

ROSHAMBO! Coach Moenck becomes Activities Director



Alaina Leytem and Izzy Moenck battle for bracelets.

The student council hosted its first ROSHAMBO (rock-paper-scissors) tournament last Wednesday. Throughout the day, students challenged one another in a best two-of-three competition with the winner getting the loser's bracelets.

Winners and prizes include:

Jordan Staner - 1st, JBL earbuds
Noah Whalen - 2nd, JBL speaker
Trevor Grimm - 3rd, Stanley
Lanni Beaman - 4th, The Comfy
Teacher winner: Mrs. Downs



Brielle Kuhns and Rogan Heidt enjoy a friendly game of rock-paper-scissors.

by Kaitlyn Nolan

On the sidelines of a football game. Calling out plays from the bench of a girls' basketball game. Watching track meets. Standing at first base during a softball game. Mr. Scot Moenck, more commonly referred to as Coach Moenck by students of Maquoketa Valley, has made his mark in every season of sports on both levels. Now, Mr. Moenck is looking forward to tackling a different challenge as the new Activities Director for the 2024-2025 school year.

Q: What made you decide to take this position?

A: Maquoketa Valley is a special place. The staff and students make this place what it is. Maquoketa Valley is home to me and my family. It has been for 18 years. Some of my greatest memories involve this school and the many wonderful people who have come through here over the years. I have formed some very special friendships over those years.

Q: What are you excited about?

A: I am most excited to have the opportunity to continue to build positive working relationships with the students and staff here at Maquoketa Valley. I have always had a passion for working with all students in some capacity. I realize the importance that extra-curricular activities play in rounding out a student's education. Being the Activities Director will allow me to work with students and staff in all the extra-curricular activities that Maquoketa Valley offers. There are so many great things going on at our school right now and I am truly grateful and excited to be able to be a small part of it. I want to continue to build on all the successes here at Maquoketa Valley.



Q: Do I foresee any changes to what has been done in the past?

A: I look forward to collaborating with students and staff on ways we can continue to grow and make improvements within all of our extra-curricular activities. With that being said, there will always be changes that need to be made in some capacity. Those changes will be done collectively. Working together for a collective purpose is a life skill, one I want to continue to encourage at Maquoketa Valley. Excelling and having success inside and outside of the classroom gives students the added dimension of teamwork, well-being, and self-esteem. I want to encourage every student to become involved in extra-curricular activities regardless of their talent and skills. I truly believe that the more activities you are involved in, the more fun school becomes, the more relationships you build, and the more memories you will make. I am really excited about what the future has in store for our school and community!

Outdoor track starts, Schaul sets school record

Boys track

The 3200M record that was set in 1986 has a new owner: junior Matthew Schaul ran a 9:45.42 to replace Brian Orcutt's 9:52.3.

His first place finish in the race helped lead the Wildcats to a second place finish at the West Delaware Early Bird meet last Thursday.

Other events scoring points:

100M Dash: Dylan Knipper, fifth, 12.64

200M Dash: Rogan Heidt, sixth, 25.12

400M Dash: Macoy Stone, first, 55.15;

Brady Wall, second, 55.34

800M Run: Schaul, first, 2:05.75; Kenyon Baker, fourth, 2:19.90

1600M Run: Trista Dietz, fourth, 5:55.01

3200: Schaul, first, 9:45.42; Baker, third, 11:00.90

110M Hurdles: Kash Hunt, fourth, 17.36;

Arion Rave, fifth, 17.42

4x100M Relay: Heidt, Wall, Tate Intorf, Stone; third, 47.39

4x200M Relay: Knipper, Griffin Honkomp,

Colin Smith, Intorf; third, 1:42.43

4x400M Relay: Hunt, Baker, Schaul,

DaShawn Strickland; first, 3:48.99

800M Sprint Medley: Heidt, Wall, Stone, Strickland; fourth, 1:43.57

Distance Medley: Intorf, Hunt, Heidt,

Strickland; first, 4:05.83

Shuttle Hurdle Relay: Rave, Hunt, Shane

Lambert, Smith; third, 1:10.13

Shot Put: Knipper, third, 40-10; Honkomp, seventh, 32-08

Girls track

by Ella Reicher

The girls started their outdoor meet season on Thursday at West Delaware. As a team, they finished off the night with 91 points and overall a 3rd place finish.

