

NORSE CODE

Volume 2 - Issue 2 - April 2018

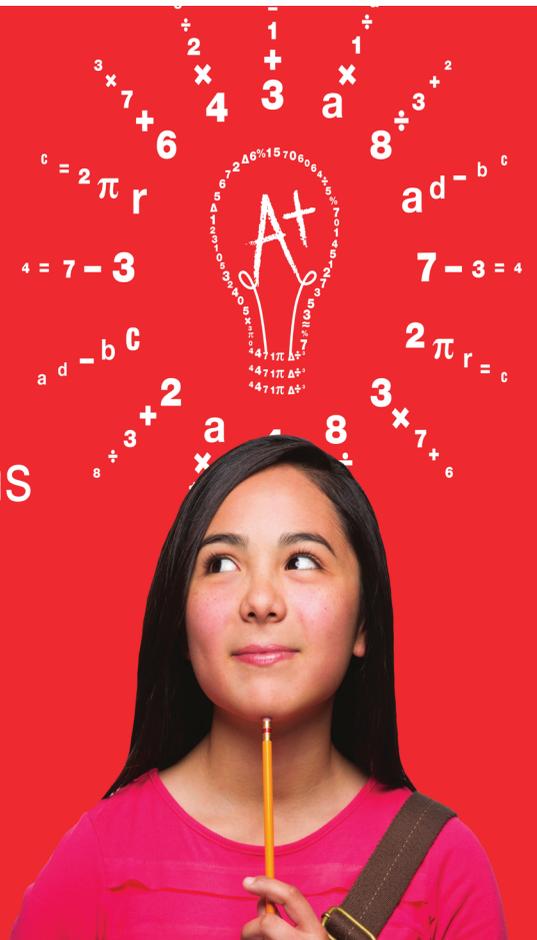
*Life in the
Old West:
How NBW has
changed in 66
years*

PHOTO FROM NBW YEARBOOK, 1963

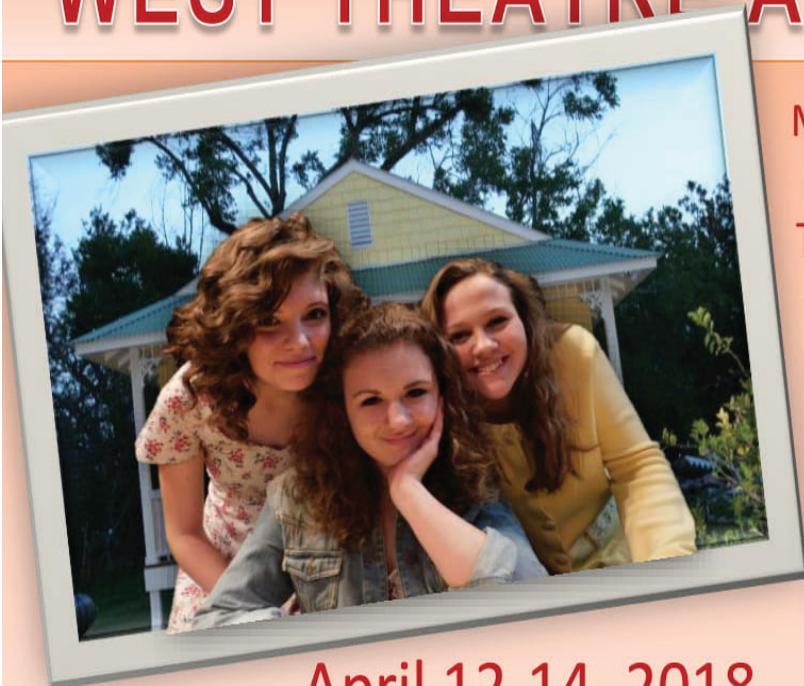
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From the editor

Readers,

As a student-run publication, we all understand that this is one of the roughest times of the year, no matter what what grade you're in. Whether you are stressed about test scores such as the ACT, studying for AP courses, or even just being under the weather of this seemingly endless winter, we all relate. That is why we tried to make this issue of the Norse Code as light hearted and relatable as possible, because even we've had our fair share of rough days making this issue. We hope this magazine can bring a little bit of fun and interest to this bland and slow time of year, making our hard work worthwhile, spreading a taste of spring and the final stretch of the school year.

With the past few issues of our magazine have been focused around more serious topics that hit close to home, we decided to hit close to home in a different sense, this time literally focusing on the history of our own school. You may notice how the magazine has taken on somewhat of a different style, taking inspiration from the old yearbooks we borrowed from our school's archives, which is to complement the cover story for this issue with a retro vibe. Some of the teachers with the highest seniority were interviewed to see how the school has changed over the years, what things they miss and don't miss, and the memories that they say will last forever. However, those aren't the only articles related to change, as we also included an article about the new mural in room two hundred, the change in seasons for baseball, and even how smartphones or smart watches have become much more prevalent in our lives as students. We have also, by popular request, added in a find the difference page at the end of the issue so that you can look for even more change that was included in our magazine.

So 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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Every life change is made for a reason. The good news is that most changes you can make to start a healthy lifestyle are mental, which means you can actually put a plan of action in place that will remove all the obstacles standing between you and your fitness goals.

What you really need is to change your habits; how you feel and look will change on their own. The moment you concentrate is when you truly transform. Start with small changes in your diet and exercise habits. Start by eating better and adding a few squats and planks into your daily routine. It is important that you stick to the small things first, before you push anything harder on yourself.

If you push yourself into something you absolutely hate doing, you're not going to stay committed. You need to try and find the right thing for yourself, like an activity you'll love or can learn to love. So maybe go for a run or try a workout routine online until you find the right one for yourself.

You have to make room for healthy living. The junk food has to go. You can get rid of your own by putting it somewhere where you know you won't go to or give your food to someone else, if you need to you can even just throw it away. This is a better thing to do for yourself.

To make permanent change, you'll need to set short-term and long-term goals. Then you want to create and write down your action plans to achieve them. Share your goals and how you're planning to accomplish them. Action plans would be writing down what you are going to do that day such as the foods you eat and what exercises you do. Write down what you need to do in a day to

How To Start A Healthy Lifestyle

achieve a healthy lifestyle that helps you reach your goals. Give them an overview on the types of foods you're eating and no longer eating and what your workout schedule looks like. Let people know how important it is to you to have their support.

Throughout the day, you should be eating protein-rich meals. Keep fresh fruit and veggies, whole grains, lower fat milk, cheese and yogurt, proteins such as nuts and seeds, nut butter, canned fish and

beans. Toss any expired food,



HEALTHY LIFESTYLE

cookies, chips, and salty, fatty meats.

Keep a food diary. Write down everything you eat for a day and no skipping the items you're embarrassed about. "The idea is to write

it down without judgment," says Kathianne Sellers Williams, a nutritionist, wellness coach, and personal trainer with Cafe Physique in Atlanta. "You can't change what you're not aware of or don't acknowledge."

The CDC recommends that adults get at least two and a half hours per week of intensity aerobic activity or one hour and 15 minutes per week of hard intensity aerobic activity. They also recommend muscle-strengthening activities at least two days per week.

Before starting all of the things you need to do to start a healthy lifestyle, you may want to make appointments with your doctor. You want to catch up on your routine screening and immunizations, take the opportunity to ask your doctor any questions you might have. Measure your height and weight to check your BMI, measure your waist circumference to see if you're overweight and if your waistline is putting your health at risk. If your health is at risk, ask your doctor about changes to make in your diet and fitness.

