

Homecoming

What's Inside:

Spirit Week Collage pg 2
Halloween Collage pg 3
Ski Trip pg 4
What is DECA?pg 5
Senior Perspectivepg 5
Freshman Officerspg 6
College Applicationspg 7
Extraspg 8



Calendar of Events November 18: NAHS Coffee House

November 19: Interact Neighbor Day

November 23-28: Thanksgiving Break

<u>December 5:</u> Band Holiday Concert

<u>December 7:</u> Senior Class Photo

<u>December 10:</u> Physics Olypics Competition

<u>December 14:</u> DECA Districts

December 23-Jan 2: Winter Break



Spirit Week! By: Andrea Dougherty

This year's homecoming was a great success! Taking place on October 22nd and lasting from 7pm to 10pm, over four hundred students attended. Homecoming allows seniors to reminisce of the past three years attending East High School and enjoy time with close ones before graduating. Freshmen are given the opportunity to plunge into the high school scene and to meet new friends. All props are given to the cheerleaders and head coach Ms. Tepper for giving so much effort which gave the student body great results! Rachael Lyon speaks of her experience as head cheerleader as a senior and cheerleading throughout high school:

Q: What was your favorite part about organizing homecoming and being involved in the process? What are you going to miss the most?

A: Homecoming is such an exciting week of school with spirit week, the pep rally, the football game and the dance so I am definitely going to miss everything about it next year. My favorite part about the whole process is just being involved with such an exciting week that everyone loves. It's great to know that everyone appreciates all the work we do to make it happen since it's a cheerleading fundraiser.

Q: How does it feel to be recognized as such an important part of the homecoming organization and cheerleading in general and how do you think it changed your experience in high school?

A: It feels nice to be recognized as such an important part of homecoming because if the cheerleaders did not run this organization then it would be someone else's responsibility, so it's nice to know that we are doing something that the student body enjoys. Cheerleading in general has greatly impacted my life. I've cheered ever since I was six years old and it has made my high school experience much more memorable especially with the privilege of being a captain of such a great and fun team •

> "It's great to know that everyone appreciates all the work we do to make it happen since it's a cheerleading fundraiser." Rachel Lyon





The Pep Rally Stats

Tug Of War: Round 1: Seniors Round 2: Juniors Round 3: SENIORS

(Thanks to anchor Ethan Williamson)

Balloon Game:

Juniors

Musical Chairs: Seniors (Thanks to Evan Pettine)

<u>Limbo:</u>

Seniors (Thanks to Melissa Siggs)

Spirit Stick: Seniors



Congratulations to Seniors Craig Videon and Devon Mondillo for winning Homecoming King and Homecoming Queen!



Spirit Week





Halloween

On the Origins of Halloween

By: Vuk Petrovic

Halloween of 2011 is here, and for many this means trickor-treating, giving out candy, trading that Snickers for a Crunch bar, or just an excuse to wear that hilarious costume you've always wanted to wear... Cough Cough.. Art Department... But for other two-thousand-year-old human beings, this is the eve of a great celebration.

Who wants to celebrate the ancient Celtic festival of Samhain (SOW-IN) with me!? In today's society I could guarantee that hardly anybody would know what this celebration meant, or where it originated. The Celts believed that on the eve of Nov. 1st, the line between the living and the dead "blurred," and that on the following day spirits would come down, wreak havoc and destroy crops. During the celebration, the Celts would make bonfires and burn their crops and animals as sacrifices to their deities. They would often dress up in costumes resembling different animals, gather around the fires, and try to read each other's fortunes.

These Celtic celebrations eventually mixed with Roman culture. In 609 A.D., Pope Gregory III established the Catholic feast of All Martyrs Day. Christianity began to influence Celtic lands and practices mixed. In 1000 A.D. the church made November 2nd All Souls Day, a day to honor the dead. This date was celebrated like the Samhain, with bonfires and costumes. November 1st was also called "All-hallows," and the night before was called "All-Hallows Eve." This is now known as Halloween.

