

the courier

the appleton east student newspaper

THE TROUT MUSEUM

ARTISE

Helping Hands

Nursing Home Helping Hands

Looking for ways to help out the community and gain some volunteer experience? Brewster Village offers opportunities at their nursing home. The Helping Hands Casual Call offers working hours from 4:00-8:00 p.m. weekdays and weekends. The job includes serving food to residents, engaging in fun activities, and helping organize and perform household tasks. The requirements for this position include some experience handling and preparing food, you must also be at least 16 years old. For more information, please visit Brewster Village Webpage. (<https://www.brewstervillage.org/>)

Harbor House

Appleton is lucky to have the Harbor House. It is a non-profit organization that provides safe shelter and support services for those who have survived domestic abuse. It has helped many people get back on their feet after going through immense struggles. They accept donations, and they accept all people in need, no matter what gender, sexuality, race, religion, or ethnicity.

The Parks and Recreation Department and Department of Public Works

There are many departments and businesses throughout Appleton that our community takes for granted. This season is supposed to be a time of gratitude, so let's shine a light on some helpful resources. We have a great Parks and Recreation Department here in our city! It offers so many opportunities to have fun and try new things! Whether it is trying out new sports, using the public pools, walking the nature trails, and overall having a strong, open community.

The Department of Public Works in Appleton is a really important part of our community. They help maintain our city and keep it clean. The department is responsible for taking care of our sewers, trees, streets, sidewalks, bridges, and water. Public Works takes pride in managing our town. Without them, our city would be crummy, dirty, and falling apart.

Helping Hands

Patriots Give Back

If you're looking for a way to give back to your community, Appleton East provides plenty of opportunities by the means of various clubs. So far this year, DECA has held its annual Trick-or-Can event, as well as a community service week. Key Club also offers many chances to volunteer year-round, but a few highlights so far have been the annual clothing swap to improve the selection of the school closet and creating tie blankets for the local animal shelter, Saving Paws. NHS also contributed with their yearly blood drive. Many of these events happen yearly, so don't worry if you missed out on any of them this time around. As far as upcoming events go, make sure to be on the lookout for announcements and information regarding approaching opportunities.



Helping Hands

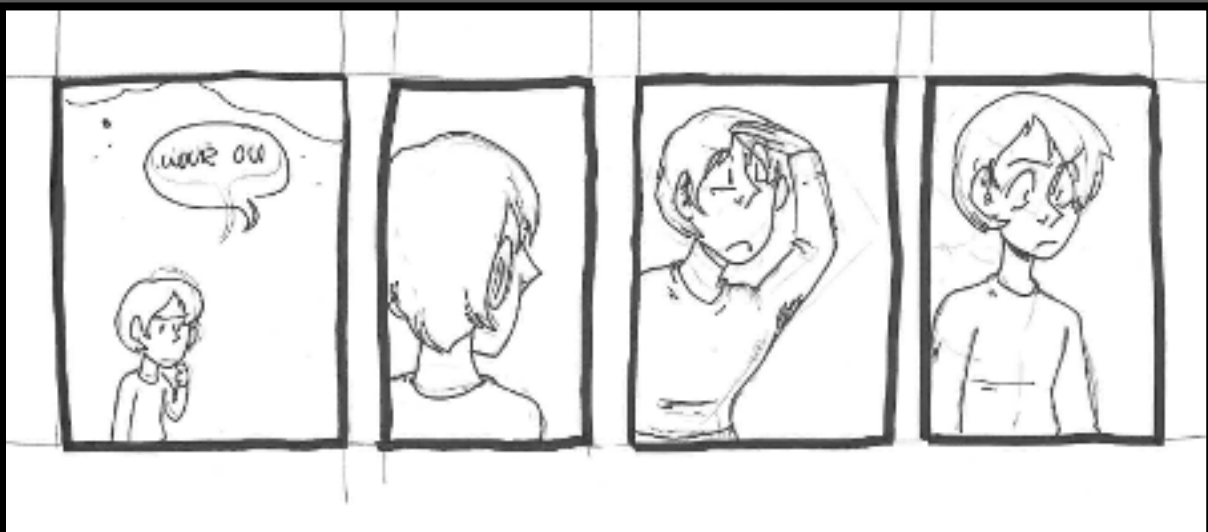
Service to Others

A midst a season dedicated to giving thanks; providing for others is an excellent way to give back. Donating canned goods, funds, and even your time are all ways to show kindness and courtesy and help others. This holiday season, food banks and pantries have opened their doors and welcome any form of help and donation that comes their way. There are many ways to help, and the community has the responsibility to take care of those in need.

