the courier

the appleton east student new spaper



GOOD RIDDANCE





FEATURES:

- Behind the Scenes with East Administrators
 - Flex Farms
 - Best TV of 2020



BY EVAN WOOD

A Look Into The Important Work That Appleton East Administrators Have Been Doing Behind the Scenes

Throughout this whirlwind of a year, countless individuals and groups have stepped up in Appleton to help our community adapt and grow. A key part of the transition to this new lifestyle that doesn't get nearly enough attention is Appleton East's administration. While the majority of students don't interact with the principals on a regular basis, their contributions have had sizable effects on the student body. The Courier talked with Dr. Mineau, Ms. Molitor, and Ms. Smedberg, the principal and associate principals respectively, to find out how they have handled this past year and what they expect for next year.

Before the pandemic hit in full force, AASD principals were already talking about how to implement more virtual learning into the school schedule.

"Months before any mentions of Covid-19 leaked into news, we were talking about how to continue learning during snow days so that we didn't have to add days during the summer," said Dr. Mineau. "In that way, there was a little planning on what transitioning to some virtual school would look like, but we never expected this would help in the switch during the pandemic," he added.

Near the very beginning of the Covid-19 pandemic, Dr. Mineau stressed the



importance of copying pre-established protocols that Appleton eSchool was already using.

"What's so amazing, and people forget this, for a 72-hour period when Governor Tony Evers ordered the shutdown of all public schools by March 18, all we were doing was planning. We were working with other principals and tech integrators at the other Appleton schools to set the high schools up with the tools that our students and staff would find success with."

Ms. Molitor remembered the leadership that Dr. Mineau displayed right from the start of the lockdowns.

"Dr. Mineau is a very outside-of-the-box thinker and he was almost anticipating the lockdown in Wisconsin as the virus quickly spread across other parts of the country. Once the schools were shut down, he already had ideas on the transition to fully virtual and was

instrumental in collaborating with the tech services people and others to get this new learning style implemented quickly," Ms. Molitor said.

Dr. Mineau also recognizes many people beyond have been essential in getting East through the challenges of the past nine months.



"I want to thank Mr. Zachow, our Activities Director. The amount of time he has spent putting protocols into place was the impetus for starting the virtual plus model. His work on the finer details of actually getting kids back in the building has been amazing. Also, the facilities maintenance and Chartwells crew have done so many great things behind the scenes in keeping this place safe and distributing food. Their contributions were indispensable," Dr. Mineau said.

Both Ms. Molitor, and Ms. Smedberg, the new associate principal, recognize the positives that this unique year has given us.

"Although there have been multiple challenges this year, I have been amazed at how East has embodied the motto of the 'Power of Team.' Teachers have bonded together and helped share tools and Canvas tips so that they can deliver the best educational experience to the students given the situation," Ms. Smedberg said.

Ms. Molitor added, "Students have had to learn about themselves and their habits. During this process, they have improved skills that are essential for the work-force or higher education such as their self-motivation, self advocacy, and organizational tendencies. Fully virtual high school has aided in students honing their soft skills."

Thus far, East has completed nearly six months of virtual learning with relatively few hiccups. Ms. Smedberg, after getting acclimated to her new school, is looking forward to the second semester and ways in which the East community can grow past the current pandemic.

"Well, obviously I'm excited to see and help East kids in a physical sense for the first time. There is an excitement from our staff about the possibility of learning and creating together, which I believe would help encourage and bring energy to students' learning.

When asked specific things the hybrid model offers that can not be done in the fully virtual classroom, Dr. Mineau noted the potential to combine great aspects from both the virtual and in-person classroom.

"We are essentially taking this blended approach of asynchronous, where students can work at their own pace on Canvas, mixed with some face-to-face time. During this in-person learning, we hope to give a hands-on learning experience that just can't be done virtually," Dr. Mineau said. "Take for example welding, or science labs. Students don't have the equipment necessary at home to have this learning in the hands-on arena." He added, "Instead of just watching the teacher dissect a cow's eyes, now we can get students here."

