

the courier

the appleton east student newspaper



WE

ARE

EAST!

EXPANDING EAST

As some of you know the expansion is coming to Appleton East High School and you are probably wondering what's coming, well The Courier has the answers. The two-floors expansion will include bathrooms plus windows. Also, there will be 12 classrooms, including two business classes, then one family consumer science class. The number of parking spots will remain the same. The construction could be done as soon as August 2025.

Ms. Smedberg thanks all the voters for passing the referendum. "We are extremely excited and thankful for the additional classroom spaces for our students and staff."

-- Jack Albrecht



NEW SCHAEFER ST. WING

ATHLETIC ADDITIONS

Appleton East High School has been around for 57 years. Over half a century later, renovations have been done to many parts of the building. One can't help but notice the half-excavated parking lot. In late 2022, our district raised \$12.3 million solely for East's renovations. This includes the new tennis courts and the new and improved fitness center. These decisions weren't made lightly as \$12.3 million is quite the number, so focus group meetings were held from December 2021 to January 2022 to have input from staff, community members, and parents on the renovations. (Visit the AASD Referendum page for more info.)

The physical education areas at East are used constantly before and after school, weekends, and summer. Increasing the capacity of the weight room in this high-demand space will provide better conditions and a less cramped feeling, as the original weight room was crammed with all of the equipment. This will also produce more classes and classroom learning experiences for people interested in physical therapy or athletic training careers. Another positive of increasing the space is to address the overcrowding and schedule changes in the weight room.

East also got new tennis courts, changing to a nicer look from a green color to a nicer cool-toned blue. The tennis courts at East had been pretty worn down over the years, so now the gym classes will have a better environment for playing. Also, the East girls' tennis team is enjoying the new feel of the court, and hopefully, it can bring about some good competitiveness and matches for this season!

-- Tori Baerenwald



Mr. Reichenberger: Infinite Legacy

Mr. David Reichenberger was not just a math teacher but also a wonderful person and inspiration for thousands of students. Although not everyone knew Mr. Reichenberger, he hasn't left the hearts of the upperclassmen and educators who remember his legacy as absolute.

For most students and staff, the passing of David Reichenberger on June 25, 2024, was a complete shock. "I just stared at the article, I was so surprised," says an East junior. "It was just absolutely heartbreaking to see a person that influential die."

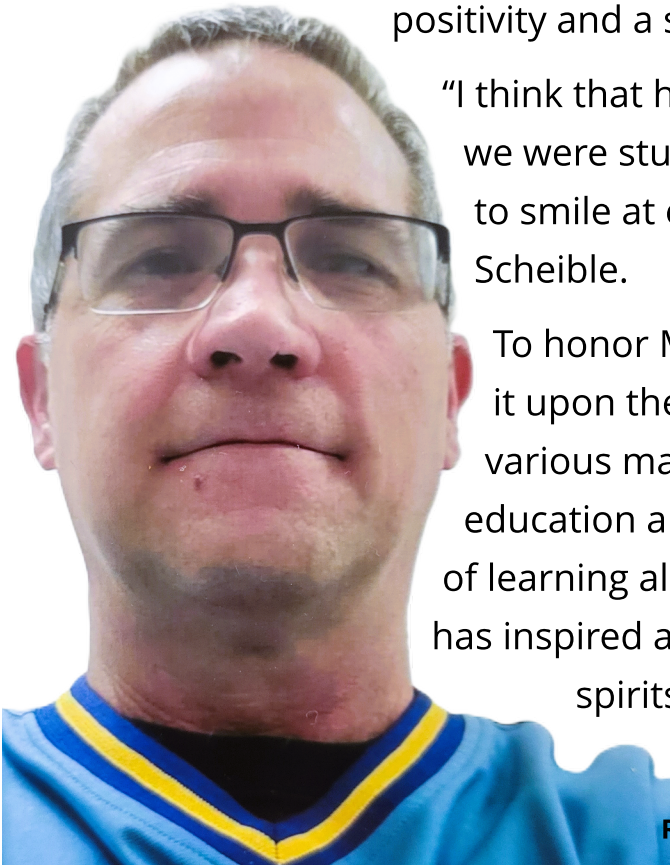
Mr. Reichenberger taught math at Appleton East High School for 27 years after earning his bachelor's degree at UW Milwaukee and Master's at UW Oshkosh. Many upperclassmen remember his funny antics, sweater vests, and "dad jokes" that would brighten people's days when feeling down.

