

## Students advised of smart consumption of the internet

Captain Scott Frank, founder of the Digital Empowerment Project, shared information with the student body (as well as all elementary and middle school students and staff) Wednesday about how to make safe and healthy choices with internet usage. He advised students to protect themselves from online predators and bad decisions, promote themselves in positive lights and find ways to use the internet to make a positive impact on the world. He encouraged students to find a balance between their internet usage to avoid addiction.

Wednesday evening he offered a presentation to parents.



## MV speech advances several groups to state large group contest

by Chantel Crowley

Last week, on Saturday, January 21st, the large-group district speech contests were held in Cascade. Starting at eight in the morning, groups performed until roughly two in the afternoon in various categories.

The Division I groups will advance to the state contest which will be Feb. 4 at Waterloo West.

### Division II Groups

Group Mime: Oh, Christmas Tree! (Allison Hogan and Elizabeth Kraft)

Radio Broadcasting: BRIT 105.3 (Dannie Burkle, Chantel Crowley, Cadence Freiburger, and Keira Leytem)

Group Improv: Comedy of Errors (Zari Ambundo, Sami DeMoss, Allison Hogan, and Addie Hucker)

### Division I Groups

Readers Theatre: ... And Others (First Place) (Saige Hunt, Carter Klaren, Ella Mensen, Zach Mineart, Taylor Schmueck-

er, Emilee Supple, George Livingston, and Matthew Schaul)

Group Improv: Mission: Improv-able (Toby Grimm, Livia Hermanson, Leah Reicher, and Zach Leytem)

Short Film: An Elfish Christmas (Morgan Krumviede, Emily Hogan, and Elizabeth Kraft)

Choral Reading: The Willow Rebounds (Kaela Clemen, Jena LeGassick, Zach Mineart, Chantel Crowley, Cadence Freiburger, McKenna Bush, Morgan Clemen, Rachael Hoefer, Arianna Nolan, and Maya Smith);

Solo Mime: What's the Scoop? (Kaela Clemen)

One-Act Play: #VIRAL (Dannie Burkle, Kayla Otting, Sami DeMoss, Lily Huber, Lauren Knock, Kaitlyn Nolan, Josie Teymer, Cece Trenkamp, Joellen Beitz, Alissa Bush, Leah Reicher, and Meleah Burr)

Ensemble Acting: A Long Trip (Carter Klaren, Jena LeGassick, McKenna Thompson, and Jake Gellersen)

Radio Broadcasting: 5118 ROAK (Joellen Beitz, Emily Hogan, Meleah Burr, and Morgan Clemen)

Ensemble Acting: Lives in the Wind (Toby Grimm, Livia Hermanson, Lily Huber, George Livingston, Josie Teymer, and Matthew Schaul)

Ensemble Acting: Hamster Murder! (Taylor Schmuecker, Emilee Supple, Addie Hucker, and Kaitlyn Nolan);

TV News: CLUE (Morgan Krumviede, McKenna Bush, Ford Domeyer, Kallie Freiburger, Anderson Holtz, and Maya Smith)

Short Film: A Day in the Life (Keira Leytem, Izzy Heffernan, Tierra Morgan, and Jocelyn Kelchen)

# Girls squad heating up, down the stretch

by Toby Grimm

Last Friday night the girls team traveled to Starmont to take on the Stars. The team jumped out to a hot start leading at half time by a score of 60-2, and finishing the game 93-13.

Bianka Ronnebaum led in scoring (26), Haley Ronnebaum (15), Ella Mensen (11), Leah Reicher (9), Lanni Beaman and Madison Thompson (6). Reicher led in rebounds (5), and Mensen, Bianka Ronnebaum, Halverson (4). The Ronnebaum Sisters combined for 9 assists, Knipper (4),

and Halverson (3), to complete the victory on the road.

The Cats jumped out to another early lead on Monday night against the Clayton Ridge Eagles, and never looked back, winning by a final score of 60-42. Bianka Ronnebaum led in points (18), followed by Haley Ronnebaum (16), Richter (10), Mensen (8), and Rausch (6). Haley Ronnebaum and Grace Richter were on top of the rebounds (6), Bianka Ronnebaum (5), Kennedy Rausch (4), Mensen and Reicher (3). Bianka Ronnebaum led in as-

sists (6), followed by Rausch and Knipper (2).

