

FFA students represent well at district contest



by Lainey Knipper

On March 11, 32 members traveled to Beckman Catholic to compete at the District level contest for FFA.

Some 8th graders were able to attend by participating in the contest Ag Impact or Ag CSI.

Out of ten contests, six received gold ratings with Ag Impact being an Alternate to State and four contests received silver ratings. Congrats to all of the members who participated.

Creed Speaking - Karly Kerch - Silver
Ag Broadcasting - Kaya Knipper - Gold
Extemp. Speaking - Leah Reicher - Silver
Public Speaking - Alia Domeyer - Silver
Ag Sales - Brooke Hogan - Silver
Job Interview - Dannie Burkle - Gold
Chapter Website - Lainey Knipper & Bi-

anka Ronnebaum - Gold
Farm Business Management - Lance McShane, Tate Monk, Lucas Knipper & Kody Hoeger (7th Place Individual) - Gold
Chapter Test - Jordan Hatfield, Jada Knipper & Kelsey Hoeger
Greenhand Test - Ty Hoeger, Ford Domeyer, Dexter Dietiker, Lukas Chesnut & McKayla Weber (Gold Individual)
Ag CSI - Dalton Africa, Clayton Davis, Seth Dugan, Chase Krogmann, Brenyn Robinson & Braden Ronnebaum - Gold
Ag Impact - Emma Brockhohn, Ella Reicher, Tracy Reth & Natalie Ries - Gold
Alt to State
Academic Achievement - Dannie Burkle & Lucas Orcutt
Delegates - Harold Mohr & Lucas Orcutt

Where is she?

The cast of the spring play, *Miss Nelson Is Missing*, has begun rehearsing. Mark your calendars for May 5 or May 7.



State contest success leads to a dozen All-State nominations

On Mar. 11, 38 events performed at the state contest at Starmont High School. Of those, 35 received a division 1 rating and three obtained a division 2 rating.

On Mar. 13, the IHSSA announced the names of those who had been nominated for All-State. Twelve of MV's events received these honors including Carter Klaren in radio news announcing, Ella Mensen in storytelling, Kayla Otting in reviewing, McKenna Thompson in acting and storytelling, Toby Grimm in public address, Lily Huber in expository address, Addie Hucker in after dinner speaking, George Livingston in spontaneous speaking and acting, Kaitlyn Nolan in solo musical theatre, and Maya Smith in public address.

These students were recognized at the All-State Festival at UNI Monday.

In addition to the All-State entries, other results include:

Jocelyn Kelchen: Prose- 1
Jena LeGassick: Acting- 1
Carter Klaren: After Dinner- 1
Kaela Clemen: Poetry- 1 // Public Address- 1
Arianna Nolan: Prose- 2 // After-dinner speaking- 2
Alia Domeyer: Expository Address- 1
Cadence Freiburger: Original Oratory- 1
Morgan Clemen: Storytelling- 1
Lily Huber: Radio News 1
Addie Hucker: After Dinner- 1
Kaitlyn Nolan: Acting- 1
Jake Gellersen: Radio News- 1
Emilee Supple: Public Address- 1
Josie Teymer: Poetry- 1 // Expository Address- 1
Alissa Bush: Literary Program- 1 // Original Oratory- 1
Taylor Schmuecker: Storytelling- 1
McKenna Bush: Reviewing- 1
Leah Reicher: Spontaneous Speaking- 2
Allison Hogan: Prose- 1
Emily Hogan: Literary Program- 1

Music department performs, performs, and performs



Life in the music room rarely slows down. Above, instrumentalists in grades 5-12 performed its annual Parade of Bands concert Mar. 7. Right: The jazz band competed at NEIBA district jazz competition Mar. 4. The jazz band and vocal jazz group also hosted its Night of Jazz Mar. 17.



Spanish students recognize Carnival traditions



The Spanish IV students led a Carnival parade through the hallways at the high school to showcase some of their learning about this tradition.

Connecting with the community



On Mar. 23, MV FFA students participated in an event sponsored by Del. Co Economic Development at the fairgrounds that was held in conjunction with the Chamber of Commerce's Ag Luncheon. Students participated in a career fair highlighting careers in agriculture and listened to Lillie Beringer Family Farms and her career story. The keynote address was delivered by Iowa Secretary of Ag, Mike Naig.

Spring sports preview: Looking to make an impact

The grass is starting to turn green, so that means golf and track and field are in the air!

Boys golf:

Coach Besler returns to guide the Wildcats as they come off of eighth place finishes at both conference and sectionals last year.

The team includes some experienced golfers including junior Jake Gellersen and sophomores Tyler Mineart, Logan Beaman, Sebastian Charles, Nicholas Otting and Robert Brown. Junior Toby Grimm will try his hand at golf this spring.

Coach Besler said he had a great group returning. “[They] have worked hard to improve over the past year. Gellersen provides strong leadership and ability at the top of the line up, and we are excited by the addition of Toby Grimm to the team, as well. It should be a fun year that is full of potential.

In terms of competition, Coach Besler noted that the Tri-Rivers race will be tight once again. “We feel we like we’ve got as good of shot as any to gain some individual medals and fight for some team victories.”

Girls golf:

Coach Andrews is coming in for year number 10 as head coach of the girls’ golf team, and he’s feeling good about this season.

