

# THE BURLINGTON BARK

Burlington, Iowa | Jan. 4, 2024



Above: the Burlington High School girls basketball team, BHS head coach Adriana Mafra and assistant coach Amanda Kalina pose for a photo alongside Iowa head basketball coach Lisa Bluder and associate head coach Jan Jensen Sunday, Dec. 31, at Carver-Hawkeye Arena in Iowa City. Below: BHS sophomore Isabelle Ziegler practices shooting Sunday, Dec. 31, at Carver-Hawkeye Arena.

## QUICK SIX

- 1. Jan. 12**  
Two-hour early out
- 2. Jan. 8**  
School Board meets at 6 p.m.
- 3. Jan. 9**  
Ed Stone parent-teacher conferences and GEAR UP Iowa meetings
- 4. Jan. 15**  
Martin Luther King Jr. Day - No School
- 5. Jan. 18**  
BHS FAFSA Night
- 6. Jan. 22**  
School Board meets at 6 p.m.

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**DAYS TILL GRADUATION:**

# 142

THIS IS BURLINGTON

# LIFE LESSONS AT CARVER

## BHS girls close out 2023 with the Iowa Hawkeyes.

On the morning of New Year's Eve, Burlington High School junior Sophie Brown grabbed her No. 22 Hawkeye basketball shirt and met her teammates in the BHS parking lot.

A few hours later, that shirt would bear Caitlin Clark's signature

Normally, the girls basketball team would spend their practice time in Carl Johannsen Gymnasium, but this time was different. Instead, they were heading to Iowa City to watch the Iowa Hawkeye women's basketball team practice for their upcoming game against Michigan. (Iowa won 76-73.)

Brown was determined to get an autograph from Clark, which she accomplished just moments after the reigning National Player of the Year, at the close of practice, thanked the Grayhounds for coming, but, like her teammates, she was also there to learn.

"I know everybody can come and watch the games, but what about watching how they build the games, how practice goes," BHS head coach Adriana Mafra said.





**Burlington High School junior Sophie Brown holds up her signed Caitlin Clark shirt Sunday, Dec. 31, while standing alongside Herky at Carver-Hawkeye Arena in Iowa City.**

So she reached out to Lisa Bluder, Iowa's head coach, to arrange the visit. Mafra's daughter, Peoria High School senior Aaliyah Guyton, signed with the Hawkeyes in September.

"I wanted (the Grayhounds) to watch (the Hawkeyes), the intensity, because you see how the Iowa girls basketball program has been successful the last few years and then what it takes to get there," Mafra said. "It's very intense; they're very disciplined. ... We would've been practicing at this time at home. This is like mental practice."

Mafra, an Olympic Bronze Medalist whose professional basketball career includes having played for the Brazilian National Team and having represented Brazil in five Olympic games, brings a sense of rigor to BHS's girls basketball program that has helped the Grayhounds amass a total of five wins this season, already exceeding their total number of wins last year, but watching the No. 4 ranked Hawkeyes prepare for their next game offered her players insight into what it takes to get to the next level.

"I'm very proud of them, but we can always do better," Mafra said. "I just have a lot of fun trying to pass on to them what I learned from basketball, not just basketball-wise, but the other things that basketball has given to my life as far as team skills, leadership, resilience. My main goal as a coach is to not just help the girls develop as athletes, but as people as well."

The girls watched as the Hawkeyes encouraged their teammates



**BHS freshmen Vanessa Woodsmall and Kinsley Peterson scrimmage Sunday, Dec. 31, at Carver-Hawkeye Arena in Iowa City.**

from the sidelines and communicated with each other on the court. They saw how the college athletes practiced new plays and worked through scenarios they would likely encounter in their upcoming game, and they saw the level of commitment, discipline and teamwork that collegiate sports demand.

"It was a really cool experience watching them practice," sophomore Mylee Stiefel said. "It was great because they were like role models and we can take things that they do at their practice and bring it to ours and hopefully practice a little bit better from now on."

Freshman Kinsley Peterson agreed.



**Burlington High School sophomore Daphne Brown goes up against freshman Kylee Hill (above) and freshman Mylee Stiefel (below) shoots a basket Sunday, Dec. 31, 2023, at Carver-Hawkeye Arena in Iowa City.**

After the Hawkeyes finished their practice, the Grayhounds filed onto the court, catching basketballs displaying the Hawkeye logo passed to them by Iowa assistant coach Raina Harmon.

Their grins stretched ear to ear as they practiced shooting before breaking up into small teams to scrimmage while their coaches talked with Bluder and associate head coach Jan Jensen.

“It was great playing down on Carver,” Stiefel said. “You don’t get to do that every day, so it was awesome.”

“It was so fun and we’re so thankful to have this opportunity,” said sophomore Daphne Brown.

The Iowa women’s basketball program has served as an inspiration to young girls everywhere as the team’s success continues to draw national attention and large crowds to a sport whose spectatorship in previous years might be considered minimal when compared to its male counterpart.

