

The Wildcat Echo

A publication by the students of Maquoketa Valley High School

Wildcats take learning off campus



Above: Character & Leadership students visit Camp Klaus and completed several team-building activities. Right: The juniors participated in the Delaware County Business & Industry Fair to learn more about job opportunities in Delaware County. Below: The Fashion Design students recently toured several businesses, including Good Vibe Design owned by an MV alumna, Samantha McDowell.



Wildcats begin volleyball Conference tournament

by Natalie Ries

This previous Tuesday the Wildcats hosted the first part of the Tri-Rivers volleyball tournament. The Wildcats faced Easton Valley, East Buchanan and North Cedar coming out on top with three wins.

The Wildcats did not only have three wins, but Grace Richter and Camryn Paris both hit incredible milestones. Richter had a 500 digs poster handed to her and Paris received her 150th solo block.

The Wildcats took down Easton Valley in two sets (9-21, 4-21). Macee Nolan led the Wildcats with 18 assists, Paris helped the team out with six kills. On defense Paris and Lanni Beaman both had four blocks leading the Wildcats while McKenna Mineart had 11 digs in the back row. Richter also led the Wildcats with 19 successful serves against Easton Valley.

The Wildcats took on East Buchanan next and had no troubles securing another win (7-21, 7-21). Nolan added 17 more assists to her total number and Ava Knipper put those assists to use with five kills to lead the Wildcats. Paris and Knipper both led the Wildcat blocks both having one. Richter did her job in the back row having 13 digs. Behind the line Paris was rocking it with 14 successful serves.



Kallie Freiburger attacks at the net during the conference tournament Monday night. MV won all three matches.

North Cedar vs. Maquoketa Valley was the final game of the night in a close one, but the Wildcats came out victorious (21-13, 20-22, 8-15). Nolan led once again with 14 assists. Beaman had seven kills. Kallie Freiburger, Knipper, and Paris all had one block to ensure a Wildcat win. Mineart also had nine digs. Richter was strong be-

hind the line and had 20 successful serves to end the night.

The Wildcats finished the conference tournament last night at Ed-Co. MV lost to Ed-Co 25-22 and 25-13. They then defeated Prince of Peace 21-19 and 21-12.

They host Northeast of Goose Lake Wednesday night in regional action.

Wildcats prove to be too much for Knights on the field

by Maya Smith

Last Friday, our Wildcats traveled to North Cedar to take on the Knights. The Knights presented no challenge to our boys, and they won the game with an impressive score, 69-0. Coach Christensen comments: "The game went about as expected. It was good to see our guys not let them hang around, jumping on them right away. It was also nice to get everyone in the game, and give some varsity experience. I also thought it good to see some different guys step up with big plays like Macoy Stone, Anderson Holtz, and Eli Dougherty." In terms of the game today, he says: "This week the key will be shutting down East Buc's passing game. We need to continue to improve going into our final regular season game and into the playoffs."

Senior Dylan Knipper comments: "The offense really found its footing last week against North Cedar. We found ourselves celebrating in the endzone a lot - eight times on offense, once on defense, and another time on special teams. We were finding multiple ways to score on offense,

leading to five different players getting into the endzone. Our linemen played very well versus the size of North Cedar's defensive line and opened up many running lanes for big yardage.

"This upcoming week, we are playing a different type of offensive scheme than we have seen in weeks prior. East Buchanan has developed into more of a pass-heavy team, which is different from the past couple years. Our secondary will need to play well this week and be able to cover the whole field, while the line/linebackers work to contain a mobile quarterback. On offense, we have to just keep doing the little things right - blocking to the whistle, communicating, and working together to get a good team win.

"Our goals at the start of the season were, and still are, set high. Every week from here on out, we want to show that we still belong at the top. Our team has battled through a lot of adversity this year with the injuries to key pieces of the team. I give our guys props though as they could have just called it a season after all the injuries, but

they didn't; they kept going. The post-season will look a little different from last year as we will be on the road for most of the games. This shouldn't matter because we need to show up and play wherever we go."