“With five starters returning from last year’s team, we have a reason to be optimistic and excited for this coming golf season. Led by senior Kaela Clemen and adding a very good mix of newcomers and veterans, I feel we have a great balance and should be in store for an exciting season.”

In addition to Clemen, the other starters are juniors Kaya Knipper and Cece Trenkamp and sophomores Isabella Mensen and Alissa Bush. Other experienced golfers noted by Coach Andrews include sophomores Ella Wulfekuhle and Emily Hogan.

Coach Andrews noted that the team will face some good competition. “It should be a fun race again this year. We feel with the experience we have coming back, we should be right there in the mix with the best of them in the conference this

coming season.”

Boys track:

The 2023 Boys Track and Field team has 14 members made up of 1 senior, 2 juniors, 4 sophomores and 7 freshmen. The returning letterwinners are senior Carter Klaren, juniors George Livingston and Lance McShane, and sophomores Tate Intorf, Arion Rave and Matthew Schaul. Rounding out the team is sophomore Nathan Beitz and freshmen Kenyon Baker, Kash Hunt, Dylan Knipper, Preston Salow, Colin Smith, DeShawn Strickland and Brady Wall.

The line-up for the team is still not complete but will be developed as the season progresses. Things that are taking shape so far are as follows. The Shuttle Hurdle Relay returns a strong nucleus and should be quite competitive. Hurdlers McShane, Klaren, Hunt, Smith, and Rave will share duties initially. The 110 High Hurdles and 400 Hurdles will be filled by these athletes.

The middle distance and distance events will remain a bright spot for this season. The 4 X 800 Relay should fare very well. Schaul, Livingston, Rave, Baker, and Strickland will run on this relay at different times during the season. Livingston and Schaul will also be competitive in the open 800, 1600, and 3200 races.

Matthew Schaul returns as a state qualifier last year.

The sprint corps is headed by returning state qualifier Lance McShane. He will primarily concentrate on the 200, 400 and Long Jump. Intorf and Klaren have shown great improvement from last year and will bolster the sprints a great deal. Knipper and Salow will help with the sprints also.

Wall and Strickland will long jump and high jump, respectively.

Beitz, Knipper and Salow make up the throwers. The future looks bright for they look as if they are talented but lack meet experience at the high school level.

Girls track:

Last year was an exciting one for the girls track team as it finished second in the conference and fourth at the state quali-

fying meet and had several entries in the state meet.

That excitement is carrying over to this year as several athletes with state experience return: seniors Saige Hunt, McKenna Thompson and Erin Knipper, junior Lily Huber and sophomore Lili Bauers.

Other returning letter winners include juniors Kiersten Bush, Allison Hogan, Addie Hucker, Isabel Imler, Maddyx Kemp and sophomores Izzy Heffernan, Julia Ambundo and Jordan Hatfield.

While there is a lot of returning talent, Coach Dunlap noted that the freshmen will make an immediate impact on the team. “Macee Nolan will be throwing for us and is already in a position to score points for the team at the varsity level. Lanni Beaman will be the team’s only hurdler this season. She will do the 100m hurdles and the 400m hurdles. She is also a talented sprint/mid-distance runner and will be involved in our sprinting relays. Taryn Burbridge, a state qualifier in cross country will also be heavily involved with our open 400m, 800m and relays.”

Coach Dunlap noted a strength of the team is the leadership the senior provide both in terms of the experience and the models of hard work they provide. “McKenna Thompson and Saige Hunt both state scorers in running events, are also fantastic models

for the underclassmen to look up to. They are willing to help get these younger athletes get in shape and help them learn the ins and outs of this sport. Erin Knipper our leading individual scorer last season is also a great leader getting all our throwers in a spot where they can contribute to the team success. Our throwers might be our strongest area on the team.

Coach Dunlap noted that while numbers are down (21 athletes on the team), they show potential for growth and will experience some success this season.



Senior Carter Klaren



Senior Kaela Clemen



Seniors Erin Knipper and McKenna Thompson (not pictured: Saige Hunt)

Athletic teams host annual awards nights



The boys basketball team held its awards night recently. Winners of team awards were Avery Holtz, Leadership Award, Offensive MVP; Lance McShane, Defensive MVP; Preston Salow, Most Improved; Anderson Holtz, JV MVP; and Dylan Knipper, Mr. Hustle.



Brady Davis - State Qualifier 220 7th Place, Record Breaker-Fastest Fall 6 seconds, Coaches Award



Nathan Beitz - State Qualifier 195 3rd Place, Heart N Soul Award



Aidan Salow - State Qualifier 285 7th Place, Captain Award



The wrestling coaches presented Farr Jebens with a Legacy Award for his years of contributions to the wrestling program.

Is it too early to think about next year???

No way.



