



Homecoming 2015

Homecoming Court:

J.V Saddic, Jack
Maxwell, Justin
Cooper, Eric Gas-
senmeyer, Steve
Phelan, Jon Jon
Roberts, and Kevin
Zabel

Caroline Bruce, Al-
exandra DiFlorio,
Lauren Cavannaugh,
Jaynise Negron,
Julia Prevost, Olivia
Francamono, Missy
MacPherson, Amy
Barrett, and Leah
Ritchey

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, “Character Day” on Tuesday, “Wild West Wednesday” on Wednesday, “Throwback Thursday” on Thursday, and then finally “Spirit Day” 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! NAHS even hosted an event a few weeks before to help with the process! The pep-rally provided many entertaining activities such as; Minute to Win it, tug-a-war, powder puff football, and plenty of snacks. The student body could not be more appreciative of Dr. Fagan participating in our pep rally by being pied in the face!!! This year’s spirit week was outstanding, and we cannot wait for the next one!

By: Alicia and Kaitlyn



Congratulations to Seniors, J.V. Saddic and Caroline Bruce, our homecoming King and Queen!!





Spirit Week & Halloween



The Disgusting Truth About Soda

By: Maria Marabito

Within ten minutes of drinking a soda, 10 teaspoons of sugar hit your system. This is 100 percent of your recommended daily intake, and the only reason you don't vomit is because phosphoric acid cuts the flavor. After twenty minutes, your blood sugar spikes, and your liver responds to the resulting insulin burst by turning massive amounts of sugar into fat. Within forty minutes, caffeine absorption is complete; your pupils dilate, your blood pressure rises, and your liver dumps more sugar into your bloodstream. Forty five minutes: your body increases dopamine production, which stimulates the pleasure centers of your brain – a physically identical response to heroin. After an hour, you will have a sugar crash, which is when most people reach for a second soda.

Soda's connection to the obesity is so intertwined, Harvard researchers have calculated each additional soda consumed increases the risk of obesity 1.6 times. Drinking soda not only makes people overweight but it also stresses the body's ability to process sugar. Scientists now suspect that soda may help explain why the number of Americans with type 2 diabetes has tripled from 6.6 million in 1980 to 20.8 million today. The prevalence of obesity among Americans doubled between 1977 and 2001 and this trend was paralleled by a doubling of the consumption of soft drinks. In addition to the threat of reaching obese levels, researchers found after following 40,000 men for two decades, those who drank a soda each day had a 20 percent increased risk of having a heart attack. The high fructose corn syrup — a cheap replacement for cane sugar — has been associated with increased risk of metabolic syndrome, which leads to diabetes and heart disease. Researchers found that those who consumed one or more sodas a day experienced: a 25 percent increased risk of impaired (or higher than normal) fasting glucose and high triglyceride levels, a 31 percent greater likelihood of becoming obese, a 32 percent higher chance of lower HDL levels, and a 44 percent increased risk of metabolic syndrome. Soda has even been shown to cause DNA damage – courtesy of sodium benzoate, a common preservative found in many soft drinks, which has the ability to switch off vital parts of your DNA. This could eventually lead to diseases such as cirrhosis of the liver and Parkinson's.

The United States ranks first among countries in soda consumption and it is one of the most consumed beverages in the United States, second only to water. Soda has absolutely no nutritional benefits yet the average American drinks about 57 gallons of soda each year.

Soda even affects our teeth. It eats up and dissolves tooth enamel and researchers say that soft drinks are responsible for doubling tooth decay by making the teeth weaker and more sensitive. Soda's acidity is even worse for teeth than the solid sugar found in candy.

Beverage companies know the effects of soda all too well. That is why, in the United States, they spend approximately \$3.2 billion in marketing each year to try to get people to buy soda for them or for their kids. Children have an 80 percent increased risk of developing type 2 diabetes if they become regular soda drinkers. Their future could be filled with kidney problems, reproductive issues, osteoporosis, asthma, and teeth with dissolved tooth enamel. It's not just the soda that's causing all the problems. Nearly all aluminum soda cans are lined with an epoxy resin called bisphenol A (BPA), used to keep the acids in soda from reacting with the metal. BPA is known to interfere with hormones, and has been linked to infertility, obesity, diabetes and some forms of reproductive cancers. Also, in 2011, the nonprofit Center for Science in the Public Interest petitioned the Food and Drug Administration to ban the artificial caramel coloring used to make Coke, Pepsi, and other colas brown. The reason: two contaminants in the coloring, 2-methylimidazole and 4-methylimidazole, have been found to cause cancer in animals, a threat the group says is unnecessary, considering that the coloring is purely cosmetic. According to California's strict Proposition 65 list of chemicals known to cause cancer, just 16 micrograms per person per day of 4-methylimidazole is enough to pose a cancer threat to people, and most sodas, both diet and regular, contain 200 micrograms per 20-ounce bottle.