Entries earning points:

100M Dash: Lily Bauers, 14.31, sixth

200M Dash: Lily Huber, 28.35, third, Lilly Kraft, 29.05, fifth

400M Dash: Camryn Paris, 1:05.95, fourth,

Mckenna Minert, 1:13.36, eighth

800M Run: Isabel Imler, 2:50.03, seventh

1500M Run: Allison Hogan, 7:24.96, eighth

4x100: Lily Huber, Lili Bauers, Camryn Paris, Lanni Beaman, 53.16, second

4x200: Lili Bauers, Lilly Kraft, Lanni Beaman, Taryn Burbridge, 1:51.37, first

4x400: Lily Huber, Camryn Paris, Taryn Burbridge, Lanni Beaman, 4:24.52, second

Long Jump: Lilly Kraft, J13-10.50, sixth,

Emma Brockhohn, J13-08.50, eighth

Shot Put: Jade Hillers, 28-06.00, fifth, Macee Nolan, 28-04.00, seventh

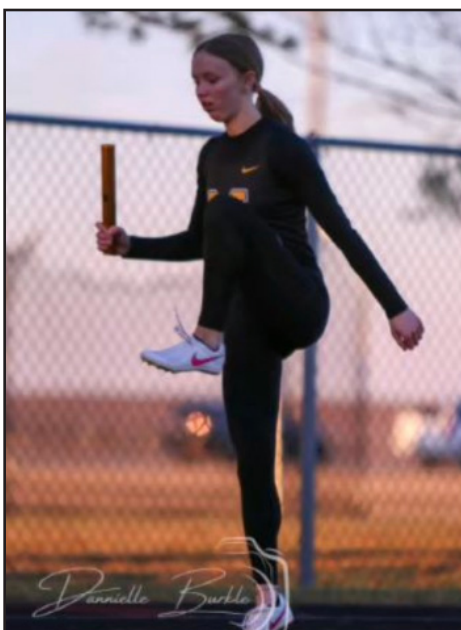
Discus: Macee Nolan, 80-00, third, Jeanie Teymer, 71-01, sixth

Tuesday night's meets were postponed due to snow as well as last night's meet at Independence.

TEL students use drama to share message



Before break, TEL students wrote and performed a Readers Theatre, about refusal skills, for the 3-5 grade students. Students involved were Cadence Freiburger, Maya Smith, Joellen Beitz, Carly Dirks, George Livingston and Kaitlyn Nolan. Nurse Mary, TEL advisor, complimented the group for being "such an amazing group of students."



Lili Bauers warms up for her race. (photo by Dannielle Burkle)



Students of the Week

Student Council

"I would like to nominate the student council students. They have worked hard to make this school year fun for the student body. I have challenged them to have an activity each month and to come up with some new ideas. The amount of time they have spent outside of school is remarkable. They have decorated the school multiple times and have had some new activities. Their passion for a great school environment has boosted student participation. They have some more fun things planned for the rest of the school year." —Mr. Palmer, Student Council Sponsor

What do you enjoy most about being a part of student council?

Lily Huber: I enjoy brainstorming and executing ideas that we think will make the student body and teachers excited to be at school every day and to have fun!

Kaitlyn Nolan: I love being able to create a stronger sense of community within our school! Hosting events and coming up with themes and ideas for homecoming week are ways for us as students and staff to bond and have fun.

Cadence Freiburger: I really enjoy being able to make the school day fun for people. This year, I feel like we're really trying to prioritize making school fun all year round, and I'm glad.

George Livingston: I enjoy being able to bring fun events to our student body. Maquoketa Valley is an amazing school district and we work hard to keep it that way, but you know what they say... work hard play hard!

Leah Reicher: I enjoy being on the student council because it allows me to be involved in the planning of activities for other students. The activities that we plan are always a fun brain break and give students something fun to do on days that we otherwise may have had to stay in class.

McKenna Bush: I enjoy getting to help plan everything. Hearing everyone's ideas and then seeing/helping them actually happen is really rewarding! I really enjoy planning fun activities for students to enjoy.

Maya Smith: I most enjoy planning things for the student body and overcoming the challenges of that. I also enjoy talking to the other council members and getting out of class/skipping the lunch line.

Taryn Burbridge: I enjoy decorating the hallways for holidays and homecoming.

Grace Richter: What I enjoy most about being on the student council is planning events. I like that once we are done getting everything ready we get to watch everyone playing the games and having fun!

Alaina Mead: Something I enjoy most about being on student council is the opportunity to have a say for our school and the opportunities to make it better!

Ava Knipper: My favorite part about being on the student council is being able to bring new ideas forward.

Natalie Ries: I enjoy the people most about student council. I know that everyone is very supportive and the student body loves what we do. Student council knows that the student body will participate in activities that we plan, and the teachers love the hallway decorating. We know that the little things we do to help make the school a happier place are noticed. We love that staff and students notice and care for what we do.

Camryn Paris: The people. Everyone is so nice and works hard to make what we do at the school as fun as possible. They make sure that everything they do it's to the best of their ability.