Congratulations to the 23-24 MVDT

Captain - Livia Hermanson

Co-Captain - Maddyx Kemp

Josie Teymer

Sami DeMoss

Kaitlyn Nolan

Claire Gray

Tierra Morgan

Isabella Mensen

New Members:

Natalie Ries

Emma Brockhohn

Lilly Kraft

Alaina Mead

Tessa Intorf

Alaina Leytem

Cheyenne Eike



Congratulations to the 2023 Cheer Team

Captain - Livia Hermanson

Co-Captain - Josie Teymer

Maddyx Kemp

Sami DeMoss

Kaitlyn Nolan

Jesús Rumbo

Claire Gray

Isabella Mensen

Ava Goldsmith

Team Managers : Lena Lewin & Ever Botos

New Members:

Natalie Ries

Emma Brockhohn

Ella Reicher

Keely Ricker

Tessa Intorf

Jeanie Teymer

Tristen Flanagan

Football district

DISTRICT #4

Bellevue

Clayton Ridge, Guttenberg

East Buchanan, Winthrop

Maquoketa Valley, Delhi

North Cedar, Stanwood

North Linn, Troy Mills

Postville

Starmont

McShane, Schaul earn top finishes at early meets

The boys track season is under-way, and there's a lot of excitement in all areas.

Last Friday the team competed at the Tri-Rivers conference indoor meet. No team scores were kept.

"It is a good meet to get an idea what this year's team can do," stated Coach Meehan. "This is especially true this year in that almost half the team are freshmen with no experience in high school competition. We were reassured that they will be able to hold their own in competition. The sophomores, juniors, and senior are battle tested and are ready for the challenges that lie ahead."

Results include:

400M Dash: Lance McShane, 55.44, first
1600M Run, Matthew Schaul, 4:54.05, second

55 Meter Hurdles: Lance McShane, 8.22, third

1600M Run: George Livingston, 5:05.68, fourth

4 X 800 Relay: Arion Rave, George Livingston, Kenyon Baker, Matthew Schaul, 9:16.01, fourth

1600 Medley Relay: Carter Klaren, Tate Intorf, Matthew Schaul, DeShawn Strickland, 4:20.27, fifth

200 Meter Dash: Lance McShane, 24.63, sixth

Shot Put: Nathan Beitz, 37' 8", seventh; Preston Salow, 37' 6", eighth

4 X 400 Relay: Brady Wall, Preston Salow, DeShawn Strickland, Carter Klaren, 4:06.28, eighth

This past Tuesday was the start of the outdoor season. The team finished fifth with 75 points.

Points were earned in the following events:

1600: Matthew Schaul, 4:57.63, first

3200M Run: George Livingston, 10:40.32, second

400M Hurdles: Arion Rave, 1:01.47,

Nathan Beitz competes in the discus at the West Delaware Early Bird meet Tuesday. (photo by Dannie Burkle)



Kash Hunt rounds a corner at the Tri-Rivers conference meet last Friday. (photo by Danni Burkle)

second

4x100 Relay: Tate Intorf, Carter Klaren, Kash Hunt, Lance McShane, 50.07, fifth

4x200 Relay: Tate Intorf, Kash Hunt, Matthew Schaul, Brady Wall, 1:44.17, sixth

4x400 Relay: Brady Wall, George Livingston, DeShawn Strickland, Kenyon Baker, 4:00.80, fifth

4x800 Relay: Matthew Schaul, DeShawn Strickland, Preston Salow, Kenyon Baker, 9:43.60, second

800 Sprint Medley: Carter Klaren, Brady Wall, Tate Intorf, Colin Smith, 1:51.18, sixth

Distance Medley: Kash Hunt, Colin Smith, Arion Rave, George Livingston, 4:12.93, third

Shuttle Hurdle Relay: Carter Klaren, Arion Rave, Kash Hunt, Lance McShane, 1:09.22, second

Long jump: Lance McShane, 18-01, fifth; Brady Wall, 17-01, ninth

The boys will compete next Tuesday night in Anamosa.

Athletes of the Week

Name: Erin Knipper

What do you enjoy most about track?

I enjoy the family culture of our throwing group. We can talk and joke with each other, but also motivate each other to do our best.

What gets you hyped up before your event(s)?

I listen to music when I warm up, but throwing is more of turning an aggressive switch on and throwing your hardest.

What life lessons have you learned through track?

The biggest life lesson that I have learned from throwing is that you can't let little things get in the way of the bigger picture.

What's the hardest part of practice?

I wouldn't say that throwing practice is hard, however, it's hard to stay positive when you are having a bad throwing day.

Who is your track role model?

My track role model is Lydia Helle. She has always had the love for throwing.



Name: Taryn Burbridge

What do you enjoy most about track?

I enjoy competing against good runners. I also love the practices, and the friendships I have with my teammates.

What gets you hyped up before your event(s)?

Usually I get really nervous before my event. So to get myself excited for my race, I focus on my race strategy and talk to people, whether it's my teammates or girls by the starting line.

What life lessons have you learned through track?

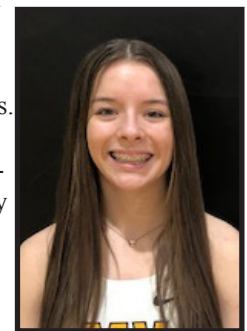
1. Always work hard and try your best
2. No matter how hard something might be, don't give up

What's the hardest part of practice?

Not going as fast as I can in the first rep of a workout.

Who is your track role model?

Sam Wall



Girls season starts off with success

by Chantel Crowley

The track season has started! The MV girls' track team traveled to Dubuque on Mar. 24 for the Tri-River Conference indoor meet. No team scores were kept.

"I'm very proud of all the girls and their will to put it all out there for this meet," stated Coach Dunlap.

