

The Wildcat Echo

A publication by the students of Maquoketa Valley High School

Homecoming plans set for next week



The homecoming court has been voted on, and the candidates include, front row from left queen candidates Taryn Burbridge, Grace Richter, Madison Thompson and Haylee Jones; back row, king candidates Dylan Knipper, Preston Salow, Brady Wall and Kash Hunt. Voting will take place next week. The queen will be crowned Friday night at the game, and the king will be crowned during the pep rally Friday afternoon.

Heading into next week, the Maquoketa Valley Wildcats are excited and ready to kick off Homecoming 2025! This year the theme is "Wipeout the Warriors" as the MV football team hosts Wapsie Valley for one of our biggest games yet this season.

Starting this Sunday, the Student Council and MV cheerleaders will begin decorating the school followed by PowderPuff and IronMan games starting at 5:00.

Throughout the school week MV students will have the chance to participate in dress up days:

Monday: Country Vs Country Club

Tuesday: Celebrity/Red carpet

Wednesday: Dress as an age

Thursday: Color block + anything but a backpack

Friday: School Spirit.

On Tuesday the volleyball team will play against Edgewood-Colesburg at home and Thursday Starmont at Starmont.

Friday the 26th we will run a 1:05 dismal schedule and class competitions will begin at 12:50 in the HS gym. The pep rally and crowning of the king will be from 2:35 to 3:15 following the parade at 2:00. The varsity football game will start at 7:00 and the crowning of the queen will be during halftime.

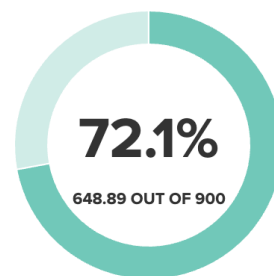
On Saturday the homecoming dance will be from 7:30-10:00pm. Tickets are available in the office until Friday. Happy Homecoming!

School performance ratings released

The Iowa Department of Education has named MV High School as a High Performing school. Indicators focus on proficiency in English language arts, mathematics and science, student academic growth, chronic absenteeism and attendance growth among all K-12 schools. High school ratings include two additional measures—graduation rates and a postsecondary readiness indicator measuring work-based learning experiences and college credit attained by students

OVERALL PERFORMANCE ?

HIGH PERFORMING



State Average: 63.28%

Sports Connection

Runners record everal season best, personal best times despite heat

The cross country team sweated it out at the Monticello meet last Saturday.

The girls team split and ran in both the varsity and JV races, so there was no team score. In the varsity race, Audra Burbridge finished in 20:40 (8th) with a season best time, Taryn Burbridge finished in 23:17 (31st) and Breanna Bush finished in 25:23 (58th). In the girls JV race, Kourtney Hatfield ran a 27:21 (28th) for a PR, Jena Hoefer ran a 29:02 (42nd) for a PR and Haydin Flannagan ran a 30:58 (54th).

The boys also split up so no team score was recorded. Kenyon Baker was the top finisher for MV in the varsity race with a season best time of 18:00 (15th). Owen Smith finished in 19:43 (48th). In the JV race, Shane Wright recorded a season best time with 24:02 (66th). Colt Haas ran a 25:51 (76th) and Gabriel Saunders ran a 29:28 (90th).

Last night the team competed at the Cascade meet at Fillmore Golf Course.

Results will be in next week's issue. Their next meet will be Saturday, Sept. 28 in Anamosa near the middle school.



Above: Owen Smith looks to overtake another runner.

Left: Breanna Bush pushes herself on the Monticello course.

Wildcats light up the field to take down Blazers

by Maya Smith

Last Friday, the Wildcats competed against the Beckman Blazers. Despite Beckman getting the first points on the board, the Wildcats won, 17-7.

Coach Christensen comments: "I felt like we really found ourselves against Beckman, our line played much better, and fired off the ball and stayed on blocks. Rogan ran hard like always. Defensively we swarmed to the ball well, and really disrupted what they like to do. I also thought Eli and Dalton did a good job kicking and punting. East Marshall is going to be more challenging than some believe, they have some good athletes, especially their QB. They basically stayed within a touchdown of North Linn. We have to have the same effort we had Friday night to be successful. We can not look ahead, if we don't beat East Marshall, then the Wapsie Valley game won't mean a whole lot."

