

The Norse Code



What Is Included in Part 1:

- Dakota Access Pipeline
- Friendsgiving Recipes
- Thanksgiving Crafts
- Dear Nora Advice Column
- Snoopy and Thanksgiving

Happy Holidays!

Part 1: Thanksgiving

Dakota Access Pipeline: Another Example of the U.S. Trampling on Native Americans By: Maria Marabito

Recently, the company, Energy Transfer Partners, have been lobbying for approval to make the Dakota Access Pipeline a reality. To them, this reality means billions of dollars in profit; to the Standing Rock Sioux tribe, it means a major threat to their health and culture.

The Dakota Access Pipeline crosses four state lines and is 1,200 miles long; 38 of which cuts into Native American territory, according to a 1851 Land Treaty signed at Fort Laramie in Wyoming (The Sacred Land, Ravitz). Government repossession of Native American land is nothing new and has happened many times in history. One such example includes when the federal government "removed" the Sioux people to the "Great Sioux Reservation" in 1852. The land treaty was re-written and "renegotiated" by force when gold was discovered in Native American land (5 Things You Need, Durden).

In Native American culture, water is the "first medicine." It can clean a spirit when it is bleeding and calm and restore balance to someone when they are in trouble (The Sacred Land, Ravitz). Construction of the Dakota Access Pipeline would put the Standing Rock Sioux Tribe's water source, Lake Oahe, in serious danger. The Pipeline would also be destroying the tribe's sacred burial ground. Keeping a burial ground at rest is vital in Native American culture. "Protection prayers -- those that ensure the deceased will not be disturbed on their "walk to the spirit world" -- are recited over relatives who are



buried. If spirits linger, like they might in the case of violent deaths, and are then interrupted, they are not going to be able to find their way. They will still roam on this land (The Sacred Land, Ravitz). Just as it is proper in many other cultures and religions, you do not disturb someone who has been put to rest.

As the Standing Rock Sioux Tribe and thousands of supporters having been fighting with impressive perseverance, the national corporate media has ignored the battle against the Dakota Access Pipeline as much as possible. For months, ABC and NBC refused to air anything about it. “A woman was arrested for protesting the pipeline on her own farm after Dakota Access LLC gained access to it against her will via eminent domain — yet there was still no corporate media coverage on the incident” (5 Things You Need, Durden).

The opposition to the pipeline is common across several states that would be involved in its construction, if approved. Native Americans are not the only ones opposed to it: farmers, ranchers, and landowners are too. Many of them have had their land taken from them against their will and given to the pipeline by eminent domain (5 Things You Need, Durden).

Energy Transfer Partner was initially given a go ahead to begin work on the part of the pipeline in Native American territory but recently, the U.S. Army Corp of Engineers has issued a delay to the final easement permit needed to officially begin pipeline construction. This decision has angered Energy Transfer Partners and they are filing motions in federal district court in Washington asking a judge to declare “that Dakota Access Pipeline has the legal right-of-way to build, complete and operate the Dakota Access Pipeline without any further action from the Army Corps of Engineers”(Dakota Access Pipeline, Yardley).

At least one good thing has come from this: Native Americans are experiencing a taste of the once extremely strong unity they lost during the expansion of western civilization. “You think no one is going to help,” said White Bull, 48. “But the people have shown us they’re here to help us. We made our stance, and the Indian Nation heard us. It’s making us whole. It’s making us wanyi oyate — one nation. We’re not alone” (Showdown over, Heim).

Friendsgiving Recipes!!!

