

the appleton east student newspaper



East Celebrates Black History Month

By Cynthia Vang

On February 1, East hosted a community celebration to celebrate Black History Month. Dajah Clemons helped organize this event, with the help of Briaun Hollie, Irineo Medina, and other East STAR students.

"We did this event to get the point across," Clemons said. "The activities included Kahoots, basketball, and entertainment. We're proud that we're doing this event, we haven't had an event like this for a while, so we're really bringing it back." Clemons said the event encouraged the community to celebrate Black culture together. "We hope the message is to make it aware, to be happy, and positive, to unite."

"I'm proud that we're able to do this event in our school and make known our voice," said Orajade Dupee. "I'm also proud to be a part of this event."

Camren Banks was really invested in all parts of the celebration. "Everything! I love that we shine a light on past and recent black models." They're proud and happy to share this month with many others. "I'm thrilled that we're able to share this event with everyone."

Tayjinae Potts said she's thankful to be able to celebrate and collaborate: "Being able to get opportunities, and have a chance in this."

Quaron Eli see progress at East. "Talking to the teachers about how we were being treated before... The teachers listened and now we get to put on a celebration for those to celebrate with us."



Bron Shunway is thankful for the event and the STAR program in general. "Like I have support, like a support system, it's a relief to have that system. That I have others to relate to."

Black History Month spotlights the achievements, contributions, and stories of African Americans from all periods of U.S. history. This celebration lasts the whole month of February.

"To me, Black History Month means celebrating the lives of all the African American role models that came before us, and I think that's because a lot of them were oppressed and we couldn't do much to change that," said Michael William. "We've grown as a society, but racism is still a thing. It's good to know that Black History Month is there so all of us can feel welcomed."

"I feel like it's nice to have our month because back then we didn't have a say in what was going on, and this is good for our culture," Jamel Wigfall said. "I think our culture really appreciates this because back then with segregation and all that we couldn't do a lot, and I feel like Martin Luther King was a big part of this in how he changed segregation so the whites and colored could come together.

"I just feel like this month is good for that so we appreciate where we came from and what the struggle used to be and I appreciate that."

East's Black History Month event was truly a great experience for all involved. To see many people come together in one space and have the time of their lives was fantastic. Everyone wants a safe place to feel respected, welcomed and happy.

132

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BLACEK HISTORY MONTH

Appleton Police Swear in First Female Chief By Delaney Lehman

The Appleton Police Department recently made momentous news: Polly Olson was sworn in as the first female police chief on January 4, 2023.

Olson was raised in Appleton and has lived here her whole life. Olson has worked for the APD since 2001, serving in many different roles in the department. Before she was appointed, she was the assistant chief to the former Chief Todd Thomas. There were 12 candidates for the position and Olson won the job with a unanimous vote.

The Appleton Police Department is the biggest police department in Outagamie County. In January of 1929, the chief of police in Appleton became official, but since then, there has never been a been chief until Olson was appointed.

This is amazing accomplishment for Olson, Appleton, and all women who work in law enforcement. Olson will inspire younger generations by allowing them to see a woman in charge. American society is seeing more women shattering the glass ceiling, and more will follow into leadership positions.

Considering a career in law enforcement? Come to the Launch Studio during Flex on Feb. 21 to learn more. Lt. Megan Cash, Community Resource Officer with the Appleton Police Department will visit East. Sign up via Infinite Campus or contact Ms. Coonen.



Vigilance Against Vandalism

By Delaney Lehman

Appleton East High School's bathrooms have recently suffered serious damage. The boys' bathrooms have been vandalized numerous times.

There have been reports of doors being kicked off their hinges, wet paper towel balls being thrown around the bathroom, and paper towel holders taken off the wall and thrown in the trash. One student said he saw someone rip off the hand soap from the wall and then put it in his backpack. Another reports that there were milk cartons thrown at the bathroom walls. When students vandalize the bathroom, they seem oblivious to other people who have to use the bathroom and the workers who have to clean the bathroom.