Overall, starting a healthy lifestyle will increase your mood tremendously, making you feel good about yourself. You will feel healthy and look great. It will boost your self confidence and ambition to try new things out. Many teens may be thinking they aren't staying healthy, not eating right or not getting the right amount of exercise. Not only exercising and eating right will give you a healthy lifestyle, but will teach you good habits throughout life.

Sara Tavernia, Staff Writer

Opinion Piece:

In today's era, more and more people communicate with their smartphones rather than face-to-face, but while it is a societal norm to bring our 'fancy' smartphones wherever we go, most people fail to appreciate and notice the little things in their environment and the people who live in their community because they are too focused on their

phones.

Before smartphones, people would look at the person talking to them instead of only hearing half of what the person said to them because they were too busy paying more attention to their phone than the person talking. Even so, when people do spend time outside, they fail to notice what is around them such as the crunching of the grass and leaves, the birds chirping, and

the sound and feel of the wind.

Psychology Today states, "time outdoors, especially interacting with nature, can restore attention, lower stress, and reduce aggression," and suggests that "time spent with electronics reduces exposure to natural mood enhancers." As teenagers, our brains are still developing, so we are not

ing at our phones all of the time.

Psychology Today even declared, "it doesn't take much electronic stimulation to throw a sensitive and still-developing brain off track."

It seems as

though our smartphones have be-

come

our never-ending personal assistants. Even though we say our phones are not our priority and think it is rude to use our phones when talking to other people, we still do it.

It doesn't matter when or where, one call or one text causes a person to stop what they are doing immediately, and ignore the person that is talking to them just to look at a recent notification that has just appeared on their phone.

Reena Samuel, a junior at West, said, "though people are of higher priority than our phones, if people do not make an effort



Proximus

do - ing any justice to our health and well being by look-

Get off your phone, look around

to be aware of their surroundings, then it can be easy to be too involved in their phones.”

The interaction with our peers and our surroundings used to be the one of the most important connections in our world until smartphones.

With new advances in phones nowadays, people are becoming less

formation, work, and communicate with others, we should not rely on them to carry out the simplest tasks in everyday life.

Many people seem more distracted than ever simply because they are too focused on their phones instead of what is around them. Life is all about balance, so it's important to take time out of our day to put our phone down and venture outside, while also taking the time to wind down and watch our favorite

us without constantly wondering what new notifications have popped on our phones.

Living in the moment is so important because without it, we will miss important experiences, memories, and opportunities in our day-to-day lives. Life is pointless and hollow without these experiences, memories, and opportunities, so if our phones are more important than our lives, friends, families, or interests, then we need reconsider our decisions and judgements in order to

creative and less imaginative because they can now easily Google ideas or inspirations instead of coming up with them on their own. Less and less people are seen reading books, magazines, newspapers, etc., because of new advances in phones, too.

Psychology Today proclaimed that “creative solutions to problems are more likely to come when your mind is wandering than when it is focused on a task like thumbing through a thousand tweets.”

Even though smartphones (and technology in general) are helpful in everyday life by allowing us to learn, research in-

television show.

Technology is important, but so is knowledge and experience on what's happening around us. A popular proverb, “experience is the teacher of all things,” gives meaning to that most people learn better by being involved and partaking in something rather than by reading about it online.

We should all make more of an effort to put our phones down during times when it is unnecessary. We need to learn to enjoy life and what is around

find what really matters to us.

PNGMart

Our universe is so interesting and unique, we should take every opportunity to appreciate, examine, and explore its beauty. Arthur Williams, a famous television presenter once said, “experience is the key to greatness.”

Lauryn Lieske, Staff Writer

Opinion Piece: Why College Athletes Should Be Paid

College athletes need to be paid. For years, college athletes have been producing sports that millions of people watch, follow and root for. Athletes perform at high levels, against high competition and face huge risk of injury. Keep in mind, these student athletes are there to go to school as well, so being committed to a sport and school their school work is tremendously difficult.

Athletes can, and do, lose scholarships due to injury or other reasons that can affect their ability to play. Given the commitment that these student athletes are required to put in, there's no reason they shouldn't be paid.

According to an audited financial statement cited by USA Today, the National Collegiate Athletic Association (NCAA) pulled in \$989 million in 2014. Why can't any of that go to the athletes? Everyone is getting paid in the college sports world except the players who are providing the entertainment.

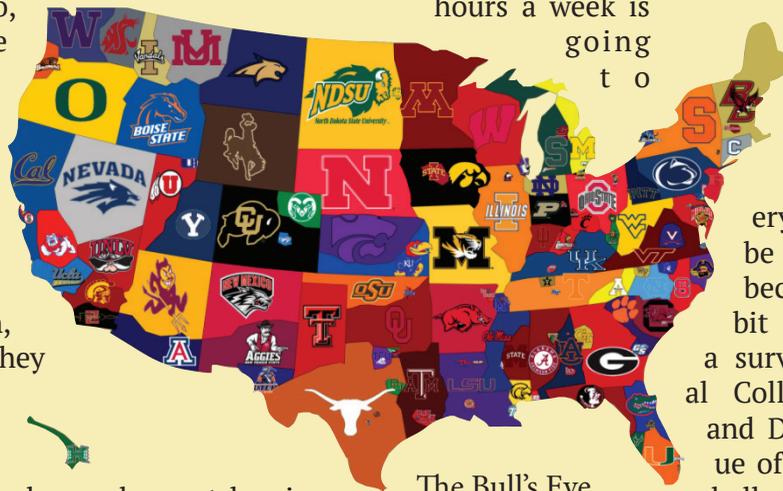
Some of the reasons they claim athletes are not paid are because most D-1 athletes are accepted into school with a "full-ride scholarship." Athletes are at college to further their education. If athletes are paid, then less money

will go to coaches and facilities. Smaller schools can't afford it.

On average, a college athlete devotes more than 40 hours per week to their sport. This can particularly affect players who aren't accepted on a full-ride because how are they supposed to pay tuition?

Most D-1 schools' tuition cost doesn't come cheap. Other college students are able to work a part-time job to make money but if 40

hours a week is going to



The Bull's Eye

their sport, there's no way they can work a job. If they were paid, the money could go to help support their families and provide needed income. With making money, it can also prepare them for real life, especially in the sense of managing money and being responsible.

Paying athletes in college would eliminate the rush to chase huge contracts, allowing players to finish their education and have other job prospects if they do not play professionally.

The myth that college athletes get full-ride scholarships are somewhat untrue. Four-year athletic scholarships do exist. However, these offers are still rare and typically reserved for top players. Instead, they are renewable after each year. If you're a full-ride athlete your freshman year, that doesn't necessarily guarantee you a scholarship your sophomore year. Some schools are now offering multi-year contracts for either two, three or four years.

How much should they be paid? I'm not necessarily saying every college athlete should be paid millions of dollars, because we know that's a bit of a reach. According to a survey done by the National College Players Association and Drexel University, the value of the average college football player is \$178,000 per year from 2011 to 2015, while the projected market value for the average college basketball player for the same time is \$375,000.

When you look at this and then think about all the smaller schools that they take into account, some players are definitely worth more than a million. And yet they get paid nothing.

Tyler Torosian,
Staff Writer

Is time running out on analog watches?

A watch. It's a very small detail that most men and women like to wear on their wrist. Watches have been a fashion for all ages for centuries now. As years pass, watches became more unique with their features like the Chronograph and Moon watch. Along the line, technology has been improved to a new level, and watchmakers decided to comply. Companies have started making hybrid watches and smartwatches where you can pair your phone with your watch. These watches typically run on electric energy. A decade ago, watches were just a timepiece, but they are now a personal device.

Some people make the argument that they do not need an analog watch because they can see the time on their phone. It is more common for people to, nowadays, wear smartwatches. It seems the pop-

ularity of the analog watch is quickly fading away.

