

the courier

the appleton east student newspaper

EAST PATRIOT PRIDE EAST
EMPOWERMENT

Happy Holidays!

A Wish From The Editors

Dear Patriots,

As the air grows colder and the snow piles higher, we find ourselves back in the holiday season. While this holiday season might not be completely normal, it will be far more normal than last year. 2021 was rough for many people. Some of us did not get to see our loved ones, and instead we settled for sending love through a screen. To many it did not feel like the holidays at all. This year shows promise for not only a more ordinary holiday season, but a more ordinary world. This holiday season my wish for you is to have not only a joyous occasion, but also a safe one. Too many have fallen sick in the past eighteen months. Whatever you celebrate, I hope you find happiness and optimism this December. Happy Holidays!

Sincerely,

Kiersten Mott, Editor



Happy Holidays!

A Pickle in a Pine Tree

The Christmas pickle is a long-standing German-American tradition. One member or the family, usually the parent, hides one or multiple pickle ornaments in the Christmas tree. Then on Christmas Day whoever finds the pickle first has good luck for the next year or receives an extra gift. While this tradition is fairly well known in Wisconsin because of the heavy German influence, it is not well known in Germany. In fact, most people in Germany have never heard of it. So why are the pickles called a German tradition and how did the pickle hiding start?

In the 1880s, Woolworth stores started selling glass ornaments shaped like fruits and vegetables. These ornaments were imported from Germany. This is where the pickle's origins are likely to have stemmed. However, the story behind the tradition itself is fuzzy. One story tells of a Bavarian-born soldier named John C. Lower in the Civil War. He was a prisoner at Camp Sumter and was on his deathbed. His final wish was to eat a pickle to stave his hunger. The guard obliged the man, and it supposedly gave him enough strength to survive. To remember this life-saving pickle he started a tradition of hiding a pickle in the tree each year.

Another story is linked to St. Nicholas. Two Spanish boys were traveling home for the holidays when they stopped for the night at an inn. The innkeeper was evil and proceeded to kill the boys and put their bodies in a pickle barrel. That evening St. Nick stopped at the same inn and brought the boys back to life. This story however seems to stem from many other old tales.

In reality this tradition probably came from a marketing ploy. The salesmen most likely attached the "German" background to sell more ornaments. While this tradition is not German, it has become German-American. Little things like this are what make us truly American. We have created our own culture, yet we respect and acknowledge not only our own immigrant ancestors, but others as well. The Christmas pickle has always been a family tradition, and it's one more source of cheer each holiday season.

Sources: whychristmas.com, wikipedia

Home Alone Holiday Movies

Ever find yourself mindlessly scrolling on Netflix for that perfect Christmas movie but sadly unable to find anything good? Take a quick look at some possible movies and shows that will satisfy your Christmas blues. A classic Christmas movie with guaranteed family approval would be *Home Alone*. This movie is about an 8-year-old boy left all alone at his house while his parents are gone for Christmas vacation. Two burglars attempt to break into the boy's house, but what they don't realize is that this boy has a few tricks up his sleeve to fight off the intruders. If you are more of a romantic movie lover, I'd recommend *Love Actually*. This movie includes nine different stories that involve complicated relationships, newfound love, and Christmas magic. A more teen-like love story Christmas movie I'd recommend would be *Let It Snow*. This movie is actually a book adaptation, so if the movie does not strike a chord with you, the book is always an option.



Happy Holidays!



Keeping Watch: Elf on the Shelf

A classic winter tradition for some families is the Elf on the Shelf. It usually consists of a “Family Elf” with a silly name like “Bubbles” or “Snowflake” or “Sparkles.” The legend is that during the month of December, Santa sends down an Elf to keep an eye on you while he prepares for Christmas. Every night they supposedly report to Santa on how children in the family are acting. Parents use this tradition as a way to make their children behave better. Children are also told that they must not touch the Elf or he/she/they will lose their magic. Every night while the children are sleeping, the elf will move to a new location to “Keep Watch,” and sometimes they can get stuck in some silly situations, but it’s all a part of the Christmas spirit.

Better to Give...

Thinking about those new shoes that you’ve wanted or maybe that new PlayStation 5? Although it’s always nice to get things you want, think about what others may need.