By Sydney Dickson

Perfect Turkey Gravy Recipe

Ingredients

- 1/2 cup butter, cut into about 8 pieces
- 1 teaspoon coarse black pepper
- 1/2 cup all-purpose flour
- 4 cups pan drippings OR 4 cups chicken stock



Directions

1. *If using drippings from a chicken or turkey: Pour drippings into a fine mesh strainer then allow the drippings to cool a bit so that the fat rises to the top and starts to solidify. Use a spoon to remove the fat. If you don't have enough drippings to equal 4 cups, add enough chicken or turkey stock until you have 4 cups of drippings.
2. *If you're not using turkey or chicken drippings, use 4 cups chicken or turkey stock.
3. In a large saucepan, melt 1/2 cup butter over medium-low heat.
4. Sprinkle in 1 teaspoon coarse black pepper
5. Slowly add in 1/2 cup all-purpose flour, constantly whisking to combine.
6. After a few minutes, the flour will be well incorporated into the butter. Slowly begin to pour in drippings and/or chicken broth into the pan, constantly whisking.
7. Allow the gravy to cook for several minutes, so that it can thicken up. Serve immediately, or keep on very low heat until you're ready to serve.

Loaded Mashed Potato Casserole

Ingredients

- 4 pounds russet potatoes, peeled and cut into quarters
- ½ cup of sour cream
- ¼ cup butter
- ¼ cup milk
- 1 teaspoon salt
- ½ teaspoon of pepper
- 1 teaspoon chicken bouillon powder
- ½ teaspoon of garlic salt
- ½ teaspoon of garlic powder
- ¼ cup grated parmesan cheese
- 1 ½ cups grated cheddar cheese
- 12 slices of cooked bacon, crumbled and divided in half
- ¼ cup green onion sliced



Instructions

1. In a large pot, boil potatoes in salted water until fork tender. Drain well and return the potatoes to the pot. Mash the potatoes with a potato masher.
2. Preheat oven to 350 degrees F.
3. Add sour cream, butter, milk, salt, pepper, bouillon, garlic salt and garlic powder to the pot of potatoes. Mix well.
4. Stir in Parmesan cheese, 1 cup cheddar cheese, and half of the bacon.
5. Pour potatoes into a 9x13 baking dish.
6. Place in oven at 350 degrees F for 25 minutes.
7. Remove from oven and top with the remaining cheddar cheese, and bacon. Bake an additional 5 minutes.
8. Remove from oven and sprinkle with green onions and serve.

Cranberry Crescent Rolls



Ingredients

- 1 can Pillsbury Crescent Rolls
- Homemade cranberry sauce or canned cranberry sauce
- 1 egg, whipped

Directions

1. Preheat oven according to directions on the package of crescent rolls.
2. Separate crescent rolls in to individual rolls.
3. Use a spoon to put about a 1/2 Tablespoon of cranberry sauce on the thickest portion of the crescent rolls.
4. Carefully roll the crescent roll over the cranberry sauce and in to a crescent shape.
5. Brush the tops of each crescent roll with the egg wash.
6. Bake according to package directions.
7. Allow to cool a few minutes before serving.

All recipes courtesy of Pinterest

Thanksgiving is a time meant to be spent with your family. One great way to spend that family time is by making arts and crafts. Below are a few cute thanksgiving themed arts and crafts for you and your family to create this thanksgiving season.

By: Emily Killinger

Tabletop Turkey

Materials:

Paper cups, brown paint, Pom-pom, Glue, Construction paper, scissors, googly eyes

Directions:

- 1. Paint a paper cup brown.**
- 2. Turn the cup upside down and glue a pom-pom to the top of the cup for the head.**
- 3. Cut nine 4-inch leaf shapes from different colors of construction paper.**
- 4. Fold a 1-inch-square piece of orange construction paper in half; cut a triangle shape out of the folded paper for the beak.**
- 5. Using a 2-inch square of red paper folded in half, cut a heart shape to create the turkey's wattle.**
- 6. Glue the beak and wattle to the pom-pom. Add googly eyes. Glue on the "feathers."**



Paper Fan turkey



Materials:

Construction paper, scissors, tape, glue, markers

Directions:

