



DUTCH DIALOG

From the Superintendent...

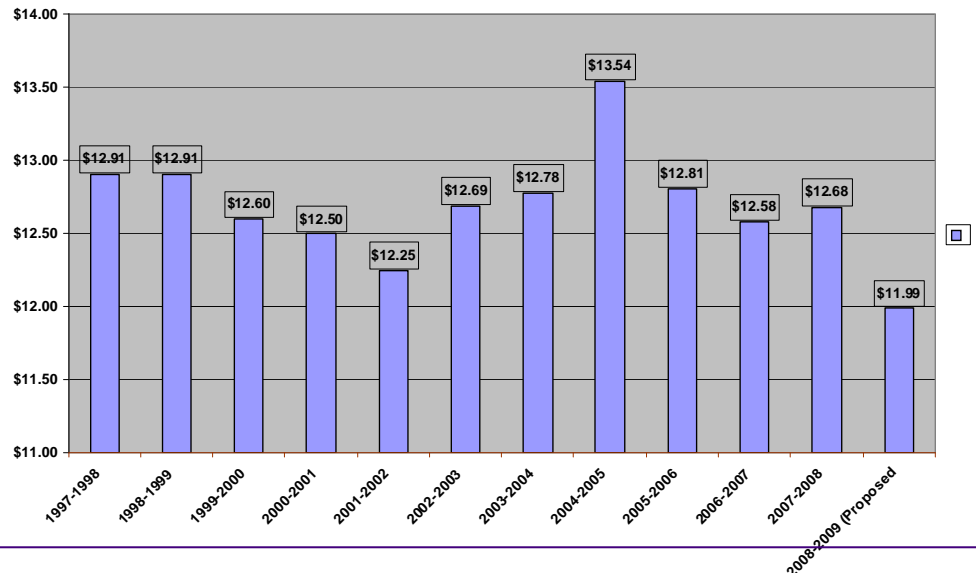
Project 65 – On April 16th the MOC-Floyd Valley High School Student Council, under the direction of Mr. Russ Adams, hosted over 110 patrons of the district over the age of 65. This is the second annual Project 65 program where the students of MOC-Floyd Valley have the opportunity to say “thank-you” to the people who, through the years, have given of their time to serve on local boards or have supported our high school programs in other ways.

It is important for our youth to recognize that the tradition of excellent programs at MOC-Floyd Valley is, in part, a reflection of many people over many years. The guests were entertained by the Jazz Band under the direction of Mrs. Mary Hulstein, the individual speech performers under the direction of Mrs. Gail Marincovich, the high school swing choir under the direction of Mrs. Pam Anderson, and the orchestra under the direction of Mrs. Laura Haverdink.

We take this time to say “thank-you” to all of our patrons over the age of 65 who have supported the MOC-Floyd Valley School District. If you missed the event this year we hope you don’t miss the third annual Project 65 next spring.

Budget – On April 14th the Board of Directors approved the budget for 2008-2009 and adopted the taxes for the necessary revenues. The total tax levy for 2008-2009 will be \$11.99 per \$1,000 of assessed valuation. This levy generates \$4,349,952 of the approximate \$14,890,069 anticipated revenues to fulfill the 2008-2009 budget obligations. Below is a 12 year trend of the total tax levy.

12 YEAR TRENDS - TOTAL PROPERTY TAX LEVY TRENDS



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Administration

- Gary Richardson**
Superintendent
 737-4873
- Russ Adams**
High School Principal
 737-4871
- Mark Gunderson**
Athletic Director
 737-4871
- John VandeWeerd**
Middle School Principal
 756-4128
- Mike Landhuis**
OC Elementary Principal
 737-4606
- Marcia De Graaf**
Hospers Elem Principal
 752-8480

Tulip Festival and Last Day of School

Due to the annual Tulip Festival school will dismiss early on Thursday, May 15. Breakfast and lunch will not be served that day and there will be no Transitional Kindergarten. There will be no school on Friday, May 16.