Mr. Reisweber teaches Computer Integrated Manufacturing and two welding classes. [The Tesla boy's bathroom has suffered vandalism as well.] Reisweber has been very generous in helping the custodians: he has screwed doors back on the hinges after they were kicked in, and he fixed the dividing walls after they were broken. Mr. Reisweber says, "People are being jerks, and are doing damage to public property that is paid with their parents' taxes." He also believes that if someone is mad with their teacher or parents, they should talk it out with them instead of taking it out on the bathroom.

The vandalism is ignorant, inconsiderate, and inconvenient. The vandals are just making work for the custodians with no real purpose.

Mr. Schuff another Tech Ed teacher in the Tesla wing, says, "We shouldn't have to micro-manage people in the bathroom, and we need to get people to understand that they should have respect for others, for themselves, and for the environment they use."

People who vandalize are doing nothing but harm, adding more work for the custodians that they shouldn't have to deal with. We need to be more considerate when it comes to our actions, we need to really think if our actions are going to hurt someone and if it is truly worth it. The vandalism is not funny. We all have to deal with the consequences.

New Year, New Volunteer Opportunities

By Melia Wendt

Valentine's Day is here, and what better way to celebrate the holiday of love than by giving back to the community? If you are a person who wants a consistent schedule and can't always help out at school sponsored events, it can be difficult and sometimes overwhelming to find ways to volunteer. A regular position at a set time once or more per week can be a good fit for some students. For freshmen and sophomores, or anyone else who might not have reliable transportation, it can be helpful to find a place within walking distance of home or school. Many of us live close to Johnston Elementary, where they are frequently looking for high school students to help with <u>tutoring</u>. While the Appleton Public Library is currently located close to East, it might be a good idea to keep an eye on their <u>website</u> for volunteer openings.

Want to spend more time outside? Local nature preserves such as <u>Bubolz</u> or <u>1000 Islands</u> often rely on volunteers for everything from trail maintenance to event organization.

For those thinking ahead to the summer, events like <u>Bike to the Beat</u> and events like marathons and fun runs take place frequently. In addition, Appleton Park and Rec department is looking for <u>junior leaders</u> (ages 14-17) for their playground program for younger individuals. For those who don't plan to work over the summer, this only requires a commitment of six hours a week and is a great way to gain leadership experience.

If all else fails, look around. Keep an eye out for flyers with current community events and look them up to see if they are in need of volunteers. Look at bulletin boards in libraries and grocery stores. Look up positions on city websites or any of the other countless internet resources that provide volunteering information. As always, consider joining Key Club to participate in various local and school events.

However you decide to donate your time and effort, volunteering gives you the best ways to gain new experiences and perspectives. No matter what situation you are in, there is a way to find time to volunteer.

Patriots, it's that time of year again! The beginning of the new year and most of second semester is all about DECA competition and some fun events.

On January 7, DECA traveled to Bay Port High School to compete in a number of business-related events and a 100-question exam to try and earn a spot at the State level competition. Overall, we did extremely well! The 39 competitors earned 44 medals and 15 top 4's. That means almost every competitor earned a medal. Out of those 39 students, 27 earned a spot at State, takes place in Lake Geneva at the end of February.

Make sure to keep your eyes open to see who advances to Internationals in Orlando at the end of April.

Prepare for a cozy, romantic February! From historical fiction to contemporary love stories, there is something for everyone to read this February. Take a look at this list of a few teen and young adult romance book suggestions! Compiled by Hope Bruce.