Teachers who knew Mr. Reichenberger as a colleague speak highly of him. "Mr. Reichenberger was a true Patriot." Ms. Smedberg recalls, "He showed care and concern for all who crossed his path." Mr. Reichenberger always brought constant positivity and a spark of willingness to learn.

"I think that he taught all of us, even through COVID when we were stuck in those stale classrooms, to find a little to smile at even in the most boring days," says Marcus Scheible.

To honor Mr. Reichenberger, many students are taking it upon themselves to push themselves harder in various math studies, all for the better of their education and commitment to "keeping the excitement of learning alive." Knowing that this legendary teacher has inspired an eternal love for math and keeping positive spirits in the blindest of times has really, in many eyes, made all of the difference at East.

Read the Post-Crescent article about Mr. Reichenberger.





The commemoration of Mr. Reichenberger's legacy at the Friday Homecoming Pep Rally gave East a glimpse into his impact on not only staff but his own family and friends. "He loved this place once and forever - once a Patriot, always a Patriot," said Mr. Otis, a close friend of Mr. Reichenberger, in his speech at the pep rally. Mr. Reichenberger's family visited his classroom and received messages from students. This was underlined by the unveiling of a plaque to memorialize Mr. Reichenberger's influence.

The plaque will be available to see in the Appleton East main entrance. East continues to mourn and celebrate the life of one of the greatest teachers who has ever walked its hallways.

-- Ella Raney

Welcoming Back Past Patriots

In ten years from now, where do you picture yourself? Would you ever consider coming back to your high school and working alongside your teachers? Amongst the many new faces we welcome to East this year, a few are returning alumni. This is not the first or the last time that the East community will welcome back its past graduates as staff. However, it makes you wonder, what does East bring to the table that pushes these Patriots to return?

After her eight and a half years at McKinley Elementary, Mrs. Pruetz said, "I felt guided to apply and then join the East community." Mrs. Pruetz was not pushed to return to East because of the valued high school experiences she had at East, but rather the positive influence she could provide for future students. "To be completely honest I really did not like high school," she revealed, "therefore, I want students to feel comfortable and accepted in my classroom. I strive to be the absolute best teacher and person that I can be. I hope that my teaching and personality will positively influence students."

Miss Rice said "it felt like a full circle moment" when she was able to return to where she was born and raised to start this new phase of her life. Further, Miss Rice was not influenced by her overall high school experiences, but rather someone influenced her return to East. "Mr. Otis was my sophomore year ELA teacher and that was the class that inspired me to teach!" Miss Rice said, "now Mr. Otis is my mentor, and it is wonderful to still have the opportunity to learn from my previous educators."

The return can be seen as a moment to help students thrive, coming from a complete understanding of what it was like to be a student here themselves. However, seeing as they were former students, what has the transition been like to these new staff members? Has East provided a positive environment for their return?

“The transition of having previous teachers become your colleagues is an interesting shift,” Miss Rice stated, “I need to remind myself to call them by their first names, not their last.” Moreover, she felt that “the ELA department has welcomed me back with open arms and I am incredibly grateful to have this support. Working and learning in a supportive environment is the key to success and something I strive to foster in my classroom.” Similarly, Mrs. Pruetz stated, “I as a staff member feel welcomed at East. I would like to know that all students feel this way. This is a place students must come to every day therefore I want them to feel safe and as if they belong here.”

East fosters a positive community that encourages a transition from student to staff. New and returning faces feel welcomed and supported. An environment where staff are able to support not only their students, but also their colleagues. A place where more students can grow, and where more full circle moments grow from beginning to end.

-- Grace Boe

Mrs. Pruetz

Ms. Rice



Getting To Know New Staff At East

Mr. Tracy, Social Studies (8)

Before Coming to East: Taught special education in another district

Is looking forward to: Football

Spends his free time: Swimming and boating

Interesting Fact: Certified scuba diver

Mr. DeBruin, Business Education (3)

Before coming to East: Went to UW-Whitewater

Is looking forward to: Meeting all of the students and working with DECA.

Spends his free time: Officiate, hang out with friends, watch sports, and spend time outside.

Something to Share: Feel free to go up and say hi! Even if he doesn't have you in class.

Mrs. Pruetz, Family & Consumer Sciences

Before coming to East: A Youth Advocate at McKinley Elementary School.

Looking forward to: Meeting NEW students!

Spends her free time: Enjoys spending time with my family, going to concerts, walking my pit bull, baking, cooking & working out!

