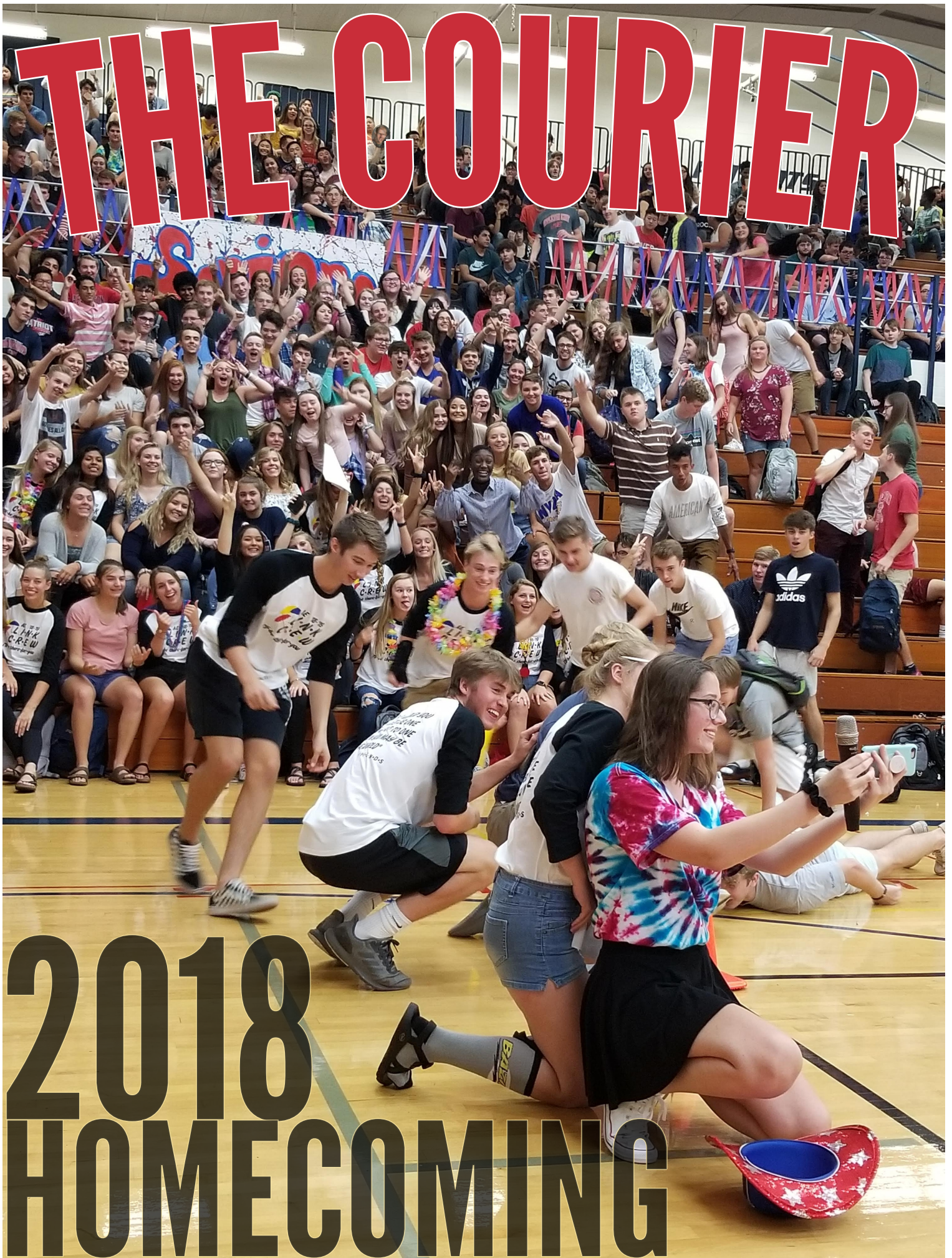


THE COURIER



2018 HOMECOMING

Homecoming celebrations date back to the 1870s, but it is still an exciting way to celebrate school pride. Although East's Homecoming is earlier than usual this year, the week will be nothing short of amazing. This year's theme is "Glow in the Dark," so make sure you stock up on those neon glow sticks before the big game.