Here are some game stats:

Passing: Trevor Grimm, 137 yards, 2 TDs
Rushing: Rogan Heidt, 60 yards, 3 TDs; DaShawn Strickland, 43 yards, 1 TD; Macoy Stone, 91 yards, 1 TD; Dylan Knipper, 20 yards, 1 TD

Receiving: Anderson Holtz, 72 yards, 1 TD; Macoy Stone, 12 yards, 1 TD

Defense: Dylan Knipper, 10.5 sacks, 6 solo, 1 sack; Kipton Thompson, 6 tackles, 3 solo, .5 sack; Kyle Engelken, 4 tackles, 2 solo

Kicking: Eli Dougherty, 560 yards, 11 kick-offs, 9 PAT

Interceptions: Eli Dougherty, 79 yards, 1 TD; Brady Wall, 2 yards

The dress up theme for tonight's home game is White Out. It is also senior night.

Girls team earns back-to-back championships



The girls team and coaches pose with their medals after the conference meet.

by Cadence Miller

The Maquoketa Valley Wildcats cross country team delivered a strong showing at the North Linn meet, with athletes across all divisions pushing through tough competition and challenging terrain to represent their school with pride.

Audra Burbridge led the varsity girls with a standout 14th-place finish, crossing the line at 20:58.1. Her sister, Taryn Burbridge, followed in 26th at 22:02.0, with Anna Feldmann close behind in 31st at 22:09.0. Breanna Bush secured 41st in 23:01.6, while Rylee Reed (70th, 26:12.8) and Kourtney Hatfield (71st, 26:26.1) rounded out the squad's performance with grit and determination.

Jena Hoefer led the JV girls with a determined run, placing 46th with a time of 27:16.2. Haydin Flannagan followed with a solid effort, finishing 64th in 29:08.5. Both runners demonstrated perseverance and growth as they continue to build experience for future varsity competition.

Kenyon Baker paced the varsity boys with an impressive 18th-place finish, clocking in at 18:01.3. Owen Smith followed close behind in 27th with a time of 18:29.8. Jayden Schwandt (70th, 21:05.3), Colt Haas (83rd, 24:21.0), and Gabriel Saunders (84th, 27:13.0) rounded out the team's effort, showing resilience and teamwork throughout the race.

As the season continues, the Wildcats are building momentum and unity — proving that success isn't just measured in times and placements, but in the strength of their spirit.

Just days after their gritty performance at North Linn, the Maquoketa Valley Wildcats continued to impress at the Tri-River Conference meet held at Starmont, showcasing growth, determination, and competitive fire.

The highlight of the evening was first place finish for the girls team. They were also conference champions last year. This year, they won with a team score of 42, one point ahead of Starmont.

The varsity girls delivered a stellar team effort, led once again by Audra Burbridge, who surged to a 3rd-place finish with a time of 20:01.5 which is a season best time. Taryn Burbridge followed in 6th at 20:48.7 (season best), with Anna Feldmann securing 11th in 22:05.7. Breanna Bush crossed in 14th at 22:53.9 (season best), while Rylee Reed (26th, 25:08.4) (personal record), Kourtney Hatfield (29th, 25:16.1) (personal record), Haydin Flannagan (32nd, 25:56.6) (personal record), and Jena Hoefer (35th, 27:21.3) rounded out the squad's deep and consistent showing.

On the boys' side, Kenyon Baker continued his strong season with a 4th-place finish, clocking in at 17:25.7 which was a season best time for him. Owen Smith followed in 14th at 18:46.1, with Jayden Schwandt (38th, 20:40.1) (season best), Colt Haas (62nd, 24:29.5), and Gabriel Saunders (64th, 26:09.2). The team finished seventh in the conference.

The team will return to Starmont Thursday night for the state-qualifying meet.

Athletes of the Week

Name: Maggie Recker

What do you enjoy most about being part of the cheer team? What I enjoy most about being part of the team is the atmosphere. Everyone builds each other up and is always willing to help others.

Why is having cheer important at MV?

Having cheer is important to MV because it helps support our football team.

What's your favorite cheer?