A Thousand Heartbeats

by Kiera Cass

"Miles away, small comforts are few and far between for Lennox. He has devoted his life to the Dahrainian army, hoping to one day help them reclaim the throne that was stolen from them. For Lennox, the idea of love is merely a distraction—nothing will stand in the way of fighting for his people. But when love, against all odds, finds them both, they are bound by its call. They can't possibly be together—but the irresistible thrum of a thousand heartbeats won't let them stay apart. Kiera Cass brings her signature sparkling romance to this beautiful story of star-crossed lovers and long-held secrets." -<u>Barnes and</u> <u>Noble</u>

Today Tonight Tomorrow

by Rachel Lynn Solomon

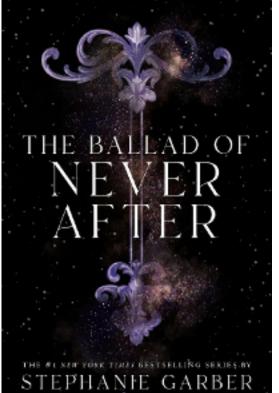
"When Neil is named valedictorian, Rowan has only one chance at victory: Howl, a senior class game that takes them all over Seattle, a farewell tour of the city she loves. But after learning a group of seniors is out to get them, she and Neil reluctantly decide to team up until they're the last players left—and then they'll destroy each other. As Rowan spends more time with Neil, she realizes he's much more than the awkward linguistics nerd she's sparred with for the past four years. And, perhaps, this boy she claims to despise might actually be the boy of her dreams. Tomorrow...maybe she's already fallen for him."



The Ballad of Never After

by Stephanie Garber

"After Jacks, the Prince of Hearts betrays her, Evangeline Fox swears she'll never trust him again. Now that she's discovered her own magic, Evangeline believes she can use it to restore the chance at happily ever after that Jacks stole away. But when a new terrifying curse is revealed, Evangeline finds herself entering into a tenuous partnership with the Prince of Hearts again. Only this time, the rules have changed. Jacks isn't the only force Evangeline needs to be wary of. In fact, he might be the only one she can trust, despite her desire to despise him. Instead of a love spell wreaking havoc on Evangeline's life, a murderous spell has been cast. To break it, Evangeline and lacks will have to do battle with old friends, new foes, and a magic that plays with heads and hearts. Evangeline has always trusted her heart, but this time she's not sure she can. . . . " -<u>Barnes and</u> Noble



Valentine's Dance

By Heather Meyer

What a night! All who attended the Valentine's Dance on Saturday had a blast. A big thank you to Key Club and DECA for running this amazing event. They raised a lot of money UNICEF for Ukraine. So if you were able to attend, you helped out in this event greatly. Thank you very much for sharing that love.



The Joys of Being Single on Valentine's Day

by Heather Meyer

Okay, hear me out.

Being single on the one day of the year that celebrates love, kind of

hurts. I get that, but what kind of love is incomparable? That's right, SELF-LOVE. You don't need anyone else other than yourself. With Valentines' Day just about here, there is a plethora of things you can do on this day.

You might be thinking, Heather, where do I even start to get through this crummy day of love? Well, I'm glad you asked. You can start by buying yourself some chocolates and candy that you love. Maybe even buy a stuffed animal to cuddle with. Then watch a funny upbeat movie that DOES NOT have any lovey-dovey themes.

Being alone on this day has many positives. One thing I recommend is getting out of the house. Go on a single friend's date and do something fun. With winter slowly dying out, there

are still fun winter activities to be a part of. Ice skating, snowboarding, and snow sledding, with friends, are always fun. Especially with some warm hot chocolate after.

Valentine's Day does not have to be a dreaded day. Give some love back to yourself; you deserve it.



Love in Any Other Language

By Fletcher Meyer

There will never be a simple answer to the question of what it means to love. Can you love a pet the same way you love a partner? Obviously not. Love is such a complex emotion that it makes sense the Ancient Greeks would have multiple words for it, and later writers such as C.S. Lewis would build off it. If you are looking to articulate how you feel for someone, try of the words below.

Pragma, longstanding love. Pragma is the commitment to longevity, endurance and companionship. For example, a marriage where two partners communicable and collaborate to fix things. This love is incredibly meaningful and shows strength in a relationship.

