TEL students attend conferences

by MaryEllen Smith

This past week was eventful for TEL (Teens Eliminating Lies) with two different groups out spreading awareness about substance abuse to kids.

This past Tuesday Joellen Beitz, Maya Smith, Ever Botos and Abby Nieman went to EWALU outside of Strawberry Point. During this they practiced different ways to say no to alcohol, drugs, and vapes, and they talked about illegal substances. The group also developed a better understanding of good medicine practice, allowing for proper use of medicine. The trip included team-building activities and some competitive ones as well. The group did Jeopardy and was a fan favorite.

Last Thursday another group ventured to Des Moines. The group included Rylee Reed, MaryEllen Smith, Sellah Ambundo and middle schoolers Colt Haas.



MV delegates to the IStep Summit gather for a photo. Sellah Ambundo, not pictured, served as a member of the executive committee.

Abram Nolan, Maggie Recker and Jena Hoefer. This group attended the IStep Summit and Sellah Ambundo is on the executive counsel. She helped design the summit and direct the activities. Some activities

included bingo with questions about tobacco use, vaping and drinking. Along with the activities, Robb Holla, a motivational speaker, attended the event and spoke to the audience about vaping and its effects. Throughout these experiences both groups learned about better use of drugs, vapes and alcohol.

Dancers prepare for auditions



Competition dance season is among us. Next Thursday is round 1 of State Dance Solos. Four Wildcats are competing this year at Newton Berg Middle School Class II Dance. There are 948 soloists competing October 24th-25th.

If scored in the top 10 they then move on to round 2 at Wells Fargo arena in December.

Last year Tess Intorf was ranked 8th and Alaina Mead was ranked 2nd in the State in MV's division.

High School team routines will be in December.

Students competing include Tessa Intorf, Alaina Mead, Taylor Salow and Emma Brockhohn.



The MV representatives at the TEL conference at EWALU participate in a game.

Sport Connection

Schaul, girls team top conference, A. Burbridge breaks school record

by Maya Smith

Last Saturday, the cross country team trekked their way up to North Linn to compete at the Bob Mudd Lynx Invitational. It was a great day for all athletes and included a few PRs on both teams.

The varsity girls kicked off the morning. Audra Burbridge came in hot at 9th place, running a 19:52.2. Next in line was Taryn Burbridge in 22nd place with a time of 21:02.3. Alexis Halverson, with a PR of 22:22.9, placed 50th. Next up, Breanna Bush came in at 60th with a time of 21:01. To round out the scorers, Bianka Ronnebaum finished 72nd with a tine of 23:53.3. Next, McKenna Bush placed 83 with a time of 24:50.1. Finally, Jada Knipper wasn't too far behind, ending the race with a time of 25:21.6 in 89th place. The team finished 7th with 191 points out of 11 teams.

Next, the varsity boys took off. Matthew Schaul came in 3rd with a time of 16:13.9. Kenyon Baker came in 11th with a time of 17:27.9. Third for our boys, Brady Eike finished 29th with a time of 18:17.1. In 64th place, Owen Smith ran a PR of 19:38.9. Not far behind, Jayden Schwandt finished 70th with his own PR of 19:45.7. Finally, Shane Wright finished with a time of 21:40, 95th. Overall, the boys team finished 6th out of 15 teams with 168 points.

The JV girls race rounded out the day for the Wildcats, with Haydin Flanna-



gan finishing 61st with a time of 27:49.3, Rylee Reid with a time of 28:14.5, 69th, and Jordan Hatfield finishing 74th with a time of 29:07.6.

Coach Kirchoff commented, "The boys had a fantastic meet! Owen Smith and Jayden Schwandt had some big PRs which led to a terrific 6th place finish. The boys are peaking at the right time with the Tri-Rivers Conference race next Tuesday. Matthew didn't have his best on the day which makes it even more impressive that he was able to finish third. His leadership is a big reason the entire team ran so well today. We are focusing on getting healthy and fresh for championship season. The girls had their best meet at West Delaware earlier in the week, and they replicated that effort again today. They showed they can consistently be one of the best teams in 1a. I'm excited to see what they can accomplish this postseason. Once again I think Audra ran her best race of the season. She continues to get better and better as the season goes on. Taryn has been dealing with an injury all season. I was happy to see her have her best race of the year so far. She is so important to this team and not just for her running ability. Her leadership and positive attitude impress me every single day."

The following Tuesday, both teams geared up for some exciting races at the Tri-Rivers Conference Meet in Edgewood.

The girls raced first. Hope was in the air, as the girls knew they had a real shot at bringing home a conference championship. It was an exciting race, including 3 top ten finishes, some PRs, and season bests. Audra Burbridge came in second place, with a PR of 19:20 which set a new school record. Taryn Burbridge wasn't far behind, finishing 4th with a season best of 20:19.7. Alexis Halverson finished 10th with a PR of 22:02. Hot on Halverson's heels, Breanna Bush finished 11th with a PR of 22:03.5. Bianka Ronnebaum, with a time of 23:22.3, finished 19th. McKenna Bush finished 27th, with a time of 24:28.8. Jada Knipper



Kenyon Baker and Matthew Schaul

finished 30th with a time of 25:09.4. Rylee Reed finished 39th with a time of 26:51.1. Finally, Haydin Flannagan and Jordan Hatfield finished almost instantaneously, with respective places of 42nd and 43rd, times of 27:49.8 and 27:49.9. Overall, the varsity team brought home the Conference Championship with 30 points, a far lead from 2nd place Alburnett's 52 points.