Game Stats:

Passing: Trevor Grimm; 48 yards

Rushing: Trevor Grimm; 17 yards; 1 Touchdown, Rogan Heidt; 198 yards; 1 touchdown

Defense: Dylan Knipper; 7 tackles; 4 solo, Colin Smith; 7 tackles; 5 solo, Kicking: Eli Dougherty; 4 KO's; 212 yards; 1 field goal

Punting: Dalton Africa; 4 punts; 180 yards

Kash Hunt comments on the game: "Going into the game, we were struggling to find who we were as a team after the loss against North Linn, but it's safe to say we ended up finding what team we want to be. I definitely think that the win over Beckman is going to help us keep moving forward in the season. Our offense for sure performed better than it had in the past weeks. Starting with the line, they really helped create open plays for Rogan, who had a great game. Looking at this week, the

end goal is always to win, but we want to make sure we're getting better with every week we play, so we know we can't overlook them. With that, we are working on our passing game and making sure the run game is strong again. But on the defensive side of things, we plan to shut them out." When asked about the game, Anderson Holtz says, "The game was a roller coaster. I was pretty nervous at first but once we got that first stop on defense, I knew that our defense was going to come in big for us the rest of the game. Even though we gave up the long touchdown, I knew we were going to punch back. I think our defense was really the deciding factor holding a team, which had scored 93 in the first two games, to only seven points. For East Marshall, our defense is going to be just as important, if not more. They are a very athletic team so keeping the ball out of their hands is going to be key to success."

Volleyball goes 2-1 with wins at home triangular, loss at Cascade

by Natalie Ries

The Wildcat volleyball team has taken on many different opponents in the last week. Starting with their triangular against MFL Mar Mac and West Central. The Wildcats came out on top defeating Both teams. The Wildcats then took on the Cascade Cougars this past Tuesday putting up a good fight, but falling just short of a win.

Tuesday September 9th the Wildcats won against MFL Mar Mac (20-25 MV, 23-25 MV) and West Central (8-25 MV, 12-25 MV). Against MFL Macce Nolan had 19 total assist with Grace Richter having 6 kills. Richter did not just put her effort in at the net, but also led the Wildcats with the most digs having 11. Camryn Paris once again led the Wildcats in the area of blocks with adding two to her total blocks. Richter and Nolan did the work behind the line with both having 12 successful serves. West Central was a breeze for the Wildcats and Nolan added 11 more assists to have 20 assists on the night. Lanni Beaman used those assists and contributed 10 kills to help the team. McKenna Mineart did not give up in the back row with five digs. Paris added an additional two blocks for four blocks in the triangular. Olivia Ronnebaum, Paris, and Alaina Leytem all had 10 successful serves to secure the win.

Tuesday September 16th looked a little different for the Wildcats as they fell short of the win (25-21 MV, 20-25 C, 16-25 C, 16-25 C, 14-25 C). Though the Wildcats did not have the score they wanted, the players put up some awesome stats. Nolan had 28 assists, Beaman had 11 kills, Mineart had 11 digs, Paris had five blocks, and Richter had 16 successful serves. The Wildcats are putting in the work no matter what the scoreboard has to say.

Next week's issue will include yesterday's match against Springville, a few of the West Delaware tournament games and the Wildcats match against Ed-Co. Don't forget to support your Wildcats putting in lots of work! Come out to the home game Tuesday night.

Athletes of the Week

Name: Lanni Beaman

What do you enjoy most about volleyball? I enjoy how well me and my teammates get along and click with one another. Volleyball is different from the other sports I am involved in because it shows you how quickly you have to fight back to get a point you lost while other sports aren't like that.

What's your goal for the team this season? My goal for the team is to be Conference Champions and make a good run to state. Our team has a ton of talent and volleyball IQ this year and we have a potential to make a great run in the post-season games.

What has made this year unique for you? This year has been unique because it is the last time I will be playing volleyball for Maquoketa Valley, which I have been playing since 4th grade and watching my sisters play as a young girl.

