

Wildcat Echo

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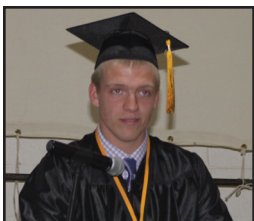
A publication by the students of Maquoketa Valley High School

MV adds 63 names to list of alumni

Commencement exercises were held Wednesday evening where 63 students were awarded their diplomas.

Mr. Meehan received the Five Star Award for his service in and out of the classroom to MV since 1980.

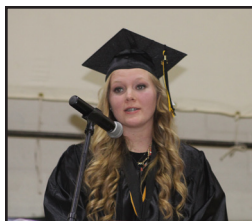
The concert band performed "Ripping Watercolors" and "Fanfare & Processional" along with a song that was commissioned for MVHS in memory of Marissa Harbach, "Marissa's Lullaby." The recessional was "Overture Brillante." The choir featured seniors on "Bridge Over Troubled Waters."



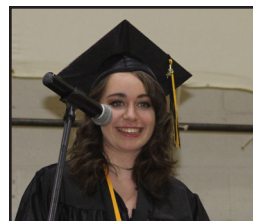
Kalvin Orcutt,
Student body president



Angie Wilson,
Class president



Sienna Becker,
Valedictorian



Emily LaGrant,
Valedictorian



Shaylyn Trenkamp,
Valedictorian

Five events qualify for state track

Congratulations to the following MV athletes who qualified for the state track meet in Des Moines that began yesterday and concludes tomorrow.

Kyle Wilson - 800 M. Run

Ali Sheehy - Discus

4 x 200 M. Relay - Megan Mensen, Brianna Mensen, Ashley Stogdill, Aspen Britt (alternates Megan Hogan & Caitlin Schuman)

4 x 400 M. Relay - Megan Mensen, Brianna Mensen, Kara Orcutt, Aspen Britt (alternates Sam Wall, Olivia Hoeger)

4 x 800 M. Relay - Rejji Smith, Cassidy Wilson, Casey Fry, Brianna Mensen (alternates Nichole Winter, Megan Rausch); finished 23rd in 10:25.61 on Thursday



Speech & Drama department honors students

The speech and drama department held its annual awards night last Friday night in the auditorium.

Defining Performance awards were presented to Tammy Stelken and Mrs. Temple for their support of the department.

Students were recognized for their participation in speech and drama and awarded medals for their state and all-state achievements.

Mr. Hansen also presented awards for outstanding contributions to the fall musical. Mrs. DeVore did the same for the spring play.

A dessert bar followed the awards presentation.



Spring play awards:

Cast Choice for Best Actor: Shaylyn Trenkamp
Directors Choice for Best Actor: Emily LaGrant and Riley Sternhagen

Rising Star Award: Hannah Lahr

110% Award: Hunter Glass

Rock Star Award: Kiesha Stelken, Whitney Wilson, McKenzie Lansing, Hunter Glass, Hannah Clemen and Megan Beaman

A special award was presented to Brooke and Kelsey Snyder for assisting with lighting for nine performances.



Fall musical awards:

Outstanding actresses: Megan Beaman, Taylor Guthrie, Riley Sternhagen, Jazz Niehaus (not pictured), Emily LaGrant and Shaylyn Trenkamp

Outstanding actors: Patrick Hansen, Dylan Wright, Angel Rumbo

Outstanding Tech Crew: Hunter Glass

Senior speech awards



Junior speech awards



Sophomore speech awards



Freshmen speech awards



what's up?

What finals test are you most worried about?

by Emma McDowell

Brooke Wilson- Science and Spanish

Sam Wall- Science

Ryan Dunn- Speech

Olivia Hoeger- Science and Spanish

Raven Eatman- Spanish

Hunter Glass- World History

Norman Wilson- Spanish

Brittany Sabers- World History or Spanish

Trent Reeves- Precalculus

Hannah Lahr- Math and science

Evan Hoefer- Spanish

Golf teams compete at sectionals, LaGrant advances

Emily LaGrant golfed a 102 Monday at sectionals to finish fifth and advance to regionals next Monday.

