

# The Wildcat Echo

A publication by the students of Maquoketa Valley High School

## Melodious music fills the aud



The choir shared what it has been working on this year in its fall concert Monday night. (photos by Sebastian Charles)



## Captivated crowd

The seniors in government class toured the Delaware County courthouse Thursday afternoon. Right: A group of seniors hang out behind bars.



## MV celebrates World Dairy Expo results

by Natalie Ries, FFA Reporter

Once again the Maquoketa Valley FFA Chapter is doing awesome things, most recently shown at the World Dairy Expo last week.

Bianka Ronnebaum, Caden Kremer, and Ford Domeyer competed in the dairy cattle evaluation contest. As a team these three members earned 3rd place. There were 110 teams in this event and 323 individual contestants.

In the category of world forage management cup, Tyler Hoeger placed 2nd as an individual with help from Braden Ronnebaum and Bryce Vaske to place 13th as a team.

Milk quality and products also achieved at a high level with placing 14th as a team. This team consisted of Kelsey Hoeger, Leah Reicher and McKayla Weber.

## Band to host season opener concert Monday night

by McKayla Weber

The Maquoketa Valley 6-12 Bands have been working hard to assemble some awesome pieces for their first concert of the year! Following are details regarding the concert from Mr. Ford!

**Who?** All 6-12th grade band students.

**When?** Monday, Oct. 14 at 7:00 PM

**Where?** Middle School Gymnasium

**Cost?** Free admission - donations are welcome

**What should fans look forward to?** Performances from the 6th grade band, 7/8th grade band, and high school marching band. The middle school groups will be performing all the music they've been working on this quarter. The high school will be "parking and barking" the music from this year's halftime show.



# Sports Connection

## Cross country runners compete in DelCo

The Wildcats didn't have to travel far Tuesday night as they competed at the West Delaware Hawks Invitational at Hart Ridge Golf Course. The boys team finished 15th out of 21, and the girls finished eighth out of 16 teams.

### Varsity results:

Matthew Schaul: 16:09, 4  
Kenyon Baker: 17:18, 23  
Brady Eike: 18:45, 74  
Owen Smith: 20:58, 127  
Jayden Schwandt: 21:21, 131  
Gabriel Saunders: 25:44, 146

Audra Burbridge: 19:57, 11  
Taryn Burbridge: 21:11 (season best), 32  
Alexis Halverson: 22:42, 63  
Breanna Bush: 23:24, 77  
Bianka Ronnebaum: 23:41, 83  
McKenna Bush: 24:25, 97

### JV results:

Jordan Hatfield: 27:27, 75  
Rylee Reed: 28:33, 93  
Haydin Flannagan, 29:49, 108

Saturday morning, the team will compete at North Linn.

## Football team improves record to 5-1

by Maya Smith

Last week, our football boys took on the Bellevue Comets at home. It was a fun game with the first quarter ending with a nice lead of 0-14. By the half, it was 0-21. The ending score was Comets - 0, Cats - 35.

Here are some stats:

Passing: Brady Wall, 171 yards, 1 touchdown.

Rushing: Brady Wall, 39 yards, 1 touchdown; Rogan Heidt, 327 yards, 3 touchdowns

Receiving: Dylan Knipper, 54 yards, 1 touchdown

Defense: Nathan Beitz, 10 tackles; Kyle



Above: Kenyon Baker finds his stride at the West Delaware meet.

Right: McKenna Bush fights for position. (photos by Taylor Saunders)



## Comedy Corner

—compiled by Grace Richter

Here are just some random jokes for this week!

How do trees get on the Internet? They log in.

What do computers like to eat? Chips.

Why are eyeshadow, lipstick, and mascara never mad at each other? Because they always make-up

Why did the Genie get mad? Because he was rubbed the wrong way.

How did the beauty school student do on her manicure test? She nailed it.

# Volleyball team gets two conference wins



by Natalie Ries

The Wildcats traveled to East Buchanan last Thursday night resulting in a clean sweep. Varsity took the win in four sets. The scores are as follows. 25-17 (MV), 25-17 (EB), 25-10 (MV), and 25-22 (MV). On Tuesday night the Wildcats had another clean sweep against Alburnett. Varsity made it a quick night winning in three sets. 25-16 (MV), 25-19 (MV) and 26-24 (MV). Coach Nefzger commented on the East Buchanan game: "Another night that we took it to four games and came out on top. We did not play our best volleyball against East Buchanan. We had many errors across the board on our end that gave them way too many points. We had good discussions after the game about what needs to change and how we are going to make those changes." On offense leading the Wildcats in assists was Macee Nolan. Nolan had a total of 21 assists. Lanni Beaman used these assists the best with 13 kills. Camryn Paris and Beaman helped the team out on defense Paris had three blocks and Beaman had 18 digs. Serving Nolan was on fire once again with 21 successful serves.