Throughout this tumultuous year, all three administration members always appreciate the importance of the team members around them.

"When I first got here, Dr. Mineau, Ms. Molitor, and really everyone at East, have helped me past new situations and have been amazing in that they are always available to talk and work together," Ms. Smedberg said.

"Ms. Smedberg and Dr. Mineau are fabulous work partners. We support and check in on each other and set boundaries to keep our work from bleeding over too much into our personal lives," Mr. Molitor said.

"First off, none of this would be possible without our teachers making the best of a challenging situation forced upon them," Dr. Mineau said. "But beyond that, I want to recognize the important work of some other colleagues starting with Ms. Molitor, the Associate Principal. Her work behind the scenes with attendance and porch visits to engage students with online learning has been very helpful to students and we are thankful for her work. Ms. Smedberg, the Associate Principal, has the superpower of Canvas wizardry. Without her work, teachers wouldn't have some of the tools and support to get students to where they have to be, education wise."

"For everyone at home, know that we at East are thinking of you and we care about you." Dr. Mineau added, "Please let us know any problems you have. We are going to get through this one step at a time."



Our New Normal?

By Milagros Cisler

After almost a year into this hectic time, we've begun to consider our new lifestyle normal. Schools and many other places are shut down, masks are required, social distancing is just a force of habit now. But what is the world looking forward to? And how will we revert back to normal, if we ever do?

Unfortunately, when things go back to normal, extreme precautions will still be in place. The likelihood of things immediately returning to life before the pandemic are slim to none. The fact that facemasks have become a part of our list of things we can't leave the house without is a clear example of the new standard. Being normal is out of the question, and a typical school day is a long, long ways away.

Appleton East's reopening date is set for January 19. School will return in hybrid mode. But will school go back to the way it was last year before our shut down? No, it will not. Face masks will be worn for the entirety of the day, excluding lunch, which will also be different from usual. One teacher said, "You'll take your lunch up to your homeroom and eat." This is completely different from what we're used to at East. No more lunch in the commons? "They don't want the kids standing in lines," which is completely understandable. We don't want to be sent on yet another quarantine. Trying our best to prevent any outbreaks is the smartest thing we can do, which is why our "old normal" is not even in our vocabulary anymore.

As far as the community, many places are once again open to the public. Arcades, dine-in restaurants, indoor amusement parks, and even the Dells are open. Mask requirements are set in place, but the community is getting closer to regularity, with a few precautions in place.

Normalcy will not return until the COVID decline. As of right now, our new normalcy isn't what we're used to, but it's getting closer to what we used to call normal.

COVFD-19 in 2020 What We Got Wrong

Here's what we got wrong:

Masks don't help at all.

In March, some initially thought it was silly to wear masks. While masks are not fail-proof, research shows that masking correctly significantly slows the spread.

It's a death sentence.

In March, high death rates suggested COVID-19 was extremely deadly. Improved treatments and increased research have fortunately saved many lives since then. However, because COVID-19 is still very, very contagious, a low mortality rate within a large population has led to more than 300,000 deaths in America.

It's just a respiratory illness.

Originally, it looked like a cold/flu-type illness. It's much worse. COVID-19 can also affect the kidneys, nose, mouth, and eyes. And it's much deadlier than the seasonal flu.

Mail can carry the virus.

By the time the mail arrives, there's likely no virus on it, but it's possible to contract COVID-19 by touching a contaminated surface and then touching your eyes, nose, or mouth.

Children don't shed the virus.

Initially, in the spring, many thought children could not give other people coronavirus. However, the Center for Disease Control says kids from toddlers to teens can catch COVID-19: [C]hildren can be infected with the virus that causes COVID-19, can get sick from COVID-19, and can spread the virus that causes COVID-19 to others. Children, like adults, who have COVID-19 but have no symptoms ("asymptomatic") can still spread the virus to others."

