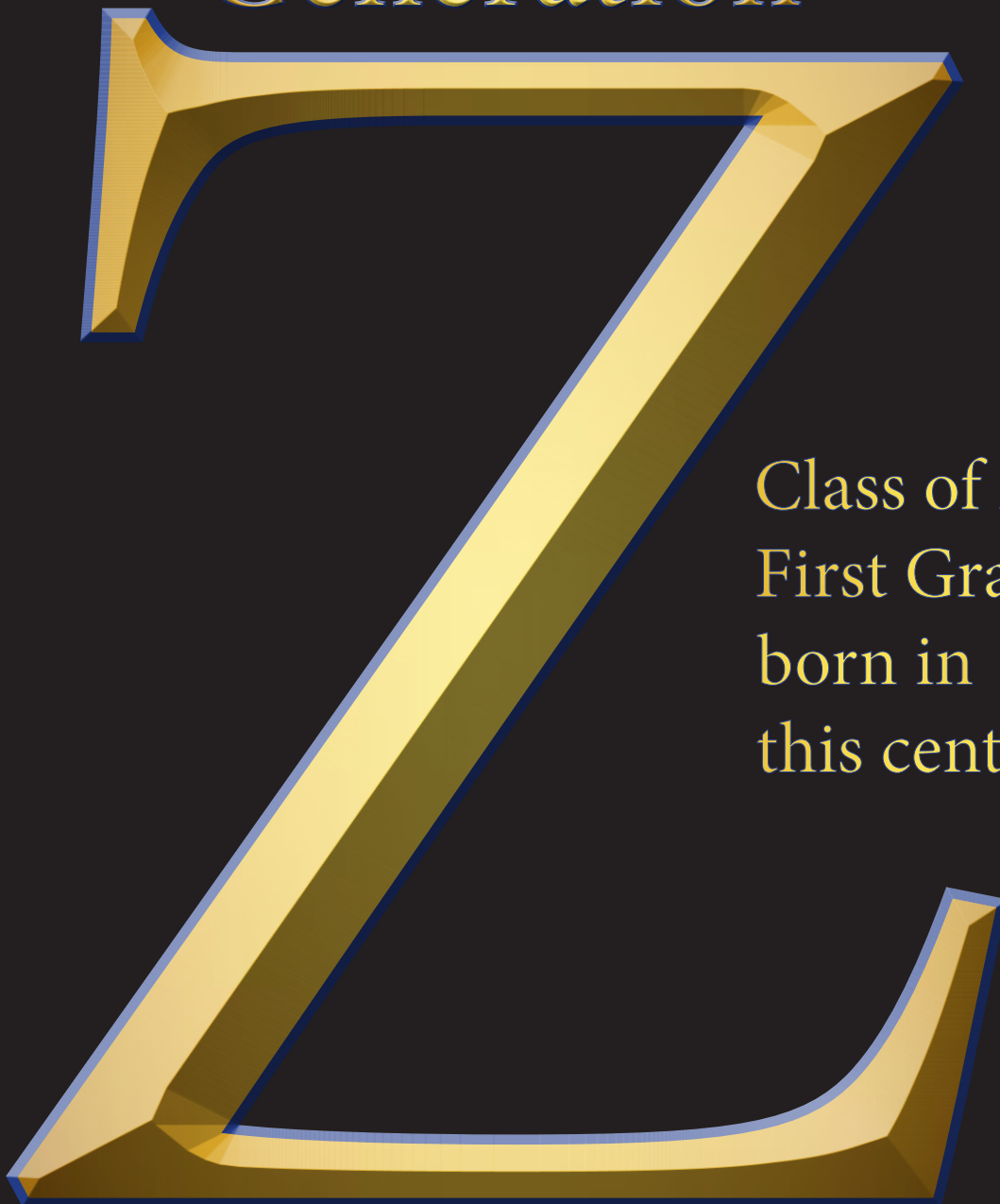




NORSE CODE

Volume 2 - Issue 3 - June 2018

Generation



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First Graduates
born in
this century

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From the editor

Readers,

As the school year begins to wrap itself up, we find ourselves anticipating the final day more and more intensely, to the point where we all get our own form of senioritis. Even the teachers and staff could probably agree that the end of the year just can't come soon enough, and here at the Norse Code, we sympathize. We have all been working as efficiently as possible to be able to publish this issue of the 2017–2018 school year and finally sit down and reflect on our hard work. We encourage all of you (students and staff alike) to do the same by reading further into our third and final issue of the Norse Code until next year.

This issue is going to be focused almost entirely on what we decided were the most current and prevalent topics, both in society and our school. From vaping to memes to our school district's budget constraints to Mr. Shorers retirement, this issue is sure to be relatable to any student or staff at New Berlin West. Our cover story is also meant to be a final salute to the graduating class, giving both nostalgia and inspiration not only to the seniors, but to the rest of those attending NBW as well. Although this is our last issue for the year, and the last year for the seniors (good luck to all!), we look forward to publishing more issues next year and hearing all your feedback.

Thanks to all of the seniors on the Norse Code staff for sticking with us until the end of the year; we wish you the best in your futures and hope you continue to stay engaged, whether by journalism or other outlets!

Have a great summer and don't forget to kick back, turn the page, and enjoy the newest edition of our entire staff's hard work!

Riley Richards
Editor in Chief



Norse Code staff

2017–2018

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Senior athletes begin next chapter



Melissa Gruszczynski

Eight seniors sign their letters of intent to compete in collegiate athletics. Eleven seniors in total will be continuing their athletic careers at a university.

Although it may seem difficult to move on to the collegiate level to play sports, the New Berlin West graduating class of 2018 is a prime example of how well hard-work pays off, with 11 seniors moving on to play at the collegiate level.

Dailey Albino

Dailey Albino, a household name at New Berlin West, is a well-rounded athlete, who has made a trip to state all four years for both track and dive. Although Albino excelled in both sports throughout her high school career, she has decided to stick with track and will be

attending University of Wisconsin-Madison next year for pole vault.

Throughout the duration of high school, Albino has always been at the top of the pole vault program, which really shined through at state in La Crosse last season. She re-



ceived first place for division one with a personal best of 12-06. It is considered quite an accomplishment to PR, personal record, at the most important meet of the year.

Being a state title holder, Albino had multiple schools vying for her attention, but according to her, what put Madison above the rest was, "My sister also pole vaults [at Madison]," she said. "It was also a great opportunity to compete for such a good school in terms of both academics and athletics."

She is excited to not only attend UW-Madison for track, but also to pursue a career in nursing.



Will Bush

Will Bush is yet another prominent name in West sports, considering he is a four-year varsity athlete in both baseball and track. Although Bush is quite talented in track, he decided to choose the baseball route and will be attending University of Wisconsin-Whitewater in the fall, with the possibility of majoring in biology.

When looking back on his high school baseball career, Bush says his favorite memory is pitching against Eisenhower in the regional playoff his junior year. "I pitched with a broken finger on my throwing hand and still had 14 strikeouts and a win."

This achievement does not necessarily come as a surprise, considering Bush's high school ERA, earned run average, which is the mean of earned runs given up by a pitcher per nine innings pitched, was under 2.00.

What put UW-W above Bush's other choices is the fact that it is, "a good school with a great reputation," and, "it is close

to home and has great opportunities for baseball as well."



Paige Pelikan

Moving on to water sports, Paige Pelikan is yet another athlete who has gone to state all four years. As a four year varsity athlete, Pelikan has accomplished many things throughout her time competing for the New Berlin West swim program. From holding a record in a relay from freshman year, to breaking the varsity record for the 100 backstroke and now holding her own record, Pelikan is talented in multiple events. Not only did she break a record last year, but she also placed 6th at state in the 200 free, earning herself a medal.

After a successful swim career at New Berlin West, Pelikan has decided to further her education and swim career at University of Wisconsin-Eau Claire, majoring in either actuarial science or business.

What put UW-Eau Claire above other colleges for Pelikan is, "The swim program is doing really well and there are some swimmers better than me that I would be able to push myself to train off of."

