

Girls tennis

Taking note

Verona's Naisha Nagpal scores big as high school freshman

MARK NESBITT
Sports editor

Verona freshman Naisha Nagpal keeps a notebook she writes in before every match. She likes to write down her opponents' weaknesses and strengths. "I'm taking those mental notes," Nagpal said. "Sometimes I write it on my phone or in my notebook."

She has become an instant force since she took the court for the Wildcats this season.

Nagpal (30-4) enters the WIAA Division 1 state girls tennis tournament as the eighth seed in the No. 1 singles bracket, earning a first-round bye. She will play the winner of Madison West sophomore Grace Qian (20-13) and Oconomowoc senior Juliet Hussey (12-20) in a second-round match on Thursday, Oct. 14, at Nielsen Tennis Stadium at the University of Wisconsin in Madison.

She has eight years of tennis notes built up since she first started the sport. She recalls her father watching tennis and getting her involved.

Nagpal started playing tennis when she was 7. She started competing in USTA tournaments at 8.

"My dad really wanted me to get into tennis," Nagpal said. "He's the only reason I'm here right now."

Early on, she received tutelage from her father and later her brother.

Nagpal and her family have a tennis connection. Her father plays tennis. Her older brother, Kush Nagpal, a 2020 Verona Area High School graduate, played tennis.

Nagpal said her father has helped her get tennis lessons and paid for her to attend academies in Florida.

"He's just really dedicated for me and tells me to go have fun, try your best and ignore the other players no matter how good they are," Nagpal said.

Nagpal travels across the Midwest playing USTA tournaments in Chicago, Indianapolis and across Ohio.

"High school tennis is so much more fun because you have a team to cheer you on," she said.

Nagpal said she doesn't like being at home.

"I get really bored and tennis is really fun because I get to talk to friends," she said. "It keeps my mind off of things and it's fun to play competitive because you can always get better. There is no perfect player. Even (Novak) Djokovic can get better at things."

Nagpal has found a home at No. 1 singles for the Wildcats. Verona coach Mark Happel said Nagpal is always calm, cerebral and a student of the game.

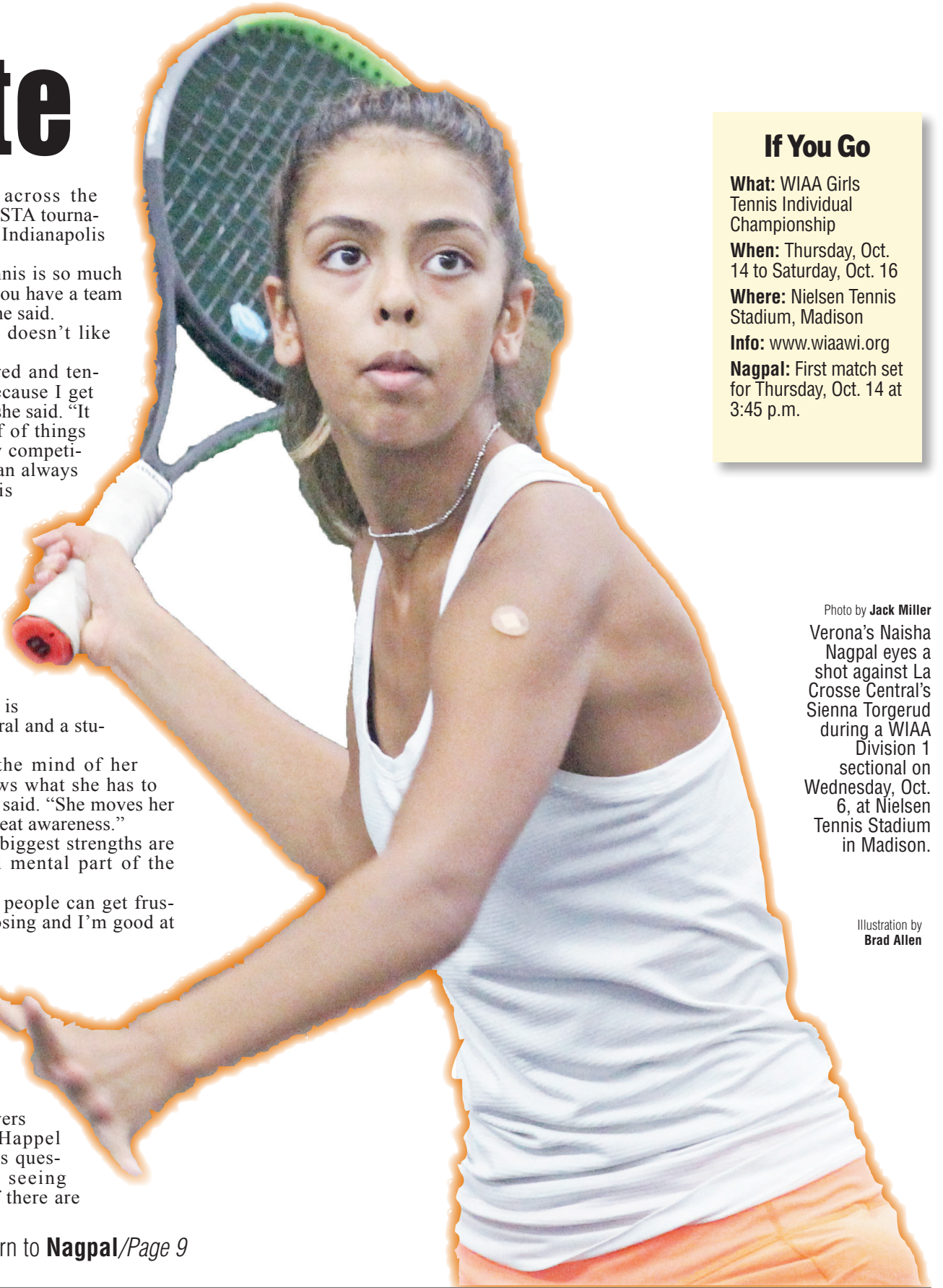
"She gets into the mind of her opponent and knows what she has to do to win," Happel said. "She moves her feet well and has great awareness."

