

Students gear up to present 'The Addams Family'

by Maya Smith

Get ready for a spectacular showing of *The Addams Family* put on by our fellow MV students! There are three opportunities to catch the family in action: Friday November 10th at 7 pm, Saturday November 11th at 7 pm, or Sunday November 12th at 2 pm. Tickets are \$5 and can be purchased in advance in the office or at the door.

"THE ADDAMS FAMILY, a comical feast that embraces the wackiness in every family, features an original story and it's every father's nightmare: Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family- a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before- keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents," as described by Broadway & Beyond Theatricals.

Cast:

Morticia Addams - Chantel Crowley
Gomez Addams - Jesús Rumbo
Wednesday Addams - Kaitlyn Nolan
Pugsley Addams - Arianna Nolan
Fester Addams - George Livingston
Grandma Addams - Joellen Beitz
Lurch - Noah Ingles
Lucas Beinecke - Sam Howes
Alice Beinecke - Olivia Hunter
Mal Beinecke - Carly Dirks
Addams Family Ancestors:
Sellah Ambundo
Zari Ambundo
Lacee Barry
Cadence Freiburger
Trish Dietiker
Brianna Hines
Jocelyn Kelchen
Aubrey Knock

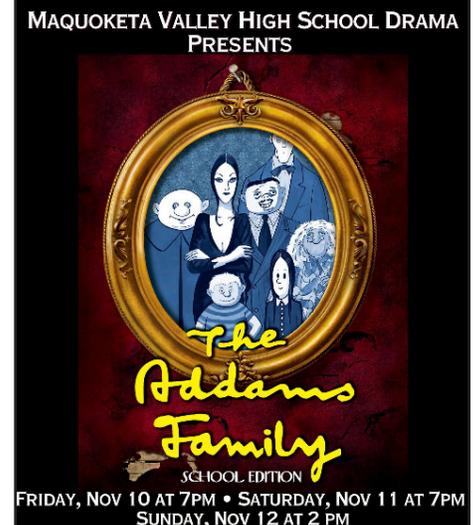
Lauren Knock
Gracie Palersheim
Emily Rudd
Taylor Saunders
Jeanie Teymer
Josie Teymer
McKayla Weber

Crew:

Stage Manager: Morgan Krumviede
Stage Crew: Derrick Mohr, Lucy Hucker
Tech Crew Lead: Cece Trenkamp
Tech Crew: Owen Boring, Horgan Howes, Shane Lambert, Shane Wright
Costume and Makeup Crew: Addie Rudd

Pit Band:

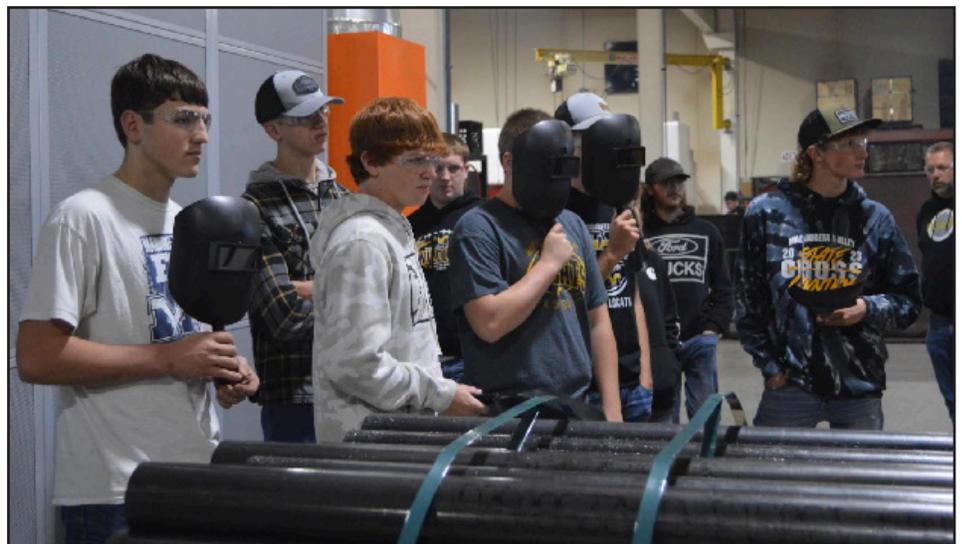
Director: Mr. Ford
Clarinet - Ella Wulfekhule
Saxophone - McKenna Bush
Trumpet - Rachael Hoefler
Trombone - Maya Smith
Bass - Sebastian Charles