Aside from the origins of the actual holiday, East High School has its own tradition and history on Halloween. Mr. Sarian, a photography teacher who is passionate about dressing up for Halloween, would like to set the records straight.

Debbie Bradford, a teacher at East High School first started dressing up in school in 1994. She questioned why the staff and faculty did not celebrate and dress up. Mr. Lesso, a former math teacher at East then dressed up, inspired by Ms. Bradford's example. Mr. Sarian followed suit in 1995. By 2003, the entire East High School art department was dressing up for Halloween in school, and later the science department followed. "I would like the Art department to be acknowledged for starting the tradition, but everyone thinks the science department started it," says Mr. Sarian in an interview. Additionally, he believes that the staff of East High School should all participate as it creates a fun and stress free environment. "We need to have teachers and students engage in activities besides strict learning." Mr. Sarian believes that this tradition will help form a better connection between student and teacher, and aid in the overall productivity of the school.





Upcoming Events

What to Expect: Vermont Ski Trip 2012

By: Sean Goddard

Jay Peak

In January, many East students will be joining the Vermont Ski Trip. This will be East's second consecutive year traveling to Jay Peak Ski Resort. Jay Peak receives some of the best snow of any mountain on the east coast. Added with the plentiful snowmaking, expect snow coverage to be excellent.

Jay enjoys a vertical drop, base elevation subtracted from summit elevation, of 2,153 feet. To put that into perspective, Blue Mountain has only a 1,000-foot vertical drop. Everyone from advanced skiers and boarders, to the first-timers, to those who love tree skiing will find their desires met. Stay especially aware of some extreme terrain at the top of the tram, and beginners are advised to stay towards the bottom of the mountain. Expect shorter lift lines and more time on the slopes due to Jay's remote location in Northern Vermont.

Keep in mind that Jay Peak can get COLD. Be prepared for temperatures around 10° F and the wind chills to be even worse, at 0° F or lower. Bring your neck warmers, helmets (they keep you warmer than hats and safer as well), glove and boot warmers, and extra socks. One chairlift is even renamed the "Green Mountain Freezer" from the "Green Mountain Flyer" because of the frigid winds. Make use the tram (an enclosed lift). Boarders should enjoy Jay, but beware of flats that may exist at the bottom of some trails, so keep your speed up!

Boarders and skiers alike should find the terrain parks enjoyable and exciting. With three parks catering to all levels, each one has a variety of features. Enjoy the skiing/boarding and views of nearby Canada! For more info, go to http://www.jaypeakresort.com/.

"Jay Peak
receives some of
the best snow of
any mountain on
the east coast"

Stowe

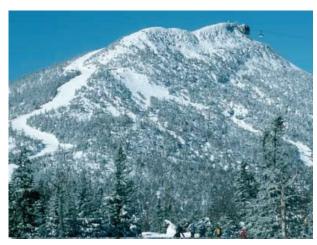
Stowe will be a breathtaking conclusion to the Vermont Ski Trip, as Mt. Mansfield towers above the resort as Vermont's highest peak. Stowe enjoys plentiful snowfall much like Jay Peak, so expect good conditions in January, one of the best, but coldest, months for a trip. Make sure you bundle up against the cold!

With a vertical drop of 2,360, expect all level skiers to have their needs met. Stowe Resort consists of 3 mountains connected by trails and a 10-passenger gondola built within the last few years. Intermediates have 60% of the mountain, while experts have the famous Front Four to keep them busy (located on the left side of the map). Beginners can find runs scattered throughout all 3 mountains. High-speed lifts keep people moving and on the slopes, and the high-speed gondola keeps riders out of the cold on the way to a mountaintop restaurant.

Snowboarders should again find this mountain enjoyable with wide trails and few flats. Terrain park enthusiasts will enjoy 5 parks with many different features for each level of skier or rider! For more information check out http://www.stowe.com. •

Stunning View of Mt. Mansfield at Stowe Mountain Resort





Snowy Summit at Jay Peak Resort

"Stowe will be a breathtaking conclusion to the Vermont Ski Trip"



Jay Peak Reort Trail Map



Stowe Mountain Resort Trail Map



Thoughts of Students Around School

What is DECA?

