

FFA members travel near and far



by Kaya Knipper, FFA reporter

This past week MV FFA has been quite busy.

Last Thursday 11 members took on NE District Soils Evaluation at Hawkeye Community College. For several members this was their first contest in high school and it's safe to say they had a lot of fun! These members include:

Team 1: Lucas Knipper, Braden Ronnebaum, Bryce Vaske and Brenyn Robinson.

Team 2: Chase Krogmann, Natalie Ries, Ella Reicher and Emma Brockhohn.

Team 3: Clayton Davis, Braden Gardner

and Seth Dougan.

Some highlights in this contest include Lucas Knipper being a top 50 individual and Team 1 placing top 20.

Then this Tuesday 11 members got up at 4:30 am for a trip to the World Dairy Expo in Madison, Wisconsin.

Members Judged in Milk Quality Products and Dairy Judging both placing very respectable.

This Friday, new FFA members will take part in the Greenhand fire-up in Waverly. Pictures will be in next week's issue.

UNI festival preps auditionees by Chantel Crowley

This past weekend, the two-day Vocal Arts Festival at UNI took place, and seven out of the nine auditioning MV students partook in the event. These students included Adeline Rudd, Kaitlyn Nolan, Chantel Crowley, Tristan Dietz, Shane Wright, Cece Trenkamp and Trish Dietiker. This festival was an event that was held for anyone auditioning for the Iowa All-State Choir, a choir composed of 600+ of the greatest high school singers in schools all across Iowa.

The focus was on improving specific parts of the Iowa All-State music for 2023. This involved tedious repetition of going over certain measures in the music, the nit-picking of select notes, and overall improving the musicality.

Also included in this festival were the performances of some of UNI's choral groups; the Glee Club (the all-men's choir) and the Sicillians (the all-women's choir); a few select vocal majors, and the Singpins (an acapella group).

At the end of the final day, the 300+ high school students performed on stage for all to hear. Overall, the festival was a success, and most who went home that night retained more musical knowledge to assist them during their 2023 All-State Vocal Auditions Oct. 21. Good luck!

Vocal students prepare for concert Monday

by Chantel Crowley

October is always an exciting time of the school year as a lot of students are now in the school routine, and are busier than ever with not only homework, but their extra curricular activities, too.

Monday, October 9th, at 7PM in the auditorium, marks the Fall Choir Concert. "Attendees can look forward to hearing pieces performed by both the Middle School Choir and the High School Choir, as well as a special piece performed by both groups to close the concert," Ms. McCrary commented.

There is no cost to attend this concert, but donations are thoroughly appreciated! We hope to see you there!



Sports Connection

Volleyball makes their record look even better

by Natalie Ries

The Wildcats really know how to get a gym excited for the next game. The Wildcats had two back to back home games. With these two games the Wildcats came out fired up and also got a clean sweep two games in a row!. Coach Nefzger exclaimed, "I am so proud of my team it is unreal!!" One thing that Coach Nefzger, Coach Callin, and Coach Sheppard always say is they are proud of every player that is on that floor rather it's the best or worst game they ever played. "I have never seen the girls play the way they did last Thursday against North Linn." stated Coach Nefzger. She added, "They have found a new pre-game ritual that works, it gets their minds right and gets them fired up."

The scores for the two games against North Linn and East Buc are as follows, North Linn games the Wildcats won 3-0 (27-25 MV, 21-25 MV, 23-25 MV). The Wildcats took on the Buccaneers on Tuesday the scores are as follow 3-0 (16-25 MV, 15-25 MV, 13-25 MV).

Moving to the actual stats from these two wins. For the North Linn game there were many girls that had 100% of their serves be successfully in play. With 11 successful serves Jada Knipper led the team. Following Knipper was both of the Ronnebaums both with nine successful serves. Overall aces Bianka Ronnebaum was the leader with two aces. Following behind Ronnebaum was Lili Bauers and Lily Huber both with one ace on the night. For the game against East Buc Lili Bauers led with most successful serves. Bauers had a total of 18 successful serves. Following behind Bauers was Lily Huber, Keira Leytem, and Jada Knipper. All three of these girls had a total of 11 successful serves individually. The most aces for this game went to Bauers. Bauers had two of the three aces for the night.

Defensively the Wildcats are fourth in the state of Iowa in solo blocks.