With the demands of smartwatches, analog watches are simply losing their purpose.

Smartwatches will greatly hurt the watch industry in this way. Watchmakers like Citizen, Bulova, Rado, Tag Heuer and other good watch brands will now suffer due to companies like Apple and Android creating more advanced, futuristic watch options.

Some luxury brands have chosen to zenith-watches.com



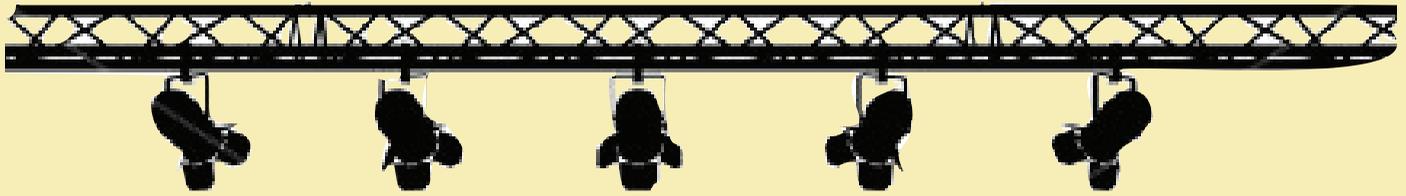
invent their own smartwatches to keep business booming. These smartwatches can cost even half the price of the regular analog watches, and can still not add up to the analog watch sales. Analog watches, however, do carry many benefits. You can

change the look of the watch and add details in the movements and face. They often come in more styles and series than a smartwatch does. They usually have a longer warranty than smartwatches and often, analog watches are considered to have a more elegant appearance.

If the demand for analog watches falls, the future watch industry will not run as smoothly as predicted. Smartwatches downgrade the real purpose of a watch and turn watches into a tech device. Watches are made as a fashionable accessory of the wrist rather than for technical purposes.



Asif Sameer, Staff Writer



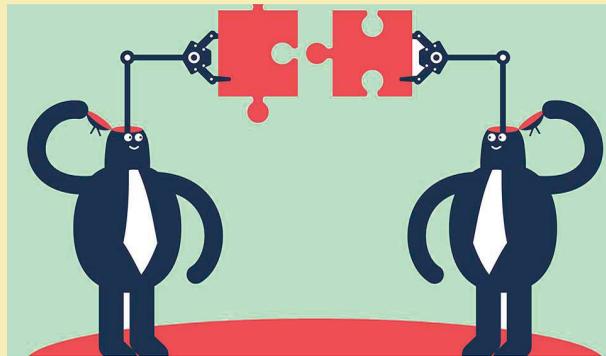
Behind the scenes of improv

Improvisational theater, better known as improv, is a form of theater where the actors perform a scene using no script. These scenes are spontaneous, for they aren't planned. In result, these skits can turn out comical. However, improv is also a great way to help actor and actresses with character development and other useful tactics. The instillment of these necessary skills can be seen in the exercises practiced while in improv. In a game such as "Yes, and..." actors are taught how to take a suggestion from their scene partner and build upon that idea without disagreeing. This is a useful tool in situations where a mistake might've happened in a scene.

In another game known as "Freeze", actors are pushed to jump into a scene, modeling the final pose of an actor in a previous skit, which helps performers create a character based on their personal interpretation of how their role was portrayed by prior performers.

Some games utilize

the practice of pantomiming, the use of extreme and exaggerated emotion. Through pantomiming, performers gain the tool to portray difficult emotions. Pantomiming also pushes actors to create an environment invisible to the audience and mimic unavailable props realistically.



In "Honey, Do You Love Me?", actors develop the tool to control their reactions, smiling and laughter pointedly, when not appropriate for their particular character.

Character development is more prominent in games such as "Character Walk", which helps performers embody their characters through the way they walk. However, it can be

shown most prominently in long form improv.

Long form improvs are more extended improvised scenes, and sometimes even a series of scenes, which play out longer than it would a simple improv skit. Because of the length, performers can develop backstories, which can play into the

that aren't frequently recognized today.

These concepts are influenced by the ideas of the playwright's environment and time period. For example in epic theater, performers strive to distance the audience from the action on stage through techniques such as having actors play multiple characters, rearrange the set while the audience watches, and breaking the "fourth wall" by speaking to the audience.

In the end, it's not the humor and chaos that performers should take out of improv, but rather the value of the skills they gain through the exercises. Improv

isn't just a form of theater that doesn't use scripts and isn't planned, thus resulting in comedy sometimes; it's a mechanism for actors to become stronger in character development, to break out of one's shell, to take action when one least expects it.

www.laughology.co.uk

more dramatic tone of some long-form scenes.

The dramatic tone can be seen in an exercise known as "Soap Series". Despite the practice of satirizing techniques generally used in soap opera, the underlying skill that actors gain through this game fall in pushing performers to portray ideas outside of their comfort zone, especially concepts

*Teagan Gumina,
Staff Writer*

Recent renovations: Room 200.0

At New Berlin West, a group of AP art students including Alissa Platzer, Leah Kukis, Madi Huc, Matilda Troedson, and others who weren't interviewed, have worked on repainting the wall in Room 200 to create a mural. When asked why they were creating the mural, Huc explained that the school's principal, Michael Fesenmaier, had asked the students in AP Art to voice their opinion on Room 200, which was being renovated.

Huc mentioned, that afterwards, "We kinda came up with the idea that, hey, maybe we could actually paint it."

When Kukis and Troedson were asked who the mural is for, Kukis said it was to help attract students to go into Room 200 and "hang out there instead of in the library and field house."

Troedson added that the mural was also meant for schoolwork and multiple classes, particularly AP Seminar and AP Research.

"They have more available time to go up there," Troedson explained.

"We were also motivated by the fact that we could get our names on something in school," Huc said while explaining one of the reasons why she helped out in creating the mural.

Afterwards, Huc, Kukis, Platzer, and Troedson recounted how they came to an agreement on the triangle design for the wall. It was noted that they each came up with their own designs before coming together to vote on the ideas, which Platzer shared, "We [kinda] took a vote on what we liked and what we didn't like in each of them, and came up with the basic, general idea of all these shapes."

Troedson stated that during the voting process, the students involved in creating the mural discussed the strengths of each design and how they could incorporate several designs into one. Kukis further described that aspects such as color and placement. Then the group came to a consensus on using triangles for the design, which they had approved by Fesenmaier and later, interior designers.

