



Homecoming 2013

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Calendar of Events

October 30: Picture retakes
October 31: Halloween
November 5: no school
November 6: end of 1st MP
November 14: Girls' Speaking Contest
November 27-29: Thanksgiving break

The Pep Rally Stats

Tug Of War:

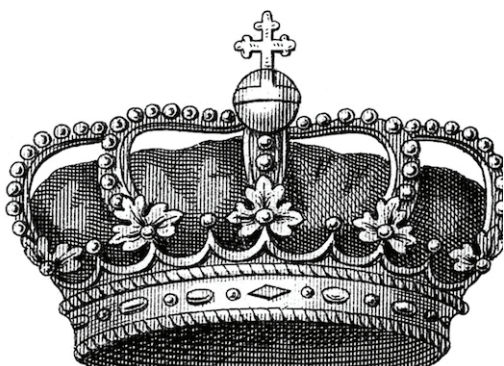
Round 1: Juniors
Round 2: Seniors
Round 3: Seniors

Relay Race: Seniors

Limbo: Juniors

Spirit Stick:

SENIORS!!!!!!(:



Congratulations to Seniors, Brandon Larer and Stephaine Robinson, for winning Homecoming King and Homecoming Queen!

Spirit Week

The hallways of East High School flooded with spirit-filled students excited to start off another successful homecoming week. All the effort and participation from the students brought spirit week to life! East students eased into the week with "Pajama day" on Monday, "Twinning Tuesday" on Tuesday, "America Day" on Wednesday, "Crazy Sports Fan Day" on Thursday, and then finally "Class Colors" on Friday. On Friday the bleachers were overflowing with students representing their class by wearing their class shirt. The senior girls kept the senior-jean tradition alive with a wide variety of creative and glamorous jeans! The pep-rally provided many entertaining activities such as; relay races, tug-a-war, powder puff football, and plenty of snacks. The student body could not be more appreciative of Dr. Dunlap participating in our pep rally, and we all thank him a great amount for the time he dedicated to East High School. This year's spirit week was outstanding, and we cannot wait for the next one!

By: Alyssa Pizio





Spirit Week



EAST SPORTS 2013

Viking Football!!

By:Blake Cancelliere

On October 3rd, I interviewed Coach Ellis, head coach of the West Chester East varsity football team. The team had an amazing win against Downingtown East HS on September 27th, 2013. I asked Coach Ellis how he had felt once Dan Genthret, also known as "D1", scored the winning touchdown, knowing that he had once played and coached in the Downingtown area. I thought Coach Ellis would feel a sense of accomplishment for himself to beat his hometown, but he replied by saying how he felt good for the players and happy that the team had such an amazing game. Coach Ellis continued by stating how it was a great accomplishment for the whole football program. This win built some hype and determination for the team. Coach Ellis states that for the past six games the team has been set up to do their best every time they are on the field and to take home as many victories as possible. Eric Frye and Rob Ritrovato are the two senior captains, and one junior captain, Kevin Murphy, and they speak of possibly making it to playoffs this year! Coach Ellis has been coaching at East for the past three years. When asked how the players have matured throughout their high school football career Coach Ellis stated that they have all become great young men. Showing a lot of improvement as players on and off the field. Although, they had a tough loss to Henderson in the rain. EHS football is having a great season this year! Lets go EAST! East East East! The Football/ Cheerleading Senior Night will be held on Friday November 1st against Sun Valley High School. Current record: 4-5 as of October 25th, 2013



EAST GIRLS SOCCER

By: Tsoline Karakelian

Interview with Hannah Specht, Team player on the girls varsity soccer team

Q- How's the season been so far?

A- Well, we have been winning so that's amazing. We have been working very well together.

Q. What was your favorite game?

A- I can't pick between Henderson and Downingtown West. I chose Henderson because of the rivalry between John Barry and Craig S. I chose Downingtown West because last year they beat us 4-0 and this year we beat them 4-0.

Q. How is John Barry as a coach this year?

A- He is very positive with positive energy. He is very dedicated to the team and he helps us succeed, no matter what. He has good sportsmanship.