Directors:

And of course, this whole musical wouldn't be possible without directors Ms. Crumpton, Mr. Dressen, and Ms. McCrary

Getting first-hand exposure to careers



Some MV students interested in pursuing a career in the manufacturing industry took part in Dyersville Economic Development Corporation's (DED) fifth annual manufacturing tour last Thursday.

Some of the employers involved in the event included Nutrien Ag and Big River Energy, Modernfold, Dyersville Diecast,

Eagle Tool, Digga, JEDA and Advanced Precast Company.

The goal of the event was to expose students to career opportunities in the area.

(photo courtesy of Daniel Charland, The Dyersville Commercial)

The Addams Family: the Musical the Observation Essay

by Cadence Freiburger

Laughter and voices flood the commons as bodies of students and teachers swarm through Maquoketa Valley's lobby doors. The family of actors, instrumentalists, singers, artists, and directors all meet to prepare bits and pieces of music and lines that end up becoming a musical production for others to enjoy. Every Monday, Tuesday, and Thursday—behind the scenes—castmates and instrumentalists begin the night by forming connections that make for an extraordinary performance.

Before the moment they arrive at rehearsal, the musical cast's familial connections begin to grow. Co-stars meet before their call times to sit down for a round of Dairy Queen where even the manager knows where they are headed next. For some, this is their favorite part of musical preparation because it's where the whole process begins. Directors host "secret meetings" where they discuss whatever it is directors feel they must keep close to their hearts. Perhaps it's how they can push our cast to be better. Maybe they talk about what tango move we're learning next. Or maybe, just maybe, they ponder the highly-anticipated answer to the question: How are we going to create a moon for our dear Fester to fall in love with? These connections between castmates and directors drive the success of each and every production.

Through the doors of the auditorium—or, on occasion, the choir room—the real work begins. Singers work diligently on hitting their notes and mastering rhythms, and actors get in touch with their unique characters. The favorites of many, though, are the dance practices. Jocelyn Kelchen,



a sophomore ensemble member, takes it a step further to proclaim, "dancing with Zari," is her favorite part of musical practices. Singing doesn't always strike confidence into those in the musical, dancing helps people feel the music while not necessarily putting their voice out there. The fact that we get to dance with our close castmates makes the experience all the sweeter, especially when the castmate makes musical practice fun and welcoming everyone like Zari does with her bright and fun attitude. This part of the preparation process also pushes actors, actresses, and musicians alike to their highest potential. The pressure is on for those serious about the production. Once Ms. McCrary announces, "Quiet on set!" and starts the music, actors work diligently at interpreting each of their lines, embodying their characters, and projecting their voice as they focus on accuracy. Then, as the scene comes to an end, the stage fills with relieved sighs and praises for those who managed a perfect run-through.

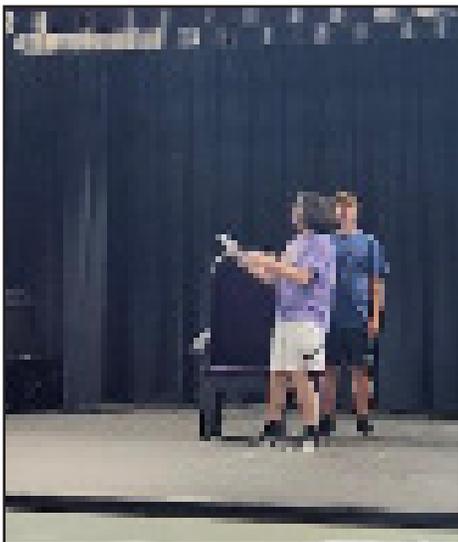
For Arianna Nolan, playing Wednesday's little brother Pugsley, their favorite part of rehearsal is "messing up scenes, then laughing about it." That's a part of the beauty of musical rehearsals; there are celebrations for successes, but the familial atmosphere promises a safe environment to make mistakes without feeling inadequate or discouraged.

