

# RISE TO RESILIENCE

*Patriots overcome obstacles  
with courage, kindness, and  
each other*

THE APPLETON EAST COURIER VOL. 6

# EAST ♥ CONNOR

WRITTEN BY KADEN VAN DE LOO



While vacationing in Florida in February, sophomore Connor Iwaoka was taken to a hospital after feeling sick. Doctors quickly found his heart was failing and needed special medical attention.

Connor was moved to the Children's Hospital of Wisconsin in Milwaukee a few days later. His heart was in such poor condition he needed an artificial one, and he bravely agreed to have an experimental artificial heart installed. SynCardia is the only company to produce proven and approved fully-artificial hearts. Although Connor experienced a few roadblocks with it, it did its job as he waited for a new real human heart.

He waited patiently on the transplant list until he underwent surgery on April 11. The twelve-hour procedure gave him a new heart. Connor says the difference between the artificial heart

and a real one is "night and day" and that "a real heart is definitely better." All things considered, his recovery has been smooth, and he is now back home.

The Appleton East community has had a tremendous impact on Connor. Many people, particularly students, sent him cards. "The cards and gifts really lifted my spirits while I was in the hospital," he said. Sophomores also designed and sold #ConnorStrong t-shirts and bracelets. The East Community has raised approximately \$4,000 to help Connor and his family. His family set up a CaringBridge site where anyone could read about his story, his experiences, and his community. Many students and staff have visited the site to follow and share his story. A GoFundMe page was also created, and nearly \$14,000 was raised by 253 contributors to help cover the cost of Connor's new heart.

He returned home on April 28. He looks forward to "[his] cats and getting back online with friends." Everyone in the East community wishes Connor a smooth recovery and all the best in the future.

# COLE'S COURAGE CRUSADE

WRITTEN BY  
ISABEL DEBRUIN



Cole's Cancer Crusade. Sure, we've all heard the name. But, what has it got to do with me, you might be asking yourself. I don't have cancer, I don't know anyone with cancer, why should I care? Cole's Cancer Crusade does more than just raise money for the research of pediatric cancer. It also inspires a sense of community.

Cole Stoffel, a freshman, has organized the crusade for almost four years. Recently, Cole was diagnosed with PSC, a liver disease. However, this has not weakened his dedication to the crusade. In fact, it has strengthened the support of the community. Stoffel says the community "...absolutely knows how to raise awareness." Every year more and more community members participate in the famous obstacle course. You can help with Cole's Cancer Crusade by volunteering online or, as Stoffel says, "just show up." Coming to the event and bringing your friends can make a big difference. Although he is often in the spotlight as a crusader, there is another more relatable aspect of Stoffel's life.

Stoffel is like any other high school boy, in that he enjoys playing video games with his friends. He also likes to spend time outdoors with his family, especially when they go camping and fishing. If one person put all of this together, imagine what the East community could do if we all worked together.



# KINDNESS IS KEY TO MCALOON'S RESILIENCE

WRITTEN BY ERIN GRETZINGER



Last summer, the world of beloved East English teacher Ms. McAloon was altered unexpectedly when she was diagnosed with breast cancer. During a regular mammogram in July, doctors discovered “something,” and after a biopsy in August, it was confirmed that the lump was malignant; her life shifted dramatically following the diagnosis as she began treatment. Ms. McAloon has triple negative breast cancer, which is considered to be the most aggressive type of breast cancer.

