

The Wildcat Echo

A publication by the students of Maquoketa Valley High School

New students learn the Wildcat way

by MaryEllen Smith

Several students have joined the MV family. Take a chance to get to know them!

Gwenvre Stark:

What grade are you in?

Freshman

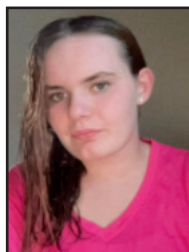
Where are you from?

Manchester, IA

What activities are you in/planning to be in?

None

What are some of your hobbies? Singing, dancing, and writing music



Cadence Miller:

What grade are you in?

Senior

Where are you from?

Hopkinton. I went to Monticello from kindergarten to second grade, then I was homeschooled up until now.

What activities are you in/planning to be in? I plan on being apart of the choir/drama programs and the Wildcat Echo

What are some of your hobbies? When I'm not working, I'm into woodworking and photography.



Anika Saubery:

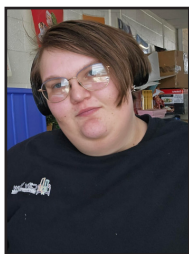
What grade are you in?

Junior

Where are you from?

I am from Cedar Rapids and went to City View and Jefferson High School.

What activities are you in/planning to be in? I am not currently not in any activities and don't have any plans currently to join any but I would love to join any opportunities that come my way
What are some of your hobbies? A few of my hobbies are drawing, writing and reading.



Jordyn Helmricks:

What grade are you in?

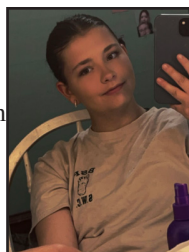
Junior.

Where are you from? I'm from Manchester.

What activities are you in/planning to be in?

Right now I'm in cheer and I'll be planning on being in track doing throwing.

What are some of your hobbies? I like to read and bake. I have two dogs named Saji and Jax. I go on walks with them in my free time.



Atton Long:

What grade are you in? Junior.

Where are you from? I'm from WD

What activities are you in/planning to be in? None

What are some of your hobbies? Video games

FFA shows off daily knowledge by McKayla Weber

This past Friday, members of MV FFA's State Milk Quality & Products and State Dairy Evaluation teams participated in their respective contests at the Delaware County Fairgrounds.

Participating in Milk Quality & Products were Ty Hoeger, McKayla Weber, Morgan Hoeger and Kayla Hoeger. Their team received an 8th-place, gold rating. McKayla Weber was the first-place individual in the area of the Knowledge Exam & Problem Solving and was also ranked the fourth-place individual in the state.

Participating in Dairy Cattle Evaluation were Karly Kerch, Braden Ronnebaum, Alison Schulte and Karl Zumbach. Their team received a 3rd place, gold rating. Braden Ronnebaum was the first-place individual in the area of Oral Reasons and was also the second-place overall individual in the state.

FFA members had the opportunity to travel to the NICC Campus at Calmar yesterday for more dairy contests. Results are to come next week!

Jefferson LeGassick:

What grade are you in? Sophomore.

Where are you from? I'm from Manchester.

What activities are you in/planning to be in? I am planning on being in FFA, football, wrestling, and track.

What are some of your hobbies? I go mudding a lot, fishing, and hunting.

Colt Kelzer:

What grade are you in? Junior.

Where are you from? I'm from Delhi/Edgewood

What activities are you in/planning to be in? I am not in any sports. I am thinking about going out for wrestling but I'm not sure yet .

What are some of your hobbies? I like working at A-1 Mobile Storage Services and I like to farm and hang out with family and friends.

It's about to get 'Lit'

by Arianna Nolan

Do you enjoy reading or writing? Do you wish you could find friends with the same interests as you? The Literature Club is the perfect place for you. The Literature Club is just about enjoying the literature of the world and creating works of your own, but also about having fun, making new friends, and having fun! Each meeting is a brand new opportunity to meet new people and create something that you can be proud of. In the Literature Club, there will be chances to create works of your own, read, and share about what you are reading or have been writing, and play games! Our first meeting will be on Tuesday, Sept. 16th, during WIN time in Mrs. Moenck's room. If you have any questions, please feel free to contact me via email (ariannanolan@maquoketa-v.k12.ia.us).