Philautia, love of the self. This love can be either positive or negative. The positive being confidence and self-esteem, while the extreme is narcissism. Though it may not seem like it is important to have philautia in a relationship, it is an important element. A relationship where someone feels they do not deserve love can be harmful, but that does not mean their partner cannot help them.

Agape, love for everyone. Agape has been used in a wide variety of situations by different authors. Homer used it in the context of love- or respect- for the dead; Christians used it to denote God's love for man. These are all kinds of love, which are not a result of a relationship, but so more unconditional and universal. Ludus, flirtations or playful love. Ludus describes a relationship is not committed but instead purely for fun. Flirting can be different for everybody, and it often feels to the start of a new relationship. Ludus is often the beginning for any sort of romanticism.

Storge, familial love. Storge is the love of the natural conditions under one has been raised, whether mother-to-son or man-to-country. To love your family is far different than loving your partner. Loving someone through Storge could be asymmetrical, borne solely through familiarity and necessity.

Philia, deep friendship. A practice of Philia is more than a friendship or acquaintanceship; it is the unnecessary sharing of deep imperfections with another person. Family is a mutual cooperative effort, while friendship arises out of similar insights between the two persons, an external connection that unites the two.

Eros, sexual love. Eros was originally the son of Aphrodite, god of love, but their name would also be associated with sexual desire. C.S. Lewis would later define the term as the state of being in love and not exclusively a descriptive action. As Lewis put it, "The fact that she is a woman is far less important than the fact that she is herself." Eros, sexual love, is about the person of attraction and love in a relationship.









Russia

In America, weddings only last for part of one day. In Russia, they can last up to a week. The first step is a blessing at the church from the priest. This is called the "Betrothal." The couple gets to hold candles for the entire ceremony. Because marriage is so important, crowns are given to the couple as a reminder. In the past, the couple wore these crowns for eight days after the wedding, but now they are taken off after the ceremony. After the wedding, the couple shatters a crystal glass into many pieces to symbolize a happy marriage. One particularly interesting wedding tradition is the kidnapping of the bride. The bride's

friends and family take her away from the groom during the reception, and the groom must give the bride's family and friends a prize, which is often chocolate, money, or champagne. Click the side link for more information about Russian weddings.

Thai-Buddhist Wedding

A traditional Thai-Buddhist wedding can occur as follows. After the two decide to get married, the man goes

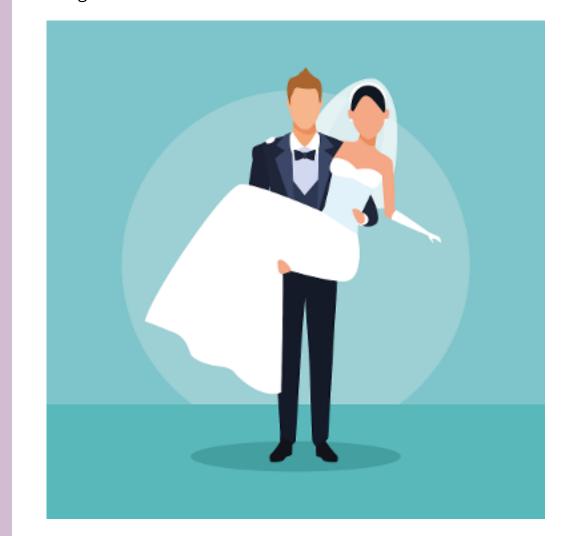
with his father/other family elder to the bride's house. The two families negotiate a dowry that the groom's family pays to the bride's based on things like the education of the girl, her social standing, her looks, and her previous marriages (if applicable). The groom is not supposed to say anything in this conversation. After that, the bride and groom go to the monks. They say their birthdays, and the monks will determine lucky dates and times for the wedding that the couple can choose from. During the actual ceremony, the groom and the best man walk through the village to the bride's house carrying a banana and rice plant. The whole village walks behind. After the ceremony, the invitees bring strings with money attached and tie them to the bride and groom. They are supposed to wait for the strings to fall off on their own, not take them off. Thanks to Mr. Kurth for the information!