Ms. McAloon has been on an aggressive treatment plan to fight back. This form of cancer does not have a target treatment, meaning multiple methods must be used to attack the cancerous cells. As part of this plan, McAloon had to “let a lot go” in order to pursue her fight. She said, “I love cooking, baking, walking, reading, gardening, and now I just don't have the energy for any of it.” She started treatment with a lumpectomy to remove the tumor, and has since proceeded with 12 rounds of

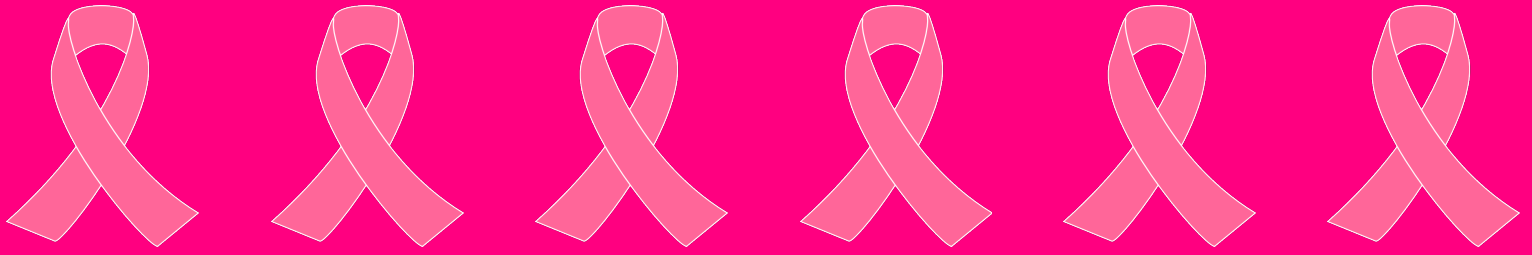
chemotherapy over five months. Now, she is completing 35 days of radiation.

While necessary, treatment is a frustrating process for Ms. McAloon and her loved ones. “I feel like I am on the injured reserve list for life,” she said. “I can watch from the sidelines, but I can't participate.”



Her diagnosis has equally impacted her family in different ways. “My husband has picked up all household chores,” she said. “My daughter has had to get more involved in taking care of my parents and in taking on more responsibilities at home.”

During this turbulent time, Ms. McAloon has been eternally grateful for her sources of strength that propel her



through the troubles. Her husband and her daughter have continually been by her side, keeping her focused on recovery. She said, "I can endure anything with their love." Additionally, she is grateful for Appleton East. She said, "My East family has lifted me up in so many ways! I could not have gotten through this year without their love and support."

As a result of her diagnosis, Ms. McAloon has come to save what energy she has for the "things that count." Her friends, family, and loved ones who have supported her are what have carried her through this period in her life. She said, "Seriously, it is hard to be sad and down when you are surrounded by so much love."

Although on that note, McAloon adds that while she appreciates all the love, her new catchphrase has become "love without hugs," as "people who are fighting something generally have lower immunities." So be sure that in giving Ms. McAloon a little love, maybe do so without the hugs.

In her own battle, Ms. McAloon had a simple message to students and staff alike fighting their own battles: **smile**. "Really, just smile at people. It makes them feel special. If you smile, people smile back. Then you feel special. Eventually, they will smile at you before you even get a chance to smile," She said. "Everyone is struggling with something. Usually, there isn't much you can do to help them, and they probably can't help you either. Sharing a little love does make a difference, for them and for you!"

Take some time to share some love in the lives of those around you; it can be as simple as a smile. Kindness is the key to resilience, and at East, there is plenty to go around.



# ENCORE: LAFLEUR PLAYS ON

WRITTEN BY JACK PINGEL

Back in October, East band teacher Mrs. Margaret LaFleur underwent surgery to remove a long, unusual tumor from her heart. She announced in later that month that she would take the remainder of the school year off to recover.

Four teachers have stepped up to LaFleur's podium this school year. Three teachers teamed up for first semester, and Mr. Quiroga has been the band director for the entirety of the second semester. Mrs. LaFleur's CaringBridge page has been viewed over 3,000 times. On March 12, Mrs. LaFleur provided a three-month update in a journal entry titled "It's been a while!" She gave some insight on the side effects of radiation, saying that the first few weeks brought "sensations like electricity or sharp stabs or numbness or tingling" that "would 'pass through,'" much like a song or thought. She also noted the burning sensation that came with enduring 40 grays (abbreviated as Gy, a unit of measuring radiation) for 75 minutes straight. Forty Gy is equal to four kilorads, or 4000 rads, another common unit of radiation measurement.