Interesting fact: Loves really spicy food!

Something to share: Excited to be part of the Appleton East community!

Mrs. Russ, eSchool (7)

Before coming to East: Substitute secretary.

Looking forward to: Working with students.

Spends her free time: Going camping, hiking, traveling, and spending time outdoors.

Interesting fact: Has three kids who went to Appleton East/Tesla.

-- New Staff Bios Compiled by Grace Boe

Miss Rice, English Language Arts

Before coming to East: Graduated from UW-Stevens Point with an English education major with creative writing and French minors.

Looking forward to: All of the "aha!" light bulb moments students will have this year., and being the new Key Club advisor!

Spends her free time: Playing Stardew Valley, playing card and board games with family, going outside, thrifting, reading, and spending time with friends.

Interesting fact: A big Weezer fan and for the past few years, and has been in their top 0.05% of listeners on Spotify.

Ms. Greco, School Psychologist (5)

Before coming to East: Was in grad school at UW-Eau Claire.

Looking forward to: Building positive working relationships.

Spends her free time: Listening to music, seeing live music, playing video games, and exploring new places.

Interesting fact: Performed for New Year's Day Mass in the Vatican AND performed onstage with Foreigner when she was 17.

Miss Ward, Administrative Assistant (9)

Before coming to East: Had been involved with advocating for adoptive, foster, and birth families most recently coming from Outagamie County - Children Youth and Families.

Looking forward to: Getting into the groove of things, getting to know students and new coworkers.

Spends her free time: A mom to three unique, smart, hilarious kids that take up most of her free time.

Interesting fact: She was a foster parent in Milwaukee before she moved to Appleton.

Something to share: If she can assist with anything- just ask. Grace is requested!

Mr. McElrath, Associate Principal (6)

Before coming to East: High School Math Teacher.

Looking forward to: Getting to know the staff and the students!

Spends his free time: Likes to run, bike, camp, and hang out with my kids.

Interesting fact: He is an identical twin.

Something to share: Lived in the East district and his two kids are future Patriots!

Ms. Bond, Paraprofessional (1)

Before coming to East: Did a few things, including editing literature and language arts textbooks and staying at home with her two kids.

Looking forward to: Is thrilled to be part of the East library team! Look forward to connecting with staff and students and helping to keep the library humming so the entire school community has access to the amazing resources the library has to offer.

Spends her free time: She pick up Legos, keep the laundry under control, and relocate spiders upon request. She also spend as much time outside as possible.

Interesting fact: Was a competitive ballroom dancer as a child.

Something to share: While she didn't graduate from East, she did attend East for one year and am happy to be back!

Mr. Engelland, Associate Principal - Activities Director (4)

Before coming to East: Previously the Athletic and Activities Director in the Hortonville Area School District. Prior to working in Hortonville, he taught at the Intermediate and High School level in the Neenah and prior to that, he taught in Stoughton.

Looking forward to: Building new relationships with staff and students and learning about how he can assist our athletic team and clubs to better their experience here at Appleton East.

Spends his free time: Tries to attend as many activities and events at school or that our students are participating in. This doesn't leave him with a ton of free time, but he tries to spend with family and hanging out with his four children.

Something to share: Excited to be here to learn and grow with our school and community population.

Mr. Case, Special Education (2)

Before coming to East: Was teaching in Sun Prairie Area School District.

Looking forward to: Making connections with students, their families, and our staff and immersing our family into the community.

Spends his free time: Spends a lot of time coaching and also spends time with family.

Interesting fact: Still drives to UW-Madison weekly in pursuit of earning a master's degree



— IN(TRO)DUCTION TO NHS —

The National Honor Society (NHS) at Appleton East has a long history of serving our community and displaying the best of what our school has to offer in terms of academic achievement and servant leadership. The four core pillars of NHS are character, scholarship, leadership, and service. Each is fundamental to the culture created of the organization.

Mrs. Adams and Mrs. Schmidt, faculty advisers for NHS, have been running the chapter at Appleton East for the past nine years. The student executive board works closely with them to run meetings, as well as create volunteer opportunities. This year, five new executive board members have been installed: Lila Bornemann, President, is in charge of contacting local organizations to set up volunteer events, as well as leading monthly meetings. Audrey Loritz is the Vice President, and she is responsible for tracking volunteer hours and filling in for the President in her absence. Anthony Lindenstruth is NHS Secretary, and he creates our meeting agendas and slideshows. Alex Simon is the new Social Media Manager; she posts on our social media sites to keep all of our members up to date on events and volunteer opportunities. Brynn Wilson occupies the new position of Junior/Senior Coordinator. Her job is to oversee the new junior/senior pairing system which will see members from each grade paired together to increase community involvement.

