

The Wildcat Echo

A publication by the students of Maquoketa Valley High School

More than movement: Dance team earns several awards at State



by Lylah Billmeyer

Dancers took over Des Moines last week for the Iowa State Dance and Drill Team Association's state competition.

As a team, the Wildcats competed in hip hop and pom. Coach Teymer said the girls worked very hard all season to prepare for this week. With having early morning practices during the summer to learn the choreography, and then having practices throughout the school year to get ready for state. They dealt with new formations, adding and replacing tricks and many changes throughout. She was very proud of them and said the team did their best and that's all you could ever ask for.

Pom finished 10th, "a place that surprised us all," stated Coach Teymer. "But that's what competition is. I could not have been prouder of their performance." Hip hop finished with a division 1 rating and in 7th place.

While they didn't bring home any big hardware for their performances, they brought home what some may say is more important than dance: a Community Service Award, Academic Excellence Award & ISDTAcares initiative recognition.

Coach Teymer said that the quote

on the certificate represents a major part of what MVDT is all about: "Giving back is a generous act of selflessness; remember the positive impact you made and can continue to make in others' lives and the even greater impact as a team. Keep generosity, kindness, and humility in your heart, always." - Andrea Dana

In addition to the team competition, soloists also performed, and that's where the hardware enters. All three soloists placed in the top 10: Tessa Intorf- 7th, Alaina Mead- 8th, Taylor Salow- 10th.

Next Thursday, the MVDT will perform both of their State routines at the home basketball games.

Ryleigh Moriarty, McKenna Bush and Abby Nieman joined other high school instrumentalists in the NE district.

by Abby Nieman

On Dec. 7, three high schoolers and four middle schoolers went to Oelwein to play in the Northeast Iowa Bandmasters Association honor bands. We had the most people get accepted into the NEIBA honor band since Mr. Ford has been teaching. Four high schoolers were accepted based on their music credentials, including auditioning for All-State: McKenna Bush, Ryleigh Moriarity, Maya Smith and Abby Nieman. McKenna and Abby performed in the King band with the guest conductor Erin Holmes from Farmington, Minnesota. Ryleigh played in the Sousa band with the guest conductor Steve Shanly from Ceder Rapids, Iowa.

MV represents at NEIBA



Sports Connection

Basketball teams face conference, non-conference teams

Boys

by Maya Smith

This past week has been jam packed for the boys basketball team. On Friday, the boys traveled to Alburnett. It was an intense game, and a close first quarter, the boys down 6-8. Unfortunately, the boys didn't make a comeback and came up short, losing 31-49. Here are some game stats:

Point leaders: Brady Wall; 8, Trevor Grimm; 6, Anderson Holtz; 5

Rebounds: Brady Wall; 7, Tate Intorf; 5, Dylan Knipper; 5

Assists: Anderson Holtz; 4, Lukas Chestnut; 1

On Monday, the boys had their first home game against Clayton Ridge. It was a high-scoring game, and another close first quarter, 13-16, but the Cats sped ahead with a game ending score of 63 - 34. The following day, the boys competed against Starmont. The Cats had no problem against the Stars, ending the game 74-34.

"Basketball is a grind of a season because of the amount of games that are played," stated Coach Conner. "Sometimes it is nice to be able to have a night where you can make adjustments in practice from the things that were seen and done in the game prior, but there are other times where you either want to keep the momentum rolling or be able to rebound if you didn't play as well. I think our guys knew that we did not play as well as we were capable of for 32 minutes last Friday night and they were eager to show that they could do that in the next two games."

When asked about how the games went Connor said, "We are continuing to learn a lot about each other. Our chemistry isn't perfect yet, but we are getting better with each game and practice. It is a process and we have to embrace it and learn from each other. Last Friday night against Alburnett, we struggled on the offensive side of the ball. Alburnett deserves a lot of credit for that as they are a really good

defensive team. I thought we took a step forward against Clayton Ridge on Monday night, but there were still some places that we could have improved. Against Starmont, this was easily the best we have played on offense this year. We did a much better job of paying attention to the details and really putting a complete game together. Defensively, I think we have shown in each game that we are capable of achieving our defensive goal of holding teams to 40 points. There are times where we have played really well on defense but then we don't rebound as well, so when we put it all together, we are going to be right where we want to be. We have done a really good job of getting Brady Wall the ball and keeping him in rhythm on our passes, allowing him to have a great start to the season shooting the ball. We are doing a much better job of looking at our post players when they are open and will continue to see improvement from those players inside as well.

