

New additions to the weight room

Students can now tell who is leading in the weight room with the new record boards displayed. Coach Seabold had the idea and talked to Mrs. Carroll and her sports management class to bring his inspiration to life. Coach Seabold also would like to thank Eli Maples, Toby Grimm and Kenyon Baker for being the masterminds behind the design and printing.

The record boards were set up for a few reasons, according to Coach Seabold: "The record boards were put up to celebrate achievements, motivate athletes, and recognize outstanding performances. They serve as a visual representation of progress and excellence, inspiring individuals to strive for their best and possibly set new records." Coach Seabold can not wait to see the new records get set in the near future.

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Students can also have speed and jump records which consist of 40 yd dash, top MPH, broad jump and vertical jump.

Students can get records for bench press, back squat, hang clean, and pull-ups.

Winter concert gives opportunities to share talents



The cafeteria and auditorium were jam-packed with music Monday night as the concert choir, vocal jazz group Smooth Harmony, jazz band, and concert band performed in its winter concert.



Sports Connection

Girls basketball team crushes Stars, falls to Orioles

by Maya Smith

The MV girls basketball team took on some conference competition this week and went 1-1.

Last Friday, the girls traveled to Starmont. The girls came out victorious, ending the game 78-17. "I was very proud of the way we started the game against Starmont. We passed the ball extremely well and I am very pleased with how we rebounded as a team," Coach Moenck remarked.

Grace Richter was the team point leader with 22. Bianka Ronnebaum followed close behind with 19 points, and Lanni Beaman finished with 10. Rebounds weren't a problem with the team last Friday, as Alexis Halverson ended the game with 7 rebounds, Bianka Ronnebaum with 5, and Kelsey Hoeger with 4. Ronnebaum led the team in assists with 5, and Jada Knipper and Haley Ronnebaum each had 4.

This Tuesday, the girls faced off



Haley Ronnebaum makes an in-bounds pass to Bianka Ronnebaum in Tuesday's matchup against Springville.

against Springville at home. It was a close game, but the Springville girls pulled ahead in the 4th quarter. The game ended with a score of 46-53. Here are your point leaders: Bianka Ronnebaum, 14; Haley Ronnebaum, 12; Grace Richter, 7. Rebound leaders are: Bianka Ronnebaum, 7, with Alexis Halverson and Jada Knipper not far behind with 5. Assist leaders are Jada Knipper, 6, and Haley Ronnebaum and Bianka Ronnebaum with 3 each.

Coach Moenck commented, "The Springville game we did some nice things, we just need to do a better job of finishing games. That starts with me. I need to make sure we are better prepared. As a whole, we are doing a lot of great things. We just need to do those great things more consistently. The nice thing is we still have so much more room to improve. Our best basketball is ahead of us. This group has so much potential."

Due to opponent illness, Cats only get in one game

by Chantel Crowley

The MV boys' basketball team only played one game last week, but came out on top. Last Friday, Dec. 8, they played an away game against Starmont, winning 74 to 49.

Coach Conner indicated he's pleased with what he's seeing from his squad: "I have been really happy with how guys have responded after our season didn't start have we expected, or maybe we would have liked would be a better phrase. In our last three games, we have gotten much better defensively and have been very balanced with our scoring." Against Alburnett last week, Kody Hoeger and Lance McShane both had huge nights for offensively, each scoring in double figures. "That continued on Friday night last week against Starmont. Any road win is a good win, but I was especially proud of the way our guys came out and took control of the game early. It was a

good opportunity for us to work on some things after we built a lead as well. Toby had 11 in the game and Lance and Kody had 21 apiece. When we get this kind of leadership from our seniors, we are going to compete in any game that we play."

Scorers of the night included Lance McShane and Kody Hoeger with 21 points each and Toby Grimm with eleven points. Brady Wall had nine, Anderson Holtz had eight, and Dylan Knipper and Preston Salow had two each.

For rebounds, there were a total of 27. McShane had ten, Kody Hoeger had five, Wall had four, Knipper had three, Grimm had two, and Holtz, Ty Hoeger, and Preston Salow had one each. As for assists, Wall had seven, Holtz had five, and McShane and Knipper had one each for a total of 14 assists.

The boys' next game was supposed to be on Tuesday, Dec. 12, but was canceled

due to illness on the Springville team. Instead, their next game will be tonight at Edgewood-Colesburg and will be covered in the next issue.

"We look to go on the road again on Friday night at Ed-Co take care of business again to have another winning week," noted Coach Conner.