The festivities will kick off on Monday, September 24 with the first dress-up day of the school year. Double-check the dress-up day schedule, and remember to wear your red, white, and blue on Friday!

It only gets better. Due to a conflict with Friday's Licence to Cruise event downtown, Appleton East's annual Homecoming Parade will take place on Wednesday, September 26. As usual, the procession will start at 5:30 p.m. in the Mead pool parking lot, make its way down John, turn on Emmers, march up Schaefer, and end at the gates to the glorious football field. The line-up for this year's parade includes the football team, the band, the cast of *Mamma Mia!*, several elementary schools, and the Homecoming Court. You don't want to miss it.

On Friday morning, the school will be treated to an amazing pep rally during advisory. Bring your school spirit!

The summit of the celebration is the extremely anticipated football game. Our very own East Patriots host the Kaukauna Ghosts. Kick-off is at 7:00 p.m. Scream your heart out from the stands and help Coach Krommenacker get the win in his first Homecoming game as a Patriot. In addition to the football game, you can also look forward to an awesome halftime show featuring the dance team, marching band, and 2018 Homecoming Court. Don't go rushing out the gate when the clock hits 0:00, though. We will celebrate our win on the ground with fireworks in sky.

Sleep in on Saturday. You have all day to relax and prepare for the Homecoming Dance, which starts at 8:00 pm. Glow sticks will be sold at the dance, and no carry-ins are allowed. Don't forget to bring your I.D. Tickets for the dance will be sold for \$10 starting September 24. If you do not buy your tickets in advance, they will be \$12 at the door.

As you can see, the plans are big this year. You are sure to be blown away!

HOMECOMING

FIRE BURNING

By Isabel De Bruin

HOCO Days

Seniors

Monday: Superhero

Tuesday: Toga

Wednesday: Army

Thursday: Senior Citizen

Friday: Patriot Pride

Underclassmen

Monday: Pajama

Tuesday: Tacky Tourist

Wednesday: Jersey Day

Thursday: Destination Day

-Juniors: France

-Sophs: Antarctica

-Frosh: Australia

Friday: Patriot Pride

This week is often wild and crazy fun, but not even Homecoming is immune to disaster. If you find yourself in one of these worst-case scenarios, follow The Courier's advice to guide you through your Homecoming mishaps.

Asking Someone to Homecoming and Getting Rejected

Mustering up the courage to ask someone to Homecoming is a difficult task; on top of that, you have to plan out a proposal and make a public proclamation of your intent. So, if you get rejected, it can hit pretty hard. But if you get declined or don't find the date of your dreams, don't sweat it! Come to Homecoming anyways and dance like there is no tomorrow; show whoever shot you down just what they missed out on. Plus, maybe you'll catch someone else's eye.

Getting Your Dress Up Days Mixed Up

This is probably one of the risky mistakes an underclassman can make: you're supposed to wear your pajamas, but you show up looking like Grandma. If you don't catch yourself before the seniors do, imminent doom ensues. To avoid this scenario entirely, be sure to check what the dress up days schedule. Otherwise, cleverly cover up for your mistake: "I always dress like my grandma when I go to bed!"

Wearing the Same Dress as Someone Else

There are only so many cute dresses at the Fox River Mall, so odds are that a few girls will show up to Hoco in the identical outfit. While movies portray this coincidence as the crisis of the century, no one is actually going to fight over matching dresses. If this happens to you, don't cower in the corner or head home. Own it! Compliment your newfound twin on their *amazing* taste, and make sure you take a selfie.

Other worse-case scenarios can arise this week, but don't let trivial tribulations get you down. To paraphrase John Lennon, Homecoming is what happens when you're busy making other plans. Stuff happens. This week only comes around once a year, and only four times in your life, so make the most of it.