The last day of school will be Tuesday, May 27. Breakfast and lunch will not be served that day and there will be no Transitional Kindergarten.

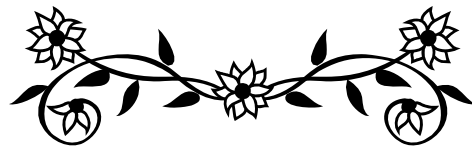
Dismissal times for May 15 and May 27 will be as follows:

- 11:05 a.m. Hospers Elementary
- 11:15 a.m. Middle & High School
- 11:20 a.m. Orange City Elem Town
- 11:25 a.m. Orange City Elem Buses

Summer Office Hours

Individual school offices will close June 11 and will open again on August 4, 2008. Any school needs you may have during the summer should be directed to the Superintendent's Office. Office hours are 8:00 to 4:00 daily. The phone number is 737-4873.

Student registration is set for Wednesday, August 6 and the first day of school is Wednesday, August 20.



Vocal Music News! Vocal Music News!! Vocal Music News!!!

Monday, April 28- Awards Concert

- 7:00 p.m.- Strings (Music Rooms)
- 7:45 p.m.- Choirs in the Auditorium
- 8:30 p.m.- Bands (Music Rooms)

Friday, May 2- State Large Group Contest at Le Mars High School

The Concert Choir and the Women's Choir will be performing at this contest! Performance times will be announced to the students as soon as we receive them!

Thanks so much for your support of Music Education! We hope to see you at each of these great events!!!

Ten Foods You Should Never Eat!



1 Artery Crust.

Judging by the label, **Pepperidge Farm Original Flaky Crust Roasted Chicken Pot Pie** has 510 calories and 9 grams of saturated fat. But look again. Those numbers are for half a pie. Eat the entire pie, as most people probably do, and you're talking more than 1,000 calories and 18 grams of sat fat. Then add the 13 grams of hidden trans fat (from the partially hydrogenated vegetable shortening) in each pie and you're up to 31 grams of artery-clogging fat — that's far more than a day's allotment.



2 Strip Tease.

The new **McDonald's Chicken Selects Premium Breast Strips**, made of "premium-quality, 100 percent white chicken breast meat, seasoned and lightly breaded" sounds healthy. In fact, ounce for ounce, the Selects are no healthier than the chain's Chicken McNuggets. A standard, five-strip order has 630 calories and 11 grams of artery-clogging fat. That's about the same as a Big Mac, except the burger has 1,010 mg of sodium, while the Selects hit 1,550 mg, without the salty sauce.



3 Factory Reject.

Each slice of **The Cheesecake Factory's 6 Carb Original Cheesecake** has 610 calories — that's only 20 calories less than you'd get from a slice of their Original Cheesecake. Think of it as an 8-ounce prime rib for dessert — with 29 grams of saturated fat, 11/2 days' supply. The next time you step on the bathroom scale, you may never know that the carbs were missing.



4 Discomfort Food.

"Back in 1948, Marie Callender put love and care into every meal she made," says the box. "Today, each meal is still made with the care of Marie." Marie's "care" may still be there, but the love has gone cold. Take **Marie Callender's Herb Roasted Chicken with Mashed Potatoes, Broccoli Florets & Carrots**. You'd never guess that the "Complete Dinner" has 530 calories, 12 grams of saturated fat, and 1,270 mg of sodium. Marie manages to add enough butter and heavy whipping cream to turn a roasted chicken meal into a Big Mac.



5 Out in Left Field.

No one expects a Mrs. Fields cookie to be good for you, but who would guess that a single **Mrs. Fields Milk Chocolate & Walnuts cookie** has more than 300 calories and as much saturated fat as a 12-ounce sirloin steak? It's also got six teaspoons of sugar. If you can't resist Mrs. Fields, share the smallest bag of Nibblers (six half-ounce cookies) with a friend. Or walk a few feet and look for a piece of fruit at another store instead.