Comedy Corner

—compiled by Grace Richter

Why couldn't the bike stand up? It was two-tired.

I don't trust trees. They're shady.

I wrote a song about burritos. It's a rap.

I met a giant once. I didn't know what to say so I used big words.

Making mirrors is a job I can really see myself doing.

Wrestlers gaining momentum, moving in right direction

by Kaitlyn Nolan

The Wildcats hosted their first home wrestling meet last Thursday with the East Buchanan Buccaneers, Lisbon Lions, and Starmont Stars competing. Unfortunately, the team couldn't snag a dual win, but many individuals shined.

The first dual of the night was against Starmont where the Cats fell, 27-48. Wrestling at 138, freshman Macoy Stone pinned Gabe Augustine (0:18). At 150, senior Tyreese Crippen fell to Keaton Moeller (3:03). Freshman Clayton Davis, wrestling at 165, was pinned by Avery Vaske (1:29). Junior Mason Jolley won by decision, 4-1, over Kelly Barajas in the 175 weight class. Junior Nathan Beitz pinned Vincent Recker (1:08). Wrestling at 215, senior Brady Davis pinned Gabe Cummer (2:33). In the HWT class, senior Aidan Salow pinned Kaedon Koch (0:29). Junior Brayden Bjorkgren, wrestling at 120, fell to Jax Tommasin (4:44).

The second dual of the night was against the Lisbon Lions where they lost 24-54. Stone fell to Ryder Meek (0:56). Tiernan Boots pinned Crippen (3:19). C. Davis beat Gavin Carmer by pin (0:54). Jolley pinned Ryan Nevins (0:28). Beitz won by pin against Hudson Herboldsheimer (1:17). B. Davis was tied with Indy Ferguson, 1-1, before heading into OT where he won by sudden victory. Salow won by decision, 7-5, over Jonah Reiling. Bjorkgren was pinned by Cade Happel (1:07), and in an extra match, freshman Seth Dugan won by decision, 9-3, over Ethan Hoekstra.

Finally, the Wildcats went up against the Bucs where they were defeated 18-54. Crippen was pinned by Colton Torres (1:48), and C. Davis also lost by fall to Carter Wilgenbusch (0:45). Clay Wilgenbusch pinned Jolley (3:05). Salow came up short, falling to Cody Fox (1:00). Bjorkgren came away with a late pin against Tayton Elledge for the win (5:38), but Stone was pinned by Keenan Pals (0:51). In an extra match, wrestling at 165, freshman Dalton Africa was pinned by Derrick Lindsay (2:56).

Following a quick turnaround, the boys traveled to North Cedar for their Invitational on Saturday. The team placed 6th out of the 13 teams in attendance by earning 102.0 team points. Solon placed 1st with 218.5 points.

Bjorkgren, at 120, scored 3.0 team points and placed 6th in his class following



Mason Jolley grapples with an East Buchanan opponent at the home meet last Thursday. (photo by Dannielle Burkle)

a loss to Louisa-Muscataine's Skyler Beck in the 5th Place Match (1:56).

Stone, at 132, earned 2.0 team points following his win in the first round over Montezuma's Beau Young but didn't place (1:20).

Crippen placed 4th in the 150 weight class and scored 13.0 team points. He lost by major decision, 12-4, in the 3rd Place Match to Solon's Carson Kidwell.

Two MV wrestlers competed in the 165 weight class on Saturday. C. Davis placed 4th, scoring 11.0 team points. He was pinned by Kady Kraklio from Durant in the 3rd Place Match (2:44). Africa fell in the first round of the consolation bracket to Solon's Jackson Feuerbach (0:26).

Both Jolley and freshman Braden Ronnebaum wrestled in the 175 weight class. Jolley scored 3.0 team points after beating fellow teammate Ronnebaum in the first round of the championship bracket by decision, 3-0. Following his loss to Jolley, Ronnebaum fell to Conlan Poynton of Solon (0:39).

Wrestling at 190, Beitz placed 1st and scored 25.0 team points. His first two matches were won by pinfall. In the 1st Place Match, Beitz won by major decision over Brett Plants from Montezuma, 13-3.

B. Davis scored 20.0 points and placed 2nd in the 215 division. After pinning both opponents in his first two matches, he fell to Solon's Lucas Feuerbach in the 1st Place Match (5:26).

In the HWT class, two wrestlers competed. Salow placed 1st, pinning all three of his opponents for the day. Dugan placed 6th after being pinned in the 5th Place Match by Josh Young from Central Springs (0:41).