Here are the scores:

4x800 Meter Relay: Jordan Hatfield, Isabel Imler, Zari Ambundo, Emily Rudd; 12:45.56; 5th

55 Meter Dash: Lily Huber; 7.89; 5th

4x200 Meter Relay: Lily Huber, McKenna Thompson, Izzy Heffernan, Taryn Burbridge; 1:55.12; 4th

1500 Meter Run: Isabel Imler; 5:50.75; 4th

400 Meter Dash: Lanni Beaman; 1:04.58; 4th

Sprint Medley Relay: Izzy Heffernan, Lily Huber, McKenna Thompson, Isabel Imler; 4:51.18; 4th

800 Meter Run: Taryn Burbridge; 2:32.21; 2nd

4x400 Meter Relay: Taryn Burbridge, Lanni Beaman, Lily Huber, McKenna Thompson; 4:20.96; 2nd

Shot Put: Erin Knipper; 37-0; 1st

Then it was time for the outdoor season to start. The girls' next meet was at West Delaware Mar. 28. The team finished seventh with 66.5 points.

Here are the scores for that meet:

200 Meter Dash: Taryn Burbridge; 28.93; 4th

400 Meter Dash: Taryn Burbridge; 1:04.41; 5th

800 Meter Run: Isabel Imler; 2:47.63; 4th

4x100 Meter Relay: Lily Huber, McKenna Thompson, Izzy Heffernan, Taryn Burbridge; 54.12; 2nd

4x200 Meter Relay: Lily Huber, Lili Bauers, Izzy Heffernan, McKenna Thompson; 1:54.91; 2nd

4x400 Meter Relay: Lily Huber, Lanni Beaman, Lili Bauers, McKenna Thompson; 4:27.33; 3rd

4x800 Meter Relay: Jordan Hatfield, Zari Ambundo, Emily Rudd, Allison Hogan; 13:43.91; 6th

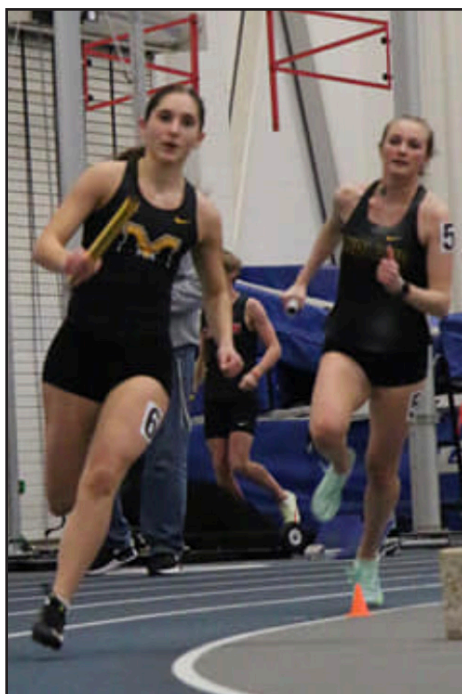
800 Sprint Medley: McKenna Thompson, Lily Huber, Lanni Beaman, Taryn Burbridge; 1:58.92; 2nd

Distance Medley: Izzy Heffernan, Lili Bauers, Saige Hunt, Isabel Imler; 5:08.22; 4th

High Jump: Julia Ambundo; 4-00.00; 8th

Shot Put: Erin Knipper; 38-02.00; 1st

Discus Throw: Maddyx Kemp; 83-08; 3rd



McKenna Thompson runs her leg of a relay at the conference indoor meet. (photo by Dannie Burkle)

The girls' next meet will be on Tuesday, April 4th at Jesup, and will be covered in the next issue.

Cutie

by Lily Huber

Moooo-ove out of the way for this Cutie! This Cutie is a senior that is involved in volleyball, speech, FFA, and softball. A fun fact about her is that a lifeguard had to pull her out of 5ft water. *Last Echo's Cutie was Brayden Bjorkgren.*



what's up?

What is your go-to song to jam out to in the car?

by Lily Huber

Mrs. Lewin: "Heavydirtysoul" by twenty one pilots

Caden Ries: "5% TINT" by Travis Scott
Devin Meeks: "Boy's a liar pt. 2" by Pinkpantheress and Ice Spice

Anderson Holtz: "You'll Always Find Your Way Back Home" by Hannah Montana

Zach Leytem: "Munch" by Ice Spice
Cadence Freiburger: "Te mueves tú, se mueven todos"... iykyk

Saige Hunt: The Big Bootie Mixes

Mrs. Temple: "Low" by Flo Rida or

"Beat It" by Michael Jackson

- How are you doing with
- getting your Wildcat Star
- Service log filled out?
- Do you need to collect signatures?
- Seniors, your 2022-23 is due May
- 1. Underclassmen, you need to
- have yours turned in before the
- last day of school. Then you'll
- start a new one! See Mrs. Temple
- with questions.

MV TEL-ALL

compiled by Lily Huber

The tobacco industry spends billions of dollars each year on marketing cigarettes

alone... don't be fooled.

Comedy Corner

—compiled by Erin Knipper

Why did the dog do so well in school?
Because he was the teacher's pet!

Why was the broom late for school?
It overswept!

Why was the music teacher stuck outside his classroom?
Because his keys were on the piano!

Why is a math book always unhappy?
Because it always has lots of problems.

