

Dance team celebrates dancers' contributions to team

Youth camp and Strut Your Stuff wasn't enough excitement for the dance team Saturday, so they decided to host their team awards ceremony too.

Super Seniors: Livia Hermanson, Josie Teymer & Maddyx Rieniets

Heart of the team: Josie Teymer & Livia Hermanson

Technique on Fleek: Alaina Mead & Tess Intorf

Rookie of the Year: Ella Reicher

Choreo Queen: Josie Teymer

Most Improved: Alaina Leytem

Fabulous Freshman: Alaina Mead

Jazzy Junior: Isabella Mensen

Sensation Senior: Josie Teymer & Livia Hermanson

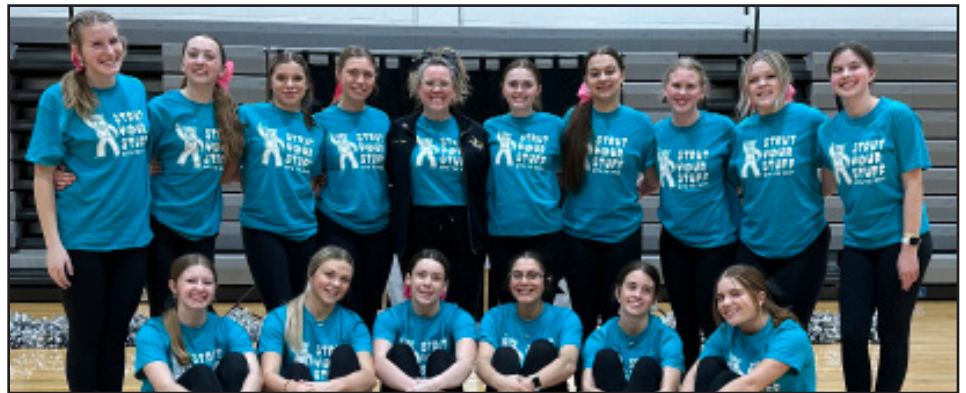
What would we do without you: Livia Hermanson

Most Dedicated: Josie Teymer & Livia Hermanson

Awesome Attitude Awards: Titi Morgan, Alaina Leytem, Ella Reicher & Natalie Ries:

Fantastic Facials: Kaitlyn Nolan

Most Encouraging: Sami DeMoss & Ella Reicher



Dance team members include: front row from left: Ella Reicher, Alaina Mead, Tess Intorf, Titi Morgan, Natalie Ries and Clairra Gray; back row: Alaina Leytem, Lilly Kraft, Emma Brockhohn, Sami DeMoss, Coach Teymer, Livia Hermanson, Kaitlyn Nolan, Josie Teymer, Lena Lewin and Cheyenne Eike. Not pictured: Maddyx Rieniets and Isabella Mensen

Touch the Sky: Natalie Ries & Maddyx Rieniets

Dance Clown: Tess Intorf & Titi Morgan

Sassy but Classy: Isabella Mensen

Everyone's BFF: Josie Teymer & Clairra Gray

Most hours danced: Natalie Ries

Most Hours of Community Service: Josie Teymer



New varsity letter winners include Lilly Kraft, Cheyenne Eike, Alaina Leytem and Alaina Mead.

Big success at state speech, seven to All-State

And speech season has come to an end recently with a slew of students achieving IHSSA's highest honor.

Maquoketa Valley's IE speech team received seven nominations for the 2024 Individual Events All-State. Congratulations to Allison Hogan in prose, Lily Huber in poetry, George Livingston in spontaneous speaking, Kaitlyn Nolan in expository address and solo musical theatre, Josie Teymer in expository address, and McKenna Bush in reviewing. Individual All-State was held yesterday at the University of Northern Iowa.

These students and others competed at the state IE contest in Hampton-Dumont Mar. 9. Below are the results from Saturday:

Students earning a Division I, highest rating include:

Taylor Saunders, Storytelling - 1

Lily Huber, Poetry - 1

Chantel Crowley, Radio News - 1

Sellah Ambundo, Solo Musical Theatre - 1

Kaitlyn Nolan, Expository Address - 1

George Livingston, Spontaneous Speaking - 1

Lily Huber, Radio News - 1

Arianna Nolan, Acting - 1

Matthew Schaul, Spontaneous Speaking - 1

Nicholas Otting, Poetry - 1

Josie Teymer, Expository Address - 1

Alissa Bush, Literary Program - 1

George Livingston, Acting - 1

Maya Smith, Public Address - 1

Jocelyn Kelchen, Storytelling - 1

Alissa Bush, Reviewing - 1

Lucy Huckler, Storytelling - 1

Kaitlyn Nolan, Solo Musical Theatre - 1

Sebastian Charles, Literary Program - 1

Josie Teymer, Acting - 1

Morgan Clemen, Storytelling - 1

Toby Grimm, Improvisation - 1

Allison Hogan, Prose - 1

McKenna Bush, Reviewing - 1

Addie Huckler, After Dinner - 1

Arianna Nolan, Original Oratory - 1

Joellen Beitz, Prose - 1

McKenna Bush, After Dinner - 1

Maya Smith, Reviewing - 1

Shane Lambert, Prose - 1

Lucy Huckler, After Dinner - 1

Taylor Saunders, Radio News - 1

Sam Howes, Acting - 1

MV had one Division II rating:

Jocelyn Kelchen, Expository Address - 1

The IE speech team was coached by Mrs. Anderegg, Ms. Crumpton, Mrs. DeVore and Mr. DeVore.

March is busy month for fine arts activities



Sports Connection

Girls track team build on solid experience, wealth of freshmen talent

The girls track team has had some strong performances already this season on the indoor track, and they are hoping to build off of last year's success.

The team returns several key performers who have experience running at state including senior Lily Huber, a three-year state qualifier, who was part of the 4x400 which finished fourth at state last year; juniors Lili Bauers and Izzy Hefferman, and sophomores Lanni Beaman and Taryn Burbridge who were also part of that 4x400 team.

Other runners who bring some experience to the team are seniors Isabel Imler, Addie Hucker and Allison Hogan; sophomore shot and discus throwers Macee Nolan and Trish Dietiker along with sprinter Elizabeth Kraft.

These experienced competitors are joined by 16 freshmen. "Two are injured (Sellah Ambundo and Alaina Mead) and may not compete this season but this a very solid group of athletes and I expect will have a lot of success in the future,"

noted Coach Dunlap who is gearing up for his 12th season as head coach. "Many of these ladies will contribute right away with the varsity events. Freshmen Sadie Boeckenstedt and Breanna McShane are all ready to make a dent in our distance events. They will be competing in the 4x800 relay at our first meet at Wartburg with Taryn Burbridge and Isabel Imler. We also have a solid group of freshman hurdlers Natalie Ries, Emma Brockhohn, Haydin Flannagan and Lilly Kraft. I think this group will have a ton of success this season. I have been really impressed with this freshmen group of girls. They are excited about their particular events and are hard workers. I have enjoyed seeing them jump right into the work and be coachable. They are willing to take instruction from the coaches but also the older athletes."

Coach Dunlap also recognized the role of the upperclassmen on this team: "The big strength we have this season is the upperclassmen and the variety of experiences and successes they have had. They



Seniors on the track team include Lily Huber, Isabel Imler, Allison Hogan and Addie Hucker (not pictured).

make my job a bit easier helping to get these younger girls ready to compete. I think everyone sees the possibilities of what this team might accomplish if they work hard and work together. There has been a great atmosphere with this team so far and I believe we are going to have a great season."

The outdoor season is scheduled to start Mar. 26 with the West Delaware Early Bird meet.

Boys track team has strengths all around

The boys track team looks to have some depth all around, and it comes from upperclassmen and underclassmen.

The team is led by seniors Lance McShane and George Livingston, a member of the state qualifying cross country team.. McShane set a new school record in the 400M hurdles last year. Junior Matthew Schaul also set a school record last year in the 1600 and will help out the distance runners. Junior Arion Rave and sophomore Kash Hunt are returning members of last year's state-qualifying shuttle hurdle team.

Other key returning athletes include junior Tate Intorf and sophomores Brady Wall, Colin Smith, DaShawn Strickland, Dylan Knipper and Kenyon Baker.

Coach Huber noted that he also expects sophomore Macoy Stone, a promi-

nent sprinter in 200m and 400m events and freshman Rogan Heidt, an avid sprinter in 200m and 400m events to score points for the team.

Coach Huber noted that he's pleased to see the team has 23 athletes on it compared to 14 last year. "Many guys on the team are new or inexperienced which will take some time to develop them correctly and get technical work down. We have the necessary numbers to field a competitive team, but these guys will require a good amount of work and time to develop into a formidable team for the conference meet."