GO MV GO

What's something about cheer that others may not know? Something about cheer that others may not know is how much work goes into it. We have several early mornings during the summer and a few during the school week. Everyone on the team gives 100% in order for the cheers to come together.



Name: Olivia Ronnebaum

What do you enjoy most about volleyball?

Something that I enjoy most about volleyball is when we play competitive games. Winning that point makes it so much better and makes it feel so much more rewarding because you know you didn't just get that point handed to you.

What's your favorite drill in practice?

My favorite drill in practice is when we get the AirCat out and use that to work on serve receive.

How do you get fired up for a match?

When we are getting ready for games, we usually listen to music then we mess around just trying to calm some nerves that may be happening before we go out on the court.

What has made this year unique for you? Something that has made this year unique is I have been able to see many of my teammates cross milestones in their volleyball career.



Best Buds

Audra Burbridge, Eva Mensen &
Morgan Hoeger

by Kayla Hoeger

How did the three of you meet?

We met in first grade.

What is your favorite memory you have with each other?

Audra: My favorite memory is when we flipped the jetski on the lake and couldn't get it back over and our phones almost got destroyed.

Morgan: Tubing together on the lake and Eva yelling at her dad to stop the boat because her bottoms were falling off.

Eva: My favorite memory of all of us would be when we went ice skating in the pitch black and we all ended up getting hurt in some way, but it was so fun.

What song best describes your friends?

Audra: Maybe "Hit the Quan" or any song really because we are always singing something.

Morgan: Our songs are always all over the place, so I would say any song we listen to.

Eva: A song that describes our friendship would be "Ribz" by Lorde.

What do you admire most about your friends?

Audra: What I most admire about them is that they can make me laugh in any situation even if we are supposed to be serious and I can tell them anything.

Morgan: I admire how we are always laughing together and know how to make each other happy.

Eva: I admire how loving and loyal my friends are.

Where do you see each other in the future?

Audra: I see Morgan owning some sort of bakery/ coffee shop while making us really good baked goods, I see Eva being a nail tech or an esthetician and we all hang out on the weekends on a boat somewhere on a lake.

Morgan: I see Audra being a physical therapist and Eva being a nail tech doing our nails. I also see all of us having a family with kids and living by each other.

Eva: I see all of us growing old together and still having sleepovers on the weekends.



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!

From Taste Oasis

Specials this Week

Pumpkin Bars



Zucchini Chocolate Brownies



~NEW!~



**QR
Pre-Order
Thurs. Only**

SCAN ME



~Fall Flavors Now Available~

Meet the Freshmen



Easton Tucker, Linken Stansberry, Harmonie Ries & Payton Lanning

Name: Harmonie Ries

Siblings: Autumn, Jayda, Amelia, and Patrick

Activities you plan to be in: Basketball, Track, Softball, and Band

Favorite subject: PE

Career aspirations: Paramedic

Hobbies: Fishing, Hunting, and Crocheting

Something cool about you: I went to Warburg for a basketball journey

Name: Easton Tucker

Siblings: Tyson and Taya

Activities you plan to be in: Football, Basketball, and Baseball

Favorite subject: Spanish

Career aspirations: Ideally something in the sports world

Hobbies: Gaming, Sports, and Cards

Something cool about you: This summer I went to Wrigley and Lambeau Field

Name: Payten Lanning

Siblings: Camdyn

Activities you plan to be in: Volleyball, Basketball, Track, Softball, Band, and Jazz Band

Favorite subject: Math

Career aspirations: Teacher

Hobbies: Softball and Horseback Riding

Something cool about you: I have a goat (Acorn) and a baby horse (Jalapeño).

Name: Liken Stansberry

Siblings: Shane

Activities you plan to be in: FFA

Favorite subject: Ag classes

Career aspirations: Driving a Semi or farming

Hobbies: Showing pigs and riding my four-wheeler or dirt bike

Something cool about you: I have a four-wheeler and dirt bikes.

