#  <br> A publication by the students of Maquoketa Valley High School 

## Student of the Week

 prom because it is something I have looked forward to for years. I was also told that I should do it from the coordinator of prom, so in the beginning I didn't have much of a choice. As the time went on I really started to enjoy what I was doing.
What do you hope students and guests notice at the grand march? I hope they notice all the details that have gone into the decor and all of the hard work that was put into making some of the pieces that will be there for grand march. What are you looking forward to most about prom? I am looking forward to making memories with my friends and walking grand march to just see how all of our hard work has paid off.

> Prom Reminders
> Grand March starts at 3:00 pm in the HS gym. Doors open at 2:30 pm.
> The dance is from 8:00-10:30 pm at the Legion in Delhi. Students are required to be at the legion for the dance by $8: 15$ pm . The doors will open at 7:30 pm. The theme is Dream Prom Students need to check in to post-prom by 10:45 pm.


FFA takes the stage and shines at state convention


Senior Kody Hoeger receives his Star over Iowa award surrounded by school officials, family, and state FFA officials. Stars over Iowa represent the best among hundreds of Iowa FFA Degree recipients. Applicants must possess exemplary involvement and achievement in the areas of classroom/laboratory, FFA, and Supervised Agriculture Experience (SAE).
by Kaya Knipper, FFA reporter
This past week, 36 MV FFA members made their way to the big city of Ames Iowa to take on the Iowa FFA State Leadership Convention. Over the days all members were involved in an array of activities from walking across the stage, packaging meals, competing, attending workshops and much more! Activities and competition results for those days include:

## Sunday

Members got to Ames later in the afternoon and they participated in the Meals For The Heartland packaging event. Those involved prepared and packaged meals that will be shipped all across the nation. At the same time Kody Hoeger went in for his Star over Iowa Finalists recording for the Agriculture Placement Category. Members ended the night with some chill rounds of bowling and lots of pizza.

## Monday

Kyle Engelken, Ella Reicher, Natalie Ries, McKenna Mineart, Olivie Ronnebaum, Seth Dugan and Ruby Recker were up bright and early to compete in conduct of meetings. The team received a silver rating and we are very proud of them for their accomplishments as freshmen and making it from subdistricts all the way to state level. Ag Biotechnology competed next which consisted of Harold Mohr, Alexis Halverson, Kelsey Hoeger and Allison Hogan. They received a silver. Karly Kerch, Ava Knipper, McKayla Weber and Lexi Ries
competed in Ag Communications and received a silver. Kody Hoeger then had his interview for the finalists of the Stars over Iowa.

## Tuesday

It was another bright and early rainy morning where teams started competing right away. Bryce Vaske and Braden Ronnebaum participated in the Greenhand test where Vaske received a silver and Ronnebaum received a gold placing. Farm Business Management competed and received a gold rating; this team consisted of Kody Hoeger, Ty Hoeger, Lucas Knipper and Lainey Knipper. Poultry Evaluation which consisted of Tyler Mineart, Ford Domeyer, Brendin Frasher and Dexter Dietiker competed and received a bronze. Marketing Plan received 3rd overall Gold and first place written plan; this team included Jordan Hatfield, Nathan Beitz and Jada Knipper. Team Ag Sales received a gold rating; this team consisted of Haley Ronnebaum, Bianka Ronnebaum, Caden Ries and Ashton Klaren. Kody Hoeger was recognized on Stage for being a Finalist Star over Iowa in the Ag Placement category. To round out the week eight members received their Iowa Degrees, This is the highest degree of the state that consists of the students Supervised Agricultural Experience: Ethen Brockhohn, Kody Hoeger, Kaya Knipper, Lainey Knipper, Lucas Knipper, Harold Mohr, Parker Ries and Haley Ronnebaum.