Early indications, according to Coach Huber, are that the strengths of the team will be individual distance events and 4x800 along with the Sprint Medley, Dis-



George Livingston and Lance McShane are the two seniors on the trak team.

tance Medley, and 4x200m.

The team plans to start its outdoor season Mar. 26 in Manchester at the West Delaware Early Bird meet.

Spring sports season begins with three new head coaches

Practices for track and golf have been underway for a few weeks and the outdoor seasons are scheduled to begin soon, and three out of the four teams have some new yet familiar faces leading the teams.

MV alumni Cy Huber and Keith Zietlow and experienced coach Eric Conner have taken the helm of a spring sports team this year.

Coach Huber, a 2022 graduate, is the new boys' track coach. He's assisted by veteran coaches Pat Meehan and Curt Feldt.

Huber, a state-qualifying track and cross country runner, is sharing his talents with a new generation of runners. "My area of expertise would primarily be in the distance and sprinting events," he noted. "During my freshman and sophomore years of high school I gained most of my distance running knowledge from cross country and longer distance track races. By my junior and senior year I transitioned more towards the sprinting side of running with 800s, 400s, and 200s becoming my forte."

It's that experience and success that led him back to the track. "I knew that this opportunity was going to come up this year and I figured why not try something relatively new," he stated. "I've always enjoyed running in track & field as an athlete, but the perspective is totally different when coaching."

Coach Huber explained that his age does make the debut of his coaching career unique. "I'm looking forward to getting to work with the current juniors and seniors who I ran with in high school and also getting to see what sophomores and freshmen have to offer. It is not often that you're able to coach at the high school you went to and on top of that get to coach some of the people you went to high school with."

Keith Zietlow, a 2001 MV graduate, brings a wealth of golfing experience to the girls golf team.

"I have been playing golf since I was six," Coach Zietlow explained. Maquoketa Valley started the golf his junior year of high school. After high school, he played on Wartburg College's golf team all four

years. After graduating college he became an assistant golf professional and spent two years at Pheasant Ridge Golf Course in Cedar Falls during the summer and worked at Collier's Reserve Country Club in Naples, FL during the winter months. Eventually, he took an opening at Manchester Golf Course as Director of Golf (Pin Oak Links currently) and worked there for three years. During that time he ran a junior golf program, numerous tournaments/outings, and also gave private golf lessons.

And now it's time to return to where his first team play began. "I felt the timing was better than it has been in the past with work and family, Coach Zietlow explained. "Also with my daughter currently in 6th grade, it won't be long and she'll be in high school playing so I wanted to get a head start on building the program."

Interesting note: The snow leopard head cover pictured in the team photos is actually one that Coach Zietlow used when he was in high school. This 24-year-old relic is named Sabbatini.

Coach Zietlow said he's excited to bring his knowledge of golf and start to build the foundation for a new era for girls golf at Maquoketa Valley. "A few minor tweaks here and there can make a big impact in the golf swing," he noted. "I can promise we will have fun this season!"

And Coach Conner barely had time to hang up his basketball whistle before the golf season began!

What made him decide to become the new boys golf coach? "Golf is a very unique sport to play and coach," he explained. "I have been wanting to coach golf for a long time, so when Coach Besler talked to me about being done, I knew the time was right."

Coach Conner brings varied golf experience to the program. He played all four years while in high school at Ed-Co and also worked at Dick's Sporting Goods while in college in the golf department and gained a lot of knowledge about equipment



and other things from the Golf Pro that was on staff at the time. He was a volunteer assistant coach with Coach Zieser at Ed-Co while substitute teaching prior to getting the PE teaching position at MV. "I enjoy playing golf as much as my schedule allows in the spring and summer time as well," he added.

Coach

Conner said he's optimistic about this new role. "I am really excited about working with our golfers at MV. I hope that I can bring some insight to their game and help them improve throughout

the season. I am most excited about getting to work with some of my PE students in elementary and middle school that I have not been able to teach or coach in a number of years again."

Improvement is a focus for girls golf team

The girls golf team is coming off of a fifth place conference finish and a seventh place regionals finish last year, and they hope to keep improving.

Coach Zietlow said his goal for the returning players is to improve on their scoring average.

Returning golfers include seniors Cece Trenkamp and Kaya Knipper and juniors Isabella Mensen and Ella Wulfekuhle. Senior Livia Hermanson is also expected to help out the varsity team.

The team is scheduled to open its season Apr. 2.



Senior golfers include Cece Trenkamp, Livia Hermanson and Kaya Knipper.

