

Best of Halloween 2023



Photography by Charlotte Olson

Fall Music Program

By Dahlia Johnson

While the building is under construction, West’s theater, choir, orchestra, and band programs have had to adapt. Though second semester holds many of the musical traditions, like Singing Valentine’s, Fine Arts Week, and the spring musical, fall is not down time for the music program. West has seen a big increase of freshmen taking music classes, says Mr. Cao, the choir teacher at West, “All 3 programs- band choir orchestra have just seen a huge number of 9th graders taking our classes. So that’s very exciting- hopefully it

will be a trend for years to come.” Recently, the choir and band performed in their fall concerts. Orchestra is set to perform on November 2nd in the Memorial auditorium. Because of the construction at West, our auditorium isn’t open, so the band and orchestra concerts are temporarily being held at Memorial. Band ended up performing in Memorial’s band room with a limited audience because of a miscommunication. Choir performed in the Steven’s Gym. While construction is making things difficult for the music department now, there will be lots of benefits for the music program

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AP Participation

By Aidan Olson

Despite efforts to diversify, Advanced Placement (AP) classes at West are still segregated, discouraging some students from taking them and impacting students of color who take the courses. While West has made some progress over the past decade, students of color still do not take as many AP courses as white students. “We’re like two drops of

coffee in a cup of milk.” Layla Al Ali says in reference to her and another student of color in an AP class she took last year. Last year in an AP course at West, which had four class periods, Layla recalls how besides one other African American student, all four sections were intensely white. “I think me and one other person are from the Middle East. And then pretty much everyone

By Charlotte Olson
Editor-in-Chief

Halloween 2023: The scariest one yet? This October, Halloween falls on a ‘boos-day’ so the most frightening day of the week might be the Wednesday morning after. From costumes to candy to movies, this year is another opportunity to have an hex-tra special spooky holiday. There are some people that couldn’t scare less about their costume, but it feels ghou-l-d to get in the Halloween spirit! Can’t think of any good duo costumes? Take inspiration from your favorite movies: Think of celebrity couples and duos, or things that go together. You could be any combination of Barbie characters and/or Oppenheimier characters, the Lorax and the Onceler, Napoleon

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Photography by Yearbook Staff

Fall Sports

This issue’s sports article is a collection of smaller articles written by a multitude of writers. Sports include: Boys Soccer Boys and Girls Cross Country Football Grils Swim and Dive Mountain Biking Cheer Boys and Girls Volleyball

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Photography by Jake Vazquez

else was either white or Asian.... huge, huge lack of diversity, [it’s] very stark... especially the African American and Hispanic populations, they’re practically nonexistent in any of the AP or honors classes I’ve taken.” The lack of diversity in advanced classes is a problem that West knows about and has been trying to fix for a while now. At the end of 2022, West’s former principal, Dr. Boran said in an interview with the Regent Review,

“We have two schools: one for the rich, often white kids, and another for poor kids of color. One school is world class, and the other is failing. We have not yet fixed this challenge.” The lack of diversity contributes to the broader problem, Avi Mack explains. “I think that, because there’s been this stigma that there aren’t a lot of people of color in those classes, people of color don’t want to join the classes...we all seek community, and we all want

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Homecoming Recap

By Vivek Von Heimburg

On September 30th, students walked into Madison West High School’s new gymnasium for their glow-in-the-dark-themed dance, where they were met with the lights turned on. The students, who paid ten dollars for their tickets, shared a feeling of disappointment. Andrew Stern, a senior, says “I was honestly upset. I paid ten dollars for a ticket to the worst homecoming dance I have attended. I want a refund.” This was the first dance in the four years of Stern’s time at West where the lights were not completely turned off.

Following the negative reaction from students, school advisors ensured it would not happen again. Daniel Kigeya, the principal of

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Opinion - Inequitable and Uncompromising: The New Course Change Policy

By Mira Wilde

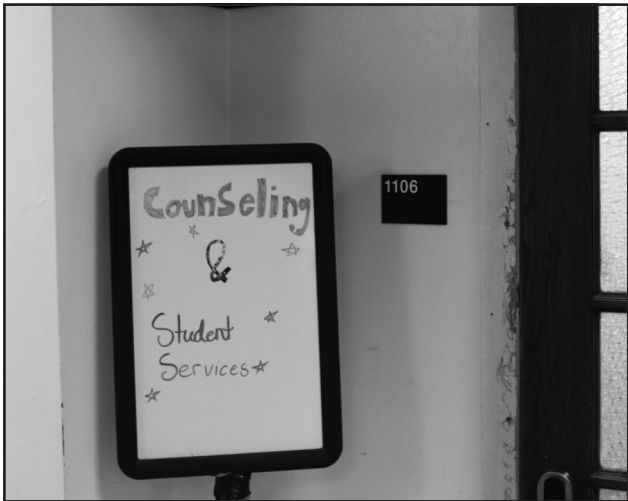
For the 2023-2024 school year, West High School announced updates to its schedule change policy that defined acceptable and unacceptable reasons for schedule changes, as well as the way in which students can request them.

In an interview with the Regent Review, the School Counseling team cited the need for change from previous years process’ in which “students had to go through multiple channels to change their schedule, including emailing or meeting with their School Counselor, filling out a google form, or turning in a paper-based form that was available in the Counseling Office.”

While the Counseling Office stated that there “was not a shift in the overall policy”, students have taken notice of the stricter implementation of the policy itself.

Greta, a senior, shared that she was placed in an elective next semester that, while the class interests her, is supposedly a course with lots of reading, both in and outside of class. She struggles with dyslexia, causing workloads with heavy reading, writing, and annotating to become overly time-consuming. This specific class is largely senior based, so many students didn’t have classmates who had already taken the course who could have shared what the syllabus and workload is like. When Greta approached her counselor about her concerns, she was given two options: either drop the class for a study hall or take it and risk her mental health.

With this policy, the reasons for schedule changes were divided into technical (acceptable) and non-technical (unacceptable) requests. While the reasons for this type of categorization make sense, especially considering the need to streamline the process when there are only seven SLC counselors for all of West, some of the reasons that are considered unacceptable requests seem



Photograph taken by Adain Olson

to be going against the high school’s vision of being “inclusive and student centered.”

Some of the schedule change policies that contradict West’s equity vision are:

“Student states that they have changed their mind”

“Student has concerns with the assigned teacher”

“Student has concerns relating to members of a given class”

In regards to the first list item, it is important to keep in mind that West students fill out their course cards for the following year in early February. The time elapsed between filling out the course card to receiving a schedule for the next year can be a period of extreme personal change and development.

It is unreasonable—and, in fact, counter-productive—to expect that every students’ goals in February will align with theirs in August, and fostering an environment open to change and helping students develop their future plans should be a goal of the education system at West.

Students should be encouraged to “change their mind” as they grow as learners. Providing this type of service would align with West’s vision to, “ensure that every student graduates college, career and community ready.”

To address the second unacceptable reason to switch courses, concerns with teachers, especially ones based on prior experiences in classes, should be respected. Teachers play pivotal roles in the learning environment of students, and their impact on a classroom is immeasurable. At West, teachers often create positive learning environments, but there are situations where a teacher’s instruction style can be detrimental to students and create difficulties with learning.

If a student expresses these concerns about their ability to learn, especially if they raise past poor experiences with the teacher, the needs of the student should be respected. Of course, there are obviously cases in which this isn’t possible, such as if the class is only taught by that teacher, if all other classes are filled, or if a switch doesn’t fit in with the student’s schedule. However, when these hindering factors are not at play, West should look to create an environment in which the interactions between staff and students are positive, rather than forced.

With respect to the third reason, it is often stated that students and the communities they build make West the school it is. While West largely lives up to this reputation, policy is usually reasonable, there are situations in which this rule may be damaging to students. Although there is little doubt that West counselors would deny the request of someone who had been assaulted, bullied, or harassed by someone in a class they are assigned to, students would have to jump through numerous hoops to explain their situation, which in and of itself can be hurtful to the student requesting the change. Students should not have to re-experience and share private events just to get their schedule change request recognized.

Looking towards the future, Makeda, a senior at West, recognized the difficulty of conducting this type of policy enforcement at a school as large and diverse as West, “The challenge with this new policy is that counselors are in a difficult position. They are trying to navigate a multitude of schedule requests from hundreds of students, while students may just want classes that align with their interests, schedules, or post-high school plans.”

With over 2,000 students at West, it is understandable to think that a couple denied schedule changes are not the end of the world. But, for the students impacted by said change, their daily

life for the next semester or even entire school year will be influenced by these policies.

Makeda went on to say, “It’s not realistic that every schedule change is going to be made, but ideally, the school can aim to find a solution that works best for counselors and student autonomy.”

The schedule change policy will continue to test the extent to which West can balance providing an equitable learning environment that encourages growth, curiosity, and openness to mistakes with addressing the challenges that come with operating such a large school on limited staff, budget, and time.

Climate Change Intensifies, Chances to Avoid Tipping Point Dwindling

By Aharon Shelef

As humanity continues to rely on fossil fuels and emit greenhouse gasses, climate change, coupled with the El Niño weather patterns, has amplified extreme heat waves, intense storms, and massive wildfires in 2023, breaking records across the board.

The National Oceanic and Atmospheric Administration (NOAA) tracks “billion-dollar weather and climate disasters” as an indicator of climate change. In the 1980s, the United States experienced an average of 3.3 such disasters per year, a figure that rose slightly to 5.7 in the 1990s and 6.7 in the 2000s. The 2010s then saw a sharper jump with an average of 13.1 disasters costing \$1 billion or more, and 2020-2022 averaged 20.0. In just the first eight months of 2023, the United States faced a whopping 23 billion-dollar disasters, the most on record.