—typist: MaryEllen Smith

Deep Dive by Arianna Nolan



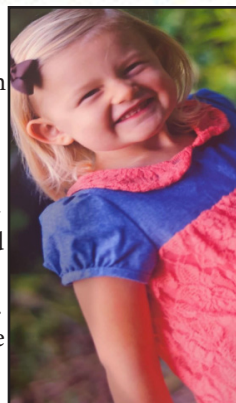
Welcome back, Divers! Last week, I stated that we would be looking at creatures of the sea that are spooky, and this week, we have an even spookier creature. The Atlantic Wolffish is a creature that lurks in the Atlantic Ocean. But don't worry! They are actually very harmless to humans. These creatures prefer a sedentary lifestyle, which requires specific habitats that allow them to hide and catch their prey. How do these fish not freeze in the ice-cold waters of the Atlantic 400 feet below? The Atlantic wolffish pumps antifreeze within its body so it stays alive. These creatures usually eat small sea creatures and crustaceans and are vital to keeping these populations in check.

Not much is known about the Atlantic Wolffish, but its population has been declining over the last few years due to habitat loss resulting from overfishing, oil spills, and other factors. Make sure to be aware of what you are throwing away and where, and to advocate for the creatures of the sea. If you would like to know more about these sea creatures, please visit the Conservation Law Foundation 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 all next week!

Cutie

by Kayla Hoeger

This cutie is a sophomore from Delhi. She is involved in volleyball, basketball, track, softball, speech, FCCLA, individual and large group speech, and student council. A fun fact is that she has a dog.



One at a Time

by Arianna Nolan

Do you ever feel like the world is going to collapse at any moment because of the amount of time you don't have to do everything at once?



You're not alone. According to the article "Student Stress Statistics" from the website Transforming Education, 60% of students claim to be stressed every single day. Whether this be from homework, work, extracurricular activities, personal issues, or all of that put together, I think we can all agree that we need some ways to de-stress or to cope with everyday life.

So, I put together a list of 10 tips so you can try to relax a little bit when you have some alone time or on the verge of crashing.

1. Deep breathing techniques
2. Listening to the music you like
3. Talking, venting, and/or ranting to a friend or trusted adult
4. Taking care of your body/self-care
5. Time management/organization
6. Taking a nap/stepping away for a bit
7. Doing a hobby
8. Talking to a therapist/getting a therapist
9. Schedule breaks so you aren't constantly overwhelmed
10. Look online for other tips that can help you!

Remember, if the stress ever gets to be too much or you feel that your stress is uncontrollable, you should talk to Mrs. McDermott or another trusted adult so you can get back on track. It's okay to not be okay, and we all need some help sometimes. I love you all, and I will see you all next week! Go Cats!

Paris, Richter reach volleyball milestones

Monday night provided double the fun as senior Grace Richter reached the 500 digs milestone and junior Camryn Paris got her 150th solo block.



Cheer team welcomes next generation



The high school cheer team held a clinic to train youth cheerleaders who will perform at tonight's game.

Meeting For
FCCLA

WEDNESDAY OCTOBER 22ND

- ✓ Location: Mrs. Downs Room
- ✓ Time: Lunch
- ✓ Spaghetti Provided
- ✓ Information Discussed: Locker signs, T-shirts, and Cookbook

Fantasy Fiction: The battle of many but few A series by Abby Nieman

Warin looks at Lyra with an expression that I can only explain as all emotions at the same time. Warin then looks at his dad with concern. "Who is the inside info from?" Warin asks.

I stop looking at my crystal ball that sits between me and Knut. I am stuck in the main military camp tent, and there are guards all around. Even if I tried to run, they would chase me down and possibly kill me. "Don't let Elysia out of your sight. Make sure we have

eyes on both Lyra and Warin at the same time. DON'T let Elysia escape," Knut commands his guards as he leaves the tent.

The crystal ball sits on the table with a soft glow with the conversations coming out softly. The sound of Lyra's voice fills my ears as I focus in to try and bring back some normality, though that is hard to find here. Lyra has left the blacksmith's shop and is heading to the other side of the building.

A guard puts a plate of MREs in front of me as it must be meal time, I think. It's weird every time that Knut leaves the tent the one guard gives me food. I don't see food more than one meal a day normally, when Knut is around, so, I guess I have to be grateful? Either way, I take the food and eat it all.