Dying Words

by Cadence Freiburger

Marguerite Ann Johnson— known to many as Maya Angelou— was a woman of many talents. Angelou was born in St. Louis, Missouri, on April 4, 1928. She spent several years of her childhood in Arkansas with her grandmother after her parents' divorce. The years she didn't spend with her grandmother were often filled with traumatic events. During a time that she spent with her mother (at the age of seven), Angelou had been sexually assaulted by her mother's boyfriend. Angelou had the courage to speak up, and he was jailed for his crimes. Once he'd been released, he had been killed, and Angelou became mute as she felt guilty, thinking her confession led to his death. Through her teen years, Maya Angelou stayed with her grandmother in Arkansas. Angelou developed a connection to poetry that was evident from an early age. She kept a journal of poems, writings, and essays throughout her childhood, and this carried into her love of drama and dancing. While still a child, Angelou memorized many works of literary geniuses like Poe and Shakespeare.

When World War 2 broke out, Maya applied to join the Women's Army Corps, but she was denied because of her college. The college she attended was a victim of the Red Scare and was feared to have communist ties. Angelou was also denied over and over again when she asked for an application to be a streetcar conductor due to her race, but her perseverance returned. She asked for an application every day for three weeks until she was given one. Because she was only 15 at the time, she lied on the application and wrote that she was 19 years old. She was the first African American woman to become a streetcar conductor. A short time later, she returned to school and had her son. In 1949, she married Tosh Angelos. This was where she got the surname "Angelou."

From the 60s to the 90s, Angelou wrote, sang, and performed. She performed in the United States, Europe, and even northern Africa. Angelou joined the Harlem Writers Guild in 1959 and became very active in the Civil Rights Movement— specifically the Southern Christian Leadership Conference. Her writing really gained traction when she published her autobiography *I Know Why the Caged Bird Sings*. This book garnered controversy because of its depiction of her childhood sexual assault however it continued to grow in fame and is credited with helping other victims. She wrote— and recorded— many poems, some of which earned her a Pulitzer Prize. Angelou's screenplay *Georgia, Georgia* was turned into a movie, making Angelou the first African American woman to achieve such a thing. The influential woman was also nominated for a Tony. Angelou received many awards for her works such as: the Reynolds Professorship of American Studies, the National Medal of Arts, an induction into the Wake Forest University Writers Hall of Fame, the National Book Foundation's Literarian Award, over 30 honorary degrees, and the Presidential Medal of Freedom (the country's highest civilian honor).

On May 28, 2014, Maya Angelou passed away. Her death was commemorated with several memorials at Wake Forest University, Glide Memorial Church in San Francisco, and other meaningful places. Her final words were recorded to be:

"It has been said often that there are none so blind as those who will not see. There are people who go through life burdened by ignorance because they refuse to see. When they do not recognize the truth that they belong to their community and their community belongs to them ... it is because they refuse to see."



One at a Time

by Arianna Nolan

It's been awhile since I've written, and I hope you all have had a great time since we have seen each other. It has been a stressful week with ISASP and I have gone through some major changes in my life. But, during these tough times I have remembered to stay positive and to find the good things in life. If it was past me that went through these changes, I don't know if I would still be here today. On that topic, I want to bring up something that takes the lives of teenagers each year. It is the third leading cause of deaths each year in the United States. It takes 12 lives of people under the age of 24. Suicide.

There are many reasons why people commit suicide, but one thing is known, and that is that it all relates back to mental health issues. The United States is having a mental health crisis as I write this, and this problem is not being dealt with. Although I can not help with the crisis, I can at least try and convince some of you that living is worth it. You all are loved and respected by the people around you. You are important and loved. It may not seem like it, but people want you here on this Earth, and people would be really sad if you do end up taking your own life.

Firstly, you have a future to look forward to. Through these tough times, there will be light at the end of the tunnel. A hand will be there to grab yours and pull you out of the pit of despair. All it takes is a little something to wake up from the nightmare. For me, it was after an event happened to me. I finally snapped out of it and took a look around me and I felt horrible about what I was doing. I was trying to shut people out who genuinely cared about me because I thought that they hated me. For other people, it will be different, and that's okay. It doesn't have to be right now, and it doesn't have to be next week when you realize. As long as you know that you're going to make it through this. I will be here silently, trying to help you through this with my words.

Secondly, it's not worth it. There are things that need to be done in your life. Your friends, parents, teachers, or even your pets will feel grief after your death. I know what it feels like to just want to be gone from this earth. I know the feeling too well. But, if you think about it too hard, it just makes you so sad. You won't be able to see your own funeral, you won't be able to pet your pets when they're sad, you won't be able to talk to your friends ever again. Everything will be gone.

These are just a few reasons why you shouldn't, but I could go on and on about how it's not worth it. Just know there is help out there, and there are people to talk to when times get tough. Here are some hotlines that could be of use to you: 988 is the National Hotline and a Iowa Suicide Hotline is 855-581-8111.

Please stay safe within the next week and try to have great days. I love you all and I will see you soon!



Women who have influenced the women of MV

by Cadence Freiburger

As the end of Women's History Month approaches, the Diversity Group would like to recognize the marvelous women who teach in the high school.

Señorita Ries:

1. Who has been the most influential woman in your life?

My sister has been the most influential woman in my life. She has always been there for me. We were



both first generation college students, our parents never having gone to college. She went through it first being she is older she was always there to answer my questions, positively push me, support my crazy ideas, keep me sane, listen to all the stress and always provide answers. She is SO strong, and strong willed. She taught me not to take anyone's crap, and to stand up for myself. I always admired her from a very young age....and she set the best example to aspire to. She studied abroad and lived in two foreign countries... She was fearless (or so it appeared). She majored in Spanish and became a teacher;) today... She is my best friend. We talk everyday on the phone on our way to school and solve all the world's problems in 8.5 minutes .