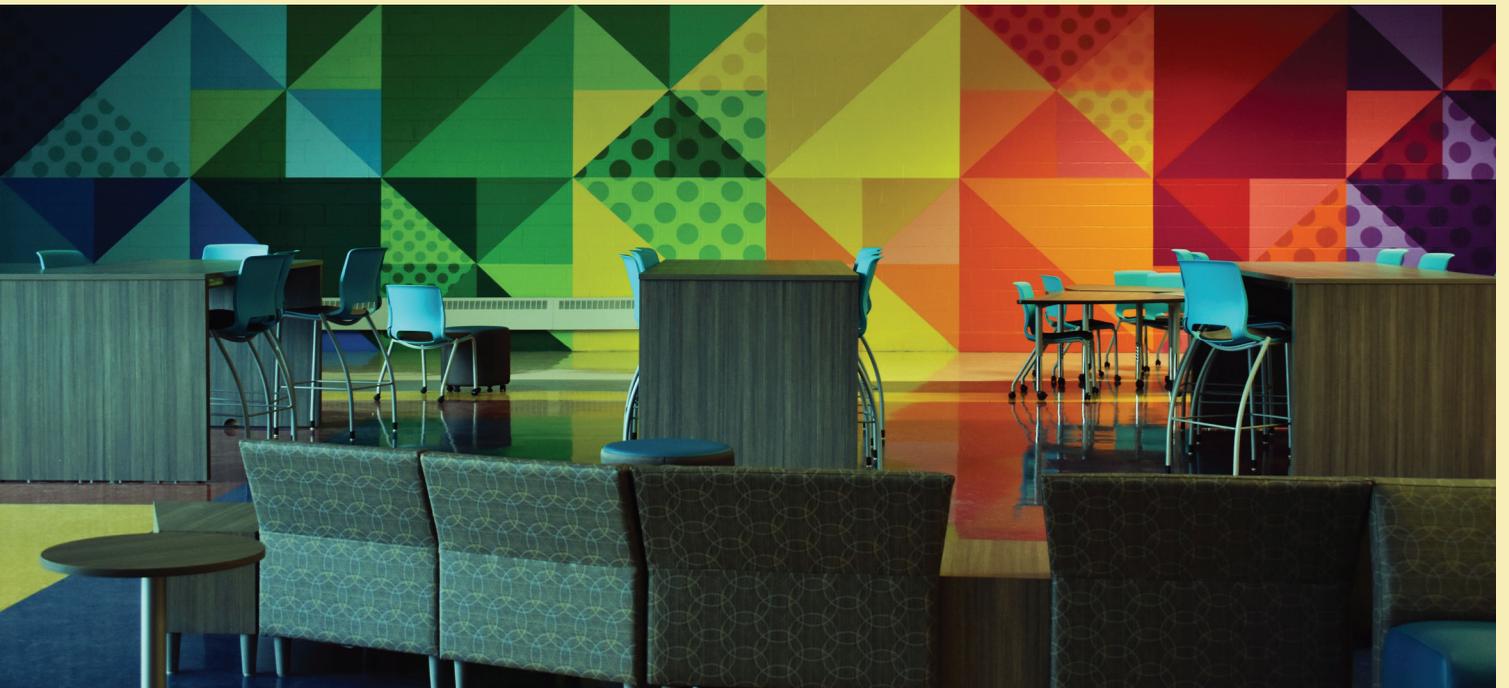
During the construction of the mural, Platzer explained how the group was undecided on the idea of adding dots to the triangles or not at first. Similarly, Troedson shared that, in the end, "We all decided, 'Okay, we're [just] gonna try this.' And so, we started doing it, and everyone really liked it so much more."

To Platzer and Troedson, the dots were what stood out most to them in the project. However, the triangles in general stood out to Huc, who noted, "I didn't have as many smaller triangles, but I still love the thing we have up there because it looks really cool."

As for Kukis, what stood out to her about the project were "all the vibrant colors, and all the different placements of the colors that make it [really] draw your eyes to look at the whole thing instead of just one part of it."

With the renovations now finished, Room 200 can be enjoyed by everyone at West.

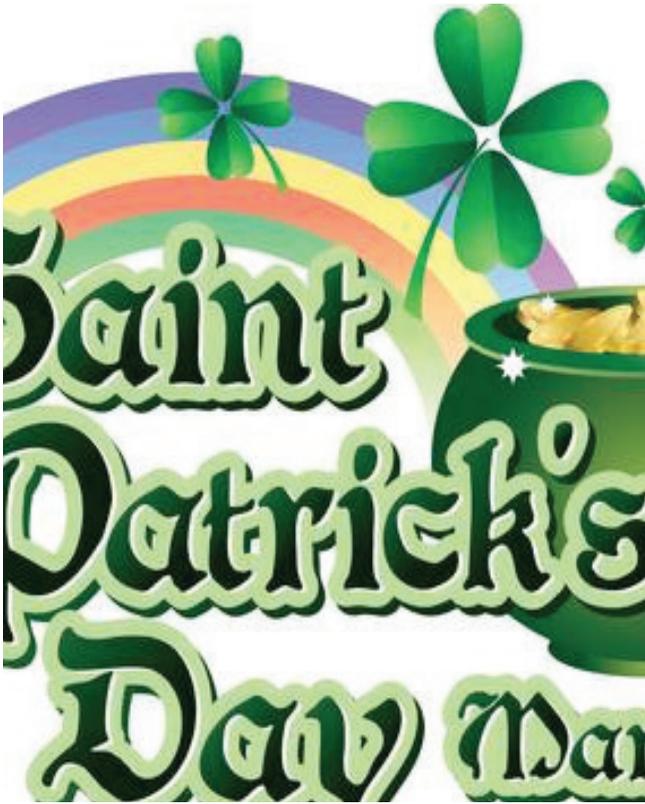
Teagan Gumina, Staff Writer



Payton Pruitt

NORSEWOOD

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

Have you been feeling unlucky recently? Saint Patrick's Day is approaching soon on March 17th, so 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 various reasons. It was originally celebrated in honor of St. Patrick.

March 16, 2018 5:45pm
Lauryn Lieske

Web Exclusive

A graphic for ACT Tips featuring a blue and white ACT test form with two yellow pencils resting on it.

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...

[Read more →](#)

Web Exclusive

A photograph of a stage production of the musical 'Guys and Dolls', showing several performers in a dark setting.

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...

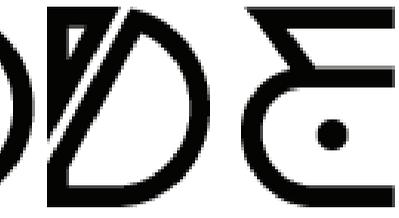
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Web Exclusive

A photograph of a large, ornate building, likely a Chicago landmark.

Chicago

AP Art and Ph... took a class tr... the different s...
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...scently? Well, Saint Patrick's Day is on March 17th, so be ready to celebrate with your friends and family. It's a religious holiday, but it's also celebrated for different reasons. Some people celebrate because of Saint Patrick's death. Before...

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Chicago Fieldtrip

Art and Photography students recently went on 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...

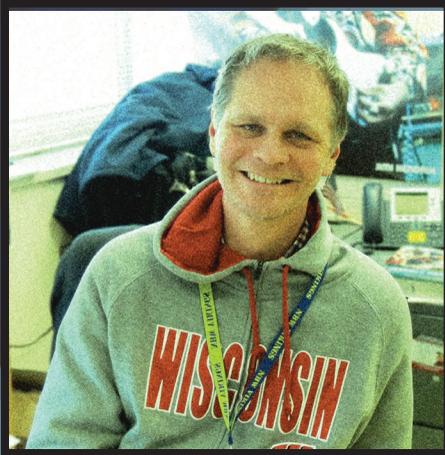


Top 7 Gifts To Give For Valentines Day
 Valentine's Day is approaching soon, and you may not know what gifts to buy for your loved ones. Whether you are buying a gift...



New at mynorsecode.com:
Spring play preview: Crimes of the Heart
Spring sports previews: Boys golf, Boys tennis, Girls softball, Track and Field
Feature: The influence of Youtube

Life in the old West changed in the



"The field house is incredibly better from what we had in the past,"

Year to year, staff have come and gone at West, but the memories they make here last forever.

Every staff member that walks through West's doors for the first time begins the journey of a lifetime. As a member of staff, they will see West undergo changes: students will come and go, the energy of the school will change, and the physical look of the school will alter.

The first time a staff member walks through West's doors is different for every teacher and staff member. Some have started 20 years ago, 30 years ago, and even 50 years ago.

Former English teacher and now substitute, Robert Baranowski is the only staff that

is still involved at West longer than any other staff member has. Baranowski started in 1969 and worked until his retirement in 2003. Baranowski then took up work as a sub in 2006, 3 years after his retirement.