Libero Lili Bauers sets up the play in the game against North Linn last week. (photo by Dannie Burkle)

Playing against North Linn Haley Ronnebaum and Camryn Paris both had three solo blocks against the Lynx leading the Wildcats. The Wildcats also fall in the ninth spot for digs in the state. Lili Bauers had a total of 28 digs. Following Bauers was Keira Leytem with 17 digs. The team in total had 85 digs against North Linn. Against East Buc the solo block leader was Camryn Paris with two solo blocks. Keira Leytem, Kaya Knipper, Haley Ronnebaum, and Grace Richter all followed Paris with one block. Also against the Bucs Lili Bauers led with 20 digs. Following Bauers again was Keira Leytem. Leytem had a total of 12 digs.

Coach Nefzger claimed the Wildcats' play against East Buc, while earning the win, was not as tough as it could be. "Sometimes it is hard to not play down to the level of your competition." The Wildcats have experienced this on all levels.

Finally on the offensive side for

the game against North Linn Keria Leytem led with assists followed by Kelsey Hoeger. Leytem had 29 assists and Hoeger had four assists. Moving to the kills part of the game Grace Richter led with 12 kills and Haley Ronnebaum followed with 10 kills for the game against North Linn. Back to the East Buc game Keria Leytem led again with 37 assists. Following Leytem was Lili Bauers. Bauers had three assists on the night against the Bucs. The Wildcats had a total of 39 kills as a team. Leading the team was Grace Richter with 11 kills. Following right behind Richter was Haley Ronnebaum. Ronnebaum had 10 kills on the night. Coach Nefzger will never stop telling the girls how proud she is of them. "I am beyond proud of them but I hope they continue to play with passion."

Last night the Wildcats traveled to Alburnett, and Tuesday night they play at Cascade.

Wildcats defeat Comets 38-22

Tate Intorf makes his way around some Bellevue defenders. Intorf was the leading receiver with a total of 61 yards on five passes. (photo by Dannie Burkle)



by Kaitlyn Nolan

On the road, the Wildcats pulled off a great win against the Comets of Bellevue, crushing their homecoming hopes.

"Bellevue is a very good team, and to be able to go on the road and get the win says a lot about our team," stated Head Coach Scot Moenck. "I was so proud of our guys Friday night. We were not perfect by any means but we played hard and together. Our offensive line was physical upfront, and created some nice running lanes for Lance. Brady continues to grow at the quarterback position. He has been making great decisions with the football. I was really pleased how we tackled at all 11 positions. We still have ways to go, but I am really pleased with where we are at."

Throughout the first three quarters, the scores remained close up until the final quarter of the game. The Wildcats pulled away from the Comets, and

the scoreboard showed the 38-21 win. senior Lance McShane led the team with 281 rushing yards, and junior Taten Intorf led receiving with 61 yards. Senior Aidan Sallow led in solo tackles with 12.

Both the Wildcats and the North Linn Lynx are 5-1 heading into tonight, and both losses are against East Buchanan. Each team has been ranked in numerous polls in Class A this year, and with the last win for MV on record being back in 2015, the Wildcats are hungry for the dub.

"We have two really tough games left," continued Moenck. "We have to have a couple of good weeks of practice."

Tonight is the final regular season home game for the Wildcats, meaning that it's also Senior Night for cross country, cheer, football, and band. The theme for the night is white out, and, as always, the game starts at 7 p.m.

Athletes of the Week

Name: Kalyynn Freiburger

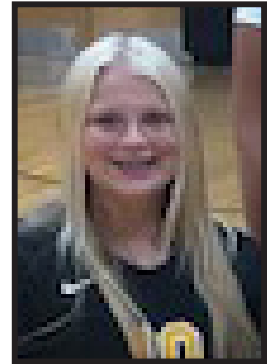
What do you enjoy most about volleyball? The atmosphere of our team and how well we play together

What's your favorite drill in practice? Hitting Lines

What's your least favorite drill in practice? Chair drill

What's your goal for the team this season? Make it to state

What has made this year unique for you? We are more of a team this year and have a lot of fun together.



Name: Nathan Beitz

What do you enjoy most about football?

Hitting people

What lessons about life have you learned from the sport?

You're a lot stronger as a unit, not as an individual

Who is your favorite college football team?

Iowa

What is your favorite pregame ritual?

Eating at Grandma Beitz's house

Who is your football role model?

Tyler Linderbaum



Over half of XC runners have best personal times

by Toby Grimm

On Tuesday night, the cross country team traveled to Hart Ridge Golf Course to compete in the West Delaware Invitational. "West Delaware was the teams best meet of the season so far!" claimed Coach Kirchoff.

