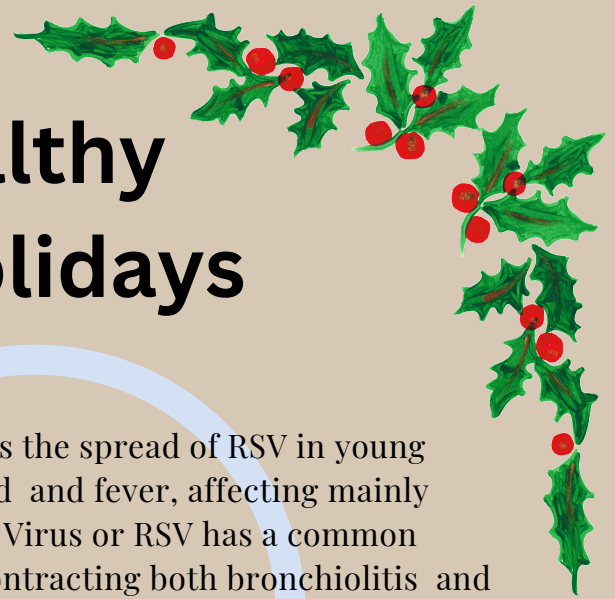




The Gift of Giving!

Featured:
International Students,
the Book Drive
Comics & more!

Staying Healthy During the Holidays



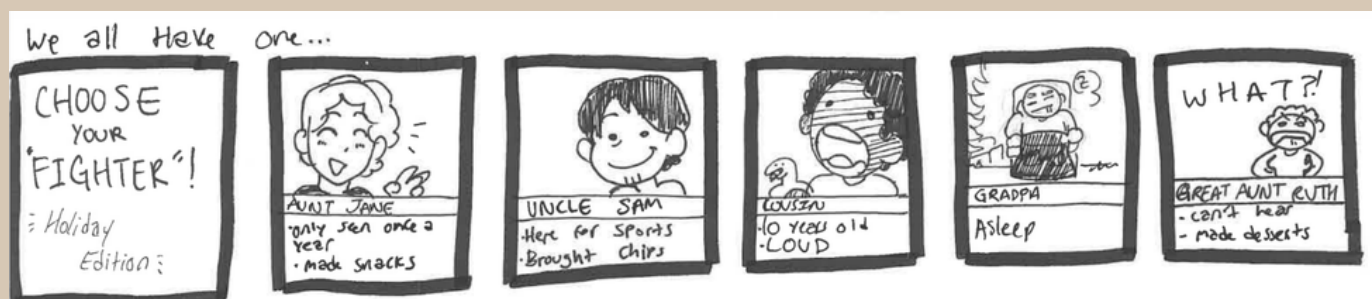
Stopping the Spread

An unfortunate addition to the holiday cheer this year is the spread of RSV in young children. This illness is very similar to the common cold and fever, affecting mainly young toddlers as well as elders. Respiratory Syncytial Virus or RSV has a common recovery time of one to two weeks. The possibility of contracting both bronchiolitis and pneumonia in young children is more common when having previously contracted RSV. According to the CDC, there have been 2.1 million outpatient or non-hospitalization visits by children younger than the age of five. This year, it is estimated that the correct precautions are taken to prevent the spread of illness this holiday season.

Infants who have compromised immune systems are given Palurizimab, for prevention of possible RSV contraction. Despite this preventative measure, this medication does not heal any already infected child. There is no vaccine for RSV. If a child does not get through the illness and suffers from breathing difficulty, it is important to contact the child's healthcare provider. Managing the fever and pain using over-the-counter drugs such as Benadryl. It is also important as well as preventing dehydration for optimal recovery.

The prevention of spreading illness is of great importance this holiday season. The simple acts of washing hands for 20 seconds, covering one's mouth, avoiding touching one's face with unwashed hands, and avoiding touching and close contact with one another are just a few simple ways to alleviate the possibility of spreading RSV. Other extra measures to prevent the spread include cleaning frequently touched surfaces with disinfectants, such as tables and screens. For children, if an adult shows signs of symptoms, it is important not to interact with children under the age of two when having compromised immune systems. Spending less time in childcare centers also helps. Overall, the simple acts of washing hands and being more conscious of preventing the spread of illness will decrease the spread of RSV and other transmissible illnesses such as the flu and common cold.