It's going to be over soon.

Some insightful people knew the pandemic would last a long time. Many people believed COVID-19 would be resolved with Safer-At-Home in the spring or sunshine in the summer. The current case numbers in the U.S. show COVID-19 has been here for longer than originally expected by the general populous.

by Clara Shober

Here's what we got right.

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It spreads through respiratory droplets.
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The virus spreads by inhaling "particulate matter" or touching a contaminated surface and then touching your eyes, nose, or mouth.

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It is highly contagious, with an infection rate 10 times that of the flu.
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This virus is extremely effective at infecting humans in particular. Knowing how the virus spreads and how to protect yourself is crucial to crushing COVID-19.

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Mitigation strategies will flatten the curve (if we all do it).
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To slow the spread, we must follow the guidelines.

- Properly wash and/or sanitize your hands. Avoid touching your face too!
- Avoid close contact with others. Stay at least six feet apart, and distance yourself from people who live outside of your home.
- Cover up. Your mask, properly worn over the mouth and nose, protects you from getting and giving the virus. If you cough or sneeze, use your elbow or a tissue.

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It survives for three days on stainless steel, four hours on copper, and one day on cardboard.
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Let's just make everything out of copper. Just to be safe, make sure you properly clean and disinfect anything you touch often, including phones, keyboards, and desks.

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The vaccines are coming!
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There's light at the end of the COVID-19 tunnel, but it's critical for Americans to slow the spread of coronavirus while we wait for vaccinations. Do not throw away your shot!

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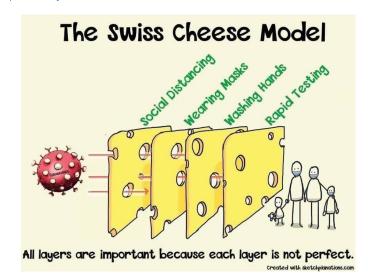
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covided to the sundoubtedly forced the greatest change to normal life in a century. Nobody has been left untouched by the virus or the precautions taken to stop its spread. Small businesses have been hit especially hard by lockdowns and guidelines against gatherings. How can we help our local small businesses?

Order take-out.

For those of you who want a safer experience with the same great restaurant food, consider ordering take-out or delivery. If there is a restaurant you like, check their website and find out what alternatives they have to dining in.

Restaurants have been forced to adapt in 2020, so they probably offer other options. COVID-19 has

Pledge 9\$20.

Appleton Downtown, Inc. started a campaign that involves pledging to spend at least \$20 at nine



different small businesses in downtown Appleton. There are more than 200 small businesses in downtown Appleton so there is surely something for everyone. According to ADI, "For each dollar spent at independent businesses, it returns 3x more money to the local economy than one spent at a chain store." This is a great way for people to help our local businesses. For more information, visit appletondowntown.org.

Give gift cards.

If there is a local business that you can't currently

visit, but you know you will in the future, then buying a gift card for later use is a great way to support.

Think about small businesses

It's easy to forget about our local businesses when we could just shop at a convenient chain store or online. Small businesses don't have the marketing money to always be in the back of your mind like large corporations do.

Next time you want to grab a bite to eat or buy a gift, think of a small business that might be able to help.

6 Most Popular Quarantine Hobbies By Isabel DeBruin

As people began to realize that they would be spending a lot more time at home, they started to search for new hobbies to occupy their time. As we reflect on 2020 it is natural to recall the hobbies that exploded during quarantine. Below are some of the most popular activities among East families this year.

Baking Bread

Right off the bat, it was difficult to find flour and yeast on grocery store shelves.

#breadmaking has garnered nearly one hundred thousand posts. Across the globe people have learned to make their own rye, sourdough, brioche, and much much more.

Learning a New Language

Apps such as Babbel and Duolingo grew in popularity as many people tried their hand at a new language. Babbel reports experiencing a 200% increase in sales during lockdown.

