

All-State auditions tomorrow

by Chantel Crowley

This Saturday, October 21st, seven MV students are traveling to Independence for All-State Auditions.

Preparation has been in the works since early August for some vocalists. Starting at the Wartburg camp and moving into small practice-room rehearsals, three groups feel adequate to sing in front of the judges. These groups are: the Senior Quartet composed of Jesus Rumbo, Cece Trenkamp, Chantel Crowley and Kaitlyn Nolan; the Duet composed of Addie Rudd and Trish Dietiker; and the Solo, composed of Tristan Dietz.

Junior McKenna Bush is auditioning on alto saxophone for the band.

Saturday, the audition cuts will be released at 5AM to the public. At school, these students listed above will meet at 8:15AM to highlight their cuts and run through the pieces to remind themselves of any last-minute ideas/changes made to that cut specifically. Then, they'll head to Independence around 9:30AM and prepare for their audition times. These auditions will determine if those students make it into the Iowa All-State Choir or the All-State Band or Orchestra, performing in November.

Really, the whole process isn't about making it to the choir or band; it's about what an individual takes and learns from the process. However, being selected is a nice icing-to-the-cake.

Good luck to all auditioning!



On to State!



by Toby Grimm

Last night, the MV Cross Country team traveled to Tory Mills to compete in the state qualifying district meet. In order to qualify for the State Meet you must either be top 10 individually or on one of the top 2 teams.

The girls race started the meet off, where Taryn Burbridge (6th) ran a 20:08 individually qualifying herself for the State Meet in Fort Dodge. Isabel Imler (35th) was next, running a 23:24 and McKenna Bush (54th) ran a 25:00. Allison Hogan (69th) ran a 26:37 which is a career PR for her, as well as Haydin Flannagan (73rd) also ran a career PR of 27:44. The team placed 8th overall finishing the season strong.

Next was the varsity boys, where Matthew Schaul (2nd) and George Livingston (6th) led the team to victory. Matthew Schaul ran a 16:32 and George Livingston ran a career PR of 17:14. Next was Arion Rave (20th) running a season PR of 18:13. Kenyon Baker (23rd) wasn't far behind, running an 18:25 and Brady Eike (56th) ran a 19:47. The boys team placed 1st out of 16 teams, making them District Champions and advancing to State as a team.



They will compete Friday, Oct. 27 in Fort Dodge. The 1A girls will run at 2:00, and the 1A boys will run at 2:45 with the awards ceremony at 3:30.

Wildcats fall to Starmont, make playoffs

by Kaitlyn Nolan

Following a big win against the North Linn Lynx, the Maquoketa Valley Wildcat football team fell to the Starmont Stars last Friday. The cold and rainy night ended with a final score of 6-27 in favor of the opposing team, and the Stars ended the regular season as the District Champs with a 7-1 record.

The 6-2 Wildcats ended the season with a third place finish in the district and will be competing in tonight's playoff game against the Wildcats of Columbus who placed second in their district. If anyone remembers last year's playoff game, then everything seems a tad familiar, doesn't it? Just like last year, Columbus will host MV for the first round of the Class A football playoffs.

The game will be played in Columbus Junction, a nearly two hour long drive from Delhi. As always, kickoff time is 7 p.m., and the theme for tonight's big game is black and gold.

STATS

Brady Wall: 3/10 C/ATT; 31 YDS; 1 TDS; 2 CAR; 2 YDS; 1 SOLO; 1 T.O.T

Taten Intorf: 1 CAR; 11 YDS; 2 REC; 9 YDS
Dylan Knipper: 5 CAR; 14 YDS; 1 REC; 22 YDS

Lance McShane: 20 CAR; 70 YDS; 6 SOLO; 7.5 T.O.T

Anderson Holtz: 1 SOLO; 1 T.O.T

Colin Smith: 2 SOLO; 2.5 T.O.T

Devin Meeks: 3 SOLO; 3 T.O.T

Aidan Salow: 8 SOLO; 9.5 T.O.T

Griffin Honkomp: 3 SOLO; 3.0 T.O.T

Nathan Beitz: 6 SOLO; 8.0 T.O.T

Brady Davis: 2.0 T.O.T

Macoy Stone: 4 PUNTS; 167 YDS

what's up?