<https://www.cdc.gov/rsv/index.html>



New Year's Around the World

5, 4, 3, 2, 1! Happy New Year! We know New Year's is a holiday many celebrate, but do you know the history of this famous holiday?

New Year's is a worldwide holiday that is celebrated around the world. It all started in Mesopotamia in about 2000 B.C., and was originally celebrated at the end of March, at the time of the vernal equinox. During this time, the Babylonians would have a religious festival known as Akitu (taken from the Sumerian term for 'barley'), where they would perform different rituals lasting 11 days. However, New Year's for Persians, Egyptians, and Phoenicians would start on the fall equinox, and New Year's for Greeks would start during the winter solstice. Later on in the early Roman calendar, when there were only 10 months, New Year's was moved to March 1. As you know, we now have 12 months, and New Year's is celebrated on January 1. The Holiday was moved to January 1, when Julius Caesar developed the solar-based Julian calendar which marks back to 46 B.C. (The History of New Year's Eve).

Many people know that a main tradition in the US is to watch the ball drop when the clock strikes midnight on January 1, but did you know about all the different traditions that different countries have for New Year's? In Greece, Mexico, and the Netherlands, round cakes symbolize the circle of life. Sometimes people will put trinkets or coins inside the cake, and if you end up finding, you are expected to have good luck in the new year! A popular tradition in Spain includes eating exactly 12 grapes on New Year's Eve, one grape at each stroke at midnight. The grapes symbolize the 12 months, and eating all of them lets you enjoy a lucky year (The History of New Year's Eve).



When asked about their New Year's traditions and what makes it special for them, here is what some Patriots had to say: "In my family, we celebrated by calling all our relatives to our house, which is a lot of people. We would do a pot-luck. We also play lots of games, make jokes, etc... Just having fun," said ninth grader, Nkauj Nag Yang. "We don't have a tradition on New Year, but we do take turns on who is in charge of the house holding for the New Year. Personally, I don't really like New Year because the house always ends up really messy, so there isn't [anything] I love to do. I don't know if this is part of the New Year but my family and I do 'Hu Plig' which is to refresh a new start. We don't do this on New Year's day but in November and it is also called the New Year too."

Junior Roman Lytvynenko explained, "For us, most Ukrainians' Christmas is on the 7th of January. First, the important holiday is New Year's. In my family, gifts are given for the New Year. For the celebration, we prepare a lot of things to eat. My mother prepares a lot, and my father helps her. On the 31st of December, we really do a lot of things. We sometimes invite our friends. At 12:00 AM, we sit around the table and we all are there, and we turn on the television. It's like a tradition in Ukraine that on New Year's Eve our president always has a speech to their people. We listen to the speech. It is like 10-20 minutes before 12:00 AM. Then usually, when the clock strikes, 12:00 AM, our president says, 'Happy New Year!' So, this is not how all Ukrainians celebrate it. But, that's how my family does. So then at 12:00, we start eating, celebrating, talking, playing games, and watching tv shows, and films. I go to bed around 3:00-4:00, sometimes at 5:00 AM. Then I sleep all day long, and sometimes we go to the center of the town to watch the fireworks. And actually, this message reminded me of all the great days before all the stuff that is going on in my country now. "

While the New Year's celebrations have drastically evolved over time, one thing remains constant, it is a holiday full of traditions, and time spent with loved ones. As we ring into 2023, The Courier hopes you have a happy and healthy New Year!



International Students Around the Holidays.

Being an international student, especially in your teen year, is a really tough challenge. Roman Lytvynenko, knows all the emotions and struggles of international students.

Roman said the hardest part for him was probably getting used to the language, but now he feels more confident in English and he is doing amazing. Ukrainian food is much different, so it took some time for Roman to get used to American food. Now he can't imagine a day without fast food or snacks. One of the biggest challenges for him was making friends and communicating with native speakers. This can be scary as a foreigner and a highschool student. I also had anxiety about this exact topic. I was scared that I would feel so lonely and out of place. However, I made true friends who became one of the biggest parts of my life. I will cherish the memories I made with them forever. The same happened to Roman. Eventually, he managed to master it and doesn't have that problem anymore.