WORST-CASE HOCO SCENARIO

By Erin Gretzinger

HUMANS OF APPLETON EAST

What is the best part about being an Appleton East Patriot?



FRESHMAN

WILLA CARMAN

"All the friends you make."



SOPHOMORE

JADYN WILZ

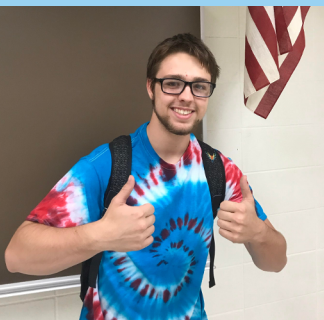
"It's a really loving community and everyone accepts each other."



JUNIOR

EMALEE FUNK

"Probably meeting new people."



SENIOR

JORDAN FISHER

"The best part about being an Appleton East Patriot is being able to show your Patriot pride daily."

COACH K KICKS OFF AT EAST

By Kaden Van De Loo

Mr. Mark Krommenacker is a rookie staff member at Appleton East. He is our new head coach of the football team and tech integrator.

Mr. Krommenacker played high school football at Wisconsin Rapids, and his team played in the state championship game his senior year. He enjoyed competing at and mastering one position instead of multiple positions; this was possible because of the large number of players. Now, he hopes to expand the East roster so players can focus and improve their skills specifically at one position. "Ideally, here at East we will get to a point where we have the number of athletes so guys can focus on one side of the ball," he says. As a coach, Mr. Krommenacker sets goals for the team through the team leaders. He believes leadership and culture create tighter connections between players. "I want to build excitement around this program because of the benefits of playing football, not only physically, but because of the experiences and relationships built along the way."

Mr. Krommenacker concentrates on attitude, effort, and response to craft successful outcomes. A positive mindset is extremely important when tackling any task, and especially for football. "We talk a lot about choosing discipline-driven behaviors over default in anything we do," he says. "Whether it's in practice or in school, discipline-driven behaviors are not easy, but they are rewarding." He believes football is not just a sport, but a bond between players, and he still holds relationships with former teammates. "That is what football is all about, creating relationships and memories you will remember forever, and that is what we are going to do here at East."

Unfortunately, Mr. Krommenacker's college football career was cut short due to an ACL injury.

"It was one of the hardest things I've had to deal with in my life because of the commitment I had made the previous year to preparing myself for my senior season," he says. Although it was an unfortunate situation, he realized the importance of sports and physical fitness in his life, and used the event to shape who he is today. "I truly believe there can be an advantage in every situation, you just need to find it."

Mr. Krommenacker taught six years at Rib Lake High School, a school with just 140 students. He enjoyed the small school environment and getting to know each student, but is excited for what is to come at East. "I want to make sure to reach out and make connections with as many students as possible, and try to have a positive impact."

In addition to being the new football coach, Mr. Krommenacker is also a tech integrator. "My job is to help teachers and students use technology effectively in their classes. There are so many ways to utilize technology, and I want to help others find tools that will help their teaching and learning." Mr. Krommenacker looks forward to building culture at East through both of his jobs. "I can't wait to continue building relationships and contribute to a positive culture."



Fun Fact: Coach K has written and published a children's book. Let him know if you want a copy.

WELCOME NEW EAST STAFF



Mr. Stratton

Position: Adventure and Outdoor Pursuits and Adventure Leadership

Previous Schooling: Houdini, Einstein, Appleton West, University of Wisconsin Oshkosh, University of Wisconsin La Crosse, University of North Carolina Greensboro

First Day of School?: Totally awesome!

Excited for this Year: Hearing the school stories from my boys (kinder and 4K)

Fun Fact: I own over 20 bikes!

Ms. DeGross

Position: I am a sign language interpreter. I currently work in the special education rooms as a sub.

Previous Schooling: I earned a bachelor's degree at St. Norbert College in Spanish. A year after graduation, I waited a year before taking sign language interpreting in education courses at Northcentral Technical College. I graduated this past May.