"Last week was a good step forward," stated Head Coach Kurt Hatfield when asked about his team's performance last week. "We're moving in the right direction right before Christmas: breaking the biggest challenges, doing what we're doing in the room, and getting out of that in competition. We're not focusing on trying to win but how many points can we score. A few freshmen got to wrestle in a varsity tournament which was a good experience for them. Good things are happening."

The Wildcats hosted another home meet on Thursday, and those results will be in next week's article along with the results from the North Linn tournament on Saturday.

Big Games on the Big Stage

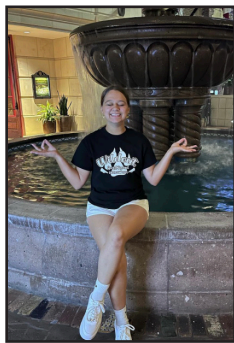
The Iowa men's basketball team has been kind of disappointing this year. Not only did they get destroyed by ISU, but they lost on their home turf to Michigan. I understand that we have a very young team this year and lost Kris Murray, but I just miss the feeling of being genuinely excited to watch them play. I'd say "Thank goodness!" for the fact that we play three easy teams soon, but I just know that these wins will only hype me up for a very possible loss against #23 Wisconsin. Also, the Hawks are ranked 13th in the Big Ten... out of 14 teams.

Ouch.

The women are fairing much better. They are the complete opposite of the men's team, owning the top spot in the Big Ten and are ranked #4 with their only loss against Kansas State. They beat Iowa State and dominated against Wisconsin. The women, led by Head Coach Lisa Bluder, will host Cleveland State this Saturday.

The ISU women seem to be similar to the Hawkeye men: they are 5-4 (Iowa is 5-5), they are ranked 13th in their conference (exactly like the Hawks), and they lost in the CyHawk game (because the Iowa men lost to Iowa State while the ISU women lost to the Iowa women). The team will host Troy this Sunday before once again hosting UNI that Wednesday.

The Cyclone men seem like a somewhat solid team, albeit just a bit average. They destroyed their last three opponents: DePaul (99-80), Iowa (90-65), and Prairie View (107-56... oof, Prairie View). Similar to the Iowa men (I'm drawing a lot of comparisons today), they will be playing some "easy" teams in the coming weeks before traveling south to face #11 Oklahoma.



by Kaitlyn Nolan

Athletes of the Week

Name: Alaina Mead

You had great success with your solo at state dance. What type of dance was it? Lyrical
How did you come up with the choreography for it? My studio dance coach was the choreographer.
What are you most proud of about your solo?



Placing 2nd at state as a freshman.

What are your dance plans for next year?
Hopefully to keep competing competitively and with the school!

Name: Tessa Intorf

You had great success with your solo at state dance. What type of dance was it?
It was a contemporary piece that leans towards more upbeat and fun dynamics in the music.

How did you come up with the choreography for it?

Carly Clover, LA Rams Cheerleader, choreographed during the summer.

What are you most proud of about your solo?



I'm obviously most proud of making the Top 10, but how far it has come since the summer is very cool, actually connecting with the dance when we figured out the whole cape situation it was amazing.

What are your dance plans for next year?
I still plan on being on the high school team and I will still do my studio dance, I plan on doing another solo that will hopefully make it again.

MV TEL-ALL

compiled by Lily Huber

Each cigarette shortens life by 11 minutes, each pack of cigarettes shortens life by 31 /2 hours, and smokers who die of tobacco-related disease lose, on average, 14 years of life.

—[NYC City Health Information](http://nyc.gov/html/doh/html/about/nyccityhealthinformation)

Fine Artists of the Week

Name: Allison Hogan

What event are you in for speech?

One-Act and Radio Broadcasting
What do you enjoy most about large group speech?

The atmosphere
What have you learned through this event?

Time management

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

I feel like One-Act would be fun to judge.



Name: Dylan Knipper

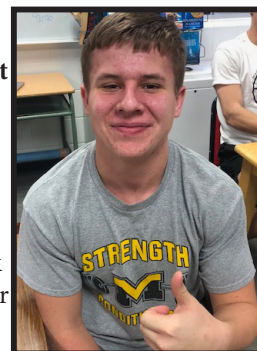
What event are you in for speech?

TVNews

What do you enjoy most about large group speech? Being with my friends
What have you learned through this event? It's ok to go outside your comfort zone.