Staff members still have time to think about their future and if they will return like Baranowski. English teacher Jennifer Hart, history teacher Jason Johnston, social studies teacher Dan Counsell, and physical education teacher Matt Murdock have spent 20 years or more at West, ranking among some of the longest tenured staff here.



"The increase in technology has changed instruction and assessment practices,"

As each year goes by at West, many elements of the school change. The students that come and go don't notice the changes



"The building is very new and improved compared to where it was years ago,"

as much as the teachers and staff that stay. The longer the staff stay, the more they notice the changes and miss the good old days before the evolution of the school.

"Students are very different now from how they used to be, with phones, work ethic, and character," said math teacher Chris Viste. Technology is a major factor of students' daily lives, in some cases even distracting students from their work. Baranowski believes students can survive school without phones stating, "put your phones away - you'll be okay."

For Jennifer Hart, the way students dress and the attitudes of students has changed the most through her years of working here.

The physical building has changed greatly over the years as well. "The field house is incredibly better from what we had in

West: How NBW has changed in the last 66 years

the past,” states Jason Johnston.

There have been more renovations than just the field house: “We got tennis courts, a bigger library, and a PAC,” states Viste.

Classrooms and offices also have been switched around, “We had classrooms that are now offices and offices that are now classrooms,” said administrative assistant to the director of athletics and activities Jane Hoffman. Hoffman has been switched around a lot over the years: “At last count I have had 11 different office areas, where I’ve been the athletics secretary.”

“When I started, we didn’t have a field house, a PAC, or air conditioning, though we did have indoor plumbing and electricity,” said Dan Counsell. The building



“Education is much more collaborative-based. When I first started teaching, student learning was very much independent.”

itself has gotten many upgrades, significantly making the school a better place. “The building used to have yellow and blue panels on the exterior, so it really didn’t have much curb appeal back in the day.”

The school looks a lot more attractive today than it did back in the day, bringing about a more positive atmosphere for staff, students, and the community. “The building is very new and improved compared to where it was years ago,” said Hart.

Baranowski, being at West the longest, noticed more changes to the building than other staff members. “Loss of the front lawn, loss of great tech ed, home ec, and business programs”, are all great commodities West has neglected, Baranowski said.

Technology has increased greatly. “There is much more access to technology now, such as each student having a Chromebook and each classroom having a Smart Board,” said Counsell.

It’s not just in the classrooms, technology has increased all over the school.

“We have moved from desktop computers and computer labs to being a one-to-one school,” said school librarian Barb Uhen. A one-to-one school being where every student and staff member have their own personal computer or chromebook.

“The increase in technology has changed instruction and assessment practices,” said English teacher Diane Hudaj. For example, teachers now have



“When I started, we didn’t have a field house, a PAC, or air conditioning, though we did have indoor plumbing and electricity.”



“At last count I have had 11 different office areas, where I’ve been the athletics secretary.”

the opportunity to have tests, quizzes, and other assessments



“Rather than stand in front of a class lecturing, as teachers have since time immemorial, we have the students take a much more active role in their learning.”

online, instead of on paper.

English teacher Erin Schwane said, “Phones consume time that students used to spend just talking and joking with each other and with the adults in the building.” Sadly, staff don’t get the same types of interactions with students like they used to. Phones are intrusive in some instances like preventing strong staff-student relationships, although helpful in others, like communication.

Teachers have revolutionized the way students learn. “Rather than stand in front of a class lecturing, as teachers have since time immemorial, we have the students take a much more active role in their learning,” said math teacher Lori Seitz. Teachers give students the chance to excel their understanding of concepts with new teaching methods. “This is perhaps the most exciting change in education today, and I’m proud to say New Berlin has taken a

leading role in its incorporation into daily teaching methodology in the state today,” said Seitz.

Teachers more often have students work together in groups, to learn off each other. Assistant principal Julie Kader agrees, saying, “Education is much more collaborative[ly] based. When I first started teaching, student learning was very much independent.”

West has also evolved in terms of career planning. “We allow many more learning and career focused opportunities for our students,” said Hudaj. In advisory we research and plan out our future careers and colleges.

“We also now offer so many more opportunities for students to get college credit and real world experiences through career-based learning before they even graduate,” said Uhen.

Student and staff schedules have been modified through the years. “We had eight 45-minute class periods a day most of my 21 years here,” said Counsell. “Many years ago, for a time we



“We got tennis courts, a bigger library, and a PAC.”

had a modified block schedule in which Monday, Thursday, and Friday were normal days, and Tuesday and Wednesday were



“There are only a few teachers that are still here from when I first started, six different principals and thousands of different students.”

block days in which students had half of their classes one day and the other half the next day. Classes on those two days were 90 minutes long,” Counsell said.

Then came the colored alphabetical days. “In the old days, we used to think A & B days could be confusing, but now it’s much more clear with the added colors!” said Hoffman.

“There has also been a pretty big turnover of teachers in the last 10 years,” said Seitz. Most of the students likely noticed the changes in staff due to the recency of staff changes.

“There are only a few teachers that are still here from when I first started, six different principals and thousands of different students,” said Steven Murdock.

It’s not just the elements that make up West that staff fondly remember, but the memories they make here.

Some staff make the best memories from aiding students. Counsell is one of these staff members, making his best memories by positively helping students. “For

me as a teacher, it doesn't get any better than that," said Counsell.

Staff have so many diverse and interesting memories, that it's hard for them to pick a favorite. Seitz said that her favorite memory was when the teachers danced to Michael Jackson's "Thriller" at the homecoming pep rally. Uhen and Hoffman additionally love the homecoming festivities.

Murdock's best memory was coaching for the boys basketball team in 2000 when they won the state championship. This was his favorite memory, on top of having the opportunity to develop friendships with teachers and students over the years.

Hart also made great memories with all the students and staff she has met through her years of teaching here.

Hudaj's best memories



"We have moved from desktop computers and computer labs to being a one-to-one school."

fun, challenging, and enjoyable from former students.

Uhen is amazed by the level of talent of students at West. "The talent shows and art shows are always outstanding and I have fond memories of those," said Uhen.

Hoffman's most recent, touching memory was, "Hoops for Hoffman, when the softball team came to my house to help me spread mulch in my garden beds and these same girls became 2016 State Champions," said Hoffman.

Johnston's best memory was coaching football with Mr. Counsell and Mr. Grabo. He also loves to see former students turn out to be successful adults.

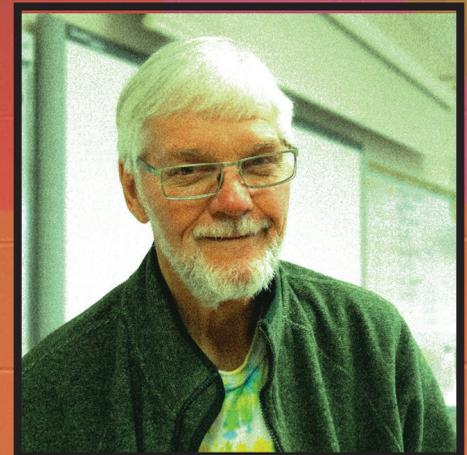
Viste appreciates when students say, "I've learned a lot from you and thanks." When students say this to Viste or any of the staff, it becomes an unforgettable, sentimental moment. Viste also remembers and cherishes the time her tennis team won the conference tournament in 2015.

"I will always fondly remember the decorated hallways around the holidays as well as seeing students I have taught as freshmen turn into impressive juniors and seniors who eventually leave

to become impressive adults," said Schwane. Every teacher and staff member feels a bit of joy when they realize they contributed to the success of a student. Schwane also enjoyed her time coaching the cross country team.