The fact that most people are so nice and accepting makes everything much easier, so thank you for making us feel comfortable because we are dealing with lots of things emotionally, mentally. This warmth and kindness from you is something we will never ever forget.

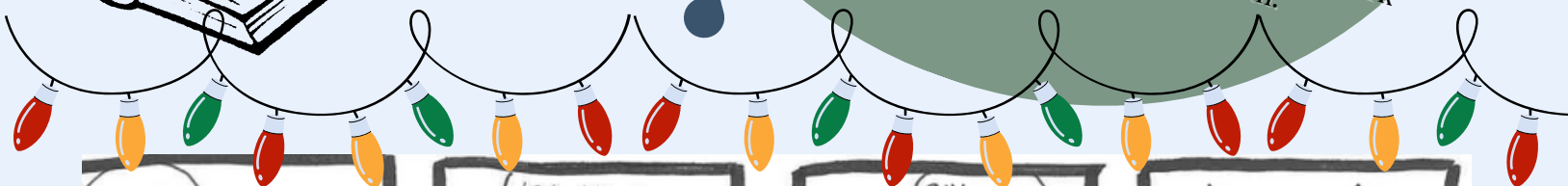


Holiday Jingles

The Christmas spirit is upon us. With dazzling lights and flurries of snow, Christmas is finally here. But it is not truly Christmas without nostalgic carols. Some of my personal favorites include songs from Pentatonix, Mariah Carey, and Ariana Grande. A duet at the top of my list this year is "Santa, Can't You Hear Me" by Kelly Clarkson and Ariana Grande. It is the perfect song for Christmas and quite new. Elvis, Nat King Cole, and Michael Buble are always go-to if you prefer the classics.

Find Yourself Bored During the Break? Read This.

Winter break is only five days long this year, which is unfortunate but expected. During this week you could find yourself bored. There are many things one can do during the break. If you work, you can pick up extra shifts. You could read, make a craft with items around the house, go on walks, or watch movies. There's an ice skating rink in downtown Neenah that could be fun with friends and family. You could catch up on overdue homework. Try to spend time with your family, if you have been busy with homework and extracurricular activities during the school year. There are many more ways to fulfill your time during the break, but it can get quite boring and repetitive. I hope you found a spark of inspiration for what to fill your time with.

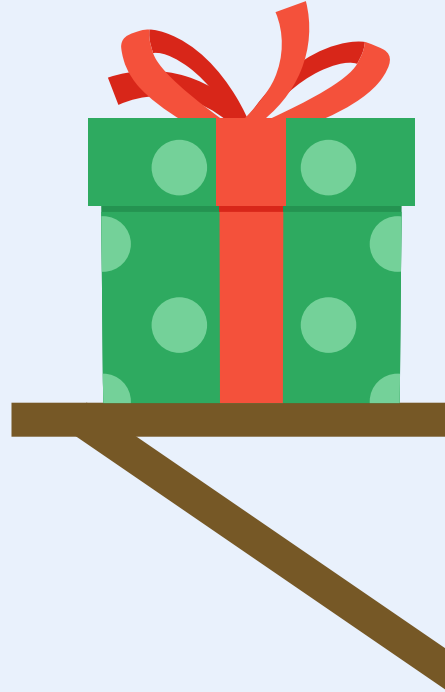


Reading For Relief

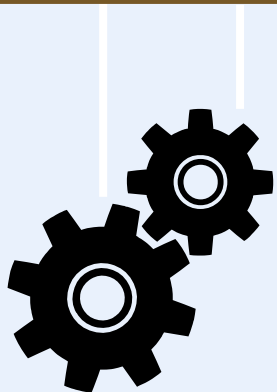
The National Honor Society of Appleton East is no stranger to giving back to the community. NHS has organized the school's book drive for the second year in a row! Led by the National Honor Society Board, made up of five seniors of the organization, and advised by Mrs. Adams and Mrs. Schmidt, National Honor Society leads volunteering opportunities around the Fox Cities.

