

The Norse Code

Spirit Week and Homecoming

By: Claudia Frankfurth and Fatema Mun

East dressed up in their cozy pajamas, favorite sports gear, and proudly wore red white and blue this year during Spirit week. These crazy outfits allowed students to show off their school spirit for homecoming and the football game that Friday. According to a small survey taken at East High School, Pajama Day was a top favorite. Students love an excuse to dress up in their comfy clothes. We were happy to see that overwhelming amount of people who dressed up, including teachers! The atmosphere was filled with joy given a fun purpose to come to school each day. Thank you to everyone who participated, whether you went all out by wearing a head to toe onesie or just doing the minimum!

The pep rally was filled with cheers and shouts for the West Chester East football team! With fun games like Powder Puff and Tug of War, each student got to support their grade and defeat the others. The seniors won again at Powder Puff, with a crushing defeat for the freshmen and sophomores. The cheerleaders and dance team put on a great performance and strengthened our school spirit. Each club got to raise some money through bake sales and activities. The GSA held a contest: whoever guessed the correct number of skittles won the entire jar! A great addition to this year's pep rally was the Class of 2021's Kona Ice food truck! Many other clubs showed their support with great food and activities. And of course, no East pep rally can be complete without the Spirit Stick! Each grade cheered as loud as possible in order to win the coveted spirit stick, but this year the Senior Class of 2019 cheered the loudest and finally won the stick. All in all, the pep rally was a huge success, and each participation made it even better!



This homecoming football game, we went head to head with Bishop Shanahan, who we annihilated with a score of 28-10. In the first quarter, Shanahan obliterated us with a score of 7-0. This caused a crushing blow to our school spirit and we started to doubt if we could win our homecoming game. The second quarter the score was 3-7 where East finally made a comeback. Our student sections' cheer was louder than ever. During the half-time show, future football stars went out to show their skills in pee wee football. During the third quarter, we crushed Shanahan with a score of 0-14. With our school spirit soaring, we continued to beat Shanahan with a score of 0-7 in the fourth quarter.

This victory caused an upsurge of school pride. This accomplishment hyped up our homecoming dance.

A surge of excitement waved through the gym as students crowded around the dance floor at this year's homecoming dance. Everyone was dressed in their best outfits, coming from their friend's house for pictures. Students showed off their best dance moves as the DJ blasted songs throughout the gymnasium. Of course, the homecoming dance could not be complete without the homecoming king and queen. Although only two lucky winners emerged, everyone had a great time, making it a night to remember!



East Freshman Qualifies for State Tournament In Golf

By: Lane Aubert

This October, Victoria Kim finished 11th in the state in the girls' individual AAA competition for golf. She is the first from our school to win a district championship (much less qualifying for states) in golf in over a decade. She also competed in on this year's golf team, which won the Chesmont National Division Championship for the second time in a row.

Victoria secured the first or second place in all of the competitions leading up to the state tournament. She had a score of 75 at Applecross, winning her the Chesmont Championship. Then, with scores of 68 and 75 at Gilbertsville and Turtle Creek, she won the District One Championship. This alone

was a major accomplishment, as no one from East was able to win a district tournament in the past decade. Next, Victoria was able to place second with a score of 73 in the Regional Championships. With that score, she qualified for the state tournament at Heritage Hills Golf Club. She was one of the two freshmen to qualify. There, she shot 81 in the first round and 84 in the second, earning her 11th place.

After the competition, I emailed her to ask a few questions.

- How long have you been playing golf?

"I have been playing golf seriously for about 4 years now. Before then I was playing golf on and off just for fun with my dad."



- You're only a freshman, so where do you see yourself senior year?

"I have accomplished a lot as a freshman golfer in high school, but for the future I see myself winning states at least once. Although it was a great achievement being able to qualify for states and even rank first or second in all of the qualifying tournaments, I know that I have the ability to win one day. I also see myself committing to a college before my senior year. The schools that I am looking at commit their golfers around the summer into senior year. By then I am hoping to have found a college that allows me to be able to play golf and pursue an academic career. But until then, I'm working hard to improve my game and become a better golfer and student."

Thanks to Mr. Busby and Victoria for their assistance in writing this article!



Pa Prep Live

Why Do We Always Skip Over Thanksgiving?

By: Gab Becker

Now that the month of Halloween has passed, people are tearing down the pumpkins and ghouls in exchange for wreaths and tiny plastic snowman. So what happened to Thanksgiving? Where's the turkey statues, the intense hunger for cranberry sauce? Why is it straight to mistletoe? The lack of festive cheer for Thanksgiving is easily seen: Christmas music is already playing in the mall and there is half priced wrapping paper in the convenience store, but barely any Thanksgiving decorations. So why skip the season of Thanksgiving? Well there may be a few reasons.

