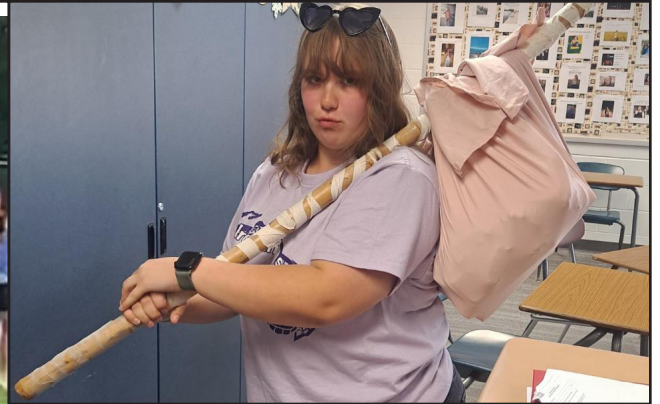


# The Wildcat Echo

A publication by the students of Maquoketa Valley High School

## Homecoming spirit takes over MV



In Sunday's Powderpuff and Iron Man competitions, the seniors came out victorious. The sophomores were runner-ups in Powderpuff, and the juniors were runner-ups in Iron Man. (photos by Grace Richter)





# Sports Connection

## Football gets the 'W' over East Marshall

Quarterback  
Trevor Grimm  
hands off to  
Dylan Knipper  
(20). Rogan Heidt  
(17) makes some  
room for Knipper.  
(photos by Maya  
Smith)



by Maya Smith

Last Friday, the boys traveled to East Marshall. It was a tough game, and the boys spent 3 quarters of the game 0-3, East Marshall. However, they kicked it into gear in the 4th, where they scored a fieldgoal, and a touchdown. The Wildcats came away victorious, 10-3.

When asked about the game, Christensen comments: "Friday was one of those games where it isn't always pretty, but a win is a win. I thought our defense was stout as always. Other than two plays where we didn't communicate in the secondary we really shut them down. We had 17 tackles for loss including 8 sacks which is outstanding. I thought overall our special teams were good again, we were quite able to flip the field with our punts, but we didn't have any costly mistakes either. We are very close to taking a kick return back for a touchdown. Offensively, we need to be quicker off the ball and get to our assignments and stay on our assignments. When we are able to do that our backs will find the holes. I thought the passing game was the strongest part of our offense on Friday, I thought the line gave time, Trevor put the ball in a spot where our receiver could make a play and most of the time the receivers made those plays."

Here are some game stats:

Passing: Trevor Grimm; 134 yards  
Rushing: Rogan Heidt; 89 yards; 1 TD  
Receiving: Eli Dougherty; 93 yards  
Defense: Dylan Knipper; 7.5 tackles; 4 solo, Dalton Africa; 7 tackles; 4 solo; 2 sacks,  
Kipton Thompson; 6 tackles; 3 solo; 1 sack  
Kicking: Eli Dougherty; 130 yards; 1 FG  
Punting: Dalton Africa; 4 punts; 132 yards

In terms of the game, senior DaShawn Strickland comments: "Going into the game, we knew it was we had to win and that the game wouldn't be easy. We had to work hard and not take anything for granted." When asked about the game, senior Lukas Chesnut comments: "East Marshall had some big lineman and athletic skill guys that made the game a dog fight, but our guys were able to pull through despite being down at half to get a win. This week we have to focus on ourselves and the little details that will make Friday nights performance good. It is going to be a tough gritty game and those are always fun. We have been working on tackling, Wapsie has a big running back so we have to get him down and we've focused on giving our offense a lot of reps. We are setting up our team as best we can for Friday night."

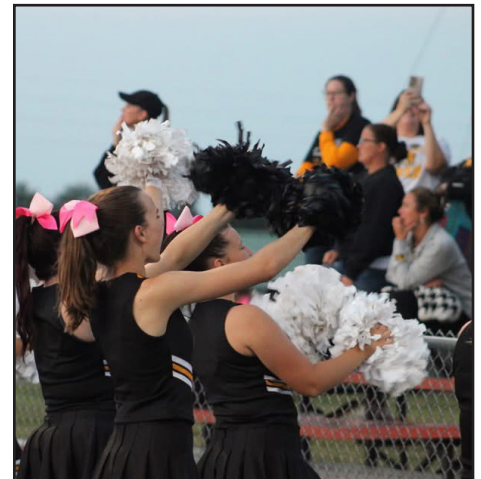
## 'Cats run gutsy races

Maquoketa Valley put on quite the show at the cross country meet last Thursday, September 19th with a powerful statement at Fillmore Fairways Golf Course. Determination and grit were on full display with both the girls and boys.