This family-like, fun atmosphere isn't solely offered to those interested in singing and acting. Set building days and

pit orchestra practice harbor the same feelings. McKenna Bush, a junior alto saxophonist, says, "It's so much fun getting to learn the music, and Mr. Ford makes a lot of weird analogies that are super funny and entertaining." And set buildings, while they are sparse, are many people's favorite parts of the musical production process. Some love to see their beautiful paint strokes get set before an audience to complete the spectacle of the scene. So many memories can be made at set buildings—even for the less-artistically inclined. Tables and steps always need to be painted black.

Overall, musical practices truly are the best of times for so many people from different walks of life. Ms. McCrary, one of the directors, states her favorite part of musical preparation is "the process and the progress that I see students make over the entire course of the rehearsal cycle. From where we start to where we end. And it's really really cool to watch everyone grow, and learn, and do these things that they didn't know that they could do in the beginning."

This love for the process and finished product continues into cast members and other integral people that are part of the musical production. Ollie Hunter, the sophomore playing Alice Beineke, notes, "I love the memories, honestly, like, that's my favorite part. And, like, being with everyone, the community, I just— I love all of it, and, like, set and practice, it's really some of my favorite times."



Sports Connection

Wildcats represent well at State Meet

by Toby Grimm

Last Friday, six MV cross country runners competed at the State Cross Country Meet in Fort Dodge Iowa.

Taryn Burbridge represented the girls side of things with a 14th place finish out of 158 of the best 1A runners in the state, with a time of 19:42. Burbridge ran a personal record, crushing her previous time by over ten seconds, setting the school record even lower.

Coach Kirchoff commented he was pleased with the day. "Taryn ran her best race of the season. We had a game plan that she executed perfectly. We knew that if she could be around the top 15 going into the last part of the race that she could out kick people. She did just that by passing 3 runners in the last 100 meters to earn her medal!"

Next was the boys race, where Matthew Schaul placed 7th out of 153 runners, with a time of 16:16, earning himself some hardware. George Livingston was next, placing 44th with a time of 17:27. Kenyon Baker placed 86th, running a time of 18:09. Arion Rave wasn't far behind, placing 95th, with a time of 18:22. Brady Eike placed 140th, with a time of 19:49, nearly beating his previous best. The boys team placed 12th overall, capping off another great season.

Coach Kirchoff noted, "All the boys on the team ran one of their best races of the year. The boys represented the school and community in such a positive way all year long. I'm proud of what the team was able to accomplish this year!"

Coach Kirchoff wanted to give recognition to a senior on the state-qualifying team: "I'd also like to send a special shout out to George Livingston who ran his last cross country race as a Wildcat at the State Meet. George's leadership over the past two seasons has been amazing. He truly embodies what it means to be a Wildcat."



Above: Taryn Burbridge poses with her medal during the Class 1A awards at state cross country. The top 15 individuals were awarded a medal.

Below: Matthew Schaul crosses the finish line in seventh place.



Intorf, Mead advance to state dance



Three very talented dancers participated at State solo on Saturday. All three received a division, one rating. Maddyx Rieniets finished 19th from over 70 dancers in our division. Tessa Intorf and Alaina Mead finished in the top 10. Tessa and Alaina will go on to compete November 30th at Wells Fargo.

And the poms rest



The cheer team, donned in winter gear, completed its season last Friday night at Wapsie Valley.

Impressive season ends at Wapsie Valley



Captains Lance McShane, Dylan Knipper, Nathan Beitz and Aidan Salow join hands one last time at the beginning of last Friday night's football game. (photo by Dannie Burkle)

by Kaitlyn Nolan

"It wasn't the outcome we wanted or expected but I couldn't be more proud of a bunch of young men then I was Friday night," stated Head Coach Scot Moenck.