Perhaps start thinking about how you can give back to the community. Maybe host a neighborhood Thanksgiving, reach out to that friend who has been distant, or call your grandma and ask her about her day. Little things are extremely special to others.

At Appleton East, we have our very own community. Teachers and fellow students might deserve a Christmas gift. Also, maybe think about people who don’t have essentials. We just had a book drive, and we were able to donate 600 books and make people happy: maybe you introduce a child to the magical world of Harry Potter or help a parent gather recipes for meals she wants to make.

These little things make a difference. We are East! Let’s stick together and make these holidays better for everyone.

Christmas with Coronavirus?

We all know that these last couple of years haven’t been easy on any of us. The coronavirus took us by surprise, forcing a lot of change over the last couple of years: the masks that most not-so-secretly hate; not being able to see friends and family; and the deaths of some close relatives.

On Christmas Day just last year, there were more than 200,000 reported cases. All holidays produce bigger spikes than around any other time. The different variants, which include the Delta and Omicron, spread the virus.

The Delta variant is twice as contagious as the previous variants. Delta can cause more severe illness and be spread by fully vaccinated people; however, vaccines still slow the spread of the variant. The Omicron variant shows an increased risk of reinfection of Covid, and it is shown to be faster at infection compared to previous surges, suggesting that this variant may have a growth advantage. With this variant the symptoms are more flu-like: dry coughs, fever, night sweats, and/or a lot of body pains.

At Christmas last year, we couldn’t see family. Most kids aren’t getting hospitalized, but they won’t be the only ones you see over this break. Think about the ripple effect of whom you’re seeing and whom you could be getting sick. With airlines being open, we are able to travel to see family. If you are feeling ill, don’t attend or host a Christmas party. If you are inside with big groups, make sure to “Mask Up, East!”

Happy Holidays!

The Red-Coated Gift-Giver

The red-coated gift-giver many children expect every Christmas has roots in a man named St. Nicholas. St. Nicholas was a bishop in Myra (Turkey nowadays) in the 300s. He was quite charitable, and it is one of the stories of his generosity that inspired Santa Claus. There were three sisters and their father were poor, so he did not have enough money to pay for a dowry (the money the bride's family gave to her husband). Since he could not pay for a marriage, he thought of selling them. St. Nicholas snuck by their house at night and threw a bag of money through an open window. The money was said to have landed in stockings or shoes drying near the fire. In the morning, someone found the money and the first daughter was married. St. Nicholas did this two more times, and on the last time, the man caught by St. Nicholas said, "Thank you" This and other stories are the root of his association with gift-giving. He is said to have died on December 6, 343 (St. Nicholas Day).

The tradition of celebrating St. Nicholas day was maintained by the Dutch. The way this European tradition came to America was through immigration in the 1700s. "Saint Nicholas" in Dutch is "Sint Nikolaas," and his nickname was "Sinterklaas." Look familiar? The story slowly changed. The first appearance of the modern-day American Santa Claus story, a large, red-clothed man with flying reindeer, emerged in an 1800s poem, which you may recognize: "Twas the night before Christmas and all through the house. Not a creature was stirring, not even a mouse...."

Sources: <https://www.biography.com/religious-figure/saint-nicholas>

East Students' Semester Two Wish List

Appleton East has a large number of students it has to service and always tries to act in the best interest of the student body. With the second semester approaching fast, we thought it would be a neat idea to gather a new type of wish list for Santa this year: What do East students wish for the upcoming semester? It could be getting rid of masks or it could be a wish for less homework with our diverse student body. It could be anything, so I asked people of East what they wish for this upcoming semester.

After a large number of umm's and pondering, Mr. Miller said, "More in-person activities and less covid restrictions." I'm sure others will agree with that statement after the last few years. Mr. Miller also hopes The Courier "Find a better quote to replace [his] with."

Holden Iverson (12th Grade) messaged on Discord: "Well for one, I want this upcoming semester to keep my life going on the same course I'm following right now. Life is getting better with each day, and I'm hoping this can continue into the next few months of school. Secondly, I want to keep in person schooling. Being in touch with my friends has been one of the many reasons why this past semester has been really good." We're all excited to be back in person for the 2021-2022 school year.

One friend who wants to stay anonymous wishes they can "approach next semester more positively and get better grades." My wish for this student is that they are able to boost their grades a bit if they can. Be sure to ask your teachers sooner rather than later before it's too late to do anything about your grades. Teachers want nothing more than for you to succeed.