Athlete of the Week

Name: Taryn Burbridge

What do you enjoy most about track? I enjoy the team atmosphere and competing.

What do you think your best event will be?

I think my best event will be the 400 or the 4x400.

Last year the 4x4 team placed at state, and so far we've had a good start, so I'm excited to keep improving our times.

What advice do you have for younger runners? You have to be willing to push yourself, and hold yourself accountable. Many practices can be challenging but one way to get better at things is by going outside of your comfort zone, and pushing your limits.

How does this year's season feel different than last year's? This season I feel as if I am in better shape. I am a lot stronger this year, and I have more confidence.

What's your goal for this year? My major goal this season is to place in multiple events at state.



FFA students compete at districts, CoM team advances to state

by Kaya Knipper, FFA reporter

On Saturday March 9th, Maquoketa Valley FFA members ventured up to Waukon, for the Northeast District FFA contest. Many members showcased their talents within their respective contests. Results include:

Conduct of Meetings- Kyle Engelken, Ella Reicher, Nalalie Ries, Olivia Ronnebaum, McKenna Mineart, Seth Dugan and Ruby Recker.- Gold Advance to State

Ag CSI Team 1- Kayla Hoeger, Morgan Hoeger, Khloe Glew & Alison Schulte- Gold, Alternate to State

Ag CSI Team 2- Kyle Engelken, Trent Timmer, Sawyer Kemp, Teagan Langel and Aidin Frasher- Bronze

Parliamentary Procedure- Dexter Dietiker, Brendin Frasher, Tyler Hoeger, Caden Ries and Ford Domeyer- Silver

Ag Broadcasting- McKayla Weber- Bronze Chapter Delegates- Harold Mohr and Lacy Reth

Chapter Test- Kelsey Hoeger- Silver and Ashton Hoeger- Silver

Greenhand Quiz- Braden Ronnebaum- Gold 8th Place, Bryce Vaske- Gold, and Brenyn Robinson- Bronze

Chapter Website- Emma Brockhohn- Silver

Public Speaking- Kaya Knipper- Silver Extemporaneous Speaking- Leah Reicher- Bronze

Academic Achievement Award- Lainey Knipper, Harold Mohr, Haley Ronnebaum, Lucas Knipper, Tate Monk, Alia Domeyer, Kody Hoeger

The State FFA Convention will be held at Iowa State University on April 14th-16th and will be livestreamed.



State Convention T-Shirts are available to purchase on the Just For You-Dyersville Website or MV FFA Facebook page.

Boys golf team rich with experience

The boys golf team may have a new coach, but it has plenty of familiar faces to lead the team.

Returning golfers with varsity experience include senior Toby Grimm who placed fourth at the conference meet last year and qualified for the district meet last year, senior Jake Gellersen, juniors Logan Beaman and Tyler Mineart, and sophomore Zach Leytem.

Coach Conner indicated that he expects sophomore Braden Gardner and freshmen Trevor Grimm and Eli Dougherty to be key players this year.

"This year's team returns a lot of experience from last season," noted Coach Conner. "There were a number of players who got really good playing experience in varsity meets last season. I am really excited to see how much they can grow throughout this season." Their first meet is scheduled for Apr. 2.



Toby Grimm and Jake Gellersen are the two seniors on the golf team.

All Iowa Dancers



Seniors Maddyx Rieniets and Livia Hermanson joined over 250 other talented dancers from Iowa to take part in the 43rd Annual All Iowa Honor Dance Team. They performed during the state basketball tournament.

Comedy Corner

—compiled by Grace Richter

Here are some egg-cellent jokes to get us ready for Easter :)

Why does the Easter Bunny have such a good complexion? He eggs-foliated!

Did you hear about the most beautifully decorated eggs? They were to dye for.

What do you call a mischievous egg? A practical yolker!

Where's the best place to eat on Easter? IHOP.

Who do you hang out with on Easter? Your peeps!

Track teams start off season indoor

Boys track

The boys started their season with a fifth place finish out of 20 teams at Wartburg's Invitational Mar. 12.

Points were earned in the following events:

High jump: DaShawn Strickland 5-6, seventh; Eli Dougherty, 5-4 eighth

4x800: George Livingston, Kenyon Baker, Matthew Schaul, DaShawn Strickland; 8:42.51, second

200M Dash: Lance McShane, 23.87, third

1600M Run: Matthew Schaul, 4:42.10, first

400M Dash: Brady Wall, 55.67, fifth

4x400: Arion Rave, DaShawn Strickland, Rogan Heidt, Lance McShane; 3:46.05, seventh

The team competed in the Mar. 18 meet at Cornell College.