After a dominating performance against the Columbus Community Wildcats two weeks ago in the First Round of the Playoffs, 57-21, the MV Wildcats fell short of their goal of state against the Wapsie Valley Warriors. For the five seniors –Lance McShane, Aidan Salow, Devin Meeks, Brady Davis, and Ethen Brockhohn– it was their last game in the black and gold.

"They battled all night long," Moenck continued. "Our team got hit with some adversity the night before when Lance injured his quad. Lance being Lance tried to tough it out for the team, but he just couldn't do it. We had a lot of guys step up. It just wasn't our night. I couldn't ask for a better group of men to coach. They always did what was asked of them, they were great to be around in practice, and they came to practice everyday wanting to get better. I can't say enough about our seniors. They have paved the way for what our expectations are for football at Maquoketa Valley. They have set the bar high. It's up to our younger guys to build on that."

The 6-3 Wildcats had a great season, finishing third in their district with both team and individual success shining through. They never failed to show up and play hard, and the energy you brought to the MV community has been yearned for years. Thank you, and go Cats!

STATS (for the 2023-24 MV Football Season):

Brady Wall: 77/130 C/ATT; 59.2% PCT; 941 YDS; 79 CAR; 296 YDS; 4 TDS; 42 LONG; 24.5 T.O.T; 21 SOLO; 1 INT; 65 YDS; 1 TD

Eli Dougherty: 2 REC; 49 YDS; 1 TD; 41 LONG; 2.0 T.O.T; 2 SOLO; 1 INT

Macey Stone: 1 CAR; 2 YDS; 0.5 T.O.T; 1 RET; 13 YDS

Kyle Engelken: 15 CAR; 29 YDS; 1.0 T.O.T; 1 SOLO

Taten Intorf: 2 CAR; 28 YDS; 34 REC; 327 YDS; 7.5 T.O.T; 7 SOLO; 2 INT; 24 YDS

Dylan Knipper: 44 CAR; 205 YDS; 3 TDS; 5 REC; 33 YDS; 1 TD; 38 T.O.T; 31 SOLO; 0.5 SACK; 4.5 TFL

Lance McShane: 222 CAR; 2028 TDS; 31 TDS; 79 LONG; 8 REC; 111 YDS; 2 TDS; 55 LONG; 57.0 T.O.T; 47 SOLO; 1.0 SACK; 4.0 TFL; 2 INT; 27 YDS

Anderson Holtz: 17 REC; 338 YDS; 1 TD; 15 LONG; 20 T.O.T; 17 SOLO; 1.0 TFL; 2 INT; 2 YDS

Colin Smith: 4 REC; 31 YDS; 14.5 T.O.T; 12 SOLO; 2 INT

Lukas Chesnut: 7 REC; 52 YDS; 1 TD; 12 LONG; 22.5 T.O.T; 18 SOLO; 2.0 SACKS; 4.0 TFL

Noah Whalen: 1.0 T.O.T; 1 SOLO

Devin Meeks: 17.0 T.O.T; 13 SOLO

Aidan Salow: 80 T.O.T; 65 SOLO; 10.5 SACKS; 22 TFL

Brady Davis: 14.5 T.O.T; 11 SOLO; 1.0 TFL
Nathan Beitz: 63 T.O.T; 50 SOLO; 5.5 SACKS; 13.0 TFL

Preston Salow: 5.5 T.O.T; 5 SOLO

Griffin Honkomp: 4.0 T.O.T; 4 SOLO

Ford Domeyer: 2.5 T.O.T; 2 SOLO

Dalton Africa: 1.0 T.O.T; 1 SOLO

Cheer team celebrates year with awards presentation

Before the game Friday night, the cheerleaders recognized the talent on the team with various awards.

