

by Kaya Knipper, FFA reporter

Last Wednesday four students traveled to NICC in Calmar to compete in NE District Ag Mechanics.

Kaya Knipper, Harold Mohr, Jackson Schnittjer and Gavin Kemp exhibited their abilities in trailer wiring, welding, parts identification, and wiring a 3-way switch. They also took a mechanics test.



Band, choir compete at Large Group Contest

by Chantel Crowley

Last week, on Saturday, May 6th, the band and choir traveled to Monona to MFL MarMac to compete at the Large Group IHSMA Contest.

The concert band earned a Division I (superior) rating. This is the first time since 2019 that they earned that distinction.

Mr. Ford commented, "I am extremely proud of the students for this accomplishment. We are a young group, with over 70% of the band being underclassmen, so it was very rewarding to hear the judges comment on the maturity of our sound. We have grown so much as musicians this year and I am so grateful for all the work our students have done, especially our seniors."

The choir also competed as a mixed choir, girls' choir and boys' choir. All three groups received a Division II (excellent) rating.

"I am incredibly proud of how well the MV choir students performed this past weekend at Large Group Contest!" Ms. McCrary also stated. "We were fortunate to be able to perform in their beautiful auditorium. The process of preparing for Large Group contest has been an incredible learning experience and really allowed us to develop different musicianship and performance skills, and I am beyond proud of how much every single one of the choir members have grown this semester. It has been such a delight to watch everyone's progress!"

Speech & Drama students' success celebrated

Spring play award winners



Students involved in speech and drama were recognized at the annual awards night. Fall musical students were presented participation certificates. Speech students received certificates and medals for their accomplishments, and seniors were given special recognition.

Special awards were given to some students involved in the spring play.

Play Awards

Cast Choice: Best Acting -- Josie Teymer

& Zach Mineart

Directors' Choice: Best Acting -- Carter Klaren

Rising Star Awards -- Arianna Nolan & McKenna Bush

110% Award -- Cadence Freiburger

Rockstar Award (students who had over 12 hours of set work) -- Cadence Freiburger, Josie Teymer, McKenna Bush, Arianna Nolan, & Joellen Beitz

Students earn special honors at awards night



At senior awards night Wednesday night, Srta. Ries presented eight students with the State Seal of Biliteracy: McKenna Thompson, Shea Burcham, Kaela Clemen, Saige Hunt, Ella Mensen, Zach Mineart, Kennedy Rausch and Taylor Schmuecker. Burcham, Hunt, Clemen, Schmuecker and Thompson also earned the Global Seal of Biliteracy. In a global society where intercultural communication has become increasingly important, the Global Seal provides a unique and recognizable certification of language skills. The Global Seal of Biliteracy provides a universally consistent and inclusive micro-credential to increase opportunity for bilinguals from school into the Workforce. Student can use this certificate for more on top of the State seal. The Global is valid forever, and crosses state lines for work force and college.

What's happening?



Dollars for Scholars presented over \$119,000 in scholarships to 37 students in this year's senior class Wednesday night.



The CTE classes had a beautiful afternoon for their spring MV Market.



Tailgate fun

Last Friday

MV's TEL group hosted a picnic and games. Students enjoyed chalk art, bags, softball and fellowship.



To wrap up their drama unit, the Intro to Lit students put on three readers' theaters, including *Sally Cotter* and *the Censored Stone*.



Students who were recognized at the Academic Awards banquet last week pose with the guest speaker, Dr. Sarah Kintzle. (photo by Dannie Burkle)



Members of the band visited elementary students last week to let the students know what being in the band is all about.

JO-JO'S CLOSET

by Josie Teymer

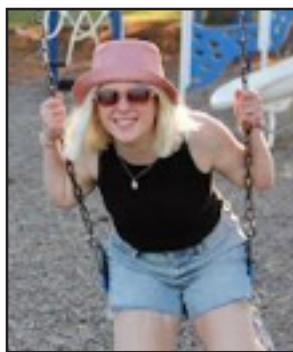
Happy Teacher Appreciation Week! This ones for the educators. Teacher trends coming your way!

A big upcoming trend is the skirt and short blazer. With this I think that a mock neck t-shirt would look really good under this.