"Overall I was very pleased with how the girls golfed today and happy to see Emily move on...There was a lot of progress made throughout the season and the girls have a lot to be proud of," stated Coach Andrews.

The team finished sixth with a score of 470. Wilton won with 417.

Other MV scores were Faith Hunt 118, Kelly Winter 120, Kelsey Ries 130, Riley Sternhagen 132, Chloe Roling 138.

Last Friday the boys golf team traveled to North Fayette Valley's district meet. The team finished eighth with a 424. South Winneshiek won with a 316.

"I was very proud of the way the guys competed today," stated Coach Andrews. "Although we did not have anyone that qualified for Districts we had several PR's today. It was good to see everyone score much better than they did at conference the week before. For the younger guys I know this performance has them excited for next year and for the seniors it was a great way to go out."

Jordy Downs was the top MV finisher with a 95, good enough for 27th place. Other MV scores were Tanner Parmely 103, Carter Klostermann 111, Jon Seibert 115, Logan Fronatt 116, Nate Lansing 124.

STUDENT OF THE WEEK

Alec McDowell



Alec was recently named to The Predicament's Academic All State Team. A total of 45 wrestlers chosen to be on first team, second team or honorable mention. Alec earned an elite spot on the first team.

This honor is prestigious as it combines all classes (1A, 2A and 3A) for the 45 slots. Fifteen members are on the first team, 14 members chosen for second team and 16 chosen for honorable mention.

"To be named to the academic all state teams not only do you have to get it done in the classroom, but you also have to have success on the mat," stated Coach Andrews, "and to be able to do both is quite the accomplishment and something to be very proud of."

Alec said it feels good to be recognized for the work he put in at school. "This award is more important to me than any medals at state or other awards because this translates to college and life after college. Being on first team is a great feeling to be in a group with great athletes and students from around the state."

Alec said it isn't easy to balance athletics and academics: "Sometimes you have to sacrifice things like sleep and hanging out with friends. Getting your work done has to be a priority to be successful in school."

Athletes of the Week

Name: Brianna Mensen

Sport: Track



What are your favorite events to run at a track meet?

4x200 and 4x400

What do you think about when you run?

I think about how fast I need to go in order to run the goal time for our team.

How do you mentally prepare for a race? I think about the goals for our team and what I need to do to help achieve those goals.

What are you looking forward to most at the state track meet? I think the atmosphere is one of the most exciting parts because there are so many people and they all get really loud when people break records.

What advice do you have for future tracksters? Just like every sport you have to work when nobody is watching. Also, don't sell yourself short, set high goals and if you are committed enough you can achieve them.

Name: Megan Mensen

Sport: Track

(Four-year state qualifier)



What are your favorite events to run at a track meet? the 4x200 and the sprint med and 4x100

What do you think about when you run?

I have to try to get my team in first, or to get the girl ahead of me

How do you mentally prepare for a race? Well, I get very nervous and like to warm up too early so I always ask some of my teammates to warm up so we can talk about the race.

What are you looking forward to most at the state track meet? I look forward to stepping on the blue oval again and having fun with the other qualifiers.

What advice do you have for future tracksters? My advice would be to work very hard at the beginning of the season so you get in a habit of it, then the rest should be easier.

Best Buds



Angela Wendt & Rylee Davis
by McKenzie Lansing
What is your favorite place to go with each other? The Ranch

What nicknames do you have for each other? Angie: Ryles
 Rylee: Ang Babe

What is your favorite memory you have together? Riding four wheelers and the night in the man van

What is your favorite thing about each other? Big spoons

Cutie



by Kristin Lucas
 This week's cutie is a sophomore from Hopkinton.
 She has dirty blonde hair and loves cats.
 This cutie is addicted to Grey's Anatomy.
 She wants to become a nun with at least 50 cats.
 She just really likes cats.