If you could swap lives with one of your friends, who would it be?

by Camryn Paris

Lanni Beaman- Grace

Brady Wall- Lance because he gets all the baddies.

Elijah Dougherty- Kash

Bryce Vaske- Toby Grimm because he's decent at golf.

Keira Leytem- Lily Huber so I could be super fast.

Brenyn Robinson- Braden R. because he has cows.



Nathan Beitz assumes kickoff duties against Starmont. Beitz averaged 43.5 yards for his two kicks that night. (photo by Dannie Burkle)

Not how the Wildcats wanted it

by Natalie Ries

The MV volleyball season has reached its end with a lot to be proud of.

"Overall we did have a good season," noted Coach Nefzger. "There are so many things they should be proud of. We ended up finishing third in the conference. I am thankful the girls were so patient with me as I learned many things this season. Being a head coach is a whole new best with so many responsibilities. I want to wish the best of luck to my four seniors with everything they endure the rest of the school year. And for all of the players returning next year, I am excited for them. They have so much talent! I hope they continue with the changed mindset of setting their goals high. I love this team!"

Most recently, the Wildcats took on Wapsie Valley Wednesday in the second round of regionals. MV lost 0-3 with set scores of 25-18, 25-15, 25-21. They advanced to the second round after defeating Postville Monday night 3-0 with set scores of 25-10, 25-8, 25-14.

Coach Nefzger commented on the Postville win: "I was proud of my team for

sticking together and advancing to the second round. The speed of the game was not what we were used to but I think the girls adjusted really well. It was nice to get one more win on our home court."

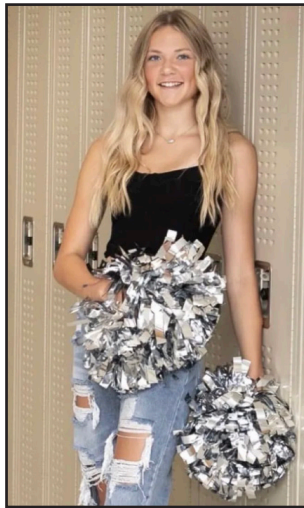
She pointed out some strengths about the Wapsie Valley game even though the Wildcats fell short: "We gave our best effort! Wapsie Valley is a good team who has appeared at state multiple times. I think Wapsie thought it wasn't going to be tough getting by us but we proved them wrong. We had two goals, trying to get them to move on serve receive and to block their best player. We blocked really well. We ended the night with 14! I am proud of how we played. We showed up and fought hard."

Before regional play, the varsity team played in the Tri-Rivers Conference tournament Oct. 12. The Wildcats went 1-2 not advancing to the Saturday part of the tournament. In the pool that the Wildcats were in was also Alburnett (Set 1. 21-8 MV, set 2. 21-16 MV), Starmont (set 1. 22-20 Star., set 2. 21-19 Star.), and Central City (set 1. 21-12 CC, set 2 20-22 CC). The Wildcats won against Alburnett.

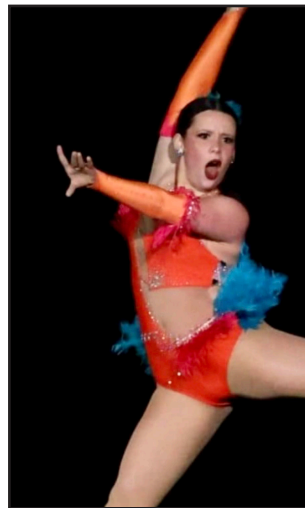
Dancers audition for state dance with new format



Maddy Kemp



Alaina Mead



Tessa Intorf

Submitted by Iowa State Dance/Drill Team Association

NEWTON/NEVADA, Iowa -- For the first time in its nearly 50-year history, the Iowa State Dance Team Association (ISDTA) will hold a qualifying round for the state solo championships.

On Oct. 27 and 28 more than 970 soloists from dance teams and color guards across the state will descend on Newton High School, Berg Middle School in Newton, Nevada High School and Middle School for the first-ever ISDTA State Solo Qualifier.