The Varsity girls kicked the night off with Taryn Burbridge* (7th) leading the team running a 19:54 and breaking her own school record, once again. Isabel Imler* (63rd) ran a 23:21, a season best for her, and McKenna Bush (97th) ran a 25:48.

* indicates personal record

Next was the Varsity boys race,

where Matthew Schaul* took 3rd place overall running a 16:25. George Livingston* (26th) ran a 17:38 and Kenyon Baker* (38th) ran a 17:58, both with career personal records. Arion Rave* (61st) ran an 18:45 and Brady Eike (112th) ran a 20:23. The boys were 9th overall out of 21 teams and first in 1A.

After that was the JV girls race, where Allison Hogan (74th) ran a 27:29 and Haydin Flanagan (112th) ran a 29:45. The JV boys race finished out the night with Jayden Schwandt* (109th) running a career PR of 23:48.

The teams travel to Troy Mills to-

morrow to compete in the Lynx Invitational. "We look to keep this momentum going into our North Linn meet this weekend," stated Coach Kirchoff.

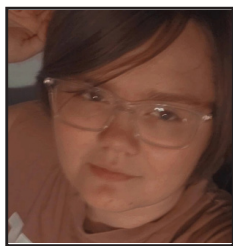
The times and places will be in the next Echo.

One at a Time

by Arianna Nolan

You have been at it for assignments for about two hours now. Your sweaty palm grips the pencil as you stare at the homework that is due for tomorrow, and to the side there are more assignments to be done. You know in the end that this will be for the better as homework helps you to learn, but after doing it for countless hours, all you want to do is call it quits, and possibly throw your computer across the room. Sleeping is the activity that sounds the best at the moment, but you sigh and continue to do the assignments anyways.

After countless hours of doing work or coming home from a long day of school or practice, everybody needs time to wind down and to focus on themselves. This is what we call selfcare. Without self care, your stress levels will continue to increase and will start to feel burnout. You won't want to do anything and can become irritated and hurt others without thinking about it first. And, as we get older the more responsibilities will come our way which can increase stress. According to the National Institute of Mental Health, "When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can



have a big impact." So as you can see, the act of self care is very important, but how do you do it? While some might state that the act of self care requires too much time, effort, and money, research shows that self-care can be quite easy and is beneficial to your mental, emotional, and pschical health.

When it comes to doing self care, there are many options to explore. One of the easiest options that you can do for yourself is personal hygiene. While some people may state that personal hygiene is too much of a hassle for them, they should also consider the many benefits that come with personal hygiene. Personal hygiene can not only fight diseases, but it can also prevent self esteem issues and bullying because of smelling bad or looking informal. According to Bromley 0 to 19 Public Health Service, you should consider wearing clean clothes every day, such as clean underwear and shirts, shower or do some sort of bathing every day and wear deodorant or anti-perspirant to prevent sweating.

While this is only one form of self care, there are many more to try. Some forms of self care might not always work for you, but it is important to remember that you shouldn't give up just because one of them didn't work. As I have stated before, self care is very important for your overall health, so skipping out on it can be very damaging to you. I hope everyone has a wonderful weekend, and I will see you all next week. I love you all!

Student of the Week

Alexis Halverson



You recently helped with one of Mrs. Downs' classes when she was absent.

What made you decide to do that? I decided to help with Mrs. Downs's 7th-grade class a day last week because she is one of my favorite teachers. Anytime she asks me to do something I'm always willing to do it if I'm able to. I also wanted her to be able to keep the class on track even while sick because I knew she was going to be gone again in some upcoming days for the same class. I also wanted the kids to still be able to do the lab because I would want to at that age.

What's one way someone has helped you out of the goodness of their heart? Jordan has gotten me things when I'm sick and has always been there for me. Mrs. Downs also gives the best neck massages randomly to me.

"Last week I was ill and not able to come to school. Knowing that the quarter was going fast and trying to put 7th grade food labs into full class periods has been trying so I knew I needed to get their lab done but without me being here, we would have to push everything back. I asked Alexis if she would help out with teaching the lab since she knew how it was supposed to go. She asked Miss Droezler if she could come over during her class period to help (Thanks, Molly!) and Alexis helped Mr. King and the 7th graders prepare the cornflake cookies and shakes. Although she soon realized that 7th graders struggle with doing dishes, she made it all work. Thanks, Lexi!!" —Mrs. Downs

Comedy Corner

—compiled by Grace Richter

Yesterday, I accidentally swallowed some food coloring. The doctor says I'm okay, but I feel like I've dyed a little inside.

My friend drove his expensive car into a tree and found out how his Mercedes bends.