6 Starbucks on Steroids.

The **Starbucks Venti Strawberries & Crème Frappuccino Blended Crème** with whipped cream is more than a mere cup of coffee. Think of it as a milk shake. Few people have room in their diets for the 770 calories and 19 grams of fat (10 of them saturated — half a day's quota of artery-clogging fat) that this hefty beverage supplies. It's the nutritional equivalent of a Pizza Hut Personal Pan Pepperoni Pizza that you sip through a straw.



7 Coronary King.

Burger King makes some of the worst french fries you can buy. A King Size order packs 600 calories and three-quarters of your daily maximum for heart-unhealthy fat.



8 Salt's On!

Campbell's red-and-white-label condensed soups are brimming with salt: Half a can averages about half of a person's daily quota of salt. Instead, try brands like Healthy Choice and Campbell's Healthy Request, which have less than half as much sodium.



9 Oops! "Swoops"

"Swoops" are the essence of your favorite chocolate candy," explains the package. "The unique shape envelops your mouth in chocolate bliss." Hershey's crams almost 200 calories, seven or eight grams of saturated fat (a third of a day's worth), and more than four teaspoons of sugar into each six-Swoop pack. While the Almond Joy or Hershey's Milk Chocolate Swoops are no worse than the candy bars, that's not the case for the other varieties. Thanks to highly saturated palm and/or palm kernel oil, York Swoops have more than three times as much sat fat as a York Peppermint Pattie, and Reese's Swoops have roughly twice as much as Reese's Peanut Butter Cups. Swoops? Oops is more like it.



10 Razzle, Dazzle 'em.

A **Häagen-Dazs Mint Chip Dazzler** (three scoops of ice cream, hot fudge, Oreos, chocolate sprinkles, and whipped cream) has 1,270 calories and 38 grams of saturated fat — that's two days' worth. Think of it as a portable T-bone steak with Caesar salad, and baked potato with sour cream. But that's dinner — yet many people have a Dazzler as a dessert after lunch and dinner!

Ten Super Foods For Better Health!



1 Sweet Potatoes.

A nutritional All-Star — one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.



6 Crispbreads.

Whole-grain rye crackers, like Wasa, Ry Krisp, and Ryvita — usually called crispbreads — are loaded with fiber and often fat-free.



2 Grape Tomatoes.

They're sweeter and firmer than other tomatoes, and their bite-size shape makes them perfect for snacking, dipping, or salads. They're also packed with vitamin C and vitamin A, and you also get some fiber, some phytochemicals, and (finally) some flavor.



7 Microwaveable or "10-minute" Brown Rice.

Enriched white rice is nutritionally bankrupt. You lose the fiber, magnesium, vitamins E and B-6, copper, zinc, and who-knows-what phytochemicals that are in the whole grain. Try quick-cooking brown rice instead.



3 Fat-free (Skim) Milk.

Excellent source of calcium, vitamins, and protein with little or no artery clogging fat and cholesterol.



8 Watermelon.

Excellent source of vitamin C and carotenoids — and it tastes great! Perfect for a snack, dessert, or picnics.



4 Blueberries.

They're rich in fiber, vitamin C, and antioxidants.



9 Diced Butternut Squash.

A growing number of food stores sell peeled, seeded, cut, and ready to go — into the oven, into a stir-fry, or into a soup or risotto, that is — bags of diced butternut squash. Every half cup has 5 grams of fiber and payloads of vitamins A and C.



5 Wild Salmon.

The omega-3 fats in fatty fresh fish like wild salmon can help reduce the risk of sudden-death heart attacks. And salmon that is caught wild has less dioxin than fresh-farmed salmon.



10 Pre-washed, Pre-cut Bags of Greens.

Greens like kale, spinach, and broccoli rabe are nutritional power houses. Most are loaded with vitamin C, carotenoids, calcium, folate, potassium, and fiber. Now it's easy to squeeze healthy greens into your busy schedule.

