

the courier

the appleton east student newspaper

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National Honors Society

Appleton East's National Honor Society will be hold its annual induction ceremony for newly accepted members on Monday, November 14. All new and existing National Honor Society members are being required to attend and they will receive snacks. With the introduction of new members, here is a sneak peek at what National Honor Society activities this year.

Lily Altmann is the NHS Blood Drive coordinator, which has been a successful collaboration with the donation center. There were a total of 57 donors, 36 of whom were first-time donors. A whole 37 liters of blood was collected, saving an estimated 111 lives. If you didn't get the chance this time around, don't worry, as there will be another drive in the spring!

National Honor Society members also have opportunities to volunteer with Y-Care at Johnston Elementary, Halloween Crafts, and Salvation Army bell ringing as well as working with St. Joe's food pantry. In late November, the NHS will be hosting a book drive to donate to schools affected by the recent hurricane in Florida. If you like cookies, you will love the cookie sale in early December.

If you're interested in being in National Honor Society, maintain a 3.5 GPA or better by next year and get involved with your community to gain some volunteer experience as well! Being in National Honor Society is a big achievement which colleges will acknowledge. Any questions should be directed towards the advisors, Mrs. Schmidt and Mrs. Adams.

WHAT'S UP, EAST

BACK TO SCHOOL

Senior Communications students in Mrs. Marx's class will travel to Johnston Elementary School to work with the first graders around Christmas and Valentine's Day. According to a 2022 graduate who took this class, the seniors last year spent part of their day making crafts, coloring, gluing, and playing with the kids as well as taking pictures with them. For Christmas, they dressed up with red, green, and Santa hats, and for Valentine's Day, they wore pink, purple, white and red. It was a creative way to just let the first graders have a fun time!



WHAT'S UP, EAST

On October 5 a group of students from Appleton East's Robotics team, Team 93 NEW Apple Corps, traveled to Richmond Elementary to show off the teams 2013 and 2022 Robots: a yoga ball shooter and the other with a volleyball shooter plus the ability to climb/hang on a form of monkey bars, It was a huge hit! Kids loved running around, catching the balls from the robots, and learning more about how it functions.

Team 93 has featured student-built robots many times before, but being able to show it off to younger students is definitely a huge thrill for Team 93. Increasing interests in elementary schools almost always guarantees gaining new member once the students enter high school. With groups like FIRST Lego League growing in the elementary schools across Appleton, Team 93 New Appleton corps hopes to see a Lego League in every elementary school to grow the amount of studentsinvolved with robotics.

robotics gears up

Seniors should begin to think about what they plan on doing after high school, but many are unsure of the next steps due to lack of preparation and knowledge of opportunities that are right in front of them. For example, many college admissions counselors visit East regularly to meet with the student body, and what could potentially be *their student body*, just less than a year from now.

Currently, there are two East visits scheduled for the month of November. Michigan Tech will be at East on November 8 during Flex.

On November 15, UW Oshkosh will be at East for Instant Admit Day, which is a day when students can apply and get their decision in the same day. This is a great opportunity to take advantage of.

Going to college shouldn't be something to be afraid of. There are many opportunities out there that for seniors to take advantage of and start their work towards a degree. For example, East has its very own college bulletin board located right outside of the Guidance Office. This board is frequently updated with information about scholarships, college visits, and other helpful information related to college. Your counselor will also be a great help to you. Don't fear getting one foot out of the door for college. Take it head on and take initiative of molding your own future!

COLLEGE VISITS TO EAST'S CAMPUS



Ya like jazz? SWING, BOP, COOL, or FREE?

Believe it or not, President Bill Clinton and Samuel L. Jackson have something in common - they both were in jazz bands! Clinton played the saxophone and Jackson played the trumpet. The jazz band here at East features these instruments as well as trombone, piano, guitar and drums.

You may be wondering, "What's the difference between regular band and jazz band?" Regular band plays many different types of music from different cultures, composers and eras, as well as the pep band tunes for home athletic games and community events. Jazz band only plays jazz music - it can be swing, bop, cool or free jazz, but it's all jazz.

East's jazz band typically performs at each of the three band concerts and also at Solo Ensemble. Some years the jazz band has entered competitions or performed at various clinics with UW professors.

If you are interested in joining jazz band, they meet Tuesdays and Thursdays during Mrs. LaFleur's flex periods in the band room.