On Tuesday night the girls team played a tough and experienced Springville squad, coming up just short, losing by a final score of 43-44. Tonight the team travels to Edgewood to take on the Vikings. The stats for those games will be in the next Echo.

## Holtz reaches 1000th point mark

Senior Avery Holtz scored his 1,000th career point Tuesday night in the game against Springville.

He is the tenth player at Maquoketa Valley to score 1,000 points in MV boys basketball. (photos by Dannie Burkle)



Bianka Ronnebaum drive to the hoop in Tuesday's game against Springville.

## Big Games on the Big Stage

They did it! The #10 Iowa Hawkeyes women's basketball team took down the #2 Ohio State Buckeyes this past Monday, cementing a strong place in the AP Poll next week and in B10 standings. Caitlin Clark and the Hawks took home the highest-ranked dub in history. Coming off of their high, they host the Nebraska Cornhuskers this Saturday which should—be an easy win. Nebraska is coming off of a loss against also-#10 Maryland (I don't get it either).



by Kaitlyn Nolan

The men's team didn't fair as well. They fell to the Buckeyes this Saturday in a showing of terrible defense in Columbus, Ohio. It was honestly one of the more frus-

trating games to view (although it wasn't nearly as bad as the loss against Eastern Illinois... that game lives in my mind as a constant nightmare). Thursday they headed to Michigan State, but as of me writing this, the game hasn't happened... so, we'll see. But Sunday they host Rutgers for a rematch following the controversial win by the Hawks.

The #12 men's Cyclones hosted #5 Kansas this past Tuesday night and fought hard for the four-point upset win. After being down at the half, the Cyclones powered through the second half and outscored the Wildcats. Coming off of this game, Caleb Grill and his team face an easier Missouri squad on the away court this Saturday.

The #18 women's ISU Cyclones beat the everliving you-know-what out of the TCU Horned Frogs Wednesday night with a score of 75-35. Beating a Big 12 team by forty points puts the Cyclones in a pretty good place (even though the Horned

Frogs definitely aren't one of the top teams in said conference). They face a much tougher opponent this Saturday when they host the #14 Oklahoma Sooners in Hilton.

With no recent matchup for the ISU Cyclones, we'll just do a quick run-through of the info: they are ranked #4 in the country, David Carr is still a goat, and... yeah, that's kind of it.

Now to the most important part of this article: it's Iowa-PSU week for wrestling! This Friday, at 7:30, the #1 Penn State Nittany Lions host the #2 Iowa Hawkeyes. These two teams haven't faltered in rankings in the AP Poll throughout the entire season, and it's the most anticipated match in all of NCAA wrestling. Last year, the Hawks hosted and fell in a devastating match in Carver Hawkeye Arena. Spencer Lee is back, and he hasn't missed a beat. Young wrestlers on this year's roster are proving to be talented. This year, it's time for redemption



# Wrestlers head into conference tournament

by Kaitlyn Nolan

Last Saturday the Maquoketa Valley Wildcats traveled to Midland High School to participate in the John Byers Invitational. Out of the 16 teams in attendance, the Wildcats finished tenth with 83.5 points, and Southeast Polk took home the first place team title.

Brendin Frasher (113) placed sixth and scored seven team points after losing by fall to Kenny Colsch of Clayton Ridge. Arion Rave (138) managed to score four team points but lost by decision in the consolation semifinal against Dokken Bildeau of Southeast Polk. Placing sixth and earning nine team points, Tyreese Crippen (152) fell in the fifth place match to Spencer Martin of Maquoketa. Mason Jolley (160) fell to Sam Fettkether of Central Community in round one of the consolation bracket. Nathan Beitz (195) placed first overall in his weight class, scoring 26 team points after winning by decision over Dylan Monk of Monticello. Brady Davis (220) fell to Logan Wright of West Branch in the first place match, scoring 22 points and placing second. Aidan Salow (285) placed first after pinning Cohen Pfohl of Dubuque Senior in the first place match and scored 27.5 points.