From November 28 to December 2, books were collected in second hour classrooms to be donated to various causes. Some books were given to the Salvation Army for distribution among their thrift stores, and others were donated to local children's hospitals. The president of the Appleton East National Honor Society, Fletcher Meyer said, "A book you've enjoyed can give someone else an experience. Stop letting it collect dust and give back to the community."

Thank you to everyone who helped make this drive a success and to everyone who donated!

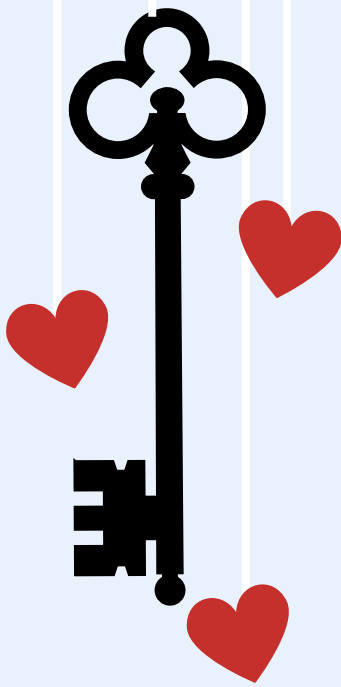


Technology For Learning



Everywhere you turn at East, you will find some sort of electronic device which enhances learning. These devices have been largely supported by the likes of our Tech coaches, specifically Coach Krommenacker and Mr. Kautz, our tech integrators. How many times have students or staff been faced with a technology issue? A vast majority of the population. At East, we ought to give thanks to these staff members and other IT workers for continuing to make East function.

Key Club's Kindness



For the month of December, Key Club has various events open for members to attend. Key Club will volunteer at Feeding America, St. Joe's Food Pantry, serving dinner at Pillars, and many more. This holiday season can be hectic and most students might not think of giving back to the community during this time. But Christmastime is one of the most important times for individuals in need.



Volunteering: The Good From Giving

Volunteering is nothing short of a moral good. Giving back to the community does not necessarily pay—but how exclusively selfless is it? Volunteering has many benefits to a person's self, including the joy many feel from helping, which should not to be confused for pleasure. The world needs people willing to give to others; though the pay may not be of substance, it exists.

Community is credited through giving, which is proven within Appleton East. Groups such as Key Club, National Honor Society, and DECA all exist to give back to community members. Through these groups, members develop skills to be leaders and build relationships— but all groups, regardless of what they get out of it, support those in need.

Fulfillment is what humankind strives for. The idea of some objective good gives a picture of what the world ought to be. Every person may create their purpose in life, many of which involve helping others. One may see a sense of purpose through carrying out what is possibly the best good there can be.

There will always be a need within society for those who give back in any sort of capacity. There will always be those who are less fortunate than others; by volunteering one helps others and therefore oneself too. There are many organizations here at East and out of it that provide the opportunity to do so. If you have never volunteered, try it and see the good you can get from giving.



Toys For Tots

The story of Toys for Tots began in 1947 with Diane Hendricks, the wife of Bill Hendricks, a Marine Corps Reserve Major. Diane wanted to donate some dolls to a charity for children in need, but at the time, this did not exist. With the help of Major Hendricks' reserve unit, five thousand toys were collected that year. By the next year, Toys for Tots was a national program.

In November, local businesses place Toys for Tots donation boxes where members of the community donate new, unwrapped toys. Near the beginning of December, these collection boxes are taken to another facility so that the toys can be distributed to children in need at Christmas time.

Around here, Toys for Tots is a successful endeavor. Last year, 23,729 toys were given to 4,685 children near Appleton. This year marks its 75th anniversary, showing its continuing impact over the years.



DECA Days Coming Soon

DECA will be busy throughout December, January, and February. DECA has already made Christmas cards; every card made raised \$2. If you remember back to December 13, with Letters of Love for Ukraine, every Bubbl'r purchased raised \$1. On January 25, February 1 and February 22, DECA will volunteer for Pillars. DECA is also bringing back the POLAR PLUNGE! The Polar Plunge will be the day of the Valentine's Day dance, February 11. DECA competition start on January 7; if you want to go to state you have to do districts to qualify. It is a great way to build your resume whether it be for a job or college. On January 14 there will be a dodgeball tournament! On January 20, you have the opportunity to go to the UW Madison vs. Ohio State hockey game. It is \$30 and your packet must be turned in to Mrs. Fude by January 10. There are so many activities that are going on so make sure you check it out!