Sports Connection

Wildcats struggle to capitalize in red zone, fall to Lynx

by Maya Smith

Last Friday, the boys' first home game was against the North Linn Lynx. It was a tough game, and the boys took the loss, 0-16.

Coach Christensen comments: "Overall, the game was frustrating. We out gained North Linn by over 100 yards, won the turnover battle, but we still lost. We have to clean up our penalties, and learn to finish drives in the endzone. We got into the red zone 4 or 5 times and never capitalized. Beckman is a very good team. They have size and talent at the skill positions. We will have to play a lot better this week than last. This week in practice we are really focusing on the mental aspect of the game and being locked in for that area of the game. We are also going to focus on winning at our job every play."

Senior Brady Wall spent the game on the sidelines last week. When asked about the game, he says: "Our offense didn't execute the way we should've against North Linn. We had the ball inside the 20 yard line six times and never came up with a score. We were very close to coming up with the win. We just missed some crucial blocks on most of our play. I have no doubt we will be better. It was Trevor's first varsity start and he had some nerves. Trevor has the same capability of making plays as I do. I saw him grow and become more confident as the game went on. This week we will see the biggest growth from him and our offense. In terms of our whole season, our goals stay the same. We still want to make it to the dome and go compete for a state title. Our goal is to win the rest of our regular season games. Every week we need to grow and get better. We need to learn from the loss and make sure it doesn't happen again." In respect to his time on the sideline, Brady said: "I dislocated my shoulder near the end of the Starmont game. Over the past two weeks I have been going to different specialists to get movement and strength back. As of



Rogan Heidt (17) looks to move the ball as he gets some blocking help from Dylan Knipper (20).

now I plan on returning next week against East Marshall."

Here are some game stats:

Passing: Trevor Grimm; 155 yards

Rushing: Rogan Heidt; 69 yards

Receiving: Anderson Holtz; 59 yards, Eli Dougherty; 44 yards

Defense: Kyle Engelken; 7 tackles; 3 solo

Anderson Holtz; 6.5 tackles; 3 solo

This Friday, the Wildcats take on the Beckman Blazers at home! The theme is black out!



Several season best times earned at Clayton Ridge meet

by Cadence Miller

The MV cross country teams continued their strong start to the season at their second meet on Tuesday, Sept. 9 with a statement at Clayton Ridge meet, delivering a powerful performance that has both squads eyeing an exciting campaign.

The Wildcat girls landed an impressive second-place finish, while the boys clawed their way to a competitive third, proving that grit and speed are already well in stride.

Sophomore sensation Audra Burbridge once again proved she's a force to be reckoned with, blazing a trail to capture the individual title with a blistering time of 20:47.30. It's a family affair at the top, as she was followed by her sister, Taryn Burbridge, who snagged a top-three finish in 22:05, and Anna Feldmann, who claimed a solid fifth place in 22:38.60. The trio's dominant effort set the tone for the entire team, with Breanna Bush finishing 12th in 23:48.90 to lock in a near-perfect pack. The 41-point team score reflects a roster of determined runners who are already working in lockstep. Also competing for MV were Kourtney Hatfield who finished in 24th place in 27:07, Haydin Flannagan in 34th place in 29:03 and Jena Hoefler in 39th place in 30:20.

Meanwhile, on the boys' side, Kenyon Baker led the charge, storming to a third-place finish with a strong 18:03.30. He was backed by Owen Smith, who secured a top-ten spot at eighth in 18:50. The depth of the boys' team was on display as they battled hard for a third-place finish overall. The scoring was rounded out by Jayden Schwandt in 28th at 21:43, Shane Wright in 40th in 24:13, and Colt Haas in 43rd in 25:32.50, who pushed through the challenging course. Gabriel Saunders finished in 46th in 28:35.70.