That following Tuesday, the Wild-



Aidan Salow competes at the Midland tournament last Saturday. Salow finished first. (photo courtesy of Madi Kuhens)

cats traveled to Ed-Co to wrestle against Monticello, North Fayette Valley, and Central Community.

MV won against Central, scoring 36 points compared to the 30 points scored by the Warriors. Frasher fell to Collin Jaster, but Jolley pinned Sam Fettkether (which had been a redeeming win coming from Saturday's loss).

The Wildcats didn't fair as well against the Monticello Panthers. After winning by decision last Saturday against Monk, Beitz lost his rematch by decision.

Brayden Bjorkgren (106) won by technical fall over an unknown Panther. Crippen lost to Kale Hansen of Monticello by tech fall, and Parker Johnson beat Jolley by decision.

With a score of 18 points (from forfeits) against 66 points, the Wildcats fell to the North Fayette Valley Tigerhawks. Frasher, Jolley, Crippen, and Rave were all pinned by the opposing team.

The Wildcats head back to Midland to compete in the conference wrestling tournament this Saturday. Those results will be in next week's article.

## Wildcats keep it rolling

by Chantel Crowley

What a busy week it was for the boys. And a little snow never stops the game! Last week, after our beautiful snowfall and a cancellation on Jan. 19, the MV boys basketball team played a home game against Midland, they won 71 to 48.

Scorers include Avery Holtz, 18; Treyton Cook, 18; Lance McShane, 12; Kody Hoeger, nine; Toby Grimm, six; Brady Wall, six; and Ty Hoeger, two.

For rebounds, there were a total of 29. McShane led with 13, Cook had five, Holtz, Grimm, and Kody Hoeger had three each, and Tate Intorf and Wall had one each. For assists, Grimm had five, Holtz and McShane had four each, Kody Hoeger had three, Cook had two, and Dylan Knipper had one, for a total of 19 assists.

Their next game was played the following day, they played an away game at Starmont, winning 83 to 33.

For points, Avery Holtz had 29, Cook had 13, and Kody Hoeger had 12. McShane and Wall scored nine each,

Grimm scored six, Anderson Holtz scored three, and Preston Salow scored two.

The Cats had 18 assists. Avery Holtz, 10; Cook, three; Anderson Holtz, two; Grimm, two; and McShane, one. For rebounds, Kody Hoeger had six and Grimm had five. Cook, McShane, and Wall had three each, Avery Holtz, Knipper, and Ty Hoeger had two each, and Salow had one, for a total of 27 rebounds.

After a short break, the boys came back on Monday, January 23rd, to compete against Clayton Ridge, winning 47 to 36.

Kody Hoeger scored 14 points; Avery Holtz, ten; Cook, eight; McShane, six; Grimm, six; and Wall, three points.

Avery Holtz and Grimm had five assists each, Cook had two, and McShane and Kody Hoeger had one assist each for a total of 14. As for rebounds, there were a total of 25. McShane, 10; Kody Hoeger, six; Grimm, five; Avery Holtz, three; and Wall, one.

continued on next page



Ty Hoeger gets above an Oriole defender Tuesday night. (photo by Dannie Burkle)

## Students of the Week

*Cece Trenkamp, Zari Ambundo, Cadence Freiburger & Chantel Crowley*

You've been nominated because of the leadership and initiative you've shown with speech, particularly in getting equipment ready for contest. **What motivated you to help as you did?**

Cece: Having everything ready makes me feel more ready mentally. So when I have the opportunity, I help get everything put together.

Zari: I did it to help all the speech coaches because I knew it needed to be done.

Cadence: I knew that it needed to be done, and I knew it would be easier for the DeVores if we helped out and got it done as soon as we could. I figured that they could use that extra time for other things that they needed to get done for speech.

Chantel: We all got an email asking for help, and since I was here, I just decided to do it. I like to be helpful.