A tenth-grader's hope is that "Things are going good for me this semester but I would say for the next one that things improve diversity and inclusion-wise." I'm glad that their first semester as well as others' first semester is going well. If you have some sort of proposal for how the school could be more inclusive, you could talk to the administration. I'm sure they would love to know how they can make East a better place for every student.

Happy Holidays!

Spreading Christmas Cheer

If you celebrate Christmas, you know it's always one of the most fun and entertaining holidays because it starts a week before that special day. Businesses close down for the break, families travel, school becomes fun, and parties are plentiful. So let's explore some traditions and superstitions.

Some people are superstitious about the holidays. Lending someone something of your own during the holidays is actually considered unlucky and can darken the Christmas season. Holly is considered a plant of eternal life, and mistletoe is considered magical as it brings people to kiss under it and also is a symbol of welcoming during Christmas.

On Christmas Eve, people finish up shopping, finish making Christmas treats and meals and this is usually when families and friends start getting together to start celebrating. By nighttime many families will be out at fancy restaurants, Christmas pageants, church, or concerts. All of this is usually followed by a family movie or going to a party to get crazy excited for the big day. The morning of Christmas rolls around, and by 7:00 a.m. many families are awake. The kids are jumping around like they ate a bowl of sugar. The parents enjoy coffee or tea as they watch and join in the present opening with their kids. The rest of the day is spent opening more presents, eating Christmas dinner, and being with the people we love. The decorations stay up for a week or two to come because it's just nice to have that Christmas feeling.

Holiday Fever: Catch It!

Go downtown or drive around to see the Christmas lights all around Appleton

Visit Santa at the mall

Download Santa trackers

Bake some cookies

Watch Christmas movies (*Christmas Vacation* is the best Christmas movie)

Listen to Christmas music (on the radio and streaming apps)

Decorate for the holidays in your home

Eat Christmas treats

Wear the ugly Christmas sweaters

Make ornaments

Make gingerbread houses

Go caroling

Make homemade Christmas gifts

Make gift list

Spend time with family

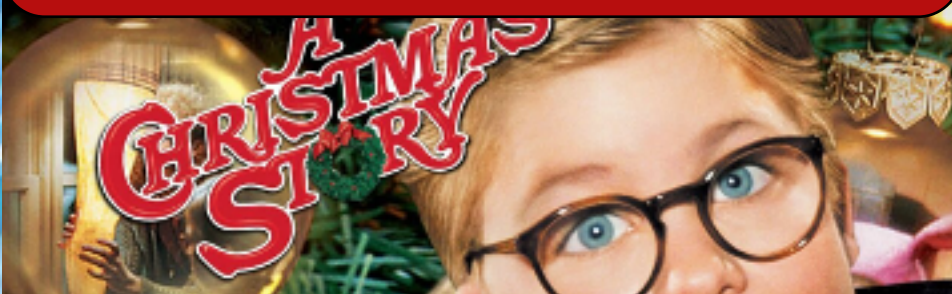
Build a snowman

Snuggle around a fire

Make hot cocoa

Go ice skating

Give back



Classic Christmas Movies

An important classic with keeping up the Christmas spirit is watching Christmas movies. There are so many classics to choose from like *A Christmas Story* or *Elf* or *Home Alone*. Even *Polar Express* or *National Lampoon's Christmas Vacation*. Although there are new movies that come out every year, you just can't beat the classic. Some movies have become such an important part of family traditions. On Christmas Day, in my family, for the longest time, TBS traditionally airs *A Christmas Story* for a full 24 hours, and we would watch it over and over as we went through the day. I couldn't imagine celebrating Christmas without it.



'Kentucky Christmas' in Japan: Roll Out the 'Party Barrel'

Kentucky Fried Chicken is known around the world. In Japan there are more than 1,000 KFC fast food restaurants. KFC has been a big staple for Japan on Christmas. Around 3.6 million Japanese people eat Kentucky Fried chicken on Christmas. I mean who doesn't love some fried chicken?

It all started when KFC started marketing "Kentucky for Christmas." This marketing campaign went global for all KFCs around the world in 1974. Ever since, generations have been getting the "Party Barrel" every Christmas in Japan. The "Party Barrel" consists of eight pieces of chicken, a shrimp gratin, tiramisu cake and a Christmas plate. The cost of the meal is around 49 US dollars, and it feeds a family. From December 20-25 the Kentucky Fried Chicken chains in Japan are busy with lines outside the door for the infamous "Party Barrel."