The depth of the girls' team was on display as they battled hard for a fifth-place finish overall. The family affair continues at the top with Audra Burbridge placing 4th with a blazing time of 20:20.2 and Taryn Burbridge in 14th place with a shocking speed of 22:18.1. Anna Feldmann followed not too far behind in 21st place with a time of 22:37.3 and Breanna Bush in 37th place with a time of 23:58.4. Also competing for MV were Kourtney Hatfield in 74th (27:38.3), Rylee Reed in 81st (29:03.8), Haydin Flannagan in 88th (30:55.0), and Jena Hoefer wrapping it all up in 95th (31:37.6).

Meanwhile on the boys' side Kenyon Baker led our team, charging to 19th place with a stunning time of 18:46.7 with Owen Smith following closely behind in 34th place with a time of 19:27.6. The Wildcats rounded out the scoring with Colt Haas in 119th place (26:41.2) and Gabriel Saunders in 125th (28:05.2)

If you missed the last meet, no worries! Join us to cheer on the Wildcats at the Anamosa Middle School on September 27th. Go Cats!



# Volleyball goes 1-1 in recent conference play

by Natalie Ries

The wildcat volleyball team is continuing to add season wins to their record. Last Thursday the Wildcats traveled to Springville for a hard fought game falling close to a win in 5 sets (25-12 MV, 25-16 S, 26-24 MV, 15-25 S, 15-5 S). Saturday the Wildcats were back on the road to head to the West Delaware tournament winning against Vinton Shellsburg (21-14 MV, 21-6 MV) and Starmont (21-13, 21-9). This past Tuesday the Wildcats stayed home and hosted ED-CO and took home a win (11-25 MV, 23-25 MV, 25-16 EC, 23-25 MV).

Last Thursday's game against Springville was led by Macee Nolan, Grace Richter, Ava Knipper, Camryn Paris, McKenna Mineart, and Olivia Ronnebaum. Nolan had 45 assists to lead the Wildcats, Richter added 13 kills to her year's record, Knipper and Paris both had four blocks on the night, Mineart helped the Wildcats with 17 digs, and Ronnebaum had 21 successful serves.

Saturday's tournament consisted of two wins for the Wildcats the first being against Vinton-Shellsburg. Nolan had 15 assists to lead the Wildcats. Lanni Beaman stepped up to the plate to have five kills. Paris was at the net all day and had three blocks against Vinton-Shellsburg. Mineart and Beaman had six digs in the back row to help the team. Nolan also led the Wildcats with 14 successful serves.

The Starmont Stars could not handle the Wildcats as the Wildcats won. Nolan once again had nine assists with Paris having seven kills. Paris continued to be dominant and had three blocks leading the Wildcats. Richter and Mineart stayed in the back row both contributing eight digs to help out the team. The most successful serve was led by Beaman with eight.

Tuesday night consisted of another win for the volleyball team against Ed-Co. Last night the Wildcats traveled to Starmont. Details will be in the next issue.



Senior Kallie Freiburger prepares for a big hit after a set from Macee Nolan at the Ed-Co game Tuesday night. (photo by Jeanie Teymer)

## PINK OUT NIGHT VOLLEYBALL

### SEPTEMBER 30

## BAKE SALE

TATTOOS AND BEADS FOR SALE AND OTHER GOODIES

ALL PROCEEDS WILL GO TO THE PINK HUMMINGBIRD PROJET

## Athlete of the Week

Name: Camryn Paris

**What do you enjoy most about volleyball?** - I enjoy the atmosphere and my team mates.

Everyone is extremely close and we all respect each other.

**What's your favorite drill in practice?** - My favorite drill is hitting lines because

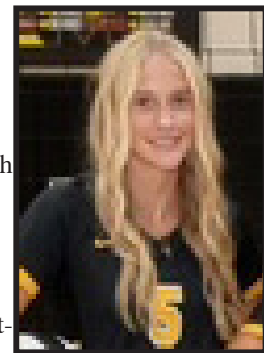
we can have fun with all the different sets and the different plays we run.