That increased interest is a trend the Grayhounds would like to see carry over to the high school level.

“When we have more support, we tend to play better because their energy comes to us and it just builds up when we’re playing,” Stiefel said.

The Grayhounds will next play at Washington on Friday before facing off against West Burlington/Notre Dame on Saturday at West Burlington High School.





Students grab sugar cookies Thursday, Dec. 21, before taking off for winter break at Burlington High School. BHS students taking culinary classes this trimester baked from scratch more than 1,500 cookies to ensure each and every student and staff member would be able to leave for the holidays with at least one Christmas cookie.

# A COOKIE FOR ALL

## Here's how a pre-winter break tradition came to be at BHS.

"Twas the day before winter break, and all through the halls, students wheeled carts of cookies to be eaten by all.

Students enrolled in Lynette Helling's culinary classes this trimester fanned out to each of Burlington High School's student exits, where they met their departing classmates with tray upon tray of sugar cookies.

In total, there were at least 1,500 cookies, more than enough to ensure each and every student and staff member was able to leave for the nearly two-week-long break with at least one Christmas cookie, each of which was frosted by hand.

"I am so tired, but I'm happy that everyone else is happy and they're grabbing cookies," senior Zyana Bradford said Dec. 21 as other students grabbed cookies from the cart she was manning.

Bradford had spent her culinary classes in the one-and-a-half weeks prior frosting cookies.

"We used a bunch of different tips, but we have two different kinds of frosting," she said. "We have royal and buttercream. We made everything ourselves."

The students began the mass production of sugar cookies by selecting one of several proposed recipes.

"We had a little contest to see who had the best sugar cookie recipe," Bradford said.

Once the recipe was chosen, it was time to make the dough. So. Much. Dough.

One class would make a batch of dough and another class would roll it out and cut it into shapes like gingerbread men, stockings and trees. Then that dough went into the freezer until it was time to bake the cookies. After that, it was back in the freezer until they were frosted.

"We used powdered sugar for the frosting with the glaze," sophomore



**Students grab sugar cookies Thursday, Dec. 21, before taking off for winter break at Burlington High School.**

Stephanie Moore said. “For some we used piping, and with the glaze one, we dipped them in the frosting and let it drip so we made it hard on top.”

This is the second year that BHS’s culinary students have made it their mission to provide each of their peers, teachers, and school support staff with a cookie.

“It started last year with one of our students. He graduated,” BHS Principal Monica Myers said.

That student was Phil Phillips.

“He himself frosted over 500 cookies,” Mrs. Myers said.

Phillips had been in one of the culinary classes that at the time was taught by instructional coach Michael Carper.

“They were talking last year during class and a student said, ‘I think it would be really cool if every kid left on the last day before break with a cookie,’ and so the culinary department ran with it,” Mrs. Myers said.

Mr. Carper suggested the idea to Ms. Helling, who took over BHS’s culinary classes at the start of the school year. She was happy to take it on.

“It’s nice that they’re doing it for other people,” Ms. Helling said. “It’s for the whole school, so it’s not just for us, and they haven’t complained at all about not being able to eat the cookies right away or anything like that.”



The students also recognized the value that comes from doing something nice for others.

“I think it’s sweet,” freshman Neveah Beans said Dec. 12 as she worked to roll out and cut the dough.

“I like helping people,” Moore said. “And I’m in student council, so I like doing stuff like this.”

The cookie extravaganza also holds educational value.

“The culinary students then get to practice the different types of icing techniques and decorating techniques, so it serves two purposes,” Mrs. Myers said.

The students who received cookies expressed their gratitude.

“It’s awesome,” junior Zion Sickles said. “Very inclusive, very fair.”



## BURLINGTON SIXTH-GRADERS TO PERFORM WITH SIESTA CADET HONORS ORCHESTRA

Seven Burlington sixth-graders have been accepted into the South Eastern Iowa String Teachers Association's Cadet Honors Orchestra.

They are:

- Derrick Hines
- Mason Burghoffer
- Julia Grieves
- Olivia Gerdner
- Annabelle James
- Sion Lotegeluaiki
- Timothy Counterman

These students will perform alongside others selected for the honors orchestra during the SIESTA Honors Orchestra Festival Jan. 13 at Bettendorf High School.

## BHS STUDENTS COMPETE IN STATE CARPENTRY & ELECTRICAL CHALLENGE

Seven Burlington Community High School students competed earlier this month in ABC of Iowa's Carpentry & Electrical Competition in Des Moines.