Nagpal said her biggest strengths are her backhand and mental part of the game.

"I know a lot of people can get frustrated if they are losing and I'm good at keeping it together," she said.

"If I'm down in a set, I will just say to myself, you can still come back."

During changeovers between games, Happel said Nagpal always questions what he is seeing on the court and if there are



If You Go

What: WIAA Girls Tennis Individual Championship
When: Thursday, Oct. 14 to Saturday, Oct. 16
Where: Nielsen Tennis Stadium, Madison
Info: www.wiaawi.org
Nagpal: First match set for Thursday, Oct. 14 at 3:45 p.m.

Photo by Jack Miller
Verona's Naisha Nagpal eyes a shot against La Crosse Central's Sienna Torgerud during a WIAA Division 1 sectional on Wednesday, Oct. 6, at Nielsen Tennis Stadium in Madison.

Illustration by Brad Allen

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Girls tennis

Verona trio all make sectional finals

Nagpal punches state ticket at No. 1 singles

JACK MILLER
Sports reporter

Verona's Naisha Nagpal continued an impressive freshman campaign by qualifying for the WIAA Division 1 individual state girls tennis tournament during a sectional hosted by Waunakee on Wednesday, Oct. 6, at Nielsen Tennis Stadium in Madison.

Nagpal made a run to the championship match at the No. 1 singles flight, but lost a three-set match to Middleton's Netra Somasundaram. Nagpal was edged by a score of 6-1, 4-6, 10-4.

Nagpal started off the sectional with a

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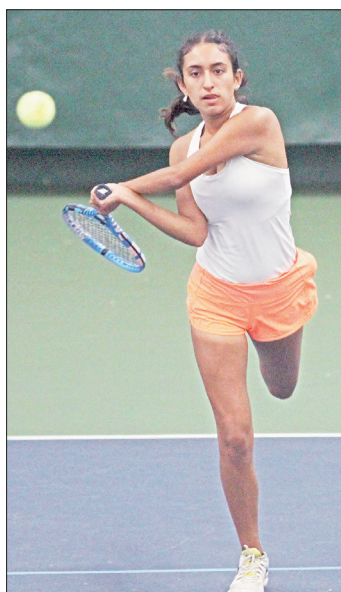


Photo by Jack Miller

Verona's Zoe Qureshi hits a shot back against Holmen's Delaney Gelder during a WIAA Division 1 sectional on Wednesday, Oct. 6, at Nielsen Tennis Stadium in Madison.