Walking

Last year, if you had asked me "Would you like to go for a walk?" I would have responded, "Do I look like a dog?" Now, walking has become one of the best ways to escape the confines of your home and get some fresh air. I'm sure you can relate.

Among Us

This multiplayer game was released over two years ago but recently experienced a surge in downloads. *Among Us* allows players to interact while remaining in their own homes; a valued characteristic during quarantine. In the game, all players are together on a spaceship. Most players are crewmates, however, a few are impostors. The crewmates must uncover the impostors befor the impostors manage to murder the crewmates.

Yoga

Yoga mats quickly made their way onto Amazon's bestseller list this year. With everything that is happening, it would seem that we are all looking for a way to alienate our stress. Many people turned to yoga Youtube channels such as Yoga With Adriene.

Adopting a Pet

Shelters, breeders, and pet stores have all reported more consumer demand than there are pets to fill it. Many have decided that their home needs a new furry companion. After all, it is easier to train your new pet when you are at home so often.

FLEX FARM by Hailey Bay

Appleton East has invested in the community and helped others through the school's Flex Farm, created by a former student Alex Tyink. Located in the Commons, the Flex Farm can grow produce year-round instead of only using the garden in the warmer months. Mr. Marx, one of the founders of the Flex Farm, calls it "A hydroponic growing machine" helping others

The Flex Farm is making a positive impact on the Appleton East and our community.

The Flex Farm is distributed throughout the school and then to the community.

The Flex Farm is easy to maintain. Run by Mr. Marx and Mr. Wanamaker, the Flex Farm takes in nutrients and water because it's hydroponic (meaning it can grow with just water and no soil).



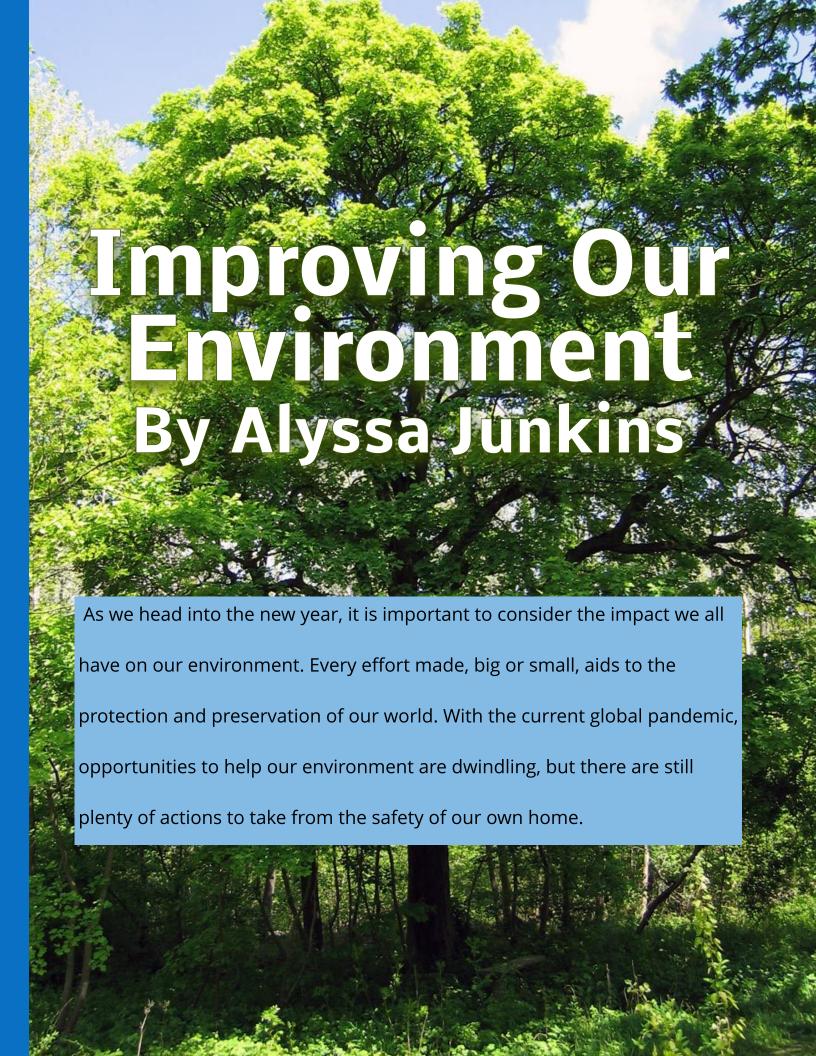
Produce only taking 28 days to grow, students will one day, hopefully, be able to run the Flex Farm when back in school. "I see Flex Farms getting bigger and bigger in the future. It is so easy and no mess with no soil," says Mr. Marx describing. Once in school, the produce from the hydroponic garden will be put into the cafeteria. Currently, the produce is donated to St. Joe's Food Pantry. It is expected that the Flex Farm will be in not just Appleton East but several other schools.