2. In your life, what has been the biggest barrier you have faced as a woman?

My biggest barrier as a woman, combined with my enneagram 7 personality... has been not being taken seriously. I started out in university as a math major. My professors really gave me a run for my money and mistook me/ judged me/ had preconceived ideas that I was a blond bimbo. I felt like I had to work three times as hard just to prove myself and prove that I belonged.

3. Out of all the women in the world- in the past and in the present- who would you want to chat with over coffee?

Ahh coffee;) My coffee date would most definitely be Maya Angelou. Phenomenal Woman. *her poem fyi*

Mrs Montz:

1. Who has been the most influential woman in your life?

Like many women, my mom was extremely influential in my life growing up. As an adult, my daughter is my biggest inspiration.



She never ceases to amaze me with what she is able to accomplish due to her independent and goal-oriented personality.

2. In your life, what has been the biggest barrier you have faced as a woman?

Personally, I cannot think of any barrier that stopped me from reaching a goal based upon the fact I am a woman.

3. Out of all the women in the world- in the past and in the present- who would you want to chat with over coffee?

Maquoketa Valley has one of the most sincere and kindest women I have met. Even though I get to see her most days, I would love to sit down and have a cup of coffee and a long conversation with Mrs. McDermott.

Mrs. Temple:

1. Who has been the most influential woman in your life?

I have to answer that in layers. My mother instilled a love of people which has guided me with how to treat others.



Professionally, my first-grade teacher taught me to read which has changed my life, and my high school English teacher and Spanish teacher showed me the value of my talents. Personally, I also have surrounded myself with some co-workers and friends who remind me daily the power we have to make the world a better place.

2. In your life, what has been the biggest barrier you have faced as a woman?

My greatest struggles have been trying to meet the expectations I've imagined other people having of me as I try to be a full-time teacher, wife, mother, and community volunteer.

3. Out of all the women in the world- in the past and in the present- who would you want to chat with over coffee?

Oprah Winfrey

Ms. Hayes:

1. Who has been the most influential woman in your life?

My mother, because she has always been my number one supporter and a great role model.

2. In your life, what has been the biggest barrier you have faced as a woman?

That's a tough question, probably having confidence in myself.

3. Out of all the women in the world- in the past and in the present- who would you want to chat with over coffee?

I would like to chat with my grandmother my age. She and I are really close and I know we would have a good time together.

Mrs. Besler:

1. Who has been the most influential woman in your life?

My mom. The older I get, the more I under-

stand how hard she worked for us. She is a phenomenal mom, and I hope someday my kids see me the same way.

2. In your life, what has been the biggest barrier you have faced as a woman?

Hmmm..I haven't really missed out on any opportunities for being a woman. However, I HAVE had a doctor discount symptoms because he thought I was being a "dramatic woman." When he realized that I was actually dealing with something serious, he went out of his way to apologize and was an amazing doctor from that day onward!

3. Out of all the women in the world- in the past and in the present- who would you want to chat with over coffee?

Mary (Jesus' mom) or Laura Ingalls Wilder

Mrs. McDermott

1. Who has been the most influential woman in your life?

My mom would be the most influential woman in my life. My mother is a strong, compassionate, courageous, and intelligent woman. She has battled cancer twice and has taught me what life is really about. I do not know where I would be if my mom had not been part of my



life, being my positive role model. I feel very blessed to have a mother that is there for me and I feel blessed that we get to continue to spend time together.

2. In your life, what has been the biggest barrier you have faced as a woman?

Growing up, it seemed to me that I saw more males in leadership roles but not that I have gotten older I see a better balance of men and women in leadership roles. I think this is important for females because as I was growing up I am not sure I thought this was a problem but now I do understand the importance of role-modeling these positions so females understand there are no boundaries and equality is real.

3. Out of all the women in the world- in the past and in the present- who would you want to chat with over coffee?

For sure, I would want to chat and have coffee with Mother Theresa. I have always looked up to Mother Theresa. I love the work she did day in and day out helping others. She saw where people were in desperate need of help and did the hard work to help them. She is my inspiration.

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Mrs. Lewin

1. Who has been the most influential woman in your life?

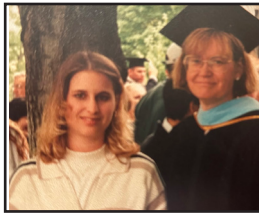
Dr. Busta, a college math professor who encouraged me to be a HS math teacher instead of an elementary teacher. I was taking Calculus II as an elective credit, because math was fun!

2. In your life, what has been the biggest barrier you have faced as a woman?

(Nothing that I can think of)

3. Out of all the women in the world— in the past and in the present— who would you want to chat with over coffee?

My grandma.

**Mrs. DeVore**

1. Who has been the most influential woman in your life?

My grandma Opal was the biggest influence in my life. When she was little, her mother left and didn't return. Because of this, my grandma wanted to be someone who was there for others. She completed the Normal School training and was going to teach until she met my grandpa. As a result, she couldn't teach at a school; however, she taught many lessons to her three sons and her many grandchildren. Grandma Opal was the kindest person I've ever known and I will never forget our Saturday evenings filled with The Golden Girls and Dairy Queen chicken sandwiches and dilly bars.