You know what I would love? To see some teachers in a sweater vest. They are cute, go with every bottom, and are super easy to accessorize.

I'm going to say it. Shoes. I know I know. You've already heard about shoes

this year but I think they can make or break a wardrobe. I don't know how some of you walk around in flimsy flats and high heels all day. I want to see some Timberland boots, Doc Martens, and some cute sneakers! Just not the all black ones please.



Cutie



by Lily Huber

Hungry, Cutie? This Cutie is a senior and is involved in speech and track and field. Something you may or may not know about her is that she has only one fallopian tube. Last week's Cutie was Macee Nolan.

Girls place fifth; boys fourth at TRC track meet

Girls

by Chantel Crowley

Last week, on Thursday, May 4th, the MV Girls Track team competed at the Tri-Rivers Conference held in Central City. Overall, they placed 5th with 64 points, out of the 14 schools attending. Here are the scorers:

800 Sprint Medley: McKenna Thompson, Lili Bauers, Lanni Beaman, Taryn Burbridge; 1:57.76; 4th

3000M Run: Isabel Imler; 13:22.79; 4th

4x800M Relay: Jordan Hatfield, Emily rudd, Allison Hogan, Zari Ambundo; 13:24.37; 3rd

100M Dash: Lily Huber; 13.50; 4th

Distance Medley: Lili Bauers, Izzy Hefferman, Saige Hunt, Isabel Imler; 4:56.41; 6th

400M Dash: Lanni Beaman; 1:03.24; 3rd

4x200M Relay: Lily Huber, Izzy Hefferman, Taryn Burbridge, McKenna Thompson; 1:52.88; 6th

800M Run: Taryn Burbridge; 2:37.05; 4th

1500M Run: Isabel Imler; 5:41.50; 7th

4x100M Relay: Lily Huber, Lili Bauers, Lanni Beaman, McKenna Thompson; 53.20; 6th

4x400M Relay: Lily Huber, McKenna Thompson, Lanni Beaman, Taryn Burbridge; 4:17.04; 2nd

Shot Put: Erin Knipper; 38-06.00; 1st

Discus Throw: Maddyx Kemp; 92-03; 6th

"Once again we had a beautiful night to compete for the conference title," Coach Dunlap comments. "The TRC is loaded with talent at every event and it is very special to get an entire team performing at a high enough level to get the title. You also have to have enough athletes to fill those events which for a small school can be difficult. I was very pleased with how our kids performed and at how they were willing to get points however they could. Some kids ran in events they either were not comfortable with or have never done before. Our TEAM identity is strong and may be the thing I was most proud of at this meet. We ended up in 5th place as a team. We were only three points out of third. I felt like we had a chance to get third but we were not quite as good as we have been in a couple relays. Other than that I thought we really competed well! We placed in 13 of the 19 events and had a couple other events PRs. We didn't have a high jumper, longer jumper, shuttle hurdle,



Lili Bauers (far left) and Lily Huber (far right) compete in the 100M dash at the conference meet. Huber finished fourth.

100m hurdler or 400m hurdler so we have to overcome the loss of possible points in those events. A few more lids could make a big difference. I am very proud of this small but mighty group of athletes."

The girls' state-qualifying meet was last night at Edgewood-Colesburg, and results will be in the next Echo.

Boys

by Maya Smith

Last Thursday, the boys track team competed at the Tri-Rivers Conference Meet. The boys placed 4th overall out of 14 schools with 55 points. Coach Meehan commented, "The meet went well with excellent weather and competition. Our team place of 4th was very rewarding. The guys were short-handed with the absence of George Livingston, but nevertheless competed very well."

Here are the scorers:

Sprint Medley: DaShawn Strickland, Arion Rave, Matthew Schaul, Kenyon Baker; 9:05.64; 6th

4x110 M Hurdles: Carter Klaren, Arion Rave, Kash Hunt, Lance McShane; 1:05.60; 3rd

Distance Medley: Tate Intorf, Colin Smith, DaShawn Strickland, Matthew Schaul; 3:56.21; 4th