2023 Horoscopes

Aries

You're at a point of peace after a long period of hard work. You may not be at the end of the war, but the battle has been won, and now you may rest.

Taurus

Success is on the horizon for you. Put your heart into your passions now, and it will pay off. There may also be a new relationship in your future, but don't be swept up now, as that success will take work.

Gemini

Now is a time for self-reflection. With the end of the year comes a time to look back at your actions to reveal the truth and better understanding of yourself. Isolation can be a good thing, but always in moderation.

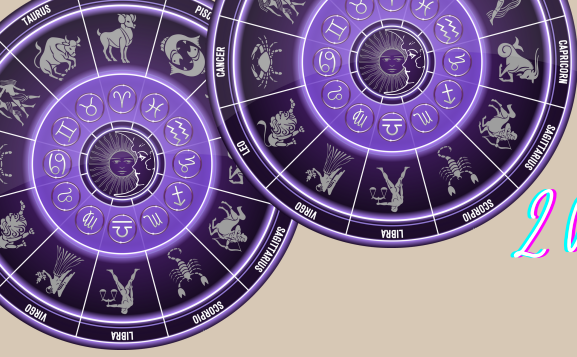
Cancer

This is your time to make your mark and take action. Sometimes success and victory results from willpower alone, and this is the perfect time for you to take advantage of it.

Leo

The beginning of winter is one of the best times for you to start something new. Be it a new project, job, or relationship, now is the time to act. Just remember not to rush into anything.





2023 Horoscopes



Virgo

You've been holding onto your past and have slowly stagnated. Growing apart isn't always a bad thing, it only opens opportunities for new growth.

Libra

This is your sign that forces out of your hands are in control here. You may not be able to control the changing of the seasons, or the rising and falling of the sun, but you can still adapt to these cycles and adapt to them.

Scorpio

This winter has brought you the fruits of your labors, and now is the time to give back. Your compassion and understanding have brought generosity, and you can now share with the expectation of nothing but kindness in return.

Sagittarius

You've been overwhelming yourself by taking on too big of a workload recently. Asking for help doesn't make you weak, and collaboration will be your ally.

Capricorn

A stressful situation is on the horizon.

Aquarius

You've become stagnant from clinging onto your emotions. It may be time to reconsider those feelings you've been holding onto, but you don't always have to do it alone. Being vulnerable doesn't make you weak.

Pisces

With the year almost at an end, you have an opportunity for a new beginning. If you only let yourself have that blank slate, a new journey will be soon to follow.



AASD REFERENDUM APPROVED!

Nobody in Appleton won the recent billion-dollar Powerball, but the AASD will benefit from the generosity of voters who approved a \$129.8 million referendum to renovate and improve our schools.

Improvements include modernizing our middle schools and moving 6th grade into middle school, building a new elementary school, and building additions and completing renovations at our three high schools. Many schools will see improvements to their STEM programs. The design and construction of all the projects in the referendum will be staggered over the next two and a half years.

Here at East, we will see 11 new classrooms, modernized spaces and renovations/additions to the fitness center. Who needs the lottery when we live in a community that's so supportive of its schools? Thank you, Appleton voters!



Appleton East Classroom Addition

Patriot Performances

Watch the Winter Band Concert

Exciting news! East recently held its Winter Band Concert, which featured all bands ranging from freshman all the way to honors.

A plethora of winter-themed pieces were played for this concert. An audience favorite was a mashup of “Jolly Old Saint Nick” and “When the Saints Come Marching In.” With a sultry solo trumpet met with introduction and a Dixieland clarinet solo, the piece exudes the Christmas spirit and surely blew many away. The audience also loved Russian Christmas Music and “Sleigh Ride.” If you missed it, that is alright, thanks to our Patriot Productions crew, a live recording has been uploaded to YouTube.