- 1. Gather a pile of construction paper in fall colors**
- 2. Cut the papers in half and tape the two pieces together to make a big strip...**
- 3. Then you fold like a fan (folding and inch of the paper forward then folding the next inch back and so on...)**
- 4. Cut up the other construction paper into smaller in sizes.**
- 5. Then we taped the bottoms together to make a fan shape...**
- 6. Make a turkey body with a 4 inch strip "tail"**
- 7. Then glue...smallest to biggest construction paper fans on the "tail"**
- 8. you can also cut the pieces of paper and glue them together before you fold...then you only have one layer**
- 9. you can also decorate the tails with markers to make the piece even more festive**

Gum Drop Turkeys

Materials: 1 large gumdrop, 7 small gumdrops, 6 toothpicks, nerds candy, gummy worm, marshmallow, scissors

- 1. Attach a small gumdrop to the end of 5 of the toothpicks, and poke into the large gumdrop to form the turkey's tail and body.**
- 2. Cut a gumdrop in half and attach to the turkey body as wings.**
- 3. Create the turkey head by first cutting two small pieces of marshmallow and attaching them to a gumdrop as the whites of the eyes (the sticky marshmallow adheres quite well!).**
- 4. Push a small candy nerd into the center of each eye.**
- 5. Poke a larger candy nerd in the center to form a beak, and then trim a small chunk of the gummy worm to form the snood (red flap that falls along the beak).**
- 6. Cut the last toothpick in half and use it to connect the head to the body of the turkey.**



Dear Nora

Advice Column

By : Melina Bocanegra

Dear Nora,

I am a freshman in highschool. Just saying that sounds frightening. I have no idea what to do. Highschool is so different from middle school and a huge adjustment. I feel like I don't fit in and I don't have any friends yet. I feel out of place and I can't be myself. Please help me. If you have any freshman advice I'd truly appreciate it.

Thank you,

A concerned student

Dear Concerned Student,

You're finally a freshman! Take advantage of every class and program the school has to offer because those four years go by so fast! Before you know it you'll be a senior! Take your time in adjusting and adapting to a new environment. You'll make friends, trust me. Always, always, always be yourself. Never change who you are to fit in. It's boring being the same and everyone has something special to give or show to the world.

*"Today you are you,
That is truer than true.
There is no one alive,
That is youer than you."*

-Dr. Seuss

Good luck this school year,

Nora

What is Included in Part 2:

- Unexpected Christmas Movies
- Fun Things to do This Holiday Season
- Christmas Around the World
- Dear Nora: Holiday Advice
- Christmas Recipes

Part 1: Christmas

BEST CHRISTMAS MOVIES NOT ABOUT CHRISTMAS

BY: MORGAN MCELROY

For many, the best part of Christmas is flipping through channels and stumbling on holiday classics like *It's a Wonderful Life* or *Frosty the Snowman*. But, if the holiday classics aren't your style there are many movies that many don't know are considered Christmas movies. The next time you're tired of watching the *Charlie Brown Christmas Special* you can always pull out one of these and still get in the holiday spirit.

Action movie fans will be delighted to learn that *Die Hard* qualifies as a Christmas movie. Sure, the Christmas joy ends quickly once the terrorists start taking hostages, but at least you get to watch Bruce Willis jumping off exploding buildings. Then there is *Christmas in Gotham*, where ornaments (and sometimes even Christmas trees) are used as weapons in the war against bad guys like the Penguin and Catwoman. *Batman* is also a good choice for the action junkies. If you like scary movies, you will be surprised to hear that *Gremlins* is considered a Christmas movie, if you like little fuzzy creatures killing and wreaking havoc during the holidays. And last but not least, the best series of all time that is seen as socially acceptable to watch during the holiday season, *Harry Potter*. Sure there's only about one Christmas scene per *Harry Potter* movie, but there's something charming about watching British children celebrate Christmas in a snow-covered castle. But don't forget that in the first movie, Harry receives the best Christmas present in the history of Christmas presents: the invisibility cloak.

