

## Tonight's the night for MV's Got Talent

by Chantel Crowley

This Friday brings much excitement! Maquoketa Valley's Got Talent is happening in the auditorium at 7PM, and admission is \$10. The one night only performance will feature Smooth Harmony, the high school choir, various band members, various solos and small groups, and even a performance from MV staff members! This is a performance you won't want to miss!

## Kirkwood Jazz Festival gives students a chance for more feedback

by Chantel Crowley

A week ago on Friday, February 23rd, MV's vocal jazz group, Smooth Harmony, traveled to Kirkwood Community College for their jazz festival. The group performed their three songs, and were critiqued afterwards by three amazing humans. They took these critiques and came home, recording various songs for their audition to the Iowa Vocal Jazz Championships, happening on March 26th. Good luck!

Smooth  
Harmony  
members  
get feed-  
back from  
critics last  
week at  
Kirkwood.



## FFA members to be honored at state convention



MV FFA members whose achievements will be honored at the state convention include, front row from left: Haley Ronnebaum and Kaya Knipper; back row: Lacy Reth, Lainey Knipper, Harold Mohr and Kody Hoeger.

by Kaya Knipper, FFA reporter

Six members of the Maquoketa Valley FFA are going to be recognized at the 96th annual FFA competition in Ames on April 14-16th.

Five of the members are going to be recognized for their SAE proficiencies. An FFA proficiency is a special award that students apply for which is based on their Supervised Agricultural Experience.

Within their SAE the application focuses on their project area and how they have developed specialized skills and preparation for their future careers in or out of the Ag field. Those who receive State Champion will advance to the National

Level in October along with recognition and a commemorative plaque. Runner-ups will receive recognition and a commemorative plaque.

The FFA Stars over Iowa is a Special Honor for a student to receive. This year Kody Hoeger applied for a Star over Iowa in the placement field. A Star over Iowa is a special honor that goes off of the students Iowa Degree Application as well as an Essay Application.

Kody Hoeger had the honor of being selected top 6 in the state for his category. Kody will be recognized at State convention with Mr. Osterhaus and Mr. Hoeger. On stage they will announce who officially wins the Star over Iowa category. Kody's application is based on his work at Hoeger Farms in the placement category. Proficiency Recipients include:  
Lainey Knipper- Goat Production, State Champion, Advance to Nationals  
Kaya Knipper- Diversified Agriculture Production, State Runner-up  
Haley Ronnebaum- Dairy Production Placement, State Runner-up  
Lacy Reth- Equine Science Entrepreneurship, State Runner-up  
Harold Mohr- Landscape Management Proficiency, State Runner-up  
Kody Hoeger- Diversified Livestock, Silver

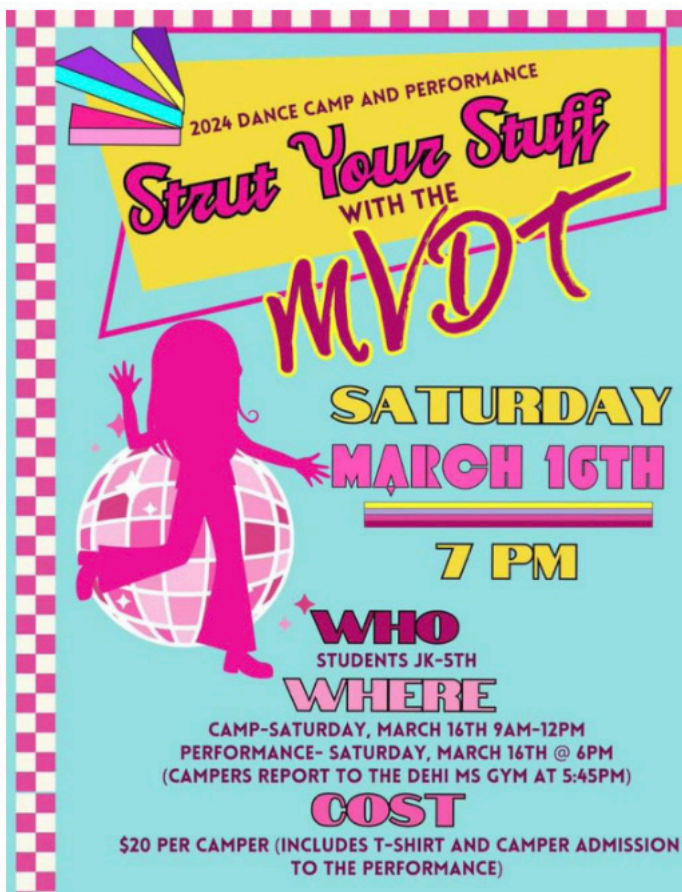
# Dance team to host Strut Your Stuff

by Ella Reicher

Come dance the night away with the MV dance team at Strut Your Stuff on Saturday March 16th at 6pm!