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**"Music is a higher revelation than all wisdom and philosophy.
Music is the electrical soil in which the spirit lives, thinks and invents."**

~ Ludwig van Beethoven ~

Solo/Small Ensemble Contest Results

State Solo and Small Ensemble Contest was held on Saturday, March 29, 2008 at Le Mars Community Schools. Each performance at contest is given an evaluation as well as a rating that is judged by experienced music educators. The Iowa High School Music Association has established the following levels of musical performance achievement:

- Division I:** A superior performance. Outstanding in nearly every detail. Nearly every detail – they are not perfect, but they should be as good as students for this particular event can perform.
- Division II:** An excellent performance. An unusual performance in many respects but not worthy of the highest rating because of minor defects in performance and ineffective interpretation. Ineffective interpretation might be - dynamics are happening, they are just not musical.
- Division III:** An average performance. Shows accomplishment and promise, but is lacking in finesse, interpretation and the essential qualities necessary for the higher rating. Dynamics are no longer happening. The lack of finesse is obvious and many essential qualities simply are not present.
- Division IV:** A fair performance. Not worthy of a higher rating because of basic weaknesses in the fundamental factors of a good musical performance. A legitimate effort is being given; there simply is very little musical that is happening. Coordination is obviously lacking and, at times, the observer may wonder if they will finish together.
- Division V:** A poor performance. Obviously lacking practice, preparation, and observation of the necessities of a good festival performance. A legitimate effort is no longer being given.

**The students at MOC-Floyd Valley did very well and should be
very proud of their efforts and accomplishments!**

Events Earning a Division I rating

Vocal Solos

Claire Foughty; Rachel McGarvey; Joel Brogan; Luke Wohlgemuth; Karina Smit; Amy Korver; Sam Bonnacroy; Jack Bonnacroy; and Hannah Barker

Vocal Ensembles

Women's Ensemble: Josie Visser, Anna Zeutenhorst, Cassandra Portz, Michelle Van Wyk, Lindsay Lux, Samantha Wetter, Ranell Rowenhorst, Raquel Rowenhorst

Duet: Daniel Clemens and Rachel McGarvey

Duet: Hannah Barker and Keely Wright

Duet: Sam Bonnacroy and Karina Smit

Women's Ensemble: Meredith Pennings, Hannah Barker, Keely Wright, Ann Calsbeek, Kristin Daily, Becky Boden, Shanna Aberson, Rachael Vlieger, Katie Jo Korver

Men's Quartet: Jack Bonnacroy, Sam Bonnacroy, Keaton Johnsen, Brad Waldo

Mixed Ensemble: Alyssa Sandbulte, Carissa Cleveringa, Debra Boersma, Kristin Janssen, Tyler Zeutenhorst, Michael Kuiken, Joshua Paugh, Tony Blankers

Women's Quartet: Amy Korver, Malea Beeson, McKenzie Foughty, Liz Lawrensen

Men's Ensemble: Joel Brogan, Michael Kuiken, Sam Bonnacroy, Michael Simmelink, Michael Vander Schaaf, Keaton Johnsen, Chris Vander Zwaag, Tony Holtrop

Mixed Ensemble: Libby Karssen, Katie Buntsma, Melissa List, Liz Lawrensen, Nick Vander Zwaag, Jack Bonnacroy, Joel Brogan, Daniel Sikkema

Instrumental Solos

Tony Blanker, baritone; Luke Wogenmuth, bass clarinet; Jessica Mars, bass clarinet; Claire Foughty, clarinet; Anna Bartlett, flute and piccolo; Elayna DeHaan, flute; Alyssa Edman, flute; Samantha Ten Clay, flute; Amy Van Skikke, flute; Anne Calsbeek, mallets; Rachel Mc Garvey, percussion; Johanna Suffern, oboe; Dan Sikkema, bari saxophone; McKenzie Foughty, alto saxophone; Malea Beeson, alto saxophone; Angela De Jong, alto saxophone; Danielle Hop, snare; and Dan Clemens, trumpet