In regards to the girls' exciting Conference Championship, senior McKenna Bush commented, "With races, it's hard to tell how things will end up. There's always hope but never a guarantee. Overall, I thought the race went really well. It was chilly and on a new course but we all raced really well despite that. I'm excited to see how we will continue to improve in the postseason."

Next, was the boys race. Matthew Schaul found little competition during this race, securing first place with a time of 16:04.8. Next, Kenyon Baker came in 11th with a time of 17:33. Brady Eike ran a time of 18:17.5, earning 17th place. Jayden Schwandt came in 43rd with a time of 19:57. To round out the scorers, Owen Smith came in 50th with a time of 20:13.4. Gabe Saunders came in 75th with a PR of 22:17.8. Overall, the boys team placed 5th with 106 points.

The teams will compete at the state qualifying meet next Thursday at North Linn.

Big win over undefeated Lynx lead to district championship

by Maya Smith

Following the Cats' last game, a 35-0 shutout against the Bellevue Comets, the football team traveled to North Linn to take on the undefeated Lynx. At the end of the half, the Cats were up 12 to 8. Keeping the 4 point lead, they ended the third 20-16. With an impressive fourth-quarter performance, the Cats pulled out of the game 35-16, handing the Lynx their first loss of the season, and adding another win to their 6-game streak to earn a district champion-ship.

Coach Christensen noted he was proud of the whole team, "Offensively, I really liked how we came out and took the ball right down the field and scored. We were physical and motivated. North Linn did a nice job of making changes to slow us down, but I felt like we did a nice job of countering those and finding a way to score again.

"Defensively, I was most proud of the way we bent but didn't break. We had a couple of red zone stops that were very key. When they did score on us we didn't get down on ourselves which is good to see, because as our competition gets better the teams will make plays on us and we have to recover.

"I thought our special teams were excellent on Friday. North Linn had been beating teams in the return game, but we completely took that away with them, with good kicks and great coverage."

The excitement and adrenaline from the game was only added to, as the Cats were revealed to be District Champions after a tough loss by Starmont to Bel-



The stands at the football game last Friday night at North Linn were filled with purple as the Wildcats rallied to show support for the Mike Knipper family. Mike's battle with pancreatic cancer ended Sunday.

levue. Christensen remarked, "It always feels good to win a district championship. It shows the hard work the boys have put in is paying off. It was one of our goals that we had to pass as we climb the mountain to achieve bigger and bigger goals. Starmont has had a couple of tough weeks lately, but they are still a very good team that we have to take seriously. Plus, this game could be important for how the playoff pairings are set up and who we get matched up with. I think the line of scrimmage will be the key to the game as they like to run the ball and focus on stopping the run with their defense."

Here are some stats from last Friday's game:

Passing: Brady Wall; 86 yards; 1 touchdown Rushing: Rogan Heidt; 126 yards; 3 touchdowns, Dylan Knipper; 27 yards; 1 touchdown

Receiving: Eli Doughtery; 65 yards; 1 touchdown

Defense: Nathan Beitz; 9.5 tackles; 6 solo; 2 sacks,

Dylan Knipper; 10 tackles, 6 solo, Kyle Engelken; 8 tackles; 3 solo

Interceptions: Eli Dougherty; 29 yards; 2, Kash Hunt; 13 yards; 1

Kicking: Dalton Africa; 276 yards; 6 kickoffs, Eli Dougherty; 1 PAT

The Cats have one game of conference play left against Starmont before they're gearing up for a playoff game at home!

Wildcats (the good ones) destroy the Wildcats

by Natalie Ries

The Wildcats traveled to Central City to take on the Wildcats last week Thursday. The scores of this game had the Maquoketa Valley Wildcats on top (25-10 MV, 25-8 MV, 25-9 MV).

"We are always working on playing "our game" no matter who we play against," stated Coach Nefzger.

Defensively Lili Bauers and Camryn Paris helped out the team. Bauers had 11 digs. Paris had two blocks against the Wildcats.

On the offensive side of the net Kelsey Hoeger led the team with most assists. Hoeger had 17 assists. Lanni Beaman had a good night with leading in both offensive kills and most successful serves. Beaman had 16 successful serves with 15 kills on the Wildcats.

The varsity volleyball team played at home last night to start off the conference tournament. Look forward to seeing these stats and scores next week.

The team ended its conference season with second place with a 6-1 record. "I am so impressed with my team so far and I am eager to see what we can do in post season play," added Coach Nefzger.