400 M Dash: Lance McShane; 51.59; 3rd

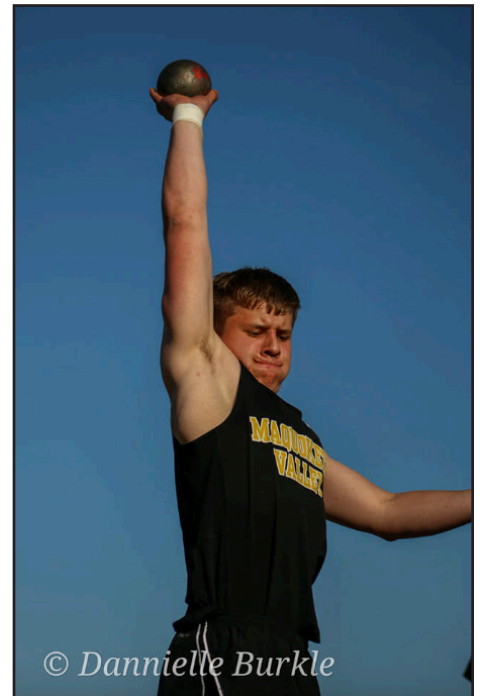
110 Meter Hurdles: Arion Rave; 16.88; 4th

1600 M Run: Matthew Schaul; 4:48.72; 2nd

4x400 M Relay: Brady Wall, DaShawn Strickland, Tate Intorf, Matthew Schaul; 6th

Shot Put: Dylan Knipper; 41-11.00; 6th

The boys also competed in the state-qualifying meet last night. Results will be in the next issue.



Dylan Knipper prepares his throw in the conference shot put. (photos by Dannie Burkle)

Girls basketball awards presented



The girls basketball team held its award night earlier this week. Above: Team First award winners were Laini Beaman, Madison Thompson, Ella Mensen, Kennedy Rausch, Alexis Halverson, Macee Nolan and Grace Richter.

Above right: You Can award winners were Jada Knipper, Leah Reicher and Taryn Burbridge.

Right: Distinguished Academic Achievement award winners

The all conference team members were also recognized: 1st Team - Bianca Ronnebaum; 2nd team - Haley Ronnebaum; Honorable mention - Grace Richter
Bianca Ronnebaum: All Region Team.



Clemen finishes sixth in conference, Grimm advances to next round

by Kaitlyn Nolan

Postseason has really kicked off for both of MV's golf teams when, following the conference meet for the boys, the girls stayed at Hart Ridge to compete in the Tri-Rivers West Conference Meet on Monday. The competition was tough, and the girls placed fifth out of the eight teams that participated with a score of 435. First place was awarded to East Buchanan who had a team score of 371.

Senior Kaela Clemen individually placed sixth with a score of 95. Top individual medalist of the day came from East Buchanan's Jaeden Hellenthal who scored an 80. Other scores for MV included: Kaya Knipper (105), Isabella Mensen (112), Ella Wulfekhule (123), Cece Trenkamp (142), and Emily Hogan (152).

"Overall I was happy with how the girls competed the entire day," Coach Andrews commented. "It was a beautiful day out on the course at Hart Ridge and to come within 11 strokes of third place at

the conference tournament with only one senior in the line-up is very encouraging. Was very happy for Kaela and her 6th place finish individually. Looking forward to a good week of practice and hoping we can put ourselves into contention this Friday at Regionals in Central City."

On Wednesday, the boys traveled to the Guttenburg Golf & Country Club to participate in sectionals. As a whole, the team placed seventh while conference rival Starmont earned a districts spot as a team. Junior Toby Grimm was the individual who qualified for district play with a score of 88.

Coach Besler had a lot to say about his talented group of guys. "It was a beautiful day up in Guttenburg, as the Wildcat boys took on a tough sectional draw, facing off against some familiar foes, as well as some teams we haven't seen before. The entire team played great today. I couldn't be prouder of this group of guys. Every single guy on this team showed improvement throughout the season, some of

whom improved their game by leaps and bounds from where they were at the beginning of the season. Great things are on the horizon for them the next few years. I have no doubt."

Other sectional scores were Zach Leytem 99, Sebastian Charles 120, Jake Gellersen 108, Tyler Mineart 131 and Logan Beaman 138.