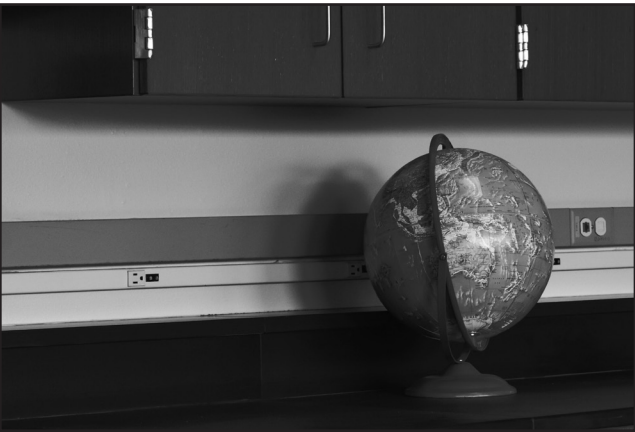
2023 has broken even more records. The European Union’s Copernicus Climate Change Service reported that 2023 is “on track to be the warmest year on record,” noting in July that “global air and ocean temperatures reach[ed] new record highs” and in February that “the Antarctic sea ice extent reached the lowest level ever recorded.”

Climate change has contributed greatly to these new records, and the natural weather pattern called El Niño has also played a major role. El Niño occurs every few years, boosting temperatures and intensifying weather events. This year, the weather pattern has given a snapshot of what could soon come on a regular basis as climate change continues to worsen.

The United Nations Global Stocktale Report in September reiterated that “there is a rapidly narrowing window to raise ambition and implement existing commitments in order to limit warming to 1.5 °C above pre-industrial levels.” At 1.5 °C, the threshold set by the Paris Agreement, the devastation is projected to drastically worsen. To avoid this outcome, the report, and the scientific community in general, has pointed to “scaling up renewable energy, while phasing out all unabated fossil fuels, ending deforestation,” and “reach[ing] net zero CO2 emissions by 2050 globally.”

A September report from the International

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Photography by Libby Scanlon

Student Life

Milios Maddness

By Simon Mednick

Over the course of the school year many people set goals for themselves. “I want to get an A in my math class,” or “I want to spend more time with my family,” and for APUSH students “I want to not die.” My goal was much simpler but at the same time much more complex. Last year (2022-2023) I made a goal to try every single sandwich on Milio’s menu.

For those of you who live under a rock, Milio’s is a sandwich shop that is located in Minnesota, Iowa, and obviously Wisconsin. It is very conveniently located a short distance from our school, so most likely you have heard of it. Milio’s works as a very convenient lunch option for students, and many people have a special place for this (physically) small sandwich shop in their hearts.

Some rules that I followed while doing this:

I must try all 17 sandwiches not including limited edition sandwiches.

Every sandwich that has mayonnaise (15/17 sandwiches have mayonnaise) and every sandwich with lettuce (15/17 sandwiches have lettuce) must have easy mayonnaise and easy lettuce.

Sprouts are gross so I didn’t eat them but don’t judge me.

This is 100% my opinion, but I would love to hear how your opinion coincides with mine.

Before you even ask the question, yes I have nothing better to do.



Photography by Libby Scanlon

GREAT SANDWICHES

The Katuna has got to be my favorite sandwich they offer. I know this opinion will most likely be unpopular, but tuna is brain food and this is the perfect sandwich for school that won’t make me feel sick. Good flavor balance and good texture, 10/10.

The Turkey Bacon Guac is a phenomenal sandwich. The turkey and the bacon paired super well together and the guacamole added another dimension of flavor. The only problem was the spinach was a little wacky being paired with the sandwich as a whole, 9.5/10.

The Double Beef and Cheese was mouth-watering. It’s basically a Texas Longhorn but better. And they actually gave me double beef (which in all honesty is basically just the normal amount because of the amount of meat they put on these sandwiches). Great sandwich, the beef is really beefy, 9.5/10.

Do not be fooled by The BBLT. They may say that it has double bacon but I promise you it does not. No bacon and limited games

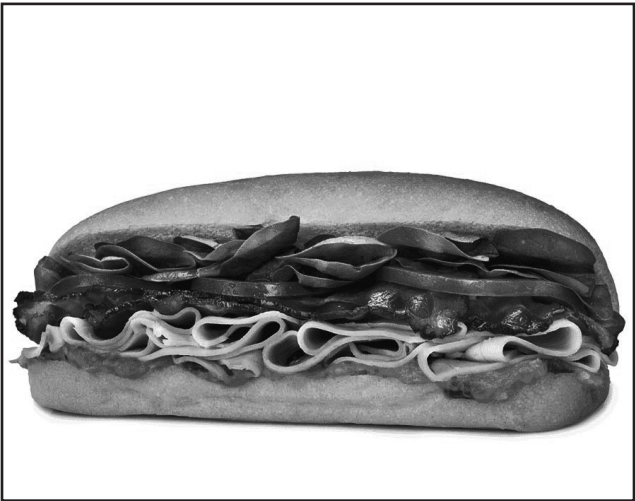
F.R. Other than the fact that whoever made my sandwich skimped out on the second B, it was a great sandwich, very crispy, 9/10.

The Texas Longhorn is very close to being my number 4. It was the first sandwich that had mayonnaise where the mayonnaise is not overpowering. The sandwich is overall really good and has very good texture. It’s just an overall really great sandwich, 9/10.

If you take a Turkey Ham and Cheese and add guac you’ve got a fire sandwich but without the guac it’s just a little boring, but that’s not a bad thing, 8/10.

GOOD SANDWICHES:

The Big Steer is a good sandwich overall, a lot of the sandwiches are just the same thing with a slight change and a completely different name. This sandwich for example is the double beef and cheese but with ham and dijon mustard



Credit: Milios

and less beef. The mustard and ham added is just a little too much, 7.5/10.

I think that The Pilgrim’s Pride is the same thing as the turkey classic but made better, 7/10.

The Chicken Bacon Club is a sandwich. The chicken and bacon paired alright. The mayonnaise was again too much. I got guac added which was alright, but overall it was pretty alright, 7/10.

The Italian Club :) 6.5/10

The Turkey Classic: Good sandwich but fluff; whoever made that sandwich they put all the mayonnaise in one spot and forgot my fluffing tomatoes. I added guac to it as well which helped the flavor. I’m sorry for adding guac to a lot of these sandwiches, 5.5/10.

The Chicken Pesto Italiano: The chicken and pesto had great taste but the mayonnaise again overpowers most of it, 6/10.

MilIo’s Classic: A good overall sandwich that switches the game up by adding pickles and cheese. The sandwich was good but again just not anything super special, and the pickles were weird. Not worth it for the price, 5/10.

American Classic: A good sandwich; the tomatoes really help with bringing all the flavors together, but it was a little too salty with the ham and the bucket ton of mayo, 4/10.

MEDIOCRE SANDWICHES:

As an avid enjoyer of meat I naturally found The Veggie Delight to be very underwhelming. The veggie delight is peak average, nothing special about it, nothing terrible about it but still not great overall. NO MEAT, 3.5/10

The Californian was pretty bad; it was way too wet which made the turkey way too moist, and there was so much darn mayonnaise, yuck! 2/10

BAD SANDWICHES:

This is where some people’s feelings will be hurt. I’m sorry. The Godfather is Bad with a capital B. The vinegar and oil tastes like pee, the sandwich was wet, the onions were too oniony,



Photography by Libby Scanlon

and the meat was practically non-existent. Everything about this sandwich is, was, and will be not good, 1/10.

I love Milios but some constructive feedback is to add more meat, put in less mayonnaise, make sandwiches less wet, and make sandwiches a wee bit more affordable.

In all honesty most of these sandwiches are the same with minor differences, but that doesn’t mean that each of them is not unique in their own way. Although this topic overall is something that is honestly very trivial, some of the best conversations I’ve had with people are arguing about stupid opinions like new albums, football, and the occasional sandwich. So if there is anything you take away from this it should be to have more stupid arguments with your friends.

West Tutors

By Eleanor Hubner

“I love the tutors that I have, and I am very thankful that they are here, coming to me,” said Mrs. Schumacher, director of tutoring services and peer support. While many students may know her from study hall, that is only one of the many important jobs that Mrs. Schumacher holds.

West’s tutoring program is widespread and impactful, though students often don’t take advantage of the resources it offers. Schumacher plays a critical role in the program’s success, which has increased immensely in the past two years. In fact, the 2022-23 school year was “the most successful,” with over 1500 tutoring sessions.”

However, the program may not have been the way it is today if it weren’t for the hard work of Mrs. Schumacher. Despite the fact Schumacher had only recently begun working in the tutoring department, she was eventually asked to take over the lead role when the program was beginning to “die out,” as she later described the state of the program from a few years ago. For the past nine years, she has put into place many of the structures that make the tutoring program run so successfully to provide the help students are in need of. This success was helped by the fact that the program is now able to access the resources that were unavailable during the pandemic.

While most students are likely aware of the peer tutors available at school, many may not know that there are also adult tutors outside of the school that work with Mrs. Schumacher. When the program first started, it only had 2-3 adult tutors, but that number has since grown to five. In addition, Schumacher is working diligently to start up again with the Badger Tutoring program, which she used to work with before the pandemic.

Peer tutors at West are always available when students need help and request assistance. However, throughout her years in this position, Schumacher has found that “a lot of our students

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Tutor (continued)

request adult tutors as opposed to peer tutors.”

This seems to make sense, especially when you consider the kind of environment that is present at West, where success is often measured strictly by a student’s academic accomplishments.

