

THE

NORSEMEN NEWS

As we pause this week to celebrate Thanksgiving, I would first like to take this time to wish everyone a Happy Thanksgiving. This time of year is a great time to reflect on everything we are thankful for in our lives.

After Thanksgiving break we will return for only 3 weeks of school before winter break. This year finals will take place over three days.

December 18th – Full Day student attendance –Students will take finals for 7th and 8th periods.

December 19th – 1:30 pm Dismissal – Students will take finals for 1st, 3rd and 5th periods.

December 20th – 1:30 pm Dismissal – Students will take finals for 2nd, 4th and 6th periods.

January 7th – School resumes

With winter weather approaching, there is a possibility that we may utilize an e-learning day. If we need to use an e-learning day, you will be notified through our school communication system. Our system allows us to communicate through various forms, such as text and email. If you need a phone number added to our system please reach out to the main office.

Last year, we used a late start (9:30) due to weather conditions. If the weather dictates a late start, students are able to refer to the first page of their student handbook for the schedule. There is also a PDF version of the handbook on the website.

Happy Thanksgiving,
Mr. Ulrich

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Heard In The Halls: Thanksgiving Edition

By: Adrian Lleshi, Emiliano Quezada, and Jacob Seyller

“Gobble, Gobble!” With October coming to an end, the new month brings a time to be thankful for everything you have in your life; the time for pumpkin pie, turkey, ham, mashed potatoes, and family. With Thanksgiving Break coming up this week, our students are getting ready to eat up and stuff their plates. We went around and asked two students, Sophomore Kaidden Bailey and Junior Shae Cotton, if they were ready for the 28th of November as well as which aspects of Thanksgiving they enjoy the most.

Thanksgiving brings good food and good times, and Sophomore Kaidden Bailey says his favorite food is, “mashed potatoes, because I like the way mashed potatoes taste.” With all the food that is made during Thanksgiving, some people are going to have different opinions on what food is underrated, and what food is overrated. Junior Shae Cotton has her own opinion on what is underrated and overrated. She says, “The most underrated to me is cheddar broccoli cauliflower casserole; a lot of people avoid it because of the vegetables. The most overrated is stuffing, unless the person who makes it knows how to do it well. Otherwise, it’s way too overrated.”

Each family has different ways to celebrate their Thanksgiving Holiday. Some even have their own traditions that they do each year. Kaidden Bailey says that he and his family have their own annual tradition that they do every year, “we split the wishbone for the wish because it’s lucky.” Shae Cotton also says her favorite part of thanksgiving is, “being able to spend time with family I haven’t seen in a long time”

Dessert is something the whole family looks forward to after eating a big Thanksgiving dinner. Some people prefer pumpkin pie, some prefer cherry pie, and some people even prefer apple pie. Kaidden Bailey has his preference of pie as well. He says his favorite is, “pumpkin pie, because I like how tart it is.” Dessert isn’t only food that gets the spotlight, though, and Shae Cotton shares some foods her family has for Thanksgiving, “My family has ham, casseroles, and pumpkin pie on Thanksgiving.” Thanksgiving isn’t all about the food being served. Being thankful for everything you have is the biggest aspect of Thanksgiving.

Some people might try to tell you when to put out Christmas decorations. Some may say that you should decorate before Thanksgiving, and some will say that you should decorate after Thanksgiving. However, Kaidden Bailey has his own thoughts on when to put out decorations, “after Thanksgiving. You need Thanksgiving decorations out for Thanksgiving.” Some people might be more excited for the

Strike That Pose! Left: Sophomore Kaidden B. gets ready for his next class.



decoration side of the holiday season, but others enjoy the weather more, and Shae Cotton says “my favorite part about fall is the cooler weather.”

Thanksgiving is right around the corner. It’s a time to be thankful for the things you have and appreciate your family and all they do for you. The students and staff at NCHS get that time off of school to spend Thanksgiving with their family and friends. From all of us on your Norsemen News Team - Happy Thanksgiving!

Volleyball's Regional Run

By: Presley Hauge, Dottie Wood, Payton Wills, and Trevor Westphal

Knee pads on, shoes tied, hearts pounding, and the stakes are up. The 2024 Lady Norsemen Volleyball team took on the court, praying it would not be for the final time.

On Tuesday, October 31st, 2024, our Lady Norsemen defeated Aurora Christian to secure yet another Regional Title. The team then played their hearts out on Tuesday, November 5th, 2024, but just fell short in the third set against Stockton to continue the postseason.

Before the postseason started, we caught up with a few of our lady Norsemen to see how the team began preparation to take on their opponents. Senior middle hitter, Olivia Smith says, "We have been preparing by working hard as a team during practices, making sure we come together and become a family for all of our games we get a chance to play in."



Above: Senior Olivia S.

The girls work hard every day after school. They had to complete two hour practices to get the extra work in, because they wanted to do their best to make the season last as long as possible.

Sophomore team setter, Taylor Jeffers, says "We are expecting to go as far as we can. If we play to our potential, we could make it very far!" Regarding practices, she also says "I feel that we have started to work harder in practice because we want to go as far as we can. We also have made it as much fun as possible as the season is coming to an end, such as an inflatable Halloween costume practice." The team did not let having to play a game on Halloween stop them from having fun; they made the best out of the situation and had a great time. Despite the pressure of the post season, it is good to have fun as a team.

Postseason offers the opportunity to face bigger competition as the girls faced teams from bigger schools. These girls knew how hard they needed to be working, as they had the potential to face some of their past competitors from previous years. Last year, they were eliminated during sectional, and this season, had the opportunity to compete against the team that eliminated them. "I think that Galena will be the hardest team to beat. We lost to them last year in sectionals, and they ended up winning state, but I feel that we have potential to beat them this year." says Taylor.