## Boys place third at West Delaware

by Maya Smith
Last Thursday, April 11th, the boys took a short trip to West Delaware. There, the boys placed 3rd out of 7 teams with an impressive 118.5 points.
Here are those who placed: 100 M Dash: Macoy Stone; 12.21; 7th 200 M Dash: Brady Wall; 24.74; 4th, DaShawn Strickland; 25.34; 8th 4x100 M Relay: Rogan Heidt, Kash Hunt, Tate Intorf, Dylan Knipper; 46.96; 4th 400 M Dash: Matthew Schaul; 54.97; 4th 4x200 M Relay: Rogan Heidt, Brady Wall, Macoy Stone, Lance McShane;1:34.53; 2nd 800 M Run: Kenyon Baker; 2:21.60; 7th 4x400 M Relay: Arion Rave, DaShawn Strickland, Brady Wall, Macoy Stone; 3:47.43; 4th 4x800 M Relay: George Livingston, Kenyon Baker, DaShawn Strickland, Matthew Schaul; 8:41.93; 1st

1600 M Run: Matthew Schaul; 4:42.80; 1st, George Livingston; 5:10.20; 5th Sprint Med Relay: Rogan Heidt, Kash Hunt, Macoy Stone, Lance McShane; 1:38.64; 3rd,
Shane Wright, Tristan Deitz, Shane Lambert, Jayden Schwandt; 1:56.98; 8th Distance Med Relay: Tate Intorf, Dylan Knipper, DaShawn Strickland, George Livingston; 3:56.79; 2nd
110 M Hurdles: Arion Rave; 18.03; 7th 400 M Hurdles: Lance McShane; 58.62; 1st, Arion Rave: 1:02.84; 2nd Shuttle Hurdle Relay: Arion Rave, Kash Hunt, Eli Dougherty, Lance McShane; 1:05.67; 1st
High Jump: Eli Dougherty; 5 ft 4in; 3rd, DaShawn Strickland, 5ft 2in; 7th
Shot Put: Preston Salow; 40 ft 6 in; 6th, Dylan Knipper; 40ft 3 in; 7th

## Big Games on the Big Stage

 scorer in the NCAA for both men and women, had the number one draft pick this year with the Indiana Fever! One pick, more unexpected than the last, was Kate Martin, the "Glue" of the team, who got the call from the defending WNBA champs, the Las Vegas Aces! Congratulations to both!

## Grimms lead golf team, Wildcats 2-2 for the season

by Kaitlyn Nolan
The Wildcat boys' golf team has started the season split even, 2-2, following a Friday night win over the Central City Wildcats, 166-189, and a loss to the East Buchanan Buccaneers, 176-156. Once again, senior Toby Grimm led the way by medaling in both meets. He took the top spot against Central City with freshman Trevor Grimm placing 2nd. Elijah Dougherty, another freshman, placed 3rd.
"Friday night was a tough night to golf with the wind blowing pretty hard the whole night," stated Head Coach Eric Conner. "We shot our best team score of the season, so I was very happy with how we played. Toby Grimm had another sub40 round and shot 39 and was the meet medalist. Trevor Grimm also put a nice round together and shot 41 and was the meet medalist runner-up. Zach Leytem played his best golf of the season and shot 44, and Eli Dougherty played a good round
and shot 42 in the first varsity meet of his career. I continue to be impressed with how hard our guys work on the course and the range. I have also been very proud of how they continue to conduct themselves with class on and off the golf course."

Toby placed 2nd when the Wildcats took on the Bucs. The next varsity placement came from Dougherty who took 7th while Trevor took 8th. Sophomores Zachary Leytem, Anderson Holtz, and Lukas Chesnut placed 10th, 11th, and 12th, respectively.

The team hosted the Ed-Co Vikings last night, and those results will be in next week's article.

## Central City Meet

1st - Toby Grimm: 39
2nd - Trevor Grimm: 41
3rd - Eli Dougherty: 42
5th - Zachary Leytem: 44
8th - Anderson Holtz: 48
9th - Lukas Chesnut: 49


Trevor and Toby Grimm pose with their medals from the Central City meet.
East Buchanan Meet
2nd - Toby Grimm: 39
7th - Elijah Dougherty: 44
8th - Trevor Grimm: 44
10th - Zachary Leytem: 49
11th - Anderson Holtz: 51
12th - Lukas Chesnut: 53