Mr. Marx says, "It is really simple, we plant the seed in my room and then transfer it to the machines after germination and the seedlings some growth to them." The project was made by Fork Farms and funded by a donation from East Wisconsin Savings Bank. "I think that every school should have them to teach students how to grow nutritious food," says Mr. Marx. He wants to see more people trying the produce from the machines at Appleton East.

The Flex Farm has already had a positive impact on Appleton East, and our community by growing healthy food. Students will be able to eat it once they return to school. The Flex Farm is a great achievement that shows us how close the future really is, and how beneficial hydroponic gardening can be. "I love that students will be involved and see where their food comes from," says Mr. Marx.

The Flex Farm was made possible thanks to a generous donation from East Wisconsin Savings Bank.





Limiting our use of single-use plastic products, such as grocery bags or water bottles can reduce the amount of litter found in the wilderness. Plastic can take up to 1,000 years to decompose in a landfill, which allows it to continue pilling up year after year. Switching over to reusable products produces a fraction of the waste in the long run: reusable cloth bags, bamboo toothbrushes, and metal straws. Another form of waste which only came about due to Covid-19, is disposable masks. Due to their temporary usage, masks are constantly being thrown out. Reusable cloth masks are sold in a multitude of stores: Target, Walmart, Amazon, and LuluLemon. If you can't purchase a mask, different types of sewing templates can be found online. Their ability to be washed and reused makes cloth masks more financially and environmentally friendly.

We can improve the environment around us not only through acts of nature preservation, but also humanitarian aid. Examples of this include donating to charities or volunteering in your community. When donating money is not possible, donating your time is always an option. Social distancing restrictions make volunteering a little difficult right now, but clubs at Appleton East, such as Key Club, DECA, NHS, and Student Council, have been providing opportunities to help the community while staying safe. 2020 may have been a rough year, but 2021 provides the opportunity for a new start.

Best TV Shows Of 2020 By Kiersten Mott

TV in 2020 has been underwhelming compared to years past. The film industry was shut down because of COVID-19, which in turn led to shows shutting down early, some not completing their season's storyline. This also prevented new shows from blossoming. However, there were quite a few shows filmed before COVID, and luckily, some returned to filming after the lockdown.

The Queen's Gambit (2020) Netflix

Although I have not watched this myself, it has gotten rave reviews. It is based on the novel *The Queen's Gambit* by Walter Tevis. The show takes place in the late fifties and early sixties and follows a young orphaned girl who is a chess prodigy. She deals with sexism in the field of chess as well as personal struggles and addiction problems. *The Queen's Gambit* came out in October and stayed on Netflix's Top Watched list for quite awhile. The show currently has a 99% on Rotten Tomatoes and an 8.7/10 on IMDb.