While this environment is common in many schools, many students find that the academic pressures at West are particularly high. When students enroll at West, they are immediately immersed in an environment that places a high value on grades and test scores, creating a very competitive culture. .

This culture can contribute to the rise in students’ stress levels, as well as a fear of judgment. Especially in honors or advanced placement classes, the pressure to succeed and do well in a class can create a difficult combination of stressors if a student begins to struggle or fall behind in the class. Because students often feel that they are alone in their academic struggles, many students are initially “leery or afraid of having someone that they know . . . a majority of them don’t want to be seen getting help,” explains Schumacher. In an environment where getting help is seen as a failure, many avoid tutors because they feel embarrassed or weak. This can lead to a vicious cycle; if a student places so much pressure on themselves to do well but is unwilling to ask for help, they may begin to struggle even more.

There are currently 55 people requesting help by tutors, but that number would likely be much higher if it weren’t for the stigma surrounding needing help. Unfortunately, Mrs. Schumacher also sees this play out in the tutoring program itself, which she believes is part of the reason why students often prefer adult tutors. Students may be scared of working with a tutor they know, or else other classmates learning that they need help.

School is a place for students to learn, challenge themselves, and make improvements in their academic skills. However, the reluctance and shame associated with asking for help only holds people back.

Schumacher hopes that more people will be able to seek help when they need it, improving the quality of the tutoring program as well as its reach. When students seek help in their early years of high school, they are not only able to take better advantage of the services, but it increases the likelihood of them coming back in future years as upperclassmen to help tutor younger students.

Schumacher also wants everyone to become more aware of the value of tutors and the



Photography by Theo Singer

role they should and need to play in a student’s life. Due to the recent success in the program, she is optimistic for the future and has even more plans for how to improve the program.

According to Mrs. Schumacher, “helping students to stay caught up in class so that they don’t get behind” is one of the many values of tutoring and she believes that tutors are an

integral part of a student’s success in school. The tutoring program tries to get tutors that are skilled in a wide variety of subjects, but there is certainly no pressure to be a master in all areas of school to be a tutor. In fact, Mrs. Schumacher says that tutors should “help with what they are comfortable with.”

When it comes to students’ reasons for seeking help, she finds that the reasons are often a combination of not working well with the teacher, struggling managing a heavy workload, or purely difficult content that requires some one-on-one help and review.

Any and all are encouraged to either sign up to be a peer tutor or get a tutor. The easiest way to sign up to get a tutor is to fill out the Google Form that should be posted in any teacher’s Google Classroom. The form is quick and easy, and the responses are kept between the student and Mrs. Schumacher.

Schumacher reports that she uses grades, GPA, class attendance, and grade level to determine if someone is a good fit to be a tutor, however none of these criteria are exclusionary. After completing the form, you simply need to talk with her and learn about the process and requirements! There are 33 peer tutors signed up as of right now, and Mrs. Schumacher hopes to continue to improve the program as it grows and expands, especially as she works to include Spanish-speaking tutors and people who are in the DLI program, so that they can help those who don’t speak English as their first language.

Mrs. Schumacher hopes that more students will be empowered to join the West tutoring program and “build a relationship” with their tutor so that they can feel as welcome as possible in our school and its learning environment.



Credit: American Players Theater

The Freshman Field Trip

By Aidan Olson

For the first time, students went to the American Players Theater to see their production of Romeo and Juliet. English teacher Mia Her organized the field trip with the help of the English One team.

The morning of Thursday October 5th, 449 students piled onto a total of ten buses to make the 53 minute drive to the American Play-ers Theater accompanied by teachers and chap-erones making the total number of people rise to 471.

Such a large group of students presents many logistical hurdles. “The stars aligned . . . There were a lot of things that could’ve made this not happen.” says Ms. Her, “[however] I have an amazing team. They rolled with it.” The hard work seemed to have paid off with students seeming to enjoy the play with Myles Jirieson saying it was “pretty entertaining.”

“The production was pretty good,” said Mark Ginder Vogel, a freshman on the trip, “It’s interesting to see it acted out instead of reading [it] during class.”

Another aspect was the cast. The cast

featured two deaf actors who played Romeo and the Priest resulting in a thoughtful adaptation of some of the dialogue.

“It was really great that they incorporated [deaf actors] because many times they are left out because of their deafness.” says Jackson Thomas. Mark echoes Jackson saying, “It’s interesting how they incorporated [deafness] into the play and used it as part of it.”

The only negative part was the sun. Despite some shade being provided by a large tarp suspended in the air by cables, the theater is still open air resulting in about half of the theater sitting in direct sunlight. Myles commented, “I’m getting baked.”

Despite the sun, Ms. Her is grateful for the field trip despite the heavy logistical plan-ning necessary. “To me, this is another Freshman class, but for them, it’s their only freshman year.”

Introducing Mr. Lee

By Saffron Zahorik-Schultz



Credit: Libby Stanton

As we wrap up the first quarter of the 2023-2034 school year, it seems fitting that we acknowledge newcomers to our staff who have played a vital role in the successful transition back to West. A significant new member to the West High School administration team is our Regent Small Learning Community (SLC) Assistant Principal, Pheng Lee.

Prior to his decision to move to West High School, Mr. Lee worked in administration at DeForest High School. Attracted by the positive remarks by West staff members regarding their job and the community here at West, Mr. Lee shared that “when the opportunity came up, I started talking to them [colleagues at West], and here we are.”

Mr. Lee, admittedly, was taken aback by the size of West High School upon the return of students. At a student population of 2,175, it is much larger than DeForest, which has a student population of 1,076.

It took Mr. Lee some time to adjust to the school’s size, especially amid unpredictable construction. However, the initial imposing presence of the school was soon tempered by the friendliness of students and staff.

The student body is divided between four Small Learning Communities (Regent, Ash, Van Hise, and Highland). Each SLC is led by an assistant principal and administrative staff who share the multitude of responsibilities required for overseeing the largest high school student body in MMSD.

At West, each assistant principal carries out a different responsibility. Mr. Lee’s primary role involves the oversight of the Department of Teaching and Learning, where he works with department chairs and instructional coaches to implement and refine teaching strategies.

Mr. Lee acknowledges that his satisfaction with his new position at West is tied to his fondness for teaching and working with

students. “I love working with kids, that’s how I got into education. I enjoy helping students learn and grow.”

Despite the heavy workload tied to any administrative position, Mr. Lee actively prioritizes developing relationships with the students, especially those in the Regent SLC. He emphasizes the importance of “being visible, being where the learning happens, and overall, just being where students are.”

Mr. Lee reminds us that your SLC is always there to provide guidance and support with any pressing issues. Your assistant principal can actively provide or connect you with any services you may need.

When asked for any advice he would give students, Mr. Lee stressed the importance of students attending class and staying engaged, as well as the importance of being kind and empathetic towards one another. “Four years comes and goes pretty quick, so you should try to learn as much as you can, and be able to leave West knowing that you worked hard.”



Credit: West Instagram

Homecoming Recap

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the high school, addressed the incident in a school newsletter the following Monday where he explained, “While it was unfortunate that (the lights) didn’t cooperate as we had hoped, I want to emphasize that you all made the best of it.” Kigeya signed off the statement claiming that he is “committed to ensuring that it doesn’t happen again.”



Photography by Yearbook Staff

Before the night of the dance, students and staff alike were not aware that the fire lights in the new gym could not be turned completely off. Student council president Taylor Duvarney explained, “I personally was not aware, and the issue at the end of the day was that even though they wanted to turn the lights off, it physically was not possible.” Tim McLaughlin, an English teacher at West, shared a similar statement where he said that he was not aware that the lights at the dance would be on.

The next school dance that will be hosted at West is the all-grade midwinter dance, which students hope will be better than the Homecoming dance.

Best of Halloween 2023

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Dynamite and Pedro, a fork and a spoon, salt and pepper, etc. Do you want a group costume? Try Taylor Swift eras, a box of crayons, Barbies, Men in Black and Aliens, etc. Many of these make sense as solo costumes as well.

The most important part of any Halloween costume is that you commit to the bit, if you have to half-ass the costume, try to keep it fun and effective. My halloween costume from ages 3-6 was a black cat; easy and easily recognizable.

Don’t be afraid to trick or treat; as long as you have a costume and a good attitude everyone will be nice and wish you a happy Halloween! Seriously though, trick or treating is not just for little kids. Alternatively, there is always joy to be had from handing out candy at your own front door (switching perspectives!). Don’t know what candy to buy? Most people can’t resist chocolate, but fruity or sour candies are also always a solid choice.

Although most haunted houses and forests will be closed after halloween weekend, spooky movies are a great way to bring the scare inside your own home. Rotten Tomatoes lists “HUESERA: THE BONE WOMAN,” “ATTACHMENT,” and “TALK TO ME” as the top 3 horror movies of 2023. My top picks for (not scary, and not so modern) Halloween movies are “The Nightmare Before Christmas,” “Ghostbusters (1984),” “Hocus Pocus,” “Edward Scissorhands,” and my all time favorite, “It’s the Great Pumpkin, Charlie Brown.” If you want the best fall vibes in smaller doses, you have to check out “Over the Garden Wall.”

Since it’s the most wonderful time of the year, we hope you have a fang-tastic Halloween. Be smart, be safe, and get lots of candy!

Fall Music Program

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when it’s over. The choir will gain more storage for sheet music, and there will be more room to make music. Band and orchestra are getting more space for practice rooms, and the music teachers are now going to have offices.

“In the meantime, it’s been really hard. Last year, choir and theater didn’t really have a place to go, choir rehearsed on the auditorium stage for a couple months, and theater didn’t actually have a space,” Mr. Cao comments.