Football

Verona looking to knock off No. 2-ranked Sun Prairie

Wildcats might earn top four seed, home playoff game with victory

MARK NESBITT
Sports editor

The Verona football team can't win a Big Eight Conference championship, but they can earn a top four seed and a potential home game in the Division 1 Level 1 playoffs next week.

Verona (6-2, 4-2 Big Eight) hosts Sun Prairie (8-0, 6-0 Big Eight) in the regular-season finale on Friday, Oct. 15, at Verona Area High School. With a win, the Wildcats could spoil the Cardinals' chances of winning a conference title outright. Sun Prairie defeated Middleton 26-21 Oct. 8 to clinch at least a share of the Big Eight title.

Verona's game against Madison East last week was canceled.

This is the final year Sun Prairie is in the Big Eight Conference. Next year, when the new Sun Prairie West High School opens both Sun Prairie East and Sun Prairie West will be in the Badger Large Conference.

"If we win we will probably be a top four seed," Verona coach Dave Richardson said of the playoffs. "If we don't we will probably be a No. 5 seed."

There are three big keys for Verona to pull off an upset against Sun Prairie.

No. 1: Move the chains and eliminate turnovers

In Verona's two conference losses this season to Madison Memorial and Middleton, the Wildcats have had a combined

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Cross country

Manning, Remiker lead Verona



Photo by Jack Miller

Both boys and girls take third at Viking Invitational

JACK MILLER
Sports reporter

Both the Verona boys and girls cross country teams placed third at the Viking Invitational on Thursday, Oct. 7, at McCarty Park in West Allis.

The Wildcat boys collected 81 points. Wauwatosa East finished first with 46 points. Kenosha Indian Trail took second with 70 points.

In the girls' race, Middleton took the top spot with 48 points. New Berlin Eisenhower edged Verona 97-142 to take second place.

Senior Aidan Manning had the highest placement for either Verona team with a third-place finish in the boys' race with a time of 16 minutes, 0.3 seconds. Wauwatosa East had the top two finishers with seniors Aidan Matthai (15:39.3) and Grant

Matthai (15:55.5).

Junior Ryan Cassidy placed just outside the top 10 out of 121 runners, taking 12th place with a time of 17:02.2. Senior Ryan Ochowski (16th, 17:06.7) and junior Max Metcalf (17th, 17:11) placed back-to-back in the field. Senior Kendall Riddle finished 33rd with a 17:40.9 to round out the Wildcat scoring.

Sophomore Lexi Remiker paced the girls with a time of 20:45.9, good for 13th out of 108 runners.

New Berlin Eisenhower freshman Faith Wehrman won the race with a time of 18:16.1. Middleton had second, third and fourth finishers.

Verona junior Sotera Boado clocked in at 21:05.7 to take 21st. Senior Payette Neess placed 25th with a time of 21:14.9. The Wildcats were rounded out with senior Emma Petta's 21:38.9 and junior Hannah Dohnal's 21:53.

Verona will race at the Big Eight Conference meet on Saturday, Oct. 16, at Sheehan Park in Sun Prairie.

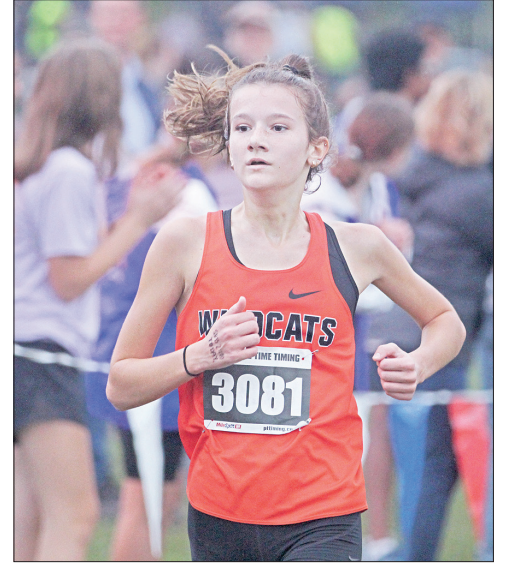


Photo by Jack Miller

Verona's Lexi Remiker looks at the finish line during the Viking Invitational on Thursday, Oct. 7, at McCarty Park in West Allis.

Girls swimming

VA/MH takes second at Beloit Memorial

Wildcats win 10 of 11 events in dual with Beloit Memorial

MARK NESBITT
Sports editor

Sophomore Isabella Gnewuch of the Verona Area/Mount Horeb girls swimming team set a meet record in the 100-yard butterfly in the Beloit Memorial Invitational on Saturday, Oct. 9, in Beloit.