Induction into the National Honor Society: If you are a junior or senior with a GPA of 3.5 or higher, you will receive a letter in the fall informing you of your eligibility to apply, at which point you will need to gather two letters of recommendation, as well as write an essay on why you should be considered for admittance. After submitting your application materials, it will take a few weeks for them to be reviewed, and for final decisions to be announced. If you are selected, congratulations! The induction ceremony takes place in November, during which the current executive board will introduce and formally recognize each new member in front of their friends and family. This year's ceremony will be held on Monday, November 11, at 6:00pm. We are beyond excited to welcome members of the class of 2026 to NHS!

-- Lila Bornemann

The ABC Program

What is The ABC Program?



A Better Chance is a community school program (CSP) for students from across the US. This program is to help substantially increase the number of young people of color who are capable of being responsible and having leadership in American society. The program helps by providing education, unique living expenses, and engagement in the Appleton community. Over 50 years of supporting students of color, nearly 200 young men's lives were enriched by those who stayed in the area and became prominent members of the community. Benefits for students in the ABC Program are a top tier education in supportive, safe, and urban community. Also, college prep programs, monthly experiences, collaborative meal planning, and weekly tutoring.

Students in the The ABC Program

Two students from Appleton East High School in the ABC Program shared a little about their experiences. Adam Lopez Noyola, a sophomore who came from L.A, and Andii Sangweni, a senior who came from New York. Adam and Andii like how East can help them become independent individuals. Adam likes how big East is compared to his old school back in L.A, and Andii (photo, center) likes how he's able to play sports here at East. Adam and Andii shared that where they are staying at feels family-friendly. They also included that they like being with one another and having their own rooms.



-- Delindra Herr & Yuna Lee

— JOIN OUR CRUSADE! —

Will you join in our crusade? Appleton East is presenting ***Les Misérables - School Edition***, a musical known for its demanding vocals and amazing storytelling, **November 1-3 and 7-9**. Jean Valjean, a convict, promises to become an honest man after meeting a bishop. Throughout his journey, Valjean is chased by Javert, a police inspector who will stop at nothing to enforce the harsh laws within France. However, through this game of cat and mouse, Jean Valjean's life begins to unravel into one of honesty and leadership.

Amanda Peterson, East theater director, knew this year's cast could handle a challenging musical. *Once Upon A Mattress* to *Into The Woods* and now *Les Misérables* all shared one thing in common: the cast grows and learns. "*Les Misérables* holds a special place in my heart. It's emotionally powerful, thematically rich, and gives the cast a chance to dive deep into the characters' struggles and triumphs," Ms. Peterson stated. "While the show is challenging, we knew the students were ready to rise to it. We wanted to give the students the chance to work on a show that not only challenges them vocally and emotionally but allows them to tell a story of resilience, hope, and revolution, universally relevant themes. I thought it would be an exciting experience for everyone involved!" *Les Misérables* is a vocally challenging musical to perform. In order to make this show the best it can be, Ms. Peterson shares her advice. "*Les Misérables* definitely has some demanding vocal moments, and since it's a sung-thru show, it requires good vocal health and stamina. The directing team has been intentional about discussing vocal health during rehearsals." Ms. Peterson continues, "It's important for us to focus on proper vocal technique early on. We always encourage students to stay hydrated and practice self-care outside of rehearsal. It's essential to build good vocal and rehearsal techniques to ensure consistent, healthy performances!"

Les Misérables includes numerous roles. In addition to the Patriot Players, the directors cast younger actors to play Little Cosette, Little Eponine, and Gavroche. This opportunity to have elementary and middle schoolers perform on a high school stage and level is so impactful for them to have this experience. The cast has also put a ton of commitment into the musical. Brenna Rades, a junior, plays Cosette, one of the main protagonists. "There are so many things that I get to experience when playing Cosette! I love the high notes that she sings, and the costumes she gets to wear! I also like that she represents hope in the show. Since this show is very solemn and has a lot of heavy topics throughout it, it is fun to play a character that is what you would call the 'relief' from all of the misery that is happening to the other characters. She grew up in a bad household without proper parents and was destined for a horrible life. But as the story continues, we see that she is given a second chance from the life that she previously had and she makes sure she doesn't waste it," Rades explains. "With all of these points, there also come many challenges to this role. When I worked with professional actress Elizabeth McMonagle in a masterclass on *Les Misérables*, she told me that Cosette is a really hard role to play because no one is rooting for her. I have learned that I have to work extra hard on this role so that the audience sees Cosette as not just some dumb blonde who is love-struck, but a person who is seizing her moment and working toward a happier life. I cannot wait to finally perform this role and show everyone her side of the story!" Just like any other musical character, *Cosette* is another challenging act, but Rades shows her confidence and commitment to her role.