Christmas bells are playing as you walk through the streets, and generations of people are already singing Jingle Bells. Maybe the whole reason we skip Thanksgiving is simply because of the lack of music. Music is seen as a way to communicate all on its own, and with no notable Thanksgiving songs, how do we convey the message of it? The most notable and well-known form of music you can hear about the holidays is the Charlie Brown Thanksgiving song, but that's it. Would more turkey themed songs place some Thanksgiving festivity between Halloween and Christmas? Maybe, but I guess we will have to wait till either Post Malone or Ariana Grande release one.

Is a Pilgrim riding on the back of a turkey delivering presents to all the little boys and girls who give thanks on this day? Most likely not, unless your parents got really creative. Presents are a thing that all the kids are getting excited for: they're all making their lists and checking them twice, so maybe the impending gifts overrides the excitement for stuffing and turkey. Thanksgiving is not about the presents and the candy, it's more about giving, being thankful, and spending time with your family. While spending time with cousins can be a real delight, getting something that you had been looking forward to might just be unsurpassed compared to it. It's possible that human greed blankets the warm fuzzy feeling of eating too much food with your family. You still spend time with you family during Christmas, but many can agree the act of giving and getting enhances the experience.

Black Friday, The Macy's Day Parade, and the Thanksgiving football game are events that encase Thanksgiving in competition and tv. Have we truly lost most of the true reason for celebrating the holiday. Our excitement for the holiday has moved from being with our family to what events go on around it. Uncles, grandfathers, and all our cousins are crowded around the TV and cheering for touchdowns. Black Friday commercials are everywhere and people are saving up for the day.



Why has the joy of the holidays moved to a completely other event? Maybe it's because the little amount of hype for Thanksgiving and the onslaught of Christmas decorations.

As the holiday season approaches there is more and more Christmas cheer, even when it is still November. So what happened to the turkeys and why do we go straight to jingle bells after Halloween. Maybe it's the music or the presents. But it could all be because of the large amount of people celebrating a Christian holiday. All in all, get ready for the cranberry sauce and the giving thanks, because you'll need it for the impending Christmas music that will follow you everywhere you go.



The Importance of the Midterm Election

By: Colin Barch

The outcome of the US midterm election held risks and consequences for our country. The results determined if Donald Trump's vision will prevail over the opposition's. Many reporters and officials have stressed how this could be the most important election in our lifetime, and how everyone who can vote should. For those who don't know, the midterm election is the vote for the seats in the Senate and House of Representatives, the ones who ultimately decide what legislations are passed. Currently, the Republicans are controlling the House and the Senate, so the Republicans have to defend 9 seats, while the Democrats must defend 26.



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Voting for this election is crucial because if the Democrats win, Trump's legislation could have its first chance at being denied. The blocking on his legislation will reinstate Obamacare, which is an insurance that has provided "nearly 20 million" people health insurance, according to The New York Times' Nicholas Bakalar. So please tell your parents, friends, neighbors, and colleagues the importance of voting, and if they had not voted this year, make sure they vote the next election. Every election counts, no matter how big or small, and one vote makes a huge difference. The results of the election are in. For the U.S Senate, there was a democrat win for Bob Casey. Mary Scanlon, our new house representative, gave us another democrat win. Governor Wolf has been reelected again. Also, Chrissy Houlahan won a seat in the U.S House of Representatives. In summary, Republicans won the senate and the Democrats won the house

Books to Read Over the Holidays

By: Lane Aubert

The holiday season is quickly approaching and you know what that means! Time to put down those textbooks and start conquering that pile of books you've been meaning to get to.

***The Road* by Cormac McCarthy:** The Road is a chilling post-apocalyptic novel that feels frighteningly possible. In the book, a nameless father and son travel across a burned and ruined America to reach the coast. As they travel, the pair faces obstacles such as the barren environment, a lack of food and shelter, and more. It's incredibly thought-provoking to see them navigate through this broken world and to ask yourself how you would act in their situation. Would you do anything to protect those you love? Are you willing to survive in the place of someone else? Although the book is quite dark and disturbing, it's comforting to see the pair stick together through thick and thin. As well as being a fresh take on the apocalypse, this book has a writing style that is absolutely beautiful and unique. Although the lack of quotation marks and other quirks are at first confusing, once the reader gets a grasp on the author's intent, the novel blossoms. From the vivid descriptions of the landscape to the actions of the characters, this book is dripping in emotion and is overall an incredible read.

***The Sawbones Book* by Dr. Sydnee McElroy and Justin McElroy:** By a licensed doctor and her not-so-familiar-with-medicine husband, The Sawbones Book is an adventure through the ridiculous and weird ways doctors of the past have attempted to cure people. Based on the popular podcast of the same name, the book reviews beloved topics like Pliny the Elder, the black plague, weight loss, and trepanation. In order to not completely scare the reader away with medical history, the McElroys provide humorous comments about each ailment and cure. Those little jokes (see: remembering the four humors using the obscure Simpsons characters they remind us most of) add to the general joy and pleasantness of this book. This book is fantastic for those who are interested in medical history or just want a good laugh.