The Wildcats finished second in the 15-team invitational, racking up 581 points. Top-ranked Middleton won the team title with 752 points.

The performance came one day after VA/MH won 10 events en route to rolling to a 130-40 Big Eight Conference dual meet win over Beloit Memorial.

"I was trying to make relays that were competitive because they swim faster when there is a close race," Verona Area/Mount Horeb coach Bill Wuerger said. "We definitely have more depth than we have had the last couple of years. It's not too tough to put together multiple fast relays to push each other. We will have some tough decisions to make at the end of the year."

Verona Area/Mount Horeb senior Tola Klabough always looks forward to the chance to compete in the pool.

"It's always good to race even if you don't feel your best," Klabough said. "It's good to get up and see where you are at."

The Wildcats are three weeks away from the Big Eight Conference meet. Klabough is aware her time of competing in the pool is dwindling.

"It's crazy it (senior year) has come so fast," Klabough said. "I've had a good time on the team so far and I want to keep working hard like I always have and just enjoy it because I know it's almost over."

Beloit Memorial Invitational

The Wildcats turned in 11 top-five finishes in the Beloit Memorial Invitational Oct. 9, in Beloit.

There were three titles won by VA/MH. Gnewuch won the 100 fly in a meet-record time of 59.48 seconds. She finished 0.27 of a second



Photo by Mark Nesbitt

Verona Area/Mount Horeb freshman Kyrah Kittleson won the 500-yard freestyle in a dual meet against Beloit Memorial on Friday, Oct. 8, in Beloit.

ahead of West Bend/Waukesha East's Nicole Walters. Gnewuch also won the 50 fly (27.11), 0.13 of a second ahead of Badger's Callie Ceshker.

Freshman Monica Schmidt finished first in the 100 individual medley (1:02.65). Schmidt teamed with Klabough, sophomore Emmy Bennin and freshman Kyrah Kittleson to finish second in the 200 free relay (1:43.35).

In the 100 medley relay, Gnewuch teamed with freshman Addisyn Roswold, senior Ingrid Malin and senior Maia Blas to take second (54.91). She also teamed with Roswold, Schmidt and sophomore Brita Lake to place third (1:55.29) in the 200 medley relay. The Wildcats' 150 free relay trio of Kittleson, Blas and senior Kenzie Zuehl took third (1:20.09). Freshman Annabelle Fowler teamed with Bennin, Klabough and Zuehl to take third in the 100 free relay (48.55).

Roswold took third in the 50 breaststroke (33.34) and senior Claire Lodico placed fourth in the 100 back (1:05.52). Lake placed fourth in the 50 back (30.27) and fifth in the 100 back (1:05.94).

Klabough placed fifth in the

200 free (2:01.29) and sixth in the 100 free (55.24). Kittleson added a sixth-place finish in the 200 free (2:01.37).

Blas placed seventh in the 100 free (55.88) and eighth in the 50 free (25.66).

Verona Area/Mount Horeb 130, Beloit Memorial 40

Blas had a hand in winning three events to help VA/MH cruise to a Big Eight Conference dual meet win over Beloit Memorial on Friday, Oct. 8, at Kreueger Natatorium in Beloit.

"Maia really impressed me in the 200 free," Wuerger said. "Two minutes is a really fast time. That's not an event she has swam a whole lot this season. She's really been coming on strong in all her freestyle events."

Blas won the 200 free in 2:00.19, a lifetime-best time by three seconds. She teamed with senior Kate Lewicki, Klabough and Izzy Moore to win the 200 free relay (1:46.93).

In the 400 free relay, Blas teamed with Lodico, Lake and freshman Ava Newman to win the race (3:53.37).

The Wildcats won 10 of the 11 events and swept the top three spots



Photo by Mark Nesbitt

Verona Area/Mount Horeb's Izzy Moore won the 100-yard breaststroke with a time of 1 minute, 16.14 seconds in a dual meet against Beloit Memorial on Friday, Oct. 8, in Beloit.

in the 200 medley relay, 500 free, 200 free relay, 100 backstroke, 100 breaststroke and 400 free relay.

Gnewuch finished first in the 100 free (56.52). Klabough took first in the 50 free (25.90) and Lodico won the 100 back (1:05.40).