According to Feeding America, last year more than 60 million people were served and fed on Thanksgiving. Some food pantries in the area include St. Joseph's Food Pantry, Freedom Center Food Pantry, Christ the Rock Food Pantry, and Feeding America Eastern Wisconsin Fox Valley. To volunteer for Feeding America during the holidays feel free to visit the Feeding America website, where a person can make pledges, deliver meals, and become a part of this helpful organization to help others. Serving in person is also an option for volunteers. The many food banks from Feeding America are all greatly appreciated and important to those who will be eating from the food banks and pantries during the upcoming holiday season.

Each form of giving back is greatly appreciated by the community. Serving by volunteering, and making donations helps to enforce the gratitude that a person will have. This Thanksgiving, give gratitude to Feeding America, and all other organizations that are dedicated to helping those in need of nourishment. Helping the community is an important part of showing gratitude in this season of thankfulness.

<https://www.feedingamerica.org/take-action/thanksgiving>



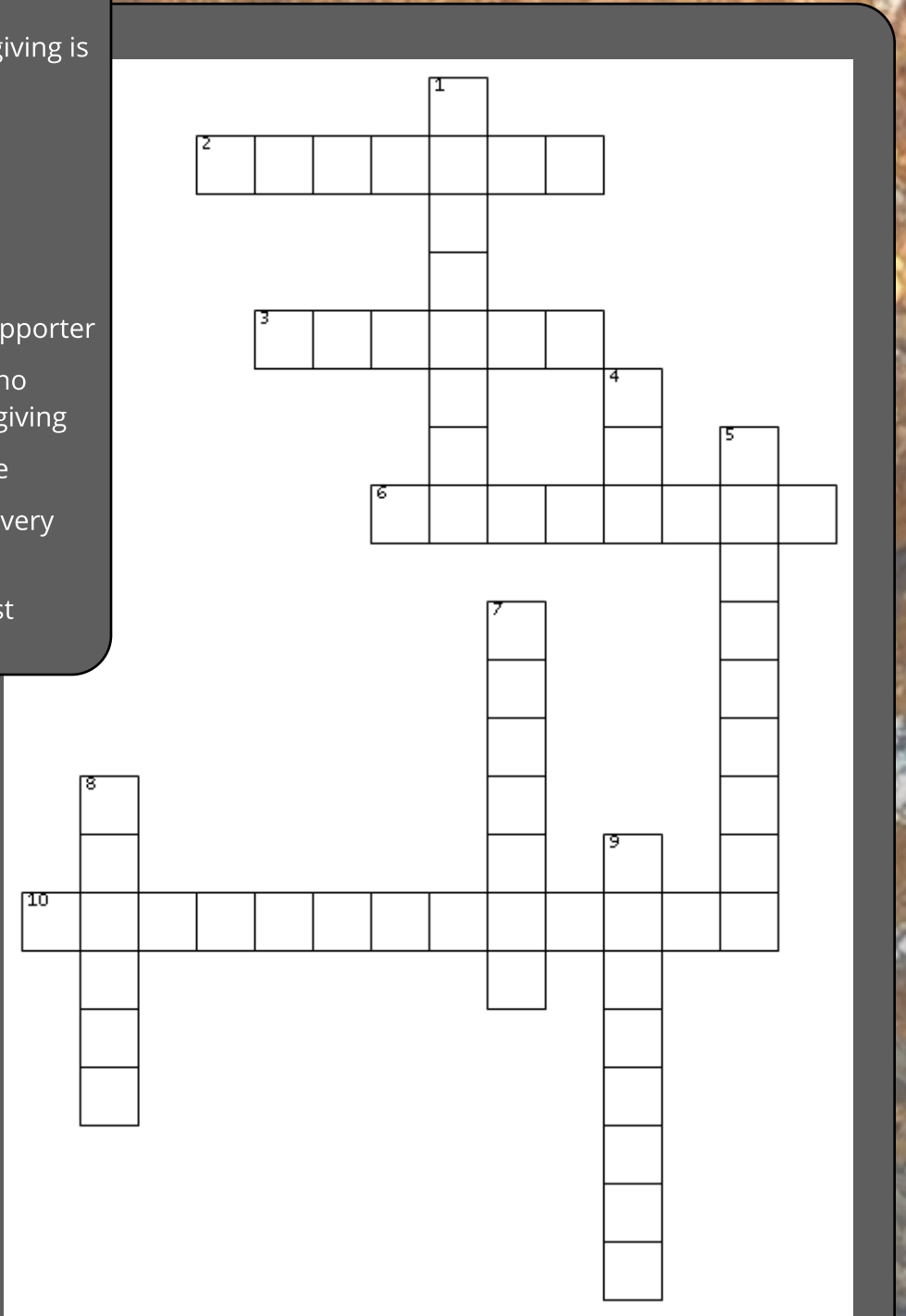
CROSSWORD

ACROSS

2. Appleton East's volunteering club (two words)
3. The food pantry Appleton East grows produce for (two words)
6. The day of the week Thanksgiving is annually held on
10. Thanksgiving with friends

DOWN

1. The place where the first Thanksgiving was held
4. A generous Appleton East supporter
5. The Native American tribe who participated in the first Thanksgiving
7. A traditional Thanksgiving pie
8. The President pardons one every year
9. British participants of the first Thanksgiving



National Honor Society

National Honor Society (NHS) is now an international program for more than one million high school students. It was founded in 1921 by a principal in Pittsburgh, Pennsylvania. There had been independent honor societies before this, but March 1921 was the beginning of the official National Honor Society. NHS focuses on scholarship, leadership, service, and character. To demonstrate these pillars, NHS hosts volunteer events that help the school and community.