Binge Worthy

Rebekah & Amanda:

The Last Lecture by Randy Pausch: A special shout out to Mrs. DeVore because without her neither of us would have read this amazing book. When Randy Pausch was diagnosed with pancreatic cancer numerous things ran through his mind. He took all the hurt and pain and produced this amazing book about how to live you life to the fullest. Both of us have come to love this book, and it teaches a lot of lessons people need to live by. Randy shows us how to make good things out of bad situations. We may never fully understand what we are going through, and we might not even make it to the end, but that is just the cards we were dealt. We can't do anything about it. "So it's OK that I won't step foot in the Promised Land. It's still a wonderful sight" (The Last Lecture).

Rebekah:

Glee: As I am sitting here watching Glee as I write this I can honestly say this is one show that I completely fell in love with during the first episode. You can ask any of my friends (Amanda and Lawson especially) that when I watch this show I get into an extra happy mood. Singing, dancing, love, drama, and I get caught up in it like I am actually there. The cute boys don't make it hard to watch either! Now, that I am restarting this series I am sorry to anyone that hears me sing or sees me dance, because when I see others do it, I start to think I can do it too. (And I definitely can't.)

Facing the Giants: A movie that shows that faith is all you need. As Coach Grant Taylor begins another year of coaching the local high school football team, bad things start to happen. Him and his wife have hardships in their marriage and people want to replace him as coach. Taylor turns to God. Coach uses God's strength to help him in his everyday life and his job.

The Best of Me: High school love that never fades. Since they first met Dawson has always been in love with Amanda. Twenty years after high school and he still feels the same way. When a mutual friend dies and the two end up reuniting, several things happen. Endless love, drama, opposing conflicts, and beautiful gestures. An amazing movie, with amazing cast choices. Thank you, James Marsden :)

Amanda:

Captain America: Civil War: So... I was waiting for this for quite some time. After the Avengers cause destruction in major cities, the United Nation steps in to take control. This causes a rift between Captain America and Iron Man causing the Avengers to divide. I was truly impressed with this movie. It had a really good plot and action scenes. I loved the new characters and this is definitely the most I have laughed during a Marvel movie. The graphics weren't the best but got better, so over it was probably an A-.
 Also Tom Holland as Spiderman, best thing of 2016.

Arrow: Love, love, love this show. Oliver Queen has been dead for five years, or so his whole entire family thought until he was discovered on a deserted island. When he comes back everyone expects him to return to his billionaire playboy ways, but the island had changed. Oliver is a mission to save his city from every crook, thug, and thief that has wronged it's civilians.

The Unbecoming of Mara Dyer by Michelle Hodkin: What would you do if you woke up and your three best friends had died but you survived? Mara Dyer's life is flipped upside down when this happens to her. For a fresh start her family moves to Florida, in hopes of helping Mara move on. Will she be able to forget the past and move on or will she be haunted by this accident for the rest of her life?

2016 Senior Scholarship & Award Recipients

Macy Andereg, Honor Student, Dollars for Scholars, Maquoketa Valley Senior Athletic Participation Silver Award
 Tamala Askeland, Dollars for Scholars
 Sienna Becker, Valedictorian, Dollars for Scholars, Maquoketa Valley Athletic Academic Honors Award, Maquoketa Valley Senior Athletic Participation Silver Award, Iowa Business Education Association Outstanding Business Student Award, University of Northern Iowa Distinguished Scholar Award
 Rob Bockenstedt, Dollars for Scholars
 Kristin Brehm, Dollars for Scholars
 Cassie Burkle, Dollars for Scholars
 Anna Coleman, Kirkwood Academy Medallion, National Career Readiness Certificate
 Minnie Chalitbhan, Dollars for Scholars
 Erin Digmann, Dollars for Scholars, Maquoketa Valley Senior Athletic Participation Silver Award
 Jordy Downs, Dollars for Scholars, Kirkwood Academy Medallion, Fred Sulzbach Rough Stock Scholarship
 Jeremy Fischer, Dollars for Scholars, Maquoketa Valley Athletic Academic Honors Award, University of Northern Iowa Distinguished Scholar Award
 Logan Fronatt, Dollars for Scholars, Christina Hixson Opportunity Award
 Caitlyn Gibbs, Dollars for Scholars
 Kristi Goedken, Dollars for Scholars, Delhi Lions Club Scholarship, Iowa Business Education Association Outstanding Business Student Award, Delaware County Pork Producers Scholarship
 Ryan Goedken, Dollars for Scholars, Delaware County Dairy Council Scholarship
 Brandon Gudenkauf, Dollars for Scholars
 Garrett Guetzko, Dollars for Scholars, Kirkwood Academy Medallion, Delaware County Pork Producers Scholarship, Delaware County Cattlemen Scholarship, Seth Sellner Memorial 4-H Scholarship, Delaware County Farm Bureau Scholarship