"Overall, I am happy about where we are at and look forward to keeping this positive momentum going as we head towards break."

Girls

by Ryleigh Moriarty

Hey Wildcats! Did we just dominate Starmont and Clayton Ridge, or did we crush them in a landslide? The girls defeated Starmont by an impressive 67 points, bringing our record to 6-0. These athletes have put in tremendous effort during practices, with Coach Moenck pushing them to excel and prove they can win anything. The girls displayed outstanding defense and offense. The team defeated Starmont 81-14.

Our girls put on an impressive performance against Clayton Ridge, winning 62-20. Grace Richter led the team with an outstanding 13 points, closely followed by Audra Burbridge, who contributed 12 points. Their strong efforts helped the team secure an easy victory and made the path to winning obvious.

Athletes of the Week

Name: Brady Wall

What do you enjoy most about playing basketball? I enjoy playing in big games against good teams.

How does this year's team feel different from past teams?

This year's team has a lot of chemistry and we have been playing together for a long time.

What's been a favorite basketball memory? My favorite basketball memory is Mount Mercy camps.

Who's your favorite warm-up song? "Super Hero"

What are your goals for the team this year? Make it farther than last year and be at the top of the conference.



Name: Cheyenne Eike

What do you enjoy most about dance team? The atmosphere and how much fun we have together.

What's the hardest part of it? Remembering all the little things like corrections.

What's your favorite routine you've ever been a part of? What's did you like about it? My favorite has got to be last year's Christmas dance. I absolutely loved the music and the choreography went perfectly with it.

What's something about dance most people don't realize? It is not just fun and games. We have to learn memorize and make it look like we all move as one.

If you could choreograph a routine, what kind would it be and what song would you use? The routine would be a hip hop to "Tik Tok" by Kesha



Fine Artists of the Week

Name: Maya Smith

What events are you in for speech? I am in TV News and Choral Reading.

What do you enjoy most about large group speech? I enjoy working with everyone else and seeing the final product coming together.

What have you learned through this event? I've learned a lot about speaking to crowds and how to be a good leader.

Who is your speech role model? My speech role model would either be Mrs. DeVore or McKenna Bush.

If you could judge a large group speech event, what would it be I would judge group improv.



Name: Natalie Ries

What event(s) are you in for speech?

This year I am in Readers Theater and Ensemble Acting.

What do you enjoy most about large group speech? I enjoy all of the friendships that are made and the lessons that are learned during large group speech.

What have you learned through this event? Through speech I have learned to take a big step out of my comfort zone. Sometimes you have to be uncomfortable to make a path for your future.

Who is your speech role model? My speech role model would have to be my sister.

If you could judge a large group speech event, what would it be? I would have to say I would want to judge group improv because you never know what is going to happen next.



Meet the Freshmen



Brayden Schuster, Abby Nieman, Kinze Kuhlman and Ella Recker

Name: Brayden Schuster

Siblings: Kaelynn Clark

Activities you plan to be in: Baseball

Favorite subject: Science

Career aspirations: Play baseball in college

Hobbies: Baseball, gaming, and friends

Something cool about you: I'm really good at Fortnite.

Name: Ella Recker

Siblings: Keely, Lane, Braxton, Brylynn, and Brendall

Activities you plan to be in: Golf and Softball

Favorite subject: Spanish

Career aspirations: Ultrasound Nurse

Hobbies: Shopping and hanging out with friends

Something cool about you: I have 5 siblings

Name: Abby Nieman

Siblings: Derek and Violet

Activities you plan to be in: Play, Musical, Track, FFA, Jazz Band, Band, and Speech

Favorite subject: Band

Career aspirations: Veterinarian and something farm-related

Hobbies: Reading and being with our dogs

Something cool about you: I made it to the state fair with Ryleigh Moriarity

Name: Kinze Kuhlman

Siblings: Aaliyah, Oliver, and Korbin

Activities you plan to be in: Choir

Favorite subject: Spanish

Career aspirations: Social Worker

Hobbies: Painting, Singing, and Babysitting

Something cool about you: I've been to a Reba concert.