PATRIOTS HONOR VETERANS DAY

November 11 is VETERANS DAY! East started officially honoring Veterans's day a few years ago. The tradition was born by former East teacher, Mr. Leschke, and Mr. Schnieder has now stepped up to take charge. It is an important day to honor very important and deserving people. East invites as many veterans with Patriot connection as it can. If you invite someone and they come, you will be able to go to the celebration with them. We want this to be as big as it can get.

As veterans arrive, they walk through a gauntlet of students who are cheering for them. Then the school holds a ceremony during second period to honor them; this will include speakers, students' videos and more. Afterwards there are some treats and coffee for the veterans and their families to enjoy in the commons.

WHAT'S UP, EAST

CHOIR SHARES STAGE

With the fall sports season wrapping up, the sports calendar will be empty for almost a month, but there's music to fill that time. The East choir department recently held their first choir concert. East Singers were joined on stage by choir students from Madison Middle School and McKinley Elementary. The songs were uplifting and kept everyone engaged the entire time. Every choir's energy was high so the singing was top-notch and was a great way to start the choir season. If you missed this concert, check out Appleton East choirs as they sing their way through the 2022-23 school year. You will not be disappointed. The concerts are conducted by the great Mr. VanSickle and Mrs. Conn.

Do you like concerts? Do you like listening to the magical music of an orchestra? Here's some good news for you: Appleton East's Orchestra Concert is scheduled for Thursday, November 17, at 7:30 p.m., in the Appleton East auditorium. Student musicians have been working hard at making these songs sound beautiful, and they will please your ears as you listen to them. The Symphonic Orchestra will perform Lullaby, Waltzes From A Narrow House, and Ancient Wonders Suite. The Honors Orchestra will perform Pictures at an Exhibition, Pavane, and Allegro Moderato. And both classes will perform a Coco Medley as well as Good 4 U, which features the James Madison eighth graders.

Ninth grade Symphonic violin player Cynthia Vang, is looking forward to performing her favorite piece. "My favorite piece is Waltzes From A Narrow House. It's the fact that I feel confident in our orchestra group and the fact that it is not just me, but it's a whole group effort." Having confidence in yourself and the group is a big part of what makes an orchestra an orchestra, and building up that confidence helps during the concert.

ORCHESTRA SHOWS PLUCK





ORCHESTRA: TAKE A BOW

Junior honors violin player, Hayden Spranger, says, “Honors is a safe, loving community, and it was very helpful and moving. And for tips, play as a whole, forget the audience is there and play like you are in practice, but still play good.” A concert comes with nerves, but being prepared and not thinking about the presence of the audience is helpful, as Spranger said, and that works for other types of concerts, and performances.

Mr. Heckner is the teacher who helps make this concert happen. “The biggest part is making sure that everyone is at a level where they feel comfortable and confident, and can feel good about their contribution to the group. We never aim for perfection, because that isn't attainable at any level, but we want to be excellent instead. We spend so much time rehearsing that by the time our concert rolls around, we know the music really well, and have had time to really dig into the ‘music’ of the music, or all of the expression and phrasing that really makes music fun. I think that's probably the most important part to me.”

“Being an orchestra teacher is a really fun job,” Heckner says. “I think I'm really lucky that I get to teach a class where students choose to be here, usually, and that we get to do something physical and as a group as well. It is really an active class in terms of mental and physical engagement, and you're working together with people you get to spend many years in a row with, which is great. One of our students I've known since they were in elementary school, and they are still in orchestra with me all these years later. Another really fun thing that I enjoy is that every year I get to teach different music, which keeps it interesting for me and for students. I get to pick new pieces every concert in order to teach the concepts we need to learn, and it never gets boring!”

Orchestra provides a wonderful opportunity to explore all the fine arts have to offer, and the concert will show you how much work, time, and dedication they have put into it. Be sure to come and check out East's Orchestra Concert, November 17!



TICKETS AVAILABLE IN THE BOX OFFICE

TRUST THYSELF: Imposter Syndrome

Mental Health

A new focus

In 1972, David Bowie said, "Sometimes I don't feel as if I'm a person at all. I'm just a collection of other people's ideas." The person Bowie has been regarded as he feels he does not deserve, this amazing guy just does not exist to him. Bowie hid behind his stage personas as a man from outer space and despite his bewilderment behind the icon he became, he still dedicated his effort to what he enjoyed and what had brought him stardom, his music.