Instrumental Ensembles

Horn Duet: Hannah Mc Garvey, Ellen Tolsma

Saxophone Duet: McKenzie Foughty, Rachel Muilenburg

Flute Duet: Anna Bartlett, Alyssa Edman

Flute Duet: Amy Van Skike, Elayna De Haan

String Solos

McKenzie Foughty, viola; Elayna De Haan, viola; Ashley Schutt, viola; Julia Haverdink, violin; Jon Holm, cello; Amy Korver, violin; Rebecca De Haan, violin; Johanna Suffern, violin; and, Hannah McGarvey, cello

String Ensembles

String Ensemble: Johanna Suffern, Rebecca De Haan, Sami Ten Clay, Claire Foughty

String Ensemble: Ashley Schutt, Meredith Pennings, McKenzie Foughty, Sam Bonnecroy

String Duet: Juliana Pennings, Shanna Aberson

String Duet: Jack Bonnecroy, Sam Bonnecroy

String Ensemble: Hannah McGarvey, Jon Holm, Daniel Sikkema, Jack Bonnecroy

String Ensemble: Julia Haverdink, Anna Bartlett, Liz Lawrenson, Juliana Pennings

String Duet: Rebecca De Haan, Johanna Suffern

String Duet: Julia Haverdink, Anna Bartlett

Chamber Orchestra

Events Earning a Division II rating**Vocal Solos**

Kaitlyn Driesen; Sami Ten Clay; Liz Lawrensen; Rachael Vlieger; Josie Visser; Malea Beeson; Keely Wright; and Hannah McGarvey

Vocal EnsemblesDuet: Ranell Rowenhorst and Cassandra PortzWomen's Ensemble: Sami Ten Clay, Jessica Miranda, Jessica Mars, Raya Kliegl, Kaitlyn Driesen, Catherine Punt, Allyson NiichelWomen's Trio: Carissa Cleveringa, Maggie Vander Stelt, Alyssa SandbulteMixed Ensemble: Leah Wielenga, Rebecca De Haan, Claire Foughty, Rachel McGarvey, Zach Kooiman, Josh Grotenhuis, Luke Wohlgemuth**Instrumental Solos**

Anna De Vries, trumpet; Liz Lawrensen, trumpet; Karina Smit, trumpet; and Evan Feekes, trombone

String Solos

Ashley Schutt, violin; Shanna Aberson, violin; Anna Maassen, cello; Claire Foughty, violin; Juliana Pennings, violin; Sami Ten Clay, violin; and Anna Bartlett, violin

MOC-Floyd Valley High School Music Department presents their annual

Spring Awards Concert**Monday, April 28, 2008****7:00PM****MOC-Floyd Valley High School Auditorium
and Performing Arts Center**

7:00PM – String Ensembles 7:45PM – Vocal Ensembles 8:30PM – Instrumental Ensembles

Congratulations!

Hannah McGarvey
was awarded the
“**Outstanding Performance Award**” on her
cello solo at the **State Solo/Small Ensemble Contest in Le Mars on Saturday, March 29.**

Spring Strength and Quickness Clinic



****Attention MS Athletes****

What: Middle School Strength and Agility Clinic

Who: Current 6th, 7th, and 8th Grade Students

Where: MOC-FV High School Small Gym

When: May 7 & 8 3:40-5:00 PM

Purpose: Introduce proper weight and speed/agility training techniques.

Fundamentals of weight and quickness/agility training will be emphasized. Athletes will begin with body weight exercises and progress to resistance weight training. The camp will be led by Tom Rupp and other high school and middle school coaches. This clinic is free to participants and no pre-registration is required. It will be an excellent introduction for the Middle School Strength and Agility Camp offered this summer for MS Athletes. Information on the summer lifting camp will be distributed by Coach Rupp at a later date.