"In the last four years, our solo competition has exploded in participation," said ISDTA Executive Director Andrea Dana. "Nearly a 28 percent increase."

Traditionally the solo competition was held the first weekend in November. Format changes due to COVID restrictions in 2020 resulted in the solo and team competitions being combined in the same week for the next three years. According to Dana, the increased participation, challenges with scheduling, judges time, and quality control were all reasons considered when the decision was made to add a qualifying round to the competition for the first time.

"It's a wonderful problem to have," said Dana. "There is so much talent

in our state. It became clear we needed to accommodate the growth in participation to maintain a quality experience, increase credibility in our sport, and provide performance opportunities for our athletes."

The dance solo competition will begin Saturday morning at Nevada High School, Newton High School and Berg Middle School. Soloists are divided into classes based on school enrollment. There are 12 classes for dance solos and two classes for color guard. Routines are evaluated and judged by industry professionals from all corners of the United States. The top ten soloists in each class will move on to the finals competition Nov. 29-Dec. 1 at Iowa Events Center in Des Moines.

Spectator admission is \$10 per person; pay at the door. Live stream access of the competition is available for purchase and can be accessed at www.isdtalive.com. Dance team participants and fans can also purchase state apparel, merchandise, and digital recordings on the website. The awards ceremonies will be livestreamed free of charge.

Wildcats Maddyx Rieniets, Tessa Intorf and Alaina Mead will be auditioning next weekend.

Athletes of the Week

Name: Tristen Flanagan

What do you enjoy most about being part of the cheer team?

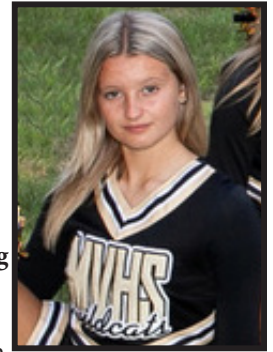
The team aspect for sure!

What's your favorite cheer?

"Get rowdy get rough"

What's something about cheer that others may not know?

How much work actually does go into cheer. There is a lot to memorize and perfect.



Name: Jada Knipper

What do you enjoy most about volleyball?

Before games in the locker room

What's your favorite drill in practice?

queen of the court +1

What's your least favorite drill in practice?

figure 8 passing

What's your favorite warm-up song?

"Rolex"

What has made this year unique for you?

We have a new coach whom we had as assistant in the past



Name: Jeanie Teymer

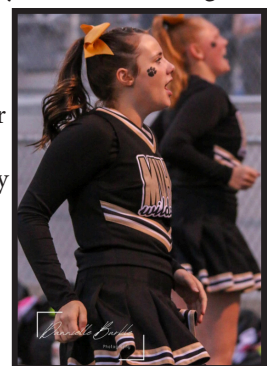
What do you enjoy most about being part of the cheer team?

The thing I like most about being on the cheer team is making memories with my friends. Interacting with the student section and being able to go to all the Football games. #GoCats

Why is having cheer important at MV? It brings people's spirits up.

What's your favorite cheer? Jump, Shake Your Booty

What's something about cheer that others may not know? How many hours we invest in practicing.



MV TEL-ALL

compiled by Lily Huber

Youth use of tobacco products in any form, including e-cigarettes—is **unsafe**. Such

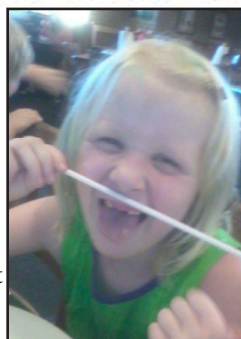
products contain nicotine, which is highly addictive and can harm the developing adolescent brain. Using nicotine during adolescence might also increase risk for future addiction to other drugs. - The CDC

Cutie

by Lily Huber

What's good, Cutie?

This Cutie is a freshman, lives in Hopkinton, and has three siblings. She is involved in softball and speech. A fun fact about her is that she can sing all ten minutes of "All Too Well" By Taylor Swift.



Last Echo's Cutie was Jocelyn Kelchen.