Egyptian

The bride and groom must ask their parents to approve the engagement. Traditionally, there is a dowry from the groom's family to the bride's. After the terms are decided, the first chapter of the Qur'an will be read (Muslims only) and they will decide on an engagement date. Then, there is an engagement party hosted by the bride's family. The couple starts wearing their rings (on their right hands). After the couple finds a house to live in later, they will start planning the wedding. The night before the wedding, all the female friends and relatives of the bride will have a henna party, in which the bride is decorated with henna tattoos. This is for good luck and fortune. The wedding will be on Thursday because that is the end of the Muslim week. As the bride leaves the wedding, she throws her flowers to young women in the audience. Audience members throw grain at the couple as a sign of fertility. After the wedding, the couple will switch their rings to their left hand.



How to Fall in Love With Ourselves again

The first thing we think about while mentioning Valentine's Day is love. However, we forget the most special thing - self-love. We forget or underestimate our potential and always admire something we don't have. We criticize over and overthink every single thing we do or say. Mostly, people seek validation, attention from other people. What we don't seem to remember is that the only love and support we really need is ours. You don't have to fit in; you don't have to be like others. You are one and only, and I think that's beautiful.

Childhood was a lot different, right? No such thoughts, just living in our happy, careless, imaginary world. What changed? When did we start questioning ourselves? No idea, but what I know is that we should try our best to get that childhood spark back, to fall in love with ourselves again. Appreciating all our flaws and embracing our personalities, whether or not others might like them, are the first steps.

Valentine's Day sometimes puts a little pressure on everybody, especially on people without partners. Even if you have a partner, you can always make this day about working on yourself, taking a break from everyone and everything. Rewarding yourself is always a good idea, you don't need someone to care about you, if you do it by yourself. For a long time, I thought thinking about yourself too was a selfish thing. As I got older, I worked out the differences. Treating yourself the way you would never treat others is not okay. Acknowledge your achievements, even if it's the smallest thing you did today. Those little goals and tasks take us to a bigger place. Do not ever forget that.

Make this day yours and do not base your happiness on anybody else because happiness comes from within you. Do the stuff that makes you happy without caring what others might think; they are going to forget about you in seconds. That is YOUR life and it depends on you and the way you handle the difficulties. Accepting yourself and loving who you are fully makes you do more amazing things in life. You are the only one in the universe and you should be proud of that. Embrace the side that makes you different and fall in love with it. It will change your whole life.

By Elene Giogradze

Bored? Have Fun in February

By Lorelei Graf

Remember summer? Being outside all the time and having fun? We can be outside during the winter too, whether we have snow or not.

Go for a hike, either by yourself or with friends. You could go down to Thousand Islands or up to High Cliff. You could go ice skating down at Appleton Family Ice Center or Downtown Neenah Plaza. You could go ice fishing. Although it's chilly outside, you can take your favorite people and go stargazing.

When the weather conditions don't allow you to go outside, there are also many inside activities to make winter more enjoyable. If you enjoy cooking, you can try to make those new holiday meals or desserts. Stop procrastinating on those assignments that you keep saying you're going to do and just get them done. Start that new series that you've been wanting to watch. Most importantly, start making time. We all use the excuse of never having enough time. What do you do when your favorite person says that they want to see you? You make time for them. Make time for the thing that you want to do, not just the things that you need to do but what you want to do, the things that bring you peace and mind. Those are the things that you should focus on doing.

New Adventures Inside The LMC

By Freddie McVey

Advancements in the Library Advisory Committee are underway. Soon the Appleton East library will be "genrefied"! All books are currently having a colored sticker put on the spine to later be organized into sections based on genre. Also, committee to local elementary schools that feed into East. They plan on diversifying the books young kids are reading and hopefully growing interest in the library. Many people are upset over the absence of Finn the library dog but don't worry. If you keep up with @finnthefoxredlab and @finnthelibrarydog on Instagram you will know he is hard at work in training! We hope that the little man can be back at school soon and meeting all the kids at East.