Against Alburnett, Beaman again took advantage of the 20 assists from Nolan and had 13 more kills. Defensively Paris was strong at the net and added three more blocks to her total blocks on the season. Lili Bauers did not let much hit the ground with her 13 digs to help the team. Grace Richter was strong behind the line with 15 successful serves.

"We have a busy schedule and it is here to stay until the season is over," stated Coach Nefzger. The Wildcats traveled to Central City to face the other Wildcats. These scores will be in the Wildcat Echo next week.

**Callie Freiburger attacks at the net while Camryn Paris provides coverage in the East Buchanan game. (photo by Tessa Intorf)**

## what's up?

by Ryleigh Moriarty

### Who is your favorite celebrity?

Aaliyah Peterson - My favorite Celebrity is probably Jenna Ortega  
 Matthew Schawl (Chewy) - Yared Nuguse  
 Grace Richter - Sabrina Carpenter  
 Cole Beitz - Probably Katy Perry  
 Eva Mensen - Young Justin Bieber  
 Clairra Gray - My favorite celebrity is Tate McRae  
 Olivia Hunter - Jacob Anderson

by Taylor Saunders

### What's your favorite part of fall?

McKayla Weber: The cooler weather its just calm cozy  
 Olivia Hunter: The coziness  
 Arianna Taylor: The leaves falling  
 Joellen Beitz: Getting to dress for the orchards and pumpkin patches and the leave changing and haunted houses  
 Lena Lewin: The cold weather  
 Elizabeth Kraft: The cold weather  
 Arianna Nolan: The leaves changing color  
 Gavin Timmerman: Halloween  
 Emily Rudd: Halloween  
 Sam Howes: Musical, I love putting together the show and being a part of the cast makes it really feel like family, and the weather.

# Athletes of the Week

Name: Isabella Mensen

**What do you enjoy most about being part of the cheer team?** I enjoy the family aspect of it. You know that if you need help or someone to talk to one of the girls will be there.  
**Why is having cheer important at MV?**



Having cheer brings a lot of school spirit, especially when it comes to game days whether that be homecoming or a normal Friday. I feel as though having cheer adds to the small town feeling we all know and love on Friday nights.

**What's your favorite cheer?** HEY HEY YOU! Or HYPE IS WHAT WE NEED TO BE!

**What's something about cheer that others may not know?** A lot of people don't know the behind the scenes work that we do. An example would be we start preparing for things like homecoming in July because of the amount of work that goes into it like choreography stunting and more. We also take time out of our week every week to make or buy a treat for our football boys to show them how much we appreciate them and we are wishing them good luck at that nights game! This isn't something we do in school or practice; it's on our own time but it's worth it when you hear how much they appreciate it.

Name: Lili Bauers

**What do you enjoy most about volleyball?** I enjoy celebrating with the team after a point, and overall having fun with the team this year.



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

"FE!N" by Travis Scott

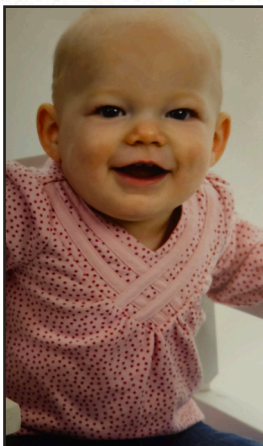
**What do you appreciate most about this year's team?** I appreciate how close we are as a team and how everyone supports each other. I also like how we are able to all get along, it makes everything a lot more fun.  
**What has made this year unique for you?** Being a senior has been really unique for me. Not only have I had to be a leader but having to experience everything for the last time has been so different.



# Cutie

by Alaina Mead

Pretty in Pink Cutie! This cutie is a middle child and has 3 siblings. She is a senior and lives in Earlville. This cutie is also involved in volleyball, basketball and FFA. Last week's Cutie was Morgan Hoeger.