Fun things to do this Christmas

By: Maria Marabito

- CHECK OUT THE PHILADELPHIA CHRISTMAS VILLAGE FOR SOME TRADITIONAL GERMAN FOODS AND ORNAMENTS
- HAVE A COOKIE CONTEST OR COOKIE EXCHANGE WITH FRIENDS AND FAMILY.
- DO A WHITE ELEPHANT SWAP WITH A \$5 GAG GIFT (\$5 BELOW HAS IS THE BEST PLACE TO FIND REALLY GOOD GAG GIFTS)
- HAVE A CHRISTMAS MOVIE MARATHON.
- GO TO LONGWOOD GARDENS AND CHECK OUT THEIR MUSICALLY INSPIRED DISPLAYS.
- GO TO GOOGLE'S SANTA TRACKER FOR CHRISTMAS GAMES THAT ARE RELEASED ONCE A DAY FOR A CHRISTMAS COUNTDOWN, ENDING WITH THE SANTA TRACKER ON CHRISTMAS EVE.
- DRIVE AROUND TOWN TO SEE EVERYONE'S IMPRESSIVE CHRISTMAS LIGHTS.
- LOOK UP OPERATION CHRISTMAS CHILD TO FIND OUT HOW YOU CAN GIVE BACK, SIMPLY BY FILLING A SHOE BOX WITH SOME TOYS THAT A CHILD WOULD LOVE.
- TAKE ADVANTAGE OF THE SEASON AND GET SOME PEPPERMINT HOT CHOCOLATE AT YOUR NEAREST WAWA.
- GET YOUR SLEDS OUT IN PREPARATION FOR THE FIRST SNOWFALL, WHEN YOU CAN RACE YOUR FRIENDS DOWN THE NEAREST HILL.

Holiday Celebrations Around the World

Holidays are celebrated in many cultures, all over the world. Each country celebrates the holiday differently, incorporating their culture and traditions into their celebration. Below are just a few examples on how Christmas and other holidays are celebrated abroad:

France: Children lay out their shoes near their fireplace for Père Noël (Father Christmas) to find and fill with goodies like toys and candy, but only if they have been good throughout the year. Yule logs are often burned in French homes. It is a tradition that the yule log and candles are left out, burning all night, with some food and drinks put out in case Mary and the baby Jesus come during the night.

Germany: In almost every town, Christmas markets (traditionally Christkindlsmarket) open where people gather to hear music, buy Christmas foods and decorations, and drink Glühwein (mulled wine). Christmas eve is mainly when Germans exchange gifts with their families. In some parts of Germany, children write letters to Christkind asking for presents.

(Every year, Philadelphia hosts a Christmas village modeled after the traditional Christkindlsmarket)

United Kingdom: Christmas trees are cut down and brought into the home to be decorated with the entire family. Most villages, towns and cities are decorated with Christmas lights all over. In major cities, such as London, it is often a famous person that switches them on. Children write letters to Father Christmas saying what they want this year. Sometimes instead of putting them

in the mail/post, the letters are tossed into the fireplace. The wind carries the letters up the chimney and Father Christmas/Santa reads the smoke. The dinner table holds christmas crackers for each person, which contain toys and jokes to enjoy. In Scotland, the first person to set foot in a house in the New Year is thought to have a big effect on the fortunes of the people that live there!

Australia: Christmas comes during the start of the hottest time of year in Australia. That does not stop Australians from decorating and getting into the Christmas spirit though! Wreaths are hung on front doors and the people sometimes go Christmas caroling on Christmas eve. Australians also decorate their houses with bunches of 'Christmas Bush', a native Australian tree with small green leaves and cream colored flowers which turn a deep shiny red (usually by the week of Christmas in Sydney). Many cities and towns host Carols by Candlelight services. Since it is the middle of Summer in Australia at Christmas time, the words to the Carols about snow and the cold winter are sometimes changed to special Australian words! There are even some original Australian Carols that are sung. When Santa gets to Australia, he gives the reindeer a break and uses kangaroos or 'six white boomers' (a popular Australian Christmas song!) and changes his clothes for less hot ones!