Band students will recall her weekly Trivia Tuesdays during which she would provide trivia questions relating to her teachings or topical events; every Tuesday CaringBridge update comes with a trivia question. In this particular update, she says that only four medications are currently approved for treating brain tumors, while 79 failed.

Mrs. LaFleur has made sure to attend many of East's recent events, including the most recent band concert in March. She plans to return to East next fall.

The Second Annual Patriot Pasta Party fundraiser will be held Monday, May 6 from 5:00-7:00 p.m. in the Commons. This pasta-filled event is sponsored by Boldt. The cost of the event is \$10 for adults (age 11 and up); kids ages 4-10 cost \$5 and kids under 4 are free.

The proceeds will go towards grants for innovative projects dreamed up by students, teachers, or parents in fall 2019.

The food at the party (prepared by staff and students) will include a wide array of all-you-can-eat spaghetti, salad, garlic bread, and desserts. Many staff donate items used for the pasta party including water paper plates and different types of salad dressings. Mr. Erickson, who used to work as a chef and own restaurants, helps the staff prepare and serve the pasta. The East staff and volunteers also clean up afterwards. Even the delicious desserts are homemade by the Appleton East staff.

Alongside the pasta, some of the entertainment at the pasta party will include performances by East band, choir, and orchestra groups.

Last year, the first-ever Patriot Pasta party was a success, with over \$1,500 worth of tickets being sold. East is hoping the second year is also a success, so this can become a strong tradition. All students and families are encouraged to come down to East May 6 and share a delicious pasta meal!

# THE PATRIOT PASTA PARTY PART TWO!

WRITTEN BY COURTNEY  
SALVESON-KREPLINE

*2<sup>nd</sup> Annual*

## *Patriot Pasta Party*

**Monday May 6, 5-7 pm**

**Join us for all-you-can-eat spaghetti,  
salad, garlic bread and desserts**

**Adults (11 & up) \$10.00**

**Kids (ages 4-10) \$5.00**

**Kids three and under free!**

**Appleton East Commons**

**2121 Emmers Drive, Appleton**

**All are welcome!**

**Sponsored by**

**BOLDT.**

Proceeds from the Patriot Pasta Party will fund innovative projects that directly support student success and promote East community values.

# FORENSICS? YOU S



If you watch the announcements or saw the posters for it, you may have heard about the forensics showcase: a display of talented students presenting their forensics pieces. But what even is forensics? To put it simply, forensics is competitive public speaking.

Students can speak about wide variety of topics in a huge range of events. Sometimes with preparation, sometimes memorized, sometimes about fictional events, or not. But in every event, the student is talking. And in every event, they are judged, making it a competition.

The Appleton East Forensics Team took second place at this year's Wisconsin Forensics Coaches' Association state tournament. Amazingly, 7 out of East's 25 entries East had in the tournament finished in the top three in the state in their categories. Keep in mind anywhere from dozens to more than one-hundred people competed in each event. This very high finish was the capstone on an outstanding season. The team had an undefeated regular season, going 10-0, matching last season's record.

This year was a success and the team hopes to replicate it next year, but they will need new members in order to ensure that they do. They need you! Yes, you! Here are a few reasons why you should join forensics.

First of all, the forensics team is very good at what it does. Second place





# SHOULD JOIN! WRITTEN BY LOGAN HASH



in Division I is no joke, and the chase for a state championship should be enticing for people looking to join. Being part of winning team means that there will be fierce competition within your very own team, so there will be more motivation to improve.

As well as being excellent in competition, the forensics team teaches very important career and life skills. One of the biggest fears that Americans have today is a fear of public speaking. A good

forensics competitor does not have this fear. With the amount of practice that students need to put in to speaking, they get really good at it.

“I think it’s an incredibly valuable activity.” said Mr. Miller, the coach. “Communication skills are one the number one things that employers look for and this is a communication skills extracurricular.”

It can be seen as some kind of superpower to be able to talk in front of people without fear, and this is a quality that many good competitors possess.