Scholarship is demonstrated by having a cumulative 3.5 GPA or higher, but East advisors are trying to raise that requirement to 3.75. Leadership is shown by promoting school activities, having positions of responsibility, being dependable, and encouraging others to have positive behavior, to name a few. Service means helping others, and this can be shown by, for example, volunteer work, being a good group member, and helping students. Character means behaving like a decent human being. It is demonstrated by academic integrity and respecting others.

Appleton East NHS, comprised of juniors and seniors, is advised by Mrs. Schmidt and Mrs. Adams. They have been running it for the last six years. If eligible students are interested in being in NHS, they apply by obtaining three teacher recommendations, one service recommendation, and one leadership recommendation. They also submit an essay explaining how their traits align with the pillars of NHS (scholarship, leadership, service, and character). The purpose of East NHS according to Mrs. Schmidt is "using your talents and your brains to help others." Some things specifically East NHS does is host the Community Blood Drive and the Book Drive, which took place last month. NHS members also serve people in nursing homes by making crafts and writing letters, especially during the COVID shutdown when many residents didn't have contact. They have done free elementary tutoring in the past for kids who might not have been able to afford a tutor.

According to Mrs. Schmidt, NHS is "a great way to get kids starting to be active as helpful members in the community."

Sources:

<https://www.nhs.us/about/>

Appleton East NHS eligibility letter

CELEBRATING THE HOLIDAYS

50th Downtown Appleton Christmas Parade

After a year off, the Downtown Appleton Christmas Parade returned for its 50th anniversary. The chairperson of the Appleton Parade Committee (Appleton East's very own) Mr. Otis was pleased to announce "Santa Claus is coming back to College Avenue." This year's parade was held on November 23 with the theme "Superhero Christmas" to honor the everyday heroes of our community.

[Watch the full parade here](#) or at 11:30 a.m. on December 25 on WFRV Local 5.