Make sure to stop by the library for the occasional giveaway of stuffed animals, money and gift cards! Get those overdue books in to be entered into a \$50 giveaway.

Not a big reader? Check out the Makerspace. If youre looking for a fun craft to make, You can check during SST on Infinite Campus for what you can do. From cosplay to earrings, they have everything!

If you have some spare change buy a little duck or make yourself a fake meal out of the toy food kept by the desk. The LMC serves hot chocolate for \$1.00 if you bring your own cup or \$1.50 if you don't have one. All of the money supports our library and the Makerspace.

You don't have to be the best reader in the world to spend time in the library. It is a great place to study and get caught up on work before and after school. It is open from 7:05 to 7:55 in the morning, 3:30-4:30 after school Monday through Thursday, and 3:30-4:00 on Friday. All passes during school are digital and should be filled out before your study hall or lunch hour. New rules are in place regarding video games in the library: they are not allowed Monday through Thursday, but have fun any time on Friday! Always double check and talk to Mrs. Griffiths or Mrs. Davis about what you can and cannot do.

Orchestra Loves Plucking the Heartstrings

By Jo Buck and Cynthia Vang

Did you get check out the recent orchestra concert at East? Student musicians spent weeks preparing for the event, and here's a peek at how it's done.

The Symphonic orchestra performed *Blue Fire Fiddler, Chapter One, and Concerto in D.* These pieces were intentionally chosen by Mr. Heckner, the orchestra teacher, to both challenge and support students. The Honors orchestra performed *Swamp Thang, March to the Scaffold, Still Symphony, and February: Carnival*. These pieces may seem difficult, but the honors orchestra put all their hard work into practicing and learning them. Both orchestras performed *Beethoven* featuring the Appleton East band.

Lilah Pitterle, ninth-grader Symphonic Orchestra cello player, likes playing the cello. "I enjoy having something I can go to when I'm stressed and need something to keep me busy and calm my mind. Even through difficult times, practice makes progress, and learning new techniques and pieces is always a reward. I struggle with most of the technical parts of strings like note names and different symbols in the music, but I've always been good at playing with heart. And after enough practice, my cello sounds excellent with each new piece we get."

Tenth-grader Kalayna Small is a second violinist in Symphonic Orchestra. She explains her experience in orchestra and how she likes to prepare. "I have been playing since fourth grade, and I played the violin for seven years. And, it has been an awesome experience because my mom was actually in orchestra. So, I've been able to carry on that legacy of music, and music in my family is very important to me because it expresses life and it expresses passion." Kalayna knows everyone's personal best is unique. "In orchestra, or when playing any musical instrument, there isn't a 'perfect' in playing. "Practicing often, attending Flex whenever Mr. Heckner has spots available, and really making sure that my stand partner and I are on the same page, same bow, like everything is good, like we're ready to perform at our personal best." There's always space to improve. "Now everyone's personal best is different and really finding a place where you can push yourself and exceed to the expectations."

Mr. Beringer, hopes to become an orchestra teacher himself. "My experience guiding the orchestra as a student teacher has been really insightful into what I hope to have as a future orchestra teacher. What this looks like is to grow as a musician every day with the difficult music we play. A sense of hope and determination can go a long way, and having a big dream will always keep you going. Students who are happy to play music every day and help me learn how to grow as a future teacher and musician as well, which I have definitely found within the East High School Orchestras. The piece I have fallen in love with this semester has been *Concerto in D* and definitely the hardest to conduct has been *Chapter One* with all the fermatas, time signature changes, as well as style change within the piece." Music is always a treasure to those who spend time with it.



