

Wildcats recognized for academic achievements

Before Wildcats took off for Thanksgiving break, students meeting certain academic standards were presented awards for their achievements.

Sophomores - 3.600 GPA

1st Year - Letter
Lanni Beaman
Taryn Burbridge
Lukas Chesnut
Morgan Clemen
Dexter Dietiker
Kalynn Freiburger
Willow Fuller
Rachael Hoefer
Ty Hoeger
Anderson Holtz
Jocelyn Kelchen
Dylan Knipper
Elizabeth Kraft
Derrick Mohr
Teagan Monk
Arianna Nolan
Macee Nolan
Grace Richter
Preston Salow
Colin Smith
Maya Smith

Juniors - 3.400 GPA

1st Year - Letter
Alissa Bush
Jordan Hatfield
Tate Intorf
Kain Krogmann
Isabella Mensen
Arion Rave
Caden Ries
Addison Vorwald

2nd Year - Bar
Lili Bauers
Joellen Beitz
McKenna Bush
Sebastian Charles
Logan Clemen
Kayla Flanagan

Ava Goldsmith
Alexis Halverson
Kelsey Hoeger
Jada Knipper
Leah Reicher
Lacy Reth
Matthew Schaul
Ella Wulfekuhle

Seniors - 3.400 GPA

1st Year - Letter
Kiersten Bush
Karla Chavez
Tate Monk

2nd Year - Bar
Alia Domeyer
Lucas Knipper
Lance McShane
Harold Mohr
Josie Teymer

3rd Year - Pin
Payton Brown
Chantel Crowley
Cadence Freiburger
Jake Gellersen
Toby Grimm
Livia Hermanson
Kody Hoeger
Lily Huber
Addison Hucker
Isabel Imler
Lainey Knipper
Keira Leytem
George Livingston
Kaitlyn Nolan
Maddix Rieniets
Haley Ronnebaum
Cece Trenkamp



Speed mat getting new improvements



by Natalie Ries

If you have not noticed there is a speed mat for athletes to use during inside workouts. Mr. Dunlap, the head girls track coach and assistant cross country coach, originally got this speed mat a few years ago, and great improvements are slowly getting made.

New changes and improvements that have been made started with Mr. Dunlap who designed a cart for the mat to easily be rolled up. This mat is 500 pounds which makes it hard to roll up by hand.

Mr. Seabold and the athletic booster club worked together to get fiber-optic laser sensors. "These lasers replicate the same system utilized by the NFL for their 40-yard speed testing," stated Mr. Seabold, strength and conditioning coach and athletic director. "Fundamentally, the lasers consist of three gates that allow us to time our athletes. There's a foot start gate, where athletes begin with their feet positioned, and as they depart, the timing system instantly initiates the timer. The subsequent two gates measure various speed metrics. One laser is set up at 10 yards to track initial acceleration, while others at 30 and 40 yards monitor average top velocity (MPH) and the athletes' 40-yard dash time, respectively."

The speed mat is fully getting used by student-athletes during their after-school workouts.

Students lend talents to conference choir



Several MV voices joined talented musicians from other schools in the Tri-Rivers Conference at the conference honor choir event held earlier in November at Midland High School. MV students who participated were Zari Ambundo, Lacey Barry, Chantel Crowley, Brianna Hines, Lauren Knock, Jake Gellersen, Noah Ingles, Adeline Rudd, Morgan Krumviede, George Livingston, Kaitlyn Nolan and Cece Trenkamp.

Maquoketa Valley Fine Arts Boosters



Soup Supper



Friday, December 1st, 2023

5-8pm

Delhi High School

\$10/meal (12 & up)

\$8 Seniors(65&up)

\$5/meal (4-11)

3 & under are free

Menu

BBQ pulled pork sandwich

Choice of soup

Dessert (assortment)

Drink (water/ Lemonade)

Soup Choices:

Chicken Dumpling

Broccoli Cheddar

White Cheddar Mac & Cheese

Tonight!

Sports Connection

Volleyball teams presented with team awards

At the recent volleyball banquet, several students were presented with special awards for their work on and off the court.

Every player on the team got the participation award and the Distinguished Academic Achievement Award. The entire team of 33 girls had an average GPA of 3.6.