Imposter syndrome is defined as often indescribable of feelings of low self-worth in relation to the responsibilities. When you feel this way, external validation is never really internalized. Many people have significant accomplishments, but they don't feel they have earned them, such as Tom Hanks, Lady Gaga, David Bowie, and Serena Williams have all felt inadequate in their position. Imposter Syndrome is not something typically diagnosed, yet it is still felt by many.

David Bowie is one of the many who don't understand the high regard given to them, and there is no doubt people like this is here at East High School.

Fighting Senioritis

I know, I know... classes are back in the swing again, homework starts piling up, and getting up in the morning feels like dragging bricks out of your bed. I'm looking at you, seniors. Yes, you. Graduation feels like light years away but the next thing you know, it will be here. You deserve to say farewell to East as a proud graduate who gave it their all for one final year. Here are a few East seniors and their personal experiences with senioritis.

Question: Are you experiencing any senioritis?

Morgan Aldana: "Yes I have experienced senioritis so far, but to combat it, I have tried to destress and play with my dogs."

Robert Ladewig: "Yes I have very much. I have tried sleeping to help regain motivation."

Feeling any sort of feigning motivation is perfectly normal. As students of East, it is our responsibility to keep ourselves in check and continue strongly. Personally, making to-do lists and prioritizing my school work helps me tackle the stressors that trigger my senioritis. Making the act of doing homework a fun task can help sometimes too. Put on some bangers and jam out as you crank out calculus homework (or at least attempt a problem or two without breaking down). I know each and every one of you seniors have the strength to get through the school year. There is greatness ahead.



Mental Health

A new focus

As the warmer season comes to a close, and the ground becomes frozen, the light in the sky seems to grow further and further away, and many suffer from feelings of hopelessness and isolation. SAD, also known as Seasonal Affectiveness Disorder, results from this change in season. Many people who suffer from this mental illness have an annual depression catalyzed by the changes in season, beginning and ending at the same timing each year. Linked to Borderline Personality Disorder (BPD), SAD has many of the same attributes of depression, the only skew being the time of year. Loss of interest, feelings of despair, an increase in feeling lethargic or sleeping for longer periods, and even irritability are associated with Seasonal Affectiveness Disorder. Despite this setback, there are many resources and information available to those who may suffer from SAD.

The Season for SAD

The causation of Seasonal Affectiveness Disorder is not exactly known. This mental illness is theorized to be derived from the lack of sunlight, leading to the hypothalamus (part of the brain) working slower. It has been proven that the lack of Vitamin D and sunlight both has the potential to cause a decrease in serotonin and an increase in melatonin production. Meaning, less energy and happiness and more lethargic sleepy feelings associated with depression. The Circadian Rhythm, also known as the brain's internal clock that works to regulate sleep and energy, is likely affected by the change in the amount of sunlight. Therefore the circadian rhythm is thrown off due to the change in season and decrease in Vitamin D. As many other mental illnesses are acquired, SAD can also be tied to genes and heredity.

There are many forms of treatment and help available to those who seek it. Although SAD is usually self-diagnosed, many people choose to seek help through many different sources. For starters, therapy for depression and mental illness has been proven to help improve ones condition. Psychotherapy (Talking), Cognitive Behavioral Therapy, and even music or art therapy can allow one to increase emotional regulation, leading to a happier lifestyle. Another available recourse is medication, when necessary, specifically antidepressants. Some many more changes to bettering the darker months of the year can be tied to lifestyle changes. Eating healthily, exercising, and properly regulating stress levels will likely lead to a happier and healthier mindset. When struggling with feelings of despair and hopelessness, remember help is available, there are always other options and although it may seem that there will be darkness for eternity, there is always a light at the end of the tunnel.

“Overview - Seasonal affective disorder (SAD).” *NHS*, <https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/>. Accessed 13 October 2022.

“Seasonal affective disorder (SAD) - Symptoms and causes.” *Mayo Clinic*, 14 December 2021, <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>. Accessed 13 October 2022.

Facing Your Fears

Fears play a major role in our lives. No matter how hard anybody denies it, our fears and the way we treat them shape our future path. As an exchange student, I had to face and overcome many fears of mine, which was hard, but not impossible. Here's my story and the things I've discovered throughout my journey connected to fears.

Going to a different school, away from home, across the ocean, on a different continent, without knowing anybody and starting a whole new chapter in your life can be exciting but scary...terrifying. As a 17-year-old girl, I'm really proud that I dared to do this and believed I was capable of doing this. My head was full of burning questions, questions that made me doubt myself. I was scared that I wouldn't "fit in" anywhere; I would feel so lonely and out of place. However, I shut my thoughts down and tried to comfort myself by reminding myself that I'm more than my fears and intrusive thoughts. I've never been really confident in my life and that was something that always held me back everywhere, but this time, I faced my fears and challenged myself. I got out of my comfort zone and now I'm getting to know the world: observing, discovering and trying to make things better around me.