Choir is back in their regular room, but band and orchestra are still in temporary spaces, says Mr Cao, “The bands are huge- tons of students take band classes. And they have all of this equipment so they need tons of space. They temporarily gave them the best space they could, but it’s nowhere close.”

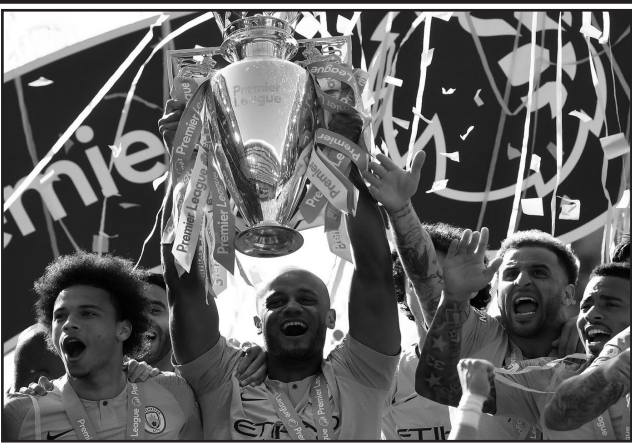
Mr. Cao concludes with “What’s important to me is not so much the concert, and it’s more the music we make every day in class, that means something to me. A concert’s fun, but it won’t feel that special to be in the cafeteria. But that’s okay, we still need to share our music and move on.”



Photography by Yearbook Staff

Manchester Finally Win

By Cesar Barrios Mindiola



Credit: New York Times

Manchester City FC, often simply referred to as Man City, is a prominent English football club based in Manchester. Founded in 1880, the club has an extremely rich history and has experienced significant success in recent years. They are known for their distinctive light blue kits and play their home matches at the Etihad Stadium. Manchester City is a member of the English Premier League, one of the top football leagues in the world. Under the ownership of the Abu Dhabi United Group, the club has undergone a transformation and become a dominant force in English football, winning numerous league titles, FA Cups, and League Cups. Their attractive, possession-based style of play, led by top-class managers and star players, has earned them a reputation for playing beautiful football.

After the 2022-23 Champions League final, Manchester City was crowned champion for the first time in its history, but the story started in 2022 with the purchase of Erling Haaland, who became the team’s scorer and benchmark.

That year, the team’s season in the Champions League started perfectly, as they would win first in the group with Haaland as the competition’s top scorer. After this, in the round of 16, they beat RB Leipzig by one 8-1 overall in a total of 2 games and Bayern Munich which did not represent much of a challenge for Manchester City, who they beat 4-1 on aggregate (they won the first match 3-0 and the second one was 1-1).

Following these wins, Manchester City had to face Real Madrid, which would present the most competition. In addition, Real Madrid had the reputation of the historical champion of the competition with 14 titles. However, Real Madrid ended up being no match for Manchester City team, who at this point seemed destined to win its most desired title, crushing Real Madrid with a resounding 4-0 in the second game, giving them the ticket to the Champions League’s Grand Final for only the second time in history. The last time they had reached a Champions League final, they lost 1-0 against Chelsea.

Manchester City arrived at the 2022-23 Grand Final motivated and eager to succeed, though this final was not going to be easy since they were facing Inter Milan, a past champion of the Champions League. However, Manchester City was crowned champions of the competition after beating Inter Milan 1-0 and thus achieving the result of many years of work and effort.

This Issue In Photos

These photos are a collection from the
Regent Review Photographers



“Golden Crownbeard at Au Sable”
-Charlie Lucas



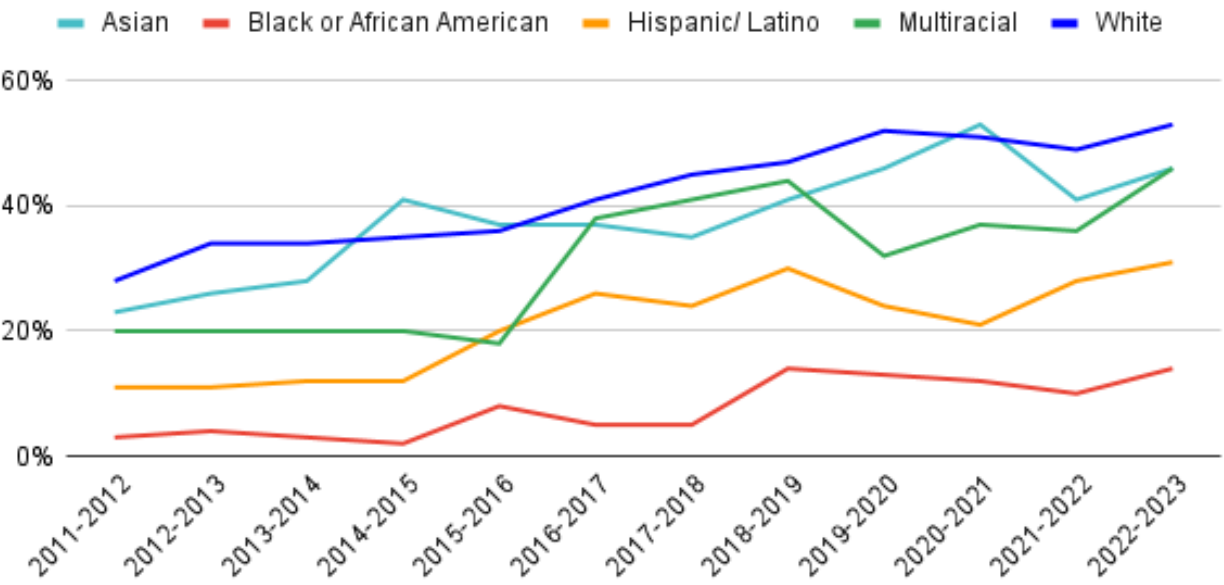
“Pillars”
-Frankie Spielbaue



“Boathouse”
-Julia Neeno-Eckwall

Percent of Students Enrolled In At Least One AP Course

Grades 10-12



Data acquired after a 6 month long Public Records Request

AP Participation at West (continued)

By Aidan Olson

to see representation in what we choose. And if we don’t have that in our classes, it’s harder for us to be excited about taking a course where we feel alone.”

Another issue is getting the information to all students. Avi says, “I remember my friends were the ones who told me about honors courses. It wasn’t really the district; it wasn’t a teacher coming up to me.”

Layla echos this saying there was, “no direct encouragement from my teachers.” and AP courses are “neither emphasized or discouraged.”

Of course, the intense amount of coursework can deter some students as well.

However, both Layla and Avi note that the fear of the advanced classes sometimes prevents capable students from taking the courses when those students likely would have succeeded had they tried.

Layla says we need to stop “hyperbolizing. When you make something seem impossible, it makes people want to do it less.”

All of these factors contribute to disproportionate participation in AP courses. Last year at West, only 14% of Black or African American students and 31% of Hispanic/Latinx students were enrolled in at least one AP course compared to 53% of white and 46% of Asian

students. These numbers were obtained in a public records request from MMSD.

From an administrative perspective, Mr. Storch, an assistant principal who was recently in charge of advanced learning at West, says “we need to do a better job of sharing out what all those opportunities are to take Advanced Placement.”

To accomplish this goal, West utilized a program called Equal Opportunity Schools to help identify students who were prepared to take more rigorous courses, such as AP. The program had kids complete a survey about their attitudes towards AP and then it compared their answers as well as their test scores and grade-point averages to kids who were already in AP courses. This process allowed administrators and counselors to have conversations with these students to encourage them to take AP classes.

However, during the 2020-21 school year, that program was unexpectedly shut down. Only when administrators such as Mr. Storch went to use the program did they find out that the school district had stopped using the service.

Looking forward, Pheng Lee, who is now the assistant principal in charge of AP class diversity, acknowledges we still have a long way to go and says that West staff will “continue to have conversations with students so we know what they are working through so we can best serve them and how we work with them to come up with solutions that will work for them.”

Note: AP courses are classes that have a standardized curriculum across the nation and have an all-encompassing test in May. These courses are taught at a college level so depending on a student’s score on the AP test, some colleges will accept the class as college credit, saving students money.

Energy Agency (IEA) also warned of the shrinking opportunity to stay below 1.5 °C, but noted that the recent surge in adoption of solar energy and electric cars has improved humanity’s chances. The report urged increased cooperation between countries and rapid replacement of fossil fuels with renewable energy. Like the UN report, the IEA emphasized the importance of action before 2030 in getting on track.

A third report published in September, this one from Wood Mackenzie, found that the world is currently on track for 2.5 °C of warming by 2100 and backed up the findings of the previous reports.

Major countries have recently increased their climate ambition. This year, the European Union enacted the European Climate Law, which codifies their target of net-zero emissions by 2050 and lays out steps to get there. In the United States, President Biden signed the Inflation Reduction Act, the largest climate investment in history. With new leaders in Brazil and Australia, both countries have strengthened their emissions goals. Meanwhile, India and China have moved towards renewable energy.

As 2023 comes to a close, the countries of the world will meet in Dubai, United Arab Emirates for the 28th United Nations Conference of the Parties, called “COP28”, where they will discuss further plans for cooperation and action to reduce global emissions and fight climate change.



Credit: National Geographic

Santeria/Regla de Ocha/ Religion Lucum

By Leila Madureira-Álvarez

From September 15th to October 15th is National Hispanic Heritage Month, a good occasion to spread awareness of the many cultures of the Hispanic world and dispel stereotypes. For example, many view the sole religion of Latin America as Catholicism. However, while Catholicism is practiced widely and has played an important role in Latin American history, it is far from the only significant religion.

People from West Africa and the Congo Basin brought their religious traditions when Europeans forcibly took them to Cuba as slaves. However, the only religion permitted under the Spanish colonial government in Cuba was Catholicism, resulting in African spirituality being practiced in secret.