With this season over and a new season on the horizon, now the forensics team is searching for new members. As Mr. Miller puts it, “We are in search of the superstars of the future.” So if you want to be on winning team that teaches how to overcome the biggest fear in the country, then join forensics. And there’s even something else to mention: it’s really fun.



follow the @theloganhashfanpage

# HUMANS

## WHO HAS TAUGHT YOU HOW TO BE RESILIENT?

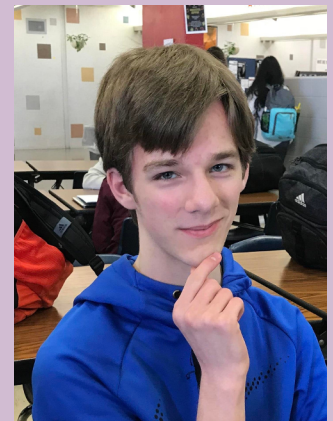


### FRESHMAN: TATUM GRAMBOW

"My mom because we come from a pretty hard past and now we're doing pretty well. She's been taking leaps to do what's best for her and her family."

### SOPHOMORE: DAMON LAMB

"I would say Mr. Schneider because he always finds a way to have fun with his class. He's a good teacher."



### JUNIOR: BRECKYN SHAFFER

"I'd say my mom because she is a very independent single mother who has always been there for me and has helped me with my dreams."

# OF APPLETON EAST

COMPILED BY LAUREN GILMEISTER

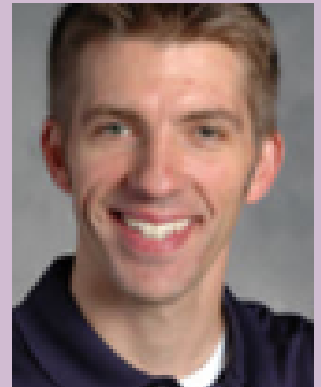


## SENIOR: VICTORIA CAMPBELL

"My mom is a mother of three, and she managed to support all of us with all of our extracurriculars and sports and everything. She's also a single mother and she's able to support us, so I feel like that shows resilience."

## STAFF: MR. VANSICKLE

"Margaret LaFleur, East band director. She has faced numerous medical challenges this year involving her heart and brain. Through all of this, she has remained positive and maintained her fantastic sense of humor. I'm looking forward to seeing her back at East next year!"



# On the Horizon

**May 8: Late Start**

**May 9: Orchestra Concert**

**May 10: Pep Rally**

**May 14: Spring Band Concert #1**

**May 16: Spring Band Concert #2**

**May 21: Scholarship Awards Banquet**

**May 22: Late Start; Spring Choir Concert #1**

**May 23: Spring Choir Concert #2**

**May 27: Appleton Memorial Day Parade**

**June 6: Graduation**

**June 7: Last Day of School**

**June 8: Appleton Flag Day Parade**

# UNDEBATABLE TALENT

WRITTEN BY LAUREN GILMEISTER

This past weekend, Appleton East student Matt Moorhead competed in the Tournament of Champions, which is widely recognized as the most elite debate tournament in the nation. He qualified for this tournament by placing near the top of numerous other tournaments throughout the debate season. Matt not only represented Appleton East in this tournament for the first time in over two decades, but he also excelled in performance. He ranked 19th as a speaker and advanced to the elimination rounds, finishing 17th in the nation.

Matt made history for Appleton East High School and the state of Wisconsin by breaking several records. Matt became:

- The first ever Wisconsin qualifier in Lincoln Douglas debate to the Tournament of Champions
- The first ever Wisconsin qualifier in Lincoln Douglas to advance to elimination rounds at the Tournament of Champions
- The first ever Wisconsin qualifier to earn a speaker award in Lincoln Douglas at the Tournament of Champions
- The first ever Appleton East qualifier in any category to earn a speaker award at the Tournament of Champions
- The first ever Appleton East qualifier in any category to advance to elimination rounds at the Tournament of Champions