Pelikan's goal is to eventually qualify for D3 Nationals within the next four years.



Dominic DeLuca

Dominic DeLuca is another example of a well-rounded athlete, competing in soccer, track, and basketball throughout his time at West. Although he is a multi-sport athlete, DeLuca has decided to continue his soccer career in college, attending Carroll in the fall to major in physical therapy. "First team all conference senior year, 2nd most votes in the conference for MVP, and [having] a monster long ball," are just a few of DeLuca's highlights from his high school career.

All of these accomplishments have helped him make his way to the top of West's soccer program, which will further pave a path to success in college.

What put Carroll above other schools vying for DeLuca's attention is the fact that, "it was

the most affordable one due to scholarships and also has a good physical therapy program.”

On top of that, Deluca is excited to, “meet new people and to one day be[come] a legend of Carroll’s soccer program.”



Alyssa Nelson

Shoot and swish. That is all four year varsity member Alyssa (Chubbs) Nelson knows how to do. Averaging 15.9 points a game, Nelson is one of the leading scorers for New Berlin West girls basketball. This past season she was also added into the 1000 points club, which is a large accomplishment to have in high school.

Being on varsity for four years, Nelson has created many memories, but she says her most memorable one is, “beating Ike my freshman year to win the regional title.” Whenever a team beats their cross town rival, it is definitely a memory a player will never forget.

Along with a regional title under her belt, Nelson was also named first team all conference her sophomore and junior year.

Although Nelson had a few options to pick from for colleges, she decided to continue her basket-

ball career at University of Wisconsin-Parkside while majoring in Criminal Justice. Nelson chose UW-Parkside because they offered a scholarship and it’s close enough for her family and friends to see her play. “I also chose it because it had my major, criminal justice, and is one of the top schools in Wisconsin for criminal justice.”



DJ Nennig

A three year varsity athlete, DJ Nennig, has been a large asset to the New Berlin West football program during his time on varsity and has proven he deserves to be on top. Throughout the duration of his senior year, Nennig started to play nose tackle and had 20 tackles this year alone. On top of that accomplishment, he was also awarded All-Conference Nose Tackle.

With everything he has accomplished in his high school career, it does not come as a surprise that Nennig is moving on to

play football in college. He will be attending Carroll University in the fall, majoring in Business.

Nennig’s reasoning for choosing Carroll is the fact that “It is close so my family and friends will be able to watch me play,” and since he will, “be able to play right away at Carroll and not get grey shirted.”



Andrea Stephens

At the end of the 2015-16 school year, the buzz revolved around girls varsity softball winning state, and three-year varsity athlete, Andrea Stephens, helped to make that happen. Throughout her high school career, Stephens has accomplished multiple things beyond winning state as a sophomore, including being named second team all conference utility or “at large” player as a junior. As of May 8th, her stats have been extremely impressive with a .511 on base percentage and a .361 batting average. Although one would believe these are impressive statistics, she thinks, “they are both good statistics, but I believe they can be a lot better.”

With her determined and hard-working attitude to achieve greatness, it does not come as a surprise that she will be play-

softball in college. Stephens will be attending Webster University in St. Louis, while majoring in Computer Science with an emphasis in cybersecurity.

After going through an extensive process to pick the correct college, Stephen's decided to go with Webster University because, "Webster University was one that I saw myself being successful at academically and athletically."



Austin Alexander

Leading defensive linemen, Austin Alexander, is another example of an excellent football player who will be playing along with his high school teammate DJ Nenning at Carroll University. There is no question as to why Alexander was the leading defensive linemen this season in tackles, considering he made 34.

Reflecting back on his high school career, Alexander's favorite memory has been, "swatting a pass on 4th down to win the game against Wisconsin Lutheran during my senior season."

This is just another example, along with being named All Conference Honorable mention, to add to the list of accomplishments he has gathered.

According to Alexander, what put Carroll above other schools is that it is, "close enough to home for me that I would be able to commute," and he really enjoyed the campus after a tour.

After finding a college that is the correct fit for him both athletically and academically, Alexander is excited to continue playing the sport he loves at a higher level, while also majoring in Information Technology/Computer Science in the fall.



Maddie Fritz

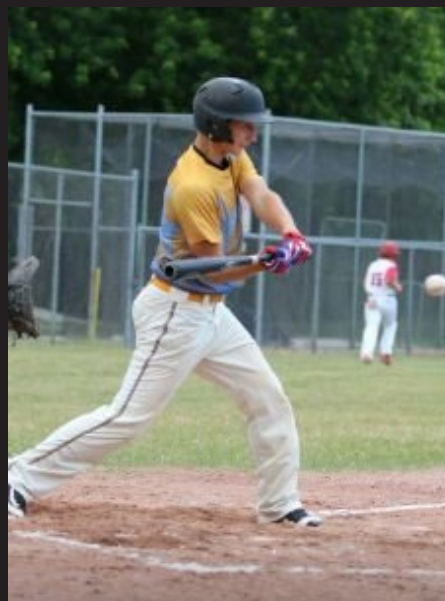
Three year varsity athlete, Maddie Fritz's, contribution to the New Berlin West's girls basketball team, has not gone unnoticed this past season. As the third leading scorer with 9.1 points per game, and the second leading rebounder with 6.2 re-

bounds per game, she has proven to be an important asset.

For both her junior and senior year, Fritz was named honorable mention all conference, which does not come as a surprise considering she had 546 career points and 287 career rebounds. After a remarkable three years, Fritz will be continuing her basketball career at Carroll University while majoring in health sciences as a direct admit to Carroll's nursing program.

According to Fritz, what put Carroll above other schools is the fact that she, "really liked how the campus is so close to home," and, "the girls on the basketball team are very nice and the program is good."

With Fritz's long list of accomplishments, including beating Pewaukee on their home court to become Regional Champs, it seems as though she will greatly excel at Carroll in the fall.



Evan Sadowski

Evan Sadowski has spent his time in high school focusing on tennis and baseball, excelling in both sports. Although

Sadowski has always been very talented in tennis, he has decided to go with the baseball route, and will be attending Wisconsin Lutheran College in the fall.

Even though he has only been on varsity for one year, Sadowski has played travel ball for Prospect Training Academy throughout high school, where he has shown great success. Throughout the duration of his time on the team last season, he batted in the upper 400's, leading his team in hits, RBI's, and stolen bases.

As a well rounded athlete, Sadowski is likely to excel at WLC in the fall, and is excited to attend because it is a great fit academically and athletically for him. He is also excited for, "many things like hanging with the team, traveling all over, and just playing the games."

Riley McLeod

When Riley McLeod began playing golf her junior year, she instantly fell in love, so in love that she has decided to continue

her golf career at Carroll University in the fall, while double majoring in Sociology and Business Administration. Throughout the duration of McLeod's high school golf career, her record was 49 on the front nine and 48 on the back nine, which she received at her Re-



gional match. For only playing for two years that is an outstanding accomplishment, one that nearly

brought her and her coach to tears due to being so thrilled. McLeod exclaimed, "it was so exciting to finish my season on a high note."

Beyond personal accomplishments, with McLeod's contribution, her team was named Conference Champs this past season after winning their match at Grant Park Golf Course. This is considered an extremely rewarding accomplishment, since all of the hard-work put in throughout the season had payed off.

According to McLeod, what put Carroll above other colleges is, "I have planned on attending Carroll since I was a freshman," and she, "always knew it was the right college," based on size and location.

The class of 2018's hard work ethic and determination has led them to success, with more students moving on to play in college increasing over last year. It is evident that their hard work and talent has not gone unnoticed.

*Melissa Grusczyński,
Staff Writer*

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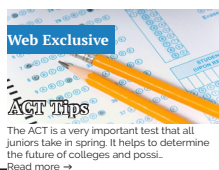


Saint Patrick's Day: Is it celebrated at NBW?

Have you been feeling unlucky recently? Well, Saint Patrick's Day is approaching soon on March 17th, so be ready to indulge and share this newly found good fortune with your friends and family. Saint Patrick's Day is actually a religious holiday, but it is now celebrated by many different cultures for different reasons. It was originally celebrated in honor of St. Patrick's death. Before...