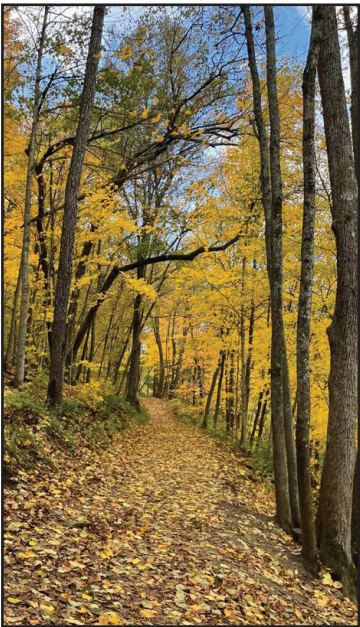
This situation led to the creation of syncretic religions, where multiple religions combined to form one; in this case, the particular mix of Catholic and Yoruba practices that emerged is now known by many names such as Santeria, La Regla de Ocha (The Order of the Orishas), and La religión Lucumí (The Lucumí religion).

Santeria is built around rich oral traditions (Patakis). Its practitioners believe in Olodumare as the creator and only God. Aché, the power that maintains the universe, comes from him, and his image cannot be represented.

The Orishas, each representing a different aspect of life, come from Olodumare. Each Orisha has a Catholic Saint counterpart. For example, Chango (orisha of war, thunder, fire,

Gourd Things to do in Fall

By Olivia Puccetti and Grace Spinoso



Photograph by Charlotte Olson

With the changing seasons, Wisconsin is blessed to have autumn beauty and crisp air. Because of this exceptional Midwest season, we have countless noteworthy beautiful hikes, corn mazes, and fall festivities right in our backyard. Below we have gathered a list of what we consider to be a few of the best fall activities

within a few hour drive from Madison.

Ski-Hi fruit farm: Ski-Hi is a beautiful 100-year-old family-run orchard. You can pick your own apples or enjoy a wagon ride throughout the orchard while taking in the beautiful landscape. It is located in Baraboo Wisconsin, which is about an hour’s drive from Madison; though Ski-Hi is located only 5 minutes away from Devils Lake State Park, making it a perfect stop along the way to a lovely fall hike. On Thursday nights Ski-Hi is open from 5-8 p.m. to serve food, music, and fun while watching the sunset over the orchard. From Sunday to Wednesday Ski-Hi is open from 8 am to 5 pm. Friday and Saturday are open from 8 am to 6 pm. If you would like to pick apples you will have to book times.

Treinen Farms: Treinen Farms is owned and operated by Alan and Angie Treinen. Treinen is famous for their award-winning corn mazes and

they change the corn maze every year! You can explore the corn maze or pick pumpkins, you can even take a hike around the farm to view all the scenery. They have many activities for all ages. The Farm is located in Lodi, Wisconsin, which is about a 35-minute drive from Madison. Daily admission is around \$14 if purchased online. It is open until November 5th, from 9 am to 10 pm on the 3rd and 4th of November. On the 5th of November, it is open from 9 am to 7 pm. If you want to go you should get tickets now!

Natural Bridge State Park: Natural Bridge State Park is a wonderful hiking area, especially in the fall. This park features a beautiful natural sandstone arch that was created by erosion from wind and water over time. This park is located in Sauk County which is about a 50-minute drive from Madison. The park is open from 6 am to 11 pm year-round. To enter the park you will need a vehicle admission sticker which you can buy online or in person. There are all kinds of trails to take to see the leaves changing colors.

If you want to find other amazing hikes to take, take a look at the Wisconsin Department of Natural Resources page under ‘Parks’ to find out more info about some of the other state parks in the area.

Alternatively, if you’re not the type of person who wants to get face-to-face with nature, we might recommend grabbing a cup of coffee, hot chocolate, or hot apple cider and taking a drive to view the farmlands and foliage. There are plenty of scenic highways and country roads to be explored with a good playlist going and some warm socks on. Wisconsin has so many cool things to see and do, so get out of the house and enjoy fall in our awesome state!



Credit: Chief Yagbe Awolowo Onilu (ORA), an extension of the CCP. The Yoruba Cultural Association practices Santeria and is registered with the ORA. Therefore, they are free to practice Santeria. The Free Yoruba Association of Cuba refuses to register with the ORA in order to avoid government control. Therefore, for them, practicing Santeria is a crime.

Immigration has spread Santeria throughout the Americas. Outside of Cuba, the rights of Santeria practitioners have gained legal recognition as well. For example, the United States Supreme Court case Church of the Lukumi Babalu Aye v. Hialeah protects the religious rite of animal sacrifice.

Santeria is integral to Cuban culture. It is in daily life, in literature, in music, in dance, and in the visual arts. It also is an important symbol of resistance against colonialism. It is a connection to a culture that was violently suppressed and it is a source of cultural pride among Afro-Cubans.

“The saints are more in the monte than in the heavens

They are born in the monte and our religion is too.”

Regent Real Talk With Charlotte and Mira

By Charlotte Olson and Mira Wilde

Question: What do I do if I keep getting mansplained to in class?

Response:

Q: What’s a mansplainer’s favorite way to get water?

A: Well...

Everyone you talk to knows at least one person who thinks it’s their job to explain everything to everyone else. They might think that they know everything about everything, and will try to explain things to people who are already experts in the subject area. Commonly, this happens when men explain something to women. It happens so often that there is now a word for it.

The term “mansplain” is credited to author Rebecca’s Solnit following her 2008 essay, Men Explain Things to Me. In a piece by Feminism in India, it is explained that Solnit “ wanted the term to be a systematic approach to convey a woman’s experience with casual sexism in a way that is more powerful than terms like ‘patronizing.’”

The usage of the word “mansplaining” became popularized in the following years, leading to its addition to the Merriam-Webster dictionary in 2018. The official definition for the word is, “what occurs when a man talks condescendingly to someone (especially a woman) about something he has incomplete knowledge of, with the mistaken assumption that he knows more about it than the person he’s talking to does.”

In a school setting, mansplaining is a common phenomenon. Often it comes from a place of good intentions and well-meaning explanation, but regardless can be damaging to students’ self-respect and confidence. To avoid the negative effects of these interactions, we’ve come up with a step-by-step process to help you out if the circumstance arises.

First, check the vibe of the class and your relationship with the mansplainer. Are you at the beginning of a group table or project that entails lots of future time together? Is the class preparing for a really important test? Or maybe are you doing some less important busy-work? Or are you working on a group project that you’ll receive a collective grade on?

Based on the vibe of the situation, choose a plan of approach to respond to the mansplainer. Would a clever remark do the trick? A sarcastic, but funny, comment pointing out the mansplaining? A more serious reality check? A one-on-one conversation? Situations like these are never your fault, so it is totally understandable if you’re not in the mood for confrontation; There is always the option to ignore the exchange and move on, but we understand thadt this may encourage similar mansplaining behavior.

If the situation continues to bother you, we recommend you talk with a teacher or administrator and try to work out an arrangement that either moves you away from the mansplainer, or alert the teacher so they can pay attention, provide needed support, and have your back.

As a fail-safe backup, we recommend you vent to a friend or family member. Getting some negative emotions off your chest outside of the seemingly-toxic environment can help you better deal with the situation if it occurs again.

Thank you so much for your questions, we hope our advice provided some help! If you’re in need of advice, fill out our anonymous Google Form in our Instagram bio @regentreview. We’ll see you later for the next addition of Regent Real Talk!

For all the dogs review

By Makeda Renfro-Sargent

On October 6, rap and pop superstar Aubrey Drake Graham, more commonly known as Drake, released his eighth solo studio album, For All the Dogs. Arriving at the tail end of a long tour with 21 Savage and pushed back two weeks from its initial September 22nd release date, the album remained highly anticipated by fans, eager to see what the artist would produce.

The first thing that stands out about this album is its length. With 23 songs and a runtime of one hour and 24 minutes, it feels unnecessarily long before you even begin listening. This example speaks to an emerging pattern in the music industry, where artists have increasingly been putting out longer and longer projects, aiming to maximize streaming and sales opportunities while sacrificing the quality of their work.

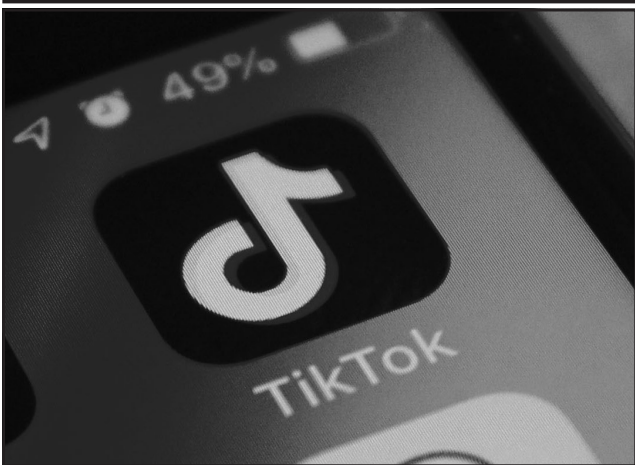
Drake has been familiar with this phenomenon; many have critiqued his recent albums for excessive tracklists void of depth. As one of the most famous music artists of our time, Drake’s albums always sell well regardless of length, but fans are beginning to question his intentions. Does Drake still care about his craft, or is he generating as many songs as possible for profit and fame?

One of this album’s major failings is that most of the tracklist isn’t memorable. Once you reach the end, you almost forget you’ve been listening to one project; the album feels disconnected. You remember the songs that stood out for their lyrics or production, but there are too many songs that don’t seem to add much to the album besides extra minutes. As a result, the album lacks cohesion. It becomes less personal to listeners.