The Maquoketa Valley Dance team is holding a showcase at the MV high school gym that will include some of the younger kids from JK- 5th performing as well. There will be a camp where these students will learn dances, play games, and most importantly have lots much fun. The camp will be held that same Saturday from 9am to 12pm.

Then later that night dancers will come back (campers should report back to the Delhi MS gym) and perform at 6 . Right now we are still looking for more little dancers so if you know anyone that is interested please contact Coach Teymer or the middle school office for a form. As for the dance team they will be performing the 2023-2024 season dances. This includes our state dances, "The Polar Express" and, "All Hail King Willy," to our other dances, self choreographed by some of the dance team members. More information is in the flier below and we look forward to seeing you there.



## Coach Cassutt's reign on the court comes to an end

by Toby Grimm

If you have been following Maquoketa Valley Boys Basketball at all for the last few decades, you've seen or heard of Coach Cassutt. Coach Cassutt has coached at Maquoketa Valley for 15 years. Whether it be middle school or high school, he has been a huge part of the boys program throughout the 2000's. Through the ups and downs, the good and the bad, he has been there to help guide and coach the young men on the team. But as poet Geoffrey Chaucer said "All good things must come to an end." With the recent fall to Dunkerton, Coach Cassutt decided he will be hanging it up and retiring from his basketball coaching career. With that being said, it is a must that we recognize all of the time, energy, and dedication that he has poured into the program.

After reflecting on all of the memories and good times, Coach Cassutt noted what he loved most about coaching: "the opportunities to coach with some outstanding coaches and to work with excellent players. The relationships that were

built have been priceless for me. I am very grateful I have had the opportunity to be a part of the Maquoketa Valley basketball program for 15 years and to have coached for 27 years overall at three other schools. I always tried to do the best I could."

After that many years of coaching, coming up with a favorite memory is tough for Coach Cassutt. "There are so many memories and moments from my career that it is difficult to narrow them down," he stated. "The memories that stick out the most are the close wins, come from behind wins, and celebrations in the locker room after a big game win. The other aspect of my career that is important to me and provides my favorite moments is seeing former players as good family men, giving back to their communities, coaching youth teams, etc. That is what I will always remember. I am proud of them all. It truly has been my pleasure to be involved. Thank you."

When asked how Coach Cassutt has impacted them, Lance McShane said, "Not only did Coach Cassutt help me to evolve my game as a player, but he also



taught me many life lessons that are bigger than basketball." Avery Holtz, class of 2023, stated, "Coach Cassutt taught me so many things and has affected my life in ways nobody else has. I could go on and on about what Cassutt has done for me and my family, but I was told I only get a few sentences. The last thing I want to say is that Cassutt is one of the most influential people in my whole life and I can say I am a better person because of him."



# IE speech students move on

by Kaitlyn Nolan

Last Saturday, Maquoketa Valley hosted IE District Speech! It was a great day full of success for our performers and teamwork as many parents, volunteers, and teachers came together to run a smooth contest. Overall, there were 47 events for the day! Maquoketa Valley had 34 events earn a 1 rating while 13 earned a 2 rating. The performers who earned a 1 at Districts will move on to the State Contest at Hampton-Dumont High School. Below are the results from Saturday:

Students moving on to state include:

Taylor Saunders, Storytelling - 1  
Lily Huber, Poetry - 1  
Chantel Crowley, Radio News - 1  
Sellah Ambundo, Solo Musical Theatre - 1  
Kaitlyn Nolan, Expository Address - 1  
George Livingston, Spontaneous Speaking - 1  
Lily Huber, Radio News - 1  
Arianna Nolan, Acting - 1  
Matthew Schaul, Spontaneous Speaking - 1  
Nicholas Otting, Poetry - 1  
Josie Teymer, Expository Address - 1  
Alissa Bush, Literary Program - 1  
George Livingston, Acting - 1  
Maya Smith, Public Address - 1  
Jocelyn Kelchen, Storytelling - 1  
Alissa Bush, Reviewing - 1  
Lucy Hucker, Storytelling - 1  
Kaitlyn Nolan, Solo Musical Theatre - 1  
Sebastian Charles, Literary Program - 1  
Josie Teymer, Acting - 1  
Morgan Clemen, Storytelling - 1  
Toby Grimm, Improvisation - 1  
Allison Hogan, Prose - 1  
Jocelyn Kelchen, Expository Address - 1  
McKenna Bush, Reviewing - 1  
Addie Hucker, After Dinner - 1  
Arianna Nolan, Original Oratory - 1  
Joellen Beitz, Prose - 1  
McKenna Bush, After Dinner - 1