What's your favorite volleyball cheer? My favorite team cheer is our ace cheer where we "Clock it!" and my favorite student section cheer is "Keep it in bounds".



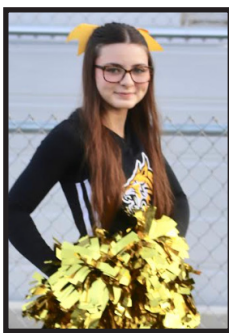
Name: Ella Recker

What do you enjoy most about being on cheer team? I enjoy the atmosphere of cheer and being with all the girls the most. They are all so nice and we all support each other and lift one another up to be our best.

Why is having cheer important at MV? We bring a lot of school spirit and excitement to games and the pep rally. We help keep everyone excited during the games.

What's your favorite cheer? Get-em, Get-em, go, go

What's something about cheer that others may not know? People don't realize all the work we put into perfecting our cheers, stunts, and stuff for the pep rally. We don't just show up on Fridays and cheer; we put in tons of hours over the summer learning and perfecting things.



Student of the Week

Jayden Schwandt

You've been nominated because you embody the Wildcat spirit of being kind and respectful. How did you learn those traits?

I learned to always be kind and respectful from my parents. You should always give respect and be kind; most of the time, people give you the same or more in return. Even if others aren't respectful or kind, don't beat yourself over it; **you still did better than 25% of people on Earth!** That is approximately 2 billion people!!!

You've also been recognized because of your ability to help students when they need it. Who helped you learn the value of helping others? Again, I owe my parents and teachers for helping me learn the value of helping others over the years. For example, just a little over a month ago, I was coming home from work when I noticed our neighbor working on his car (which he rarely does). I decided to stop and offer my assistance. It turned out to be just a dead battery, but he was just stumped and needed some help. So if you can ever help out someone, you should. **Treat others the way you want to be treated.**

What do you enjoy most about high school? I feel I enjoy the time I spend with my classmates, friends, and teachers, everyday. But by far my favorite time I most enjoy about high school would have to be our **best** team at Maquoketa Valley, the Cross Country boys and girls team. They will push you to go farther, support you, and, most importantly, make each other laugh almost all the time. Just ask Mr. Kirchoff about the Kirchoff Shirts.

Jayden was nominated by Mr. Andrews: "He's respectful to all of his peers, teachers, paras, etc. He goes out of his way and above and beyond to be there for other students. Whether they are a new student looking to meet new friends or others that just need someone to talk to, Jayden is there for them!"



One at a Time

by Arianna Nolan

Does your life ever feel like it's on the brink of collapse, or that your mood is a ticking time bomb waiting to explode? You're not alone. As stated by the American Psychological Association, only 58.8% of teenagers feel like they are getting the proper emotional and social support that they need. While this could be due to the fault of adults in your life not properly caring for you, it could also be the fault of your own. Self-care is a very important task that most of us don't do due to having our minds filled with other issues, such as homework, work, or extracurricular activities. But due to it being National Self-Care Awareness month, I feel that it's necessary to talk about the importance of self-care and different activities that you can to achieve this.

Why is self-care so important anyway? Well, when you start practicing self-care regularly, it will become a habit, and it will carry over to your adulthood. Additionally, if you do not practice self-care, your overall wellness and well-being can be negatively affected. By practicing



self-care, you are setting yourself up for success by ensuring that you are healthy and happy, which will help you to be your best at a variety of jobs, at school, or at your practices or meetings.

It may seem hard to find time to participate in self-care, or too silly to make time for, but in reality, self-care is very simple, and you may find yourself doing it without realizing. Self-care can be, but is not always, doing relaxing activities that put your mind at ease, or finding time to do nothing to let yourself get away for a while. But, self-care can also be getting the proper amount of sleep, eating good foods, drinking plenty of water, and doing other healthy activities that you should be doing every day.

I hope that by reading this, you have discovered the importance of self-care and can carry it into your own life. Whether it be coloring, reading a book, taking a nap, or a completely different activity, we could all use a little self-care in our lives. My goal for you all for next week is to discover some form of self-care you could do, or to spread the message of self-care to someone else. I hope you all have a great weekend, and I will see you all next week. I love you all!