Along with the many floats, Appleton East's Marching Band spread the Christmas joy. Band Director Mrs. Lafleur gave the history of East's involvement: "The very first time there was an Appleton Christmas Parade, there were only two high schools - East and West. East was the front band and played 'SANTA PARADE' while West was in the back in front of Santa bringing him in." Ever since that first celebration, Appleton East has always performed the medley "Santa Parade," which is actually three songs: "Joy to the World," "Jingle Bells," and ends with "We Wish you a Merry Christmas". Mrs. Lafleur strongly encourages Patriots to watch the parade, celebrate the holidays. and cheer on your fellow students.



The Appleton Turkey Trot

Looking for a work-out before the big feast on Thanksgiving Day? The Turkey trot features four waves of trotting. The first wave is a timed five-mile run. The second wave is a non-timed two-mile convivial run. The third wave is a two-mile walk, great for families and anyone who loves to meet people. The final wave is a dog-jog: it is a two-mile walk for you and your pooch.

The Turkey Trot is run by Festival Foods, the grocery stores around Wisconsin. All the money raised from the participants and sponsors, Festival donates to the YMCA and the Boys and Girls Club. Allie That, the Appleton Race Director works closely with the charities and the Festival Foods team. The Appleton Turkey Trot charges \$25 for the five-mile run and two-mile run/walk for adults and \$15 for children 17 and younger. The dog jog is \$25 for adults and \$15 for children 17 and younger; the dog fee is \$5. The price may go up the longer you wait to register.

The race is always on Thanksgiving Day; the Trot starts at 8:00 a.m. at the Fox Cities Exhibition Center (355 West Lawrence Street, Appleton). Shirts and bibs can be found at the Fox Cities Exhibition Center between 2—6 p.m. on Wednesday before. The shirts and bibs can also be picked up starting at 6:30 a.m. on Thanksgiving Day. Register in the Turkey Trot if you want to feel more connected with your community. There are many opportunities to meet new people and have a more diverse friend group. The importance of the race is not just about raising money for charities. The importance is to come together with the people you live around and the run part of the trot is showing healthy exercise to keep our bodies running for more years than expected. This will be the 14th year for the Turkey Trot in Appleton, and Festival is expecting around seven thousand people. Register so you can feel less guilt for all the food you will eat later on Thanksgiving Day.

CELEBRATING THE HOLIDAYS

SHOW BINGEING

One of the best ways to give back to the community is to binge your favorite holiday movies or episodes. I know it sounds crazy, but in a way it helps the community. The way you give back is staying inside and watching TV. It makes life occasionally easier for the workers in our community. It keeps trash off the streets because you are not outside littering. It helps to stop COVID because you are not in school or in public, germ-infested places. You also get to spend quality time with family and friends. You give 24 hour a day workers a break from a busy day. You are giving the 5:00 a.m. risers and midnight resters a chance to sit down during the day, not constantly having to worry about if they are doing enough work. Just by watching a TV screen for a few hours can help relieve mental, emotional, and physical stress from a worker's busy life.

LIGHT IT UP

While our school is dazzling, the Christmas lights in Downtown Appleton are even more spectacular. Every year, the Parks and Rec Department along with Appleton Downtown Inc. brings us their fabulous display of lights, often accompanied by ice sculptures. The ice sculptures and lights go up in late November or early December most years. The lights meet in front of the City Center Plaza and make their way up and down the sides of the street, with angels hanging from street lamps.

HOLIDAY MUSIC



BAND CONCERT

You do not want to miss our spectacular student musicians' next performance. Student, freshmen to seniors, are holding their upcoming band concerts soon. With features of classic holiday tunes, it will be a joyous time! Come listen to the band on December 9. Performances by the Freshman, Concert, Symphonic, and Honors Band will take place in the auditorium.

Easterners Concert/Sounds of the Season

Attention all music lovers! This winter East has seven different choirs all performing in this year's Sound of the Season concert. It includes Patriot Bass and Treble, Varsity Bass and Treble, Easterners, Chamber Choir, and our very own A Capella ensemble, AEvoices! It's a very celebratory event, with beautiful music and lots of talent. The groups perform in the auditorium Dec. 13th, 15th-16th. It's a joyous occasion where we join together in harmony to celebrate the holiday season.