"We are in the middle of the season and everyone is tired," Klabough said. "We are at the part of the season where people are

realizing how much work it has been and how much work everyone has been putting in."

Freshman Amelia McCartney won the 200 IM (2:25.25).

Kittleson won the 500 free (5:26.10) and Moore took first in the 100 breaststroke (1:16.14). Kittleson teamed with McCartney, Bennin and Roswold to win the 200 medley relay (2:03.38).



Photo by Jack Miller

Verona's Naisha Nagpal returns a shot against La Crosse Central's Sienna Torgerud during a WIAA Division 1 sectional on Wednesday, Oct. 6, at Nielsen Tennis Stadium in Madison.

Nagpal: Freshman earns place as valuable team member

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any changes she can make during a set.

Two of the four matches Nagpal lost this year came to Madison La Follette sophomore Annalise Yang (23-3), the state champion in the alternate fall season last spring. In her first match against Yang this season, Nagpal lost in three sets, dropping a tiebreaker 10-8.

"I knew it would be a battle," Nagpal said. "I have

known Annalise for a long time and I know she's one of the top players and she has always beat me."

One of the other matches she lost came to Middleton's Netra Somasundaram (27-4), who finished fifth at state last spring. Yang is seeded sixth and Somasundaram is seeded seventh at state. The top seed is Franklin freshman Kaede Usui (30-0).

Nagpal won't play her

second-round match until about 3:45 p.m. on Oct. 14. Happel said Nagpal would attend school in the morning before preparing for her second-round match at state.

Happel will scout the first-round match between Qian and Hussey.

"The moment definitely won't be too big for her," Happel said. "We want to keep it as normal for her as possible."

Finals: Players gaining strength as season roars toward finish

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6-2, 6-0 victory over La Crosse Central's Sienna Torgerud. The freshman topped Sauk Prairie's Quynlyn Mack 6-2, 6-1 in the semifinal match.

"I think she got stronger and stronger as the day went on," Verona head coach Mark Happel said. "Which is great because the competition got better as the day went on obviously."

The Division 1 individual state girls tennis tournament is set for Thursday, Oct. 14 to Saturday, Oct. 16 at Nielsen Tennis Stadium.

Verona's Zoe Qureshi (No. 3 singles) and Elsa Queoff (No. 4 singles) also advanced to the championship match in their respective flights.

Qureshi was beaten by Middleton's Lydia Sabat 6-4, 6-4 in the final, while Queoff was defeated by Madison West's Grace Huang 6-2, 6-0.

Qureshi defeated Holmen's Delaney Gelder 6-3, 6-2 to reach the championship match. Queoff bested



Photo by Jack Miller

Verona's Elsa Queoff gets ready to return a shot against Holmen's Emma Goede during a WIAA Division 1 sectional on Wednesday, Oct. 6, at Nielsen Tennis Stadium in Madison.

Holmen's Emma Goede 6-1, 6-1 in her semifinal bout.

"They both (Qureshi and Queoff) had fantastic seasons as well," Happel said.

Middleton defeated Madison West 45-29 to earn the sectional title. Verona finished in fifth.

Volleyball

Wildcats land No. 4 seed at sectionals

Verona sweeps Beloit Memorial, Madison East in Big Eight matches

MARK NESBITT

Sports editor

The postseason path is set for the Verona volleyball team.

Verona (22-6, 6-1 Big Eight) received a fourth seed in the WIAA Division 1 Baraboo sectional. The Wildcats will host 13th-seeded La Crosse Central in a regional semifinal at 7 p.m. Thursday, Oct. 21. If Verona wins that match, the Wildcats would advance to host the winner of fifth-seeded DeForest and 12th-seeded Tomah in a regional championship. Holmen received the top seed in the regional and Middleton, the Big Eight Conference leader is the No. 2 seed. There is a chance Verona could see Middleton for a third time this season if both teams make a run to the sectional final.

The Wildcats remain in the hunt for a Big Eight Conference championship after posting two wins last week.

Verona rolled to a 25-9, 25-17, 25-11 win over Beloit Memorial on Thursday,

Oct. 7, at Verona Area High School. Verona also cruised by Madison East 25-12, 25-18, 25-9 on Tuesday, Oct. 5, at VAHS.

Verona was scheduled to close out the conference regular season at Beloit Memorial on Tuesday, Oct. 12. The Wildcats will compete in the Big Eight Conference tournament on Saturday, Oct. 16, at Beloit Memorial High School.