**Watch the
Appleton East
Winter Band Concert
on YouTube!**



Tidings of Joy

Getting into the holiday spirit this coming winter, the Appleton East music department performs in the Sounds Of The Season series. Broadcast on Good Day Wisconsin, the Appleton East Symphonic and Honors Orchestra play their Christmas tunes on air, promoting both school and holiday spirit. The different modes of music are performed by different students who participate in the music program at Appleton East. The many musician rehearsed worked diligently for this performance, and the footage was recorded a week after the fall orchestra concert. As a great way to get into the holiday spirit, Appleton East is displaying its passion for music and the arts.

Previously, “Sounds of the Season” was an early morning endeavor for music students; however, this changed over the pandemic and is now filmed by the participants separately at the schools. Unsure of whether or not the previous method will return, it will continue to be filmed from a distance, or in this case the Appleton East auditorium during the school day.



Theatre is LIFE.

The opening night of “Once Upon A Mattress” was November 4, and the show ended on the 12. This was a phenomenal production of the retold story of “The Princess And The Pea.”

Prince Dauntless has come of the age to marry, but his mother Queen Aggraviain isn't too fond of the idea, but his mute father King Sextimus, Ladies-in-Waiting, and Knights are. After the Queen's impossible tests, potential no princesses succeed, and the Ladies and Knights are getting restless. After all, no one could marry until Prince Dauntless did. Sir Harry, who wants to marry Lady Larken, promises to bring the best-fit princess for another test, that he would search far and wide for the one. The princess who does arrive is a shock to the queen. For Dauntless, it is love at first sight. Princess Winnifred is considered nowhere near perfect. Regardless, Dauntless is determined to marry her. The Queen's plan put in place is certain to be impossible to pass. A test of... sensitivity! A single pea under 20 mattresses. The next morning, it is revealed that Winnifred passed. She didn't sleep one bit. The queen is shocked and finally defeated. The curse King Sextimus was under is broken! Finally able to speak again, he confronts Queen Aggravain. In the end, it is a fun twist that the queens' ladies, knights, The Jester, The King, and The Poet all decide to stuff the mattresses with jousting equipment. It wasn't just the pea after all! Everyone lives happily ever after.

**For the next play, “Arsenic and Old Lace,”
Crew signup is on February 8 and
auditions are on February 10.
Performances will be on April 20-22.**

-Kate Heller, Cast (Lady Larken)
-Austin Demerath, Cast (Prince Dauntless)
-Lila Bornemann, Sound Design
Olivia Vandeneng, Deck Crew
-Amanda Petersen, Drama Club Director

What did you enjoy about being in the play?

-“I enjoyed getting to know all the new people and getting the opportunity to work on my acting skills. Theatre is just something I really enjoy. Acting in theatre, as a character helped me to overcome my anxiety because I could become a different person on stage. Acting in Once Upon A Mattress was a really good experience, I loved the directing staff.” (Heller)

-well as getting to know the new underclassmen. Um, I used to have stage fright when I was doing theatre when I was younger, but now that I've been in so many productions I don't have stage fright anymore. I enjoyed doing all the fun things we do as a cast together, like all of the weird traditions we do backstage.” (Demerath)

-“I think I enjoyed getting to know the new crew members as well as returning to what I enjoy doing and reuniting with everyone because it really feels like a family. My job backstage was to run sound design and I really enjoy doing it because I listen to music, like, I always have my earbuds in. I've been doing this since freshman year, and I have a lot of fun doing it. Any time I have the chance to be back in the booth whether that's doing sound for theatre or for choir performances I always have a good time doing it and I enjoy seeing an entire show and being able to come together with everyone's hard work. (Bornemann).

-“I really liked what I did as a backstage crew member! With crew, there are simple jobs you can do by yourself but you do work with others too. Personally, I was on deck crew where I took props and such on and off the stage. I also did work backstage when the others needed help. Building the set overall was really fun. (Vandeneng)

-“ I love working with our Drama Club kids. They're all really hard workers and very creative and fun so that's really the best part, along with seeing their progression to all come together in the end. It's satisfying to see all their work. My friend Christopher, who is a director in Chicago, is a big influence on me. We've known each other since high school. I also love smaller productions, like “Come From Away” and “Spit Fire Grill.” (Petersen)



Who was your favorite character?