Spring Strength and Quickness Clinic



May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Apr	28	29	30	1 May	2	3
	HS BSB--1st Practice 5:00pm HS TR--LeMars JV 7:00pm HS Awards Concert (Orch 7:00, Choir 7:45, Band 8:30)	4:30pm HS G--G SO'B (H), B @ B-H 4:30pm MS TR--CL Relays 5:00pm HS TR--St. Lake Relays	MS Mini Courses	Hosp Elem Gr K-2 Concert (2:00 & 7:00) OCE--5th Grade Outdoor Ed 4:00pm MS TR--LeMars Relays 4:30pm HS G--G@B-H, B-Home	IHSMA Large Group Contest OCE--5th Grade Outdoor Ed 4:30pm MS TR--Siouxland Conference @ WL	8:00am HS G--Boys LeMars Tourney
4	5	6	7	8	9	10
	HS SB--1st Practice 4:30pm HS G--G @ S-O, B @ GLR 4:30pm HS TR--Siouxland Conference @ OKO	4:00pm HS G--Girls HWC, Unity (H)		4:30pm HS G--G Home, B @ OKO	ACT Test Registration Deadline HS G--Boys Sectional HS TR--District/Regional	
11	12	13	14	15	16	17
	HS G--Girls District MS Strings Recital (4:00, 5:00, 7:00) 7:00pm OCE--Kindergarten Graduation			State Track Meet at Des Moines		
				11:30am Early Dismissal	HS G--Boys District No School	
18	19	20	21	22	23	24
	HS G--Girls Regional OCE--Band & Orch Concert 5:00pm HS SB--(JV-V) SC (A) 7:00pm OCE 5th Gr Concert	5:00pm HS SB--(JV-V) WL (H) 5:30pm HS BSB--(JV-V) Hinton (H) 7:30pm MS Concert	5:30pm HS BSB--(JV-V) Cherokee (A)	End 2nd Semester	State Boys Golf Tournament	
				1/2 Day Professional Development 11:30am Early Dismissal 7:00pm Baccalaureate	Professional Development Day	
25	26	27	28	29	30	31
2:00pm Commencement	Memorial Day	State Girls Golf Tournament		5:00pm HS SB--(JV-V) GLR/CL (H)	5:30pm HS BSB--(JV-V) GLR (H)	12:00pm HS BSB--(V) Dutch Invite 12:00pm HS SB--(V) Dutch Invite
		1/2 Day Professional Development 5:30pm HS BSB--(JV-V) SC West (H)	5:00pm HS SB--(JV-V) S-O (A) 5:30pm HS BSB--(JV-V) S-O (A)			

MOC-Floyd Valley Schools

May 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Taco's Lettuce/Tomato Cheese Baked Beans $\frac{1}{2}$ Banana Milk	Smorgasbord of Sandwiches Chips Baby Carrots $\frac{1}{2}$ Apple
Build-A-Burger With the Fixings French Fries Mandarin Oranges Milk	Chicken Strips Mashed Potatoes Gravy Peas Charlie Brown Pie Milk	Sub Sandwich Hash Browns Mixed Fruit Salad Milk	Chicken Fajita Lettuce/Tomato Cheese Potato Gems Peaches Milk	Tavern/Ham Relishes/Dip Crisp Cut Potatoes Cake Milk
Cook's Choice	Cook's Choice Luau Party-Hospers	Cook's Choice Luau Party-OC Elem AR Picnic-Hospers	$\frac{1}{2}$ Day of School No Lunch Tulip Festival	Tulip Festival
Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice Picnic- OC Elem
MEMORIAL DAY	$\frac{1}{2}$ Day of School No Lunch	Have a fun Summer!!		

Breakfast
Breakfast served at all 4 schools.

Monday-Thursday
Cereal
Toast
Juice
Milk

Friday-
Cook's Choice

Menu subject to change if necessary.

All lunches include bread and milk.



MOC-FLOYD VALLEY COMMUNITY SCHOOL DISTRICT

**PO Box 257
Orange City, Iowa 51041**

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