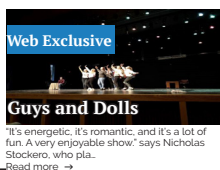
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ACT Tips
The ACT is a very important test that all juniors take in spring. It helps to determine the future of colleges and possi...

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Guys and Dolls
"It's energetic, it's romantic, and it's a lot of fun. A very enjoyable show," says Nicholas Stockero, who pla...

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AP Art and Photography students recently took a class trip to Chicago to explore all of the different sites to see the d...

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FRESH FROM OUR NEWS ROOM

High School Jobs

As high schoolers, many should start working to help with their future. As juniors and seniors are coming closer to college, they should get



The Sleeping Beauty Review

Looking to entertain, excite, and enchant your younger siblings, cousins, nieces or nephews, or the children you babysit for an afternoon or



The Grading System

For the past two years, New Berlin West High School has created a different system for grading students' work. In 2016, New Berlin West in



Super Bowl Commercial Review 2018

Even if you don't care for the super bowl, many still watch for the commercials. Super Bowl Commercials are one thing we take away from...



Top 7 Gifts To Give For Valen-

Valentine's Day is approaching soon, and you may not know what gifts to buy for your loved ones. Whether you are buying a gift...



Memes: the influence on society

HaT hAS BeEN tHe bEST mEmE oF 2018 sO fAr? According to students at New Berlin West, the majority say Patrick Star, the often-memefied sidekick from the cartoon *Spongebob Squarepants*. The most recent Patrick meme has been dubbed 'Savage Patrick' because of Patrick's facial expression and the evil comments attached. Closely behind the Savage Patrick meme is Mason Ramsey, often referred to as the 'Walmart-yodel-kid'. A video of Ramsey yodeling in a Walmart store went viral, and now Ramsey has attended Coachella and released his own hit single: 'Famous'.

Another popular meme that students at New Berlin West enjoy are tide pods. The laundry detergent turned into a meme when people jokingly said they wanted to eat them, but soon after the 'tide pod challenge' arose and people started actually eating them.

Some of the surveyed people also included smaller or long forgotten memes. Alexandra Wood, an English teacher here at New Berlin West said that her favorite meme was 'damn Daniel'. This meme is a video featuring someone

wearing white Vans shoes and somebody saying, "Damn Daniel! Back at it again with the white Vans.". Other older memes people noted were harambe and arthur's fist.

do mEmEs HaVe A LARgE iM-PaCtOnTODAY'sSoCieTY? According to students at New Berlin West, the majority say yes. Memes have a great power over society nowadays, for the better or the worse.

Memes have a large impact on society according to 82% of the 66 people surveyed. Wood says, "Memes are carriers of information that shape culture-that kind of power can be used for good or ill." Wood thinks that while memes can have positive impacts, it can also have negative impacts as well.

One negative impact of memes is how they start trends. Yue Shi Mo, a junior, says, "Some are insensitive, but it makes viewers think that it's okay to do the same."

One example of this is the

'Tide Pod Challenge' meme. While children have been mistaking laundry pods for

candy and consuming them since their release in 2012, this meme has caused older children and teens to consume laundry on purpose for

pop-ularity or fun. This dangerous trend has caused an increase in the amount of deaths related to laundry pod consumption. They clean, they soften, but most importantly they send you to a coffin.

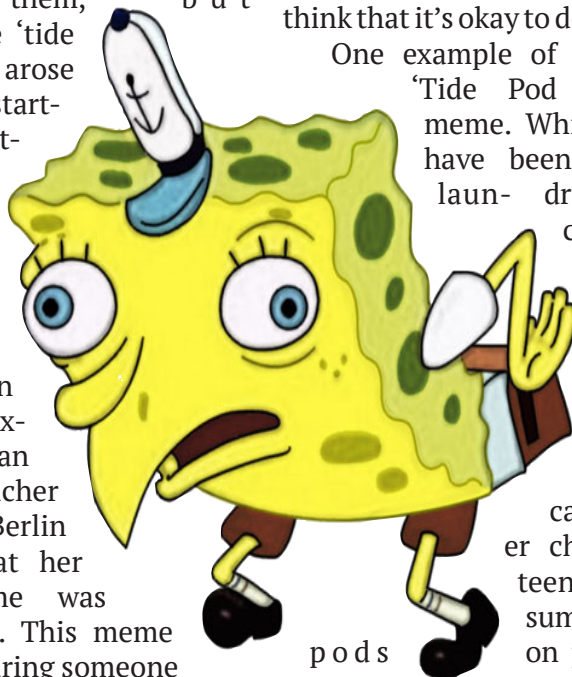
However, a positive impact of memes is the humor. "Memes provide humor to everyday situations that one experiences in life. It's good to laugh every now and then." said junior Lauren Lieske. The main focus of memes is to bring joy to the viewers about relatable situations.

"I believe that they have a positive impact because even when people are down, a meme can make them laugh and maybe even make their day better." says sophomore Kayla Pederson. Most of the other responses also had to do with the happiness and laughter that memes often provide.

Memes about Bob Ross are an example of wholesome memes only meant to spread positivity. Bob Ross was a painter who had his own show, *The Joy of Painting*, in the 80's and 90's and always spread positive messages during his show. Although Bob Ross is deceased, memes keep his positive legacy alive. Afterall, we don't make mistakes, just happy accidents!

The lesson here is simple: enjoy your memes responsibly!

Gabrielle Bennett
Staff Writer



pod s

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DARK CLOUDS: THE I

Do you ever wonder how bad electronic cigarettes are for your health? The device designed to be a healthier alternative to cigarettes may be more dangerous than you think.

Cigarettes were a kind of a tobacco invented back in late 1800s and became popular for smokers in the last century because of the high nicotine levels. Recently, people have been experimenting with high and low nicotine levels in attempts to make new cigarettes.

Cigarettes and cigars are the most popular kind of smoking tobacco that have been around for the last century.

In general, cigarettes, cigars, and hookah were the only smoking equipment that were used until the year 2003. That's when a Chinese pharmacist named Hon Lik invented the electronic cigarette,

also known as a vape. The electronic cigarette was a substitution for cigarettes and it was intended to be less harmful than real cigarettes. They were first sold in China in 2004.

A Vape Stick or Mod is essentially the exact same device and both function the same

“
Whether electronic cigarettes or real cigarettes, it is never healthy to smoke.
”

way, but the major difference between a Vape Stick and a Mod is the size. A Vape Mod is a wide device where the Vape Pen is long and thin in size. In addition a mod is more pow-

erful than a vape stick and the size of a tank in a mod is larger than a stick. The vape runs by a juice called E-liquid where the person can chose the amount of nicotine in the juice and the flavor of the juice. The juice is a oil chemical that contains water, propylene glycol or vegetable glycerin, nicotine and flavoring. The nicotine amount can vary from 0 to 80 percent or more, and the more nicotine it has the more harmful it is.

Even more harmful than a vape is a device called a Juul, due to the amount of nicotine it contains.

A Juul is another kind of electronic cigarette that is designed to look like to a long flash drive. A Juul's nicotine level ranges from 45 to 100 percent or more nicotine. In addition, there's no zero nicotine Juul and it's more powerful than a Vape Stick or Mod.

COMMON SIDE EFFECTS OF SMOKING ELECTRONIC CIGARETTES

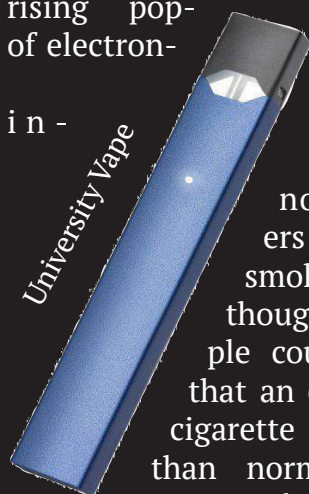
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E DANGERS OF VAPING

While electronic cigarettes were invented in 2003 but weren't known globally until 2013; they have become more popular since, as roughly 8.1% of non smokers started using electronic cigarettes.