Americans don't eat much KFC around Christmas, which may be shocking to people in Japan, who were influenced by an American food company. KFC has become a hot ticket item in Japan around Christmas because it brings joy to the families and people living in the country. The colorful marketing all around stores and in the packaging of the food must make the people of Japan salivate for their Christmas bucket of KFC. What a better way to celebrate than with some good ole Kentucky Fried Chicken?

December Holidays: 'Tis the Season for Many Tidings

December is often set aside as the month of Christmas. While the majority of the United States population identifies as Christian, many do not. December is also the month of Hanukkah and Kwanzaa. These two holidays are extremely important to the Jewish and African-American communities.

Hanukkah, also called The Festival of Lights, is a Jewish holiday that spans over eight days and nights. Hanukkah celebrates the rededication of the Holy Temple. In the second century BCE Israel was ruled by the Seleucids (Syrian-Greeks). The Seleucids forced the Jewish people to accept their religion and culture. Judah the Maccabee led a small army of Jewish people against the Seleucids and won back Israel. They were able to rededicate their temple to God after the Seleucid occupation was over. When they lit the temple's menorah there was only a one day supply of oil left from the Seleucids. Miraculously this oil lasted for eight days until new oil could be prepared. Hanukkah is celebrated by lighting the menorah, saying special blessings, singing traditional songs, eating fried foods, exchanging gifts, and playing the dreidel game. This year Hanukkah was celebrated from November 28 to December 6.

Kwanzaa is a celebration of African-American culture and it spans from December 26 to January 1. The first Kwanzaa was celebrated in 1966. Kwanzaa is based on African harvest festival traditions. Many who celebrate Kwanzaa also celebrate Christmas. Each day of Kwanzaa represents a different principle: Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith). During Kwanzaa people decorate their houses with African art and fresh fruit to symbolize harvest. To celebrate Kwanzaa a candle is lit each day. People may also sing, read the African pledge, discuss African history, and participate in a feast of faith.

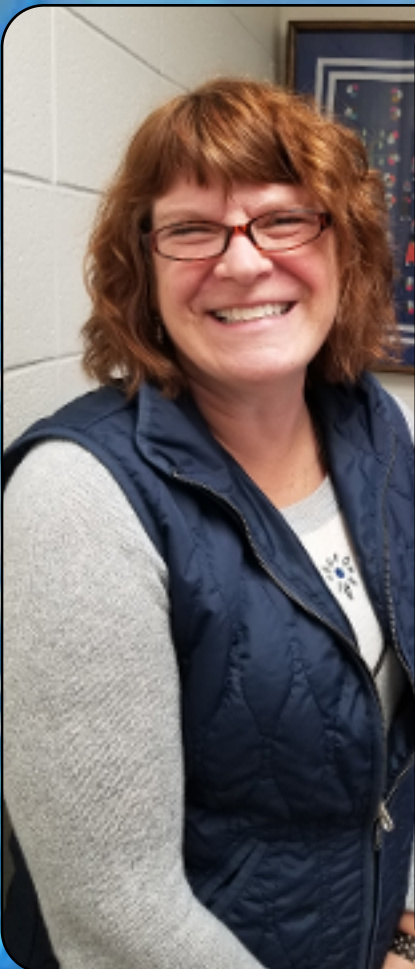
These holidays are important to remember whether you celebrate them or not. Freedom of religion is a right in the United States. It is important we recognize it in all aspects. So whether you wish someone Merry Christmas, Happy Hanukkah, a Joyous Kwanzaa, or Happy Holidays in general, know that the sentiment behind it is the holiday spirit, something we all need a little of right now.

How Christmas Stories Came to Be

Here in America when Christmas is mentioned, usually the images that come to mind include an overweight man in a red suit with a long white beard, a pine tree, cookies. Even the imagined weather is specific to the wintry locations correlated with Christmas. This interpretation of a Christmas story is not paralleled everywhere else in the world; in fact, the same holiday holds many different interpretations depending on both the location and culture.