Those athletes finishing in the top eight:

60M Dash: Rave, 9.35, sixth

200M Dash: McShane, 23.68, first; Macoy Stone, 24.69, fourth

400M Dash: McShane, 52.67, second; Stone, 55.97, sixth

800M Run: Schaul, 2:03.87, second

1600M Run: Baker, 5:06.08, fourth

3200M Run: Tristan Dietz, 13:28.15, eighth

High Jump: Dougherty, 5-10, first

Long Jump: Heidt, 16-11, sixth

4x800: Livingston, Baker, Schaul, Strickland; 8:53.15, third

4x400: Rave, Dougherty, Shane Lambert, Colin Smith; 3:59.84, sixth

4x200: Heidt, Tate Intorf, Dylan Knipper, Brady Wall; 1:40.79, fifth



Matthew Schaul looks for his chance to take the lead in the 1600, which he eventually won at the conference meet.

Last Friday, the team participated in the conference indoor meet at the University of Dubuque.

Results include

4x800: Livingston, Baker, Schaul, Strickland; 8:35.68, first

55M Dash: McShane, 6.74, second (Note: He was .004 behind first place.)

55M Hurdles: Rave, 8.57, second

4x200 Relay: Stone, Heidt, Wall, McShane; 1:37.46, first

1600M Run: Schaul, 4:38.16, first

400M Dash: Rave, 57.86, eighth

Sprint Medley: Dougherty, Kash Hunt, Strickland, Livingston; 4:05.26, sixth

4x400 Relay: Stone, Heidt, Wall, McShane; 3:46.41, third

Shot Put: Preston Salow, 40-0, seventh

High Jump: Dougherty, 5-8, fifth; Strickland, 5-4, eighth

Girls track

The girls opened their indoor season at the Wartburg Invitational Mar. 12. As a team, they finished 10th out of 24 teams.

Coach Dunlap said this meet was a good start to the season. "I was very please with the focus and effort by the MV ladies. Wartburg is a large meet with a bunch of large schools and can be intimidating. When our kids compete well against those big schools it really makes me proud as a coach. I love the great leadership I am getting from the upperclassmen so far. I am impressed by the toughness of the freshman girls. This a fun group to watch!"

Entries earning points:

55M Dash: Lily Huber, 7.79, fifth

4x800: Taryn Burbridge, Breanna McShane, Sadie Boeckenstedt, Isabel Imler; 11:12.90, seventh

4x200: Lili Bauers, Lilly Kraft, Lannie Beaman, Izzy Heffernan; 1:55.42, fifth

4x400: Lily Huber, Camryn Paris, Taryn Burbridge, Lannie Beaman; 4:15.84, second

Coach Dunlap also pointed out other success: "The field events got the team off to a good start. Sophomore Macee Nolan and Freshman Jade Hillers both had shot puts of 28 feet. These are nice throws to start off the season. Freshmen Tessa Intorf and Haydin Flannagan both jumped the high jump with Haydin jumping 4-4 and Tessa jumping 4-6. Tessa placed 9th



4x400 champs at the Cornell meet were Taryn Burbridge, Lily Huber, Lanni Beaman and Camryn Paris.

place. We are young in the field events losing one of this teams star last season Erin Knipper to graduation. I have a lot of confidence in these ladies though and the growth is already happening this early in the season.

"Freshman Emma Brockhohn ran the 55 hurdles for us placing 15th in a loaded field. She is currently sitting 29th in all classes in the state. It was an awesome run for an underclassman. Junior Lili Bauers and sophomore Elizabeth Kraft ran in the open 200m dash with Lili placing 9th with a time of 29.93."

The team competed in the Mar. 18 meet at Cornell College.

The following events finished in the top eight:

60M Dash: Beaman, 8.45, seventh

60M Hurdles: Brockhohn, 10.81, eighth

200M Dash: Burbridge, 28.04, third

4x400: Huber, Paris, Burbridge, Beaman; 4:14.46, first (currently sitting 13th in the state in all classes)

Coach Dunlap said it was a good night in a variety of ways: "The girls really did a great job of competing or finding a way to contribute to the team. We have a large group of freshmen and it has been a process for both the girls and the coaches to find what event each athlete should focus on."