**What advice do you have for other students to help them show initiative?**

Cece: If you can help with something, help. If you have the time and the physical and mental ability to help with something, you should. That is what I have been told by all my siblings and that is what I will continue to tell others.

Zari: Do it with a good mindset.

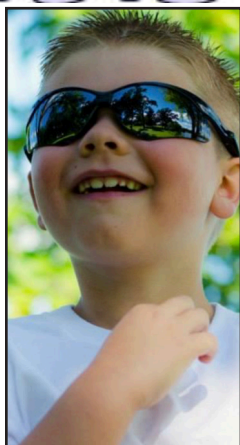
Cadence: Whenever you have free time at school and know that a teacher needs some help, help them. Get things done not only if you want to, but if you know that it would help someone else.

Chantel: Just do it. If it's something as simple as a request in an email, and you can do it, just do it. It doesn't matter if you're the only one, or one of many. Every hand is helpful.

# Cutie

by Lily Huber

Looking cool, Cutie! This Cutie is a sophomore and not involved in any extracurriculars. A fun fact about him is that he has two dogs. *Last week's Cutie was Madison Thompson.*



**Who has been a "helper" role model for you?**

Cece: I have multiple big "helper" role models, as my family has always helped when we could.

My brother, Brock, as a smart and strong person, is almost always one of the people helping. Usually when he isn't helping, it is because he - quite literally - doesn't have the time.

My sisters, Annisten and Shaylyn, help when they can too. If there was an award on our water ski team for "most ropes rolled," Annisten would have it. Shaylyn, as the oldest has helped me and my siblings grow and is continuing doing that with the next generation as a teacher.

Zari: Cadence Freiburger has been a great role model for me.

Cadence: I really looked up to Paige Panosh my freshman year because of how much she did for the musical, but-- mostly-- I like helping out because it's easy to see how things can get really stressful during speech and drama seasons. If I can see how stressful it is-- and I'm able to help-- it doesn't make sense for me not to.

Chantel: I think it's probably been both of the DeVores. They're involved in many things and have a very busy schedule, but they always seem to have time to help out. *"Chantel, Cadence, Cece, and Zari took it upon themselves to move nearly all of our contest speech props and materials down to the auditorium after school in order to help us prepare to load on Saturday morning. This simple act of kindness saved us a ton of time. The speech coaches are extremely grateful and would like to say THANK YOU VERY MUCH!"* —Mr. DeVore

## MV TEL-ALL

compiled by Lily Huber

In 2016, the U.S. Surgeon General concluded that secondhand emissions from e-cigarettes contain, "nicotine; ultrafine particles; flavorings such as diacetyl,

a chemical linked to serious **lung disease**; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin, and lead."

## Boys basketball, continued

The Wildcats geared up for a game against Springville the next day. They continued their winning streak, at 72 to 32.

Avery Holz had 23 points; McShane, 14; Cook, 12; Wall, 10; Ty Hoeger, four; Kody Hoeger, three; Grimm, two; Tate Intorf, two; and Salow, two points.

McShane and Kody Hoeger contributed ten rebounds each, Grimm had four, Knipper had three, Anderson Holtz, Intorf, and Wall had two each, and Salow, Cook, and Avery Holtz had one each. For assists, there were a total of nine. Kody Hoeger had three, Grimm had two, and Avery Holtz and Cook had one each.

Their next game will be played tonight against Ed-Co and will be covered in the next issue.

## Athletes of the Week

Name: Anderson Holtz

**What do you enjoy most about playing basketball?** Winning. But most of all I enjoy destroying the varsity in practice playing the countdown game or transition progression.

**How have you evolved as a player?**

Every day either at practice or a game I learn something new or improve. I also am getting better at shooting.