The original concept of Christmas is derived from the birth of Christ in Bethlehem. The exchange of gifts between friends and family is a reference to the original gifts that the Magistrate gave to the Christ child after following the star to the manger. Since this original Christmas story, many more surfaced over the last hundreds of years. Saint Nicholas (San Nicolai) was a German Saint who left small gifts in the shoes of children, bringing them Christmas Joy. In Italy, children wake up to gifts from Strega Nona, a Christmas Witch that delivers gifts to each home in hopes that it is the home of the Christ Child. Another Christmas story takes place in New Zealand, where the concept of the Christmas Tree was first created. From the story by Isabel M. Peacock, the Christmas Tree was derived from a short children's story describing little people living in the bushes of New Zealand who decorated everything with flowers of Crimson.

As the snow falls and the holiday season is upon us, across the globe, there are many different stories from many different locations, all uniquely celebrating this festive season. Each child will be greeted with a unique and festive fairytale Christmas character, each adding a sense of magical realism to the season. The stories around the world not only spread the joy of the season but also possess historical evidence of stories passed down and traditions that are still celebrated and commemorated today.



East's Unsung Heroes: Mrs. Franklin

Appleton East has many people who make this school a great place for students. But we don't always appreciate those who do the most for us at this school, mainly because we don't know who they are. So this month The Courier would like to acknowledge Mrs. Franklin and all she has done for us with her 21 years at East. Mrs. Franklin has had a long history with the AASD. She is an alumna of East from the class of 1981. Later that year in the fall she got a job at Huntley Elementary working as an assistant secretary. She also worked at the AASD central office during the summer for five years. Then, she was employed as Head Secretary for McKinley Elementary, a job she held for 14 years before coming to East during the 2000-2001 school year.

Mrs. Franklin works in the business office at East and mainly handles athletics and bookkeeping for the school. Her tasks for athletics include collecting sports forms and money, preparing programs for games, setting up tickets and cash boxes for games, and paying sports officials. On the bookkeeping side, she must deposit all the monies collected at East, enter all the deposits in the school accounting program, write checks and reimburse staff/coaches, balance the school checking account, take care of the schools charge cards, and work with the East district budget. Basically, without Mrs. Franklin we wouldn't be able to play sports, the school would be broke, and no one would be paid. So maybe we should give Mrs. Franklin, who keeps this school running, a big thank you and some good Christmas wishes.

Happy New Year!

2022: A New Start?

Every new year promises new beginnings, and for 2022, I hope the biggest new beginning will be the end of COVID-19, and everyone in the world would probably agree with me. Only then can we hug each other, hang out at concerts, be at a friend's house, and go on trips without wearing masks. I know we will jump at the opportunity to have everything back to “normal,” but we shouldn't be too hasty and forget the valuable lessons we learned from this pandemic, like spending time with family because you don't know how much time you have left with them. The pandemic has also given us the opportunity to slow down for us to do things that we didn't have time before because we lived life in the fast lane.

Even though COVID-19 was a pain, because there were so many lost lives and jobs, we should also appreciate the little positive things that came out of it and take those with us to start the new beginning of 2022. That's my hope for 2022. What do you hope for 2022?

Ring In the New Year Around the World

Around the world, people ring in the new year in extremely interesting ways and others a bit out of the ordinary. In Italy, they take “out with the old in with the new” to another level. Some throw old televisions out of the window. They will throw toasters and pans as well. It's believed as the old and negative goes out the new and positive can come in.

Spain features a grape-eating competition. Where locals will participate in eating as many grapes as they can with each chime of the clock. If they can succeed and eat them all before the final chime of the bell, they get rid of evil spirits from the previous year. This tradition dates back all the way to 1895.

In Denmark, for good luck and friendship, people will save dishes to break in front of their close friends and family on New Years. Residents will even let these broken dishes pile up just to show how many friends they have.

In China the color red is very symbolic. In the New Year they will paint their front doors red. Children receive red pockets of money, and married couples will get red rackets and red lanterns.

When Korea celebrates their New Year, they all celebrate their birthday! Look at it this way, if you were born on September 4 you would still celebrate your birthday, but you wouldn't age until January 1. Their own new year doesn't begin until February 1. While celebrating, people give gifts of fresh fruits, ginseng, honey, gift baskets (with tuna, span, traditional sweets, dried fish) toiletries. Elders will give younger children money after they have done a traditional bow.