Electronic Cigarettes were invented to prevent people from smoking cigarettes but they really didn't serve that purpose. The invention and rising popularity of electronic cigarette

in -



fluenced non-smokers to start smoking. Although people could argue that an electronic cigarette is better than normal cigarettes, in the long run they really aren't.

The reason normal cigarettes are bad for health is due to the cigarette burning in order to smoke. In that case it's bad because all that heat goes into your lung and takes quite a bit of time to dissolve from the lung. It can cause lung cancer, heart attacks, strokes, and premature babies.

On the other hand, electronic cigarettes are hardly better than cigarettes. The juice people smoke the electronic cigarette out of is a chemical

liquid. The biggest argument people make toward smoking electronic cigarettes is "It doesn't cause lung cancer and It's just a vapor."

This argument is invalid because electronic cigarettes can still cause lung cancer at an older age, while cigarettes can cause lung cancer more quickly due to the heat and nicotine the lungs absorb.

Vaping is rising nationally, and not just among adults. It's becoming more of a problem with teenagers. At New Berlin West, staff and administration have encountered rising instances of students using electronic smoking devices, even during school. "It's not necessarily a big problem, but, it definitely gotten to be more of a problem," said Greg DePue, assistant principal at West. "We've probably had 10 to 15 situations where we have to address students about being in possession of different vape devices. At the end, we don't view it any different than smoking a cigarette because there's nicotine."

Possible consequences for

students include suspension, a tick-



et , or a referral to the New Berlin

Police Department.

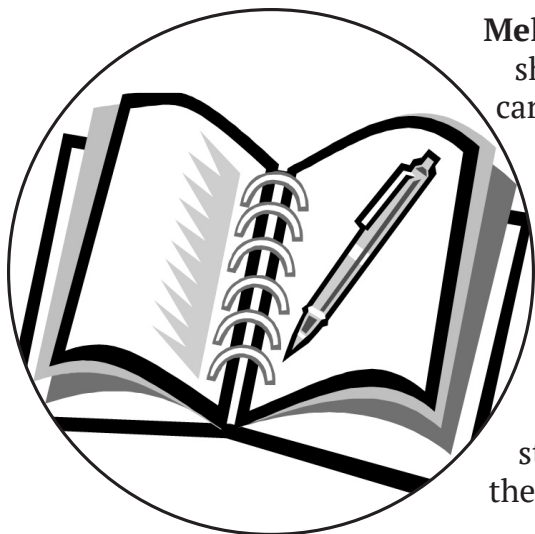
As far as why kids get involved in situation like vaping, it's most peer pressure and thrill to do something illegal. "I think there's lot of peer pressure for kids to be cool and try something different, do something different, do something illegal," said DePue. The statement is backed up by evidence that shows that illegal smoking happens most often in groups of kids than individually.

Whether electronic cigarettes or cigarettes, it's never healthy to smoke. In general smoking is never a good decision because it's never worth the health risks. As far as quitting goes, try to avoid substituting cigarettes for electronic cigarettes and give up the habit all together. Many people move onto healthier habits, such as chewing gum or distracting themselves with a new hobby.

Asif Sameer,
Staff Writer

My time in Journalism

The Journalism Staff is made up of all high school levels, freshman through senior. Some of the seniors decided to write about our time in journalism, and what we will be going to do in the future. Although we're leaving, we're very proud of this magazine and everything we've done while on the staff.



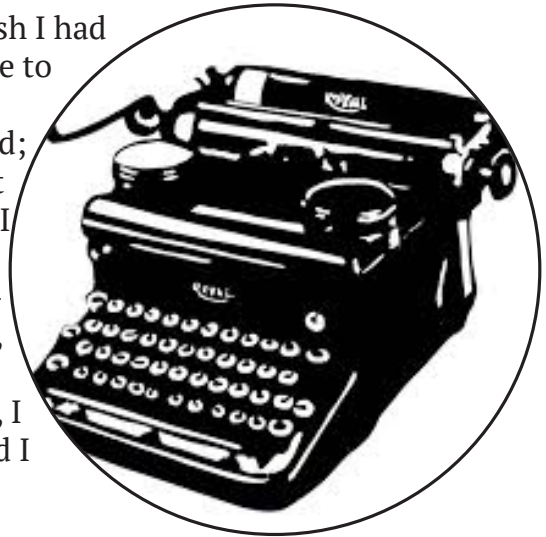
Melissa Gruszczynski- Although my time in journalism has been short-lived, it has been one of the best parts of my high school career. Starting out as a staff writer, it was intimidating to think that everyone would read my work, either to criticize it or enjoy it. In reality, it has helped me become more comfortable with sharing my work, and carved my path to becoming sports editor. Journalism has provided me with multiple opportunities that I would not have otherwise been able to experience such as going to conventions to learn from professionals, to meeting with senator Ron Johnson. Beyond the class itself, I am so thankful for having a teacher like Mr. Altstadt who has taught me so much, and further pushed me into the correct career path. I am beyond excited to continue my love for journalism at UW-Madison in the fall.



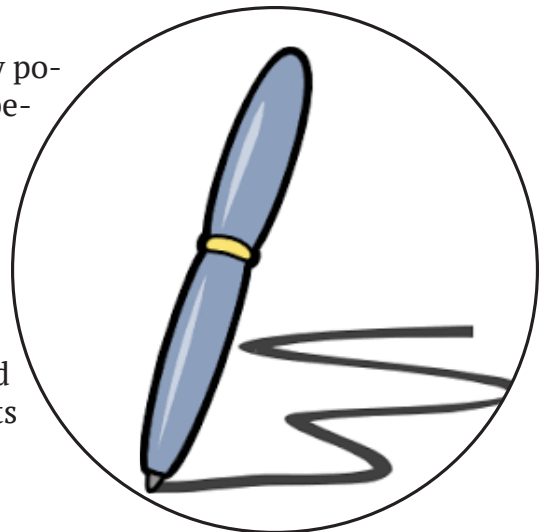
Payton Pruitt- I've always enjoyed writing, and I found that Journalism was a good outlet for that. I was never a very good essay writer, so the beginning was a little bit of a struggle to me, writing facts and such. I'm glad I stuck with it, because now I'm able to proofread and edit easily and I can write much more fluently now. Journalism has given me the opportunity to write about things that I think are important. All of this is thanks to Mr. Altstadt, who always pushed me to write about things outside of my comfort zone, and support every choice I made. After West, I'm going to Eau Claire to study Art and photography. I've really enjoyed being the photo and arts & entertainment editor this year, and I hope you've all enjoyed what we've done with the magazine so far.



Joey Radish- My time in the Norse Code was short, and I wish I had another year to continue making articles. It was so enjoyable to walk into class every day and get the chance to write what I wanted. Everyone in the class was so nice and worked so hard; they were never on their phones. I got the chance to sit next to the journalist of the year: Connor Mckenzie. Connor and I would always dance together in class and down the halls after class. We danced because we loved journalism and needed to show our love for journalism. Near the end of the year, Mr. Altstadt started playing rock music which made Connor and I love the band called The Mamas and the Papas. Lastly, I thank Mr. Altstadt for training me to be a great journalist and I forgive him for not making me the chief editor.



Riley Richards- Journalism has helped me realize my potential as a writer, leader, and what I want to do with my experience in the future. Although I quickly moved my way up to Editor-in-Chief, technically skipping two years of experience I could have gained, there are many fond memories of the class that will motivate me to pursue some form of journalism in the future. Attending UW-Eau Claire for college, my hopes are to either become a legitimate journalist, or perhaps go on to be the Mr. Altstadt of a different school and become the journalism teacher that encourages new students to follow their passion for spreading information on a larger scale.



First Graduates B

A fact that could be easily missed during this year's graduation is that this will actually be the first high school class to graduate where a majority were born in this century, the first adults born in the 21st century. This is something left unconsidered by most, yet there is a small piece of uniqueness that the graduating class shares and should acknowledge.

Before going deeper into what makes this a unique graduating class, it's important to note the fact that our generation (referring to everyone in both high school and middle school at the moment) are not millennials. This is a common misconception, but millennials are actually those who became young adults at the turn of the century, not those who were born near the turn of the century.