First Day of School?: My first couple of days were a great learning experience. Crazy and busy!

Excited for this Year: I look forward to working with the students and watching them succeed!

Fun Fact: I am trilingual- Spanish, English and ASL (American Sign Language)



Ms. Wick

Position: I am the school nurse.

Previous Schooling: I graduated from Neenah High School and then UW Oshkosh for my nursing degree.

First Day of School?: VERY BUSY

Excited for this Year: Meeting new students and staff

Fun Fact: I love big dogs and we are soon getting a new Saint Bernard puppy.

Ms. Meyer

Position: I am a sign language interpreter. I work with students who are deaf or hard of hearing.

Previous Schooling: I attended Fox Valley Tech and earned an associates degree in interpreting, and I also went onto earn a bachelors degree in Human Services at the UW-Oshkosh

First Day of School?: The first couple of days were crazy and busy.

Excited for this Year: To see the students that I work with succeed.

Fun Fact: I love to go up North and just hang out with family.

Ms. Le

Position: Autism

First Day of School?: Meet my expectation overall performance

Excited for this Year: Building relationship with staff and students, and to help students to do their best

Fun Fact: Being with family and friends

BY BRANDON SALVESON-KREPLINE

Ms. Herrmann

Position: I am a part-time art teacher at Appleton East, teaching Intro to Studio Art and Ceramics & Sculpture at the end of the day. I am also assistant coaching the Cross Country team as well as the Girls Track and Field team.

Previous Schooling: I grew up in Minnesota and attended Ripon College where I met Mr. Max Herrmann. I always wanted to be a teacher, but I just wasn't sure what I wanted to teach. I dabbled in Sociology and English, but ultimately fell upon Art. I graduated with certification in Early Childhood Elementary and K-12 Art Education. This past May, I finished my Master's Degree at UW-Oshkosh.

First Day of School?: Amazing! I was so nervous to work at East because I felt like I had some big shoes to fill with Mr. Herrmann in the same building! The students have been great. I am already seeing some great artistic talent, and the staff has been super helpful with showing me the ropes at East.

Excited for this Year: I am looking forward to learning and growing as a ceramics teacher alongside the famous Mr. Noffke.

Fun Fact: I often say, "Ope!" when I bump into people; yes, it is a thing...



Ms. Conyers

Position: I am a para for special ed.

Previous Schooling: I attended Western Tech in LaCrosse, WI. Most of my training was at the school of hard knocks. I've been a nanny for 15 years, a CNA for 6 years, and a stay at home mom for several years in between there.

First Day of School?: I was feeling like a freshman. Learning everything new and fresh. Great days.

Excited for this Year: Getting to know students and staff

Fun Fact: I have acted in Los Angeles. I have an amazing husband, Brian. 3 daughters, 2 sons-in-law and 2 granddaughters.

Mr. Lynaugh

Position: EBD Special Education teacher. Right now I am team-teaching a construction class, a healthy living class, and a skills training class. I also teach social studies/civics as well.

Previous Schooling: I began my teaching journey at UW-Stevens Point. After two years, I transferred to UW-Oshkosh to be closer to home. I graduated with my bachelor's degree in Education. After applying for many jobs this summer I landed a job here at Appleton East High School, and I am so glad I ended up in such a great school district!

First Day of School?: The first couple days were eye-opening and fun. I learned a lot of new things and met a lot of new people, but I am so excited for what the rest of the school year has to offer.

Excited for this Year: I am looking forward to becoming a part of the East community and making an impact on many students' lives.

Fun Fact: I worked for the Timber Rattler concessions for 6 years.



WELCOME NEW EAST STAFF



Ms. Lichtenwald

Position: School Counselor

Previous Schooling: I attended the same school from kindergarten through senior year. My graduating class had 38 students (the largest ever) I graduated from St. Norbert College, took a year off to work before going back to school at Northern Illinois University for my masters in counseling. I worked as a school counselor in Eagle River Wisconsin before moving to Appleton

First Day of School?: So busy... Schedule changes and fun with getting to know the students coming down to the guidance office.