So what if I don't know what apocalypse means? It's not the end of the world!

I made a pun about the wind but it blows.

I knew a guy who collected candy canes; they were all in mint condition.

Cutie

by Lily Huber

This

Cutie is ready for the fall season! This Cutie is involved in volleyball, softball, and jazz choir. She has three older brothers and a fun fact is that there is ten years between her and her youngest brother. Last week's Cutie was Tate Monk.



Meet the Freshmen



Camryn, Breece, & Cheyenne

Name: Camryn Paris
 Siblings: Zane, Eva, and Mary
 Activities you plan to be in: Volleyball and track
 Favorite subject: Beginning foods
 Career aspirations: Marine Biologist
 Hobbies: Volleyball and napping.
 Something cool about you: My dad is a red head.

Name: Breece Hoisington
 Siblings: Brylin, and Brenek
 Activities you plan to be in: Choir
 Favorite subject: Health
 Career aspirations: Wedding Photographer
 Hobbies: Fishing, singing, and hunting
 Something cool about you: I broke my nose.

Name: Cheyenne Eike
 Siblings: Brady, Sierra, and Renee
 Activities you plan to be in: Dance team, band, and golf
 Favorite subject: Math
 Career aspirations: Stylist
 Hobbies: Dance, watching TV, and hanging out with my friends
 Something cool about you: I love leggings.

—typist: Grace Richter

Hall Smarts

by Maya Smith



Even though this week didn't feel much like fall, I wanted to ask some students questions about fall.

What is the popular drink only available in the fall?

Lainey Knipper: Pumpkin spice latte
 Tate Intorf: Pumpkin Spice
 Xander Smock: I don't know
 Haydin Flannagan: Pumpkin spice latte

When did fall officially start?

Lainey: October 1
 Tate: September 21st
 Xander: September 20th
 Haydin: September 21st

What is a fruit often picked together in an orchard?

Lainey: Apples
 Tate: Apples
 Xander: Apples
 Haydin: Apples

What is a jack-o-lantern carved out of?

Lainey: Pumpkin
 Tate: Pumpkin
 Xander: Pumpkin
 Haydin: Pumpkin

ready for a business meeting.

That seems really specific so let me help break it down. I love colors but I'm very picky about what ones go well together, I'm never without jewelry, I always have eyeliner on and it's never the same color, and I love blazers. I feel like a lot of the time we see people on social media or on Pinterest and feel the need to copy exactly what they wear. Don't be scared to create your own aesthetic.



Dying Words

by Cadence
 Freiburger

Frank

Sinatra, born on December 12, 1915, lived most of his early life in Italian-American neighborhoods for the working class in Hoboken, New Jersey. Throughout his childhood, Sinatra found interest in playing the ukulele and boxing, but he eventually dropped out of school to pursue a career in singing.

Sinatra's career started with performances in small clubs, but his big break didn't occur until 1935 when he and a group called the Hoboken Four went on a radio talent show. While he worked on catching the eye of band leaders, Sinatra got a job at a New York radio station and got married. Most of Sinatra's fans were teenage girls called "bobby-soxers," but many men attempted to imitate his appearance through broad-shouldered suits.

Frank Sinatra used his fame to perform in movies and songs to benefit soldiers despite not being able to serve due to a damaged ear drum. His activism continued into advocating for the civil rights movements and supporting Franklin D. Roosevelt.

Sinatra's music and acting career ranges from being in a production of Guys and Dolls to songs like "My Way." Eventually, Sinatra began suffering from memory lapses and needed a teleprompter to remind him of lyrics when he performed, and on May 14, 1998, Frank Sinatra passed away due to a heart attack. His famous last words were:

"I'm losing."

JO-JO'S CLOSET

by Josie Teymer

A question that I often get asked is how to dress like *That girl*. Who is that girl you ask? Literally anyone. When people say the phrase "that girl" I think of aesthetics. An aesthetic for those of you who don't have TikTok is a sense of beauty or a taste that you identify with the most.

Some common aesthetics for clothing is academia, streetwear, soft, alt, Vintage, and coastal. To be honest though, an aesthetic can be anything you want. For example I like to think my aesthetic is a posh elementary student who is always

MV TEL-ALL

compiled by Lily Huber

A study that surveyed 476 adolescents found that emotional vulnerability increases the likelihood of trying a variety of drugs in early adolescence. "Depression levels are associated with lifetime use of a variety of substances in early adolescence, and targeting this risk factor with preventive efforts may be useful in reducing risk," the researchers concluded. - Newport Academy