By: Stephanie Ou

DECA is an international business/marketing organization that prepares emerging leaders and entrepreneurs in the fields of marketing, management, finance, and hospitality in high schools and colleges around the globe. But, what does that really mean? It's an opportunity to network with other students around the world, learn more about the fascinating business world, and enhance leadership, teamwork, and communication skills through different school activities and conferences throughout the year. With a wide range of



Stephanie Ou, East DECA Chapter President and PA Vice President

competitive events students can participate in, DECA truly enables students to find a field of study that really interests them or just gain a business sense that is beneficial in any future high school, college, and career plans.

East DECA is not only the largest club at East, but it is also the largest chapter in Pennsylvania DECA with about 260 members! Now that's something to be proud of! Each year, East DECA students attend exciting and fun district, state, and international conferences. The District 9 competition held at the Valley Forge Convention Center this year is quickly approaching on December 14th with the Pennsylvania DECA State competition not too far behind on February 22-24th at the Hershey Lodge! After states, East DECA is headed to Salt Lake City, Utah in late April/early May for the International Career Development Conference (ICDC). ICDC really provides students with the opportunity to meet new people, compete in events they are interested in, and travel to different cities around the US. For example, in the past ICDC has been held in Nashville, TN, Louisville, KY, Atlanta, GA, Anaheim, CA, and Orlando, FL. What other club or organization gives students the chance to travel to these amazing cities? These conferences are all such great experiences from seeing thousands of students all joined together or exploring the cities the events are held in. Whenever students are not competing, there are dances, fashion shows, exhibits, and many other activities that make these conferences lasting memories.

Aside from the competition aspect, DECA members are also heavily involved in community. Each year, Pennsylvania DECA adopts a state charity and this year, PA DECA has united with other state DECA organizations in "The Movement" to help the National DECA raise money for the Muscular Dystrophy Association (MDA). Also, East DECA is currently involved in a community service project with the West Chester Food Cupboard. For more information, see Mrs. Minshall or Mrs. Lill.

DECA is truly an amazing organization that provides countless opportunities and makes a huge impact on its members. Don't forget to join the West Chester East DECA facebook group and 'like' The REAL Pennsylvania DECA facebook page for updates and important info. Hope to see you all at the district and state conferences where DECA members will Aspire Higher and Reach New Heights with Pennsylvania DECA! •



A Senior's Perspective on Senior Year

By: Katie Short

Four years of our life have been spent working every day to achieve the perfect grades to get into the perfect college. Four years of participating in a million extra-curricular activities to please into a good college, but living up the eyes of admissions officers. For four whole years of our lives, we worked towards a common goal to get out in the best position possible to succeed in the "real world."

This is: high school. For the first three years of high school, there were enjoyable moments, but the majority of it, to me, was spent in constant stress over the work assigned. However, there is a light at the end of the tunnel... SENIOR YEAR! Everybody secretly wants to be a senior: one year left until college, coming to school late as opposed to taking the PSATs, parking in the senior lot, winning at the pep rallies, eating lunch outside, and getting out at the end of the year before the rest of the district; every grade looks forward to it.

When most people think of senior year, a laidback year of work and grades that do not matter comes to mind. As a junior, that was my impression. However, now that I am actually a senior, I realize that yes, there are privileges to being a senior, but it is not all fun and games. The college application process alone is stressful enough, but on top of that, there is still school work to complete.

As a senior, it feels as if more is expected, since we are preparing to head off to the real world, and that there is significantly less "hand-holding" in terms of schedule choices and assignments Being at the top of the school is awesome, but it comes with heavy expectations and responsibility as we are expected to set examples.

Despite the excitement of senior year, there is an unmistakable sadness mixed in as well, even as early as the beginning of the year. As we all prepare for college and to leave high school to move on in our lives, the reality that the people that we have seen every day, some since kindergarten, will be moving in different directions and choosing different paths in life is saddening.