In the US we mostly just celebrate by watching the ball drop on our TV's, surrounded by people we hold close, and we may even kiss our significant other. These are just some of the wonderful ways that other countries and places around the world celebrate the New Year. Does your family have any New Year traditions?

Happy New Year!

Resolve to Resist Resolutions

This year's resolution to not having any resolutions is the way to go if you're striving for success in any goal set-minded capacity. Studies have found that the majority of the time resolutions fail to stand the trials of time and rarely even make the pursuit until February. Whether it's laziness, overcompensation for one's own abilities, or time management, a resolution to pursue drastic change in one's behavior and forming habits often leads to a heightened probability of failure. It has been shown that even persistence, and having a set destination can be soon met with failure. But why? Why does the human race make the pursuit of completing a task so simple, like reading one hundred books a year, so impossible?

Accomplishments of one's goals can be prevented by metacognition. Psychology defines metacognition as "the knowledge and regulation of one's own cognitive process." This dictates how anything is learned and habituated for each individual, and it can differ from person to person. Metacognition affects all creative thinking and learned behavior, or in this case the creation of habits. The main reason New Year's Resolutions keep repeating themselves year after year in hopes that one day they will be accomplished but routinely cease to be successful is due to the metacognition that fails to be acknowledged. Humans' reliance on instant, constant gratification becomes a setback, at least from the motivational standpoint in pursuit of greater goals being achieved. *Why New Year's Resolutions Don't Work (And What You Can Do Instead)* by Dawn Gram says; "Most goals are not a destination but a journey of behaviors." Instant gratification that can prevent accomplishments. Focus on the end result versus the process and the importance of acknowledging the many (sometimes excruciating) steps there are to achieving the established goals. Other aspects, such as time management, ease, habit, and even the environment, affect the probability of the desired outcome to be achieved. This leads to losing the battle between one's difficulties and setbacks versus overcoming the obstacles that prevent, delay, or even forever defer the resolution working out.

Some goals are just not meant to be achieved. Despite the cynicism around the viability of New Year's resolutions, small steps and goals will lead to much more prosperous results. We don't know what 2022 will bring. Taking small strides to success is the most positive response to both metacognition, as well as ignoring the yearning for instant gratification. This New Year's Day hopefully the resolutions will be carried out and carefully conducted and lead to desired outcomes.

New Year's Resolution

Every year, people make promises on how to improve themselves in the New Year. However, they don't always pull through, which is totally okay. The common cliches of New Year's Resolutions are usually unattainable goals that people wish on to make themselves feel better: such as, "In the new year, I will work out more" or "This year, I am going to lose more weight" or "This year, I plan on cutting out toxic people." Now, for some people, they can be accomplished. But others just use them as false positivity.

New Year's Eve Traditions

Across the world, there are many different traditions to celebrate the coming of the New Year. Some are more basic than others, such as staying up until midnight or getting together with family and friends. Others can be more family-oriented, like getting to open one last Christmas gift or receiving Christmas pajamas as a last hurrah. Personally, my family has always gotten together on New Year's Day and had a secret Santa for the kids and a White Elephant for the adults. However, other countries celebrate very differently. The Twelve Grapes is a Spanish tradition that consists of eating a grape with each clock bell strike at midnight as a way to welcome the New Year. According to tradition, eating the twelve grapes leads to a year of good luck and prosperity.

Tesla: Equal Stalls for All

Throughout history women have been forced to stay at home while their husbands work. There have been many examples of men getting better treatment than women especially with unequal pay. However, now we live in a society that is trying to change the workforce. When Appleton East was built in 1967, they made two urinals and one stall for the men's room. The girls bathroom only has one stall. Tesla Engineering Charter School is now working to fix the unequal bathroom stalls.

The Tesla Engineering Charter School's main focus is to recruit boys and girls. Tesla wants to give opportunities to high school students from all classes of society. They want to give experience to anyone who

shows focus in the STEM world. The problem is that the bathrooms are unequal. Maybe it will attract more girls who are interested in the STEM field if East makes the bathrooms equal.