Cheers you up- Tristen Flanagan

Leads by example- Josie Teymer

Everyone's BFF- Jeanie Teymer and Sami DeMoss

AAA- Tristen Flanagan

Heart of the team- Josie Teymer, Livia Hermanson

Super Seniors - Josie Teymer, Livia Hermanson, Sami DeMoss, Kaitlyn Nolan

Most Community Service - Jeanie Teymer

Most Hours Cheered- Ever Botos

Retiring Captain - Livia Hermanson

2024 Captain- Isabella Mensen

Retiring Co-Captain - Josie Teymer

2024 Co Captain- Clairra Gray

Best Jumper- Natalie Ries

Cheer Clown- Tristen Flanagan

Best Smile- Clairra Gray

Reliable Backspot- Ever Botos

Best Left Side Base-Jeanie Teymer

Best Right Side Base-Kaitlyn Nolan

Happy Helper-Ella Reicher

Poppin Personality- Tristen Flanagan,

Tessa Intorf, Josie Teymer, Sami DeMoss, Livia Hermanson

Talented Technique- Maddyx Rieniets

Talented Tumbler-Emma Brockhohn

Fabulous Freshman-Tessa Intorf

Spirited Sophomore-Keely Recker

Jackpot Junior-Isabella Mensen

Sparkling Senior-Josie Teymer

Fearless Flyer- Sami DeMoss

Cheerleader 4 Life-Livia Hermanson and Josie Teymer

Most Improved- Lena Lewin



2023 cheer captains Livia Hermanson and Josie Teymer pose with their awards.

Student of the Week

Maya Smith



You've been nominated because of your work with Red Ribbon Week and TEL. Why is this an organization that matters to you? TEL matters to me because I think it shares an important message and it educates students through meaningful activities.

What are some of your favorite TEL activities? My favorite activities are the TEL tailgate and when we give out hot chocolate.
"She prepared all of the announcements for red ribbon week, came and read them to the elementary, found her replacement when she was ill and is there to help out whenever asked." —Nurse Mary

All-conference volleyball awards



Haley Ronnebaum
Second team



Keira Leytem
Second team



Lili Bauers
Second team



Lily Huber
Hon. Mention

Fine Artists of the Week

Name: Jocelyn Kelchen

What role do you play in the musical? I am an ancestor.

What's your favorite part of the show? I like the dance for "Just Around the Corner"

What's your favorite memory from rehearsals?

I enjoyed learning the dances and becoming closer with new people.

If you could play any role in any musical, what would it be? If I could choose any musical I would be Miss Honey from *Matilda*.

How has participating in the musical affected you? Participating in the musical has allowed me to grow musically and also try something new by actually being on stage this year.

"Jocelyn stepped out of her comfort zone to be onstage this year for the musical. Despite being nervous, she has been a rockstar both in performing onstage and in helping backstage at the same time! I am grateful to have someone as focused and responsible as Jocelyn involved with the musical!" —Ms. McCrary



Name: Carly Dirks

What role do you play in the musical?

I play the part of Mal Beineke

What's your favorite part of the show? My favorite part is when Fester enters with the football. It makes me laugh.

What's your favorite memory from rehearsals?

When Arianna broke the chalice by accident.

If you could play any role in any musical, what would it be? If we ever did *Aladdin*, I would want to be the role of Genie

How has participating in the musical affected you? I believe it has made me much more confident in myself and it helped me learn to project my voice when I am singing in choir. It also helps me with being an individual singer

"Carly is playing the role of a father this year, and she has some pretty low notes she needs to sing. Carly has done a great job at working really hard to get her part right, even with needing to adapt to some last minute changes thrown her way." —Ms. McCrary



Getting real

MV seniors attended the Real Life Academy this past Tuesday. Donna Boss with Delaware County Economic Development arranged the event designed to give students the opportunity to learn about managing a budget and gain an understanding on the cost of living on a monthly basis. Based off of information students gave to DCED about their career interests, they were given a gross income as well as a family situation (married, single, divorced, kids, no kids, pets, etc.). Students met with business representatives from Delaware County to pay bills that are expected and also deal with unexpected bills and expenses like health issues or legal problems.

what's up?