**Wednesday Kaya Knipper presented her Prepared Public Speaking speech at the Delaware County Farm Bureau meeting. The board listened to her speech, gave feedback, and asked her challenging questions in preparation for districts Mar. 9 in Waukon.**



**Senior Lily Huber rehearses her poetry piece in preparation of state contest.**

Maya Smith, Reviewing - 1  
Shane Lambert, Prose - 1  
Lucy Hucker, After Dinner - 1  
Taylor Saunders, Radio News - 1  
Sam Howes, Acting - 1

Students who earned a division 2 rating:

Morgan Clemen, Acting - 2  
Chantel Crowley, Solo Musical Theatre - 2  
Adeline Rudd, Improvisation - 2  
Sellah Ambundo, Poetry - 2  
Cadence Freiburger, Public Address - 2  
Sebastian Charles, Original Oratory - 2  
Cheyenne Eike, Prose - 2  
Emily Hogan, Prose - 2  
Addie Hucker, Public Address - 2  
Cadence Freiburger, Original Oratory - 2  
Carly Dirks, Improvisation - 2  
Brianna Hines, Poetry - 2  
Morgan Krumviede, Literary Program - 2



## School Board Minutes

Regular Board Meeting – February 19, 2024 – 5:30 p.m. – High School Library, Delhi, Iowa

The regular meeting of the Maquoketa Valley Board of Education was called to order by President Donna Kunde at 5:30 p.m. on February 19, 2024 in the High School Library in Delhi, Iowa. All motions carried unanimously unless otherwise noted.

Board Members Present – Dabroski, Kunde, Overman, Zietlow  
Board Members Absent – Feldmann  
Staff Present – Supt. Dave Hoeger, Erika Vanderloop and Mike Hucker  
Visitors Present – None

Motion was made by Dabroski, seconded by Zietlow to approve the meeting agenda as present. All ayes. Carried.

In a motion by Overman, seconded by Zietlow the consent items were approved. All ayes. Carried.

One open enrollment requests out and one open enrollment request in was approved in a motion by Dabroski, seconded by Overman.

The following personnel recommendation was approved in a motion by Zietlow, seconded by Dabroski:

Michael Schaul – resignation as High School Assistant Baseball Coach  
Lily Aulwes – employed as Third Grade Teacher  
All ayes. Carried.

In a motion by Overman, seconded by Zietlow it was RESOLVED, that the Board of Directors of the Maquoketa Valley Community School District will levy property tax for the fiscal year 2024-2025 for the regular program budget adjustment as allowed under Iowa Code 257.14. Roll call vote was answered as follows: Dabroski, Kunde, Overman, Zietlow, all ayes. Carried.

In a motion by Dabroski, seconded by Zietlow the Board approved the following board policy updates, along with the 200 series, on the first official reading:

502.07 Student Substance Abuse  
505.08 Parent and Family Engagement Districtwide Policy  
605.06 Internet – Appropriate Use  
605.06 – R(1) Internet – Appropriate Use – Regulation  
701.01 Depository of Funds  
*continued on next page*

### **School board minutes, cont.**

701.02 Transfer of Funds  
701.03 Financial Records  
701.04 Governmental Accounting Practices & Regulations  
703.01 Budget Planning  
713 Responsible Technology Use & Social Networking  
713 – R(1) Responsible Technology Use & Social Networking – Regulation  
All ayes. Carried.

The Board approved Ms. Lau's out-of-state travel request in a motion by Zietlow, seconded by Overman. Ms. Lau will be taking FFA students to Washington DC for the Washington Leadership Conference June 17th – 23rd. All ayes. Carried.

Congratulations to all of our students involved in winter activities.

Mrs. Vanderloop presented the Board with information regarding revenues, expenditures, solvency ratio, certified enrollment, new money and salary percentages.

The regular March meeting will be held on Monday, March 25th. Public hearing #1 for the budget will take place on Thursday, April 4th and public hearing #2 along with the regular April board meeting will take place on Wednesday, April 24th.