This year, Patriot Players' pit orchestra has opened up to students here at East. With demanding skills and a lot of dedication, it's new to a lot of students. Veronica Bay, a ninth-grader here at East High School, plays viola for the pit orchestra and shares her thoughts on what it's like. "It's an inspiring experience playing in the pit. With this, I realized what goes on behind the scenes of a musical like *Les Misérables* to make it even more of a magical experience. It makes me feel important to be a part of it." Veronica has also been part of community orchestras. "I like that the pit is a small, mostly tight-knit group of individuals unlike the larger orchestra that I'm used to. This way we can have better, maybe more meaningful connections with the other musicians. I also have a very strong passion for music, so I will definitely enjoy this new perspective of playing along with contributing to the drama club."



Another significant part of what makes a show is its costumes, and *Les Misérables* has many iconic costumes that symbolize each character. Head Costumer Larissa Olsen shares her experience and strategies for the musical. "This is probably the biggest show I've ever costumed, and I've costumed A LOT! It can get a little overwhelming if we're not prepared. With that in mind, the costume crew is taking a new approach this year. We've separated the costumes we were able to pull from our stock into the different characters for the show. Then, as the cast tried on different clothes, and we liked what we had, we set those aside. We also worked with Amanda [Director Ms. Peterson] to make sure that everyone has their plot to track their changes and characters throughout the show." Olsen explains, "Now that we've started putting costumes on the cast, we'll follow what we've done in the past - create a "Master Costume Plot." This plot will lay out all the changes for the costume crew to track. It includes every piece of clothing that someone will use or put on - from pants, shirts, and vests, even down to socks, shoes, and pocket squares! That way then we know what we need, and what might be missing!"

At the end of the day, *Les Misérables* has an outstanding amount of effort put into the production from the cast, crew, pit, and directors. If you want to support the high school arts, tickets are now available to purchase during lunch hours at the box office and online at aepatriotplayers.org! Come **November 1-3 and 7-9** to hear the people sing!

-- Jo Buck & Cynthia Vang

Badger Girls State!

A Closer Look Inside Two Patriots' Government Convention Experience!

Attending Badger State this past summer was an incredible experience. Taking place in June, this week-long government simulation on the UW-Oshkosh campus hosted girls from nearly every high school in the state. Audrey Loritz and I attended Girls State on behalf of Appleton East. (Owen Mineau and Dylan Swaim went to Boys State, which took place at UW-Eau Claire the week before.) Both of these conventions are put on by Wisconsin's chapter of the American Legion.

Girls State is an annual convention where delegates from every high school in the state come together for one week to form an imaginary state with its own functioning government. This week is packed with many different activities, all focused on preparing the girls to become active participants in government. Before attending, delegates are advised to write a bill to be debated in the "senate." We were also presented with the opportunity to run for either city, county, or state-level office. Many ambitious young women will go into this experience intent on running for governor of the whole state, which consists of nearly 700 individuals. Everyone is encouraged to run for at least one office (I ran for County Executive), but there are a plethora of other things to do there, such as attend bill hearings, political party rallies, and candidate debates. The Inauguration Ceremony takes place on the final night of the session; this is where all state officials are formally inducted into office. This year, Wisconsin Governor Tony Evers gave a speech at the ceremony!

My biggest takeaway from the week was ultimately how fundamentally important it is for us all to be active participants in our government; often, that is through voting for our elected officials. If/when you are of voting age, please register to vote and get your voice heard. I have a better understanding than ever of how our governing bodies work because of Girls State, and I hope that next year's delegates are able to learn as much as I did. Audrey also shared how this experience bettered her as a person: "Badger State helped me gain more confidence in connecting with new people and public speaking. These skills are hard to practice in a school setting but no doubt very important and to be able to practice them in such a fun environment was very helpful."