Q. Who are your captains and how have they been helping you this season?

A- Catie Gormley, Lizzy Dugiud, and Marina Morton. All three of those girls worked hard during games and have been motivating the team to be not just team mates but sisters.



Halloween Around the Corner

By:Margot Somers and Brooke Schram

Pumpkin Cheesecake Tarts

by Margot Somers

Tis the season for corny Halloween treats. This recipe is strictly for the readers who have the same sweet tooth that I do.

Here's what you'll need to make the perfect pumpkin cheesecake tarts:

15 crushed gingersnap cookies
2 tablespoons of melted butter or margarine
1 softened 8 oz package of cream cheese
1 cup from a can of LIBBY'S® 100% Pure Pumpkin
1/2 cup granulated sugar
1 teaspoon pumpkin pie spice
1 teaspoon vanilla extract
2 large eggs
2 tablespoons sour cream, (this is optional)
2 tablespoons of semi sweet chocolate morsels, (optional)

PREHEAT oven to 325° F

COMBINE cookie crumbs and butter in small bowl. Press scant tablespoon onto bottom of each of prepared muffin cups. Bake for 5 minutes.

BEAT cream cheese, pumpkin, sugar, pumpkin pie spice and vanilla extract in small mixer bowl until blended. Add eggs; beat well. Pour into muffin cups, fill them 3/4 of the way full.

BAKE for 25 to 30 minutes. Cool in pan on wire rack. Remove tarts from pan and refrigerate. Garnish with sour cream. Put morsels in a small, heavy-duty plastic bag. Microwave on HIGH for 20 seconds; knead the melted chocolate. Microwave at additional 10-second intervals, kneading until smooth. Cut tiny corner from bag; squeeze to drizzle over tarts for a decorative finish.

ENJOY



Halloween!! October 31st, 2013

Spend your Saturday at **Highland Orchards** in Downingtown picking apples and pumpkins. Also, you can buy the best apple cider donuts around!

What is your favorite part of
Halloween and why?
Question asked by Brooke Schram

"The best part of Halloween would have to be scaring little kids. It is so funny!!"
- Margot Somers (12th grade)

"Dressing up and being weird with my friends. It's a chance to act crazy and not be judged for it."
-Randy Thompson (12th grade)

"By far searching through my candy to see what I got."
-Hannah Kerkerling (12th grade)

"My favorite part about Halloween is trading candy with my friends."
-Anton Patriarca (11th grade)

"I love getting candy by going trick or treating. You're never to old!"
-Lilah Wagner(11th grade)

"It's so fun putting pumpkins everywhere."
-Brian Mulcahy (12th grade)