Fresh/Soph team awards:

Offensive Player of the Year - Tessa Intorf
Defensive Player of the Year - McKenna Mineart

Team Heartbeat - Tristen Flanagan

JV team awards:

Offensive Player of the Year - Kallie Freiburger
Defensive Player of the Year - Jordan Hatfield

Team Heartbeat - Jordan Hatfield

Varsity team awards:

Offensive Player of the Year - Haley Ronnebaum

Defensive Player of the Year - Lili Bauers

Team Heartbeat - Lily Huber

2nd Team All Conference - Keira Leytem

2nd Team All Conference - Lili Bauers

2nd Team All Conference - Haley Ronnebaum

Honorable Mention - Lily Huber



Seniors Keira Leytem and Lily Huber played in the conference all-star volleyball game.

The following school records were broken:

Lili Bauers took the number one spot in the top 5 for season digs with 487

Camryn Paris took the number one spot in the top 5 for solo season blocks with 54

Haley Ronnebaum took the second spot in the top 5 for solo season blocks with 46

Keira Leytem took the fourth spot in the top 5 for season assists with 516

Lili Bauers made her way into the "500 club" with a current career record of 884 total digs

Keira Leytem made her way into the "500 club" with a final career record of 864 total assists

All-State Football



MV athletes made an impression on their opponents this year, and two athletes' performances garnered the attention of the All-State selection committee.

Lance McShane was named 1st Team All-State Runningback, and Aidan Salow was awarded 1st Team All-State Defensive Line.

Coach Moenck sings their praises: "When you talk about Aidan and Lance it starts with what type of outstanding young men they are. They both are high character individuals and are true leaders on and off the field. They were great teammates who's work ethic in every practice was second to none. The type of season they both had doesn't surprise me one bit. They both worked extremely, extremely hard in the off-season. They never missed. They never took a day off. They did extra when nobody was watching. That is what it takes. I am so proud of both of them and happy that they are receiving all the accolades, because it is very deserving. They both are what the foundation of our program is built on."

Posing with their team awards are, front row: Lily Huber, Jordan Hatfield, Lili Bauers and Tristen Flanagan; back row: Haley Ronnebaum, Callie Freiburger, Tessa Intorf and McKenna Mineart.



Girls start off season 2-1

by Maya Smith

Last week started off the girls' basketball season with a game vs. Central City last Tuesday, Monticello on Saturday. This week, the girls faced off against Prince of Peace on Tuesday.

Coach Moenck said he's pleased with how the season is starting. "Basketball is going quite well. The girls are really working hard."

On November 21st, the girls traveled to Central City for the season opener. The girls took the lead right away and held on, winning 76-46. "The Central City game the girls did a very nice job of moving the ball around and making the extra pass," stated Coach Moenck. "We had 5 girls score in double figures. As a team we really rebounded well. We were very aggressive." Haley Ronnebaum led the team in points, scoring 17 overall. Leah Reicher was close behind with 14, and Bianka Ronnebaum with 13 points. Alexis Halverson grabbed 14 rebounds, leading the team. Haley Ronnebaum had 6 rebounds, while Reicher had 4. With 10 assists, Haley Ronnebaum led the team, Bianka Ronnebaum and Jada Knipper both had 4.

The following Saturday, November 25th, the girls faced off against Monticello at Kirkwood Community College. The

team let go of the lead in the third quarter, ending with a final score of 38-45. "The Monticello game was tough because we didn't play as well as we could have and still had a chance to win," noted Coach Moenck. "We played hard—that is for sure we just need to limit our mistakes. Monticello is a very good team with an outstanding player. We have to do a better job of limiting our turnovers and shooting better from the free-throw line. I am glad we played a good team like Monticello early. Good teams expose you and it shows you need to work on as a team and myself as a coach!"

Leading the team in points, Haley Ronnebaum scored 12, followed by Bianka Ronnebaum and Grace Richter, who both scored 8 points. Bianka Ronnebaum and Jada Knipper led the team with 6 rebounds, Alexis Halverson with 4. Bianka Ronnebaum and Alexis Halverson both had 3 assists, followed by Jada Knipper with 1.

This Tuesday, the girls' home opener was a success. The team ended with an impressive lead of 68-20. Point leaders include Bianka Ronnebaum with 17, Jada Knipper with 9, and Lanni Beaman with 8. Leah Reicher grabbed 8 rebounds, followed by Ava Knipper and Bianka Ronnebaum, both with 3. Jada Knipper and Haley Ron-



Bianka Ronnebaum puts up two against Prince of Peace Tuesday night. (photos by Dannielle Burkle)

nebaum both led the team with 3 assists, and Kesley Hoeger with 2.