The eight-day Jewish celebration known as Hanukkah or Chanukah commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem, where according to legend Jews had risen up against their Greek-Syrian oppressors in the Maccabean Revolt. Chanukah is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers and fried foods.



Christmas Recipes

By Sydney Dickson

Christmas Muddy Buddies

Ingredients

- 8 cups Chex cereal, divided
- 1/2 cup creamy peanut butter, divided
- 1 Tbsp. vegetable oil, divided
- 1 cup Red candy melts
- 1 cup Green candy melts
- 1-1/2 cups powdered sugar, divided
- 2 gallon Ziploc bags



Instructions

Place 4 cups of Chex cereal in a large bowl. In a microwave safe bowl, combine 1 cup Red Candy Melts, 1/4 cup peanut butter and 1/2 Tbsp. vegetable oil. Microwave on HIGH for 30 seconds, stir and cook in 15 second intervals until smooth. Pour melted peanut butter mixture over cereal, toss to coat. Pour coated cereal into gallon Ziploc bag. Pour half of the powdered sugar (3/4 cup) into Ziploc bag and seal. Shake to coat cereal. Pour coated cereal onto parchment or wax paper and allow to set.

Repeat process with remaining ingredients and Green Candy Melts.

Store in an airtight container for up to a week.

From Pinterest

Christmas Crinkle Cookies

Ingredients

- Pillsbury™ Purely Simple™ White Cake Mix
- 2 Eggs
- 1/3 cup oil
- 1/3 cup powdered sugar
- Red and green food coloring

Instructions

- Mix eggs, oil, and cake mix in a large bowl.
- Separate dough into two equal amounts



In small bowls, dye on half the dough red and the other half green.

Refrigerate for thirty minutes

Roll tablespoon size balls of dough in powdered sugar and place on a parchment lined cookie sheet

Bake for 9-11 minutes on 375 degrees Fahrenheit

From Pinterest

Red Velvet Banana Bread

Yield: 5 loaves

Ingredients

2 red velvet cake mixes (I used 2 (16.5 oz) Duncan Hines red velvet cake mixes)

6 eggs

2/3 cup vegetable oil

6 very ripe bananas, mashed

1 (12 oz.) package semi-sweet chocolate chips

1 cup chopped walnuts

8 ounces white candy melts

Sprinkles



Instructions

1. Preheat oven to 350°F. Line 5 (8" x 3 3/4" x 2 1/2") loaf pans with parchment paper. Spray with cooking spray. Set aside.
2. Place first 4 ingredients in a large bowl. With an electric mixer, beat on low for 20 seconds, then turn up speed to medium and mix for 2 minutes. Stir in chocolate chips and walnuts. Pour batter into loaf pans. Bake for 40 minutes or until a toothpick inserted in the middle comes out clean. Let cool.
3. Place candy melts in a microwave safe bowl. Microwave on high for 1-2 minutes or until completely melted. Stir until smooth. Pour into a clear plastic pastry bag. Cut the tip off and drizzle melted candy over the cooled bread. Let the candy melts set (about 20-30 minutes).
4. For a gift, wrap in clear plastic wrap. Tie a bow around it and add gift tag. Store at room temperature for 24 hours or in the refrigerator for up to 5 days.

From Pinterest

Dear Nora
Advice Column
By : Melina Bocanegra

Dear Nora,

This year hasn't been going well for this year. I've been so stressed lately. I just hope the New Year's will be a lot better. I am looking forward for winter break! We have a whole week off and I have so many plans! I just need time for myself and time to let the stress go and have fun. I plan on going to school "next year" happier and more alert. I plan on studying more and being more engaged in my classes. I hope you have a merry Christmas and Happy New Years!

From,

An EHS student

Dear EHS student,

That's a great list to have for your New Year's resolution! Next year is a new year and I know you will do better. Always be positive and find ways to relive some stress. School is important but don't overwhelm yourself. I hope you have a warm and merry Christmas and a happy new year!

Sincerely,

Nora

Happy Holidays and
Happy New Year
from the Norse
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See you in the new year!