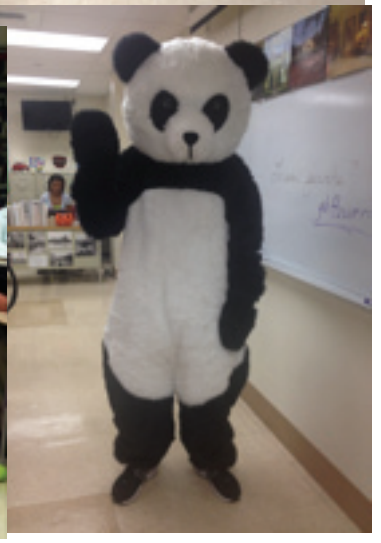
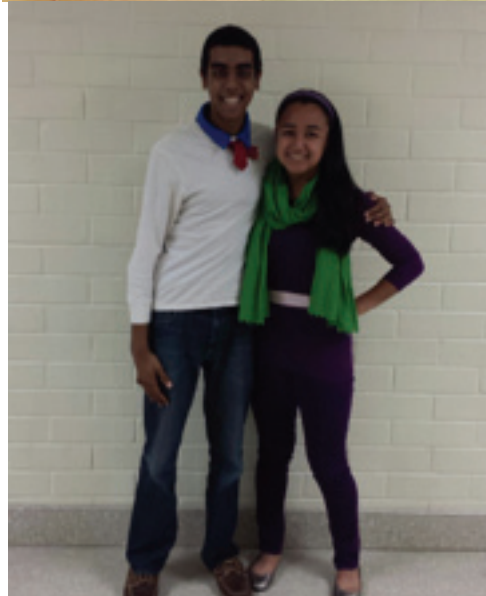
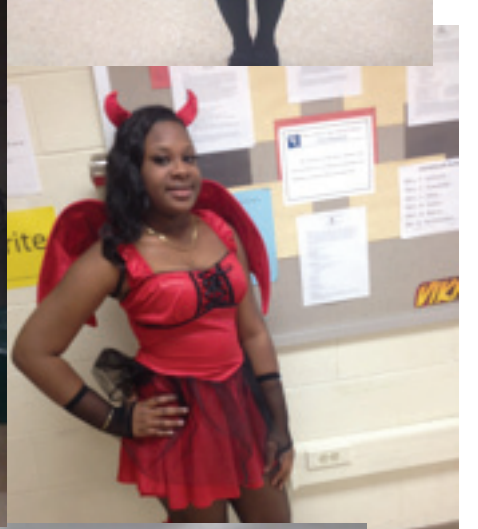
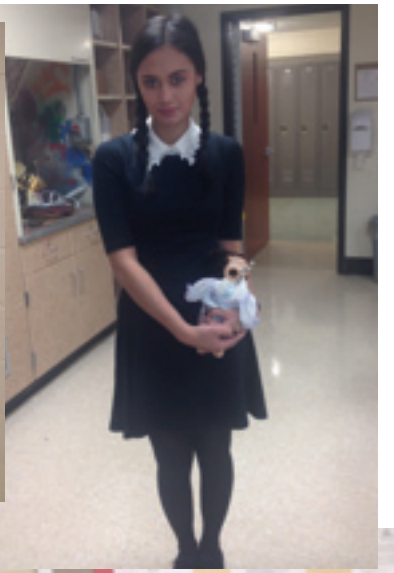
The Norse Code

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HALLOWEEN 2013



SAT Clues You Can Use!



SAT Fun Facts

By: Margot Somers

Hey Juniors and Seniors!

We KNOW you've been studying hard for the SATs. Here's a few things about them that you probably didn't know.

- Around two million students take the SAT each year, all over the world
- The SAT originated in 1901 and it resembles an IQ test
- SAT used to stand for "Scholastic Achievement Test"
- Somewhere along the way College Board changed the name to "Scholastic Aptitude Test"
- Since then, the name was changed to just SAT and, presently, it isn't short for anything
- The average score on the SAT is about a 1520 out of 2400
- It wasn't until 2005 that the writing section was added
- The SAT can be taken seven times a year in the US, but only six times a year out of the country
- Around two million students take the SAT each year, all over the world
- Calculators were not permitted for use during the SAT test until 1994

"I forgot my calculator, and it was awful do not forget yours! "

- Nikki Meikle

" Bring brain food to eat during breaks!"

-Ellie D'Anjolell

"My friends and I would meet up at Starbucks before the SATs and talk, just so we would be a little more awake for the test!"

-Margot Somers



SENIOR YEAR IN A NUT SHELL

The past four years of our high school careers have been spent working every day to succeed and try to get perfect grades to get into the perfect college. Four years of participating in many extra-curricular activities to please the eyes of admissions officers like sports or clubs. For four whole years of our lives, we worked towards graduating from East High School and jumping into the "real world" to start a career.

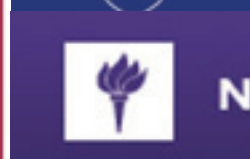
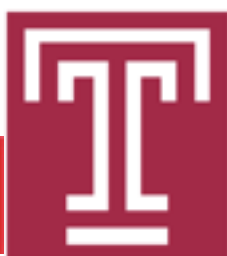
This is called: high school. For the first three years of high school, there were many enjoyable moments, but the mass of it was spent stressing over all the schoolwork and drama. However, there is a light at the end of the tunnel my friends... SENIOR YEAR!!!! Being a Senior has so many amazing perks: one year left until college, coming to school late instead of taking the PSATs, standing in the front row at sporting events, parking in the senior lot, more freedom, winning at the pep rallies and getting out at the end of the year before the rest of the district; every grade looks forward to senior year.

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 probably the most stressful thing in my life right now, but on top of that, there is still schoolwork to complete successfully.