Each year, Appleton East selects four juniors – two boys and two girls – to attend Girls and Boys State, respectively. In order to be selected, you must be nominated by your teachers during junior year and write a paragraph about why you should go on to

represent our high school at this annual convention the following summer. Faculty nominations are typically due in January, and the deadline to submit your paragraph is in February. After each application is reviewed, your school counselor will inform you of whether or not you were chosen a delegate. If you are selected to attend, you are also eligible for the Samsung American Legion Scholarship, which has a grand prize of \$10,000!

To apply for this scholarship, you must be chosen as one of the delegates from your school, as well as write essays addressing two different prompts. These essays are due before the first day of session at Girls/Boys State, so if you are chosen and intend to apply for the scholarship, don't wait around! The American Legion also hosts an oratorical contest beginning in December that does not require Girls State attendance. Open to all high schoolers, this competition will see one nationally-qualifying contestant taking home the grand prize of \$25,000.

Audrey Lortitz recommends applying for Badger State. "Yes!! It was a very fun experience. I learned a lot about how our government works on a state level, but more importantly I met some amazing people." So, take it from Audrey and me and consider applying for the 2025 session of Badger State; you will not regret it!

- Lila Bornemann



Do You Dig Y.I.G.

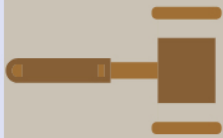
Youth in Government



**Tuesdays
6:30-8:00 p.m.**



Interested in government, law, or journalism?? Want to explore the WI capital and make friends around the state?



**Join us at the
Appleton YMCA**
Follow us
@yigfoxcities for
more info!





ETIQUETTE

Nobody likes when a person doesn't have basic respect in the different areas of the school. Whether it's in your math class, the hallways, lunch, or when you are exiting or entering the school, it is important to understand the basic etiquette or the unspoken rules of the school. Here are some tips, from a senior, on how to have a good school year.

The hallway is a huge spot for everybody to be a team player. By staying to the right side as you walk, you allow other students and staff to move past in the opposite direction. When walking, it is important to remember that you have four minutes to get to each class period, so you need to walk at a brisk, respectable pace, even if you are just leaving the building. Sometimes, teachers don't always make it to their classrooms before the students, students must wait till the door can be unlocked. It's crucial to stay to the side of the hallway, so people can go around you easily and can get to their classes on time.

One of the biggest joys in high school is being able to drive. It is important to understand that everybody has places to be, so take your time and the legal limit of 15 m.p.h. Not only does it help keep others safe, but speeding in a school zone can lead to double fines. When driving, please abide by all road rules, including stopping for pedestrians at crosswalks. This is sometimes overlooked at the Emmers and John St intersection. Finally, the main drop-off zone is off-limits because of construction in the Schaefer St lot, and the buses and cabs have to follow their schedules.

Finally, we all need to respect the commons. Not only is it where most of the students get their food, but it is also used for study hall. Following the proper lines to be able to get your food and all the signs help direct traffic. The lunch crew has many other priorities and can't always tell people where they are supposed to go. Also, if you are getting a hot lunch, sandwich, a daily choice, or a salad, please use the left checkout area if it is available to reduce traffic. When you do make it to your tables, please remember to talk at a reasonable volume and clean up after yourself. The staff are not in charge of cleaning up after you.

We all need to play a part in these few years in showing respect to others. Thank you again for taking the time to read this and creating a better East.

EAST

-- Layla Schiesl

MONSON MENU: TREATS FOR EAST

RECIPE 1- Mom's Egg Sandwich

My mom's favorite recipe from childhood, passed down to me. I like to make these before work as a quick snack. It only takes five minutes!

Ingredients- 2 slices white bread, 1-2 eggs, $\frac{1}{2}$ tbsp butter, mayonnaise to taste, salt and black pepper to taste, optional mustard

1. Crack an egg into a pan and cook at medium heat.
2. When the clear part turns white, pop the yolk and flip the egg.
3. Cook until slightly browned.
4. Toast bread if desired. Spread mayonnaise and mustard onto both slices.
5. Place egg onto bread. Follow steps 1-3 for second egg if desired.
6. Eat the sandwich.

RECIPE 2- Edible Brownie Batter

This recipe will take a bit longer than the average, perhaps 15 to 20 minutes. By baking the flour and skipping eggs, you can't get sick by eating this delicious dough. Ask Mrs. Herrick, she'll back me up. To turn this batter into regular ol' brownies, you can simply add 3 eggs and bake at 350 for 30-35 minutes.