Above: Sophomore Taylor J.

As the season came down to its final end, the girls won their regionals against Aurora Christian in only two sets. They moved onto the first round of sectionals that took place in Polo on Tuesday, November 5th, but unfortunately lost.

Even though the team did not get the results they were hoping for, that does not change how much work they put in every time they stepped onto the court. Fans could see how dedicated they are to the sport. Despite the outcome of the sectional game, all of us fans are proud of their 2024 Volleyball season, so make sure you get out and congratulate the girls on their season! 2024 Lady Norsemen Volleyball signing out!

Wonders of the World Project

By: Isabella Dierzen, Jenny Mikkelsen Easton Kempfiak, Hannah Shields

Each year, history teacher, Mr. Hall assigns a big project: to build “a wonder” of your choice! This may be some place remarkable or even well known.

Last month, world history students put in as much effort as possible on their Wonders of the World Projects, which were due on October 21.

Mr. Hall says the purpose of the project is, “for students to research an important man-made structure in the world, use creativity, and practice writing research papers with cited sources.” This project motivates students to use their creativity to build their wonders. The wonders do not have to be completely specific or accurate dimensionally, if that isn’t something you want to do, but the better your project is built, the better your grade will be.

Sophomore Evan Sittler claims, “My favorite part of this project was the experience and creativity of it!” Evan also says he chose Times Square as his wonder because, “my mom gave me the idea, and I thought that it would be fun to do all of the lights.” Thanks, Mom for the idea! Evan really stood out with this Wonder.



Above: Sophomore Evan S.'s Times Square “wonder”

Mr. Hall wants the students to have a fun experience with this project. Students write an essay describing what materials they used to create their wonder, what made their wonder so special to them (if it is), and also include some background information on the architecture.



Above: Freshmen Johnathan N.'s Titanic “wonder”

Freshman Paige Lewis built the Angkor Wat for her wonder. Paige says, “I enjoyed the glitter because it’s the prettiest part.” She made the water of this building glitter, very visionary!

Students are either happy with how their project turned out, or they wish they would have changed a few things. Regarding what she would change if she were to do this project again, Paige says, “I would add more castles, because I only added the main castle, and I feel it wasn’t enough.” Paige, we thought your project looked great!



Above: Freshman Paige L.'s Angkor Wat “wonder”

You are not required to see your chosen wonder in person before completing this project. However, some students, like freshman Wren Winner, have actually seen their “wonder” prior to completing this project. Wren says, “I knew about it before I started the project because I had gone to Puerto Rico and visited it on a vacation. I really liked the building and the history behind

it, so I chose to make it for my Wonders project.”

Every student’s project was put on display in the hallway and cafeteria for a week. All of the other students and staff got to see everyone’s amazing work!



Above: Sophomore Sam C.'s Kinkaku-Ji
“wonder”

Let's TALK About It!

By: Garrett Snyder, Ryan Woods, and Jackson Walker

“My favorite part of TALK is getting to see all the students connecting and having fun together. I love observing their conversations and interactions during group activities, because I feel that it's very rare for students to have the opportunity to truly connect during school.” says NCHS TALK advisor ,Ms Elliott. TALK (Teens Activating the Language of Kindness) is an event that takes place twice during the school year: once in the fall, and once in the spring. This is an event that is primarily meant to open students up, whether that means helping freshmen



Above: Ms. Elliott, Ms. Quillen, and Athletic Trainer, Ms. Baum are all smiles at the TALK event.

seek new friends or even helping upperclassmen open up about their feelings, and it allows students to feel comfortable with being vulnerable.

This year's Fall TALK event took place earlier this month during periods 1-5 on Friday, November 8th, 2024.

Regarding the difference between the two yearly TALK events at NCHS, Ms. Elliott says, “While the time frames may be different, the meaning and purpose of the program remains the same. The main difference between the two is the amount of activities we do. The fall event is typ-

ically a half day of school, and the spring event is typically a full day of school. However, both events are equally impactful and convey the same message.”

This year, the TALK events are under the management of Ms. Elliott, Newark High School's social worker, and Ms. Quillen, one of Newark High School's English teachers. There are also some new TALK leaders that help plan the events, like Senior Ryan Woods, Junior Heather Buhle, Junior Stephine Anderson, Sophomore Sam Cotton, and one returning veteran, Junior Morgan Hergenbahn.



Above: Senior Ryan W., Junior Heather B, Junior Morgan H., Junior Stephine A. and Sophomore Sam show their excitement as TALK Leaders.

When each leader is chosen to be a leader they are asked for their “Why”, meaning why they are so motivated to make a change and become a leader, and Junior Veteran TALK Leader, Morgan Hergenbahn says, “It involves being able to open up, explain what to do, and help any members with their problems or questions. We also plan the events with other leaders.” However, the TALK events are not all fun and games. The TALK events are a chance for students to get help for the problems they face day to day, but may not always speak up about.

Mrs. Quillen says her “why” stems “from my own struggles with mental health throughout high school, and the profound loss of a dear friend to similar challenges, motivating me to raise awareness and support others”. Additionally, Sophomore TALK Leader, Sam Cotton says, “I am a part of TALK because I want to spread awareness about mental health and how vital it is. It’s such an important topic, and I love to talk about it. I have journeyed through a long mental health path, having highs and lows. I’ve grown a lot and want to help others to do the same. So, being a TALK Leader is one of my gateways to be able to spread awareness.”

Everyone has their own reason to join the TALK program, whether it is to see what the program is about, to meet new people, or to have a chance to seek help for your mental health. Since 2013, the TALK event has been a part of our lives here at NCHS, and if you are interested in joining the Spring TALK event, please contact Ms. Elliott and/or Ms. Quillen. s



Above: Group Number 1 Showing off how much fun TALK is.