Baranowski, being here the longest has more memories than any other staff member at West. He enjoyed team teaching with Bob Schreiber, Mary Ellen Heus, and Jeff Shorer. Baranowski worked with other great teachers and taught many students that succeeded in spite of him. He also taught the children and sometimes grandchildren of former students.

Being a staff member at



"put your phones away - you'll be okay."



"I will always fondly remember the decorated hallways around the holidays as well as seeing students I have taught as freshmen turn into impressive juniors and seniors who eventually leave to become impressive adults,"

are when she would bring her dogs to school. She also loves to hear that her classes were

West is so much more than coming to work, teaching, and going home. It's remembering the good old days, of former students, staff, and past memories made with them. These aspects are what makes being a staff member at West so memorable.

Joey Radish, Staff Writer

**Photos by Joey Radish
Mural Photos by Payton Pruitt**

Two Senior standouts finish

Swish, the basketball is drained through the hoop, something Tyler Torosian and Alyssa Nelson have done in a game time and time again. Torosian and Nelson were successful senior varsity basketball players this year at West. They started playing as freshman and have finished this season playing as seniors four years later. Torosian started playing on the freshman team and the following year moved up to Varsity as a sophomore. Nelson started playing on the varsity team as a freshman. Their four years of basketball required them to put in hours of hard work, which has definitely paid off because they are now better than ever before.

Alyssa Nelson, number 15 on the girls varsity basketball team, played in the point guard/ shooting

guard position. She started playing basketball with her siblings when she was younger, before she started playing on an actual team. Nelson said "I started playing competitively around 1st or second grade."

She started because her parents thought that since her siblings played basketball competitively, she could too.

Nelson devotes most of her time to basketball. "I [have spent] at least 1 hour in the gym everyday ever since I was in elementary school," said Nelson.

Her coach, Colin Thompson, notices that Nelson's work ethic has been quite solid for her four years, but has become more evident in the last two years she's been playing. "She is in the gym all the time, and focused when it comes to skill

developmental drills," said Thompson, "Nelson is very astute when it comes to the game, and the drive she has to continue to push herself and not be complacent, is hard to do."

Since she was so talented on the court, the opposing team would try to block Nelson out entirely. "Our opponents [were] keying in on her and either [toke] her away or [played] her much harder than in the past," said Thompson.

This means that Nelson had to work harder for her chance to get a shot, which was when she has to push herself the most.

Nelson definitely made a big improvement in her leadership and physical strength. "I improved just by being in the gym everyday, and from year to year I feel like I became more mature, and became a stronger leader for my other teammates."

Nelson wasn't always so powerful on the court, "She has improved her overall strength over the years, and will continue to have to do that at the next level," said Thompson.

Thompson also tried to increase Nelson's development on the team. "I've always been an offensive coach, and feel like I have contributed to Alyssa's development when it comes to creating, whether it's for herself or for a teammate."

A lot of attention is focused on Nelson, trying to get her stronger to play through contact.

Throughout the years, Nelson's leadership role on the team has changed. "She has been very active leading both on and off the court," said Thompson.

Nelson believes being a good leader is one of the most important parts of the game, "I enjoyed leading the team, I hope the younger



Photo of Alyssa Nelson, four year varsity basketball star, taken by Scott Ash / Now News Group from JS Online.

finish basketball careers

kids as well as my senior teammates learned things from me that they can carry into games and practices.”

Nelson will be missed by her team and coach as she moves on to college. “I am looking forward to her continuing her passion for the game and playing at the next level,” said Thompson, “I’m also looking forward to seeing her mature and take on the next challenges that life has for her.”

Moving on to the varsity boys team, which have a wide variety of skilled players just like the varsity girls team, Tyler Torosian has worked his way up to be one of those skilled players. Torosian, number 32, played in the forward position on the boys varsity basketball team this season. He began his journey of

playing basketball back in elementary school. “I started playing basketball around second or third grade, about ten years ago,” said Torosian.

Torosian’s father was a big inspiration in his life, additionally motivating him to play basketball.

Torosian improved greatly these past years due to the time he spends training. “I devoted about 15 hours per week including practices and games,” said Torosian.

With his time put into basketball, Torosian had less time to hang out with friends, but to him it was worth it. He has so many doors that are now open for him. “He could potentially play for a college team, like Whitewater,” said Brandon Mattox the varsity boys head coach.

According to Mattox, Tyler gave his all to be the skilled player he is today, “Tyler’s always been a hard-working kid.”

Proving the time Torosian spent in the gym and on the court practicing was worthwhile. He was one



Photo of Tyler Torosian, three year varsity basketball athlete, taken by C.T. Kruger/Now Media Group.

of the leading scorers on the team, although it wasn’t always that way. He was once playing 10-15 minutes a game scoring an average of 5.5 points sophomore year. Junior year he also played about 10-15 minutes per game, averaging 4.9 points. Compare that to this past season, where he was on the floor the whole game, and only took breaks during time outs. The increase in his expertise is evident because he scored an average of 19.4 points per game. “Hard work pays off,” said Torosian.

Torosian put a lot more time in the off-season this year too. “He was in the gym all summer,” said Mattox.

Mattox pushed Torosian to exhaustion. “He doesn’t take criticism as a personal attack, he wants to get better,” said Mattox.

Criticism is a coaches way of helping a player improve, just as Mattox did for Torosian. Torosian didn’t improve on his own, he got help from Mattox. Mattox was there

at every practice guiding Torosian to become the great player he is today.

Compared to other years, “Torosian [didn’t do] anything different, he played with confidence and his role was solidified on the team,” said Mattox. He was a strong leader on the team, respected by all his teammates. They looked up to him and aspired to be like him, wanting his skill and work ethic.

From all the hard work and effort that Torosian put forth towards basketball, he averaged 19.4 points per game. Nelson averaged 16 points per game from pushing herself to be the best like Torosian.

Overall, Nelson and Torosian were two of the best basketball players West has ever had. They were great leaders, they inspired others, and they worked hard to succeed. They worked to be the best and will rise above others in their future.

Joey Radish, Staff Writer

WIAA Eliminates Summer Baseball

As of 2019, all high school baseball will be played in spring

Most people wouldn't consider March the right time to start baseball season here at New Berlin West, but at this time next year, baseball season will be underway. As a result of more and more schools switching from summer baseball to a spring season, the WIAA has voted to eliminate summer baseball after 2018.

A main reason coaches have given for the change is that summer baseball doesn't allow for enough practice time. The summer season begins on May 15, and the first games start the following week.

"If you're trying to develop quality baseball players, you need to spend time practicing and working on fundamentals," said Scott Holler, athletic director and varsity baseball coach at Oak Creek High School, in the Milwaukee Journal-Sentinel. "We're playing five to six games a week and we're expecting players

to go out and perform when you haven't had time to coach them and instruct them properly."

Some New Berlin West players have voiced support of the change.

"I think it's gonna be better for baseball players because the heat won't affect them," said sophomore baseball player Joseph

DiMotto. "I like that you can also play for a traveling team now and still be able to play for your high school team."

DiMotto's point about playing for a traveling team was likely also a factor in the move. Most youth travel teams play in the summer and many players have needed to choose between playing for their high school or playing on a travel team.

DiMotto mentioned how high school practices really push a player to their limit. "I also feel like the varsity prac-

tices really push you to your fullest, as everyday it was a competition".

Switching to spring baseball also comes with downsides.

"I don't really want to [switch to spring baseball]," said NBW head baseball coach Tom Farina in an interview before the WIAA's recent announcement to switch to spring baseball. "I'm not sure why some schools want to."