Verona 3, Beloit Memorial 0

Senior outside hitter Claudia Bobb had five kills and eight aces to lead the Wildcats to a sweep over the Purgolders Oct. 7, at VAHS.

Senior middle hitter Lexi Stremflow had five kills and posted two blocks. Sophomore setter Regan McIntosh dished out 24 assists. Senior libero Kimmy Quinn had a team-high 12 digs.

Verona 3, Madison East 0

Senior outside hitter Delaney McIntosh delivered 10 kills in Verona's sweep over Madison East Oct. 5, at VAHS.

Regan McIntosh racked up 25 assists. Bobb notched eight aces and Quinn had a team-best eight digs. Junior Paige Lambe posted two blocks.

Ask The Wealth Care Professionals!

COMBATting INFLATION THREATS IN RETIREMENT

Today it's common for Americans to spend two, three or even four decades in retirement. This means people have ample time to relax and achieve a bucket list of dreams. However, the flip side is that retirees need to ensure they have enough savings to last through their lifetime. One complicating factor is that inflation is a fact of life, and it can result in meaningfully higher expenses over time.

As you've likely seen in recent headlines, inflation rates are the highest they've been in many years. Living costs have risen 5% over the past 12 months ending in June, based on the Consumer Price Index¹ – significantly higher than the 1-2% annual increases we've gotten used to seeing over the past decade.

Inflation creates challenges for all consumers, but it can be particularly difficult for those who are retired and living on a limited income. Higher inflation can throw off the assumptions for regular expenses reflected in your retirement plan. It's unknown whether this uptick in living costs will persist, but you should prepare for the impacts of inflation regardless. Here are a few things to know and do:

KEEP IT IN PERSPECTIVE

Today's inflation rate of 5% is high by recent standards, but nowhere near a record. We may be a long way from seeing an extended period of high inflation like we had in the 1970s and 1980s, where inflation in the United States peaked at 13.5%. Since 1982, inflation has only been higher than 5% in one calendar year (1991) until now.² While another decade-long inflation threat is unlikely, living costs in the near-term may continue to rise at a fast pace.

REVISIT YOUR EXPENSES

If the cost of essential items, such as food, gas, plus the cost of discretionary expenses, such as travel, are busting your budget, you may need to explore ways to cut back. Can you buy food in bulk to save money? Should you reduce your casual driving to cut down on gas? Are there other discretionary expenses you can forego, at least for now? Addressing these questions today could prevent you from spending down your assets too quickly.

¹Source: U.S. Bureau of Labor Statistics, "Consumer Price Index Summary," July 13, 2021. ²Source: Federal Reserve Bank of Minneapolis, "Consumer Price Index, 1913-," ³Based on total return data from Standard & Poor's. ⁴Based on the Consumer Price Index, Bureau of Labor Statistics, June 1991 through June 2021.

ADJUST YOUR INVESTMENTS

Is your portfolio properly positioned to keep pace with inflation? It may make sense to keep a portion of your assets invested in stocks. Over the past 30 years, the Standard & Poor's 500, a benchmark of U.S. large cap stock market performance, gained, on average, more than 10% annually³, well above the 2.3% average annual inflation rate over that same period.⁴ Earning higher returns on money you may need 10 to 20 years in the future should help it grow sufficiently to meet inflated income needs at that time, but a large portion of your portfolio should still be invested more conservatively to protect it from market volatility.

LOOK AT OTHER OPTIONS TO IMPROVE YOUR POSITION

If you are experiencing financial strains as living costs rise, you may want to consider other options, such as a part-time job or consulting. Even in retirement, it is important to be flexible to react to changing circumstances that may affect even your best-laid plans. Be sure to check with your financial advisor to discuss your most attractive options to manage today's inflation risks.

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Boys soccer

Verona posts three shutouts, earns No. 1 seed

Wildcats run streak of shutouts to four

MARK NESBITT
Sports editor

The Verona boys soccer team posted three shutouts last week and earned a No. 1 sectional seed in the WIAA Division 1 tournament.

The Wildcats beat Madison East 3-0 on the road Tuesday, Oct. 5. Verona then shut down Beloit Memorial 1-0 on Thursday,

Oct. 7, in a game that was cancelled in the second half because of inclement weather. The Wildcats edged Mount Horeb in a non-conference game 2-0 on Saturday, Oct. 9.