—typist: MaryEllen Smith

Jaelyn's Journeys



photo by Jaelyn Butikofer

Where in the school can you find this object? Be the first one to correctly name the place to Mrs. Temple face-to-face to win something from the prize box! Last week's photo was outside Mrs. Carroll's door. Noah Wallen was the winner.

Cutie



by Alaina Mead

Look at this silly cutie! This cutie is a junior. She lives in Hopkinton and has one older sister. She is also involved in volleyball and basketball! A fun fact about her is that her favorite artist is Sabrina Carpenter!

Last week's cutie was Breanna McShane.

One at a Time

by Arianna Nolan

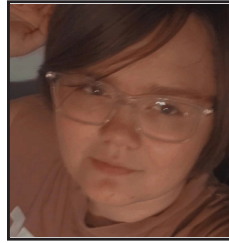
It's been 10 minutes, you have been staring at the phone screen and mindlessly scrolling, while your heart waits in anticipation. Thump, thump, thump. All you need is one message and you can be at peace, you can finally be happy. Thump, thump, thump. There is no other person in the world that makes you feel this way- that makes you feel this happy about life. You don't need anything else besides this person. Thump, thump, thump. Twenty more minutes have passed, and you feel your heart start to crack. You had spent so long perfecting this plan so they would have a reason to text you back, but they weren't doing it. Did you do something wrong? Why wasn't anything going right. Your heart starts to quicken as you start to stare at the messages on the screen when you notice something. Left on read. Your stomach drops and you feel your throat start to close up. This is the third time you have been through this same situation in the last 2 months. Why does it feel like nobody likes you?

According to the American Bar Association, around 85% of people worldwide have problems with self-esteem.

A lot of people in our world, especially teenagers in high school depend on others to feel good about themselves. They believe that the most important aspect of their life is having someone who will love them, instead of focusing on loving themselves. But, having this mindset only leaves you to hate yourself even more because if someone you hope would like you, doesn't like you, you are left feeling as if you did something wrong and a very low self-esteem. This is an issue that is happening worldwide.

According to the American Bar Association, around 85% of people worldwide have problems with self-esteem. But getting into these relationships is not good for either person in the situation. Because we are unable to love ourselves, we are not properly able to love other people. It's very likely for people who have low self-esteem to be in relationships and bring each other down with their negative views, and they

are more likely to accept this mistreatment. According to Florida Atlantic University, not loving or caring for yourself can cause serious issues in your relationships. So, the obvious answer to fixing this mindset is to love yourself. But, how do you do that? I'm here to answer that question and go through a couple of ways that you can learn to love yourself.

