

**Today is Monday, October 28th**  
**Today's Lunch is a Corn Dog**  
**Today's Breakfast is a Blueberry Parfait**

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### **Girl's Soccer**

Attention: All girls who are planning on playing soccer in the spring for Tosa East. Starting the week of October 20th, on Tuesdays and Fridays, there will be an opportunity for all candidates for girls soccer to work with strength and conditioning coach, David Wells, after school from 3:30 - 4:30. Please make it a point to attend as many of these workout sessions that you can. Gather up some of your teammates and head to the weight room on Tuesdays and Fridays to prepare yourselves for the spring season.

### **Boys Basketball**

Attention all boys interested in playing basketball for Wauwatosa East this year. There will be an informational meeting tomorrow, October 29th, at 3:20 in Coach Arndorfer's room, room 255. Please plan to attend if you are thinking about trying out for boys basketball.

### **Athletics**

The Boys Cross Country team placed 9th at the WIAA Sectional on Saturday. Congratulations to Arthur Wellenstein on placing 5th in a PR 16:16 and qualifying for State! His time also ranks him 19th on the TE all-time list.

Grant Heus placed 17th in 16:49

Steve Koss placed 46th in 17:54

Jake Boeder placed 56th in a PR 18:19

JT Foti placed 58th in a PR 18:23

Hamze Boulaleh placed 59th in a PR 18:24

Dan Eash-Scott placed 65th in a SB 18:39

\*\*Congrats to all the runners on a great race and good luck to Arthur Wellenstein who will compete at State on November 2nd in Wisconsin Rapids!

### **Career Center**

College visits for **Tuesday, October 29th:**

Lake Forest College (IL) 3rd hour in the CC

Western Michigan University (MI) 6th hour in the CC

George Washington University 6th hour in Room 189

## **Tosa East Baseball**

Open gym tonight @ East from 8:00-9:30.

## **Girls Cross Country**

Last Saturday, the girls cross country team placed 9th at the Brookfield East sectional. Freshman Nadia Phillips led the charge with her 20th place finish in a PR time of 20:25. Junior Delaney Regan (37th / 21:24 PR), Freshman Chiara White (44th / 21:33), Seniors Olivia Bowser (52nd / 21:54), Molly McCaffrey (56 / 22:02), and Freshmen Kate McCaffrey (59 / 22:06 PR), Kate Tarrence (61st / 22:14) also competed for the Raiders. Next up is the USAT/F state meet this Sunday at Yahara Hills GC in Madison. The top 30 girls in each age group will qualify for the National meet in December.

## **AFS/International Friendship Club**

The next meeting of AFS/IFC will be on **Tuesday, October 29 at 3:30 in room 225**. New members are welcome!

## **Black Student Union**

Black Student Union will meet **TODAY** after school in Room 280.

## **Tosa East Football**

Behind rushing touchdowns from Maurice Rockette and Jayden Lor, and with touchdowns passes from Thomas Harper to Aiden Dodge and AJ Nichols, your Wauwatosa East Red Raider football team beat Milwaukee South 40 to 0 on Thursday, October 24th. We would like to thank the teachers and students who came out to support us this season!

## **Link Crew**

**Attention Link Crew Members, please check your email.** You have a task that will need to be completed next week Monday or Tuesday in the Career Center. Details are found in the email. Let Ms. Carter, Ms. Talavera or Ms. Gould know if you have any questions. Thank you!

## **APPSE**

Puppy Chow week is here! APPSE will be selling Puppy Chow during both lunches outside the office and in the Raider Room. Be sure to buy some and support APPSE with their travel this year. (Feel free to ad lib about how great Puppy Chow and/or Mr. McHugh/APPSE is)

## **Honor Flight**

101 years Veterans Day was established on November 11th. To help us honor our veterans Wauwatosa East and West will be running an **Honor Flight fundraiser beginning Wednesday, October 23rd and running through Monday, November 4th in your 3rd Hour classes**. Starting Wednesday, there will be containers in your 3rd hour classes that will be available for making donations. A pizza party will be held for the 3rd Hour East that raises the most money and a donut party for the second place team from each school. Let's show our veterans the support and help they deserve and send them to see their memorial.

## **Softball**

Attention any girls interested in joining the softball team for the spring season: **Wednesday open gyms will begin on October 30th from 7:30-9:00** and continue until the season begins in March. Sunday open gyms will begin on November 3rd from Noon - 2:00pm. Stop in and see if softball is for you.

**Have a great Monday!**