What's the biggest red flag about yourself?

by Jade Hillers

- Jeanie Teymer - "My personality"
- Chase Krogmann - "I have none"
- Maddyx Kemp - "I don't like people"
- Lena Lewin - "I question everything"
- Mrs. Montz - "I'm really picky"
- Macee Nolan - "I don't talk about my feelings"
- Kallie Freiburger - "I overthink a lot"
- Zach Leytem - "My height is below average"
- Derrick Mohr - "I play Fortnite"
- Mr. Kirchoff - "I'm bald"
- Tyreese Crippen - "Too beautiful"

Hall Smarts

by Maya Smith



This Tuesday was the holiday that everyone loves because of the fun costumes and candy. Following the 31st is a holiday that not everyone is familiar with, Day of the Dead. Spanish students might know it as Dia de los Muertos. This week, I asked students some trivia questions about the celebration.

Where did Day of the Dead originate from?

Brianna Hines: Mexico

Levi Steil: China

Teagan Monk: Mexico

Dustin Damico: Mexico

Answer: Mexico

What is the name of the woman skeleton depicted in most Day of the Dead art?

Brianna: La Catrina

Levi: Anna

Teagan: Catrina

Dustin: I don't know

Answer: La Catrina

What flower is used to guide home the ancestors of those who celebrate?

Brianna: Marigolds

Levi: Sunflowers

Teagan: marigolds

Dustin: marigolds

Answer: Marigolds

What is one Disney movie that is all about Day of the Dead?

Brianna: Coco

Levi: Moana

Teagan: Coco

Dustin: The Book of Life

Answer: Coco or The Book of Life

Cutie

by Lily Huber

Look at this Cutie! This Cutie is a freshman and lives on Lake Delhi. She has two siblings and a fun fact about her is that she went to the Eras Tour! Do you know who this is? *Last Echo's Cutie was Lucy Hucker.*



Deep Dive

by Arianna Nolan



Welcome to another week of Deep Dive! This week we are going to be diving into the world of the green sea turtle.

These lovable creatures live in the waters of the Indian, Atlantic, and Pacific ocean! They are the only species of sea turtles that are herbivores, which is the cause for their green body fat. When they reproduce, the mother will go to the beach where she was originally born to lay her eggs, no matter how far that place is.

Sadly, these sea creatures are in great danger and their population has declined greatly. It is important to keep these creatures alive for their value in the food chain. The safest way to see these animals is in aquariums where they are properly being taken care of!

Enjoy your weekend and I will see you all next week when we dive into our next creature!

JO-JO'S CLOSET

by Josie Teymer

Happy sweater weather! It's the only good part about fall/winter in Iowa. Sweaters are one of the most versatile items in a wardrobe. You can wear them with literally everything: with jeans, dress pants, skirts, under overalls, or over a dress.



Something that I have noticed for this year's sweater trends is that they are oversized and have a bit of a mock-neck. Something important for you to know is that a mock-neck and a turtleneck are two different things. A turtleneck goes all the way up your neck and a mock-neck only goes up half. Popular patterns this year include chevron, checkered, and for some reason the Sierpinski triangle.

MV TEL-ALL

compiled by Lily Huber

Studies show that the earlier in life a young person starts using alcohol or other drugs, the greater their lifetime risk of misuse or addiction. In 2021, more than **100,000** people in the U.S. died from a drug overdose. According to SAMHSA, **8.2 percent** of adolescents aged 12 to 17 drank alcohol in the past month, and **13.8 percent** of adolescents aged 12 to 17 used illicit drugs in the past year. - SAMHSA

Comedy Corner

—compiled by Grace Richter

Since Halloween was this week are are some festive jokes!

Why shouldn't an angry witch take her broom trick or treating? She might fly off the handle.

What is a vampire's favorite Halloween candy? A sucker.

What kind of car does Frankenstein drive on Halloween night? A monster truck.

What does a turkey dress up as on Halloween? A goblin

Meet the Freshmen



Brenyn, Shane, Olivia & Brielle

Name: Shane Wright
Siblings: None
Activities you plan to be in: Speech, track, and wrestling
Favorite subject: English
Career aspirations: Carpenter
Hobbies: Sleeping
Something cool about you: Most old people call me Shawn.