**What's been a favorite basketball memory?** TJ bowling the wii remote into the hotel tv.

**Who's your basketball role model?** Probably my brothers.



Name: Aidan Salow

**What do you enjoy most about wrestling?** Winning

**What's something about wrestling that others might not know?** It's all mental.

**How do you mentally prepare for a match?**

Jump rope and listen to music

**What's your goal this season?**

Place top 5 at state

**Who's your wrestling role model?**

Alec McDowell





## Learning from the pros



Three MV students had the honor of participating in the 2023 Meistersinger Honor Choir at Wartburg College where they were able to work with hundreds of other students from around the state under the direction of members of Wartburg's highly talented music faculty. They were also able to work directly with Los Angeles based composer Reena Esmail on several of her pieces that were then performed in concert on Monday night. Pictured above is Chantel Crowley and Kaitlyn Nolan. Not pictured is Jesús Rumbo.

## Pink Out shows love for Holtz family



The MV Athletic Boosters hosted its annual Pink Out recently, and Tuesday night, the organization was able to present the money raised to the Holtz family.

By passing the buckets at the home wrestling meet last Friday's basketball games, just over \$2400 was raised. The Booster Club matched those donations and when the cookie and t-shirt sales were added, the group had raised nearly \$6000.

Josh Holtz has been a staple in MV high school and youth athletics for decades and is battling cancer.

Pictured above is the Holtz family. Not pictured is Josh Holtz.

## Best Buds

Cadence Freiburger & Chantel Crowley  
by Grace Richter

**How did the two of you meet?**

We met in Preschool when we were drawing together on the chalkboard.

**What is your favorite memory you have with each other?**

Chantel- I think my favorite memory is when Cadence came over to my house and we had a Nerf Gun fight with my brother, and she accidentally shot him in the eye.

Cadence- My favorite memory would be the many late-night conversations we have.

**What song best describes your best friend?**

Chantel- "I'll Be There For You" -The Rembrandts

Cadence- I feel like the song "Bad Habits" by Ed Sheeran describes Chantel really well.

**What celebrity do you think your best friend looks like?**

Chantel- Considering I don't know that many celebrities, I'm going to have to go with Jennifer Aniston.

Cadence- I think the actress Lucy Hale reminds me most of Chantel.



**What does a typical hang out look like for you?**

Chantel- Normally, we would go to Walmart and mess around, then maybe hit DQ, then either back to her or my house to hang out (usually hers).

Cadence- Typically, we hang out by driving around and just talking. Those are some of my favorite times-- when we just talk about random, meaningful things.

**Where do you see your best friend in the future?**

Chantel- I think she'll be off living in a bigger city. She'll have a good job where she's high ranking, and a beautiful house.

Cadence- I see Chantel having whatever life she dreams of. I know that when she puts her mind to something, she'll achieve it. It's only a matter of her figuring out what path she wants to take.

## Fine Artist of the Week

Name: Kaela Clemen

**What event are you in for speech?**

Solo Mime and Choral Reading

**What do you enjoy most about large group speech?**

I enjoy working with the group and making a story come to life with everyone.

**What have you**

**learned through this event?** For solo mime I learned that it was something I could actually do. I never understood how someone could tell a story without talking but I really think I'm learning how to.

**Who is your speech role model?** Mrs.

DeVore because even though she's a coach she puts more than anyone into what we are doing. She cares about each and every one of us and she knows what she's talking about when it comes to anything.

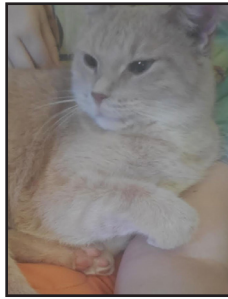
**If you could judge a large group speech event, what would it be?** Readers Theatre



# The Pet Corner

by Ava Cole

The pet corner is covering Sunny (often referred to as Sunny Wunny). He is a cat that resides in Hopkinton, Iowa with Arianna Nolan. He is about five to six years old and is pretty shy. However, once a bond is established, he becomes very loving and cuddly. Sunny enjoys tummy rubs but hates being called fat. He is quickly offended and will slap his tail on a nearby surface to display this emotion.



**Cuddle-bility - 9/10** - The only issue with cuddling Sunny is that you will need to have a relationship with him prior to the cuddling. Despite that, he gives out great hugs and is constantly purring, which many find to be quite relaxing.

**Cuteness - 10/10** - His green eyes, pointy teeth, and large belly are appealing to look at. Often the larger the animal, the cuter people find them. Sunny is no exception.