# One at a Time

by Arianna Nolan

Another school day. You look into the mirror, and you see nothing but a failure. You don't like the way that your body looks. Every single piece of clothing drapes over your body the wrong way, and you keep telling yourself that it's going to change with time, but it never does. You see your face and fight the urge to slam your fist into the mirror, glass shards flying everywhere, and staring at what stands behind the mirror. You wish you looked like other people on social media who seem to be living their life to the fullest with lots of good friends and a loving partner. If only you looked decent, then maybe people would like you more. Maybe if your grades were better, people would think you were smarter and would treat you better. If only-



Self-worth is defined as "the sense of one's own value or worth as a person according to Dictionary.com, which basically means how well you respect yourself/how you view yourself. Many factors go into how you define yourself, some can be intelligence, physical appearance, health, talent, and personality. While it may seem easy to some to have a positive self-worth, it is something a lot of people struggle with every day, and it can happen for a variety of reasons. Whether it be poor mental health made about you, it can cause people to hate themselves due to having low self-esteem. But, just because you struggle doesn't mean you have to struggle forever. There are ways to improve the way you see yourself.

The first way to improve your self-esteem is to fix your mindset. While this may seem hard at first, it is possible. I used to

struggle with a terrible mindset and saw the world very negatively, but now I can at least force myself to see things more positively. The way to improve your mindset is to be aware of your negative thoughts and to challenge them with more positive ones. Example: "This day is going so badly." To challenge this thought you would find something that went well that day, and remind yourself that it can always get better if you do something about it. With a better mindset, you will not only see the world around you in a more positive light, but you will see yourself that way as well.

The second way to improve your self-esteem is to have positive relationships with the people around you. Some ways that can negatively impact your self-esteem are the people you see every day. If they are outwardly negative about their body all of the time, such as pointing out everything that is wrong with them, you can start to become self-conscious of how different your body is as well. Or on the other hand, people who brag about themselves all of the time can make you feel lesser than. You need to be around people who support you and congratulate you for the good things you do, but also support you when things don't go as you expected. Having these positive relationships with people who see you in a positive light can make you see yourself in a positive light as well.

Negative self-esteem is when you see yourself in a negative way, and it may not seem like there are ways to fix it. But, by fixing your mindset and surrounding yourself with good people, you are able to improve your self-esteem which can have an immense positive impact on your quality of life. Next week, I want you all to think about 5 things about yourself that you like about yourself, and write them down somewhere so when you start to doubt yourself you can look back on it and remind yourself that **you are a good person**. I love you all and hope have a wonderful weekend/week!

# Jaelyn's Journeys



photo by Jaelynn 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!

# Fantasy Fiction: A hoco proposal trap? Last week we were left with Eliza, after getting help from dad, facing Parker outside of her house

by Abby Nieman

I called Dad, I told him that Parker was at the house making it impossible to get to rehearsal. He said he would try and come home to help but was unsure if he could, if not just stay put in the house. I put the phone down then there was a bang at the door.

I looked at the door and then there was a bang and the door vibrated. I picked up my phone, ran up the stairs, went to my room, locked the door, and barricaded it. I called Dad but he did not pick up the phone. I tried to listen.

There was the sound of glass shattering and then the sound of footsteps on the stairs. But then there were

sirens and there was silence.

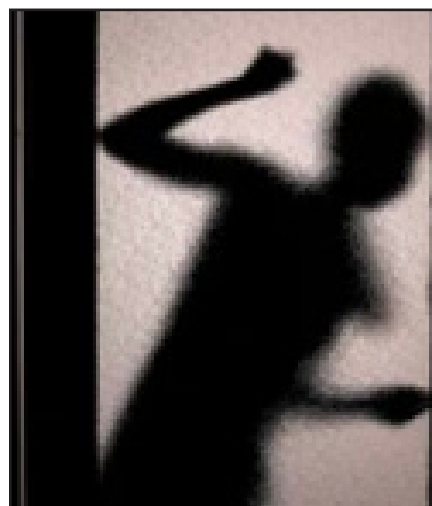
Then there was a knock on the door. "Police officer Dave, can you let me in? I know you're scared. We do have them in custody"

I unbarricaded the door, and I opened it.

Officer Dave was outside the door waiting for me. "Are you okay? Your dad called us."

"I think so. I am spooked still but not injured," I responded.

The police did in an interrogation and found Parker had done this to other people too. He was put in jail for 5 years and the rest of us got to go and live life to the fullest.