Tonight's game will be included in next week's Echo.

Boys fall to Irish in season opener

by Chantel Crowley

This past Tuesday night marked the beginning of the boys' basketball season, and their first game was against Prince of Peace. The boys played a close game, but lost 49 to 54.

We have to give a lot of credit to Prince of Peace," stated Coach Conner. "First and foremost, they are a really good team. They won 17 games last year and returned their top two scorers from last year's team. They did a great job of setting the tone defensively and making us play rushed the whole game. That being said, I did not feel like we played our best game, really offensively or defensively. We did get better in the second half on defense after making some halftime adjustments, but we know that we have to be better to be able to compete each night. We got a lot of good looks on offense and our shots from deep just weren't falling. I was really proud of our guys for hanging in there even though

things weren't going our way and continuing to play hard and keep us in the game. We had two chances to tie the game under one minute left and just didn't capitalize on either chance. Despite losing the game, we were able to see a lot of areas where we need to get better and I am eager to see how our guys respond in our next game."

Top scorers included Kody Hoeger with fifteen, Lance McShane with twelve, Toby Grimm with eleven, Brady Wall with five, and Tate Intorf and Anderson Holtz with three each.

For assists, Holtz had three, Grimm had two, and McShane and Knipper had one each. As for rebounds, McShane had fourteen, Hoeger had six, and Grimm had five. Knipper had four rebounds, Holtz had two, and Wall and Intorf had one each, for a total of 33 rebounds.

The boys' next game will be tonight at home against East Buchanan and will be covered in the next issue.



Lance McShane soars above the Prince of Peace defenders.

All-District Football Teams Announced

First team

Lance McShane - All-District Running back MVP and 1st Team Linebacker

Aidan Salow - All-District Defensive Line MVP and 1st Team O-Line

Brady Wall - 1st Team D-Back
Nathan Beitz - 1st Team O-Line and D-Line

Second team

Anderson Holtz - 2nd Team D-Back

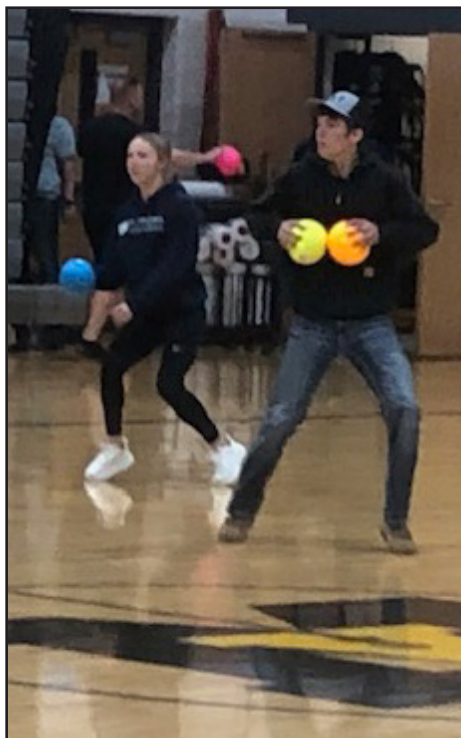
Tate Intorf - 2nd Team Wide Receiver

Dylan Knipper - 2nd Team Linebacker

Honorable mention

Brady Davis - Honorable Mention
Preston Salow - Honorable Mention

Pre-Thanksgiving fun



The student council organized a dodgeball tournament for our early-out day before break. After lunch, students also enjoyed some relaxing activities to end the day.

Athlete of the Week

Name: Livia Hermanson

What do you enjoy most about dance team?

I enjoy how much of a family the team becomes. I also enjoy how much fun we have especially after state.

What's the hardest part of it? I would say the hardest part is the mental part. You

can be physically fit but you have to be mentally. We constantly are running the routines and giving and getting critiques. You get told you're doing something wrong a lot and you have mental blocks on tricks. It might look like an easy sport but it isn't.

What's your favorite routine you've ever been a part of? What did you like about it? I would have to say my favorite routine is "Venom". We did this routine my sophomore year and placed 5th at state. I just loved how much each of us brought the energy to it and the audiences reaction to it while we performed at state.

If you could choreograph a routine, what kind would it be and what song would you use? Obviously hiphop. I love hiphop. I would make it to a bunch of Billie Eilish songs because she had a creepy vibe to a lot of them.