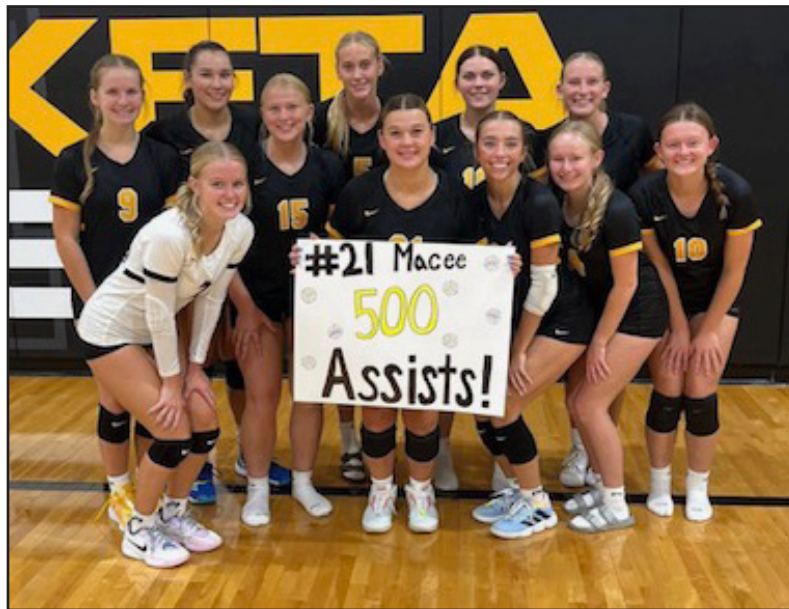
The results at Clayton Ridge are more than just numbers; they're a glimpse into the fierce competition and teamwork that defines Maquoketa Valley cross country. As both teams look ahead, the early success of the Burbridge sisters and the gutsy performance from the boys' squad provide a powerful shot of momentum for the season. With this kind of passion and drive, the Wildcats are poised to turn heads and push their limits in the races to come.

The team competes tomorrow at the Monticello meet.



Owen Smith (left) and Kenyon Baker get a good start at the Clayton Ridge meet Tuesday.

Volleyball racks up three more wins



Setter Macee Nolan achieved a great milestone Tuesday night: her 500th assist.

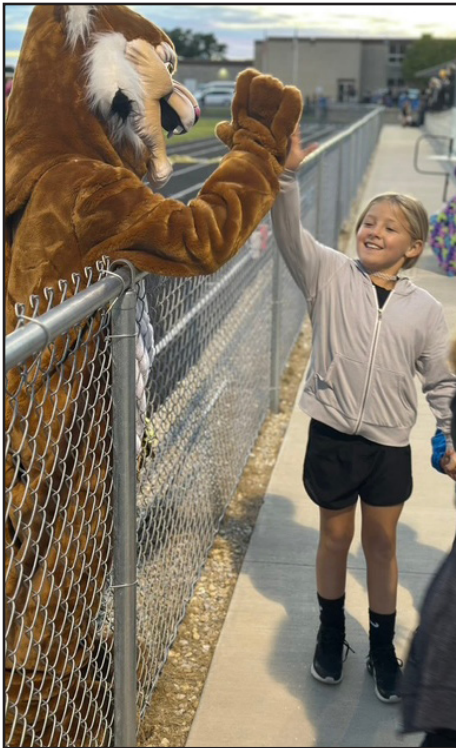
by Natalie Ries

The Wildcat volleyball team likes to continue playing and achieving more goals. Last Thursday Maquoketa Valley hosted Marquette Catholic and secured a win in 3 sets. (25-13, 25-17, 25-19)

The Wildcats had a successful night with Macee Nolan leading with 23 assists followed by Olivia Ronnebaum with two assists. Grace Richter led the Wildcats with 11 kills with Lanni Beaman following with eight kills. McKenna Mineart was the leader with 14 digs against Marquette

Catholic. Camryn Paris was on the net all night with six blocks with assistance from Ava Knipper who had three blocks. Nolan had 17 successful serves and Ronnebaum had 15 successful serves to help the Wildcats out all night.

The Wildcats hosted a triangular on Tuesday against MFL Mar Mac and West Central to secure two more wins for the season. These stats were not available at the time of publication and will be in next week's Echo.