**Friendliness - 6/10** - It takes a while for him to warm up to you. He's often very skittish if approached by someone he doesn't know. Once he does start to tolerate your company, he will be so attached that he may not let you leave him. Depending on your opinion, this could either be a very good or very bad thing.

**Loyalty - 7/10** - Cats aren't known to be the most loyal of pets, but Sunny cares enough to stay by your side no matter what. His size wouldn't help him to run away either.

**Train-ability - 5/10** - Sunny is quite an intelligent cat and can easily express his feelings. An angry tail flap might be your response when the idea of training is presented. He seems much more content to sleep and look cute.

**Could I Take Them in a Fight? - 3/10** - You could probably push him over and he'd be too lazy to get back up. Although the thought entertains me, it's difficult to be mean to a kitty called Sunny Wunny. I could only verbally fight this opponent. I would probably win, as he seems to get upset when you call him fat.

# One at a Time

by Arianna Nolan

You

stare at the phone screen. Comments of hatred towards you, what you do, what you are fill the screen. "You're ugly." "Nobody likes you." "You should delete this. That's really embarrassing." "You should leave and never come back." "You should die." All you did was post a photo of you and your friends. You never did anything to these people, and yet they are harassing you, telling you to end your life because of the way that you look. These people don't even know who you are, and yet, you start to believe them. You believe that you are ugly, you are worthless, but then a message comes along. A person you don't know. Someone who seems to be a teenager. They are telling you how beautiful you are. What a kind person you are. They will give you the world, as long as you send a nude. You think about it long and hard. You don't remember the last time that you heard that. All the people think you're weird for what you post online. People online think you should die, but this person? They want you alive. What is one picture going to do any ways?

Everything. I know this is going to sound cliché, and it sounds like I am copying Scott's idea, but this is some-



thing that I have wanted to write about for awhile, but I didn't know when the right time was. People get harassed online every day, especially teenage girls. According to Christie Allenm from Brigham Young University, teenage girls who consumed social media had a higher risk of suicide when they go into their adult years. As someone who has been told many rude things online, I can confirm that these words hurt. Your words impact others in such a way that you don't know. You will only come to realize it when the person that you daunted is dead from suicide.

I know this is a really heavy topic, especially for a high school newspaper, but it needs to be said. People need to be kinder online. I know from experience that a handful of kids at this school are rude and ignorant of what they say and how they treat others. I don't want people here to think that they should just be dead because of what people had said to them on a Snapchat story, Instagram post, or Tik Tok video. We not only need to spread kindness to others in real life, but we need to be aware of what we say to others online, and see how that will affect them. My goal for everyone next week is to track your screen time, and be aware of what you are doing online. Is it helpful? Are you being kind to others? Think about it really. I don't want any of you to be in the position where you were responsible for someone's suicide or self harm. I will see you all next week, and please stay safe and kind.

## what's up?

### What's your favorite flavor of Gatorade... and why?

by Lily Huber

George Livingston: Mine is orange, it reminds me of orange juice.

Addie Hucker: Yellow all the way because... it's yellow.

Devin Meeks: Dark blue because it's the best.

Jake Gellersen: I like the yellow one if it comes in the normal bottles; but if it's in the sippy bottles, it's the white. Do you want to know how the twist tops were invented? So... basically in Europe about twenty years ago, Gatorade started mak-

ing sippy bottles because they ran out of normal caps... and they got the shipment in from China because they have more 3D printers than Europe, but once they got all the sippy caps, they realized it didn't fit the bottle. So they had to make the smaller bottle, which is the reason they have both sizes of Gatorade in gas stations. It's not because Americans like different sizes; it's because Europe ran out of normal caps. No cap. People need to know the truth. Zachary Leytem: Cucumber Lime, cucumber is good

Lanni Beaman: White, I like red too

Taryn Burbridge: White or blue, the pink one is also good

Mr. Kirchoff: I used to like orange, but I've had too much of it.... light blue is the best one

Addie Vorwald: Light blue

Macee Nolan: The red one