Excited for this Year: Getting to know the students and staff here at East!

Fun Fact: I am a graduate of Geneva Lake Sailing School

Ms. Daniels

Position: My position at East is a student-specific paraprofessional. I offer classroom support to specific students, but I am always willing to assist others as needed. I begin each morning at Foster Elementary and travel to East High School in the afternoon.

Previous Schooling: I am a graduate of Appleton West High School. I received an associate degree from the Occupational Therapy Assistant program at FVTC. I worked as a COTA for 10 years with both young adults with disabilities and elderly patients. I took some time off to be mom to my 2 children. I have always enjoyed helping others. I joined the Appleton Area School District 6 years ago.

First Day of School?: Everyone at East has been welcoming.

Excited for this Year: I am excited to get to know staff and students. I'm also looking forward to school spirit.

Fun Fact: I am a creative person and love planning theme parties with my family.



Mr. Allen

Position: As the new STAR (Scholars on Target to Achieve Results) Opportunity Coordinator, I'll help scholars overcome obstacles to school success and develop a plan for educational progress. In addition I'll be helping scholars develop problem-solving skills and study habits so they can take charge of their own life goals. Also, I'll work with staff to monitor school involvement, including attendance, grades, behavior, and work completion.

Previous Schooling: Growing up in the projects on the west side of Chicago, my school journey consist of me fighting going to school, in school, and after school. Sad to say most of my learning began in the streets. Things got so bad my mom sent me off to job corps in Indiana. After only one year I returned home with enough credits to be a senior. Because I was ahead of the game, I slacked off big time. I kept my grades good enough just to play ball, that's it. My mom wasn't at all happy. When I finally graduated, I went to Cascades College in Sedro-Woolley, WA. where I earned my Associates in Restaurant & Hotel Management. I also attended MATC (Milwaukee Area Technical College)

First Day of School?: My first couple of days were AWESOME! I love the energy from the staff and students. Staff has been really helpful.

Excited for this Year: I'm looking forward to building long term relationships with the staff ALL students here at EAST.

Fun Fact: I love to cook, coach basketball and play drums.

BY BRANDON SALVESON-KREPLINE



Ms. Zarecki (Formally Thompson) -- An East Graduate!

Position: Spanish 2 teacher

Previous Schooling: UW-Stevens Point for my BA in Spanish. Disney College Internship Program, Study abroad in Valladolid, Spain, Education certification through EducateWI

How has area changed since you were in HS: It's almost exactly as I remember it except I didn't get the super awesome resource of FLEX.

High School Memories: Being a part of the plays, musicals, and forensics!

First Day of School?: I love my four sections of Spanish 2 at East. My students are the best.

Excited for this Year: Excited to get to know my students better and hopefully help the forensics team in one way or another.

Fun Fact: I've worked at Disney World as a character performer, been to over 10 countries, and have 4 cats. My birthday is in April and I love Starbucks.
wink, wink

NEW ASSOCIATE PRINCIPAL OF STUDENT SERVICES!

Ms. Molitor -- A West Graduate!

Position: I am the new Associate Principal of Student Services.

Previous Schooling: I grew up in Appleton and went to Appleton West High School. (Don't hold it against me!) Then, I went to UW-Madison for my undergraduate degree in education. I began teaching at Roosevelt Middle School. I earned my masters in Administration at UW-Milwaukee.

How has area changed since you were in HS: I wasn't at East very much as a high school student, so it seems very much the same to me. In terms of the Appleton Area, I think the community overall has improved tremendously. Everything from Mile of Music to Art on the Town to free yoga in the park, there's always something going on.

High School Memories: During my senior year, my best friend and I were in charge of running across the football field during each home game with this huge Appleton West flag. We thought we were pretty cool. Looking back, I don't think anyone even paid attention to us!

First Day of School?: The Link Crew did such an amazing job making everyone feel welcome! I also really enjoyed getting to know my advisory.