Do not misunderstand me; senior year is an incredibly exciting time, of which every minute should be enjoyed. It is important to work hard to succeed and get your last year spent at East to the fullest is of utmost importance too! High school, while it may seem like a requirement which everyone needs to complete, is really one of the highlights of our lives, and it should be enjoyed to the fullest, as the end will come all too soon, and we will begin the next chapter of our lives. Get excited East Vikings! •



"Being at the top of the school is awesome"



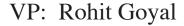
Meet the Freshman Class Officers

By: Emily Burke

As senior vice-president and a 4-year class officer, I thought I'd try to get to know the new leaders of the freshman class. So after getting the basic stats, I grilled the new officers on just about anything I could think of – everything from their prom ideas to their views on Jell-o. Here were some of their best answers

OK, Let's break the ice.

President Jackie Saddic



Secretary: Sammy Wadsworth

Treasurer: **Emily Bradford**



Age: 15

Elementary School: Glen Acres

Fav. Subject: Lunch & Jazz Ensemble

Fav. Hobby: Sewing & Drawing up Dress Designs

Dream Job: Famous Fashion Designer (Showcased on NY Fashion Week)

Clubs/Groups/Sports: Marching Band, Fashion Club, KARE, Best **Buddies**

"I love being different and expressing myself through what I wear!"



Age: 14

Elementary School: Exton

Fav. Subject: Math, French, & History

Fav. Hobby: Violin and Tennis

<u>Dream Job:</u> Something with Busi- <u>Dream Job:</u> Lottery Winner ness & Technology

<u>Clubs/Groups/Sports:</u> Academic Team, Orchestra

"What can I say...I like to live life on the edge."



Age: 15

Elementary School: Glen Acres

Fav. Subject: English

Fav. Hobby: Photography, maybe?

Clubs/Groups/Sports: Just Class Office...For Now

"My goals in life are to own a Segway and adopt a turtle and name him Dr. Chubs."



Age: 15

Elementary School: Exton

Fav. Subject: Math

Fav. Hobby: Playing Soccer

<u>Dream College:</u> Penn State

Dream Job: Engineer

<u>Clubs/Groups/Sports:</u> East Girls Soccer, Best Buddies

"I'm a pretty cool person...that's all I can really think of."

Q: Any ideas for your senior prom location yet?

A: I've heard that the Aquarium would be cool, but I went there once and it smelled. And I guess a smelly prom wouldn't be very appealing, so we might want to take a rain check on that. -Sammy

I went to a prom at the aquarium. It did smell a tad fishy.

Q: What is the temperature when it's twice as cold as zero degrees? Show your work. I liked a lot of these answers.

A: It's the same as when it's not twice as three minus a rhino's lipstick. Duh! What are we-second graders?! –Jackie X = POTATO JUICE - Sammy

Well 2 X 0...so divide 2 from both sides...x=0. So 200 degrees?! -Rohit

Q: What are your thoughts on Homecoming week so far? A: My thoughts are it's crazy! I love the fun themes. It's a lot of work though- we just finished sorting all of the t-shirts and I was supposed to finish this interview like a week ago! (Sorry about that by the way!!!) –Jackie <-- It's Ok!

Q: What was your main platform when running for office? A: Well, I was the only one running so that gave me a bit of an edge. -Sammy This girl was starting to crack me up by this point.

Q: What has been the biggest adjustment from middle to high school? A: My biggest adjustment from middle school to high school is still waking up... I am not a morning person and waking up at 6 is pretty hard for me! -Rohit You will soon learn that as an officer, sleep is strictly optional.

Q: Something really, really random about yourself. Amuse us. A: When I was younger I let my older brother Alex vacuum my head. I had a huge bald spot for months. –Jackie

I was born without the ability to eat cake or cookies or brownies or ice cream or ...junk in general. I was allergic to eggs, nuts, and milk.

Ok you know when people put tar down on roads and there are little bubbles in the tar? I LOVE POPPING THOSE BUBBLES. It kind of makes my life. -Sammy •

The Norse Code

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Get Ready Seniors!