The Mandalorian - Season 2 (2019-Present) Disney +This is another series I have not personally watched, but have heard only good things about. I am not nearly well versed enough in *Star Wars* to do justice to this show, but from my understanding, it has been written and executed very well. This show follows a Mandalorian bounty hunter throughout his missions. If you like *Star Wars*, this is right up your alley. *The Mandalorian* has already received multiple Emmys for its first season and is currently nominated for two Critic's Choice Super Awards. Jon Favreau is the mind behind *The Mandalorian* and has proved his brilliance once again as he has in his prior works including *Elf*, *Iron Man*, *Iron Man 2*, and the live action remakes of *The Lion King* and *The Jungle Book*.

Never Have I Ever (2020) NetflixNever Have I Ever follows around Davi, an Indian-American sophomore in high school. Davi deals with multiple issues including finding the balance between her Indian culture and her American culture, boys, friendship, and the recent death of her father. This show blew me away because it covered so many issues that teens are currently going through. It reached out to so many different groups including women, minorities, people who have lost a parent, and the average teen. Personally, I find that this show highlights what the modern teen experience looks like better than anything I've ever seen before. It captures high school in its true



reality and doesn't shy away from hard topics. The cherry on top is that this show is also extremely hilarious. I won't get into it too much, but there's one side character who is used as a comic relief, and I can say with certainty that every high school has someone exactly like this character.

The Crown - Season 4 (2016-Present) Netflix

If you are a history nerd like myself, *The Crown* is perfect for you. *The Crown* tells the story of the British royal family throughout Her Majesty Queen Elizabeth's reign. Although the story is dramaticized, it is fascinating. This season- season 4, has once again impressed me greatly. This season takes place during the eighties and highlights many influential parts of British history including Prime Minister Margaret Thatcher and Princess Diana's entrance into the royal family. Gillian Anderson does an amazing job recreating Thatcher and shows the hate-love relationship she had with the Queen. Every actor in this series is brilliant, but Emma Corrin who plays Princess Diana steals the show this season. Princess Diana is probably the most beloved royal of all time. She truly was the people's princess. Corrin does a fantastic job showing the hardships of Diana's life including her battle with bulimia and her marital struggles. Josh O'Connor who plays His Royal Highness Prince Charles, has great chemistry with Corrin which makes it that much more heart wrenching to see their marriage fail. This season shows all of their marriage: Charles' continuing affair with Camilla Parker-Bowles, Diana's eventual affairs, as well as a young Prince William and Prince Harry. The Crown will be recast next season, and as sad as I am to see this cast go, I am excited to get another season in 2022. I can't praise this show enough, so I ask that you watch it yourself and find out how truly great it is.

Grey's Anatomy - Season 17 (2005-Present) ABC/Hulu

Some of you are probably sick of hearing about Grey's Anatomy, but this show is seriously awesome. If you haven't watched it, watch it now. The first sixteen seasons are waiting for you on Netflix. I had to include Season 17 on this list because the show writer and creator Shonda Rhimes, has done an outstanding job capturing what dealing with the pandemic looks like for frontline medical workers. This season is kind of sad, as we see deaths and stress on our favorite characters, but I think this story is a necessary one to tell. Each episode is very powerful, detailing different sides of the pandemic and playing out the story that many people all over the world are living. On a more positive note, the show has taken this season as an opportunity to bring back some of its dead characters. Let me explain- Meredith Grey, the main character, has COVID this season and is severely sick, causing her to sleep most of the day away. While asleep, she appears to be on a beach that symbolizes the border between life and death. Here she sees some of the people from her past who have passed on. George O'Malley hasn't been actively on the show since his death at the beginning of season six. T.R. Knight, who plays O'Malley, has come back this season to speak with Meredith during her coma. It's a real treat for us fans to see our favorite characters who we thought we'd never see again, come back. Meredith also sees her dead husband Derek Shepherd. Patrick Dempsey, who plays Derek, was last seen in season 11. For those who don't know, Meredith and Derek shared one of the most epic love stories of all time.