The Spanish Club will be doing an additional fundraiser which will include the following items: tea, candles, chocolates, kitchen gadgets and seasonings, nuts, flowers, bags, health balm, cookies, popcorn, nuts and wrapping paper. This fundraiser will be used to help fund the 2025 Spain trip for students.

The meeting was adjourned at 5:57 p.m. in a motion by Zietlow, seconded by Dabroski. All ayes. Carried.

## **MV TEL-ALL**

### **compiled by Lily Huber**

We count our lives in years. So, when researchers at The Ohio State University began calculating the years of life lost to unintentional drug overdoses in youth, teens, and young adults ages 10 to 24, the sum total was nothing short of staggering: 1.25 million years of life completely lost. And that number only represents four years of data, according to a report published in JAMA Pediatrics. - The Meadows Texas

## **One at a Time**

by Arianna Nolan

Look - ing into the mirror, your stomach churns and you bite your lip in distaste. Your eye burns a hole looking at your body. The way your skin fits on your bones, the imperfections that nobody else seems to have. They all make you want to shatter the glass with your fist, leaving the shards to stare back at you on the floor. You don't look like anyone you see online, with their perfect jawlines, figures, skin, and hair. Why were you made this way?

If you relate to that story, you are not the only one. According to the Mental Health Foundation's article called "Body Image in Childhood," 52% of teenagers worry about how they look, and 35% of them said that their body image causes them to have constant anxiety. There is no way to fully get rid of feeling self-conscious about your body, but there are ways to diminish those thoughts and conquer them. In this article, I hope to enlighten you about what body image issues are, how they can affect you, and how to deal with them.

First, body image issues are having a negative outlook on your body, whether it be weight, skin, hair, or structure, they all fall under the same category. Having body image issues can also be correlated with having low self-esteem, which means you don't positively view yourself. Examples of body image issues are believing that you are overweight, your skin is ugly because of acne, your jawline is too soft compared to other people, and more. Body image issues can greatly affect people. The article called "Can body issues be serious?" by Butterfly (an eating disorder helpline) states that having body image issues can lead to restraining yourself from doing activities you would usually enjoy, developing issues with the people around you, having decreased mental stability, and even smoking, drinking, or other dangerous habits that can harm you. In some cases, body image issues can lead to people self-harming. In which case, I would recommend calling the helpline provided by Butterfly, which is 1800 33 4673 (1-800 ED HOPE) or chat with a professional online on their website.



Besides a hotline, there are other ways you can heal yourself from these types of issues. The first way you could help yourself is to block out sources that you are not good for your self-esteem. Such sources include magazines with models, or social media accounts that you know make you feel self-conscious about the way that you look. The second way is to pick out clothes that you feel comfortable in, and that make you feel confident. Sometimes clothes can look unflattering to you, so trying out new styles can help boost your self-confidence. But, the best way you can improve your body image issues is to accept yourself. People need to realize that nobody is perfect, so no matter how hard you try to change your body, it won't be perfect in your eyes. Additionally, someone else might think you have a perfect body while you don't believe so. Self-acceptance and self-love are the best repellants to body image issues and other negative self-talk.

To conclude, many people, especially teenagers, struggle with body image issues and it can lead to negative consequences that can affect your entire life. But, there is a way to cope with this negative self-talk by looking out for yourself and improving your self-confidence. Next week, I encourage you to find one positive comment to make about your body every day. Because the only way to improve these issues is if you take action as soon as possible. I hope everyone has a wonderful weekend, and please stay safe. I love you all!

## **Cutie**

by Lily Huber

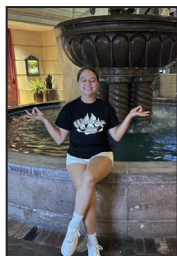
Pretty in pink, Cutie! This Cutie is a freshman and lives in Hopkinton. At school, she is involved in basketball, large group and individual speech, TEL, choir, and band. What you may or may not know about her is that she lived on a farm for two months. Do you know this Cutie? Last week's Cutie was Ava Knipper.





# Big Games on the Big Stage

Collegiate basketball in the state of Iowa has definitely seen some ups and downs recently during the regular season (and maybe this one sentence is directed towards a certain Iowa women's team that was formerly ranked #4 in the country... maybe).



by Kaitlyn Nolan

Here's the deal: I can understand a loss to #14 Indiana because they are ranked and have been pretty good in past seasons. And losing to now #2 Ohio State wasn't the biggest deal (even though it felt gut-wrenching). But losing to Nebraska? The Cornhuskers? That was a new type of pain I hadn't experienced since watching football last fall. The good news is that the team showed how good they can be against Illinois and Minnesota. Lisa Bluder's team needs this type of offensive firepower when they have their rematch in Carver-Hawkeye against the Buckeyes.