## Girls host meet, have big finishes in relays

On Thursday April 10th the girls track team traveled to MFL. Sadly, the weather wasn't cooperating so their time there was cut short. However, they were able to make it through most races before leaving and ended with an overall 1st place, 99-point finish!
Top finishes:
100m Dash: Lily Huber, 13.59, 1st, Camryn Paris, 13.64, 2nd
200m Dash: Taryn Burbridge, 28.25, 1st, Elizabeth Kraft, 31.34, 3rd
400m Dash: Burbridge, 1:06.62, 1st
800m Run: Isabel Imler, 3:15.35, 4th
100m Hurdles, Natalie Ries, 18.62, 3rd 4x200m Relay: Huber, Izzy Heffernan, Lili Bauers, Camryn Paris, 1:58.20, 1st 4x800m Relay: Sadie Boeckenstedt, Jeanie Teymer, Ruby Recker, Breanna McShane, 14:21.75, 3rd
800 Sprint Medley: Huber, Bauers, Lanni Beaman, Burbridge, 2:00.36, 1st
Distance Medley: Bauers, Heffernan, Beaman, Imler, 5:09.93, 3rd
High Jump: Haydin Flannagan, 4-04.00, 2nd
Long Jump: Lilly Kraft, 13-11.00, 4th
Shot Put: Jade Hillers, 28-02.00, 7th
Discus: Macee Nolan, 71-05, 5th
Monday April 15, the girls got to stay home running, throwing, and jumping, on their own turf with some tough competition. This was the first home meet the seniors have had; in the past, weather forced cancellations. The girls ended the beautiful, sunny night with 4th place and 61 points.
Top finishes included:
Long jump: Lilly Kraft, 13-9, 4th
Sprint medley: Huber, Bauers, Burbridge,


What's your favorite movie?
By Grace Richter
Kallie Freiburger- Tangled
Teagan Monk- Tangled
Morgan Clemen- The Notebook
Brady Wall- Top Gun
Macee Nolan- League of Their Own
Lainey Deutmeyer- Nanny McPhee
Kaya Knipper- Mulan
Karson Bush- Iron Man 3
Macoy Stone- Spider-Man
Mrs. Jurgens- The Shawshank Redemption


Jeanie Teymer completes in the home meet Monday night. (photo by Dannie
Beaman; 1:52.12, 2nd
JV sprint med: Addie Bonert, Jeanie Teymer, Elizabeth Kraft, Heffernan; 2:08.19, 1st
4x800: Boeckenstedt, Breanna McShane, Timer, Imler; 12:54.04, 5th
100M Dash: Lilly Kraft, 13.41, 2nd Distance Medley: Huber, Bauers, Beaman, Burbridge; 4:32.18, 1st
$4 x 200$ Relay: Bauers, Heffernan, Lilly
Kraft, Paris; 1:51.70, 1st
JV 4x200: Elizabeth Kraft, Flannagan, Bonert, Emma Brockhohn; 2:03.56, 2nd 200M Dash: Burbridge, 28.81, 6th
4x100 Relay: Huber, Lilly Kraft, Beaman, Paris; 51.70, 1st
JV 4x100 Relay: Elizabeth Kraft, Brockhohn, Flannagan, Teymer; 58.03, 2nd 4x400 Relay: Huber, Paris, Burbridge, Beaman; 4:15.91, 2nd

## Athlete of the Week

Name: Trevor Grimm What is your favorite part of playing golf?
2v2 best shot What's the most frustrating part of the sport? Chunking a wedge How long have you played?
A year and a half Who's your golf role model? My grandpa

## Girls golf team gets first win by Kaya Knipper

Last Friday the MV Wildcats hosted the opposing Central City Wildcats. The girls took their first win of the season 212233. Medalists of the night included Kaya Knipper who shot a 50, and Bretlyn Decker of CC took the top with a 41 . Other notable scores of the night include: Ella Wulfekhu-le- 53, Livia Hermansen- 54, Maya Smith55, Isabella Mensen and Ever Botos tied with 62, Alissa Bush- 69 and Cece Tren-kamp- 72.

On Monday the Wildcats traveled to Winthrop to take on East Buchanan. The team finished with a 241-193 loss. Medalists of the night were East Buchanan players, Jaden Hellenthal- 38 and Eden Brady50. Final scores for the Wildcats include Hermansen, Botos and Smith tied with-59, Morgan Clemen- 61, Ella Wulfekuhle- 62, Bush and Trenkamp tied at 65, and Isabella Mensen- 68.

Coach Zietlow stated, "I continue to be pleased with the progress the team is making with their swings. I saw a lot of good shots from both varsity and JV players. We just need to be more consistent. Ever Botos, our lone freshman, shot a personal season low. Every time she plays it seems she shoots a new season low."