Let's just say I screamed for quite awhile when I saw he was back on the show. Derek, also known as "McDreamy" was one of the main lead characters before his untimely death, and many are still upset to this day about his death. Yes, I am referring to myself. My friends make fun of me and tell me I need to get over it, but I probably never will. He is McDreamy after all. Anyway, it's been so fun and the perfect anecdote to the dreadedness of 2020 to see our





2020's Playlist By Milagros Cisler

2020 has been a crazy year, but music has continued to thrive. Spotify came out with their streamers' "2020 Wrapped" information in late November.

2020's most streamed song was "Blinding Lights" by The Weeknd with nearly 1.6 Billion streams. The Weeknd released this song in November of 2019, but it hit the top ten about 12 weeks after its release.

2020's second most popular song was "Dance Monkey" by Tones And I, also released in 2019, but after its worldwide sensation, it became the #1 hit in 20 countries with 1 billion plays on Spotify.

#3 on the charts was held by up and coming Roddy Rich, with "The Box," the song everyone knew this year. Roddy got roughly 57.1 million Spotify streams. They even blew up on TikTok, raking in massive views. What will the music industry look like for 2021?

Hopefully, it will be just as good as 2020!

MINTBR By Justin Forsland ACTIVITIES

Winter is here, and we are in the midst of a pandemic. What do you do? You can't go anywhere, and almost everything is closed. Well, we have a good list for you. Sledding (If there is snow, remember to keep a safe distance) Board game Building a snowman Watch Christmas movies Play Secret Santa Make cookies

Whatdya Think? by Clara Schober

"Whatdya Think?" is a regular feature in The Courier.

We ask you about about your opinions, and your responses will appear in the next issue. We want to know YOUR thoughts and opinions.

Just click on this link!

VTRTLIAL or HYBRID?

Weeler Week

Wheeler Week gave participants the opportunity to live, work, and play using a wheelchair as their means of mobility, which allowed students to gain a new perspective that will help shape their views to be open and caring when it comes to seeing other individuals in wheelchairs.

"It is really difficult to do basic things that I do everyday while in a wheelchair. People should know that it is not easy being in a wheelchair and that the people who are, are very brave and strong. People should help them out as much as they can and just be kind because it is not easy being in a wheelchair. It would be very interesting and I think it would get the message out [if this project was done annually in all 3 high schools]." -Julia

"I learned that my house is not handicap accessible. I had a hard time fitting through spaces and we have stairs throughout our house so it made it difficult. I think everyone wants to experience being in a wheelchair but once you get the experience it's not as fun and cool as it seems. I would [support this as an annual project for the district]." -Rachel

Overall, this project gave the participants the experience I wanted them to have, which is to develop empathy and kindness for people who may be different from them, especially people with mobility issues. Despite the limited number of participants, I feel the project was a success. Thank you to the participants that help me with my project. -Dejlaim

Safe Things to do during the Holidays

This holiday season will not be the same as previous years. Some holiday traditions will not happen because of social distancing. Fortunately, there are several safe activities, that can be done while social distancing, to celebrate the holiday season and maybe even to start a new tradition.

See a Christmas light show.

Homes in the Fox Valley provide their very own Christmas light performance. All over the Fox Valley, people can drive and play music on a specific radio frequencies synchronized with the light show. It's definitely a safe activity that goes on a holiday bucket list. here is the link to go see the lights.