Who is your speech role model? Toby Grimm

If you could judge a large group speech event, what would it be? Improv



Cutie

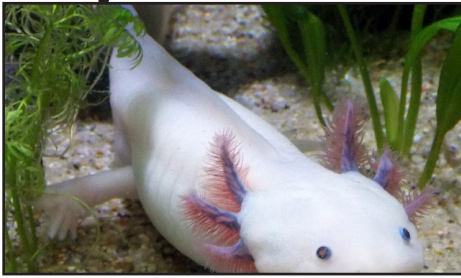
by Lily Huber

Looking unicorn-tastic, Cutie! This magical Cutie is a freshman, lives outside of Delhi, and has one sister and one half brother. She's involved in cross country, track, and softball and a fun fact about her is that she's a terrible cook.

Last week's Cutie was Noah Whalen.



Deep Dive by Arianna



Welcome back to Deep Dive! Although our adorable creature isn't from the sea, I would still like to introduce you to the axolotl! These creatures live in still-moving lakes, more specifically the lakes of Mexico. The silly guys are salamanders who keep all of their baby characteristics into adulthood.

According to San Diego Zoo, some of these characteristics include unmovable eyelids, tails, and gills on the outside of their body. The axolotl is a large part of Mexican culture and is also popular on the internet for their cute faces. Axolotls are naturally a darker pink in their native habitat, but breeders will breed them to be a lighter color due to it being more "cute." A fun fact about these creatures is that they are only present in two lakes in the world, both located in Mexico! But, unfortunately, these creatures are endangered due to pollution, and the human population wanting to use the water from the lakes. To keep this and many other populations alive, it is important to conserve what you can, whether it be fuel or water, to ensure the safety of these creatures.

To find out more about these adorable animals, sandiegozoo.org, which is where all information for this column has been provided. I hope you all have a *fin-tastic* weekend, and I will *sea* you all next week!

December 22nd Schedule by Chantel Crowley

With winter break just around the corner, it seems that time is flying! On December 22nd, MV will run a 1:05 dismissal. Students are expected to attend all classes (1st-7th period), then we will be dismissed for games and such. Throughout the morning, juniors and seniors will attend a college panel with MV alumni. Lunch will be served at 12:30, as well, so that the last part of the day can be dedicated to Bingo, Family Feud, Pie-In-The-Face, cookie decorating, and more!

Hall Smarts

by Maya Smith

The end of the year is filled with different holidays around the world. This week, students were asked questions about different holidays.

During the Jewish holiday Hannuka, what is the candelabra called that is lit every night?

George Livingston: Menorah

Joellen Beitz: The Hannuka Candle

Preston Salow: The 11-candle Holder

Sellah Ambundo: Menorah

Answer: Menorah

When does Boxing Day take place?

George: Christmas Eve

Joellen: December 27

Preston: December 28

Sellah: December 26th

Answer: December 26

What year was the holiday Kwanzaa founded?

George: 1966

Joellen: 1963

Preston: 1955

Sellah: 1964

Answer: 1966

What day in January do Latino children get gifts?

George: January 3

Joellen: January 6

Preston: January 6

Sellah: January 6th

Answer: January 6

what's up?

What's one TV show or movie you'd like to be in and why?

by Jade Hillers

Alaina Leytom: "Outer Banks" so I can be with Rafe Cameron.

Mr. Dunlap: "Forged in Fire" because I want to learn how to make knives.

Seth Dugan: "Too Hot to Handle" because I'll be trapped on an island with women.

Tessa Intorf: "The Grinch" so I can be tight with the Who's.

Brayden Bjorkgren: "Transformers" because 2008 Megan Fox is in it.

Tyrese Crippen "Fast and Furious" so I can drive fast.

Lexi Ries: "Yellowstone" because I'm Beth Dutton.

George Livingston: "Something Funny Happened on The Way to The Farm" because it's hilarious.

Zari Ambundo: "Rupaul's Drag Race" because it's funny and I love it.

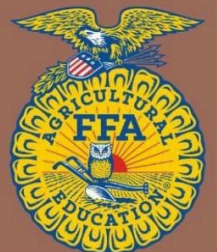
Parker Ries: "Yellowstone" because cow-boys are cool and I'm fascinated with the Wild West.

Izzi Moenck: "The Summer I Turned Pretty" so boys can fight over me.



FFA ALUMNI FUNDRAISER SUPPER

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



Meet the Freshmen



Tracy, Emma, Lily & Ella

Name: Tracy Reth
Siblings: Lacy Reth
Activities you plan to be in: Band, choir, and FFA.
Favorite subject: English
Career aspirations: Horse trainer.
Hobbies: Horse training and showing.
Something cool about you: I like the Kansas City Chiefs.