SONGS OF GUSTO

Tchikofsky once said, "Inspiration is a guest that does not willingly visit the lazy." This is greatly reflected in the orchestra concert performed with great finesse at Appleton East High School. The hours of work put into the masterful execution of this performance is truly projected by both Mr. Heckner, Easts conductor, and the student musicians involved. Each violin, viola, cello, and upright bass player has given their finest performance for this year's autumn concert. Composed of the honors, symphonic, and the eighth graders from Madison Middle School orchestras. The Appleton East Orchestra's concert gave an excellent tribute to both arts and Appleton East High School.

Various composers' pieces bring a unique and powerful display of inner emotions. This semester each musician in Appleton Easts Symphonic Orchestra has been diligent in working towards their individual playing goals. The five pieces: *Eleanor Rigby*, *Pavane*, *Brandenburg*, *Concerto No. 3*, and *For The Star Of County Down* are all pieces that are being played by the Symphonic Orchestra. "My favorite piece is Brandenburg because it feels fancy," says Rylee Hoffer, violinist of the Symphonic Orchestra. Appleton East's Symphonic Orchestra has done and will continue to do an excellent job playing each of their string instruments.

Appleton East's Honors Orchestra's segment of the show was composed of genres from everything to a Russian ballet to a waltz. Each piece was given equal amounts of time and practice to perfect for this year's autumn concert. The pieces being played by Appleton Easts Honors Orchestra are: *Sonatina*, *Waltz For Wobbly Willfred*, *Ruslan and Ludmilla*, and *Petrushka*. Performers in the Honors Orchestra audition for orchestra, and they take great pride in playing with their incredible playing skills.

Each piece has played its own unique role on this each student and audience member has gone on listening to each piece. Appleton Easts Orchestras is an excellent example of just how great the musicians are here at Appleton East High School. All of the students have invested ample time and effort into the autumn concert. Appleton East Symphonic and Honors Orchestras have done an incomparable job in the autumn recital.

THANKFUL

Thanksgiving Traditions

When it comes to holiday traditions, there are so many diverse ways to celebrate. Such as, in my family, every Thanksgiving I join together with my family and friends and enjoy a meal together!

Gratitude

“Gratitude /'gradə,t(y)ōd/ noun the quality of being thankful; readiness to show appreciation for and to return kindness.” Gratitude and Thankfulness are both emotions, and these feelings that are brimming around the times of these current holidays. Being reminded of all of the blessings that have been received throughout our lives, can bring emotions that are similar to that of joy. Gratitude is an incredible emotion linked to looking at all of the positive aspects of a person's life, and being grateful. How exactly is gratitude an emotion that humans feel?

Though gratitude is an emotion, it can also be considered as a disposition or personality trait that certain people possess. To develop this train of consciousness one must consider a person's surroundings, as well as all of the good things in their life. This can be achieved by writing a grateful journal, or simply giving more contemplation of what blessing each person has, as well as what being grateful really means to the individual. Realizing that there is the possibility of a good outcome contributes to the psychological manifestation of gratitude in a person's life.