Ingredients- 1 cup flour, 1 cup butter, 2 cups sugar, $\frac{3}{4}$ cup cocoa powder, 1 tbsp vanilla, 1 tsp salt, 1 cup chocolate chips

- 1- Bake flour in oven at 350 degrees for 10 minutes. Then sift the flour if you can.
- 2- Mix all ingredients together as you would normally to make brownies.
- 3- Enjoy!

RECIPE 3- CHEESY RAMEN

~~DO YOU LOVE RAMEN, BUT WANT TO SPICE IT UP? MY SISTER INVENTED THIS LITTLE MINI-MEAL BASED ON THE INTERNET'S TRENDY CHEESY RAMEN, BUT CHEAPER.~~

INGREDIENTS- ONE RAMEN PACKAGE (BEEF FLAVOR WORKS THE BEST, BUT ANY BRAND/FLAVOR WILL DO), 3 CUPS OF WATER (ENOUGH TO COVER THE RAMEN), ONE BAG SHREDDED CHEESE OR 2 SLICES OF AMERICAN CHEESE

- 1- MAKE THE RAMEN ACCORDING TO INSTRUCTIONS ON PACKAGE.
- 2- DRAIN RAMEN BUT LEAVE IN A SMALL AMOUNT OF WATER, ENOUGH TO COVER THE BOTTOM OF CHOSEN BOWL.
- 3- PLACE CHOSEN CHEESE OF DESIRED AMOUNT INTO THE BOWL WITH THE RAMEN.
- 4- MIX THE CHEESE INTO THE RAMEN. THE CHEESE SHOULD CREATE A SAUCE OVER THE NOODLES.
- 5- LET COOL SLIGHTLY BEFORE ENJOYING YOUR BOWL.

Spooky Season

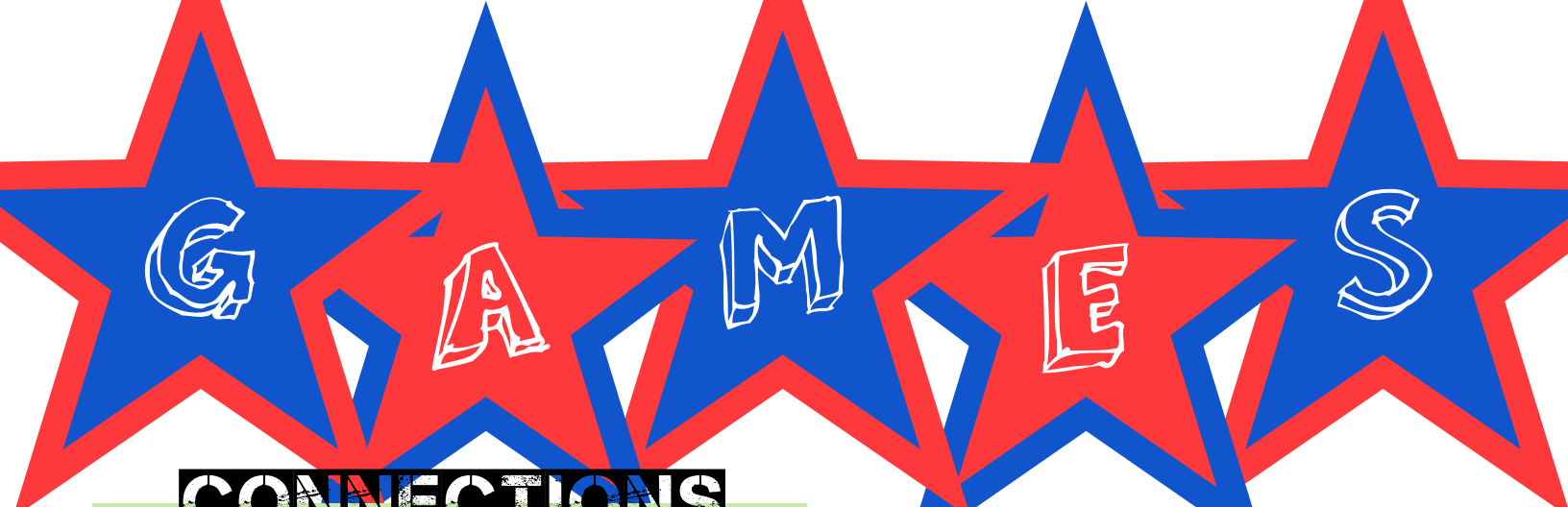


Those First Week feels



Pumpkin season





CONNECTIONS

Connections is a word game that challenges players to find themes between words.