2. Out of all the women in the world— in the past and in the present— who would you want to chat with over coffee?

It's so hard to choose just one! I would love to chat with so many strong and brave women like Malala Yousafzai, Ruth Bader Ginsburg, Anne Frank, Sarah Kay, Christa McAuliffe, Nellie Bly, Amelia Earhart, and so many more. However, I would love to chat with Michelle Obama first.

**Ms. Lau**

1. Who has been the most influential woman in your life?

My HS Ag teacher, Rachael Stecklein. She has been someone I have looked up to and sought advice from before and during my teaching career.

2. In your life, what has been the biggest barrier you have faced as a woman?

Being respected in the agriculture community as a female in a male-dominated industry.

3. Out of all the women in the world— in the past and in the present— who would you

want to chat with over coffee?

Julie Smiley, she was the first female to hold a National FFA office in 1976 and held the VP position. Females weren't allowed to be members in FFA until 1969.

Mrs. Downs

1. Who has been the most influential woman in your life?

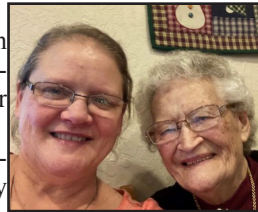
The most influential woman in my life would have to be my mom. She has raised 13 children and not once did I hear her complain. She instilled values into me that I hope to pass on to both my children and to my students. She lived through so many things but still wakes up to a positive attitude and at 89 she still drives, sews, cooks and lives by herself. I aspire to be like her.

2. In your life, what has been the biggest barrier you have faced as a woman?

Honestly I don't feel that I have had any barriers to face due to me being a woman but being a business owner was hard and having to let your kids grow up and move away is not easy even though I feel as though I have prepared them to do so.

3. Out of all the women in the world— in the past and in the present— who would you want to chat with over coffee?

My niece Shelli. I miss her so much.

**Mrs. Moenck**

1. Who has been the most influential woman in your life?

I have been lucky - I have been surrounded by multiple exceptional women in my life. It is hard to choose just one as they all have made an impact on who I am as a person. My mother has been influential to me. The love a mother has for their child/children is hard to describe and as I get older, I become more and more aware of all of the decisions and sacrifices that mothers make for their children. Mothers never stop worrying about their children, even when they are adults. And my mother does whatever she can to provide moral support and advice to me as I raise my children. And she also lets me know that my feelings are valid. My late mother-in-law has also influenced me. She was selfless and kind and how she treated the people in her life is inspiring to me. I am also thankful for my sister. She is much more easygoing than I am and she is a great listener. When I'm stuck on something or if I'm trying to determine if I'm overreacting, my sister is there with words that put me at ease.

2. In your life, what has been the biggest barrier you have faced as a woman?

I believe the biggest barrier I have faced

as a woman is perhaps not gender-related at all. Instead, I feel as though my biggest barrier is balancing home and work life. I struggle with not feeling guilty when I have to sacrifice one for the other or when one receives more attention than the other. I want to be seen as competent and capable in all the things that I do. When I am pulled in one direction, I find myself questioning whether or not I'm "good" in either role - as a mother/wife and as a professional.

3. Out of all the women in the world— in the past and in the present— who would you want to chat with over coffee?

If I could chat with any woman over coffee, I would probably choose to speak with one of my grandmothers again. I feel as though we can learn a lot from those who are older than us. When I was younger, I didn't value my conversations with my grandmothers as much as I should have. Looking back, the amount of knowledge and resiliency that each of them showed was amazing. I would like to just sit with them one more time and hear them talk about their childhoods, memories of the world around them, and words of wisdom. I think I would appreciate these words more now than I did when they were alive because I now realize how important they were in shaping who I am.

Ms. Droeszler:

1. Who has been the most influential woman in your life?

Out of all the influential women that I have been grateful to be surrounded by, my mom and my high school biology teacher have likely had the most impact on my life. Because of these two women, I have grown as an individual and discovered my passion for teaching.

2. In your life, what has been the biggest barrier you have faced as a woman?

One of the largest barriers that I have faced as a woman has been pursuing a science-related degree. In fact, The University of Iowa has an organization called "Women in STEM" to promote more participation and recognition in related careers.

3. Out of all the women in the world— in the past and in the present— who would you want to chat with over coffee?

If I had the opportunity to chat over coffee with Rosalind Franklin (a scientist who worked with DNA), that would be SO neat!



Brooklynn Lammers



Activities involved in during high school: FFA, Volleyball, Choir

Which activity affected you the most? How? Volleyball has affected me the most because volleyball has taught me teamwork is what is going to get you the farthest. Mistakes are going to happen but just keep going and doing your best and you'll make it anywhere.

What advice do you have for freshmen? Honestly, do that sport, go to that "lame" high school dance, do that thing you

wanna do because you'd rather do it and say it was boring than regret not trying it or doing it at all.

What do you appreciate most about Maquoketa Valley? The push and drive that not only you have but the teachers have for you

If you could relive any moment in high school, what would it be and why? The first volleyball win of my senior season. It made the win a little bit sweeter and very much a team moment.