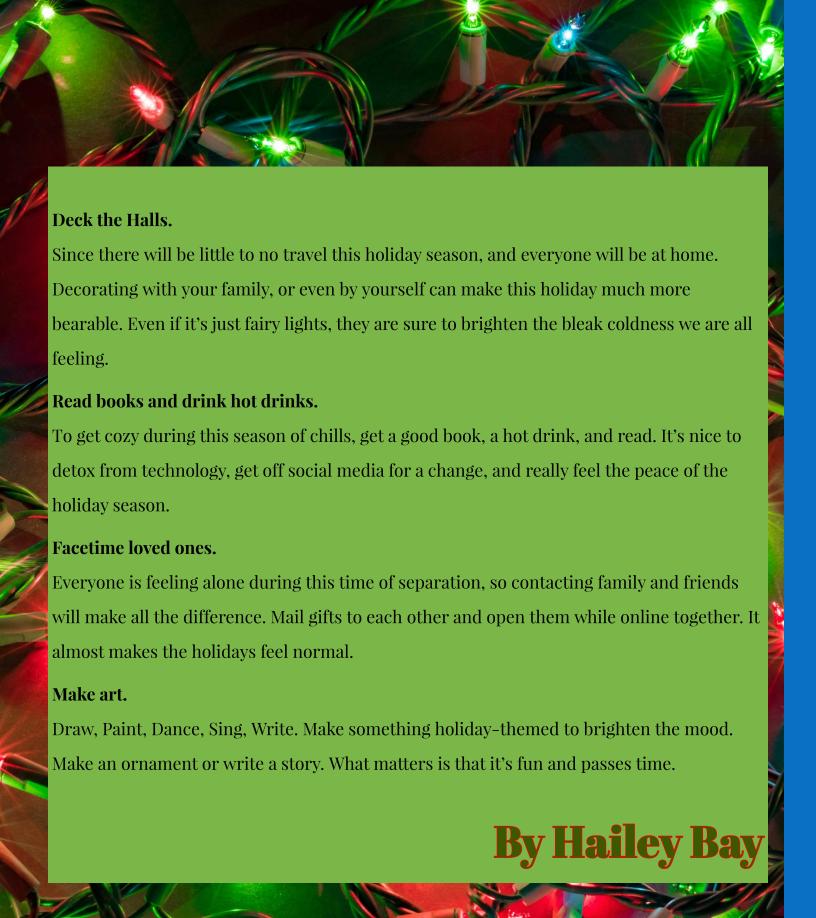
Make a donation to help others in need.

There are many people who are struggling financially during this time of year and doing a good deed will really make their holiday shine brighter.

this is a link to the salvation army.

Go outside.

Before it becomes unbearably cold in Wisconsin, it is nice to enjoy the winter weather while we still can. You can build something out of snow or even just go on a walk. High Cliff State Park is very beautiful during the winter season. It's a perfect location for enjoying a winter day while still social distancing.



Guardian Angel Trees by Hailey Bay

This year, due to many reasons many children will not be receiving gifts over the holidays. Thanks to the Salvation Army, however, the Angel Tree program provides kids with gifts this year. The Angel Tree program has been delivering presents every Christmas for the last forty years, and millions have been helped by their service. The Angel Tree Program benefits many and makes a difference in the community.

The Angel Tree program is set up in stores, such as Walmart, where passers-by take the name of a child and are responsible for purchasing items on their list. On Christmas morning, the Salvation Army will distribute the gifts to the families. "Once a child is accepted as an angel, donors like you can shop for their Christmas wish list," says the Salvation Army. Children all over will be given gifts that they otherwise wouldn't have received this year.



The Salvation Army
has done a great deal of
work contributing to the
community and helping
those in need. Angel
Tree is only one of the
many ways that people
have been helped.

During the economic downturn, the Salvation Army has been there to assist those who were in need. Over the course of the organization's existence, the Salvation Army has helped over 23 million people. The Salvation Army has assisted many children and has succeeded in the past to bring the joy of the holidays to all. Anyone can help the cause and contribute to the positive work of the Salvation Army's Angel tree program. "Recognizing that every child deserves to feel the joy of Christmas" describes the Angel Tree program's devotion to helping others. To help families during these trying times, Angel Tree is a perfect example of people doing their part to help others.









the appleton east student newspaper