Tesla teachers reported the issue about the unequal stalls many times. However, the teachers were always told that it is not in the budget, which was heartbreaking because girls who want to join Tesla may feel intimidated by the strong male presence in Tesla. "It's really inefficient." Haley Stibbe, a sophomore in Tesla, stated her opinion on the unequal bathrooms. "The girls' Tesla bathroom, sometimes has a line of like four girls, and the closest bathroom beside the one Tesla bathroom is by the gym, which if you're in a room like the auto

shop, it's a waste of the class time you need just to use the bathroom." Haley has a strong point that needs to be fixed: It's unfair how there are three toilets for the men and only one for the girls.

Tesla Engineering Charter School brought the bathroom situation to the attention to McCain Foods. All it took was a few hours and meetings to get McCain Foods on board for sponsoring the new bathrooms. McCain Foods is donating \$150,000 for the construction of the new bathrooms. The construction is supposed to start in the Summer. The opportunity McCain foods is giving is amazing. Everybody in Tesla will be better off for it!

Living in a Material World

Gifts, stocks, money management, and even the holiday season are all examples of the deep impact that consumerism has on society. Christmas and Hanukkah all have transformed from the true holidays' intentions. Not everyone is motivated by consumerist ideologies, but even the obsessions with decorating and focus on gifting can be pointed to materialism. Not that there's anything wrong with various aspects of celebrating holidays or the social norms that encourage more objects inside one's home. But it is important to have caution when approaching the sales and parking lots filled to the brim with cars: many items will go right into storage weeks after purchase. Consumerist ideals and materialism are overall not

beneficial to the psychological well-being of individuals.

Filling the void within oneself with consumer goods leads to less satisfaction in a person's life, as shown in a 1992 study of Dr. Richins and Dr. Dawson published in the *Journal of Consumer Research*. It was also found within this study that after times of momentary enjoyment, a person who leads their life with materialistic and consumeristic ideologies will live with less bliss. *The Journal of Social and Clinical Psychology*, a study by Todd Kashden and William Breen, found materialistic individuals have more negative emotions than positive, and more negative responses in negative situations, as well as possessing less meaning in their lives. Jo-Ann Tsang of Baylor University, conducted a study of undergraduate students and their approach, extent, and relationship with materialism. Later published in *The Journal of Personality and Individual*

Differences, Tsang argued that the increase in the pursuit of happiness through materialism ended up decreasing other positive attributes such as gratitude. In 2015 *The Greater Good Magazine* published the piece "How Gratitude Beats Materialism." Countering consumerism the article depicts the positive outlooks of a non-materialistic life. Materialism leads to a lack of happiness, higher mental illness such as anxiety and depression, and lack of bliss when socializing with peers has reflected materialism.

This holiday season includes gifts entering homes and also finding the meanings behind our celebrations. Leave the pursuit of materialistic objects behind and instead choose to search for inner bliss. Finding a balance between the hustle and bustle and to find new meaning within the world is just one of the new joys this holiday season has to offer.

'Twas the End of Semester

Wednesday, January 12	Thursday, January 13	Friday, January 14
Late Start: 8:00-10:00	Period 2: 8:00-9:45	Period 7: 8:00-8:45
Period 1: 10:00-11:45	Period 3: 10:-11:45	Period 8: 10:00-11:45
Period 5: 12:50-2:35	Period 4: 12:50-2:35	Period 6: 12:50-2:35



Courier Contributors

WRITERS

- *Hailey Bay*: Resist Resolutions, Living in a Material World, How Christmas Came to Be
- *Makenna Carver*: New Year's Resolutions, New Year's Eve Traditions, Elf on the Shelf, Classic Christmas Movies
- *Parker Davis*: Christmas Eve/Day Traditions/Superstitions
- *Lorelei Graf*: New Year Traditions, Building Your Gift List, Christmas with Corona?
- *Delaney Lehman*: Tesla Bathrooms, Kentucky Fried Christmas, How to Make Christmas Magical Again
- *Heather Meyer*: What to Binge Over the Long Holiday Weekend
- *Kiersten Mott*: Christmas Pickle, Editor's Note, Many Tidings
- *Clara Shober*: Christmas traditions
- *Dejlaim Thao*: New Beginnings in 2022
- *Joey Thowless*: What Students Wish for Next Semester, Unsung Hero

EDITORS

Hailey Bay
Kiersten Mott

**INTERESTED
IN JOINING
THE COURIER
AS A WRITER
OR ARTIST?
CONTACT
MR. OTIS.**

ADVISOR

Mr. Otis

the courier

the appleton east student newspaper