We would all be considered Generation Z, which is an arguably less exciting name, but we can take credit with the fact that there are technically only two other generations of humans who were able to tell others they were born at the turn of a millennium (those born around 0 A.D. and 1000 A.D.).

To clarify, the next generation of humans has already been born as well, those being born in 2010 or later who are part of Generation Alpha (arguably a more exciting name than Generation Z yet again).

For many of us, including teachers and staff, we would most likely share the opinion that this year is a milestone of sorts. However we also will most likely all agree that this year is no different than any other as well, and that the millennial shift really didn't change anything, that this year is generally only regarded as different or special due to a calendar that was made during a time you didn't care to remember from history class.

Now let's try and change that opinion.

First of all, consider everything past generations have seen, taking the Greatest Generation (we really did get the short end of the stick with our generation name) of those born between 1910 and 1924. Those who were born then lived to see some of the most impressive progress ever gone through in human history. These people were capable of living long enough that some of

them are still around to this day, something that no other generation was able to brag about. No other generation could truthfully say that living to be over 90 years old was even remotely plausible. These people saw the eruption of two world wars, changing social and political ideas, the evolution of art and music, the racing advances of technology, all of which are improvements to mankind that today we all consider history.

Take a moment and stop, reflect on everything that generation was able to see for the first time in human history, all the amazing things you've heard mentioned during your life of the 20th century. They essentially lived through the second semester of your U.S. History class.

Now just think, we as the first generation of adults during not just this century, but millennia, have lived only 18 years as opposed to the 70+ years that the greatest generation had on average. We have already seen the emergence of things like social media, smartphones, virtual reality, reusable rockets, mass production of clean energy, and so many more



2000
Closest election in US history



2000
A majority of the graduating class was born



2001
9/11 and war on terror

Born This Century

things we already take for granted that didn't exist only about 20 years ago. Even advancements in our own government, such as the first African-American president Barack Obama or the process of legalizing gay marriage in all 50 states are vastly more progressive than ever imagined in the past.

Naturally, just like the Greatest Generation, we have also had our fair share of problems during this century as well. From the September 11 attacks and the war on terror to political disunity and international incidents, even the arguably insane patterns in weather that can't be compared to any other period in history. We are experiencing the issues we will most likely have to attempt and hopefully fix during our lifetime, some of them being issues the world has never seen or attempted to fix before.

(For more in depth look at a timeline of the past 18 years, take a look at the bottom of the pages of this article and see how many events you can remember.)

After hearing that our generation has experienced similar hardships and breakthroughs as other generations, you might still

be saying to yourself, "so what?" and "what makes us any different?" First of all, our generation has actually surpassed the baby boomers of the mid 20th century in quantity, being the largest generation of all time (so far). We are also lined up to be the last generation (of Americans) to be a caucasian majority and have the highest formal education rates of any generation. We were the first generation to be born and raised with the internet readily available and see advancements faster than any other generation, being the generation to first utilize social media and associate it with teenage life. We have also been considered one of the most mentally ill generations, having the highest rates of anxiety and depression in decades, which has been attributed to the overwhelming amounts of technology around us everyday.

Granted, one has to remember that our generation is still very young, with the oldest members only just entering the workforce or leaving college. The only thing that can set us apart from other generations is the way we have been generally raised and brought up to be adults. We have a com-

pletely blank slate for us to pick up and leave our mark—we just have to focus on either being the next Greatest Generation or being the next generation to be accused of ruining everything good about society (shout out to the millennials who came before us).

This is not a message that's supposed to be delivered to the graduating class alone, despite them being the first adults born this century, this is something that all of Generation Z should remember. Just like the Greatest Generation, also known as the simple Traditionalist Generation, we have been given a very generic name of Generation Z. The Greatest Generation was not given its name simply by existing, it was given the name by pushing through American hardships and innovating the world to be better for the generation after them.

It is our job not as millennials, but as centennials, to become the next greatest generation not only of the century, but of the entire next millennium.

Riley Richards,
Staff Writer



2001
Wikipedia founded



2001
First ipod



2004
Facebook created



2005
Hurricane Katrina



2005
Youtube formed



2007
First Iphone



2011
World Population
reaches 7 billion



2012
Hurricane Sandy



2013
Boston Marathon
Bombing



2015
Liquid water was
found on Mars



2015
195 nations agree to
lower carbon emissions



2016
Zika virus outbreak



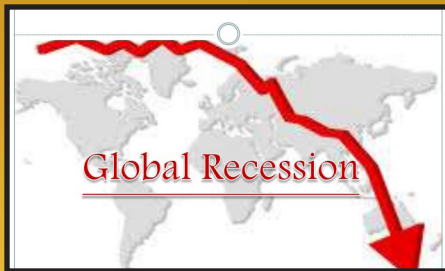
2017
Las Vegas
mass shooting



2018
SpaceX launches most
powerful rocket to date



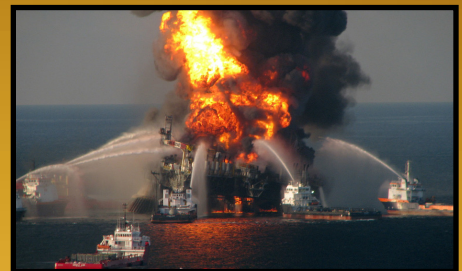
2018
President Trump agrees to
meet North Korean leader
Kim Jong-un



2008
Global Recession



2008
Barack Obama first African American president



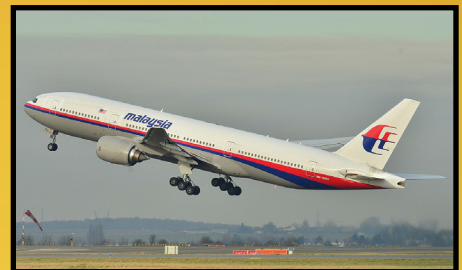
2010
Largest US oil spill



2013
Edward Snowden releases US classified information



2014
Worst Ebola epidemic in history



2014
Malaysia Airlines Flight 370 goes missing



2016
Brexit



2016
Donald Trump is elected president



2017
Hurricane Harvey

Thank you to Riley McLeod for her involvement in the senior banquet, Mrs. Upton, Mrs. Hart, and Mrs. Schneider for their involvement in senior events, the Broadcasting Club students for their involvement in the senior video, and all the teachers and staff in the building for helping Generation Z to be the first generation to grow and graduate this century.

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Vikings baseball aiming to improve

Team returns many key players

The summer is almost upon us and with it comes NBW Baseball. Tryouts were May 15th, 16th, and 17th. Varsity's roster will be made up of about 14-15 players, Junior Varsity from 16-18, and Freshman will have around 16-18 as well, with some

in the conference, which turned into a postseason run. Their season was ended by Oak Creek, who was a top-ranked team. The team was young, as three sophomores and three freshmen received significant playing time. "We had a lot of growing and learning to do and it turned into a very solid season," said head coach Tom Farina.

Farina comes in with big expectations this season. "For our baseball program, [expectations] stay the same: to be successful," he said. "We expect to be a player when

a few seniors and "maturity will help with that," said Farina.

The team returns most of its top players. Senior Will Bush, the team's top starting pitcher, returns after missing much of last season due to injury. Junior Nick Paget returns as the team's top hitter after receiving first team All Conference honors two straight years. Senior Mitch Primus returns after earning second team All Conference honors at shortstop. Junior Tyler Stoltenberg, a two-year starter

from D.J. Nennig, Nate Artenian, and Jake Oakland, who Farina calls "A player of all trades."

Three sophomores who played on the varsity as freshmen last season, outfielder/pitcher Adam Siegel, infielder/pitcher T.J. Lukach, and third baseman/pitcher Joey DiMotto, all look to play larger roles this season as well. "All the returning players have experience with playing with each other which helps a lot with this team sport," said DiMotto.

Another area that helped players was the Viking speed and conditioning club. "The coaches in there helped and pushed me in ways where it taught me to never give up," said DiMotto.