Sometimes, proven time and time again, it's attitude over ability that truly matters on a team. Coach Besler agreed with this by saying, "As proud of them as I am for their play and efforts, I love the fact that they were always supportive of each other, and always laughing and enjoying their time together. That, to me, is priceless, and what high school sports is all about. If you see any of them in school, or out and about in our communities, please take the time to congratulate them on a great season."

Pet Corner



by Ava Cole

This week's Pet Corner covers Loki, a cat. He resides in Cuba City, Wisconsin with the Freiburgers' dad. He's about two and a half years old with a very reserved personality. He is good

Cuddle-bility - 7/10 - Looking at his photo, he reminds me of my dad when he was young. I can imagine that those feelings may make cuddling with him either very uncomfortable or quite enjoyable.

Cuteness - 10/10 - He looks like he has a goatee and it makes me laugh. I think he's a very handsome young man.

Friendliness - 6/10 - Loki is shy, but not mean. He's actually quite a nice cat once he warms up to you. For those reasons, I give him a solid six on friendliness.

Loyalty - 7/10 - He looks kind of evil, but I know that's not his heart. He is a good cat, deep down. Even if he looks a little silly, I trust him.

Train-ability - 6/10 - Cats are hard to train. However, he's known to be very nice to people he cares about. If you form a serious emotional bond with him, he may be willing to learn.

Can I Take Them in a Fight? - 3/10 - I feel like we both would be hesitant to fight each other. But in a life-or-death situation, I would probably win. Considering he is not even a foot tall and I am a whole 5'8, I could probably fight him. I wouldn't want to, but I could.

One at a Time

by Arianna Nolan



Throughout the winter I know some people really struggle with mental health. It can feel like an endless cycle of negativity because of how bad the weather can be. We are cooped up inside all day, with only the phone to communicate with people through social media. And, we all know how bad social media can be on some days. It can cause you to be really tired, and very unmotivated, and may even cause thoughts of harming yourself or others. If this sounds like you, I would encourage you to talk to people during times like those, because you are not alone. But, with the weather getting better, I would like to talk about the many positive things warm weather can bring us, and how being outside could improve your mental health greatly.

First, being outside can improve your stress levels, which is very well needed for the end of the school year. There can be finals and big projects with deadlines that seem like way too soon. All of that on top of your social life can be really hard for some people and cause a lot of stress. According to Intermountain Healthcare, being outside has been proven to reduce your heart-rate, which reduces stress. It also relieves time pressure, and increases

life satisfaction of people who go outside daily.

The second way it can improve your mental health is that it will make you happier. According to Hackensack Meridian Health, being outside can improve your vitamin D levels and help you sleep well. By getting more sleep, and being healthier, it makes you happier knowing that you are doing what is right for your body. It also makes your days a lot easier to get by. It can also improve your happiness because sunlight has been proven to increase serotonin levels, which is the chemical in your body that makes you feel good.

So, with all of this in mind, it's clear to see that even going outside for just 30 minutes a day could really benefit you in the long run. During this time that you are outside, try and go on a walk, or lay in the grass and let your skin take in some sun. But, make sure you put on sunscreen before any of that.

My goal for you this week is on the days that it is nice out next week, go outside. You could hang out with your friends outside, or do something by yourself. I personally like to do my homework outside because it makes me feel a lot less stressed. Try and think about your moods when you were outside versus when you were inside. I hope you all have a great day and see a better mood in your future! I love you all!

MV TEL-ALL

compiled by Lily Huber

The National Institute on Alcohol Abuse and Alcoholism reports that a drunk peer

has assaulted **696,000** students between 18 and 24. Moreover, these are just the assaults that are reported. Recent investigations suggest that even more assaults go unreported. Other studies show that alcohol abuse comes with an increase in violent behavior. These events ruin a person's college experience. They are traumatic.

Comedy Corner

—compiled by Erin Knipper

Rest in peace, boiling water. You will be mist.

Have you heard about the new restaurant called Karma? There's no menu: You get what you deserve.

What do you call a bear with no teeth? A gummy bear.

Why are ghosts such bad liars? Because they are easy to see through.

Shea Burcham



Activities involved in during high school: TEL, Individual speech, volleyball, and wrestling managing
Which activity affected you the most?
How? Probably managing the wrestling team. Alongside all of the wrestlers who are simply fun to be around. Being beside Jordan and Jeorgia has probably been the best. The coaches have definitely not only taught the wrestlers, but us as managers, a lot of lessons through simply talking with each of us. They don't have to be complex lessons; it could be as simple as advice on what to do the next day. The coaches are always there for anyone as well, whether it is

wrestling related or not.