Name: Ella Reicher
Siblings: Leah Reicher
Activities you plan to be in: Volleyball, cheer, dance, speech, track, FFA
Favorite subject: Spanish
Career aspirations: Psychology/criminology.
Hobbies: Goats
Something cool about you: I farm bees with my family.

Name: Emma Brockhohn
Siblings: 2
Activities you plan to be in: Volleyball, cheer, dance, track, FFA
Favorite subject: Spanish
Career aspirations: Hair stylist
Hobbies: Talking
Something cool about you: I'm breeding my show for pig shows next year.

Name: Lily Kraft
Siblings: Elizabeth Kraft
Activities you plan to be in: Volleyball, dance, and track.
Favorite subject: Science
Career aspirations: I would like to be a vet tech.
Hobbies: Spending time with my dogs
Something cool about you: I am good at braiding hair.

—typist: Grace Richter

One at a Time

by Arianna Nolan

It's 12:23 a.m., according to your phone, as your dry eyes stare at the video on your phone. A woman is trying to put other women down because of their body by flaunting how "healthy" she is. Scroll. A normal video of someone having fun with their friends, but the comments are so horrendous, ignorant, and insulting that you are honestly stunned at how they allow it. Scroll. An offensive video about a pressing world issue makes insensitive jokes about the whole thing. Scroll. You continuously scroll, your eyes becoming the Sahara desert the more you watch. Every single video on your feed is something extremely negative, whether it be the comments, or the video itself. Your brain feels like it's melting slowly, the contents of your mind oozing from you. But you can't stop scrolling. It feels so addicting. The time slips away from you and by the time you look at the time again it's 4:56 a.m., and your eyes are bloodshot and drooping from exhaustion. What's a few more videos???

Doom scrolling is the constant scrolling through negative headlines, or in a more modern case for teenagers, videos. With social media apps that have short video aspects, such as YouTube Shorts, Instagram Reels, and TikToks, it's becoming extremely difficult to not become addicted to these short videos that we can endlessly scroll through. And with all of the horrible things going on in the world, it's impossible to not come across a bad video. Just by having the previous apps mentioned, you are at risk of doom-scrolling. But, there is always some good with some bad, so it's not like you have to delete the app. So, to help with this major and pressing issue, I am going to discuss the risks of doom-scrolling and how to stop yourself from doing it.

In the example I give, doom-scrolling can happen at night for most people because there isn't much to do. So our mind likes the repetitive motion that can be mind-numbing for hours because we don't have to do much. But hours of this scrolling filled with negativity can heavily impact our sleep. According to Cleveland Clinic, our mind doesn't properly shut down and is filled with anxious thoughts due to all the negative videos and headlines we have consumed. Not only this, but doom-scrolling



can impact our mental health very negatively. According to Cleveland Clinic, doom scrolling can make us feel anxiety and fear, and also grief. People can have panic attacks due to overthinking the headlines or reading two different headlines about the same topic, but different statuses. Overall, doom-scrolling is not a good habit to get into and can be hard to break. But, there are things that we can do to stop it.

Doom scrolling: the constant scrolling through negative headlines

To stop doom-scrolling, it is important to break the negative mindset that doom-scrolling puts us into. To do this, you must practice mindfulness and thought-stopping. Thought stopping is noticing when you are having a bad thought, such as something causing the world to end, and thinking rationally about it. Headlines often want to invoke fear into their readers so they continue reading, and often the information they provide isn't accurate. It is also crucial to think rationally about why you are doom-scrolling to stop yourself from doing it. Questions such as "What am I getting out of this?" can help reinforce your common sense so you stop scrolling. Once you have gotten yourself to stop scrolling, you must do something else so your boredom doesn't get the best of you. Disconnecting yourself from your phone is the most effective way to do this. While you are off of your phone, you can do hobbies you enjoy, or even start a new one. Perhaps there is work you can get done. Just doing something off of your phone can decrease the risk of doom-scrolling.

To wrap this up, doom-scrolling is an addictive continuous negative scrolling that can risk you for sleeping and mental health problems. Doom-scrolling can be stopped by disconnecting yourself from your phone and doing something you enjoy, and by rationalizing your thoughts. My goal for everyone next week is to dedicate a time in your week to focus on yourself without using your phone. We can get caught up in social media and what other people are doing that we don't focus on ourselves. I hope you all have a wonderful weekend, and I love you all!