Big Games on the Big Stage

While the game wasn't the most impressive one to be played in the Battle for the Heartland, the #24 Iowa Hawkeyes still came out on top with a final score of 15-6; however, the Hawks will be without Michigan transfer TE Erick All Jr. who tore his ACL on Saturday. It's been a rough season for the team with injury after injury attacking their roster following the losses of Luke Lachey and Cade McNamara. The Hawks will host the Minnesota Golden Gophers this Saturday in the battle for the Floyd of Rosedale. The game will start at 3:30 p.m.



by Kaitlyn Nolan

The ISU Cyclones are now second in the Big 12 following their win against Cincinnati last weekend... which isn't exactly a great feat considering their conference record is 3-1, and their overall record is 4-3. The team has a weekend off for their bye game and will return to play against Baylor next Saturday.

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One of the biggest events in collegiate sports happened on Sunday when Iowa hosted Duke in the big Crossover at Kinnick, a women's basketball exhibition game that exceeded 55,000 fans and now holds the record for the highest attendance at a single women's basketball game. To top it off, the Hawkeyes are ranked 3rd in the Preseason AP Poll. LSU, the national champions, start the season off ranked 1st. The UConn Huskies, with Paige Bueckers healthy on the squad, are ranked 2nd.

Fine Artist of the Week

Name: Jeanie Teymer

What role do you play in the musical?

An ancestor

What's your favorite part of the show?

The Addams family song

What will audience members enjoy about this show specifically?

The dancing

What's your favorite memory from rehearsals?

tangoing with Cadence

How has participating in the musical affected you?

I'm learning how to use my time well.

"Jeanie has been a serious leader in the dancing and singing the Addams Family Ancestors are doing in rehearsals! She has been working very hard to make sure that she knows the dances that we're doing and puts herself in a place where others can look to her for leadership and support during the dances." —Ms. McCrary



Deep Dive by Arianna Nolan

Our sea creature of the week comes from the lush kelp forests, and is actually considered a sea mammal. The sea otter, or its scientific name of *Enhydra lutris*, could be considered one of the cutest sea animals in the ocean. They can be found all over the world, but it is advised to not touch them due to their wild nature, such as being aggressive. These adorable animals can get up to 100 pounds if they are a male, and 50 pounds if they are a female. While sea otters can grow up to four feet in size, it is said they are the smallest sea mammal in the world. Although we can all smile at its adorable fur, these species are actually endangered. The population of sea otters is only around 3,000. Speaking of the fur, for every square inch of a sea otter, there are around 1 million hairs on the sea otter, and all that makes up a very fuzzy friend. The best way to see one of these endearing creatures is to visit them at an aquarium, such as the Monterey Bay Aquarium which is where all the information of these animals were provided. Please stay safe when seeing these animals, and we will dive into the next sea creature next week!

Hall Smarts

by Maya Smith

A show almost everyone watched as a kid was Spongebob Squarepants, so I asked a couple students some questions to see what they remembered.

What is Mr. Krabs' life goal?

Addie Hucker: Money

Brady Eike: Money

Dexter Dietiker: To make as much money as he can

Gracie Palmersheim: To live under the sea

Answer: To make money

What instrument does Squidward play?

Addie: Clarinet

Brady: Clarinet

Dexter: Clarinet

Gracie: Saxophone

Answer: Clarinet

Who is the only

land animal in

Bikini Bottom?

Addie: A rabbit

Brady: Sandy the Squirrel

Dexter: Sandy

Gracie: A tiger

Answer: Sandy the Squirrel



What is Plankton always trying to steal from Mr. Krabs?

Addie: The recipe

Brady: The secret Krabby Patty formula

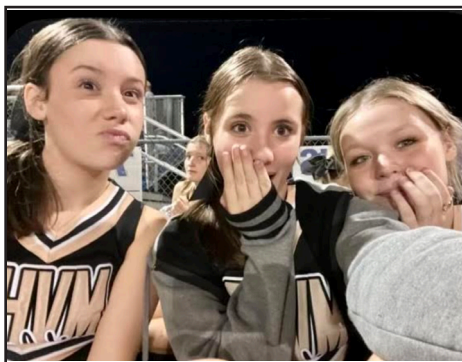
Dexter: The secret formula

Gracie: Food

Answer: The secret formula for the Krabby Patty



Best Buds



**Tessa Intorf, Jeanie Teymer, Lena Lewin
by Chantel Crowley**

How did the three of you meet?