College Applications for Dummies

By: Emily Burke

Just to get a first taste of the college admissions process, take a look at my personal "College Applications To Do List":

- 1. Take the SATs
- 2. Retake the SATs
- 3. Take the SAT 2 subject tests (depending on your colleges)
- 4. Retake the SATs again
- 5. Send all SAT scores
- 6. Ask teachers for recommendations
- 7. Remind teachers about recommendations
- 8. Complete the common application information
- 9. Write personal statement(s)
- 10. Ask teachers/parents to extensively edit personal statement
- 11. Fill out all transcript request/school profile/student profile forms
- 12. Get said forms to the guidance counselor
- 13. Write extra-curricular "short answer"
- 14. Complete individual school supplements
- 15. Beg mom and dad for credit card to complete application payments
- 16. Complete application payments
- 17. Hit "submit" on the Common Application
- 18. Freak out and wonder where in this insane process you messed up, because you know you had to at some point...

So basically to sum all that up, yes, college admissions is incredibly stressful, and yes, chances are you are probably going to make a mistake at some point. But now that I will be completing step 17 this very evening, I have some helpful advice to help you future seniors get through it:

"Show who you are. It's important to write an essay that reflects you as a unique individual and how you can contribute to the university's community." - Aylin Ozdinc



"Start the applications over the summer — whether you're applying early or regular decision." - Georgette Lawson

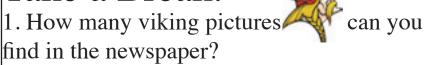


- <u>Visit your schools:</u> Reminder: you will be paying tens of thousands of dollars a year to an institution where you will (most likely) live for four or more years of your life. You might want to check it out before you sign yourself over. That being said, visiting can be expensive and a hassle, so if it's just not possible for your situation, apply, see where you get in, narrow down to your top two or three, THEN visit just those schools! You'll be thankful when you realize the school you almost committed to has dorms that look like prison cells. And for those of you lazier students, there are always virtual/online tours to "visit" a school.
- Edit, edit, edit your personal statement... And have multiple people help you! I had perfected my first essay over the course of a month with teacher help, but right when I was ready for it to be finished, I was told by a different teacher to start over with a new topic. After I hyperventilated for a good half hour, I realized that so many people would be reading my essay. I can't please them all, but I can please most. So I started over. Now, all of my very helpful editors are happy with the product. (Thank you editors!)
- <u>Build relationships</u> with your teachers. I'm not saying be a teacher's pet. I'm just pointing out that you will be relying on at least one, most likely more, of your teachers to write you a strong recommendation. How to get on their good sides? Do what you need to do. Work hard, participate in class, study, go in for extra help when needed, and ask for that rec. early.
- <u>Waive your rights.</u> Just trust me on this one. I, having no idea what I was doing, chose not to waive my rights to view my recommendations. Apparently, some colleges then distrust recommendations, thinking they're not genuine. I ended up spending hours trying to go around Common App policy to change my choice, failed, and had to call and email all 8 of my schools individually. Just save yourself the hassle and waive your rights.
- People may think that the beginning of senior year is calm, but truth is: it's not! Having to complete homework, practice with afterschool activities, and then have important college deadlines to stress about does not make for a fun start to the senior year.



Extras

Take a Break:



- 2. Where did the teacher send the Viking when he got sick in Class?
- 3. What do Eric the Red and Smokey the Bear have in common?
- 4. It starts cars
 It makes juice
 It usually finishes a topic
 What is it?
- 5. The people who use me don't know it, the people who make me don't use it. The people who own me don't use me. What am I?
- 6. I have a heart that never beats. I have a home but I never sleep. I can take a man's house and build another's. And I love to play games with my name brothers. You may call me a king among fools. Who am I?

"Education is learning what you didn't even know you didn't know" - Daniel J. Boorstein

Are you interested in joining the Norse Code?



Contact an editor or advisor at their school e-mail if interested.

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