More than a game

Above: Willie the Wildcat keeps students of all ages in the a positive mood.

Right: The band made its debut Friday night. The theme for this year's show is "Cat-Tunes," a play on cartoon theme songs.

Athlete of the Week

Name: Grace Richter

What do you enjoy most about volleyball? I just enjoy the game and how much fun we have at practice.

What's your goal for the team this season? Conference champs for sure. We were so close last year, and we are a very talented team.

What has made this year unique for you? Having to step into an even bigger leadership role this year, and being a good example for the younger girls on the team.

What's your favorite volleyball cheer? Our ace cheer when we "clock it"



Comedy Corner

— compiled by Grace Richter

Hey Cats! Here are some of the latest jokes according to laughfactory.com!

I told my girlfriend she drew her eyebrows too high. She seemed surprised.

My grandfather has the heart of a lion and a lifetime ban at the zoo.

Have you heard the joke about yoga? Never mind, it's a bit of a stretch.

Why should you never play poker at the zoo? Too many cheetahs

Why does snoop Dogg use an umbrella? Fo-Drizzle.



Fantasy Fiction: The battle of many but few

A series by Abby Nieman

Lyra walks into her house and the smell of burnt food fits her face. "Dad tried to cook again." Lyra takes off her belt and sheath of arrows and sets them down by the door. "Dad, I am back." Lyra pauses for a second. Typical Dad does not respond. He can't hear anymore. She walks to the common room to find her dad fast asleep. She then goes down the stairs to the basement, the training room. There's a door that is next to the stairs. As Lyra puts her foot on the ground, it moves a little underneath her weight. The floor is soft, so when someone falls, it is less hurtful

than it would be otherwise. There are targets and training bows on the far right wall of the basement—better quality than the bow that Lyra holds.

Rather than training, Lyra goes to her room and goes to her desk. In the first drawer is a plastic knife that her dad gave her when she was just a kid to practice fighting. But that is not what she goes for. In the very bottom drawer, there is a secret compartment. Lyra goes for the drawer with the secret compartment and opens it. The first thing that Wern made for her was a pin with her favorite animal, a deer. It is not Wern's best work, but it is his first piece. Weron

always tries to say he will make her a new one, but Lyra always refuses. Lyra holds the pin in her hand, lets the weight and the imperfect edges sink in her hand. The familiar weight helps take the worries away. But not for long, the anxiety of the king's words came back to her. The only thing that Lyra can do to calm herself is to train. She walks out of her room to the bows and arrows and starts to shoot with almost perfect accuracy.



Best Buds



**Addie Wilson and Rylee Reed
by Lylah Billmeyer**

How did the two of you meet?

Rylee: Little League Softball

Addie: Little League Softball

What is your favorite memory you have with each other?

Rylee: going to football games together

Addie: sleepovers or football games

What song best describes your friendship?

Rylee: "Ribs" by Lorde

Addie: "Past Lives" by Born

What does a typical hangout look like?

Rylee: eating food, having a good talk, and laughing

Addie: watching TV and eating

What do you admire most about your friend?

Rylee: her personality

Addie: How caring she is

Where do you see each other in the future?

Rylee: I see her with no kids, a country husband, and dogs

Addie: a nice house with a husband, kids, and a dog

One at a Time

by Arianna Nolan

The alarm blares in your ears and makes your head pound, but your heart doesn't skip a beat. You groggily turn over and shut off the alarm before staring at your ceiling. You don't have any motivation to get up, not even considering going to school and doing work. Maybe you should just skip another day. You turn over in your bed and your head pounds once more. You can't remember the last time you wanted to get up. Nothing feels like it matters anymore. You wish that one day you would just sleep and never wake up. Yet, you get up again and go to school. Coming home and letting your bed overtake you while just sitting, and staring, until you have a practice to do. You put that fake smile on your face and pretend that everything is fine, when deep inside, you wish that when you cross the road, a car wouldn't see you and would make the fatal decision to end your life. You want to end this life, but you don't have the motivation to do it. So you sit in your own self-deprecating thoughts until one day they will take over and you can grow your wings.