Who is your most inspirational high school teacher? Why? Mr. Cassutt. He has a drive to make every single day better than the last and to make everything an experience. He's always open to new ideas and always supportive of his students

Who is your most inspirational elementary or middle school teacher? Why? Mrs. Flanagan. She was my middle school math teacher and she has always been a supportive teacher of everything. She took the time to take one on one moments with her students and prove that you could do anything all you had to do was try

What is a favorite elementary/middle school memory? It was joining the middle school volleyball team in the Lone Tree community school district! My love and passion for volleyball started there.

What does your future (college and career) look like? Becoming a US Coast Guardsman and then becoming a trauma nurse for the US Coast Guard

What's your favorite song? Movie? Favorite song is "He Don't Need to Know" by Reddy Redd and favorite movie is *Twitches*!

If you could go back in time and invite someone to have lunch with you at school, who would it be? My great step grandpa Ron. He was always pushing me to do better and he always wanted me to go into the service.

When you're not in school, what are you most likely doing? Working

What event from high school do you hope your classmates still talk about at your five-year class reunion? Honestly I hope it's about nothing in high school. I hope it's about how well and different our lives are after high school.

Kansas Berthel



Activities involved in during high school: I am involved with track and field and Helping Services (mentoring).

Which activity affected you the most? How? The Real Life Academy, it helps you get prepared for the real world.

What advice do you have for freshmen? Don't take things for granted during your high school. Take the most classes you can, so your senior year is the best year yet. Your time will go by fast, so enjoy it while you can!

What do you appreciate most about Maquoketa Valley? I appreciate the teachers here at Maquoketa Valley. They are so kind and help you in any way they can.

If you could relive any moment in high school, what would it be and why? I would go back and be involved in more activities and it goes by like a blink of an eye.

Who is your most inspirational high school teacher? Why? I would say Mr. Cassutt and Mrs. Montz. They are pretty laid back and they understand you.

If your life was made into a movie, who would you want to play the role of you? Honestly, no one because my life has been through so many battles and I don't want no one to experience what I've been through.

What does your future (college and career) look like? I will be going to the National Guard and I will be attending NICC for my nursing degree. I would love to work as an oncology nurse.

What's your favorite song? Movie? "Good Ole Day" by Macklemore.

Full Metal Jacket

When you're not in school, what are you most likely doing? I am either working or spending time with my family.

Travis Pohlman



What advice do you have for freshmen? Be nice to your teachers and they'll let you get away with anything, I promise and am totally not lying at all ;)

What do you appreciate most about Maquoketa Valley?

There are a few teachers who are very lenient about things. Be honest and at least try, if not for you then for them.

If you could relive any moment in high school, what would it be and why? I wouldn't relive any of it, just

remember it fondly

Who is your most inspirational high school teacher? Why? Mr. Dunlap. He's helping me make a portfolio that I can use for the rest of my life

Who is your most inspirational elementary or middle school teacher? Why? Mrs. Rudd. She helped me appreciate science more

What is a favorite elementary/middle school memory? Recess. I still think we should have it in high school, at least one recess

If your life was made into a movie, who would you want to play the role of you? Obviously Chris Hemsworth, we're basically twins

What does your future (college and career) look like? Tattoo artist, hmu for some fire tattoo designs ;)

What's your favorite song? My favorite song is "Lemon Drop" by Logic.

If you could go back in time and invite someone to have lunch with you at school, who would it be? Probably just Michael, if you knew me in my first three years of high school, you'd know it was clockwork. Every single day, I was at the corner seat of the lunch table and talking to Michael

When you're not in school, what are you most likely doing? Drawing stuff for my art portfolio probably

What event from high school do you hope your classmates still talk about at your five-year class reunion? Me rolling up in a carpet way back in elementary school

Ella Mensen



Activities involved in during high school: Basketball, softball, track, speech,

Which activity affected you the most? How? I think basketball has affected me the most because it taught me a lot of life lessons and the team became a family.

What advice do you have for freshmen? My biggest piece of advice for freshmen is just to enjoy the moment and focus on the good.

What do you appreciate most about Maquoketa Valley? I appreciate the teachers and how much they care. You can tell that they are very passionate about their jobs.

If you could relive any moment in high school, what would it be and why? I would want to relive sophomore year because I was so close with all the seniors and I can't even pick just one moment, it was so much fun.

Who is your most inspirational high school teacher? Why? My most inspirational high school teacher would be Mrs. DeVore because she is always very positive and a good role model.

Who is your most inspirational elementary or middle school teacher? Why? My most inspirational elementary teacher would be Mrs. George because I remember always having so much fun learning in her class.

What is a favorite elementary/middle school memory? Some of my favorite elementary/middle school memories are going to high school basketball or football games because they seemed so cool to me at the time.

If your life was made into a movie, who would you want to play the role of you? I would obviously want Jennifer Aniston to play me in a movie because I think she is so funny and the best actress in the game.

What does your future (college and career) look like? I will attend the University of Iowa on the Pre-Medicine path.

What's your favorite song? Movie? My current favorite song is "Save the Roses" by Lee Brice and my favorite movie would have to be *Pitch Perfect* because it is such a good one to re-watch.

When you're not in school, what are you most likely doing? You can most likely find me either napping or shopping.

What event from high school do you hope your classmates still talk about at your five-year class reunion? One memory I think we will always talk about is our homecomings and proms.