**What's your favorite warm-up song?**

Any rock song because it gets the spirits high during warm ups and during practice.

**What's your favorite cheer?** - Our Ace cheer, or whenever the student section chants something about the other team.

**What has made this year unique for you?** - It's my first year as an upperclassman and learning to be a leader on the team.





# Pick up the Rope, Take the strain, PULL!

by Elizabeth Kraft

Every year, somewhere around the globe, the Tug of War World Championships take place. Where the best of the best are sent by their countries to represent and be the best on the globe. I attended Worlds in Nottingham, England, where I placed 4th on an Open rope in the Co-Ed 580kg (1,276lb). Sounds more complicated than you thought, right? In the sport of Tug-of-War, it is anything but simple.

In competition, there are around 13 weight classes and only eight pullers on each side of the rope. There are men's classes, women's classes, Co-Ed classes (four men, four women), and U23 (ages 16-23). Each has weight classes within the age and gender regulations, all of the weights are recorded in kilograms, and often people cut weight like you would in wrestling. To meet the weight requirement, the team can not exceed the class weight limit, or you will be disqualified. For example, if your class weight was 540kg (1,188 lb), each person could weigh around 67.5kg (148.5 lb), but it all depends on each person's body. Everything in this sport is based on weight.

As for equipment, the major ones are the pulling boots with steel-plated heels, and fiberglass soles. You must be bare-handed at all times, and most teams use a sticky substance to grip the rope. Upon the start, the judge will tell you to grab the rope and take the strain. This means to slam the heel of your boot into the ground, then steady to tighten the rope between the teams and pull... well, I think you can figure that part out. During compe-



tion, you pull each team twice and switch sides on the second end. This sport is very hard on your body, both mentally and physically. But the pain is all worth it to those of us who pull because at the end of the day, you have made friends from across the world.

While in England, my club, Powertrain TOW, mixed with other clubs in opens (open=club, closed=country). I pulled in the 500kg and U23 Women's with English East Anglia TOWC (TOW Club). I got 4th place pulling under Powertrain's name with a team made up of South Africans, Irish and Americans in the 580kg

Co-Ed class. It is a very difficult sport that leaves most of us wondering why we even bother pulling, but every world you attend, you are reminded by it because of the people you get to meet and the memories made.

Anyone can do this sport. I have been pulling since I was 15, and I know of people who are in their 60s and are still winning gold medals. It all depends on how mentally strong you are because when it comes down to it, that's all that matters in this sport. If interested, don't hesitate to ask. There is no better feeling than putting on a Team USA jersey,

## Fantasy Fiction: The battle of many but few

A series  
by Abby Nieman

Breakfast fills the air as Lyra gets up, the one thing her dad can cook, eggs and bacon. She goes over to her closet and gets dressed for the day, another black leather shirt that is tight to the skin and the black leather pants that make her muscles show. The training bow is still on the ground where she left it last night. She grabs it and puts it back with all of the arrows. Her dad comes down the stairs.

"I heard you practicing last night... longer than normal. What's wrong?"

"Nothing for you to worry about, just me other thinking," Lyra says with a roll of her eyes. "What do you have going on today?"

"Normal stuff, the physicals

and training the new recruits. Why?" Lyra's dad's voice drops. He watches Lyra pull out arrows from the targets.

"Nothing. Has there been an increase in the number of recruits lately?"

"No, what do you think you know that you are not telling me?"

"I overheard the king talking about a threat from another country. I probably just misheard him, though all of the extra weapons have been sent to the castle."

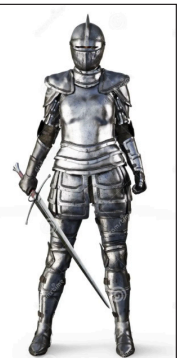
"There is a feast tonight for the rulers of the surrounding countries, which could be why I am surprised you have not heard about it."

"I never get told when these gatherings are." Lyra walks away from the targets and to the kitchen that is upstairs. Her dad

follows a few paces behind. The eggs are set on the table and bacon is still in the pan on the stove. Lyra sits down at the table and gets herself some eggs. Lyra and her dad sit in silence as he puts some bacon on Lyra's plate.

"If you need to talk to someone, I am here."