Verona (12-1-1, 7-0-1 Big Eight), ranked No. 3 in the Division 1 Wisconsin Soccer Coaches Association state poll, will host 16th-seeded Janesville Parker in a Division 1 regional semifinal on Tuesday, Oct. 19, at the Verona Area Soccer Stadium.

If Verona wins they would host the winner of eighth-seeded

Mukwonago or ninth-seeded Madison Memorial in a regional championship on Saturday, Oct. 23, in Verona.

Verona 3, Madison East 0

Senior Noah Hook scored two goals to lead the Wildcats to a Big Eight Conference road win Oct. 5.

Hook scored his first goal on a penalty kick at 18 minutes, 56 seconds. He then scored on an assist by Conner Gage at 33:20.

In the second half Gage scored on an assist from Brian Vasquez-Trejo at 77:46. The

Wildcats outshot the Purgolders 14-7. Verona goalkeeper Alex Knoll had three saves.

Verona 1, Beloit Memorial 0

Vasquez-Trejo scored a first-half goal and that was all the Wildcats would need when the lightning and inclement weather came Oct. 7.

Vasquez-Trejo scored on an assist from junior Alex Prout at 27:10.

Verona outshot Beloit Memorial 11-5. Verona goalkeeper Liam

Updegrove had three saves.

Verona 2, Mount Horeb 0

In a nonconference battle between two of the state's top-10 ranked teams, the Wildcats outduelled the Vikings Oct. 9, at the Verona Area Soccer Stadium.

Verona senior Max Lynch scored in the sixth minute on an assist from Brooks Luttien. Verona outshot Mount Horeb 20-7. Knoll had seven saves for the Wildcats.

Gage scored on a pass from Ryan Love at 76:12 to give Verona a two-goal lead.



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OR
SCAN



Photo by Mark Nesbitt

Verona senior quarterback Mason Fink throws a pass with pressure from Sun Prairie in the Wildcats' 21-19 loss to the Cardinals last season.

Football: Boys cook up recipe for success

Continued from page 7

eight turnovers. Against other top teams in the Big Eight, it has been tough sledding for Verona to get their offense on track. Verona ran only nine plays in the first half against Middleton and 12 against Madison Memorial.

"The games we have lost in the conference we have kind of shot ourselves in the foot," Richardson said. "We need to get ahead of the chains."

Sustaining drives and eliminating turnovers are part of any recipe in upsetting the No. 2-ranked Cardinals.

Sun Prairie is led on defense by 6-6, 230-pound senior defensive end Isaac Hamm, a University of Wisconsin-Madison commit, 6-5 senior Addison Ostranga and junior Jayallen Dayne, a 6-0, 260-pound nose guard and former Badger running back Ron Dayne's son.

"They are very aggressive defensively," Richardson said. "With Hamm and Ostranga they fly around."

Hamm has two sacks and seven tackles for loss this season. Ostranga has a team-high three sacks

"We feel like we have more firepower to get them isolated in situations," Richardson said.

No. 2 Limit the Cardinals' big plays

Sun Prairie has one of the most balanced offenses in the conference.

The Cardinals average 166.4 rushing yards and 164.9 passing yards per game.

Sun Prairie junior quarterback Jerry Kaminski is completing 65.4% of his passes and has passed for 1,370 yards with 21 touchdowns and two interceptions this season. He's averaging 10.8 yards per completion. The Cardinals have a one-two running punch with Cortez LeGrant and Kolton Walters. LeGrant has rushed for 674 yards and seven TDs this season. He's averaging 10.4 yards per carry. Walters has run for 457 yards and eight TDs.

Davis Hamilton is the Cardinals' leading receiver with 24 receptions for 370 yards and six TDs. He's averaging 15.4 yards per catch. Ostranga (17-312 yards and five TDs) is averaging 18.2 yards per catch.

"We need to get them into second and third-and-long situations where we can make them a one-dimensional passing team," Richardson said.

No. 3 Play with a swagger, confidence

Richardson said Verona must play with a swagger and confidence that they can win.

In the alternate fall season last spring, two of Verona's losses came to the Cardinals. In the second meeting, Sun Prairie held on to clip Verona 21-19.

Verona has lost its last seven meetings to the Cardinals. The last time Verona beat Sun Prairie came in 2015 when the Wildcats knocked off the Cardinals 28-14 in Verona.