Excited for this Year: I'm really looking forward to getting to know all the staff and students here, building relationships, and getting to know everyone's story.

Fun Fact: I used to be in a cover band a few years ago! I played the guitar and did vocals.





How Do I Get Involved?

by **Olivia Van Hammond**

As the new school year starts up again and we welcome new Patriots, extracurriculars are kicking into high gear. DECA is a great way for new and returning Patriots to get involved.

DECA is an association of business and marketing students, but if you don't want to go into business, don't be discouraged! Our members have interests in history, medicine, education, engineering, and so much more. Members can get involved in social activities, community service, and competition, doing as little or as much as they want. Meetings take place on club days during Flex so there is no conflict students busy schedules. Many of our members and leaders are involved in many sports and are employed as well! DECA also runs the school store, the Patriot Pro Shop, and its new heat press machine, which arrived this summer along with some new apparel. Go check it out during lunch hours to see how you can represent Appleton East everywhere you go!

One of the community service events to keep your eyes open for coming soon is Trick or Can taking place on Halloween. Information will be available in October, but members can start to create teams of students soon. They will collect canned goods from houses instead of any tricks or treats; in past years, we have collected more than 2,000 pounds for St. Joe's Food Pantry! If you are interested in this awesome community service opportunity, see Mrs. Fude in the new DECA room 2207, or find one of our leadership or officer team members for more information.



Competition can seem daunting, but it is nothing to be scared of once you get more familiar with it! Some things to keep in mind:

- You are only presenting to one judge- if you don't like talking in front of people that is okay!
- You don't have to know a lot about business to be successful
- Competition offers lots of college and scholarship opportunities, as well as travel- Internationals are in Orlando this year!
- There are competition preparation sessions after school on certain days and there will be a mock competition held at East (mini districts) before any real competitions- stay tuned for information!

DECA is an amazing thing to be a part of and provides so many opportunities for fun, service, travel, and growth! Here is a list of our officer team members- any one of them would love to tell you more:

Mrs. Fude: Advisor

Olivia Van Hammond: President

Brendan Clementi: VP of Community Service

Chloe Hitter: VP of Event Management

Mckynlee Stewart: VP of Membership Development

Emma Pitsch: VP of Public Relations

Sydney Olmsted: VP of Brand Management

Lauren Peterson: VP of School Based Enterprise



NO SNACKS FOR YOU!

BY JACK PINGEL

This news might make you literally toss your cookies: Students are no longer allowed to bring in treats for birthday celebrations or other in-class events. The Appleton Area School District announced the change on August 29.

The AASD School Wellness policy now complies with new guidelines set by the Wisconsin Health Atlas, which is run by the University of Wisconsin-Madison School of Medicine and Public Health. The new policy is meant to “reduce financial pressure providing snacks” as well as promote healthy eating habits. This policy applies to the entire school day, which is defined as midnight to 30 minutes after the final bell, which means 3:45 p.m at East.

The new change has not arrived without controversy. Some parents on the District’s Facebook page expressed displeasure: “Eliminating [snacks] all together makes me sad.” Another parent commented that the change was good, as it would eliminate the worry about hidden allergens and allergic reactions. Other praised the decision, saying that it allows for teachers to be creative in ways to celebrate birthdays.

The change is not unprecedented. The Neenah Joint School District implemented a similar policy in 2008 that prevents students from bringing candy into school for class consumption, though this policy allows “non-food sweets,” according to the Post-Crescent.

Join The Courier!

The Courier, Appleton East's student newspaper, is written, edited, and distributed by Patriot students and staff. The Courier is published online; however, a few issues are printed and delivered to students in the school.

The purpose of The Courier is to publish news and views that affect and reflect the students, staff, and surrounding community of Appleton East High School. Writing and working for The Courier provides students with authentic journalistic experience, classroom and real-world learning opportunities, and chances to collaborate and celebrate (and celebrate!) with peers.

Questions regarding the publication or participation in this extra-curricular activity can be directed to East's school newspaper adviser, [Mr. Otis](#).