

Fall Conference Feedback

Thank you for an excellent round of conferences! At least, we think it was excellent. If you would like to contribute your feedback on how conferences went for you, please fill out this [form](#). We value and take all feedback seriously.

Election Conversations

With the Presidential election around the corner, many of us are feeling increased stress and anxiety. Our participants may feel this even more intensely, especially those who process information literally or might struggle to fully contextualize these loaded conversations. While we encourage our participants to engage with the world around them, we would also encourage everyone to model thoughtful disagreement and emphasize that, regardless of outcome, while political leaders may change, the people in our lives who truly matter will remain stable.

Checking in on understanding around political topics, finding safe ways to leave a conversation, and limiting social media usage can be other ways to manage these feelings. Please feel free to reach out if you need support!

Special Olympics Unified Basketball

Registration for Unified Basketball is now open on Veracross—click [here](#) to register. Practices will run from Thursday, November 21st, through Thursday, February 6th, taking place weekly on Thursdays from 3:30-4:30 pm in the Franklin Gym.

If you have any questions or have any trouble with Veracross, contact Chloe Herzog at chloe.herzog@franklinmn.org.



Student Spotlight— Aris

Name: Aris Gutowski-Rekow

Hometown: Ham Lake

Book or Movie I would recommend: Shrek

Favorite Quote: "Honesty without kindness is cruelty. Kindness without honesty is manipulation."

What is something you've learned in Capstone that has made a difference for you: Being accepting of how growth is an incremental process

Who is your favorite staff member in Capstone and why: Mr. Mike- he's caring and honest at the same time

Who is your favorite student at Capstone and why: Sarah Frisk- she's a good friend

What is something that you accomplished that you are proud of: Finishing my associates degree

What has been your greatest challenge: Accepting help

What is your goal for adult life: Finding my purpose and personal happiness

What is your favorite thing about Capstone: The people

With Sincere Appreciation
Michael Faeth
Director of Adult Education

November

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Art and Gift Expo/ Minnesota's Largest Candy Store 1
New Hope YMCA 4	5	6	7	Twin Cities Con/ Sky Zone 8
PRISM/ DoubleTree Hotel 11	12	13	14	Top Golf/ Science Museum 15
New Hope YMCA 18	19	20	21	Rock of Ages Mini Golf (MOA)/ Sauna and Polar Plunge 22
No Programming: Thanksgiving Break!				
25	26	27	28	29

Please note: This calendar is subject to change.

*Lunch included: Students will typically have an option to purchase food or other items on community-based trips.