Taylor Guthrie, Dollars for Scholars, Maquoketa Valley Athletic Academic Honors Award, Hopkinton/Monticello Camp Fire Scholarship
 Kaleb Handel, Dollars for Scholars
 Katlyn Handel, Dollars for Scholars
 Mason Hermanson, Dollars for Scholars
 Shawnae Hoeger, Dollars for Scholars, Maquoketa Valley Senior Athletic Participation Silver Award, Fidelity Bank & Trust Scholarship
 Blake Hogan, Kirkwood Academy Medallion
 Megan Hogan, Dollars for Scholars
 Andy Huber, Dollars for Scholars
 Cassandra Ingles, Dollars for Scholars
 Courtney Ingles, Dollars for Scholars, Kirkwood Academy Medallion
 Travis Knipper, Dollars for Scholars
 Emily Krapfl, Dollars for Scholars
 Kaleb Kruse, Dollars for Scholars, Delaware County Dairy Council Scholarship, Delaware County Pork Producers Scholarship, Delaware County Farm Bureau Scholarship, Delaware County 4-H Foundation Scholarship, Kaskaskia College Dairy Judging Scholarship, Iowa Ayrshire Scholarship, Wells Fargo National Cattle Congress Scholarship, Midwest Dairy Association Scholarship
 Emily LaGrant, Valedictorian, KWWL Best of the Class Representative, Dollars for Scholars, Maquoketa Valley Athletic Academic Honors Award, Des Moines Register Academic All-State Nominee
 Nate Lansing, Dollars for Scholars, Kirkwood Academy Medallion
 Nichole Lucas, Dollars for Scholars, Delhi Lions Club Scholarship, Mercy Hospital Auxiliary Scholarship
 Briana March, Dollars for Scholars
 Megan Mensen, Dollars for Scholars, Maquoketa Valley Senior Athletic Participation Gold Award
 Molly Miles, Dollars for Scholars
 Colton Nefzger, Dollars for Scholars, Delaware County Pheasants Forever Scholarship
 Natalie Neuzil, Dollars for Scholars, University

of Northern Iowa Distinguished Scholar Award, Delaware County 4-H Food Stand Scholarship
 Jazz Niehaus, Dollars for Scholars
 Dakota Nuttall, Dollars for Scholars
 Calvin Orcutt, Dollars for Scholars, Delaware County Pork Producers Scholarship, Delaware County Cattlemen Scholarship
 Andrew Palmersheim, Dollars for Scholars, Delaware County Pork Producers Scholarship, Delaware County Cattlemen Scholarship, Delaware County Farm Bureau Scholarship
 Cody Ries, Dollars for Scholars
 Missy Schwandt, Dollars for Scholars
 Laisee Shakespeare, Dollars for Scholars, Mary Louise Helgens Memorial Scholarship, Edward & Margaret Cox Scholarship
 Brooke Snyder, Dollars for Scholars, Kirkwood Academy Medallion, National Career Readiness Certificate
 Kelsey Snyder, Dollars for Scholars, Kirkwood Academy Medallion, National Career Readiness Certificate
 Riley Sternhagen, Dollars for Scholars, Maquoketa Valley Athletic Academic Honors Award, Austin Stogdill, Dollars for Scholars
 Tony Thompson, Dollars for Scholars
 Shaylyn Trenkamp, Valedictorian, Maquoketa Valley Athletic Academic Honors Award, Governor's Scholars Recognition, Manchester Masonic Lodge #165 Scholarship, Delaware County Republican Scholarship, University of Northern Iowa Distinguished Scholar Award
 Angie Wilson, Dollars for Scholars, Maquoketa Valley Senior Athletic Participation Silver Award, Iowa Bar Association American Citizenship Award, University of Northern Iowa Distinguished Scholar Award, Delaware County Pork Producers Scholarship, Delaware County Farm Bureau Scholarship, PEO Star Scholarship, Gary Helmrichs Scholarship
 Whitney Wilson, Dollars for Scholars, Kirkwood Academy Medallion
 Dylan Wright, Dollars for Scholars



