



# THE EAGLE'S WING

Keota Jr./Sr. High School Student Newspaper



## SPORTS PREVIEW: GIRLS BASKETBALL

By TAYLOR CONRAD

Jeff Sprouse, who has coached girl's basketball for 21 years, looks forward to the 2020 season with this year's team. They may be small, but they are mighty. "[We] will make up for lack of numbers with great effort," he said confidently. "We've lost four seniors, but it will be fun to see which girls step up into new roles."

Despite being small, Coach Sprouse believes that they will be improving more and more from last year. After winning one game for two years straight, the 2019 girl's basketball team was able to rise up by winning ten games. He hopes that, by working hard both mentally and physically, they will be able to win some more games and have fun doing it. "I am looking forward to helping the girls build a foundation for upcoming years," Sprouse said. "I often tell teams that basketball is like life. Not everything is easy. How you respond to the challenge will reflect on your character going forward."

Sprouse said that, despite being excited for the new season, he expects that they will face challenges in the near future. "We need to improve from the beginning to the end of the season. Each day we will work on one thing. Rome was not built in a day and neither will our team. I have no doubt that they will be able to accomplish this." While they will be working physically, they need to be working on their team bond as well. Sprouse practices the motto "WE before ME" every day, and he plans to continue this in the 2020 season. They began practice on Nov. 11, and the girls' first game was scheduled for Friday, Nov. 22 at Highland.

As a parting thought, Coach Sprouse said, "I just want to commend the girls that are out for the team. They have an awesome opportunity in front of them to learn, grow, and make lifetime memories. Team sports should be used as an example of how our society should function. Work together, not against. Learn responsibility and gain confidence in knowing that you are not alone. Come support our team! They will give their best effort each night for our school, our town, and each other!"

## JUNK OR JEWEL

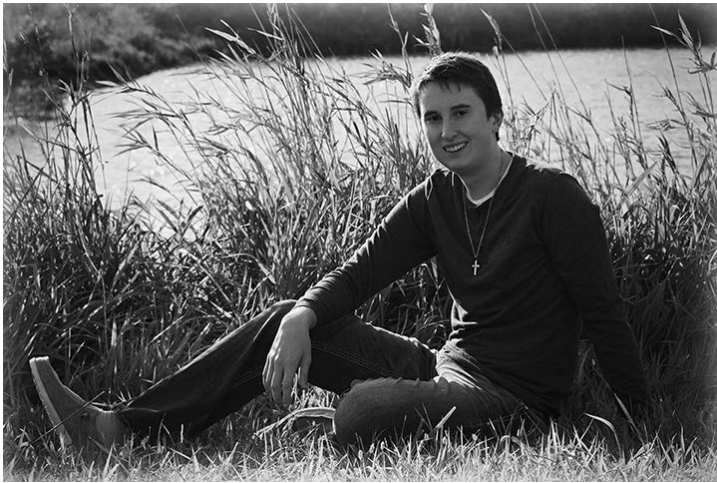
By SAM MENKE



On today's Junk or Jewel we get the chance to look at a fine piece of machinery. Joe Swanstrom owns a gray (with a splash of black) 2008 Toyota Tundra. This beast has a 5-7 l-force V8 engine with 205,000 miles on it. Joe commented, "She's just getting broke in." He gets fourteen miles to the gallon and his radio presets are 104.3, 94.1, 98.1, and 101.5. The previous owner of this truck was his father (Jay Swanstrom). Joe worked for his truck, so he didn't have to pay for it. He doesn't remember the exact year when he got it, but he guesses around 2015. This truck is mostly stock, besides the aftermarket passenger side front fender. The thing Joe likes most about his truck is that it stands out when he's out in public and it is pretty quick. He legally can fit five people in his truck, but he can fit a lot more people in the bed. The fastest he has ever gone in it is 105 mph, but "she can go a lot faster," he said. The best memories he has had with his truck are driving around with his dad. Some of the worst memories he has had in it is hitting all of the deer. He named this baby the "Tundra." He usually just drives this truck around the farm, but the furthest he has ever driven is Michigan and Minnesota with his family. The people who travel with him the most are his friends. There is no doubt that his fine piece of machinery is definitely a jewel.

## SENIOR SPOTLIGHT

### Nolan is Rollin' Into His Future



By BRYCE GREINER

Nolan Zachary Verstraete, a.k.a. "Big Mike," was born on November 3, 2001. Nolan is the son of Andy and Jeannie Verstraete and Dan Horras. Nolan is the younger brother to Tyler, and he is the older brother to Jack and Bryce. Throughout high school, Nolan was involved in baseball, basketball, soccer, football, FFA, drama, and speech. His favorite activities are speech, baseball, and basketball because they are the most fun to do. Nolan also enjoys working on the farm and hunting because he loves being outdoors.

Nolan's favorite childhood memory was his first Iowa foot-

ball game because his whole family was there and they tailgated before the game. Nolan's favorite elementary teacher was his third grade teacher because she let them go on a lot of field trips. His favorite field trip was going to the State Capital in sixth grade. Nolan's thirteenth birthday party was his most memorable because he spent the night at Jackson Phillips' house and just hung out with his friends all day. The Horras family Christmas is Nolan's favorite family tradition because it is when his whole family gets together.

When asked who he admired most, Nolan said, "Dan Horras

for his relentless work ethic and love for his family." When Nolan was young, he thought he wanted to grow up and become a train conductor and travel the country. Nolan is currently undecided on which college he will be attending next fall, but he leaning towards the University of Iowa and majoring in Mechanical Engineering. Nolan likes the atmosphere at Iowa and he chose this major because he is good at math.