"I know. I just don't want you to worry too much about me. You need rest. Also, you have a doctor's appointment today. Do not forget," Lyra says as she finishes her meal. She gets up and walks to the door, grabbing her weapons and putting them in place.



## Student of the Week

*Cadence Miller*



**You've been nominated because of your willingness to volunteer with Taste Oasis. What made you decide to help?** I believe in stepping up when you see a need. My parents always taught me that if you care about something—your school, your community—you show it through action. I want to be involved in every opportunity that helps build a stronger, more respectful environment. Helping out is my way of giving back and showing pride in where I come from.

**You're also helping create the menu. Where did you learn about making drinks and snacks?** I used to work as a barista, so I picked up a lot about flavor combos and presentation there. Plus, I've always loved being in the kitchen—experimenting, baking, and making snacks for friends. It's one of my favorite ways to be creative and connect with people. I want to bring that energy into my school and make it feel more like home.

**What's your number one go-to drink?** Caramel cold brew, hands down. It's got that perfect punch to wake you up and keep you going, especially on those early mornings when you've got a full day ahead.

## September school board minutes

Regular Board Meeting – September 22, 2025 – 5:30 p.m. – High School Library, Delhi, Iowa

Prior to the start of the regular board meeting, the Board held a work session to discuss the 2025-2026 Superintendent goals and evaluation process.

The regular meeting of the Maquoketa Valley Board of Education was called to order by President Donna Kunde at 5:30 p.m. on September 22, 2025. All motions carried unanimously unless otherwise noted.

Board Members Present – Dabroski, Feldmann, Kunde, Zietlow

Board Members Absent –Overman  
Staff Present – Supt. Troy Osterhaus, Brenda Becker, Tiersa Frasher, Jackie Moorman, Brian Mangold, Erika Vanderloop, Jen Ries and Jill Hoeger

Visitors Present – Mike Putz, Lance Smeins, Mark Smith, Maya Smith, Addison Bonert, Elizabeth Kraft, Rachael Hoefler and Ella Reicher

Motion was made by Dabroski, seconded by Feldmann to approve the meeting agenda as presented. All ayes. Carried.

Motion was made by Zietlow, seconded by Feldmann to approve all consent items. All ayes. Carried.

Maya Smith, Addison Bonert and Ella Reicher updated the Board on the Spanish trip to Spain this past summer. Mrs. Ries expressed her appreciation to the Board for allowing students to attend these types of events as it was a learning experience for everyone.

The following personnel recommendations were approved in a motion by Feldmann, seconded by Dabroski:

Brady Davis – employed as Middle School Wrestling Coach

All ayes. Carried.

In a motion by Zietlow, seconded by Dabroski the Board approved the FY24 audit report. All ayes. Carried.

In a motion by Feldmann, seconded by Zietlow the Board approved filing the application to the SBRC for Modified Allowable Growth for negative 2024-2025 Special Education balance in the amount of \$26,136.19. All ayes. Carried.

In a motion by Dabroski, seconded by Feldmann the Board appointed John Zietlow to the Delaware County Conference Board for the 2025-2026 school year. All ayes. Carried.

The regular October board meeting, which is scheduled for October 20th, will be held at Earlville. The January 2026 board meeting will be held at Johnston.

Supt. Osterhaus shared an opportunity that Ahlers is providing for the required Open Meeting and Open Records law training. This training will be held on October 3rd from 12-1:30 via Zoom.

Doug Dabroski and Mike Feldmann will serve on the audit committee for September.

In a motion by Feldmann, seconded by Zietlow the meeting was adjourned at 6:32 p.m. All ayes. Carried.