Coach Dunlap also gave credit to some other notable performances: "In the field events Freshman Haydin Flannagan competed in the High Jump. Haydin got a PR with a jump of 4-4 and placed 9th. Senior Isabel Imler ran well in the open 800m after already competing in the 4x800 relay. Isabel placed 10th and ran a season PR of 2:51.72.

continued on next page

Indoor track results, cont.



Conference sprint medley champions were Taryn Burbridge, Lanni Beaman, Lili Bauers and Lily Huber.

Last Friday, the team participated in the conference indoor meet at the University of Dubuque.

"The Maquoketa Valley Girls team really had grit and focus at the TRC indoor," stated Coach Dunlap. "Out of the 13 events scheduled and against the 15 other teams of the Tri-Rivers Conference, the girls scored in the top eight of every event. It has been a really fun process watching these ladies work together to get great results. We have an awesome dynamic with the upperclassmen taking charge and helping the younger athletes get to a position where they can contribute to the team's success. Even more impressive is how hungry and coachable the younger athletes have been. We had eight freshman score in multiple events. I think these girls are going to have a fantastic season."

4x800: Burbridge, McShane, Boeckenstedt, Imler; 11:55.47, second
55M Dash: Huber, 7.88, second; Beaman, 8.08, eighth

55M Hurdles: Brockhohn, 10.13, seventh
4x200 Relay: Huber, Bauers, Paris, Beaman; 1:53.24, second
Shot Put: Nolan, 30-4, fifth
High Jump: Haydin Flannagan, 4-6, seventh

1500M: Allison Hogan, 7:36.98, seventh
400M Dash: McKenna Mineart, 1:10.18, eighth

Sprint Medley: Huber, Bauers, Beaman, Burbridge; 4:33.39, first

800M Dash: Boeckenstedt, 3:00.05, fifth
200M Dash: Lilly Kraft, 29.11, third
4x400 Relay: Huber, Paris, Beaman, Burbridge; 4:19.08, first

Long Jump: Brockhohn, 14-10.5, fourth; Lilly Kraft, 13-10, sixth

Wrestling, basketball teams celebrate season



The boys basketball team holds its awards night Sunday evening.

Awards presented included post-season recognitions:

Tri-Rivers Conference honors

Anderson Holtz - Honorable Mention
Brady Wall - 2nd Team
Toby Grimm - 2nd Team
Kody Hoeger - 1st Team
Lance McShane - 1st Team (unanimous),
Tri-Rivers player of the year, 1st Team
All-District, 1st Team All-State

Team award winners (pictured above)

Offensive MVP: Lance McShane
Defensive MVP: Dylan Knipper
Mr. Hustle: Dylan Knipper
JV MVP: Dylan Knipper
Most improved: Ty Hoeger
Leadership: Toby Grimm
Heart of a Wildcat award winners: Seniors
Lance McShane, Toby Grimm, Kody Hoeger



Coach Jett Kuhens, Farr Jebens, seniors Tyreese Crippen, Aidan Salow, Brady Davis, and head coach Kurt Hatfield. Not pictured: Coach Brian Wegmann

Those recognized at Sunday's wrestling awards ceremony were:

Jordan Hatfield (Manager/Stats/Film),
Taylor Salow (Manager/Stats/Film), Ella Reicher (Manager/Stats/Film)

Record Breaker - Most Takedowns (132):
Nathan Beitz

2024 State Wrestling Qualifiers: Aidan Salow (HWT 285), Brady Davis (215), Nathan Beitz (190)

Most Improved Award: Tyreese Crippen
Coaches Award: Nathan Beitz

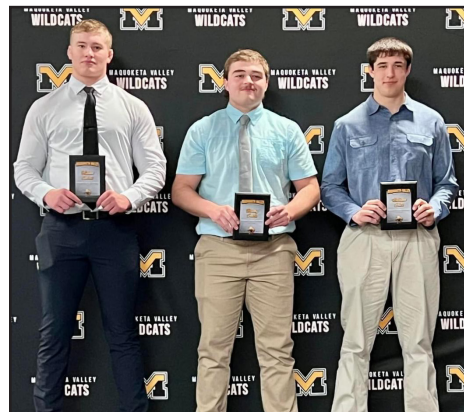
Heart and Soul Award: Brady Davis

Captain Award: Aidan Salow

Jetter Award - Best Hair: Tyreese Crippen (4 years in a row)

Jetter Award - 'You already know...': Seth Dugan

Jetter Award - Showtime Award: Noah Whalen



State Wrestling Qualifiers: Aidan Salow (HWT 285), Brady Davis (215), Nathan Beitz (190)