The featured artists on this project also indicate that Drake prioritizes relevance over enhancing his sound as an artist. For example, features from artists like Yeat feel out of place; they only emphasize Drake’s failures to adapt to a continuously changing music industry.

Over the past two years, Yeat, a 23-year-old rapper from California, has grown significantly in popularity. His music is more experimental than Drake’s and has been more popular among younger audiences. There aren’t many similarities between the two artists’ music. Their sounds do not complement each other in their shared song, and Yeat arguably dominates the song with his sound. However, Yeat and Drake are prominent in the music industry, so despite the song not being particularly impressive, it’s currently ranked number two on Billboard’s “Hot 100” music list. When looking at features like this on the album, it seems Drake doesn’t care about working with musicians who improve his sound. Instead, he seems to be chasing virality.

Despite these shortcomings, For All the Dogs is not a failure. The album opens with the song “Virginia Beach,” where Drake utilizes a beautiful sample from an unreleased Frank Ocean song, “Wiseman.” This sample is the first thing listeners hear on the album, and the swelling sound works effectively to build anticipation for the rest of the song and the project. The 17th track on the album, “8am in Charlotte,” is arguably the best song on the album. It has been considered by many to be Drake’s return to his “old sound,” and has given some fans hope that he’s still improving. From sharp lyrics to hints of vulnerability, “8am in Charlotte” shows a bit of Drake’s growth (even



Credit: Tech Crunch

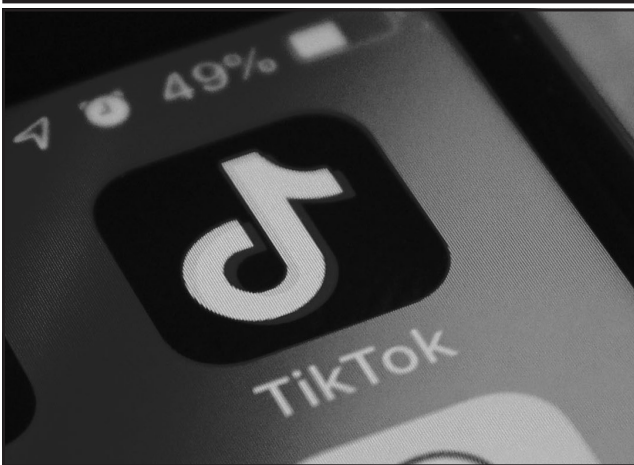
while he remains stagnant on much of the album.)

Following this album’s release, Drake announced on his radio show, “Table For One,” that he plans to take a temporary break from music due to various personal reasons. From a musical standpoint, rap fans can hope he will take this time to consider his place in the music industry carefully.

On the song “Tuscan Leather” from his 2013 album, Nothing Was the Same, Drake said, “Just give it time, we’ll see who’s still around a decade from now.” Ten years later, Drake is doing everything he can to stay at the top. He’s undoubtedly still “around” as a prominent figure, seeing as he’s continued to put out number-one hits. But, his reputation as an artist has suffered. For All the Dogs seems to be a sign that he’s complacent with his spot at the top. If Drake can’t improve his sound, his best option may be to conclude his music career and leave the industry gracefully.

Op-ed: Tiktok and the Music Industry

By Mira Roffers



Credit: Tech Crunch

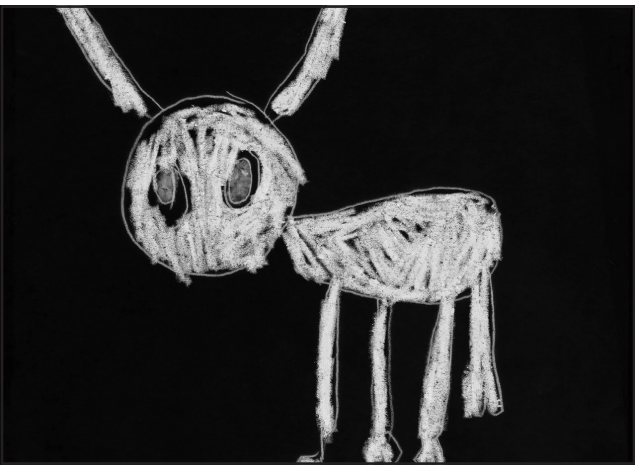
TikTok is the end of art as we know it. Short-form content is becoming more popularized, which is changing the way music is produced and consumed. This shift makes it feel like everything trending on TikTok is a sloppy regurgitation of something else. Most popular music you hear nowadays feels like a nostalgia play meant to draw in the listener, without providing anything substantial to appreciate while listening to the song.

The creation of music has become formulaic. For instance, some TikTok users are using the phrase “the mad-at-disney genre” to describe a particular pattern of trending audio, which is eponymous with the song “Mad at Disney” by Salem Ilese. This song uses nostalgia and a childlike melody to attract listeners - all while being relatable to the main demographic of TikTok users: teenagers and young adults.

With the success of “Mad at Disney”, many other TikTok songwriters opted to move in the same route. A notable example is the song “abcdefu” by Gayle, which uses the alphabet to angrily bemoan a break-up. Gayle strategically employs the style of an expletive-filled nursery rhyme to have the song show up on more For You pages, using the fiery chorus as a hook to draw in the viewer.

Virality on TikTok has started to become an industry norm, changing the way music is marketed. In May of 2022, the singer Halsey posted a TikTok, with the text reading “Basically, I have a song that I love that I want to release ASAP, but my record label won’t let me... my record company is saying I can’t release [the song] unless they can fake a viral moment on TikTok.”

The success of viral sensations, such as Gayle or Salem Ilese, has spread to the mainstream music industry, causing a shift in the way artists advertise and sell their songs. TikTok supplies relatability that big record labels and



Credit: Drake, OVO Sound, and Republic Records

A-list celebrities aren’t able to provide, and it’s that relatability that consumers of popular music look for. Knowing that, the higher-ups in the industry look to use the popular TikTok music niches, like “the mad-at-disney genre.”

Additionally, the rise of trending sounds and popular fragmentary moments in pop music is leading to songs becoming shorter. Most songs that become popular on TikTok go viral because of a hook—the part of a song that catches the listener’s attention, and makes them want to tune in for more. This only becomes a problem when artists start writing songs solely focused on the hook, with the rest of the song sounding like a second thought. This is part of the problem - it’s like everything that’s trending on TikTok is written with a 20- second viral moment in mind, but the viral moment is the same as the last guy’s.

This rinse-and-repeat method of music production is only beneficial to those profiting off of it. It paints a grim image of the future of arts where nothing feels original, and everything is a photocopy of whatever the last successful person made. TikTok is a great way for artists to break out and gain popularity, but the way music on TikTok is made is threatening creativity and originality, and effectively changing the way that music is made.

Opinion: Student Senate Plug

By Madeleine Bohn

In a nondescript brick building on the edge of downtown Madison, students gather in a small room filled with office chairs and conference desks. The tables are set up in a semicircle, reflecting the Student Senate’s intention to hear every student’s voice.

The Madison Metropolitan School District (MMSD) Student Senate brings together students in grades 8-12 from across the district. Through student-led collaboration, the organization’s focus is to improve overall student wellbeing both within and outside the classroom.

Members of Student Senate participate in committees for specific issues, including academic advancement, equity in education, and student wellness. In the last few years, projects have included renaming Memorial High School in honor of Vel Phillips, looking into school nutrition, and speaking with representatives about improving MMSD’s sustainability.

This year, Student Senate President Megan Finando’s goal is to have “at least one (ideally more) representative from every middle and high school in the district, to get as many perspectives as possible.”

Finando became involved with the Student Senate as a freshman at West, when she learned about it through her social studies class.

“I wanted to learn how the district functions, and how students can advocate for change within their own community,” says Finando. For her, Student Senate has provided valuable experience in working within a system to identify issues and foster positive change. Her favorite part about Student Senate is the people she has had the opportunity to work with.

Although adult supervisors help to provide structure, students are ultimately the lifeblood of the organization. As students pull out laptops and gather into committees, a cacophony of chatter gently rises. After exchanging ideas and critiques about a topic relating to their committee, building on one another’s ideas, the room is called back to order. Each cluster turns their attention back to the semicircle. One by one, each committee summarizes the projects they are working on and the issues they discussed.

Discussion isn’t always easy. Opinions can run strong; after all, the wellbeing of students

across the district is at stake, and many students have personal stories and testimonies to share. But each member strives to listen to one another, remaining civil and respectful. The MMSD Student Senate is a place for students to discuss their concerns and find solutions.

The group meets every other Wednesday from 5:00 to 7:00 pm, with the option to join over Google Meet or in-person. The Google Classroom code is 3A3LLFR, and students can reach out to the organization directly at student-senate@madison.k12.wi.us.

Student Senate also provides an opportunity for students to contribute in a smaller way through the survey emailed to them each month asking for input on Student Senate’s next steps towards making effective change.

Student Senate offers an opportunity for students to make their voices heard. “If you are interested in making a meaningful change to the way our school district and community functions,” Finando concludes, “join Student Senate.”

In The Spotlight: Humanity

By Aidan Olson

This issue of In the Spotlight focuses on a theme everyone can relate to: humanity. In the Spotlight is an issuely column that metaphorically shines a light on a person, place, thing, or in this case an idea or concept. This one comes from across the world, Arusha, Tanzania.

The baby blue doors feel out of place, standing out along the walls that line the cramped alley only wide enough for one car and one car only to pass. Across the top, the words Leondson Day Care are spelled out meticulously in a neat scrawl.