Something different this week



A water main break in Delhi forced the community into a boil water advisory. Students were advised to bring filled water bottles from home Tuesday and Wednesday.

Fine Artist of the Week

Name: Cadence Freiburger

What events are you in for speech? I'm

in choral reading and ensemble acting this year.

What do you enjoy most about large group speech this year?

I really enjoy getting to try something new in ensemble acting, but I also love

how choral reading is familiar and still challenging. I enjoy getting the chance to grow and improve as a person.

If you were to judge a category, what would you like to judge? If I could judge ONE category, I would like to judge choral reading. There are so many parts of speech that I enjoy, but I think my love for choral reading and how it can be serious and meaningful gets to me. My second option would be reader's theater for the same reason.

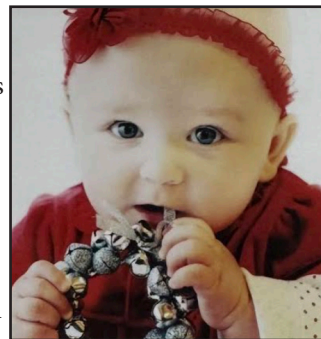
How have you grown as a performer in your four years of speech? In my four years, I feel like I've grown so much. My freshman year I was terrified of performing to the point where I didn't really enjoy speech, but as time passed, I began to get comfortable with being uncomfortable and putting myself out there to send a message or entertain a crowd. There are still points where I get socially awkward or self-conscious, but speech has helped me push through it more than any other activity.

Cutie

by Lily Huber

Feelin' festive, Cutie! This Cutie is a freshman, has one sibling, and resides in Delhi. She is involved in volleyball and track

and a fun fact about her is that she can reverse dab. Last Echo's Cutie was Alexis Halverson.



Meet the Freshmen



Carter, Shane & Dylan

Name: Carter LeClere
 Siblings: Eli Maples, Jazmyn LeClere
 Activities you plan to be in: Football and track
 Favorite subject: Art
 Career aspirations: Mechanic
 Hobbies: Playing football
 Something cool about you: I like the 49ers.

Name: Shane Lambert
 Siblings: I have 1 half sibling.
 Activities you plan to be in: Track
 Favorite subject: Photography
 Career aspirations: Chiropractor
 Hobbies: Beatboxing
 Something cool about you: I enter some [beatboxing] tournaments and might start hosting some along with starting to give lessons.

Name: Dylan Jasper
 Siblings: I have 2 siblings.
 Activities you plan to be in: None
 Favorite subject: Spanish
 Career aspirations: Lawyer
 Hobbies: Outside activities and longboarding.
 Something cool about you: I grew taller than the rest of my family.

Comedy Corner

—compiled by Grace Richter

Even though it's almost December, here are some jokes to keep you in the fall mood before the Christmas season begins!

What's the best car to drive in the fall? An autumn-mobile.

What should you wear to keep warm in autumn? A har-vest.

What is a scarecrow's favorite fruit? The straw-berry.

What do squirrels watch on TV? Nut-flix.
 Why did the tree laugh? It heard acorn-y joke.

What do trees need to use the internet? A log-in.

One at a Time

by Arianna Nolan

The bitter cold bites our noses as we shuffle our feet through the luminescent snow and into the heated school building. But, the weather isn't the only thing that has shifted in recent times. Some students are left feeling down. Their motivation to do anything has plummeted, and they are left feeling like a broken vase, with the wilted petals of the deceased flower drooping over the sides. With the beginning of winter comes a new sensation that is quite common within everyone. Seasonal depression rushes over the nation, and it seems as if we nothing we can do about it. However, today you'll learn about what seasonal depression is, how it affects you, and what you can do about it so you aren't left feeling miserable all winter.

Seasonal depression, or scientifically called seasonal affective disorder, most commonly happens during the opening of the fall months and advances through the months of winter. Then, the feeling settles when the months of spring and summer begin. Of course, this situation can be reversed where it begins in summer and ends in winter, but that is less common. Depending on the season it occurs, the symptoms can be different, and since it is the beginning of winter we will be focusing on those symptoms.

According to Mayo Clinic, some general symptoms that you could be experiencing SAD is having a daily feeling of hopelessness and overall misery. More severe

symptoms include suicidal ideation or thoughts of being worthless. A few winter exclusive symptoms include overeating due to cravings, and exhaustion from oversleeping. If these sound similar to you, there is no need to feel bad about yourself, and there are ways to lessen these feelings.

