleaning your room, or taking out the trash, or it can be much bigger goals such as learning an instrument, or getting better at a current skill that you have. Doing this can greatly reduce the amount of time that you spend on your phone because you are doing activities that are productive, which can make you feel more motivated and proud to do other goals/tasks.

Of course, these are not all of the ways to reduce screen time and your time on social media. And, even though I say this, it's all up to you to make the decision to start the journey to stop being addicted to your phone and social media. Just remember, your choices have consequences. The longer that you spend on your phone and social media, the more that you become addicted. With this said, I hope you all have a wonderful weekend, and I will see you all next week. I love you all!

JO-JO'S CLOSET

by Josie Teymer

Happy hair day! Let's take a quick look at some hair trends and styles. Popular female styles include the blunt bob, the short shag, wispy bangs, and textures layers/fringe. Some upcoming men hairstyles include a high faded mohawk, buzz cut paired with a beard, and the center part mullet for some reason. Some popular hair accessories are petite bows, scarf scrunchies, braided headbands and the classic claw clip. Have a good Friday!