If you missed the concert on February 9, watch it on the **Appleton East High School YouTube page**. A huge amount of dedication and practice goes into preparing for an orchestra performance, which builds determination, strength, and hope. The musicians bond by music and performance; they are family.

February Horoscopes

Aquarius: Jan 20-Feb 18

You've struggled with too much to do throughout the past months, and if you aren't careful, you'll continue to do so. Channel the energy of the Water-Bearer sign, and allow yourself to move along the stream of life just like the water she carries. Take time for yourself away from the struggles of modern life.

Pisces: Feb 19-March 20

Your personal life has been going through some unexpected turbulence recently, but now is the time to end that. Now is the time to make peace with your family and compromise with your friends, and figure out a way get everyone back on the same page. Take some deep breaths; then take action.

Aries: March 21-April 19

Now is the best time for you to take on that project. Aries are determined, just like the ram in their constellation, so take advantage of that relentlessness and barrel through that project on your own. The satisfaction you'll feel in the end will be well worth it.

Taurus: April 20-May 20

As a fixed Earth sign, you have a certain tendency to focus on material things and consistency. You may be worrying over troubles with money and other distractions, but worry not. The steadfastness of the bull will get you through this period, and a door that plays an important part in your financial security may open up.

Gemini: May 21-June 20

With Mars in Gemini, you now have the ability and determination to accomplish all those goals that previously seemed unreachable. You've powered through that self-doubt, and now it's time to finish those projects!

Cancer: June 21-July 22

You've been suffering through the recent Mars retrograde and haven't been sure who you can trust. If there's any healing or grieving needed over past relationships, platonic, romantic, or familial, now is the time to do so. Cancer is a cardinal sign of action, and you can take advantage of that to move on in the best way for you.

Leo: July 23-August 22

Throughout the recent retrograde, you may have felt a distaste for collaboration, but that has all ended in the past month. You've been seeing opportunities to join others, and be sure that any group endeavors you join will lead to success, or at the very least you'll make some new friends!

Virgo: August 23-September 22

The retrograde that Mars entered on October 30 affected all the signs, but particularly you. It may have seemed as though you hit a brick wall, but fear not! Now is the time to pick yourself back up again, and make those bold moves you couldn't do before.

Libra: September 23-October 22

The scales of justice that encompass the Libra constellation will be of use to you. Something will threaten the delicate balance between your work and personal life, but parts of you will be tempted to give up that balance for others. Don't be afraid to set boundaries when necessary, and keep your peace.

Scorpio: October 23-November 21

As the sign of the scorpion, you are able to maintain the flexibility and emotional aspects of the water signs, but the determination (and sometimes stubbornness) of the fixed signs, which will come in handy. Although there will be a problem approaching, don't point fingers. Instead, rally the troops and use that determination of yours to solve this problem together.

Sagittarius: November 22-December 21

Conflicts will be coming to an end soon and reveal valuable lessons to you. Whether that be a compromise leading to a new friendship, or the revelation that your best move is simply moving on, peace is coming. Be open to the unexpected.

Capricorn: December 22-January 19

This is your sign to take time and self-reflect. In the past, you may have made decisions you're not proud of, and it is time to think those actions over. Look back at your past, and let yourself recognize when you've been in the wrong.



Courier Contributors

Lily Altmann: Horoscopes

Hope Bruce: Romance Novels

Jo Buck: Orchestra Concert

Parker Davis: DECA Competition

Lorelei Graf: February Fun

Delaney Lehman: Vandalism, New APD Chief

Freddie McVey: LMC Adventures

Fletcher Meyer: Language of Love

Heather Meyer: Valentine's Dance, Joys of Being Single

Liliana Monson: Comics

Clara Shober: Marriage Customs

Cynthia Vang: Orchestra Concert, Black History Month

Melia Wendt: Volunteer Opportunities

Next Meeting February 23 Flex Mr.Otis

Editors Delaney Lehman Lorelei Graf

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the courier

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