On Thursday the Wildcats had a make up meet against the Ed-Co Vikings. It was a bit cold and rainy but the team pulled through.
"The MV varsity girls team continues to improve shooting a season low total of 208 at Hartridge," added Coach Zietlow. "We lost to a good Ed-Co team. Kaya Knipper placed 2nd again chipping in for eagle on her finishing hole which was hole 8. Freshmen Ever Botos made her varsity debut and finished in the top 4 for the team

Viking Audry Helmrichs took home top with a 43, then Kaya Knipper came in next with a new PR of 46 . Other scores of the night includes Livia Her-mansen- 50, Wulfekuhle, Botos and Smith tied with 56, Morgan Clemen- 60, Isabella Mensen- 61, Cece Trenkamp- 71 and Alissa Bush- 72.

The team will take on Alburnett on Friday night, Marquetta Catholic on Tuesday and then they will travel to compete against Easton Valley later in the week.

## Deep Dive



Welcome back, divers! This week we will be taking a look at a species of invertebrates that can either be cute or horrifying to look at. The tunicates, otherwise known as sea squirts can range in many different colors and sizes, but they are relatively small individually. But, in groups, they can be invasive. A fun fact about tunicates is that they are the invertebrates that are the most closely related to us! Since there is such a wide variety of what these invertebrates could look like, I will just go over some facts about some interesting ones and what they do.

Some sea squirts stick to rocks and other hard materials in the ocean and live their whole life on that surface, and some float freely and look like jello in the ocean. The sea squirts that float freely can be long and can be up to 60 feet! But, one common factor about all sea squirts is the function that they all do when touched. When an organism touches a sea squirt, it convulses and squirts out water, which is how it gets its name. Sea squirts have similar digestive systems to us, but they also have heartbeats that at times will reverse, which is a mystery that still hasn't been solved by scientists.

You might be wondering, what do these creatures provide for us? Well, in some parts of the world people will enjoy eating sea squirts. Or, they have been proven to be good treatments for asthma and even cancer. The endangerment status of these creatures is okay because some species become very invasive after being imported by sticking on the underside of boats and destroying the equipment.

If you would like to learn more about these wonderful creatures, please visit the website of the Smithsonian: National Museum of Natural History where all of the information for this edition of the column has been provided. I hope you all have a fintastic weekend and I will sea you all next week!

## Echo Exhibition



Image from phys.org
dy sam Howes
The bill of a duck and the tail of a beaver, the platypus was thought to be a hoax when it was first discovered in 1797. However, the appearance of the duck bill and beaver tail are a misconception.

The bill is soft and rubbery, and is structured nothing like a bill. Platypi use their "bills" to look for food and burrow underwater since their eyes, ears, and nose close while they're underwater. The platypus will shake it's head back and forth to find electrical pulses created by animals, as well. Platypi eat insects, fish, crustaceans, and more. They will often hold stones in their cheek pouches to grind up food since adults don't have any teeth. A platypus's tail is also soft and furry, unlike a beaver's.

Platypi have venomous spurs on their back flippers. The males keep them throughout their lives, while the females lose them after one year. When a platypus walks on land it folds its front flippers to reveal its claws.

Platypi are about 1.5 feet long and weigh 3 pounds. The sexual dimorphism in this species consists of the males being slightly larger than the females. They can live up to 10 years, and will start mating at 4 years old. Platypi are monotreme mammals, meaning that they lay eggs. A platypus will lay 1-3 eggs and incubates them by holding them against her stomach with her tail. The babies suck their mother's milk directly from her skin and fur since platypi don't have nipples like other mammals.

Wild platypi are found in Australia, and have to have a source of freshwater in their habitat. Their natural predators consist of foxes, snakes, cats, and dogs. However, their loose skin makes it difficult for predators to get a firm grip on them, allowing the platypus time to get away.

In 2020, it was discovered that platypi glow blue or teal under UV light. Platypi are most active at night, which leads some to believe that platypi developed biofluorescense to help them adapt to the lack of light.

## MV TEL-ALL

compiled by Lily Huber
$60.4 \%$ of teenage students that use e-cigarettes - also known as vaping - on a regular basis have reported symptoms of depression, compared to $29.1 \%$ of those who have never used e-cigarettes. - K-State

by Lily Huber
Look at this little Hawkeye! This Cutie is a senior and lives in Delhi. She has two sisters and she's been involved in cross country and track. A fun fact about her is that she ran a half marathon. Do you know who this is? Last Echo's Cutie was Camran McAreavy.

## Comnedyy bomanex

-compiled by Grace Richter
In honor of Tuesday afternoon's tornado warning which kept the buses from running on time:
What's a tornado's favorite dance? The Twist!