Athlete of the Week

Name: Lily Huber

What do you enjoy most about track? I really enjoy the people in the sport and the competitive aspect of it. The team feels very tight-knit and I love seeing everyone laugh and have fun with each other at practices and meets. In this sport, you just give it your all as fast as you can which becomes extremely competitive and fun, especially in relays. Track is also a sport where you can compete individually, so you must push and rely on yourself and have that competitive edge.



What do you think your best event will be? I think a lot of the relays will do very well, but my best event will probably be the 4x400.

What advice do you have for younger runners? Some advice I have for younger runners is to set goals early and to be competitive. Looking back, I wish I would've had more of a competitive drive my freshman year and set big and long term goals for what I want to achieve. Another piece of advice I have is to remember to have fun with it. Being driven and focused on your goals is important, but so is enjoying it!

How does this year's season feel different than last year's? This year's season feels different mainly because I'm a senior. After three years of looking up to the seniors, I'm now in that position... and to have that responsibility is very rewarding and makes me proud!

What's your goal for this year? My goal for this year is to place in multiple events at state.

Big Games on the Big Stage

There's only one Iowa team left in the NCAA, and that label belongs to the Hawkeye women's basketball team led by Coach Lisa Bluder and one of the most influential and greatest basketball players to ever step foot on a collegiate court—men or women: Caitlin Clark. In an epic rematch that took place Monday night, the Hawks took down defending champs LSU to advance to the Final Four.



by Kaitlyn Nolan

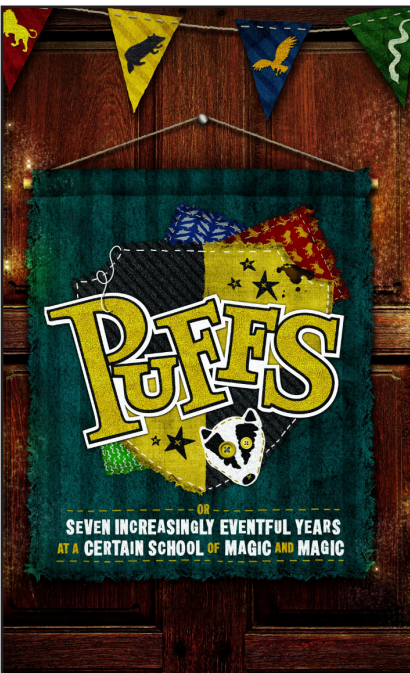
They'll face the UConn Huskies tonight for a chance to return to the Championship Match against the winner of South Carolina and NC State.

Prom Tickets are now available in the office. Tickets must be purchased at sign up. There will also be a post prom contract along with an out of town guest sheet that needs to be signed.

Spring play rehearsals are underway



These performers have been working on their blocking and memorization, preparing for the spring play, *Puffs!* The production is Friday, May 3 and Saturday, May 4.



Echo Exhibition



Image from *Tetrapod Zoology* by Darren Naish

by Sam Howes

Hello, and welcome to the Echo Exhibition! Here, I will be telling you all about different types of animals. Today, the maned wolf will be the center of our focus. They were originally discovered in 1801 when the Spanish naturalist, Félix de Azara, brought it to attention. According to the Smithsonian's National Zoo, the maned wolf is most commonly found in central and eastern South America, south and central Brazil, Paraguay, southern Peru, northern Argentina, and Bolivia. They often inhabit biomes that consist of grasslands and savannas, as well as wet and dry forests. The maned wolf is an omnivore, eating different types of seasonal fruits and vegetables, as well as small mammals such as rodents. Their long legs help them to jump in the air to catch birds and they will rotate their ears to listen for prey. Maned wolves also have minimal sexual dimorphism, the only difference being that the males are slightly larger than the females.

Comedy Corner

—compiled by Grace Richter

Here are some Spring and April Fool's Day-inspired jokes!

How do pirates celebrate April Fools' Day? They walk the plank.

Why shouldn't you tell ducks jokes on April Fools' Day? They'll quack up.

Humpty Dumpty had a great fall. Spring apparently wasn't bad either.

Why don't eggs play April Fools' pranks? They might crack each other up.

What kind of pickles do spring flowers like? Daffo-dills.

Dad Jokes of the Week

—compiled by Sam Howes

Happy Friday! I hope you all had a sp-egg-tacular spring break. Today I bring you some egg-citing jokes to celebrate a happy (belated) Easter that I hope will make some of you crack a smile!

How can you make Easter shopping go faster? By using the egg-spress lane!

Why did the jellybean go to school? Because it wanted to be a smartie!

Why did the chick cross the road? To meet up with her Peeps!

What do you call a bunny wearing a kilt? Hopscotch!

What do you call a tired egg? Eggs-hausted!