I have overcome many fears, but there are still many I would like to get rid of. Although, I'm trying and that's what really matters. Facing my fears made me grow a lot mentally, I learned, experienced many things and can't wait to do more of that in the future. My advice would be not to listen to that little cruel voice in your head that tell you there's something you can't do. Because, honestly, if you want something enough, you are completely capable. *Don't let anybody dictate or downgrade your worth, not even yourself.* We are more than our fears and the more we face them, the more we realize it.

Take a step towards your goals and face your fears. You will never ever regret. Enjoy the journey because it is the key to a happy and fruitful life. Life is short and there are so many things to achieve and discover. We don't have time to waste for fears and doubting ourselves. **WE ARE MORE THAN OUR FEARS.**

Share Your Work

Do you have a talent you would love to share with the world, but don't know how? There are tons of local, state, and national contests, at various levels of competitiveness, that Appleton East would love for you to enter. Submitting your work independently of a club is a great way to gain potential wins for East.

Searching the internet for these contests can be overwhelming, but a good place to start is [The New York Times website](#). They consistently run a variety of student writing contests covering everything from movie reviews to personal stories.

If writing isn't your style, there are lengthy lists of mathematics and science competitions found on college prep websites. Photography contests, such as those hosted by National Geographic, are a great way to take your hobby to the next level and potentially get your work published and seen by people globally. Poetry, film, and virtually all other types of art are represented in contests, many of which are tied to scholarships or prize money.

It can be stressful to put your own work out there for potential criticism and judgment, but don't let that hold you back from trying. Who knows, you might win a national level contest and be able to brag about it on your college application. Even if you don't, trying will undoubtedly yield something you can be proud of and increase your skills.

Getting your license allows for freedom. You don't have to rely on your parents to drive you wherever you want to go. But there are things to remember, things that could change your life with a blink of an eye. Officer Botz, our school resource officer, knows what causes the most accidents. The main culprit, no matter the weather, is distracted driving, and it's not always because someone is on their phone. Being distracted while driving can be as simple as messing with the heat and music in your car, where you're paying less attention to the road and mindlessly driving.

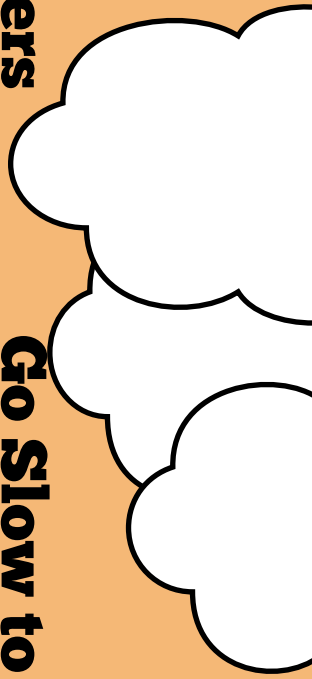
It can also be as simple as being distracted by your friends that are in the car. You also have to drive differently at different times of the day. Driving during the day is different from driving at night: there are more people who are driving under the influence at night. You may be doing everything right and you can still get into an accident because those around you aren't.

You also have to pay attention to the weather: sometimes the roads aren't really as clear as you think. You shouldn't be speeding, but if you know or even think that the roads are bad, then you should really be going the speed limit. I know many drive at least five more MPH, but that can really increase chances of an accident. If you know you have to be going somewhere like work, if you know you have to be there in a half hour, but the storm is gonna hit in 20 minutes, and it takes ten to get there, it's probably best if you leave earlier rather than later. If you're ever driving and think maybe you should pull over and wait it out, you probably should. It's not a bad thing to turn on the side of the road, but make sure to put your hazards on and wait it out. It's better to be late than in an accident. A reminder that if you start to slide, you have to remember to stay calm. I have slid before, and it was scary: I didn't have any control, but I remembered to pump my brakes, and I eventually stopped but I was probably two feet away from hitting a stop sign.

"Remember to not overcorrect," Officer Botz says. "You're sliding because your tires aren't catching traction, but once they hit the dry road, if you've overcorrected, you're going to shoot out the other way." If you turn your wheel in the direction the back of your car is turning, don't crank it, but once your tires get traction it will straight itself out. To be safe, make sure you have your seatbelt on and your headlights are on. If a cop pulls you over for one of your headlights being out, they just want to let you know because sometimes people don't know that their headlights are out. It can be dangerous. Not only can you not see the best, but other cars can't see you either.