The men have been fluctuating a lot this season, but that can be pinned on the fact that the team is super young this year. Most of the standout performers from the past how many seasons have moved on to bigger and better things: Luka Garza, Jordan Bohannon, Keegan Murray, and Kris Murray. Even Connor McCaffery seemed to have left a huge hole on the court with his graduation. Coach McCaffery's team has two games left this regular season against Northwestern and #13 Illinois respectively to get a groove going ahead of March Madness.

The ISU women, ranked 6th in the Big 12, came away with a strong win Wednesday night against #15 Kansas State (the same team that beat Iowa at the beginning of the season). The team has been playing solid basketball recently with their most recent loss being against #3 Texas. Their final game of the season is at home against Cincinnati.

The team that has shocked me the most this season has to be the Iowa State men's basketball team without any doubt. I knew going into the season that the Hawkeye women were going to be tough with most of their starters returning, but I had no idea that the Cyclone men would be ranked #8 in the nation. Their most recent loss was against the now #1 team in the nation, Houston, and their next three games are looking like easy wins.

I guess I'll just have to wait for the tournament to shake everything up.

# Fine Artists of the Week

Name: Maya Smith  
**What events are you in for speech?** I am in reviewing and public address.

**What do you enjoy most about individual speech?** I enjoy performing and seeing all my hard work pay off.

**What have you learned through this event?** I've learned a lot about improving and have made a lot of improvement in my speaking skills.

**If you could judge an event at IE contest, what would it be?** I would judge acting.

**If you could invent a new category, what would it be?** I'm not sure, maybe a category where you could perform your own scenes that you've written. Like acting but you wrote it yourself.



Name: Cadence Freiburger

**What events are you in for speech?** I am in Original Oratory and Public Address.

**What do you enjoy most about individual speech?** My favorite thing about individual speech is how I get to work on my communication skills and share my beliefs in a professional, engaging way.

**What have you learned through this event?** I have learned so much through individual speech, but original oratory, which I have been in for the past three years, has taught me a lot about how to develop a logical argument and express my opinion in a professional manner. I've had to get past my fears and work on my confidence, and that is going to be the most beneficial skill I've developed from this event.

**If you could judge an event at IE contest, what would it be?** I would 100% judge original oratory. I feel I would learn so much about so many different topics, and original oratory is always going to have a special place in my heart because it was my first individual speech event ever.

**If you could invent a new category, what would it be?** If I could invent a new category for individual speech, I think I would invent a category where someone could write their own short story and present it.



It would be a fun opportunity for people to express their creativity if they aren't suited for spontaneous events like individual improv.

Name: Josie Teymer  
**What events are you in for speech?** I am in Expository Address and Acting.

**What do you enjoy most about individual speech?** The thing that I enjoy the most about individual speech is being able to work with Mrs. DeVore one on one. I also enjoy the freedom and creativity that I am able to have when it comes to my expository address.

**What have you learned through this event?** The main thing that I have learned from expos over the past four years is how to get the audience involved in a speech. This is my first year of doing acting and it is definitely the hardest speech event that I have been a part of. It has definitely taught me to get outside of my comfort zone.

**If you could judge an event at an IE contest, what would it be?** I think that I would like to judge Expository Address because I would learn a lot of new facts.

I would also, due to recent events, love to judge After Dinner speaking as well.

**If you could invent a new category, what would it be?** If I could invent a new category I think that I would go with spontaneous food taste testing.



Name: Sebastian Charles  
**What event are you in for speech?** Lit program as well as Original Oratory

**What do you enjoy most about individual speech?** I enjoy going to the events and meeting

new people. This is my first year in speech, and I wish I started when I was a freshman as speech is very enjoyable.

**What have you learned through this event?** I've learned how important emphasis is when delivering a message. I've had many positive influences, which have helped me become a successful speaker.

**If you could judge an event at IE contest, what would it be?** Improv. These acts are very enjoyable to watch and see what people come up with for their performances.



# Dying Words

by Cadence Freiburger

On the 12th of December, 1915, in Hoboken, New Jersey, Frank Sinatra was born to his Sicilian immigrant parents. Inspired by Bing Crosby, teenaged Sinatra joined the glee club and sang at nightclubs. His time on the radio brought Harry James—a leader of a band—to help him make his first recordings. Sinatra's career only grew from there. After two years with another band, Sinatra started his solo career.