The returning players have plenty of chemistry this season, according to Artenian. "Most people on the team now know what varsity baseball is all about so we can use that to our advantage this year and jump out right away getting after teams," he said.

Players worked to improve in the offseason in multiple ways, "Players met up at batting cages to get swings in when snow storms were happening," Artenian said.

The team is going to use experience as one of its main weapons



Coach Farina addresses his infielders. The team returns its entire starting infield from last season.

of the freshmen splitting time on Freshman and JV.

Last season, the team had a 11-15 overall season and went 7-9

the tournament starts."

The team has stayed very much the same as they only lost

in center field, is much improved, according to Farina. The team will receive senior leadership



this season. One player that could have a bigger impact this year is senior, D.J. Nennig, as he was injured last season, Farina said “Expect big things from him.”

Another player, Junior Cole Cantwell, did not have much of an opportunity last season according to Farina, and may be getting a bigger opportunity this season.

The Vikings need few improvements from last year as DiMotto said, “I feel like our team gave effort most of the time and it wasn’t like there was ever a time that everyone didn’t come to play. Just some games we were out-played by the other team.”

Farina pointed to infield defense as an area where the team needs to improve this season. The defense was inconsistent last year, and they lost some games due to multiple errors.

The program will be switching to spring baseball next season (you can find more on that in another article by the Norse Code). Farina said “The last year for summer baseball should end with a bang, with a championship.”

It won’t be easy, as

the Vikings play in one of the best conferences in the state, according to Farina. He listed Pius, Greendale, Pewaukee, Whitnall, and Eisen-

hower as some of their toughest competition.

After 17 years of coaching, Farina says his main motivation to keep coaching is a real passion for baseball. “I love trying to help the kids here at New Berlin West,” he said.

Farina has accomplished a lot as head coach, including sever-

al conference titles, two state tournament appearances, and a state championship in 2013. He has also helped 23 students in his tenure go on to play college baseball.

Overall, the Vikings are looking forward to what they think will be a very successful season, as they believe they have all the tools. The first game of the season is May 23 against Saint Thomas More, and the conference season begins soon after.

Nicky White-Palkowski,
Staff Writer

*Photos courtesy of
Kasczynski Photography*

Stressed out students

Have you ever had a time where you felt so overwhelmed with schoolwork? Maybe you have too many projects and not enough time to get them done. Are you trying to balance school, a job, and a relationship all at once? Well, according to Noelle Leonard, PhD. in New York City, all of this can cause stress and problems that carry over into adulthood.

It is a known fact that students have stress. Most students, high school and college level, have many different lifestyles, each of which stress accompanies. Whether it be a project, presentation, or a factor outside of school, stress is a part of daily life for a student. Although it's very common, stress can have a major negative impact on the both the academic success of a student and their well being.

Stress can affect many different aspects of one's life. Physical effects, such as inability to sleep or headaches, can affect physical health and can cause issues in and out of school. Stress can make it difficult to carry out everyday tasks, such as homework or even reading a worksheet.

Along with physical effects, stress can also take a toll on mental health. According to Melissa Cohen, a Licensed Clinical Social Worker in New York City, stress can cause an increase in impatience and irritability. She states that a way to help overcome the mental issues that come with stress is to have an outlet, such as a sport or after school activity to immerse yourself in.

Common stress reducers in high school can be as simple as a sport or club; anything that gives you something else to focus on

instead of school work. Reading and listening to calming music can also help reduce stress levels during a tough period of time. Another way to reduce stress could be meditation or breathing exercises. It can be as small as inhaling for 4 seconds, holding for 7 and exhaling for 8 seconds a few times a day. Taking time to stop and do a few of these can improve mental health and reduce stress levels.

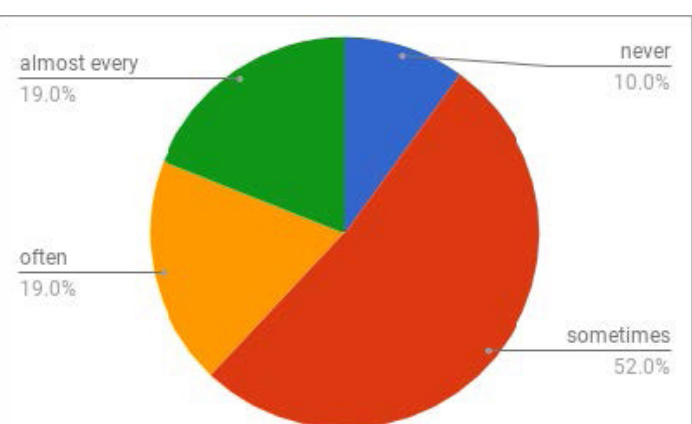
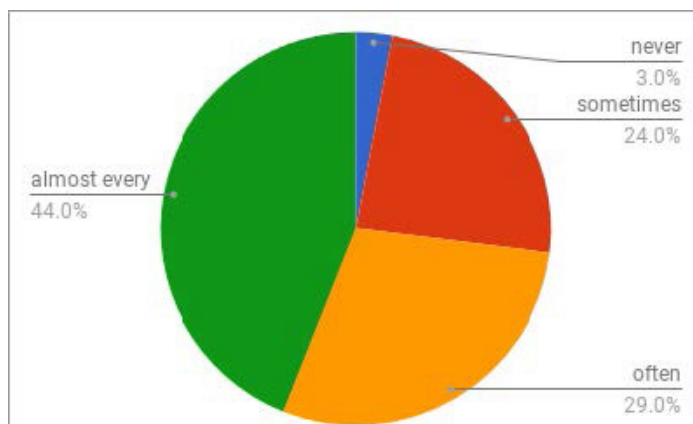
Many other issues can be caused by school stress, including behavioral issues. Students with chronic stress often develop nervous habits. Some of these habits can include nail biting, frequent pacing, or even use of drugs.

Although very common, not many students are aware of how much stress affects their everyday life. In a survey conducted on 100 students at New Berlin West, 44% of

students answered that they feel stressed almost every day from schoolwork. Of those students, 17 students stated that they had not talked to anyone about their stress. Some wrote that no one cared or that they had no one to speak to.

Of the students surveyed, only 10% claimed that stress does not affect their academic success in any way, including 3% that said they never feel stressed from schoolwork.

It is absolutely normal to have daily stress. According to Dr. Michelle Heyland, Board Certified Psychiatric and Mental Health Nurse Practitioner at Mind on Wellness, LLC in Chicago, "We all exist on a continuum of stress and anxiety. On an average day, you fall more towards the stress end. But on bad days or if you have an anxiety condition, you can fall



to the other extreme”.

Though it may seem odd to speak to someone about stress, it can be a major relief. If students spoke to a parent or teacher about stress, it would give them a positive outlet and provide some relief. Speaking to teachers can help students build a plan on how to handle the stress they feel and can help them decide what to do to be in the best learning environment possible.

According to NBC News, teenagers are even more stressed than adults. In a survey conducted in 2014, students showed stress levels of 5.8 on a 10-point scale, whereas adults showed stress levels of 5.1. Along with that, 31% of teens claimed that they felt overwhelmed with stress.

In today's society, students have to deal with a tougher workload and more rigorous classes than in previous years. Students in advanced courses or college classes have multiple hours of homework every night, often times with projects and presentations in addition to normal school work. This large workload can cause stress and anxiety, which can continue into a downward spiral of missing work or worsening grades.