Athlete of the Week

Name: Colin Smith
According to Coach Christensen, you played out of your mind against Beckman. What motivated you?

I hate the feeling of losing, and I've told myself that there's always something to prove.

What do you enjoy most about football?

Hanging with the guys on the team and all the jokes. I also really like winning and hitting people. Well, and all the food that we get fed is a good plus.

What lessons about life have you learned from the sport?

It taught me to be patient and just keep at it. Sometimes you have to sacrifice for the whole. You never know when it will be your last, so act like today is your last. Always make yourself flexible.

Why is football a sport worth going out for? You'll learn more life lessons than in any other sport, and you will appreciate those lessons later. I also think it is one of the best experiences you could have in high school.

Who is your football role model?

My brothers and Kam Chancellor



Fantasy Fiction: The battle of many but few

A series
by Abby Nieman

Warin walks back into his house. But he does not go straight into the workshop. He goes through the house and out the back door. Between the time that Lyra left and Warin got back to the back door, he had taken off his apron. He goes out the back door, the back of Warin's house is right next to the forest. The forest engulfs him as he gets farther and farther in. The animals start to make more noise as Warin walks. There is a deer that runs across the path that Warin is following. There is a sudden silence that hits the forest the further he goes in. The path that he had taken so many times is now starting to fill with leaves and small branches. The autumn wind makes the leaves rustle and the birds take flight. The air drops

in temp, and there is a new comforting and unsettling feeling.

The logs around the fire pit sit untouched since the last time Warin was out here. The ashes in the fire pit are now covered in leaves and moss that has grown from the rain that they have gotten in the last week. Warin uncovers the firewood that sits next to the log closest to him. He puts the logs in the fire pit and finds some dry leaves around. He then takes out his lighter and lights the fire. The fire slowly gets bigger as Warin feeds it more leaves.

Warin sits at the one log and thinks of what Lyra said about the king. It could be true, but the king would tell them, he thought. Or would the king? Since the queen died, the king has become more distant from every person in the kingdom,

unless they can enter the castle. Warin's mom comes out of the house back to where Warin is now seated.

"What is going on? I can tell that you are worried about something?" asks Warin's mom as she starts to play with his hair.

"Lyra and I hung out today and she said something about the king saying that there is a threat of war with another country. And I just can't stop thinking about it." Warin puts his head in his hands.

"Honey, there is no reason to be stressed. Everything will be okay," Warin's mom says with a doubtful, "I hope."



Deep Dive by Arianna Nolan



Welcome back, Divers! There are many creatures of the ocean that we haven't explored yet, and I am happy to announce that today's creature is one that I have never even heard of. This creature appears to be a mixture of an axolotl, blobfish, and snail. The arbiter snailfish is actually a part of the snailfish family and can be found all over the world. The maximum size they can grow to is about 50 cm (20 inches). Their body contain jellylike substances, similar to those of jellyfish, but they are a part of the fish family. They usually roam around the sea floor 27,200 feet under the water.

These fish tend to feed on invertebrates that lie on the ocean floor, or feed on creatures they stick onto. These snailfish have evolved to have fins that can stick onto different types of creatures around them, rocks, or seaweed, which is how they get their 'snail' name. Not much else is known about this creature in specific, or the species of snailfish in general, since they lie so deep within the ocean.

Since not much else is known about this creature, the snailfish's endangerment status is actively unknown. Despite this, we should all be conscious of what we are throwing away and where we are throwing it away, and be efficient energy consumers. If you would like to find out more about this creature or other sea animals, please visit the Monterey Bay Aquarium Research Institute website, which is where all the information for this article was provided.

Thank you all for reading, and I hope you all have a fantastic weekend, and I will see you all later!

**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.*



**TASTE
OASIS**

Beverages & Goodies

Brought to you by Club 109 & FCCLA

Club 109 presents Taste Oasis grand opening September 25, 7-8 AM in room 109/Downs. Taste Oasis provides Iced Coffee, Lattes, Smoothies, Lemonades, and Spritzers for purchase to the student body and staff. Proceed to FCCLA and operated by the third level foods class & FCCLA members.