Congratulations to the 24-25 MVDT

Captain - Isabella Mensen
Co-Captain - Tierra Morgan
Underclass Captain- Natalie Ries
Claira Gray
Emma Brockhohn
Cheyenne Eike
Tess Intorf
Lilly Kraft
Alaina Leytem
Alaina Mead
Ella Reicher

New Members:

Tristen Flanagan
Lena Lewin
Lylah Billmeyer
Taylor Salow



Congratulations to the 2024 Cheer Team

Captain - Isabella Mensen
Co-Captain - Claira Gray
Keely Recker
Ever Botos
Tristen Flanagan
Tess Intorf
Lena Lewin
Ella Reicher
Natalie Ries
Jenae Teymer
Lylah Billmeyer
Taylor Salow

MV TEL-ALL

compiled by Lily Huber

Six lives are lost daily, on average, to an overdose of alcohol in the United States. This is harrowing, as it does not include the many people who pass away with alcohol in their system in conjunction with other substances. 88,000 people die each year from alcohol-related causes, while alcohol is also linked as an exacerbating factor to many deaths and long-term illnesses. It is also worth noting that it only takes 8 ounces of 100-proof alcohol to kill an adult person — that's four ounces less than a can of Coca-Cola.

Hall Smarts

by Maya Smith



When walking down the cereal aisle, the bright colors of the boxes and mascots bombard your brains, each box begging for your attention. Did you know these cereals also have taglines?

What is the tagline to Lucky Charms?
Brianna Hines: They're Magically Delicious!
McKenna Bush: Eat the rainbow!
Derrick Mohr: It tickles your innards!
Morgan Howes: Lucky Leprechauns!
Answer: They're Magically Delicious

What is the tagline to Wheaties?
McKenna: The Breakfast of Champions
Brianna: They'll Wheat you up
Derrick: They're good for your heart, and they're good for you as well. And they're good for your heart. It's the snack that smiles back! Goldfishhhh.
Morgan: Derrick's answer
Answer: The Breakfast of Champions

What is the tagline to Frosted Flakes?
Brianna/Cadence: they're Gr-r-reat!
McKenna: Have Gr-r-reat day!
Derrick: They're Gr-r-reat!
Morgan: Have a frosty day!
Answer: They're Gr-r-reat!

What is the tagline to Cocoa Puffs?
Brianna: Cuckoo for cocoa puffs!
McKenna: Cuckoo for cocoa puffs!
Derrick: Don't have a good day, have a great day
Morgan: Eat 'em up!
Answer: I'm Cuckoo for Cocoa Puffs!

What is the tagline to Cinnamon Toast Crunch?
Brianna: Crave them crazy squares!
McKenna: Crazy Squares!
Derrick: They're Greatly Sweet!
Morgan: Blast of a cinna-dust!
Answer: Crave those Crazy Squares!

Cutie

by Lily Huber

What's swingin', Cutie?

This Cutie is a sophomore who is involved in play, musical, and choir. A few fun facts about her is that she is left handed and her favorite color is pink. Do you know who this is? *Last Echo's Cutie was Sella Ambundo.*



Now's the time to get your prom tickets!

High School office
March 25-April 12
\$20 each

Dad Jokes of the Week

—compiled by Sam Howes

I hope everyone has had a great week! Today will be the start of a new section of The Echo! In this section I will be sharing dad jokes each week in hopes to make some of you smile. In honor of golf season starting up, I will be sharing some dad jokes relating to golf!

Why does a golfer keep an extra pair of pants on them? In case they get a hole in one.

Where can you find a golfer on a Friday night? Clubbing.

How many golfers does it take to change a lightbulb? Fore.

Why do golfers hate cake? Because they might get a slice.

What's a golfer's worst nightmare? The Bogeyman.

One at a Time

by Arianna Nolan

This week, I would like to include a special feature of my Original Oratory speech I wrote for the contest Individual Speech. Although it may be more formal than my usual pieces, it carries an important message that I'd like to share with you all.



Words: With Great Power Comes Great Responsibility

Thump. Your shaking, sweaty fingers swipe on the frosty scroll pad. It was finally the moment of truth. Thump. You find the email in your inbox but quickly look away. What if all these long, hard years of work had been for nothing? Thump. You click on the email. You keep your fingers crossed as you start to read the text on the screen. But, as you begin to read, your blood goes cold and all hopes that you had of a bright future diminish.