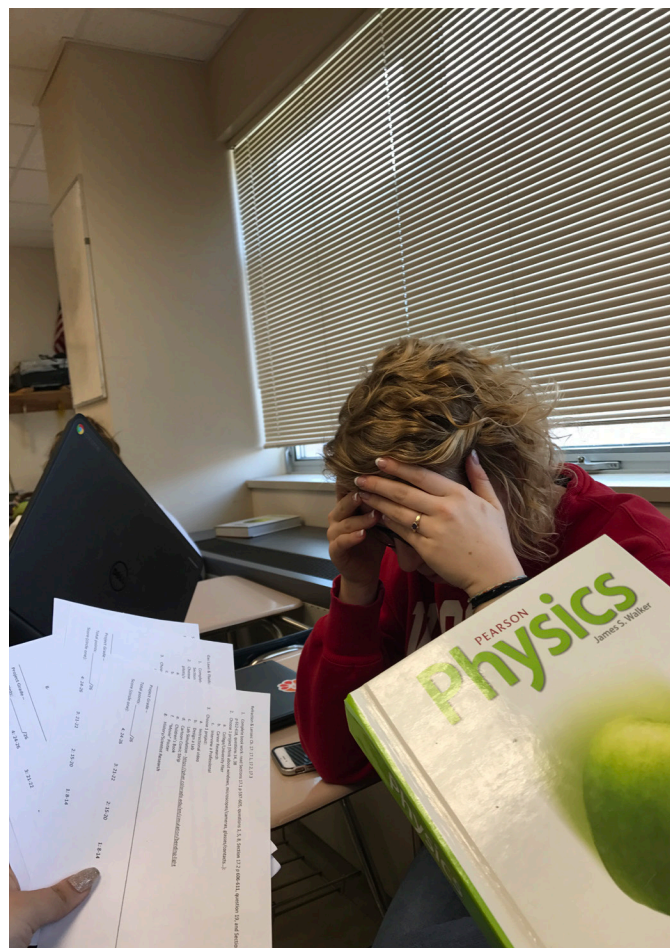
In order to lessen the stress on students,

changes need to be made to courses and schedules. Many students often drop classes due to an overly difficult schedule that they can't balance, which at NBW results in an F in the gradebook. Students who feel they don't belong in an AP or advanced course only have a small window of time to switch out of the class, but this often conflicts with other classes in their schedules.

Heyland shared in an online interview, “Schools are extremely competitive and parents are expecting more and more out of their kids. As a result, adolescents feel pressured to perform at rates that may not be attainable. This ultimately leads to high levels of stress”.

Heavily stressed in the conversation was the need for parents to not push children to have unrealistic expectations in life. Always feeling the need to have a 4.0 GPA and be in multiple AP classes, constantly exceeding expectations, can cause great deals of stress on children.

Parents and students alike need to be educated on what stress feels like and what physical symptoms can materialize from high stress levels. Whether it's having a conversation with parents or a therapist,



maybe even simply reading online, symptoms of stress can be identified easily and brought to attention. Heyland stated, “Mental health has a great deal of stigma surrounding it, and the more we talk about how we feel the more we break down the barriers.”

Having high levels of stress in high school can lead to long term mental health consequences. Bringing these issues up to a therapist or parent early on can help prevent the need for medications or special programs such as therapy or school need-based programs.

Having a supportive environment can make it easier to reduce stressful situations and give a more comfortable space for talking about issues.

Overall, having a conversation with parents and self-assessing one's own mental health and stress levels can help relieve stress. Many different things can be done to help reduce stress, and taking one step toward reducing it can make a large impact in the future.

Payton Pruitt,
Staff Writer

MR SHORER RETIRING
"VETERAN
TEACHERS AL-
WAYS TOLD ME
I'D KNOW WHEN
TO 'HANG IT UP'
AND THAT TIME
IS NOW."



It has been 23 long and fulfilling years Science teacher Jeff Shorer has been here at West. He did not just teach one science class, but he taught more in-depth range classes involving science: Integrated Science, Biology, Honors Biology, AP Biology, Chemistry, Advanced Biology I, Advanced Biology II, Medical Terminology, Health Careers, and Heredity.

He is retiring this year and is a little nervous because he does not know what exactly will come next. On the other hand he is excited. "No more getting up at 4:30 AM everyday and no more Sunday nights scrambling to get ready for Monday morning," said Shorer.

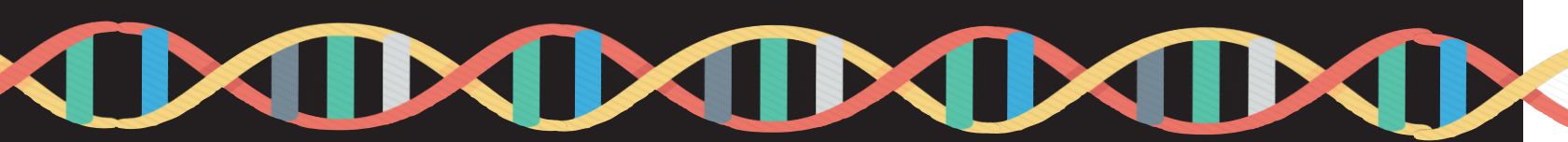
What made Shorer want to be a teacher? "It was unplanned and a surprise," said Shorer. He was always petrified of speaking in public when he was in high school and college. He started speaking more in college and then start-

ed teaching while in college. "I enjoyed helping the 'light bulb to go off' in students heads as they learned new things," said Shorer. He then developed a passion for teaching and became a teacher.

Shorer is deciding to retire because he believes his time has come. "Veteran teachers always told me I'd know when to 'hang it up' and that time is now," said Shorer.

He will miss the students and his fellow teachers profoundly. "I love helping the students learn and getting to know them," said Shorer. He also likes to watch them grow, change, and mature. Shorer shared he will also miss his fellow teachers. "They are a hardworking, amazing bunch," he said.

The students that have had Shorer learned so much from him. "Mr. Shorer was honestly the best teacher I ever had," said sophomore Allie Wieneke.



"He taught me so much about bio and I actually retained the information." Shorer got her interested in biology and helped her with her future classes.

Shorer loves having his students complete memorable labs. Senior Lauren Meyers remembers the time she genetically modified bacteria in his class to glow in the dark. She also recalls his famous pre-test saying, "Assume the positions."

A lot of students got lots of meaningful assistance from Shorer. "Mr. Shorer helped me adjust to high school my freshman year," said Senior Jared Nemith.

Shorer is considered one of the smartest science teachers of all time here at West; some even say smarter than Charles Darwin. "Mr. Shorer is a biology genius, the Einstein of Heredity," said Senior Jacob Nack.

Many students feel that Shorer is a great biology teacher and will miss him very much.

Shorer has spent many years teaching and has accumulated many memories from those years. Shorer made lots of memories with his pets.

"I loved having all of the animals in the classroom the first 8 years of my career, and watching the students interact with them; that is what Biology is about." Shorer's classroom pets will however remain here in the building. "Other teachers have asked to have them," said Shorer.

Having former students come back and tell him about their careers and thanking him are what Shorer also fondly enjoys, feeling pride knowing that he contributed to where they are now, feeling their gratitude towards the effort he put into their education.

Unfortunately with every good thing comes a bad one, and Shorer has bad memories to match the good ones. Shorer once lost some of his students in a car accident and felt awful about it.

However not all of the bad memories were unable to make for interesting stories, Shorer shared that "There was also a time when a student got so mad at me that he stood on a desk and mooned me".

The school has hired a new teacher to replace Shorer. "I hear he is quite good, so I'm pleased, as quite a few students are upset about me leaving," said Shorer.

"It sounds like they will be in very good, capable hands."

Shorer loved teaching AP Biology but his favorite class to teach is Honors Biology.

"The honors students want to do well, get very excited and enthused about learning new things, and often go on to AP Bio, where I can see how they've grown and changed," said Shorer.

When Shorer retires he plans that he will rest and sleep a little more. He will also travel, "Most of my students know

I love going to Las Vegas and Hawaii," said Shorer. "The Galapagos Islands and New Zealand are both on my bucket list." He is sure he will keep in touch and run into former students as he usually does on his ventures.

"I wish everyone luck and feel fortunate for my career here and thank them all for the support and great memories," said Shorer.

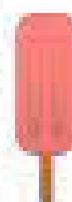
**"I
WISH EVERYONE LUCK
AND FEEL FORTUNATE FOR MY
CAREER HERE AND THANK THEM ALL
FOR THE SUPPORT AND
GREAT MEMORIES."**

**Joey Radish,
Staff Writer**

SUMMER WORD SEARCH



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



SUMMER
BEACH
BIKE
POPSICLE
POOL



SWEAT
ICECREAM
FRIENDS
SWIMSUIT
JULY



SWIMMING
SUNSHINE
WATERMELON
VACATION
AUGUST

NBW Softball enters postseason with high hopes

It's an amazing opportunity to be able to play softball for this high school. Each and every player in our softball program has talent," says Hannah Johnson, #5 in the outfield for West's softball team.