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

Despite the excitement of senior year, there is somewhat of a sadness mixed in as well, even as early as the beginning of the year. As we all prepare for college and 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 upsetting, many you may never see ever again. Don't think about that part now though; senior year is an incredibly exciting time, just enjoy every second of it. It is important to work hard to succeed and get into the college you want, but living up your last year spent at East with your classmates is necessary! High school, while it may seem like a requirement that everyone needs to complete, is really one of the highlights of our lives, you will miss it, as the end will come all too soon, and we will begin the new chapter towards adulthood.

By: Ellie D'Anjolell





Dear Nora...

Questions asked to anonymous Nora by anonymous students here at East High School

Dear Nora,

I am really enjoying my teachers this school year except for one. I am not sure why, but I have a strong feeling she doesn't like me because I sometimes arrive late to her class after I have PE. It makes me upset that she doesn't like me. I am a good student and am doing very well in her class so I don't think that it's fair that she is treating me like I am a bad person for coming to class late a few times. I am worried that her feelings towards me will end up affecting my grades. How can I make her like me?

Sincerely,
Scorned Student

Dear Scorned,

Although it may seem like your teacher doesn't like you, I highly doubt that is the case. Teachers do not usually tend to dislike their students but rather get upset with them when they do certain things. As for this situation affecting your grades—don't worry about that. Teachers do not give grades based on their opinion on that particular student. You get what you earn, so keep working hard and you will continue to get good grades. I think that you should try and make it to class on time every day so that your teacher does not get upset with you. If that isn't possible, try talking to her after class and explaining your situation and maybe you can work something out. If that doesn't work, try having a parent or guardian email her regarding your lateness to class. I am sure everything will work out fine, after all it's only the beginning of the school year and you both still have so much more to learn about each other!

Sincerely,
Nora

Dear Nora,

My girlfriend is really good friends with this guy who is two grades older than me. I'm not usually the jealous type, but lately I have been hearing that he and my girlfriend are "more than friends." Every time I confront her about it she denies it but I'm not convinced since I've been hearing this rumor more frequently. I'm too intimidated to talk to the guy, so what should I do?

Sincerely,
Befuddled Boyfriend

Dear Befuddled,

Yikes, that is never a fun rumor to hear about your significant other! If you really don't believe her, maybe you should tell her you need a break until you find out the real truth. If she is in fact "more than friends" with this guy, the truth will eventually come out—it always does. As for talking to the guy, maybe you can ask one of your friends to talk to him or maybe talk to one of his friends if you feel more comfortable with that. Best of luck with uncovering this rumor!

Sincerely,
Nora

Interested in writing for the

Norse Code!



Contact:

JNIEDZIEJKO@wcasd.net
14somersm@student.wcasd.net
14danjolelle@student.wcasd.net

Dear Nora,

I am a freshman this year and I am new to the West Chester Area School District. I moved to the area 2 weeks before school started so I didn't really get to meet anyone new over the summer. I'm enjoying school so far, but I am having trouble making friends. It seems that everyone already has their own friend groups and it is hard to find a group to hang with in school and out. What can I do to make some new friends?

Sincerely,
Friendless Freshman

Dear Friendless,

Don't fret, this problem is not uncommon. It is very understandable that you are having a hard time making friends, especially since you are new to the area. I think the key to getting to know new people is to get active in school activities. There are lots of clubs that you can join where you can meet people who share the same interests as you. (Interact, Best Buddies, DECA, debate team, yearbook, fashion, drama, newspaper, etc.) If you like a sport, try out for the team! East has many sports teams during every season. Another way to make friends is to strike up a casual conversation with a classmate—ask them about an assignment or if they want to start a study group. And remember that the Guidance office has an open-door policy where they are happy to help you with your problems or give you some more advice. It may seem hopeless now, but I'm sure if you use these tips you will meet plenty of new people!

Sincerely,
Nora



East High School

Word Search

By Samantha Droogan

East High School

Word Search

By Samantha Droogan

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

- Fall

Art

Best Buddies

Cheerleading

Cross Country

Deca

East
- Homework

Football

French

German

Gym

Halloween

Homecoming
- Italian

Soccer

Spanish

Tennis

Vikings