Players are given 16 words and find groups of four items that share something in common.

For example:

- FISH: Bass, Flounder, Salmon, Trout
- Things that start with FIRE: Ant, Drill, Island, Opal

Each group is assigned a color (Yellow, Green, Blue, or Purple), with Yellow being the easiest category and Purple being the trickiest.

[Click Here to Play EAST Connections!](#)

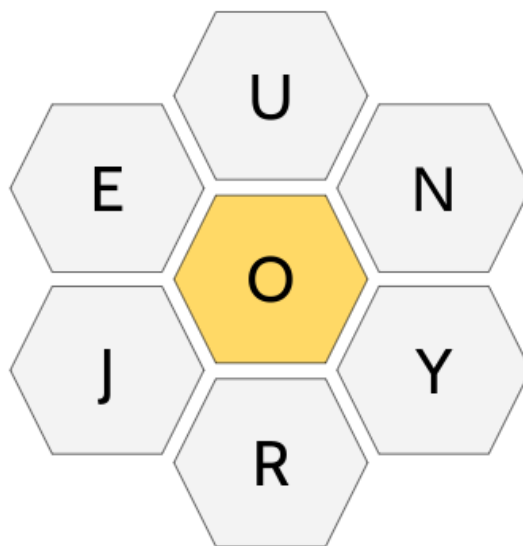


Try to guess the hidden word in six guesses or less!

- R** = the letter does not appear in the word
- O** = the letter does appear in the word, but in a different spot
- W** = the letter appears in the word in that spot

[Click Here to Play EAST Wordle!](#)

SPELLING BEAST



Make as many words as possible with the given letters!

- All words must contain the center letter
- Words must be at least four letters long
- Letters may be used multiple times within one word
- Four-letter words are worth one point, any words longer than four letters are worth the number of points equal to the number of letters in the word
- There is at least one word that can be made using all seven letters, called a pangram. A pangram is worth seven bonus points plus the word's length, so a seven-letter pangram would be worth 14 points. *Answer on last page of The Courier!*

- Mats Ridlehoover

The History of Halloween

Every year on October 31 Halloween comes around. This year, it's on a Thursday!

The holiday originated in Samhain. Samhain is pronounced: "sow-win." Samhain is a pagan religious festival that came from an ancient Celtic spiritual tradition. This tradition normally happens from October 31 to November 1. Back then the tradition was held to welcome the harvest and "the dark half of the year." People who do this tradition believe "that the barriers between the physical world and the spirit world break down during Samhain, allowing more interaction between humans and denizens of the other world." The people who celebrated this tradition would often light bonfires and wear costumes to scare off the spirits from the other world.

In the eighteenth century, "Pope Gregory III designated November 1 as a time to honor all saints." After that All Saints Day incorporated some of the traditions of Samhain. As people kept celebrating this tradition it became Hallows Eve, as people continued to celebrate "Hallows Eve" into the modern day it became what everyone knows as Halloween.

The modern version of the pagan religions festival now contains activities like carving jack-o-lanterns, festive gatherings, costumes, eating treats, and even parades with inflatable balloons. Halloween has been a widely celebrated holiday. There are even photos all the way back to 1954 with Patricia Nixon, the wife of then-vice president Richard Nixon enjoying the holiday. The most important aspect of modern Halloween are the costumes. Everyone rushes at the very last second to get their costumes done, but back then in the 1950s and even earlier, they had to hand-make almost everything so there was no time to just stop in a store and get your costume. They had to stitch and sew the fabric together.

Trick or treating is another huge part of modern Halloween. The kids of the town go around door to door yelling "trick or treat!" and in term they get either a trick or a treat just as the saying goes. But 2,000 years ago, the Celts during Samhain dressed themselves in costumes made of animal skins to get ghost visitors to leave, or they would leave food out for unwelcome ghosts in the hopes they would be nicer or less angry. Later, people began to dress as demons or evil creatures to get food and drinks. This was known as mumming and can be traced back to the middle ages, this is the tradition that is believed to be the start of what we know as Trick or Treating.

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Grace Boe: New Staff & Returning Patriots

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The Courier, Appleton East's student newspaper, is written, edited, and distributed by Patriot students and staff.

Pangram Answer- Journey

EAST

Next Meeting!

Thursday, October 24, during Flex! Room 1112
Sign up for Mr. Otis. We hope to see you there!