Some people believe diet soda is less harmful than regular soda. That is false thinking because diet soda contains the chemical, Aspartame, which regular soda does not. Aspartame is a chemical used as a sugar substitute in diet soda. There are over 92 different health side effects associated with aspartame consumption including brain tumors, birth defects, diabetes, emotional disorders and epilepsy/seizures.

Soda is completely harmful to everyone, but people continue to drink it, making America's obesity levels skyrocket. Before you drink another soda, think about what you are putting in your body ahead of time.



Halloween Fun

Pumpkin Cheesecake Tarts

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, 2015

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

“The best part of Halloween would have to be eating all the candy!!”
- Stephen Monaco (12th grade)

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

“By far carving the pumpkin!”
-Lauryn Cooper (12th grade)

“My favorite part is all of the haunted houses!”
-Gianna Grello (10th Grade)

“I love watching Disney Channel halloween movies!”
-Kristen Fuertes (12th Grade)

“It's so fun getting to dress up because we are seniors”
-Gemma Dufoe (12th Grade)

The Norse Code

Editors: Alicia Monaco and Kaitlyn Reilly
Staff: Maria Marabito
Advisors: Mr. Niedziejko

The Origins of Halloween



Halloween, also called All Hallows Eve, originates from the Celtic festival of Samhain. This festival celebrated the end of the harvest season and ancient Gaels believed that on All Hallows Eve, the boundaries between the worlds of the living and the dead overlapped and the deceased would come back to life and cause destruction such as sickness or damaged crops.

Halloween has been interpreted differently by many cultures. In Mexico, Halloween is celebrated as a prelude to the Day of the Dead, which falls on November 1. On the Day of the Dead, or Dia de los Muertos, families celebrate and pray for their departed loved ones. In Australia, people leave bread, water, and a light outside their house at night to welcome dead souls back to earth. In Germany, people hide their knives away to avoid being harmed or harming the returning spirits. In Czechoslovakia, chairs are placed by the fireside, one chair for each living family member and one for each family member's spirit.

Halloween today is much different compared to hundreds of years ago but many people in the world continue their cultural traditions and honor the returning spirits. All Hallows Eve will continue to be celebrated years to come, all over the world.

What your favorite candy says about you

Gummy Bears: You are a little kid at heart. You are funny, light hearted and can not resist eating a bag of gummy bears like you did when you were 8 years old. You are a goof ball and you crack a joke any chance you get.

A Chocolate Bar- If this classic candy is your favorite, then you are simple and have a minimalistic attitude. You are relatable, approachable, and are always there for others.

Butterfinger- You have an old soul and a mature taste for things. You find superficial things petty and a waste of time and you do not get caught up with drama.

Reese's : If this candy is your favorite, then you are a little indecisive. Choosing between two things is extremely difficult with you but with Reese's, you do not have to choose between chocolate and peanut butter. You get the best of both.

Skittles- You are happy go lucky and very optimistic. A glass half full kind of person, you are known to smile a lot and rarely be down. That is why the Taste the Rainbow Feel the Rainbow candy is your go to.

Candy Corn- If this classic Halloween treat is your favorite, then you are the kind of person where your friends love you but those who do not know you may find you hard to approach. You have a strong personality that can be really appreciated by a few close friends.

Kit Kat- You are very social and always are seen talking to someone. Since you are always busy with plans to go out with friends, you need a little you time, which you always make sure to carve out, even if it is just a 15 minute break.

York- You are a bit of a neat freak and are super organized in every aspect of your life. You have modern, simplistic taste and like this refreshing treat to reenergize your senses.

Smarties- You are a bit of an overachiever: President of a couple clubs, honors student, star athlete. Good for you! With all that keeping you busy, you deserve this sweet treat with its motivating name.

By: Maria Marabito



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
16monacoa@student.wcasd.net
16reillyk@student.wcasd.net

Dear Nora,

I am currently struggling with one of my elective classes. The deadline for my project is QUICKLY approaching and I have no time to get anything done. I get to the class and my time runs away from me and I find myself still behind with the deadline even closer. What would you suggest I do?

Sincerely,
Stressed Student

Dear Stressed,

Though you found the time to send me this email, I think that you really need to relax. Do as much as you can everyday. If that does not work, cram the night before and next marking period, manage your time better.

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
E H O U Q J F F L H S Z Z L L I R
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