Stepping through the blue doors is like stepping into a new world. While the dirt beneath your feet and the smell of campfire smoke with a hint of meat cooking stay the same, the ambience changes completely. surround a three-room schoolhouse with an outhouse in a standalone shed on the side; the sink, freestanding from the shed, is only supported by the water and drain pipes.

Walking forward you come upon an opening where a playset sits under the shade of 3 large palm trees rooted up against the back wall. Playful orange-painted metal rods create the structure of the playset. A flight of 3 metal stairs goes up on one side with a slide on the other. They are connected by slats of wood strung meticulously together. The slide is at about a 40 degree angle and is clearly well-loved as a strip down the middle reflects light like a mirror while the edges still have orange paint.

A swingset, constructed of metal poles making triangles with a horizontal bar connecting, sits close to the chicken coup which is tucked away in the shade in the corner of the compound. The chickens in the chicken coup are protected from the elements with a sheet metal roof painted red with the rest of their enclosure being assembled from plywood, 2-by-4s, and chicken wire. Despite the exceptional craftsmanship, all of these structures are unquestionably hand-crafted.

Then over the clucking of the chickens, you hear a shuffling of sorts. scrambling through the gap between the concrete walls of the school-house and the dirt-colored walls are two kids who look to be around 4 years old. They have their shoes half on so every couple of feet they stop to jam their feet deeper into their shoes, shaking with anticipation to get to their playset and go down their slide

Seeing people close to their playset causes them to slow in curiosity in their mismatched clothes that don’t seem to fit, they stand their eyes bright with curiosity. One bends down to put his shoe on properly while simultaneously his friend can’t bear to wait any longer and runs over to his slide. He begins gleefully running up the stairs and over the bridge to the slide only to slide down, land in a “flump”, laugh and repeat.

Then you hear it, the sound of stamped-ing feet that can only belong to young kids. Kids, ranging anywhere from 2 to 5 years old, pour through the gap between dirt walls and the school house running over to the playset and congregating on the bridge as they gleefully wait their turn to go down the polished slide.

While observing these young children and their joy it is impossible not to realize how these kids face incredible challenges. You can see it in the clothes they wear and how they don’t quite fit right. You see it in the shoes and how none wear socks and they all look to be hand-me-downs. Many children’s clothing dangles loosely off their shoulders despite fitting their shoulders and being the right length.

As Ibrahim Alex Mauli, the school director, explains many face massive food insecurities resulting in the school sending kids home with vegetables and eggs during the week as well as providing two meals per day to each child. Some kids also struggle with transportation to the school leading to inconsistent attendance.

The school charges 30,000 shillings (12 USD) per month however some families pay less due to inability. The daycare also teaches in English in an attempt to give the kids the invaluable skill of English as it is the language of tourism which would allow them to get better jobs. Kim Kipunde, a teacher at the school, explains “We try and give the kids their necessary needs.”

Yet despite this poverty and the ways it manifests: the transportation, the vulnerability to weather, the food insecurity, the lack of lights inside the school, all of it, these kids smile. Just as wide and happy as any other kid in the world, these kids are delightedv and content with their circumstances. Kim says they are not exposed to much so they are happy with what they have. And so they smile.

Photography by Kristina Tamn-Finnerud



Mountain Biking

By AJ Stern

On Sunday, Trek Bikes held the National Interscholastic Cycling Association (NICA) State Championship race at their trails in Waterloo, WI. It was a chilly morning and West placed 3rd overall and was a great way to end the season! Looking back, our first race was all the way in Cable, WI back in early September when it was hot and dry. Next, we moved on to Eau Claire for the Lowe’s Creek Race, a fast course, where Ryan Kahl got first place and Orion Wilson got fourth place. The third race was held at Englewood Grass Farms in Fall River, WI, with a fair amount of climbing and short techy descents. Nordic Mountain for race number four, a lot of climbing and a lot of downhill characterized this race. Ezra Roang got 2nd place in the JVII category, Holly Dolan and Phoebe Ellison both competed as well for JV III and Orion got third. In all 5 races, the highlights were the beautiful weather, hanging out with the team, and, of course, getting to mountain bike. The lowlights-porta potties.

This past race, the Championship, had even more elevation across the whole course than Nordic. Over 2,000 people competed in the State Championship and another 2,000 people were there to cheer them on. Many wore costumes to show their spirit. West’s coaches dressed up as cowboys. Shout out to Maddie Schram’s dad for his outlaw costume and Simon Yuroff’s dad for his Woody from Toy Story get-up. Ryan Kahl got 5th place at the race and 6th for the season. Theo Hubanks got 6th at Trek and 8th overall. West had 88 student-athletes attend Trek, which might be a record. Kudos to Emily Ross and Ryan, West’s GRiT (Girls Riding Together) ambassadors. And congrats to all of the seniors who had their last race. We will miss you!!!



Photography by West MTB Credit: Yearbook Staff

Soccer

By Luke Olson

The West Soccer Program kicked off the year in a state of adjustment with a new head coach, Matt Glittenberg, who came to Madison from Minnesota. Furthermore, the team had a lot of turnover going into the new year with 11 seniors graduating. Despite all of this change, the boys earned an 8-5-5 record. Besides wanting to have pulled out a few more wins, captain Sean Swatzak highlights the large amount of improvements the relatively young team made. The team “learn[ed] something from every single tie and loss” he says, “from defensive structure... to attacking stability” The team improved on all areas of the pitch.

Over the course of the season, Coach Glittenberg made many smart tactical moves with one notable one being the shifting away from the 4-3-3 formation to a 3-5-2 formation. This shift further highlighted the team’s strengths and their adaptability.

Some notable highs of the team’s season came at the beginning of the season with a history-making 2-1 win over Whitefish Bay who beat the boys every previous year. Another set of highs came with the destruction of Janesville Parker, 11-0 and Madison Lafollete, 5-1. The

team ended the season in the first round of the playoffs against Madison Memorial 1-0. The boys previously tied Memorial 1-1 earlier in the season in a game that both sides felt they could have won. In the boy’s final game, it went down to the wire with Memorial scratching a goal in the last 10 minutes. Big thank you to seniors Griffin Scheller, Andrew Stern, and William Kuglar along with phenomenal goalie Jackson Powers and amazing captains Eli Connor and Sean Swatzak. West Soccer thanks you all.



Credit: Girls Tennis
close to defeating some of the top teams in the state, like Brookfield East, showcasing the team’s competitive spirit and determination. West’s 1 singles player, Grace Huang (11), deserves special recognition for her remarkable performance. From jumping from 4 singles to 2 to 1, she faced incredibly tough matches. Although she had a record of 14-19, she faced some of the top 10 players in the state and managed to secure victories over formidable opponents, including DSHA and Eau Claire Memorial. With these notable wins, Huang was able to secure a spot at individual State.

Isabelle Gao (11), the number 2 singles player, made a significant transition this season, moving from playing doubles at the state level to playing singles. Her record of 15-16 is a testament of her adaptability and hard work. Number 3 singles, Ella Darley (12) made tremendous improvements throughout the season and showcased her skills with a record of 15-17. Clara Warrick (10), West’s number 4 singles player, has been a standout performer with a record of 23-12. She played in long, nail-biting matches that often determined the outcome of the team’s victories. After defeating remarkable teams like Middleton and Waunakee, Warrick was able to secure the title of section champion.

The number 1 doubles team of Molly Ryan (12) and Tyra Gustavson (12) had an outstanding record of 29-8. They were the sectional champions after defeating Middleton and went on to play at individual state, where they beat Menominee and faced a tough challenge against Arrowhead. Number 2 doubles Greta Becker (12) and Sarah Goetz (10), held a record of 24-5. They, too, secured the sectional championship after beating Middleton, moving on to individual state, where they narrowly lost to Badger. West’s number 3 doubles players Dakota Hansen (12) and Kaia Berghahn (12) gave it their all with a record of 22-10. They were sectional runner-up after a close match with Middleton. The dedication and hard work of each player have made this tennis season an unforgettable one.

Football

By Theo Morrison

10-yard run, 2-yard pass, 34-yard pass, fumble. That just about summarizes this football season for the West Regents. With another disappointing loss, we finished our season on Friday the 13th against the highly-ranked Verona team. However, the disappointment is not entirely without hope as West has shown potential. They had several plays with great execution by the players. If I had to identify the best strength of our team, it would have to be our

ability to generate a play that lights up the stat sheet. If you go to a game or two, you are sure to see a play that gains enormous amounts of yards that will make the West bleachers erupt in cheers. There are weaknesses though, those big plays sometimes are directly followed up by a turnover or a prompt forced field goal. Sometimes we struggle to bring down the ball carrier which leads to blowouts. Even with all these factors, we have a team that always gives it 100% effort, always trying to keep it competitive. We also have a relatively new football coach, having concluded his second season with the team as head coach, bringing an advantage of having new ideas to help start renovating an up-and-coming team here at Madison West.

Overall, we finished the season 2-7 led by Sophomore QB Michael Suominen wearing number sixteen. While there were moments to improve, Sixteen often displayed flashes of a player capable of leading a competitive team against good opponents



Credit: Yearbook Staff

through his ability to make acceptable reads and passes. With some improvement to his knowledge of reading a defense and some other help from his team and coaches, I hope West can turn the corner next season and possibly improve their record to 4-3. While this season some of our failure is accountable to the QB, football is a team sport and with improvement across the team, we should be able to go somewhere next season. Defensively, the player that stood out the most to me was departing Senior FS Callum Donovan, number two. He seemed to be involved in every play, flying to the ball and making plays. With a departing defensive player who made several key plays for the Regents this last season and the opportunity to evolve to the next level, the question is, how will West’s football team adapt this coming year?