## Meet the Freshmen



**Taylor Salow, Audra Burbridge, Aaliyah Peterson, and Tommie Cole**

Name: Audra Burbridge  
Siblings: Taryn, Quinn, and Lyza  
Activities you plan to be in: Cross Country, Basketball, Track, and Softball  
Favorite subject: Lunch  
Career aspirations: Physical Therapist  
Hobbies: Sports, shopping, and hanging out with friends  
Something cool about you: Basketball is my favorite sport

Name: Aaliyah Peterson  
Siblings: Kinze Khulman, Dakota, Audrey, Savannah, Olivia, Jeremy, Donté, and Korbin  
Activities you plan to be in: Volleyball, Track, Marching Band, Crew, and Softball  
Favorite subject: Math or science  
Career aspirations: Middle school math teacher  
Hobbies: Longboarding, hanging out with friends, and doing hair  
Something cool about you: I always make time for people I care about and love. And my sister is in the same grade as me

Name: Tommie Cole  
Siblings: Kolin and Erik  
Activities you plan to be in: Track, Speech, Play, Marching Band, and Jazz Band  
Favorite subject: English  
Career aspirations: Some kind of history  
Hobbies: Art, Reading, Writing, and Singing  
Something cool about you: I was born with vitiligo

Name: Taylor Salow  
Siblings: Aidan Salow  
Activities you plan to be in: Cheer, Dance, and Track  
Favorite subject: Spanish  
Career aspirations: Ultrasound Tech  
Hobbies: Baking and Shopping  
Something cool about you: I love pickles!

—typist: MaryEllen Smith

## ¡Cocinemos!: Celebrating Hispanic Culture

Next week we will be celebrating Hispanic Heritage Month here in the high school. You can begin celebrating by cooking some Hispanic recipes to share with your family or friends. Spanish IV students can't wait to celebrate with you next week!

### Recipe #1: Birria de Res

Birria de Res is a beef stew made with a delicious sauce that contains lots of spices. This recipe can be made in many different ways, depending on where it is from. For the Birria, you will need: 20 cups water; 2 pounds beef; 5 pounds roast; 10 guajillo chiles; 1 large onion; 1 head garlic; 10 bay leaves; 10 carrots peeled; 3 tsp chicken bouillon; 1 tsp salt. For the Chile Oil, you will need: 4 dry guajillo chiles; 2 bay leaves; 1 cup canola oil; ½ tsp garlic powder; ½ tsp black pepper; ¼ tsp ground clove; ½ tsp chicken bouillon; ¼ tsp sugar; and ½ tsp oregano. For the Birria, bring water to a boil in a large Dutch oven and add your beef, roast, chiles, onion, garlic, bay leaves, carrots, chicken bouillon, and salt. Boil for 1 hour, and then remove from heat. Remove chiles and 1 cup of broth, blend until smooth. Add blended ingredients to broth, and cook for approximately 2 more hours. Remove the roast from the heat and shred. For the chile oil, start by grinding up the guajillo chiles, bay leaves, and hot chiles. Next, in a medium pan, bring the oil to 290-310F. Add chile blend, garlic powder, black pepper, ground cloves, bouillon, sugar, and oregano, and mix. To assemble the Birria de Res, dip a corn tortilla into the birria broth and chile oil. Then place the tortilla in a heated pan, where you will add cheese, shredded beef, onion, cilantro, and optional cabbage. Cook for 2 minutes on each side, and enjoy! If interested in the full recipe, you can find it on [TODAY](#).



### Recipe #2: Flan

Flan is another famous Hispanic recipe that is popular all over the world. This recipe is very easy to make and can be made in advance. For this recipe, you will need: 120g sugar; 5 eggs; 1 tsp vanilla extract; 397g condensed milk; 400 ml evaporated milk; and 150 ml whole milk.

First, heat your oven to 180C and melt your sugar until it turns a golden caramel color. Once done, coat the base of a tin with this caramel and then set aside to cool. Next, whisk the eggs and vanilla, along with the condensed, evaporated, and whole milks until well combined. Then, put the custard into a tin with boiling water and bake in the oven for 50 minutes. Allow to cool for 30 minutes before covering and sticking in the fridge to cool for at least six hours. When ready to serve, flip the pan over and allow the flan to fall out of the pan, so the caramel is on the top. Enjoy your delicious dessert! For more information about this desert, visit [BBC good food](#).