September is a very important month to me and to many others struggling with mental health. September is known as Suicide Awareness Month, which has affected us all in some way or another. Whether it be a relative, a friend, or yourself, we all deal with mental health in one way or another. As someone who has been struggling with mental health since the age of five, I understand how hard it can be to come to terms with it and ask for help which is why in this article, I want to emphasize the importance of you living and how to get better.

First, while I know that getting up every day can feel like a chore, and that nothing matters, I would like to convince you otherwise. Whether it be friends or family, you have people who care about you. And even when those relationships feel like they are falling apart, there are tons of teachers and adults at Maquoketa Valley who genuinely care about your well-being, and they can be someone that you can rely on. We all serve a purpose in



this life, and when it feels hard to find, it's okay to ask someone what they think your purpose is. Sometimes, all it takes is a little reminder to get you back on your feet or to snap you back into reality. You are important, and people do love you. If you ever feel like you need someone to open up to, but don't feel comfortable talking to anyone else, I am also here to help you. Talk to me in the hallways, shoot me an email or a text, and I would be happy to talk to you.

Second, there are ways that you can help yourself. The hardest part of getting better is asking for help. If you have that support system guiding you to success, your healing journey will be a lot easier. You can always choose who your support system is going to be, but I would recommend Mrs. McDermott. She has been a big help to me over these past few years, and I don't know what I would have done without her. Once you have your support system, there are a variety of ways that you can remind yourself to keep going. Whether it be trying to fix your fixed mindset, creating goals for yourself, listing things you're grateful for, or having a diary, there is always something to help you live another day.

*Remember that there
is always something or
someone to help you keep
going. Someone is waiting
to see your face at school.
Someone wants you to be
alive.*

So while it may seem like dying may be easier than getting up and going on with your day, remember that there is always something or someone to help you keep going. Someone is waiting to see your face at school. Someone wants you to be alive. I'm a Suicide Awareness advocate because I know what it's like to be at rock bottom, and I will always be a helping hand to others who need help getting back on their feet. With that being said, I hope you all can also support others and be that helping hand that people need. As always, I love you all, and I will see you all next week! Go Cats!

Deep Dive

by Arianna
Nolan



Welcome back, Divers! Usually, most of the creatures that we observe are very mobile, but this week we will be taking a look at a very still creature that occasionally moves across the ocean floor. This week, we will be taking a look at a starfish, more specifically, the morning sun star. This creature is located in the southern Bering Sea, which means it is prevalent along the Oregon coast and all the way to Japan. Once you go 60 feet down in the ocean, you can see them attached to rocks with their suction. Interestingly, the morning sun star's lifespan is unknown, which is uncommon since starfish (otherwise known as sea stars) are typically well researched in marine biology. These sea stars have 10, sometimes 9, arms that get up to 23 centimeters in length. While it's clear to see that these sea stars have an orange-yellowish body due to their name, they actually have a blue-purple band on their arms, which then all connect through the central disc.

The diet for these creatures is a variety of sea cucumbers with very complex names. In general, they usually graze on smaller sea creatures that happen to land on them or pass by, such as sea squirts, sea pens, and lamp shells. Occasionally, they feed on other sea stars and even their own species.

The conservation status for this creature is unknown, but just to be safe, please be wary of the trash you are throwing away and how much water you are using every day. This not only helps the potentially endangered morning sun star, but also other fish with even worse conservation statuses. If you would like to learn more about this creature, please visit the Rosamond Gifford Zoo website, which is where all the information for this article was provided. I hope you all have a fantastic weekend, and I will see you next time!



**Maquoketa Valley FFA Alumni
& Supporters**

*Funds go towards FFA
members that are
traveling to Belgium
summer 2026*

**PICKLEBALL
TOURNAMENT**

\$20 per 2 person team
CO-ED, all ages
10 a.m. at Silver Lake Park

SATURDAY, SEPTEMBER 20TH

pre-registration closes Thursday Sep. 18th @ 12:00 p.m.

**same day registration : \$25
9:30-10 a.m.**