Girls Golf

By Aidan Olson

For the first time since 2019, the West Girls Golf Team qualified for team sectionals. In golf only the top two teams per region advance to sectionals



Photography by Girl’s Golf
and in West’s region it can be pretty competitive. West was only behind Verona and Middleton who went on to win second in the state.

Another notable aspect was the size of the team. Rostering 23, the team was at least 10 people larger than in previous years with both experienced and brand new golfers.

The girls varsity team comprised Ezabell Yu, Bea Vaughan, Ingrid Isenberg, Kaydence Everts, and Megan Bouplon. Ezabell Yu, a Freshman, had a standout season making First Team All Conference as well as receiving an Honorable Mention All State. Overall the season was a success and with no seniors on varsity, things are only looking up for the girl’s golf program at West.



Photography from West Athletics

Girls Cross Country

By Sophie Stevenson

Fall is upon us and Madison West Cross Country has embraced every minute of it. Dominating the field, girls varsity (Celia Wallace (12) (3rd in school history) , Audrey Culp (9), Anna Wickizer (12), Charlotte Fleming (9), Quinn Mangerson (10), Natalie Schoer (11), Sophie Stephenson (12), will be representing our team at Sectionals and State.

Among the most improved athletes, a few standouts include Quinn Mangerson who went from a strong JV athlete to running a top ten all time performance in school history (19:17), as well as Sequoia Loheide who improved her personal best by 6:36 compared to last year. The runners who had the largest time drop were Polina Batina who dropped 6:33 and Summer Carlson who dropped 6:29 from the beginning of the season to the end.

Highlights include winning Smiley (one of the largest and oldest cross country meets in the state) and winning the Midwest Invite which is the largest meet in the state (outside of the state championships). At Midwest, our team worked as a pack and accomplished the feat of recording six runners under 20 minutes, while they scored less than 100 points in a 40+ team event which was never done before by West Regents.

“Our JV2 team not only won the conference meet but had 25 athletes finish before any other team, one of the most dominant performances I have ever seen in the sport” said head coach Cory Hayden when asked to reflect on the season.

With high spirits and good team comradery, many athletes have reached new heights. The team will look to continue their success at the Sectional and State Meet where anything can happen.

Boys Cross Country

By Sophie Stevenson

The boys team followed suit with speedy varsity athletes Zach Temple (3rd in school history), Liam Culp (11), Eli Pettit (12) , Jonah Simonson (12), Luke O’Neil (11), Basil Keck (12), Truman White (12), bringing the team through Sectionals and State championships.

Many of these athletes have improved



Photography from West Athletics

drastically from previous seasons. Highlights include Basil Keck moving from high JV into a scoring varsity position, Liam Culp (11) placing among the top juniors in school history, and Nate Schwoerer (9) running to be the 6th freshman in school history. Karl Ryan and Kieran Komarek (9) have made great strides through the season lowering their 5k times by multiple minutes as the season progressed.

The best performance for the boys team to date was the Don Loker City Championship, with the gap between the first 1-6 athletes only 47 seconds. “This was a big step in the right direction,” Coach TK says.

Girls Swim and Dive

By Aidan Olson



Credit: Yearbook Staff

While many sports are done, Girls’ Swim and Dive is not done. This coming weekend they will compete at Middleton High School in the Sectional meet. The sectional team will be, Hannah Mello, Amalia Shields, Ava Pulvermacher, Natalie Austin, Annabelle Pollock, Erika Schick, Cat Arnold, Ella Stadler, and Sara Osthelder. No divers will be joining the swimmers at Middleton due to the limited number of entries each team can make.

Some standout swimmers have been Ave Pulvermacher and Natalie Austin through their consistency throughout the season. Ella Stadler has also had a tremendous season transitioning to more of a freestyle focus and therefore helping out on relays. Overall the season has been a success and now with the new pool, the program is sure to continue to grow.

Girls Volleyball

By Zoey Jiang



Photography from West Athletics

With the arrival of a new team of coaches this fall, girls volleyball had an eventful season. Playing a total of 10 games, students saw a variety of plays on the court. The team included six seniors (Maria Brown, Jacqueline Gentz, Siri Moeser, Alexis Smith, Clara Davel, Kennedy Kimmel), four juniors (Molly Anderson, Aviel Mack, Fiona Rataj, Sonja Pionek), and three sophomores (Lily Smith, Jane Carey, Claire Bunders) who shared a dynamic that was captivating to watch during both home and away games. The girls never lost their spirit during the nine weeks of the fall season, even when the scores weren’t in their favor.



Credit: Yearbook Staff

While the girls experienced some obstacles throughout the season, they still persevered through every game and won a few. A particularly happy moment for the players, and West supporters alike, was the sweep they had against La Follette High School on senior night. A great night for all as it started with the senior speeches, and ended with a 3-0 score. With a noteworthy end, the varsity girls’ volleyball team was able to close off the 2023 season with a satisfying victory.



Photography from West Athletics



Above: Photography by Libby Scanlon

Below: Credit Yearbook Staff



Regent Review Fall Word Search

T	A	E	R	T	R	O	K	C	I	R	T	N	H
S	O	A	T	T	M	E	D	R	C	E	M	X	W
E	E	C	O	I	W	T	A	M	C	M	S	S	R
P	H	T	E	K	E	A	Y	O	S	I	C	R	I
E	S	O	X	T	I	M	C	U	H	L	H	N	T
M	I	R	C	O	V	I	A	S	A	I	E	E	E
O	S	S	H	K	E	L	R	T	L	O	D	W	R
S	T	A	A	A	R	C	E	R	L	S	U	S	S
E	S	L	N	C	T	M	F	I	O	S	L	P	O
W	O	B	G	A	N	U	A	K	W	C	E	A	C
A	H	U	E	N	E	S	L	E	E	A	N	P	L
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R	E	N	H	Y	E	C	R	I	N	Y	T	R	H
R	M	G	N	I	R	O	T	U	T	S	L	O	C

REGENTREVIEW
WRITERS
CLIMATE
DAYCARE
HALLOWEEN
STRIKE
SCARY
EXCHANGE
NEWSPAPER
TRICKORTREAT
CANDY
MILIOS
ACTORS
GHOSTS
AWESOME
SCHEDULE
TUTORING
ALBUM
MUSIC
FALL
TIKTOK

9th ACP Lesson (Adjusted Schedule)

13th Season Start Dates -

Boys Basketball

Boys Swim & Dive

Wrestling

16th Evening Conferences

17th No School - Conferences

22-24th No School

December at a Glance

1st Senior Quotes Due

13th Choir Concert 7:00 PM

14th ACP Lesson (Adjusted Schedule)

20-January 2nd Winter Break

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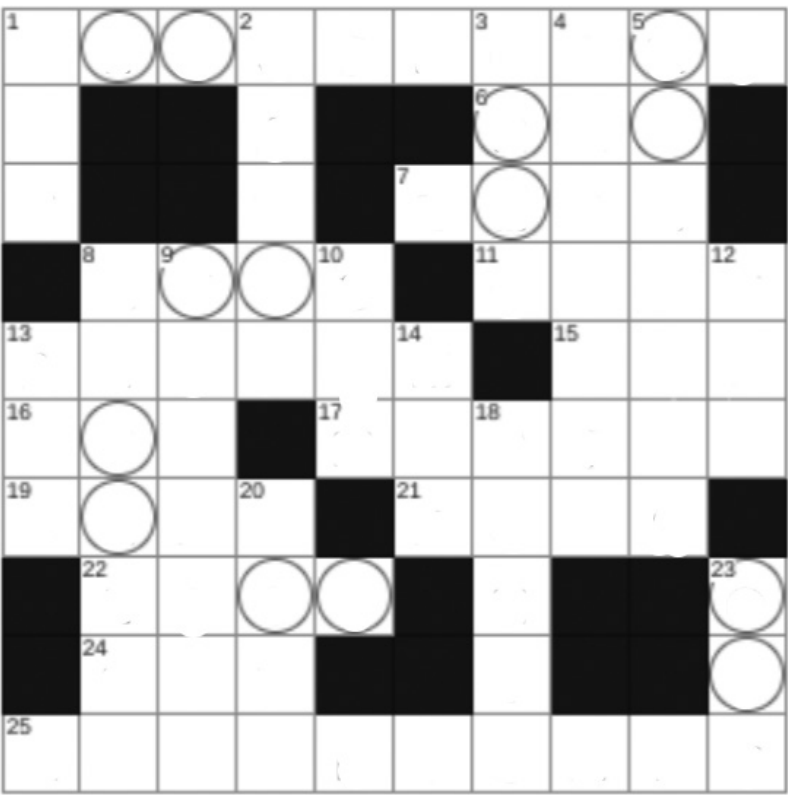
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CROSSWORD

By Gabriel Uribe



Down

- Like Bengal, Persian, and Shorthaired
- Shorthand for a Milio’s product
- Kosher and vegan cookie
- Marine swimmer that shares its name with a paddling instrument
- Smaller metro transit option
- Common livestock feed that is considered both a legume and an herb
- Pilgrimage to mecca
- How some may define Computer-Integrated Manufacturing and other pleasantries
- ___ Hat
- Provide help
- Prescription drug
- Speedy hedgehog?
- Spanish parrot?
- Large tub, in old english

Across

- Where students spend most of their time in
- Style of Algerian pop music
- Capital of Switzerland
- Top floor
- “What _____?”; question usually in response to a question
- Municipality of Germany’s Hesse region
- Org. for fighters in the ring
- Place where the Yoruba gods created the universe
- Fail
- Lentil dish from Southern Asia
- Homer-esque exclamations
- Neighbor of Vietnam
- President who created the “New Deal”
- What the circled letters create