What advice do you have for freshmen? Try new activities, even if you don't think that you'll like them. You have plenty of time to figure out what you want to be or do with your life.

What do you appreciate most about Maquoketa Valley? Definitely the teachers. They will go out of their way to make sure you succeed as long as you put in the same effort.

If you could relive any moment in high school, what would it be and why? 2023 state and district wrestling. It is a time with a lot of suspense and it is just fun to be apart of.

Who is your most inspirational high school teacher? Why? I would have to say Mr. Cassutt is my most inspirational teacher because he not only teaches us about the subject but teaches us aspects of life that school in general won't. He gives a lot of us advice that no one wants to say but everyone needs to be successful in life.

Who is your most inspirational elementary or middle school teacher? Why? My first grade teacher, Mrs. George was my most inspirational teacher in elementary because she just had an amazing outlook on everything and was always trying to see the positive.

What is a favorite elementary/middle school memory? In 6th grade during technology class when we had to program the Sphero robots.

If your life was made into a movie, who would you want to play the role of you? Jennifer Lawrence, I just find her extremely funny and outgoing.

What does your future (college and career) look like? I plan to go to Hawkeye Community College for its Criminal Justice program. I plan to eventually go into DCI to be a sworn investigator.

What's your favorite song? Movie? I like a lot of movies, anything horror I will watch. My favorite song at the moment is "House on Fire" by Bailey Zimmerman.

If you could go back in time and invite someone to have lunch with you at school, who would it be? Probably my grandpa, I didn't get to spend a lot of time with him before he passed so I wish I could have just a little more time.

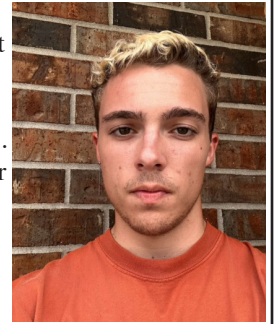
When you're not in school, what are you most likely doing? Working or going somewhere, whether it is a long trip out of state or a short trip to a different part of the state.

What event from high school do you hope your classmates still talk about at your five-year class reunion? Probably when we planned for Jena to "faint" on April Fools Day in 4th grade.

A message to the seniors from someone who has been in your shoes

by Matthew Brehm, MV class of 2022

Sometimes, when I'm driving through the city at night, I try to sneak glimpses up at the buildings, beautifully lit and towering over me. Then, I realize that I no longer have that privilege. I'm the driver now, not the passenger. My eyes may only wander briefly before snapping back to the road.



There's a common refrain that seems to permeate the halls of every high school: "I hate it here," and, "I can't wait to move out." As it turns out, these youthful sentiments do not stop upon entering college.

It's very easy to spend copious amounts of time sulking in the tragedy of being temporarily stuck where you were planted; I would know from personal experience. In fact, I so looked forward to moving out that I missed something much more important—everything after it.

After leaving MV, I had to face the fact that I didn't have even a vague plan of where I was headed next. No real aspirations, nothing to look forward to in my foreseeable future. I wanted a blank slate so badly, and when I finally got it, I hated how sterile, empty, lifeless it was.

The truth is that every stage of a well-lived life is perhaps more capricious than the last, and the things that occupy all of your mental energy right now might cease to be a problem in the near future. It is then up to you to focus that newly-freed mental energy on a more fulfilling pursuit.

Perhaps the hardest part of growing up actually has to do with acquiring the responsibility to steer your own life. As an adult, you no longer get to sit in the passenger's seat and watch through the window; it's now your job to navigate, and that's no small task, especially when you don't have a destination.

Don't let life pass you by. Be proactive, create goals and place milestones in your future. Graduating high school is a huge and important accomplishment, but don't forget to paint the world that happens after. We obtain no more from life than we pursue.

Advisor's note: Matthew spent the past year taking classes at Kirkwood. He was involved in the jazz band as well as the student newspaper. This June, he will attend basic training and will eventually become a linguist in the Marines. Point of this note: It's okay to change plans; just keep moving forward.