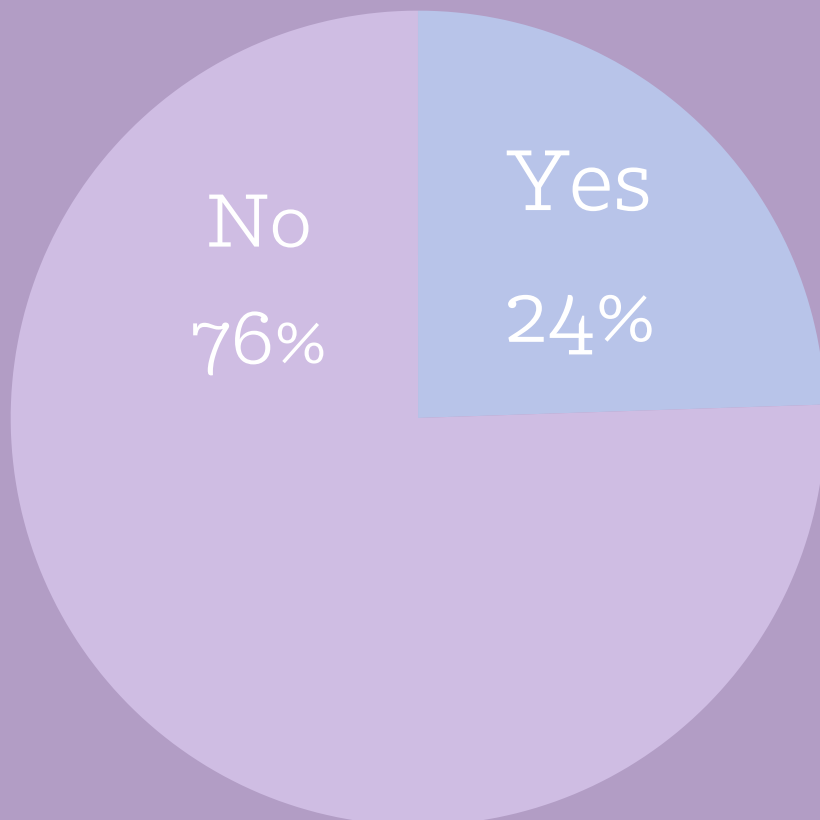
Competing in the electrical category, Layden Siercks and Sydney Kerr had four hours to wire different outlets and switches to an electrical panel along with bending conduit.

Korina Sears, Max Hartman, Mason Barclay, Kinzer Carlson and Landon Gerdner competed in the carpentry category, which required them to build a structure with a door and stairs, which the judges said were the best in show.

BHS was among 10 teams throughout the state to compete in the electrical category and among 33 to compete in carpentry. They were the only team from Des Moines County.

## INSTAGRAM POLL RESULTS

### DOES PINEAPPLE BELONG ON PIZZA?



TOTAL VOTES: 143



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# BURLINGTON ACTIVITIES DEPT.

To view the Activities schedule [click here!](#)

## THE RECAP



# UPCOMING EVENTS

## BURLINGTON COMMUNITY SCHOOL DISTRICT

- Jan. 8 - School Board meets at 6 p.m.
- Jan. 12 - Two-hour early out
- Jan. 15 - No School - Martin Luther King Jr. Day
- Jan. 22 - School Board meets at 6 p.m.
- Jan. 26 - No School - professional development
- Feb. 1 - 100th day of school

## BURLINGTON HIGH SCHOOL

- Jan. 11 - Parent-teacher conferences from 4 to 7 p.m.
- Jan. 18 - FAFSA Night from 4 to 7 p.m. in room 102

## EDWARD STONE MIDDLE SCHOOL

- Jan. 9 - Parent-teacher conferences from 4 to 7 p.m.
- Jan. 9 - GEAR UP Iowa meeting for parents of seventh-graders during parent-teacher conferences
- Jan. 24 - Winter band concert at 7 p.m.

## ELEMENTARY SCHOOLS & CORSE EARLY CHILDHOOD CENTER

- Jan. 8 - Grimes PTO meeting at 6 p.m.
- Jan. 9 - Black Hawk PTO meeting at 5 p.m.
- Jan. 16 - Sunnyside PTO meeting at 4:15 p.m.
- Jan. 17 - North Hill PTO meeting at 4 p.m.



## AFTER-SCHOOL PROGRAMS

[Click here to view the PiECES Calendar and activities!](#)

### Saturdays with PiECES

- Starr's Cave with PiECES: Jan. 6 from noon to 3 p.m.
- Saturday Movie: Jan. 13 at 1 p.m. at the Capitol Theater
- Brick Masters: Jan. 6 & 20 from 10 to 11 a.m. at the Burlington Public Library

### NO PiECES

Jan. 15 & 26





# AT BCSD, WE ARE RAISING GRAYHOUNDS!



## BURLINGTON COMMUNITY SCHOOL DISTRICT NONDISCRIMINATION NOTICE

It is the policy of the Burlington Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinators at the District Administrative Office, 1429 West Avenue, Burlington, IA 52601; (319) 753-6791.

For Educational Programs: Cory Johnson, Director of Curriculum, [cory.johnson@bcstds.org](mailto:cory.johnson@bcstds.org)

For Employment: Laci Johnson, Director of Human Resources, [laci.johnson@bcstds.org](mailto:laci.johnson@bcstds.org)