“Out of all the characters in the musical, I really liked the Jester and the King, those are both really entertaining characters. (Heller)

-The Queen was probably my favorite character. She was just a mood. She was just a fun sassy character that I think we all can relate to.

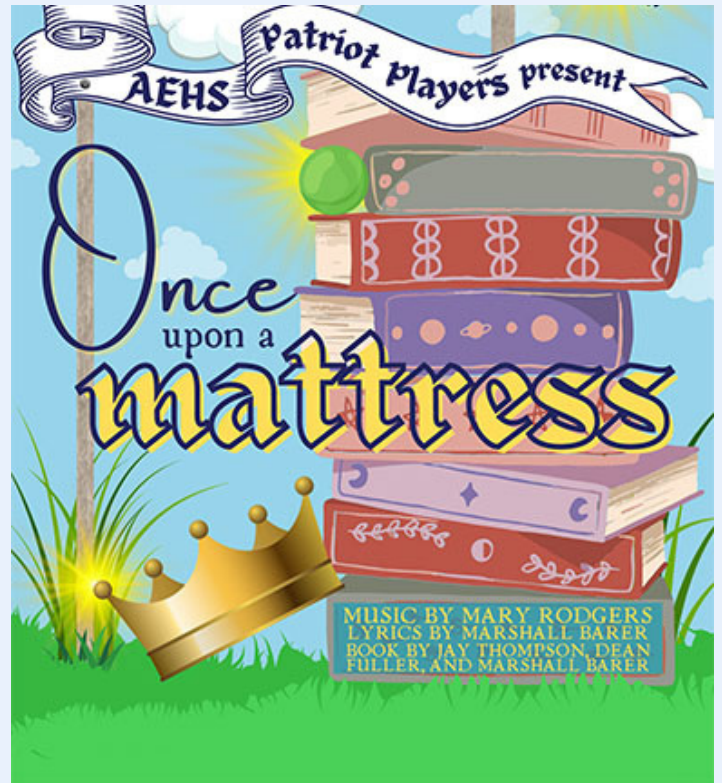
(Demerath)

-I actually really enjoyed the ladies' parts. I think they really added a lot to all of the different songs and everything. (Bornemann)

- “I also, as Austin said, liked the Queen.”

(Vandeneng)

-“A funny memory from directing “Once Upon A Mattress” was when Max Mangold first did the Sir Harry kneel. It was really funny during rehearsal! I like the rehearsals we have the week in between the performance days when everyone's just kind of dusting off the cobwebs and some funny things happen that stick with you (Petersen)



Will you return to theatre?

“Yes, I will be auditioning for the next play. I’m also looking forward to maybe being able to act with the same people again!” (Heller)

-“I’m going to be auditioning for the next play, too, and I’m hoping that I can have a good senior show because it’ll be my last at East.” (Demerath)

-“Most likely, yes I will be a part of the crew for the next play and was also considering auditioning so we’ll see!” (Bornemann)

-“I probably will be joining the stage crew next play as well.” (Vandeneng)

- “Our next play will be a comedy and thriller called “Arsenic And Old Lace”. Our focus on this play is going to be more physical, stage combat, and over-the-top acting. We’re fortunate to have a professional actor on staff for this show to help teach safe stage combat. In all these kids are so wonderful and talented, and I’m excited to work with them again.” (Petersen)

Meet the Contributors

Story	Writer
DECA	Lorelei Graf
International Students	Elene Giorgadze
Band Concert, Christmas Playlist Bops, Key Club	Heather Meyer
COMICS	Liliana Monson
Sounds of the Season, Healthy during Holidays	Hailey Bay
Book Drive	Lily Altmann
New Year's	Jo Buck
"Once Upon a Mattress" Snowball	Hope Bruce
IT Workers at East, Finding Happiness from Helping	Fletcher Meyer
Toys for Tots	Clara Shober
Whats going on during the break/suggestions on what to do during break?	Delaney Lehman
Horoscopes	Lily Altmann and Chloe Erickson
Referendum	Mats Riddlehoover

Interested In
Joining?
Come to our next
meeting on
Thursday, January 5
during Flex,
or contact an editor
or Mr. Otis.



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