Dylan Knipper (20) moves the ball while Rogan Heidt (17) provides some protection. (photos by Maya Smith)

Meet the Freshmen



Keegan Rahe, Alison Schulte, Kayla Hoeger, and David Vandepol

Name: Alison Schulte Siblings: Cooper

Activities you plan to be in: Volleyball,

Basketball, and FFA Favorite subject: Agriculture

Career aspirations: Large Animal Vet Hobbies: Showing pigs and goats, livestock judging, volleyball, and basketball Something cool about you: I have been to the state fair all 15 years of my life

Name: Kayla Hoeger

Siblings: Kody, Kelsey, Kinley and Kessa Activities you plan to be in: Volleyball and

Favorite subject: Ag

Career aspirations: Undecided

Hobbies: Watching basketball and volleyball, swimming, and riding my horse Something cool about you: I have gotten

stitches 3 times

Name: Keegan Rahe Siblings: Krailyn and Asher Activities you plan to be in: Track

Favorite subject: P.E.

Career aspirations: Electrician

Hobbies: Fishing

Something cool about you: I have glasses

Name: David Vandepol

Siblings: Marley, Laynie, Brandon Activities you plan to be in: Choir

Favorite subject: Science

Career aspirations: Marine Biologist

Hobbies: Gaming

Something cool about you: I farm chickens

—typist: MaryEllen Smith

A good reminder

Mrs. Downs' students assembled a new bulletin board filled with affirmations. Check it out in the lower hall.

Student of the Week

Kelsey Hoeger

You've been nominated because of your volunteer work with FFA. What do you enjoy most about FFA?

I enjoy attending competitions and conventions because we get to see all of our hard

work pay off. I

also enjoy doing volunteer work to give back to our community.

You also recently helped deliver meals in the field for farmers. Why is that a worthwhile project?

This is a worthwhile project for the FFA chapter, as we are giving back to the farmers in our community who have continued to support our chapter over the years. Providing meals for the farmers in our community is our way of thanking them for all they do.

What other volunteer projects for FFA do you enjoy most?

I am involved in several other volunteer projects within FFA, but the one I enjoy the most is helping at the little kid pedal pulls. I enjoy watching the kids be competitive and have fun while trying to win a cool trophy.

Jaelyn's Journeys



photo by Jaelyn Butikofer

Where in the school can you find this object? Be the first one to correctly name the place to Mrs.Temple face-to-face to win something from the prize box! Leah Reicher was the first student last week to identify the pig in Ms. Lau's room.



by McKayla Weber

What is your favorite fall dessert?

Ford Domeyer: Pumpkin Bars Karly Kerch: Apple Pie Tierra Morgan: Pecan Pie Kayla Hoeger: Pumpkin Pie Khloe Glew: Apple Pie Trent Timmer: Cake Balls

Meleah Burr: Candy Corn/Pumpkins

Tate Intorf: Pumpkin Pie Logan Beaman: Scotcheroos Xander Smock: Apple Pie



Spanish IV students organize Hispanic Heritage week celebration







Athletes of the Week

Name: Rogan Heidt

What do you enjoy most about football?

I enjoy playing with my team What lessons about life have you learned from the sport? You have to work hard to achieve what you want

Who are your favorite pro/college football teams?

College- Iowa; Pro- Bears

Why is football a sport worth going out for? Sets up a good work ethic Who is your football role model? Ashton

Who is your football role model? Ashton Jeanty

Name: Eli Dougherty

What do you enjoy most about football?

I enjoy celebrating with my teammates after a big play

What lessons about life have you learned from the sport? One thing you cannot get back is time. Who are your fa-

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

Hawkeyes and my favorite pro team is the Miami Dolphins.

Why is football a sport worth going out for? Football teaches you many lessons in life and can better you as a person.

Who is your football role model? My football role model is either my dad or Calvin Johnson.

Name: Owen Smith

What do you enjoy most about cross country?

The meets because it just helps me get better

How has cross country changed you? It made me a fast runner and introduced me to new people.



What has been your favorite memory of cross country? When I was running at Jesup, I saw how I dropped my time by 30 second in one meet.

Where would you love to have a meet? I would love to ran in Hawaii for the views If a song could be playing as you crossed the finish line, what song would you like it to be? "Yellow Submarine"

Name: Alexis Halverson

What do you enjoy most about cross country? I enjoy the atmosphere of the team. It's always positive and you never leave having a bad practice.

How has cross country changed you? I feel it has

made me a better person and I am now more positive in general. I wish I would've went out sooner!

What has been your favorite memory of cross country? My favorite memory was when Bianka convinced me, Jada, and Leah to eat day old donuts. Bad idea.

Where would you love to have a meet? I'd like to have a meet through a pumpkin patch for the scenery.

If a song could be playing as you crossed the finish line, what song would you like it to be? "Just Like Johnny" by Redferrin

Comedy Corner

-compiled by Grace Richter

In honor of us celebrating Spanish Heritage Week, here are some chistes muy comicos.

What do you call a hairy, angry bear? Furry Oso.

Old McDonald had a daughter, Hija, Hija, Oh!

What do you say to your dad when he leaves for the city?! Ciudad.

What did the chair say when it was leaving? Silla

What kind of music do the planets listen to? Sol music.