**Class of 2016
Award
Winners
May 15**

WHAT'S HAPPENING AT MV

MONDAY, May 23, 2016

1. HS Media Day for Summer Sports - HS Gymnasium - 3:15 PM

TUESDAY, May 24, 2016

1. EARLY DISMISSAL - 1:05 PM

WEDNESDAY, May 25, 2016

1. HS JV (DH) Softball & Baseball at

North Linn HS - 5:00 PM (Bus at 3:15)

3. HS V (DH) Softball at Center Point / Urbana - 6:00 PM (Bus at 4:30 PM)

4. HS V (DH) Baseball - HOME - Kee HS - 5:00 PM

THURSDAY, May 26, 2016

1. HS V (DH) Softball & Baseball at East Buchanan - 5:00 PM (Bus Leaves at 3:30 PM)



Bidding farewell

As the end of the school year approaches, the beginning of retirement is knocking at Mrs. Porter's (elementary special ed), Ms. Hollinrake's (guidance) and Mrs. Knott's (elementary art) doors.

Students experience nursing simulations

After Sarah Caven, from University of Iowa's Nurse and Health Sciences program and Nurse Recruitment team, spoke to the student body in April, some students decided to pursue visiting the nursing education center. Nurse Mary accompanied the seven students Monday to Iowa City.

The center includes an 11-room clinical simulation lab where learners experience nursing care in specialty and clinical situations: high-fidelity patient simulation, perioperative, pediatric intensive care unit (ICU), neonatal ICU, general pediatrics, adult medical surgical care, adult critical care, and pediatric and adult ambulatory care, according to the UIHC website.

Many of the students attending can agree the experience was eye-opening. "It was very overwhelming seeing what it was really like in the hospital," stated Cassi Westhoff. "It was very interesting to see the different parts of the hospital and all of the different jobs that are offered. It was a good experience to have to receive knowledge about what the medical field is about."

Adrianne Supple added that she learned more about career options. "There are so many jobs in the medical field, some jobs you wouldn't even think about. So you can go into the medical field, without having to be a nurse or a doctor."

Heath Gibbs also noted that he learned that various roles in the medical field require different levels of education.

The visit also offered a different hospital experience than most of us get to have. "I thought the most important thing was getting the feel of the medical field first hand," stated Danielle Schuman. "It's different when you are in the hospital and looking at all the different specialties. It was a great way to understand and learn more about healthcare than just looking it



Students participating in the nursing simulations were Arianne Supple, Payton Ries, Danielle Schuman, Macy Hoeger, Cassi Westhoff, Madison Imler and Heath Gibbs. (photos courtesy of Nurse Mary)

up on the computer."

Payton Ries said the experience was not completely what she expected it to be. "Going in there, I had my mind set on what I wanted to be in the medical field. After visiting different areas, they were lots of different job opportunities. It was very interesting to see what it was really like. The experience was overwhelming, and there was a lot to take in."

The students listen to the heart on a manikin (a life-like jointed body used for medical training).