New Drivers

Go Slow to Go Fast



Thanksgiving: This Land is Their Land

Thanksgiving has been celebrated for generations. We've all heard the story of how the pilgrims came on the Mayflower and befriended the Native Americans. Then the Native Americans and pilgrims helped each other out by growing and sharing food. However, this story of the Indians and colonists giving thanks to each other is a myth, according to David Silverman's book, spotlighted in [Smithsonian Magazine](#).

There was a massive amount of European curiosity about the newfound North and South America. The encomienda system forced thousands of Native Americans to work for Spanish settlers. Millions and millions died from mistreatment by the Spanish and British. However, some British colonists sought a religious oasis in America, and many settlers became subsistence farmers, meaning they grew enough food for themselves so they would not have to rely on others. In 1620, when the pilgrims arrived at Plymouth, they made an alliance with the Wampanoag Indians, who hoped for protection from their rivals, the Narragansetts. For 50 years, the alliance was tested: colonists exploited the tribe, overused resources on their land, constantly expanded colonial land, and spread of disease. These tensions eventually led to war, which resulted in a massive switch in power to favor the colonists rather than the Native people. The Wampanoags hold a solemn view of Thanksgiving; for them, the day is seen as a time to mourn the generations before them who suffered when the pilgrims came to Massachusetts.

When we give thanks on Thanksgiving, the intention behind it is good; it's good to be grateful for everything you have and acknowledge that; however, we should not forget that many Native Americans suffered. So when we are sitting at Thanksgiving dinner, remember to be filled with gratitude but don't forget the troubled history of Thanksgiving.

VOTING

"Who can register to vote?" If you meet the requirements, **you** can vote:

- You must be a Citizen of the United States.
- You must be a resident of Wisconsin or resided at the address you are registering with for at least 28 days before the election.
- You have to be at least 18 years old either before or on the day of election
- You may not have a felony conviction, treason conviction, or bribery conviction, and in the case that you do, your civil rights must be restored before registering to vote.
- You cannot be deemed incapable of understanding the electoral process by the courts.
- You may not make a benefit or wage or a bet from the result of the election (do not gamble).
- You may not have voted at another voting location, if you register on Election Day.

HOW to REGISTER to VOTE:

- There are three ways to register to vote in the state of Wisconsin. The first way is to **register online**. The only thing you need to register is your home address, mailing address, name, date of birth, and drivers license.
- You can also **register by mail**. To do this, you must print out a Voter Registration Form, which can be found on the same website that you use to register online. After printing and filling out the form, mail it to your local election office.
- The last way to register is to simply bring your ID and proof of residence to the polling place. You can do **same-day registration** and vote on election day.

Register to vote, see your ballot, and find your polling place at myvote.wi.gov.

A FEW NEW FACES

The freshmen aren't the only new faces at East this fall! We're lucky to welcome a number of new teachers as well. Here are a few of the new people you may see around the school.

Ms. Laumer is a new science teacher at East. She's teaching four classes of biology and one of environmental science. She went to school at Appleton East and graduated in 2018. She earned her undergrad in genetics, as well as a Masters and teaching certification, all from UW-Madison.

Mr. Penkala is teaching physical education doing a mix of Weight and Athletic Training, Adventure courses, Fit4You, and a section of Health. He is coming from Horizons and Franklin Elementary where he was a Physical Education teacher. He chose East because he graduated from here in 2014 and is super excited to be back teaching the next generation of Patriots.

Ms. Nelson is the new speech-language pathologist/teacher at East. She supports various students with their communication skills. Her family recently moved to Appleton from Colorado. She's actually from Appleton, but has not lived here for over 20 years. When she was hired by AASD, she was lucky enough to be placed at East and is very excited to be a part of the East community.

Mrs. Bethé is a teacher of the deaf and hard of hearing (D/HH); her main role is to ensure that the educational needs of students who are deaf or hard of hearing are met. She works with educators and families to develop plans regarding each student's specific needs. She comes to East from the AASD middle and elementary schools.

Ms. Riegert is a new health teacher here at East. She taught health part-time at Appleton West for the past 3 years and it has always been her goal to teach health full-time. She is very happy to be full-time at East and help students learn the knowledge and skills they need to live healthy lives.