Tessa: We have all known each other through school but got really close when cheer started

Jeanie: 2nd grade when I moved here.

Lena: We have always known each other but got really close through cheer.

What is your favorite memory you have with each other?

What do you admire most about your friends?

Tessa: For Lena, I admire our sense of humor and how she doesn't care about anything. For Jeanie, I love how outgoing she is and how she loves everyone.

Jeanie: For Tessa, I admire that she always tries to cheer me up, and I admire Lena's funny personality.

Lena: I admire that we can talk about anything without worrying about being judged.

What celebrity do you think each other looks like?

Tessa: For Jeanie, I have no idea. For Lena, Jennifer Lawrence.

Jeanie: I think Tessa looks like Kendall Jenner, and Lena looks like Jennifer Lawrence.

Lena: I think Tessa looks like young Selena Gomez, and Jeanie looks like Anne Hathaway.

What does a typical hangout look like?

Tessa: We watch movies, eat food, and talk about anything and everything.

Jeanie: Lena 5th wheeling and us just laughing or watching scream.

Lena: We normally just listen to music or watch movies.

Where do you see each other in the future?

Tessa: Still very good friends.

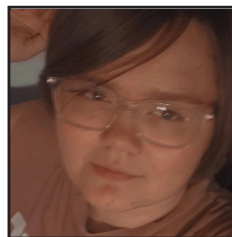
Jeanie: Tessa will have a baby and a family and be a stay at home mom. Lena will own a business and will be too busy to worry about men.

Lena: I see Tessa going into cosmetology and Jeanie being a cop.

One at a Time

by Arianna Nolan

Many students during the school week feel exhausted. Although most of us have a bad habit of drinking a lot of caffeine—coffee at



Roast and Toast, energy drinks, or soda—we can still feel drained even after all of it. Extracurricular activities, either in the morning or after school, can be even more tiring and by the end of the day you feel corpse-like. Even though consuming caffeine can give you a slight energy bump for a moment, it doesn't fully fulfill what you need to get through a day. Some may ask what is one thing that can give you that full energy boost? Well, the answer is simple. It's a drink that we see every day, and it fills our lakes and oceans, and it helps with hygienic habits. Water is the solution.

While some may say that water can't help with exhaustion, researchers disagree with this stating that you need water to help with your energy throughout the day. According to Harvard Health Publishing, over half of our body is made up of water. So, people may say that this water that is already in our body is enough to give us energy, but that is where their argument fails because also according to Harvard Health Publishing, we lose that water in our body by doing our daily functions. We do this by using the bathroom, sweating, and even breathing. To maintain these levels of water in our body, we need to continuously drink water throughout the day. Without it, we don't have the proper amount of water in our body and can feel very fatigued and lightheaded. Additionally, it can be very hard to concentrate.

Now, it's important to understand that just knowing that water is good for you isn't going to magically change your drinking habits. We love our coffee and very highly caffeinated drinks because of the sweet taste and the slight energy boost that it can give us. But, drinking too many of these drinks can cause caffeine addictions. The National Library of Medicine states that when they assessed 36 teenagers for caffeine dependence, over half of them qualified to fit the criteria. Also in this study, they found that a very large amount of these teenagers would experi-



ence withdrawal symptoms if they didn't have enough caffeine. So, as you can see, drinking large amounts of caffeine a day can be very dangerous to you, and just like alcohol, it can lead to addictions.

But, this isn't to say that we should stop drinking our beloved drinks in general, because I would also agree that a lot of these drinks are very tasty, and I love drinking them. But, it should be known that taking a step back from these beverages and switching to water would be a very good idea for your health. Not only will it improve your energy levels, you will feel better about yourself. You can also have a bit of fun with it by getting cool water bottles to store your water in and decorating them with things you love.

In conclusion, drinking water is very important for your health and is a healthy switch to drinking caffeinated beverages that can lead to addiction. Although the sugary taste of our drinks can be very appealing, it is very important to remember what it can do to you. With this said, I hope you all have a wonderful day, and hope you can include water a little bit more into your day. Have a wonderful weekend and I will see you all next week. Love you!