## Jaelyn's Journeys

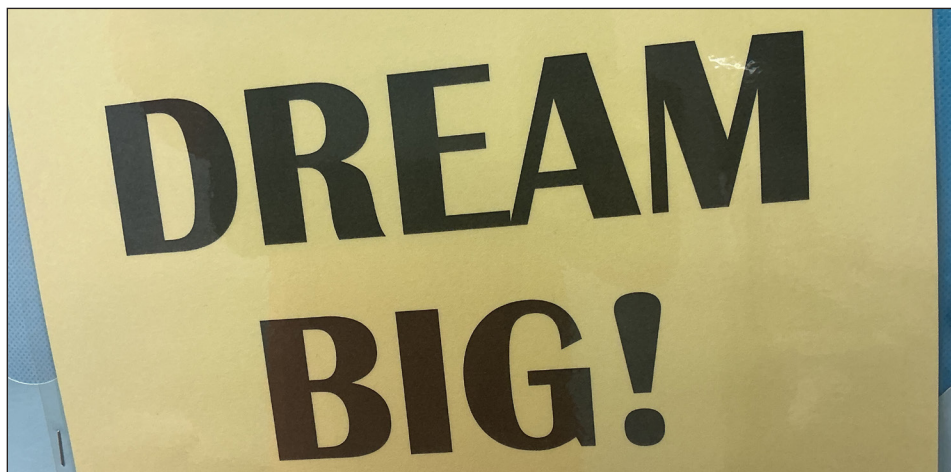


photo by Jaelyn Butikofer

Where in the school can you find this object? Be the first one to correctly name the place to Mrs. Temple to win something from the prize box!



## Meet the Freshmen



**Maleah, Maggie & Tyler**

Name: Maggie Recker  
Siblings: Ruby and Leah  
Activities you plan to be in: Cheer, Dance, Golf and Speech  
Favorite subject: Math  
Career aspirations: Go into healthcare  
Hobbies: Reading  
Something cool about you: I had six wisdom teeth.

Name: Maleah Freiburger  
Siblings: Adrienne, Cadence, Kallie, Scarlett and Olivia  
Activities you plan to be in: Cheer, Volleyball, Track, Speech and Softball  
Favorite subject: English  
Career aspirations: Children's therapist  
Hobbies: Reading  
Something cool about you: I had a hamster named after the lion in the Madagascar movie

Name: Tyler Beitz  
Siblings: Nathan  
Activities you plan to be in: Football, Wrestling, Track, Baseball and FFA  
Favorite subject: Intro to Ag  
Career aspirations: Electrician or Carpenter  
Hobbies: Hunting and farming  
Something cool about you: I show cattle, pigs and goats

—typist: MaryEllen Smith

## One at a Time

by Arianna Nolan

You sit at your desk while you glare at the blank document. Your head pounds as you try to think of important words to say for your assignment. But your mind turns blank. You can't think of anything. Minutes pass, and you have managed to get one sentence out, but a weight is dragging you behind when you are supposed to be at the finish line already. A heavy sigh escapes from your mouth, and you lean back into your chair. This essay and four other assignments, including a variety of subjects, are chaining you to your desk, but the motivation to do your assignments isn't present. You close your eyes, hoping for some idea to pop into your head, but instead, you start to drift off. Suddenly, you wake up and look at the time on the computer. Three hours had passed since you began to do this assignment. You're doomed.

But you're not actually doomed. While trying to find motivation to do assignments when we are constantly surrounded by stimulating activities, such as scrolling on our phones for hours, seems impossible, it's actually very possible. All we need is a little motivation, which might take a change in mindset. I would like to discuss ways to change your mindset and boost motivation so you can finally complete those assignments or studies.

**Tip #1: Create a workspace to work.** If your workspace isn't set for working, then you are setting yourself up for failure. In order to have an organized workspace, make sure that the location of it isn't going to throw you off. Studying or doing homework in your bed is an awful idea because your brain associates your bed with sleeping, making you unmotivated and tired when you do your work. Doing your work at a desk is a much better alternative. Additionally, your space should be clean, so you are not distracted by the objects around you while you work. Just having a clean, organized workspace can help you ease into your work just a little bit easier.

**Tip #2: Set goals for yourself.** Oftentimes, having loads of homework to do can make it overwhelming to even try to start working. You feel that it all can't



be done at that current moment, so your brain shuts down rather than trying to fix the problem. A solution to this would be to set small goals for yourself when working, so instead of being overwhelmed, you feel like your goals are achievable. A tip for setting goals is to do the most rewarding assignments first, such as a big project that is due the next day, or an essay due in a couple of days. That way, you get a big dopamine boost and feel motivated to keep working even when you get to the more mundane tasks. Also, allow yourself to take breaks in between your goals, but don't get distracted for so long that you aren't able to start your work again.