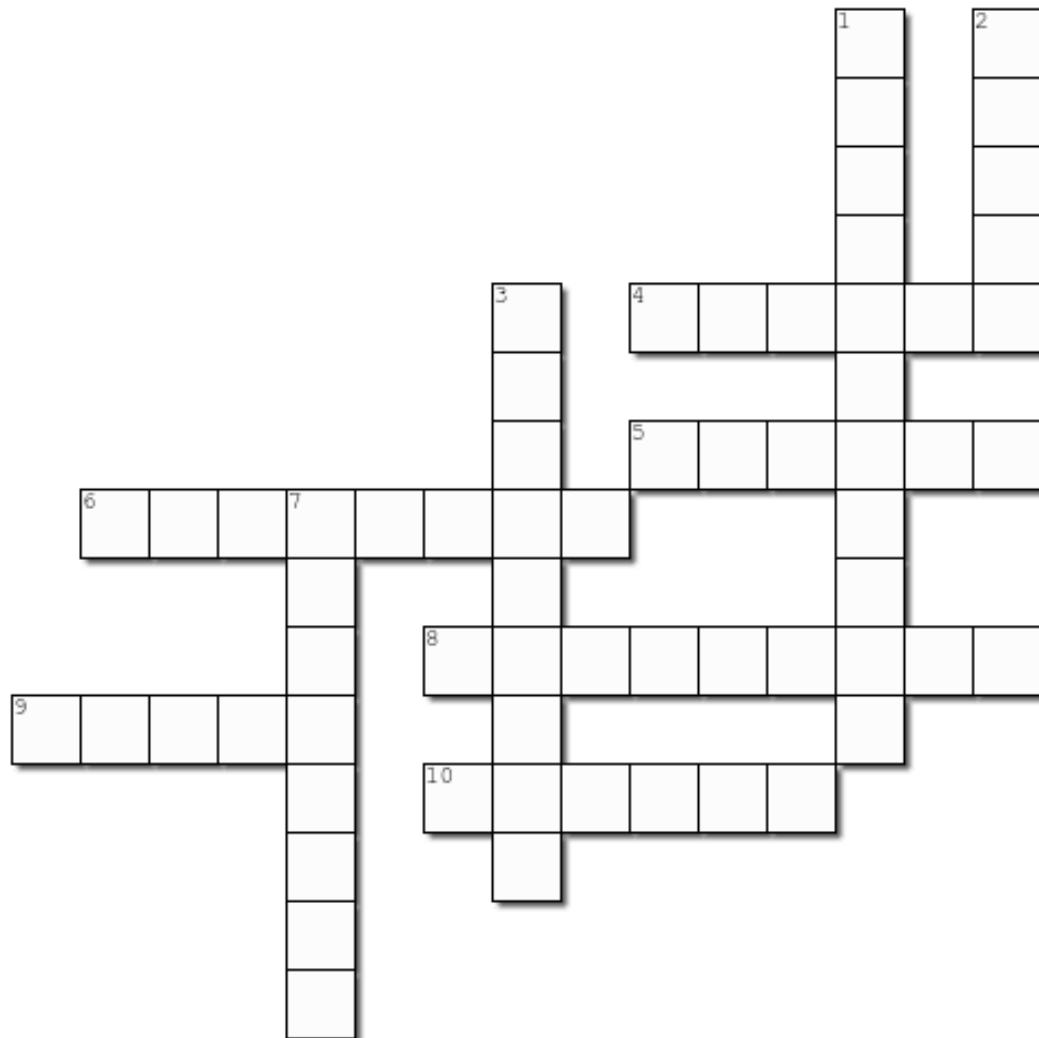
Having Gratitude can lead to a positive impact on both a person's physical and mental health. According to Psychology Today, it has been proven to reduce depression, and increase mental resilience which is an example of increase in positive mental health. People who have a lifestyle of gratitude have less anxiety and less of a chance of getting insomnia; which not only will improve their physical health, but also cognitive alertness due to healthier sleep.

Being involved in positive acts, helping to serve others, and taking time to express being thankful are aspects that can lead to a lifestyle filled with happiness and gratitude. Mental and physical health, wellbeing are both impacted positively with an increase of gratitude in a person's life. Better sleep, relationships, and a healthier sense of self are all based on thankfulness and gratitude. Gratitude is psychologically proven to better any person's life, no matter the circumstances.

<https://www.psychologytoday.com/us/basics/gratitude>

THANKSGIVING CROSSWORD

Complete the crossword puzzle below



Across

4. Animal often eaten as part of feast
5. A focus of the holiday and a way to show appreciation
6. Traditional side dish that is put into the turkey for cooking
8. A certain part of the turkey
9. Large meal with a large amount of people

Down

1. Traditional thanksgiving dessert
2. Traditional thanksgiving dressing
3. A side dish of special bread
7. A sport played on the holiday

THANKING OUR HEROES

Health Care Heroes

When the word “hero” is said, what comes to mind? Maybe you think of Iron Man or Batman, or maybe even the Hulk. It is rare the terms doctor, nurse, teacher, veteran, or even mom and dad come to mind. Our society dictates that being a superhero includes the ability to fly or shoot lasers. While the idea of shooting lasers is fun, it is not practical to the real world and therefore creates a distorted definition of a hero. When you look around, there are heroes all around us. They don’t wear capes or have their own action figures, but they are even greater heroes than ones shown in movies.