Outside of school, Nolan's job is working on the farm whenever he is needed. Through this job, he has learned the importance of working hard and the value of a dollar. The three things Nolan would like to accomplish in his lifetime are to earn a living, have a family, and travel the world. He believes he will reach these goals because he has the work ethic to be successful.

Nolan is most proud of his accomplishment of making it to All-State Speech in two different groups last year. When asked what his favorite high school class was, Nolan responded with, "American Literature because we had a lot of fun reading books in that class." He said Ms. Bries' English classes prepared him most for life because the structure of the class was very good. Nolan's favorite high school memory was the All-State Speech trip his junior year.

Nolan really likes Keota's close knit atmosphere. He will miss his classmates the most when he graduates from Keota High School. The three words Nolan would use to describe himself are ideal oriented, smart, and tall. He hopes people remember him as nice and funny. When his classmate, Joe Swanstrom, was asked what he will miss most about Nolan, he said, "His goofy self."

If Nolan could do high school all over again, he says he would take his time and enjoy every year he had in high school. His advice for future Keota seniors is to enjoy every second and take the time to get along with their classmates.

Keota High School wishes Nolan the best of luck in his future.



## CLASS OFFICERS

### 7<sup>th</sup> Grade Class Officers

By COOPER SIEREN



Pictured above are the Keota 2019-20 seventh grade class officers. From left to right, they are: Ava Greiner (Secretary), Izzi Chalupa (Treasurer), Jace Chalupa (Vice President), and Billie Kindred (President).

### 9<sup>th</sup> Grade Class Officers

By SAM MENKE



The 2019-20 freshman class officers are pictured above. From left to right, they are: (back row) Brandon Greiner (Vice President), Dakota Hammen (President); (front row) Nicole Clarahan (Secretary), and Taylor Garman (Treasurer).

### 11<sup>th</sup> Grade Class Officers

By ADDIE SWANSON



Pictured above are the junior class officers. From left to right, they are: Max Johnson (Treasurer), Brady Duwa (President), Sky Weber (Vice President), and Paige Minard (Secretary).

### 8<sup>th</sup> Grade Class Officers

By COOPER SIEREN



Pictured above are the Keota 2019-20 eighth grade class officers. From left to right, they are: Evan Vittetoe (Secretary), Cole Kindred (Vice President), Sawyer Stout (President), and Will Carlson (Treasurer).

### 10<sup>th</sup> Grade Class Officers

By SAM MENKE



The 2019-2020 sophomore class officers are pictured above. From left to right, they are: Colten Clarahan (Secretary), Makenzie Jackson (Treasurer), Grant Garman (President), and Taylor Kindred (Vice-President).

### 12<sup>th</sup> Grade Class Officers

By ADDIE SWANSON



Pictured above are the senior class officers. From left to right, they are: JD Stout (President), Anna Duwa (Treasurer), Jaime Schulte (Secretary), and Kendall Wilson (Vice President).

## SPORTS PREVIEW: BOYS BASKETBALL

By JAIME SCHULTE

Entering his 18th year of being the head coach for the boys basketball team, Coach Stout has big plans for his team this upcoming year. Stout says making it to the State Tournament is his ultimate goal of every season, but winning the SICL Conference is the team's first goal. The boys have been spending a lot of time in the gym shooting and ball handling in the off season to better prepare them for the season. The team has three returning varsity starters: JD Stout, Luke Hammen, and Brady Duwa. Carson Sprouse also saw a lot of time on the court last year. Tyler Waterhouse, Nolan Verstraete, Sam Sieren, Bryce Greiner, and Riley Hahn are the upcoming juniors and seniors working for a spot on the court this year.

Enjoying the game and watching his team play together is what Coach Stout looks forward to most in the season. Montezuma and Lynnville-Sully are a few of Stout's favorite teams to play because it's always good competition for the boys. He also enjoys playing our rival, Sigourney, because it always brings a big crowd and is a good game. Some things the team is looking to improve on this season is defense and rebounding. Stout says that the key to his team's success will be playing together and accepting their roles on the team. Come out and support the Keota boy's basketball team as they kick off their season at English Valley on Tuesday, Dec. 3.

## BLAST FROM THE PAST

By KENDALL WILSON

### HOW WILL SENIORS RESPOND THE SECOND TIME AROUND?

Each week, we ask a Senior the same question they were asked for the Question of the Week when they were younger. Let's see how their responses have changed over the years...

JAIME SCHULTE

Q: If you could be any color in the crayon box, which color would you be and why?

7<sup>th</sup>:  
A: "Pink, because it is my favorite color."



12<sup>th</sup>:  
A: "Light purple, because it is a calm color."

## EAGLE'S WING STAFF 2019-20

TAYLOR CONRAD · TRINITY DALTON  
LEVI FRITZ · BRYCE GREINER  
JORDAN HAMMEN · SAM MENKE  
PAIGE MINARD · JAIME SCHULTE  
COOPER SIEREN · JD STOUT  
ADDIE SWANSON · JOE SWANSTROM  
KENDALL WILSON  
ADVISER: MRS. CONRAD

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### QUESTION OF THE WEEK

By JOE SWANSTROM

What's your favorite Thanksgiving dish??

MRS. INGERSOLL  
STAFF



"The dressing."

NOLAN VERSTRAETE  
12<sup>TH</sup>



"All of it because I love that food coma."

LUKE HAMMEN  
11<sup>TH</sup>



"Scallop Corn because it's fire."

AJ SHEETZ  
10<sup>TH</sup>



"Pumpkin Pie because it's delicious."

AIDEN CONRAD  
9<sup>TH</sup>



"Pumpkin Pie because it tastes good."

AIDEN MCGUIRE  
8<sup>TH</sup>



"Homemade macaroni because its scrumptious."

DYLAN THOVSON  
7<sup>TH</sup>



"Stuffing from the turkey."