MV TEL-ALL

compiled by Lily Huber

The Top Five Reasons for Teen Drug Abuse (from Newport Academy)

1. Peer pressure and social influence
2. Escape or self-medication
3. Academic or performance pressure
4. Coping with trauma, anxiety, depression or another underlying mental health issue
5. Media influences: Studies show that teens who watch movies that depict smoking or alcohol consumption are more likely to engage in those behaviors themselves.

Cutie

by Lily Huber

What a sleepy little Cutie! This Cutie is a freshman, lives in Delhi, and is involved in golf and baseball. A fun fact about him is that he loves fishing! Can you figure out who this is? Last week's Cutie was Emily Rudd.



One at a Time

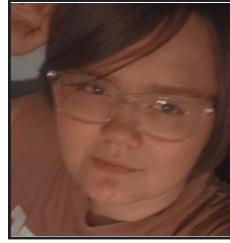
by Arianna Nolan

Advisor's note: Content may include triggers for victims of sexual violence.

You can hear the sound of your heartbeat pounding in your ears, banging the side of your skull like a drum, while the silence of the space is ringing like symbols. Your throat is closed like a lock, and all you want to do is scream from the highest peak so someone would at least listen to you. Someone would hear your cries, your pain and suffering, your fear. In a world full of people, you still feel alone, that nobody truly understands what happened to you. A voice deep inside of your mind keeps telling you that if you speak up about it, it will happen again. That person who ruined your innocence will find you and fill you with shame once again. You can't look in the mirror without being disgusted with what happened, and you wish that you could have done something that would have stopped it from happening. But wishful thinking in your bed won't get you anywhere. So you lie, sit, or stand and think about that day, wondering if you're just being dramatic or if you truly deserved it.

This is one of the many mindsets someone can have after being sexually assaulted. April is Sexual Assault Awareness Month, so it is important to inform people of what it truly means to be a victim of sexual assault, what can be done about it, and how to cope with it so every unfortunate victim can finally find some peace of mind. Informing people is the first step in prevention, so let's take a look at what being a victim of sexual assault entails.

Many scenarios can be considered sexual assault, and although they can not be shared through this article for comfort purposes, websites will help you understand your situation. The National Sexual Violence Resource Center is a great place to read up on scenarios and see if any of them relate to your own life. Or, you could talk to a hotline on RAINN's website which provides a wide variety of chatlines or numbers you can call to not only be aware of your situation but also how you can cope with what happened to you. Every single victim has a different story, so the hotline is a great source for helping you personally. It is important to spread awareness on this topic because victims of sexual assault can end up hurting themselves further due to



trauma. Survivors also can deal with PTSD, depression, and anxiety, and often isolate themselves according to the publishers of the website National Sexual Violence Resource Center. It's also crucial that people know that consent is key, as most of the victims who are sexually assaulted know their culprits personally and aren't able to speak up about it out of fear.

Many people who experience sexual assault don't report their cases because they like to deem it unworthy of attention or are filled with anxiety that they might get hurt if they share their stories. But, it's crucial that this fear is diminished, and that you can tell a trusted adult about the situation. Counselors are some of the best people who can help you, and they will provide you next steps on how to help you recover. If you know someone who is a survivor, then it is important to bring them support, as many victims can feel alone and misunderstood. Support can be different for every person, so please be aware of people's boundaries and don't make them uncomfortable any further.

Coping with something that has changed your life forever can be tough, especially for teenagers who are still processing what life is. Finding what works best for you can be a difficult journey that causes people to want to give up, but giving up only leads to more pain. Although healing can be rough, it is important to think about how much better you will feel once you have finally finished. Some coping strategies you can use are to talk to someone about your feelings and not keep them locked away. All feelings that you have about your case are important and valid, and the people who care about you the most wouldn't want you to have to hide them. Secondly, doing things that you love can help bring joy back into your life, nobody what the activity is. Going on runs, drawing, reading, weight lifting, and more are all great activities that can help improve your well-being and help you move forward from your trauma. Healing doesn't happen right away, and there will be some ups and downs, but preserving and being strong is what makes you come alive again, and I know all of you can do it.

Sexual assault awareness is an important way to prevent future cases from happening as survivors of it can be filled with despair, and although recovery is tough, it can be done. I hope that all of you who are survivors of these cruel crimes can heal successfully, and I love you all very much, as I know how hard it can be to recover from these events. I hope you all stay safe, and I want you all to know that I love you, so please have a wonderful weekend!



ETIQUETTE DINNER

SPONSORED BY THE MAQUOKETA VALLEY 3RD
LEVEL FOODS CLASS

Wednesday April 10th @ 6:00 P.M

\$20 per person attending

Dress Code: Dinner Attire

Menu will will be a 4 course Meal including:

Sausage, Potato, and Kale Soup

House Salad

Creamy Chicken Breast with

String Beans and Roasted Potatoes

And your choice between 4 different desserts



Please contact kayaknipper@maquoketa-v.k12.ia.us if interested