"Your application has been rejected due to suspicious behavior online through posts that you made on Facebook. Such posts include, 'Disabled people have it so easy. They get to sit at home all day and get paid for doing nothing. Meanwhile, I am working my BLEEP off to get through the day.' We want to include a positive work environment and we are afraid that you might negatively impact the future of the company."

Unfortunately, this exact scenario happens to a variety of people across the globe. Offensive language, otherwise known as explicit bias or derogatory language, is the very reason that people can lose their entire lives because of something that they say. But, with a change of heart, we can stop the harassment of innocent minorities and create a positive environment around us by noticing and stopping ourselves when we say something offensive and stopping other people from saying the same comments. In this speech, I hope to provoke a need for change as I go through what offensive language is, why it's a problem, and why we need to change our ways.

According to the Perception Institute's article "Explicit Bias," explicit bias, commonly known as offensive language, is an opinion that someone has on a certain group because of something they perceive as a threat. Every day we hear this language surrounding us like buzzing bees, and sometimes we are the ones that use it, stinging people like bees as the words flow out of our mouths. Words like the r-word, n-word, or f-word are the most common

to use, especially when joking with friends. Although it may only seem like a joke or not offensive when you are using it, you are making some people cringe as they hear you from the back of the room. In the article "They Were Just Making Jokes" by Sara Douglass and other professors, a participant in an interview said, "Um, one time I got really mad at her, I got offended and I wanted to punch her in the face. But I just let it go. ... It's just because like, I don't know if that's a touchy subject to me, like slaves. Because like what happened to them. So it's just like, like I don't, maybe I was having a bad day that day but I remember I just got so mad." This feeling doesn't just happen to her, but it happens to a variety of people when they hear this language being used. It's so much to this point where people will start to use this language to defend themselves, making offensive jokes about themselves so they feel safer. Because if they have already said it about themselves, then nothing else is to be said. Other proof that people are affected by this type of language being used is from the National Library of Medicine which states that even people with low anxiety traits would start feeling anxious after they heard an offensive comment being used. Even if you don't care about how people feel and think that they are being too sensitive, saying this type of language can still affect you. A June 2017 article on ABC News states that Harvard rescinded the admission of 10 incoming fall students because of an offensive meme group that they created on Facebook, where the only way to get in was to post an offensive image and caption. This can also happen to people who work jobs for money, as their only source of income slips away because of something that they could have kept to themselves. Friends might think wrongly of you because of it and spread the message to other people, including future employers. Friends, relationships, money, jobs, and status can be lost because of something you thought was funny.

With all of these risks in mind, it might be helpful to know how to stop speaking this language that harms not only the people around you but also your future. One of the ways to stop speaking offensively is to find different words or phrases that you could replace instead. This especially works for when in times of anger you start spewing words that you don't mean, so using this precaution could save your future. Secondly, we need to interrupt people who are using this language and inform them of what they are doing wrong. Organizations such as Learning for Justice have printable guides that you can keep on hand to reference when responding to an offensive joke or comment someone said. Another useful

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way to stop the use of this biased and offensive language is to support educational programs that educate people on how this language affects others, so that the message that they are sending can be spread throughout your community, and eventually the globe. Lastly, we need to set an example for others by not using the language and educating people, especially young children. As explained by the Anti-Defamation League's lesson called "Slurs and Biased Language", children are most likely to repeat the language older people say, because that is who they look up to the most. This positive role modeling starts at home from parents. Good role models from parents need to create a positive environment in their home by implementing good values of respect towards other groups of people. Also filtering your tone and the language you use around children is vital to fixing this problem. If we put all of these into action, we will create a future where this language is less commonly used.

With this language being used less and less, a bright future shines for you and the people around you. Instead of reading a rejected application, you will be seeing promotions and new job opportunities in the future. Not only that, but you could create a supportive environment on social media, where instead of insulting each other, we educate each other. This positivity will continue to grow in our real world, and we won't be afraid to communicate with each other and enjoy the healthy bonds created without the use of offensive language.

All of this can only happen if we take action today. Our future goes along with the Spider-man quote, "With great power comes great responsibility." If we desire a future with all of these great possibilities, then it is important to know that it can only happen if we put in the work to make it happen. That is why I challenge you to choose words that heal, instead of harm, with tones of understanding and genuine bond versus the hurt we are used to hearing. I challenge you on a journey of spreading kindness with meaningful phrases, and I challenge you to be a hero to others by making this world a better place.