The war only brought him more fame as women flocked to his music, viewing him as their loved ones who went off to war. They dubbed him "The Voice" and "The Sultan of Swoon." In 1943, Sinatra made his acting debut with the movie *Reverie* with Beverley. After the war, his fame took a downward turn until 1953 when he won a supporting actor award which thrust him back into the limelight. He returned to recording jazzy music with Capitol Records. By the time his popularity started to fall again, Sinatra left Capitol Records and started his own record label, Reprise—which was later bought by Warner Bros—and his own film production company, Artanis.

In the 1960s, Sinatra regained popularity and received a Grammy Lifetime Achievement Award and played with Count Basie's Orchestra for the Newport Jazz Festival in 1965. Then, Sammy Davis Jr., Dean Martin, Peter Lawford, Joey Bishop, and Sinatra formed the Rat Pack where they became infamous for gambling, womanizing, and drinking. The Rat Pack made several movies, and Sinatra continued to record songs like "Strangers in the Night" and "Something Stupid"—a duet with his daughter Nancy Sinatra (who also wrote and sang "These Boots Were Made for Walking"). By 1970, Sinatra recorded "My Way."



The 1970s offered Sinatra a brief retirement before he recorded the album *Ol' Blue Eyes is Back*. Politically, Sinatra worked with John F. Kennedy on the election and his inaugural gala. Unfortunately, Frank Sinatra's connections with the mafia ended his relationship with the new president. Then, he turned to the Republican Party and endorsed Richard Nixon then Ronald Reagan later on. Reagan presented the Presidential Medal of Freedom to Frank Sinatra in 1985.

Despite attempts to dethrone him with accusations of relying on mob ties for popularity, Sinatra continued to release music and gain new, young audiences with Duets. The Duets album featured Tony Bennett, Aretha Franklin, Bono, and Barbra Streisand on rerecordings of his standards. His final concert was at the Palm Desert Marriott Ballroom in California in 1995 before dying of a heart attack on May 14, 1998. His final words were:

*"I'm losing."*

# JO-JO'S CLOSET

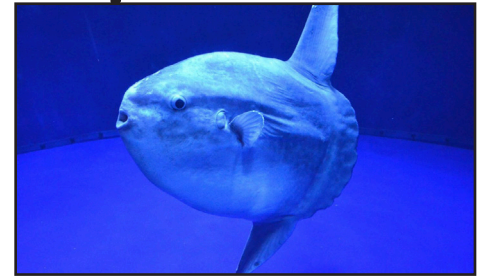
by Josie Teymer

Alright y'all. It's prom season. As the juniors put together an amazing dance for us all I would like to do my part and tell all of you about this year's prom trends. After going dress window shopping blue and lilac are without a doubt this season's colors. For styles, ball gowns are back, especially if you are browsing on Sherri Hill. I have also been seeing A LOT of pattern sequins on both dresses and suit jackets. There has also been an uprise in off the shoulder dresses and floral patterns.



# Deep Dive

by Arianna Nolan



Welcome back, Divers to another edition of Deep Dive! This week, we will be taking a deeper look at the large, but loveable, creature- the Ocean Sunfish. This silvery fish is gigantic, coming in at 10 feet, and it can weigh up to 5,000 pounds! But, what makes this fish so adorable is its tiny eyes and mouth compared to its huge size. And due to their large size, they are not able to move very fast. Their average speed is around 2mph.

Unlike the sunfish, the diet of the sunfish is mostly creatures without bones, such as jellies, squids, and zooplankton. Most of the creatures that they eat cannot be eaten properly, so the sunfish must break it down into smaller pieces. They do this by sucking their food in, spitting it out, and then repeating that process until it's small enough to digest. When eating creatures such as jellies, they don't have to worry about the danger that could happen in their digestive tract because they have a mucus line that protects them.

These fun creatures can be found all around the world, ranging in warm and cold waters. They tend to stay in open waters. But, they can also be found in aquariums, which I would recommend checking out! If you would like more information on the Ocean Sunfish, then please check out the Monterey Bay Aquarium website where all of the information for this edition has been provided. Before we depart, I would like to remind you all that I am taking requests for which sea creatures should be featured in Deep Dive!

If you want to see your favorite sea creature mentioned in Deep Dive, then please email me! I hope you all have a fantastic weekend, and I will see you all next week!