According to Mental Health America, 85% of people who experienced seasonal depression had symptoms lessened due to phototherapy, which is light therapy. This therapy will help people feel less tired throughout the day, which will help with the feelings of hopelessness. These lamps can be found on many sites such as Amazon if interested in purchasing. It is also important to talk these feelings out with professionals who can help you, and always knowing that you are not alone. There will always be people who want to help you, whether it be your friends, your parents, teachers, or school counselors. If symptoms persist even through the summer months, it is important to check with a medical professional to get a proper diagnosis.

In closing, SAD is a depressive disorder that happens when the weather begins to change, which can cause us to have feelings of worthlessness and to oversleep, but it is important to know that you aren't alone and there are ways to get help. Have a great weekend, and I love you all! See you all next week!



HOT BEEF SUNDAES & HOT BEEF SANDWICHES



FFA ALUMNI FUNDRAISER SUPPER

TUESDAY, DECEMBER 19TH, 2023
HOME BB VS. NORTH LINN
4:00 PM- 8:00 PM



Deep Dive by Arianna Nolan



Welcome back to Deep Dive! I hope everyone had a great Thanksgiving break and is looking forward to Christmas break.

Now, the sea creature that we are featuring this week is the seal. These adorable animals are often confused with the sea lion, but seals are tinier and don't have "ear flaps" on the sides of their head like the sea lion. According to NOAA Fisheries, when they move around they use their belly to wobble forward. In general, seals prefer colder water, but where they are located can depend on the species. While some are in the bitter arctic, some can be located on beaches. When you spot them, they are usually located on land because of them taking care of their young, eating, and sleeping.

Unfortunately, the seals that are located in the arctic are in severe danger due to the ice melting rapidly. The babies of the mother's aren't able to get the proper nutrients that they need from their mother because the melting ice separates them. But, there is a way to save them such as donating to trustworthy organizations that take care of these animals, and to be aware of climate change.

For more information on seals and how to save these creatures, please visit worldwildlife.org. Although seeing these creatures in danger can be saddening, it is always nice to appreciate the joy that they give us when we watch them from afar.

To conclude this issue, I hope everyone has a wonderful weekend and we will dive into the next sea creature next week!

Dying Words

**by Cadence
Freiburger**



Leonardo da Vinci was born in Vinci, Italy on April 15, 1452. His father was a notary which gave da Vinci access to many scholarly works as well as an apprenticeship for painting. After painting an angel in his mentor's "Baptism of Christ," his mentor quit painting as Leonardo da Vinci's work was considered superior to his own. In 1485, da Vinci moved to Milan to work for a duke in order to make ends meet, and during his time there, he made most of his advancements.

Da Vinci's success doesn't end with art. In fact, he helped advance geometry, architecture, the concept of flying, anatomy, and designs for weaponry like tanks. Because his interests varied so often, da Vinci only completed around six works in his 17 years in Milan. Although there were few, his works were widely renowned, and he even met Niccolò Machiavelli for whom he painted "Battle of Anghiari."

In Rome, da Vinci worked under the Pope—who forbade him from observing cadavers, which limited his studies. After the death of his patron, Leonardo da Vinci was named Premier Painter and Engineer and Architect of the King by France's king Francis I.

Even with a paralyzed right hand, Leonardo da Vinci was able to teach and draw until he passed on May 2, 1519. His final words were:

"I have offended God and mankind because my work did not reach the quality it should have."

MV TEL-ALL

compiled by Lily Huber

"There's no question that nicotine is an addictive substance. And using products that contain this chemical before age 25 can permanently alter parts of the brain that control attention, learning, mood and impulse control. Nicotine obtained through smoking is even more addictive." - MD Anderson Cancer Center

Hall Smarts



by Maya Smith

With basketball season underway, four students' knowledge about basketball was tested this week.

How many players from one team can be on a court at one time?

Addie Rudd: 5
Robert Brown: 8
Willow Fuller: 6
Jayden Schmitt: 8
Answer: 5

How many points is a layup?

Addie: 2
Robert: 2
Willow: 5
Jayden: 2
Answer: 2

What has to happen for someone to shoot free throws?

Addie: Foul
Robert: Someone gets a penalty
Willow: They get to the free-throw line
Jayden: I don't know
Answer: A foul

How do games start?

Addie: Start
Robert: Leap-off
Willow: Huddling
Jayden: Jump
Answer: Tip-off