What's the safest place in Dallas during a tornado? The Cowboys stadium is the only place there'll never be a touchdown

Do you know what happened to the cow that was lifted into the air by a tornado? It was an udder disaster.

What did the tornado tell his son when his son faced hardship? Dude, just suck it up.

What did the tornado say to its annoying twin? Sigh, clone.

## Fine Artists of the Week

Name: Jesús Rumbo
What is your role in the spring play? I
play Wayne Hopkins.
What do you enjoy most about being a part of this show? I enjoy being able to spend the moments learning with some of my closest friends, being able to see
 what we are all able to create through our own individual work. It also makes us closer outside of practices too, and really starts to feel like a family.
What will audience members enjoy most about the play? Probably our attention to small details, we have been working hard to make sure every bit of this play is as enjoyable as possible.

## If you could add a song to this play's

 imaginary soundtrack, what would it be? I would add "We Are The Champions." I just feel like we could find a funny place to throw it in, although I already enjoy how most of our play has been developing.Name: Josie Teymer
What is your role in the spring play? I play Cedric and Mr. Voldy.

## What do you

 enjoy most about being a part of this show? The thing that I enjoy most has to be just having fun with my friends every night. It is always really fun to interact on the stage while performing and to see everyone get better each night.What will audience members enjoy most about the play? I think that audience members are going to enjoy how much we are in the aisle and the amount of different voices they will hear during a performance.
If you could add a song to this play's imaginary soundtrack, what would it be? This play actually has a mini sound track but, if I could add a song I think that I would add "Murder On The Dancefloor" when Mr. Voldy is at the club.

# One at a Time 

## by Arianna Nolan

Welcome back everyone. This week's edition is much different than my other editions as I want to share with you a poem that I wrote a little while ago. It carries an important message that means a lot to me because it's a chance to share my story when it has been shut down many times. I hope you all enjoy, and think of it as a special edition due to National Poetry Month being this month! I love you all and have a wonderful weekend.


Shower thoughts.
Whenever I take a shower, I start to remember. Memories swallowing me like waves against a shore.
After that day, I started to block what happened out of my mind. But, the familiar echoes of the water hitting the shower walls remind me. I started to feel everything that happened over those 11 months.
No matter how many times I try to forget, brainwash, or gaslight myself into believing it didn't happen, the memories come back to haunt me. Shaking the very marrow of bones, leaving my mind to collapse like bridges.
But, you are more than just a shower thought. No- you are the very reason I am scared to go out into the night. Monsters with sharp horns, horrific fangs, or extra limbs that cower over me are the least of my concerns. I am more worried about the arms that used to embrace me and then leave me to rot, the fingers that used to run through my hair gently just for you to tug on it, the palms that would hold mine until they slapped me, leaving red marks across my face.
The water runs down my body, the very body that allows me to live. But you have accustomed me to loathing it. You have accustomed me to desiring to be deceased. You have accustomed me to living in the fiery midsts of hell.
I look at the shower walls and feel like a mouse in a trap, the same feeling you locked me into. I felt like a prisoner behind bars, while you watched me crumble behind the cell.
You have dug me into a pit of despair that no matter how hard I try to climb out of, your fingers will wrap around my legs like vines and pull me back down again, and again, AND AGAIN.
The crimson color of my shampoo reminds me of the heart-shaped, red-tinted glasses I wore when we were one. I thought sacrifices had to be made in every relationship. I thought everyone went through the same amount of suffering just to see you happy. A select few only said anything, because you made me cut everyone else out of my life like split ends. I was a lost ship at sea, while everyone sent me messages in a bottle that I would never find.
Some people told me to leave. To block you on everything I know, to avoid you like the plague, to finally be at peace. But they never understood what that truly meant for me. They never truly understood what any of it was like. You were my whole life and more. I thought you would bloom into a glorious flower, but you stay wilted. Everything I owned was now tainted by the memory of how you ruined my innocence. I was petrified at just the concept of you. Scared of the concept of changing my entire life that surrounded you, while you discarded me on the streets.
Now, you leave me to rot in my shower, trembling as tears roll down my face, afraid that the door hinges will creak and you will be there. But, as soon as I leave the shower, every memory of you will wash away into the drain, and I will await the next day to do it over. I will look into the mirror again, and watch the tears roll down my face like droplets against the shower wall.

Shower thoughts.