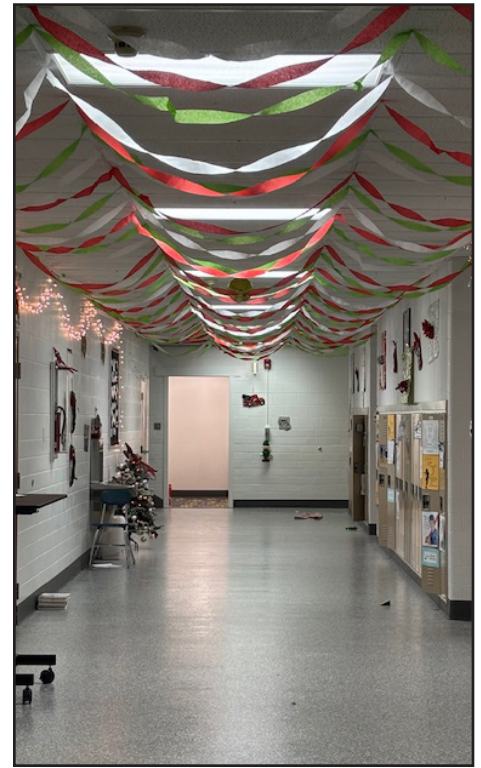


The first way that you can love yourself is to take care of yourself. You can do this by making sure you are healthy, such as getting a proper amount of rest, eating good food, and staying hydrated. By staying healthy, you will feel good about yourself/ love yourself because you know that you are doing good things for yourself. Staying healthy isn't always easy, so allow failure and learn to grow from it. It's also important to note that staying mentally healthy is just as important as staying physically healthy. Taking time for yourself when you don't feel great is a great way to make sure that you are mentally well and trying to have a positive mindset.

Another way to practice self-love is to surround yourself with good people. If you are constantly surrounded by people who also think badly about themselves and make it known that they don't like themselves, you are bound to feel the same way. Being around people who will help you up instead of making you feel down, then you will also feel good about yourself. If you have close friends that are constantly feeling down about themselves, then you can also encourage them to try and love themselves and be that good person who brings them up instead of down.

In conclusion, most teenagers struggle with self-love and try to find their happiness through the comfort of other people, but this usually fails because of issues that happen with not loving themselves. There are many ways to love yourself like taking care of yourself and surrounding yourself with good people that will make you feel good about yourself. Healing is a journey that isn't linear, so it's okay to fail at times. You still have a whole life to live, so don't spend your time worrying about all of your failures and instead learn to grow from them. I hope this has taught you something, and I hope that you all have a wonderful weekend! I love you all!

Holiday sightings



The student council brought some holiday flair to the hallways to welcome students on Monday.



It's officially piñata season in las clases de español! Tuesday the students learned the art of papier maché, and they are now adding the crepe paper color! Above: Shane Wright forms the shape for his piñata.

Fantasy Fiction: Trouble in Therapy

We left off last week with Elizabeth realizing the need to confront her fears of her anxiety in her therapy session.

by Abby Nieman & Tommie Cole

Before I could stop myself, I told her, "My head spins, and my heart races. My thoughts are out of control and they make me worried about the things that I say. If, maybe, I did something wrong and didn't notice it!" Each sentence sped up as I spoke.

"Wow. That is a lot of stuff. Can you tell me what the exact words are that come to mind?" Her voice light and soft as if I was a small animal.

"What if they are talking about me? Who all saw what happened?" were going through my head," I spit out after a little bit of silence. She grabbed her pencil and started to take notes.

She then addressed Chris: "And what is your role in this predicament?"

"Me and Elizabeth just met earlier today before the session started. We got to know each other a little bit. When it was her turn to introduce herself she was soft. I could barely hear her. Then she slouched in her chair and just broke down."

"Hmm." She stopped to think.

"That is interesting. Elizabeth, do you know what could have caused this and have you had this happen before?"

"No, it has never happened before, and I also think that it is related to the reason that I am here today," I whispered.

"Why are you here today?" Mrs. Morris asked.

"I was stalked by some crazy guy named Parker. He trapped me in my locker and when I got out he followed me home. Then he broke into my house and tried to get to me. I barricaded myself in my room and was ready to jump out the window if need be. Thankfully Dad called the cops and they arrived just in time," I recalled.

"That seems very traumatizing for a kid your age, or anyone. Has this experience made you more anxious or worried and possibly more aware of your surroundings?" Mrs. Morris asked in her light tone which was like the butterfly on the wall.

"Yes, it has. I have been more aware of my surroundings, and I always have this little voice in the back of my head doubting my decisions and other people." I



thought back to the last six months that this had been going on. Mrs. Morris sat there taking notes on what I had just said. For some reason, I felt lighter than before, and it felt good to tell someone about that.

Chris sat there stunned and looked at me with amusement. He started to say, "You went through exactly what I did but no one believed me."

FFA ALUMNI FUNDRAISER SUPPER

HOT BEEF SUNDAES



HOT BEEF SANDWICHES



FREE WILL
DONATION

TUESDAY, DECEMBER 17TH, 2024

HOME BB VS. ED-CO

4:00 PM- 8:00 PM