"Players can't get loose in 35 degree weather," said Farina, noting that by starting sooner the weath-



Photo from New Berlin West Vikings' facebook page.

er would be cold and hard to play in for the majority of the season.

In addition to the poor weather, there are other spring sports going on at the same time as the spring baseball season, such as track, tennis, and golf. For those who play sports other than just baseball, this is a problem because they have to choose between one sport or another.

When asked how switching to spring baseball would affect other spring sports, Farina said, "It's not beneficial to other spring sports."

"It would be a big problem for more reasons than I can explain," said Jordan Napoli, New Berlin West athletic director. "The spring is the craziest time of year here."

Farina also pointed out that because NBW's outdoor facility is not very big, parking would be a struggle and a safety hazard for everybody.

Like Farina, Napoli was not excited about potentially making the move to spring ball, but he believes, "it would allow for kids to

Picture from princeorpeacecatholic.org.



take the summer off."

There are pros and cons to switching to spring ball, but the biggest concern of Napoli,

was the danger of not being able to have a freshman baseball program.

Napoli mentioned that NBW might not be able to have a freshman program because there is only one

field for JV and Varsity and there wouldn't be enough space for games.

Even though Farina was against spring ball he did have some thoughts on how it might be beneficial to NBW. By playing in the spring, it is very cold here in New Berlin, but it opens up opportunities to play in major tournaments in the south. Another upside to spring baseball would be only playing teams within our division. "We would only be playing our own division and not D1" said Farina.

In summer baseball,

teams all compete together in the playoffs, regardless of division. Last season, New Berlin West was defeated in the playoffs by Oak Creek, a Division 1 team. By switching to spring ball, West wouldn't have to play the D1 teams and they would have a greater chance at winning and potentially going to State for the first time since 2013.

Matt Intravaia,
Staff Writer

»
"It would be a big problem for more reasons than I can explain."

-Jordan Napoli, NBW
Athletic Director

<i>REPROGRAMMING THE FUTURE</i>

Imagine a world where our difficult tasks are done for us by our mechanical counterparts. This may be a reality soon with a variety of industries automating more things and adding tech into everyday objects that people never thought would be able to do things like tell you today's weather.

"All the online resources, applications, and data sharing tools have made life much easier for us, and have certainly made teach-

ing much easier for me," said Saghar Homayounpour, the computer science teacher at New Berlin West. "That is why we all need to maintain a comfort level of knowledge with technology and computers."

Computer science is creating new resources for many different appliances. These resources include websites and games and applications like Word and Excel. The way these resources are created is through computer sci-

ence, or more specifically, programming.

The way we program is through what are called programming languages. No, these languages do not include English or German or Spanish but rather "Java" and "SQL" and "Python".

Just like how we have grammar and rules for our "human languages" so does programming language. For example in some programming languages you have to include slashes and parentheses and arrows

in certain places so the computer knows when one string of code starts and when one ends.

For example this is how you would bold something in HTML:

You would then put the text you want to be bolded here.

At a first glance, computer programming can be quite confusing and overwhelming, with what seems like random placements of "wrong grammar" and in different lines with abbreviations. However, if you break it down it can be quite simple. You are just giving the computer commands in a simple, organized fashion and then the computer can read the code and produce an action.

There have even been programs designed for young students to make things simpler.

One of the many programs like this is Scratch. The way that these programs work is they have moveable blocks with simple commands on them. The blocks are easy to snap into each other to create lines of code. These are getting kids interested into



Mrs. Homayounpour instructs students on programming. Photo by Connor Mckenzie

programming careers without overwhelming.

There is also another way of going about teaching code in a simple way though. That's what Hour Of Code is doing. The program is run by the people at Khan Academy which is an online program that teaches math skills. The way Hour Of Code works is they teach you small bits of Javascript at a time until you have fully mastered Javascript.

Many students may be hesitant to take a class because they may fear that they may get nothing out of these classes. This, however, is quite the opposite because it can provide more benefits than just knowledge. "The computer science courses focus on creativity, problem solving, collaboration, and critical thinking," says Homayounpour. "These are the skills that are valued in any field nowadays."

Another reason that people could be hesitant to enroll in a computer science class is because they may assume it is too hard. However, for many, programming can be quite easy once you get the hang of it. Programming is like talking but just getting straight to the point.

Computer science will be super helpful

```

<!DOCTYPE html>
<html>
  <head>
    <title>HTML Tutorial</title>
  </head>
  <body>
    <h1>Hello World!</h1>
    <p>My first webpage!</p>
  </body>
</html>

```

in the future. Knowing these computer science skills will help you in your field whether it is computer science or not. "A lot of industries are turning over to more tech based systems and programs and they need someone with a computer science degree to run those programs," says Senior Brooklyn DiPietrantonio a student from TechKnow.

You can even look over to the car industry for example. The way computer science is entering the car industry is through artificial intelligence. Artificial Intelligence is simply giving a robot a brain. For example, an automated car

will have to know when to stop and start, where and when to turn, and how to account for human error.

"Computer science will apply to other careers because of how automation has gotten so big over the past few years," says senior Kevin Qiu a student in web design. "I feel it will become the most influential career."

Not to mention, computer science isn't only life skills; it can also be fun and super useful. You may play lots of video games, but have you ever thought how it came to be? It was created using programming. You can start making your own simple games today using some of the starter

programs talked about earlier, like Scratch.

Though by using some of the more advanced programs you can create programs to help aid your learning. This is exactly what Qiu has done, "If I ever need to study for a finals then I can write a program to help me with it."

Overall, if you want to succeed in what you are going to do in the future, many would argue that it would be a good idea take at least one computer science class here at West.

Connor McKenzie,
Staff Writer

What Is Bitcoin?

Bitcoin is a digital currency that spiked in worth during early January of 2017 and spiked even quicker in November of 2017. Since then it has been on the rise, now worth anywhere from about \$9,000 to \$11,000, a far cry from the price of \$0.08 they cost in July of 2010. Many questions may arise, like “What is a Bitcoin?” “What caused this spike in value?” “What does this mean in the future?”

Bitcoins are cryptocurrency that are decentralized, meaning there is no single bank or administrator. It has major prevalence online, and for years was particularly prevalent on dark markets like Silk Road, which sold primarily drugs and firearms. This was due to the fact that bitcoin exchanges are virtually anonymous, protecting the buyers and sellers. This gave it a bad rep as people thought it was risky to buy bitcoins, as they may be seen as someone associated with that group.

Speculation about who created Bitcoin has been floating around, as the creator(s) are currently unknown. Theories are floating around with 4 people as creators, 3 who have denied being the creator and 1 who was said to be part of a hoax.

This means the true creator is still unknown, and may never be known to the general public.

Today, Bitcoin is the most prevalent digital currency system. According to Fortune.com, a Fortune 500 database for Time magazine, their spike in value was caused by more investors purchasing or investing into Bitcoin and the limited amount of bitcoins, causing each to be worth

Bitcoin.com



major amounts.

This spike has gone faster than ever within the last 3 months, starting in early

November of 2017 with a major spike to \$5,751 and then growing from there. All of a sudden

Bitcoin was in the spotlight once again, with fewer negative connotations.

The price is rather unstable though, fluctuating from around \$12,000 to a peak of \$19,201 now falling to a 9,000 to 11,000 range, constantly plunging and rising without any rhyme or reason to the average person. This scares investors, as a major plummet in cost can cause them to lose money rather than gain it. Some are trying to use their bitcoins as quickly

as possible so that a major plummet does not affect them. The fear of losing value causes some to lose out on extra value, due to the price going up suddenly.