Healthcare is a dangerous field of work without a pandemic. One exposes themselves to disease and infection daily, all in the interest of the greater good. Without healthcare workers, America’s fatality rate would increase drastically. Day in and day out, healthcare workers work hard to heal the ailing. These individuals dedicate and sacrifice to learn their profession. Every person can think of one time in their life or a loved one’s life when a healthcare worker has impacted them. You might think of a time you or your parent was in the hospital, the time your grandparent needed surgery, or maybe even when someone you love had cancer. Working in healthcare is not only an academic commitment, but also a time commitment and an emotional commitment. Each day healthcare workers try to prevent death, an inevitable end to each human’s time on Earth. They problem solve and work until they find a solution-or sometimes create a solution.

Through this pandemic, healthcare heroes have sacrificed time, health, and so much more to keep our society running. They have worked endless hours, often without a light at the end of the tunnel. Healthcare workers are why we are in school today, and why many of us have been healthy. They have prevented hundreds of thousands of deaths through the roll out of the vaccine. In the past eighteen months, we’ve seen how truly selfless these people are. This Thanksgiving, we should all take a moment to thank these heroes. They, among many others, have sacrificed themselves to protect you and your livelihood.

THANKING OUR HEROES

Thanking Those Who Have Served

November 11th, 2021 is a day dedicated to honoring those who have diligently served our country. Each branch of the military whether the airforce, marines and even the National Guard were honored on this day. All of those who have served our country have been through the unimaginable, and for that they each deserve our greatest gratitude. Taking a day dedicated to thanking those who have served is an excellent reminder of just what some have done for our country. Protecting all of the rights of American citizens, and fighting for the freedom of peoples across the globe is something that each of us should be greatly thankful for.

Established after World War One, also known as The Great War, veterans day was designed with the intention to commemorate the end of the fighting in WWI, also known as the "war to end all wars." Originally known as Armistice day to honor those in WWI was a legalized holiday May 13, 1938 to give tribute to all of those who fought, and served in the Great War. October 8th, 1954 president Dewight D. Eisenhower acknowledged that Armistice day would be changed into veterans day, and each service member serving the military would be remembered on November Eleventh. Regardless of the day of the week, November Eleventh continues to be the federal holiday distinguished by the American citizen remembering those who have served with the intention of protecting both our way of life and our country.

The sacrifices that each of these brave men and women have made in our favor is something that each American citizen, including the common American teenager should have immense gratitude for. Patriotism, bravery and tenacity are all attributes that are shown by these soldiers in pursuit of the greater good for the future generations of Americans. Giving thanks, and showing gratitude to those who have served is an excellent way for the common American Citizen to show their thanks. Veterans day has been dedicated as a day of thanks to each and every person who has served this country.

Works cited:

<https://www.va.gov/opa/vetsday/vetdayhistory.asp>

MEET THE CONTRIBUTORS

Journalists

- Orchestra Concert , Psychology behind gratitude, Veterans Day, Food pantries near you, and how to donate: Hailey Bay
- Thanksgiving Crossword, Christmas Parade : Joey Thowless
- Opportunities to give back at school (clothes closet, food drive, NHS blood drive) : Lila Bornemann
- Nursing Home Volunteering (Brewster Village Helping Hands), Band Concert : Heather Meyer
- Thanksgiving Traditions, Easterners Concert, The Parks and Rec Department, Harbor House, Department of Public Works: Makenna Carver
- Downtown angel light display, Comics : Liliana Monson
- National Honor Society: Clara Shober
- Crossword, Healthcare Heroes: Kiersten Mott
- Turkey trot : Delaney Lehman
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