Ms. Chang teaches French at all three high schools as well as online with eSchool. Her last teaching position was at Ferber Elementary school as an EL teacher. She was asked to come back to teach French at East High school as there was a need for a teacher. She taught French at East from 2012 - 2017.

Make sure to give these teachers a warm Patriot welcome the next time you see them in the hall!

BestBook?

The Appleton Library is temporarily located in the old Best Buy, at 2411 S Kensington Drive. The old downtown library location is planned to be renovated in an estimated \$40 million project, the concept for which includes large community meeting spaces and incorporates large windows for natural light. However, the timeline and budget are currently in a flux and many aspects of the plan are uncertain. The Appleton Public Library website currently lists both the construction start date and the reopening date as "TBD."

This comes, in part, due to the current unique economic situation causing fluctuations in the estimated construction costs. Although the design is being reworked, the new facility is estimated to be 110,000 square feet, more than 20,000 larger than the original. As the plans for this project evolve, you can keep yourself informed by reading official updates on the [website](#). The current location offers seating areas and Wi-Fi, and checkouts are available as always. Until the future of the Appleton Public Library becomes clear, we should all take advantage of the unique current location, and make it the community space libraries are designed to be.



Found Among Novels and Conversation

The Appleton East LMC is proud to welcome a new member of the Appleton East faculty, Ms. Bedor-Griffiths. After being a math educator at Tigerton High School, subbing, becoming the Tigerton school district's very own library media specialist and technology director, and then even starting her own small business, Ms. Bedor-Griffiths has transitioned back to her passion. After being a librarian for Highlands Elementary, Columbus Elementary, and Eisenhower in Green Bay, she decided to return to the high school level. Ms. Bedor-Griffiths is excited about being at East: "My biggest hope is that I can become part of the community here at East." She has many aspirations for the library and for being a part of the AASD community as a librarian. She looks forward to helping her students the best that she can. "I look forward to making connections, hearing everyone's stories, and creating a safe, nurturing, thriving library community."



Ms. Bedor-Griffiths has an outstandingly wide variety of her own interests. She has traveled all over the globe and would love to see everything, creating memories and experiences. "I love meeting people and hearing their stories. People are so interesting, and it's amazing when you meet a kindred spirit. It fills my soul with happiness!" exclaims Ms. Bedor-Griffiths. She also has many other interests tied to books, music, art, and antiques. To connect herself with the students this school year, the new librarian plans to talk with many of the Appleton East staff and students this school year. She even has taken the role of co-advisor of The Literary Club, as well as planning on volunteering at various Appleton East athletic events. She intends to build new friendships and connections with other students and people at the school. One challenge that she believes that she will face being a librarian is learning all of the new faces and names of the students and staff at East. Hundreds of students go in and out of the library on a daily basis, so it is a challenge.

Starting out as a librarian in her hometown library, Ms. Bedor Griffiths fell in love with stories and books. In both her hometown library and high school library, there were no *official librarians* for her to look up to, so she decided to become a librarian herself and earn her media license. "When the school I was working at that time offered to help me pay to get the license, I jumped at the chance to be a school librarian!" She is looking forward to having a much deeper connection with the students at the high school level and having deep conversations about books. "I think I would recommend *Listening for the Crack of Dawn* by Donald Davis. Davis is an oral storyteller who tells about life growing up in the Appalachia area in the 1960s. His stories are humorous, heartwarming and just make you feel." She believes that people who say they despise literature simply have yet to be exposed to the correct book. Lastly, she would love to express her gratitude to the Appleton East community for their welcoming and kindness. "I just would like to say thank you for the warm welcome. I can tell this is a place that many of you take pride in and people have been very kind and understanding here."

CONTRIBUTORS

- Hailey Bay: New Librarian, SAD
- Jo Buck: Orchestra Concert
- Milagros Cisler: College Visits, Registering to Vote
- Parker Davis: Choir Concert
- Elene Giorgadze: Facing Fears
- Lorelei Graf: New Drivers, Veterans Day
- Delaney Lehman: Thanksgiving
- Freddie McVey: Robotics
- Fletcher Meyer: NHS, Imposter Syndrome
- Heather Meyer: Band Concert, Senioritis
- Liliana Monson: COMICS
- Mats Ridlehoover: New Teachers, Jazz Band
- Clara Shober: Senior Comm
- Melia Wendt: Contests, Appleton Public Library

**NEXT
MEETING:**

**Wednesday,
Nov. 16**

FLEX

Mr. Otis



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