With Bitcoin rising to fame, many other cryptocurrencies are doing well, just not as well as Bitcoin. One leader in cryptocurrency is Ethereum, with each coin being worth around \$823, still a large amount. One other currency has been doing decent and that is Litecoin, which has a worth of around \$198 per coin. Though these hold no candle to Bitcoin, they show that there is other options that are doing well. But with the addition of popularity, comes scams. Prodeum was one which just disappeared without a trace, and left people skeptical of cryptocurrency. Coincheck also lost millions of dollars in an exchange, making the worst fears of investors come true.

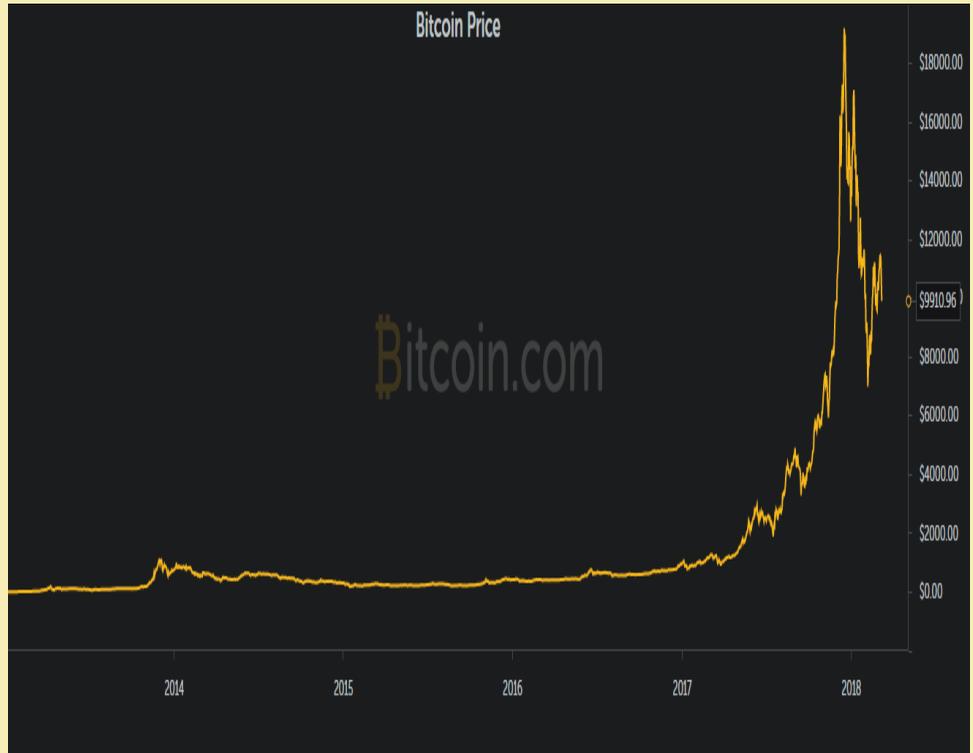
Currently, mining bitcoins, which mean locating bitcoins through coding, is extremely hard, but in 2014, a computer worth about \$12,000 could mine by itself efficiently. They would break padlocks, a protection of the currency that only strong miners could crack, on block chains, where the bitcoins are hidden, then find the bitcoins, about 25 located per padlock in 2014, which occurred once every 10 minutes or so, making it rather inefficient back in 2014.

Businesses are taking

advantage of the new Bitcoin economy and allowing people to spend with them. Due to the value of a single bitcoin, most things are costing fractions of an entire coin. Many small businesses that work with food now accept bitcoins, as well as Microsoft and a few Etsy vendors.

Overall, Bitcoin has been thrown into the spotlight for each individual currency being worth thousands of American dollars suddenly, allowing it to shed its previous negative connotations as well as getting people to ask whether or not digital currency is a possibility in the future.

Nate Siegman, Staff Writer



Bitcoin.com



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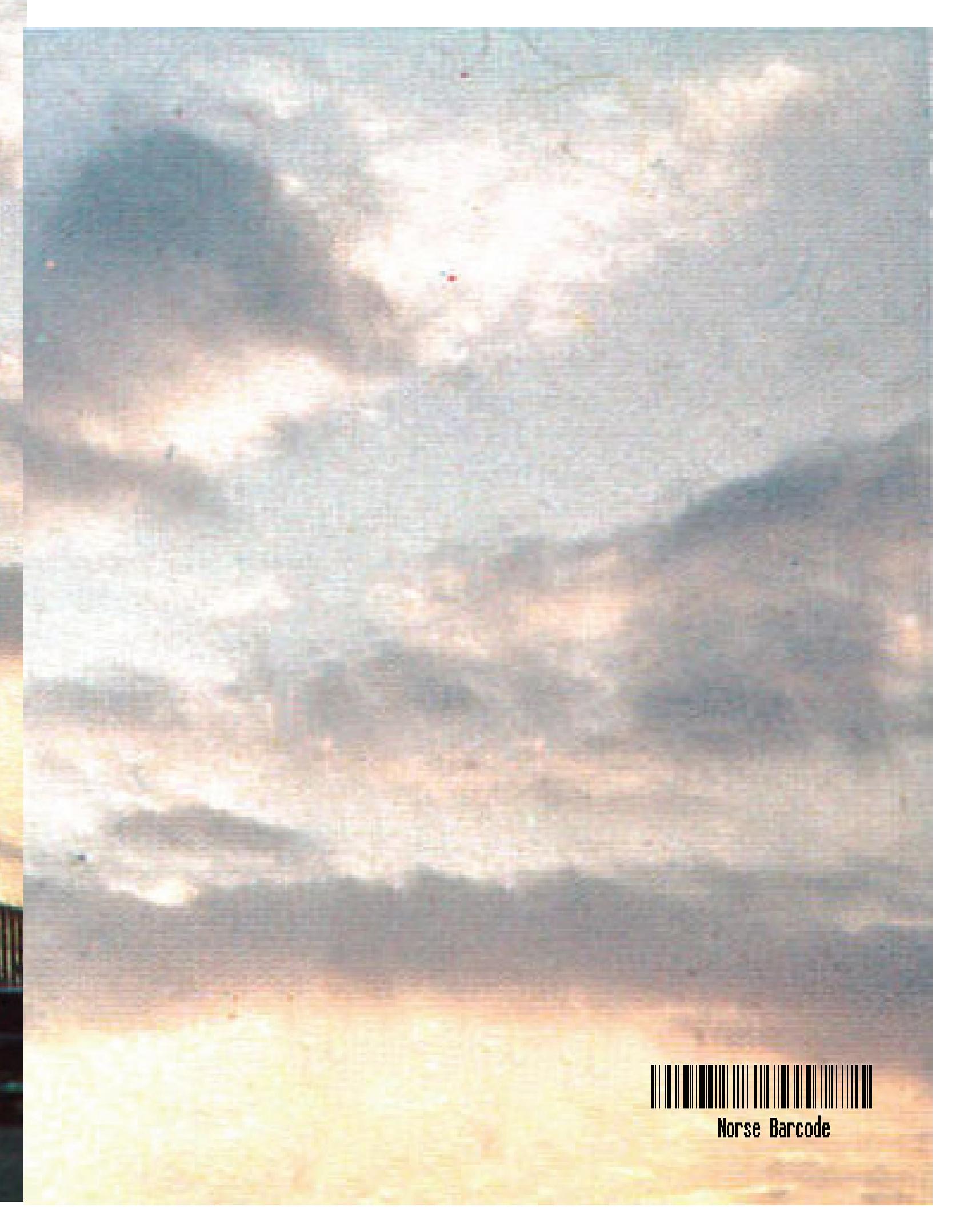


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