Name: Olivia Ronnebaum
Siblings: Caden Ronnebaum
Activities you plan to be in: FFA and volleyball
Favorite subject: Intro to Ag/agriculture
Career aspirations: Livestock Veterinarian
Hobbies: Volleyball and sleeping
Something cool about you: My birthday is October 21st.

Name: Brielle Kuhns
Siblings: None
Activities you plan to be in: Not sure
Favorite subject: English
Career aspirations: Psychiatrist
Hobbies: Reading
Something cool about you: I went to the Eras Tour.

Name: Brenyn Robinsen
Siblings: Willow
Activities you plan to be in: Golf
Favorite subject: English
Career aspirations: Farming/ Construction
Hobbies: I like to hunt and fish.
Something cool about you: I rebuild old tractors.

—typist: Grace Richter

One at a Time

by Arianna Nolan

Bundles of sugary sweets fill your baskets, the irresistible taste lingering as you eat your last piece of candy for the night. Around you lay wrappers of delicious, rich chocolates such as Hershey's and Twix. Also scattered about is the casing of the tangy, sour gummies that you had gotten as well. You had eaten so much that you felt like you were going to explode. This is a familiar feeling for almost all students whether it was recent or years ago, but there is a flaw within our line of thinking. Never once when we had eaten a mouthful of sweets had we thought about how much candy we are eating can affect us. So, with Halloween just passing I thought that it would be a good time to talk about overeating and what it can do to you.

Some might wonder the difference between being full and overeating. According to the Cleveland Clinic is overeating past the point to fullness. Symptoms of overeating are nausea, acid reflux, bloating, and gas. So although you may feel stuffed, you may not overeat. It is also important to note that overeating is not the same as binge eating disorder, in which the two are often mixed up. Binge eating disorder is when overeating occurs often and they feel like they are unable to stop. This may sound like overeating, but it is important to remember that they are not the same since binge eating occurs often, and it is something that they feel like that they can't control, as when people eat too much they are usually aware of it at the time. But, the symptoms will take around twenty minutes to kick in before you know you have overeat. So, in order to not overeat it is important to remember what is the right amount of food for you, and to consider the food that you are eating. For example, foods with MSG in them will make you feel like you need to eat more while eating, according to the National Library of Medicine. Because of this, you will continuously eat and not know when to stop. Of course, MSG is also a flavor enhancer, which makes it hard to stop eating as well. But knowing the ingredients of your food can help you to understand when to stop



eating and how it is going to affect you later. Of course some other ways to manage overeating is to control your stress levels and to eat mindfully and slowly, according to Cleveland Clinic. It is all about time and taking time to understand your body and the diet that it needs to be healthy.

Signs of an eating disorder

- eating large, abnormal amounts of food back to back in the time-span of two hours which happens multiple times a week
- pity and hatred for self because of binge eating
- feelings of lost control when eating

If you happen to overeat a few times over a long period, not many bad side effects will come along besides a few stomach aches here and there. But, if you continuously overeat, then it can lead to negative effects such as weight gain or development of an eating disorder. If you believe that you or a loved one around you has developed an eating disorder such as binge eating disorder, here are some of the signs to look out for: eating large, abnormal amounts of food back to back in the timespan of two hours which happens multiple times a week, pity and hatred for self because of binge eating, and feelings of lost control when eating. Of course, if these symptoms are present it is important to contact help such as your school counselor or a medical professional to get properly treated.

To sum it all up, overeating is something that happens when you have eaten past the point of being full, and it is to be confused with binge eating disorder, which can be developed if overeating becomes a habit along with weight gain. I know that it can be hard to realize when you need help and how to get it, but know that there are people that want to help you become better. If you need someone to talk to, then the helpline for eating disorders is always here to help you. Their number is 1-866-662-1235. I hope you all had a fun, safe Halloween and I will see you all next time! I love you all!