**Tip #3: Find procedures that work for you.** When it comes to studying or trying to get your homework done, there are a variety of methods that people have used over the years to try to improve their focus and motivation. Some methods include the Pomodoro, which you work for a set time, and then take a break for a set time. These short breaks can help your brain stay focused on tasks for a short set amount of time, and also help with being overwhelmed. Another method is to not stop working until your work is complete. This method works for me most of the time, because when I try to take breaks when I am working, I often get distracted and don't finish. The reward is very high at the end when you get everything done, and you can take as long as a break as you want after. But these methods don't work for everyone, and that's okay. A quick Google search can tell you more study methods, and don't be discouraged when one doesn't work right away. Finding the right study method for you can be challenging and takes time, but it's very fulfilling in the end.

Now that we have talked about how finding motivation can be hard, and the solutions to it, I hope that the next time you have to do a ton of assignments or study for a big test, you are at least able to get somewhat on track and get some work done. I hope you all have a great homecoming and weekend, and I will see you all next week! I love you all and go Cats!



## Deep Dive by Arianna Nolan



Welcome back, Divers! This week, we will be taking a look at a sea creature that represents strength, so our football players have extra strength tonight at the game! These sharks are very large compared to other species, and have some cool characteristics to help them blend into the water. On top, they have a darker color to blend in with the water around them, and their belly is lighter, so they blend in with the sun above them. These sharks tend to be around 200 to 500 pounds when they are adults. While males only grow to about 7 feet, the females grow to about 11 feet. These creatures swim in all kinds of bodies of water, from the Pacific Ocean to even the Mississippi River. The reason that these sharks represent strength can be due to their aggressive tendencies, which make them one of the most dangerous shark species in the world.

The bull shark eats a variety of species and creatures, which is a varying factor from the last few creatures that we have looked at. This creature eats all types of fish and small sea creatures, and can even eat larger animals such as other types of sharks. These creatures have a very solitary lifestyle and often hunt alone, and only come together when they mate. A fun fact about the bullshark is that, unlike other sharks, they can survive in freshwater due to functions in their kidneys and special glands that help them process salt when in freshwater.

While these creatures aren't threatened now, that doesn't mean they won't be. Like most creatures, they have to face the problems of pollution, and their habitats are degrading due to humans. So, like always, please be conscious of the amount of energy that you are using, such as gas, and also what and where you are throwing away. If you would like to find out more about this creature, then please check out the National Wildlife Federation's website, which is where all the information for this edition was provided. I hope you all have a fantastic homecoming and weekend, and I will see you all next week!

## Taste Oasis opens for business



Taste Oasis, a joint project for the level 3 foods students and the FCCLA, held its grand opening Thursday morning. The crew served specialty drinks and sweet treats. Above: Elizabeth Kroft and Zachary Leytem pose with the drink machines. Left: Dash Strickland, Colin Smith and Anderson Holtz man the food table while Dylan Knipper makes his selection. (photos by Maya Smith)

<p>Lemonade: \$4.00 (2 flavors) Additional Flavors \$.50 Each Cherry - Kiwi - Strawberry Blue Raspberry - Mango - Green Apple - Elderberry Peach - Pineapple - Orange</p> <p>Set Drinks: Sunrise (\$4.50) (Strawberry, Cherry, Orange) Bomb Pop (\$4.00) (Blue Raspberry, Cherry) Tropical Rain (\$5.00) (Pineapple, Mango, Peach, Kiwi) Ocean Breeze (\$4.50) (Blue Raspberry, Pineapple)</p> <p>Snacks: Apple-Cinnamon Muffins \$2.50 Bars \$2.50 Peanut Butter - S'mores Minty Bars (GF) - Royal Bars Chocolate Chip Cookies \$2.50</p>	<p>Coffee Drinks \$5.00 Hot &amp; Cold Additions: \$.50 Cold Foam: Regular or Caramel Syrrups: Chocolate or Vanilla Milk: 2% or Almond Chai Tea (Milk, Chai Tea) Latte (Milk, Espresso)</p> <p>Yogurt Smoothies: \$5.00 Cherry Berry (Strawberry, Cherries, Blueberries, Yogurt, Apple Juice, Sugar) Strawberry/Banana (Strawberry, Banana, Yogurt, Sugar, Milk) Tropical (Mango, Pineapple, Strawberry, Peaches, Orange Juice, Sugar, Yogurt) Almond Milk (add \$.50) Granola \$.50 (GF)</p>
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