The New Berlin West Softball team has an extravagant amount of accomplishments to their name, but their most recent, and most impressive one, is their 2016 state championship title. Last year in 2017, the team was regional champions but did not have the opportunity to advance further than that. This year, they are more than ready to build on their legacy that they have worked so hard to lay the foundation for in the past.

Junior Hannah Johnson is not settling for any losses in games this season. Following the close game against Greenfield, where New Berlin lost 1-2, Johnson put even more extra hours in, going to practice hitting with her father later that night.

Johnson said, "I have a feel-

ing we could go far considering we are currently ranked 3rd in the state for division 2 and the type of competition we are facing in our conference."

Ranked 1st in the woodland conference and 3rd in the entire state in division 2, New Berlin West softball is making a comeback. Senior Cheyenne Sowinski is hopeful to accomplish *Sport Attack* state, "Of course I want to win conference and continue our run of conference champs, but I would really love one last shot at taking on State again."

The program will not be the same once Sowinski and the other seniors graduate.

"It is incredibly sad knowing that in a few short weeks I will never wear the number 17 on my back

again and play for this school," Sowinski said.

Going down as one of the most talented players in the history of school, Sowinski said,

"I'm proud of my

accomplishments individually and our team's accomplishments and I wish nothing but the best for the future of this program!"

The team is hopeful to succeed on their dynasty and are trying to qualify for not only the state playoffs but also attempting to compete for the state title as they did back in 2016.

"Having one of the best pitchers in the state, strong hitters, and good senior leaders I definitely think we can win our conference and even compete for state," Johnson said.

As the vikings enter the most crucial part of their season, the playoffs are right around the corner.

Molly Thomas,
Staff Writer

Cheyenne Sowinski pitches in a game during 2016. Sowinski returns this year as a senior for her last year. **Norse Code Archives**



Budget shortfall leads to debt



Closing Orchard Lane has been discussed as a “nuclear option” to help eliminate the district’s budget shortfall.

The School District of New Berlin (SDNB) faces a budget shortfall of over 3 million dollars by the 2019-2020 school year if no changes to the budget are made. The District has been reaching out to the surrounding community to get their input. They have been doing this by hosting budget crisis meetings where the Superintendent Joe Garza and the Board of Education explain the problem and answer questions from the public.

The debt is largely due to the structural deficit. A structural deficit is when the cost of operation exceeds the incoming revenue and budget. It is not uncommon for school districts to have a structural deficit. The problem with SDNB is the size of its structural deficit. There is not one main cause to the structural deficit but many that had slowly built up over time.

The key to understanding the structural deficit is understanding the ways the district gets revenue. Smaller districts and districts in poorer areas receive more state funding because they get less from the local taxpayers. Conversely, wealthier and bigger districts get less state funding because they get more from the local taxpayers.

SDNB qualifies as a larger and wealthier district, so it receives less funding from the state. The reason it is a “rich” district is New Berlin’s industrial park. The industrial park boosts the average property value in New Berlin, which might logically mean more funding to the school district. The problem though, as stated in the district produced budget crisis FAQ, is, “New Berlin taxpayers have come to expect low taxes.”

While that is one of the main causes to the structural deficit, it is by no means the only cause. Over time, the different schools in the district have needed upgrades and renovations, and those projects created debt.

There are also different budgets for different expenses. For projects like these, there is a different budget than the budget for running the school. The budget for running the school is called the operating budget. “We have a lot of debt and that is being run through the operating budget which is not being used for educational purposes,” said school board member Krislyn Holaday-Wondrachek. This makes it harder to keep up with the already high expenses of those educational purposes that the operating budget was originally designed for.

Another cause is the district's classes, programs, and extracurricular activities. SDNB is known for its great opportunities such as the robotics team, the construction classes, Certified Nursing Assistant Certification (CNA), and the CNA lab at Eisenhower High School, High School Sports, Techknow, and partnerships with WCTC. However, all of these programs cost money.

To compliment these programs, the district has invested in technology. This includes a 1:1 student to chromebook/iPad ratio. This helps students access online tools to enhance their learning, such as the website Powerschool Learning.

Another opportunity the School District of New Berlin has for its more advanced students are AP classes, which are college level classes in a high school environment. This can be extremely helpful for getting real college credits without having to pay the hefty price that it would to take it at a university.

Overall, there is no shortage of changes for students to succeed in New Berlin. The problem is these opportunities cut into funding that is needed to prevent a large structural deficit from accumulating.

At the public budget meetings, the board first explained what possible plans of action they have ruled out and what they have already done. The board has started begun using its savings fund and reached out to residents for their opinions. Their goal by using the savings fund is to stall time until they make a decision or until they start to make back money.

The board of education first brainstormed all possible solutions and then eliminated any solutions that were deemed too difficult or unrealistic. One main solution that was dumped was making New Berlin West the high school for the district and Eisenhower the Middle School for the district. The board determined that the buildings' capacities were not suited for such an increase in numbers. They also determined that the City of New Berlin's infrastructure could not handle all of the cars and buses that would be going to and from the schools.

One option the board has looked into is open en-

rollment into the district. Open enrollment is a very tricky system to balance. As the FAQ states, "The need for additional teachers to teach more students, the need for aides to support them, and other factors lowers the net revenue generated from open enrollment."

"I think we have not possibly considered [open enrollment] in our district," said Holaday-Wondrachek. "If we do it right, we can increase students without increasing additional costs."

Another option is starting up an educational foundation in which people or organizations could donate to the cause of helping the School District of New Berlin reduce its structural deficit. For this to work, it may take some time and it may not serve as a main revenue stream. "In this community to be quite honest with you, we do not have a culture of giving in this community, believe it or not," said Garza.

Despite this statement by the superintendent, many still believe a solution can be found in the community. "We have to reach out to community members to serve on a board," said Holaday-Wondrachek. "We need to get people to invest in our district's mission, and we need everyone to be on board with the mission, and we would need to build up relationships first."

The Board of Education has another route when it comes to getting money from the community. Another option that they are considering

is a city-wide referendum (general vote). The only way a referendum could pass would be if the community voted for it, as the school district can't raise tax levels on its own. According to the FAQ, every house with a property value of around \$250,000 would get a tax increase of \$200-\$250 every year for 6-10 years.

The fear many citizens have is that there is a high concentration of citizens who do not have children in the district currently, which may prevent them from supporting a referendum. To see where the community stands on this, the Board of Education will be issuing a city-wide survey to see where the city as a whole lies on this issue. "The board will be using that data to drive whatever decision they make of whether or not to seek an operational referendum," said Garza.

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The last biggest option the Board has considered is consolidating elementary schools. Under this scenario, Orchard Lane Elementary School would be shut down and its students would be relocated to different elementary schools.

The last biggest option the Board has considered is consolidating elementary schools. Under this scenario, Orchard Lane Elementary School would be shut down and its students would be relocated to different elementary schools. There is concern this could disrupt the students learning as they adapt to new learning environment. However, it would potentially be enough to boost the district out of the structural deficit entirely. As the FAQ currently states, "In this scenario, fewer building administrators and other staffing efficiencies (teachers, buildings and grounds, administrative assistants, etc.) would make up most of an estimated \$500,000-\$800,000 annual savings."

Some board members are skeptical that the consolidation of elementary schools is the best option. "In my view, we have not investigated every other alternative," said Holaday-Wondrachek. "[Consolidating Elementary Schools], in my view, is a nuclear option."

Despite many conflicting opinions about the issue, it is not going away. SDNB will continue to get the community's opinions. However, this is the biggest issue facing SDNB currently. Resident's actions will affect the outcome and this is-

sue will not stop until the debt has been stopped.

**Connor McKenzie,
Staff Writer**

Disclaimer: All school board members were approached to interview for this story. Only Krislyn Holaday-Wondrachek gave an interview.

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