

The Staff of The Spectrum welcomes everyone back to school!

THE SPECTRUM

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“The Maroon and Gold in Black and White”

August 23, 2019

Familiar face takes over as head principal of ALHS

By Grace Osotoe and Yashvita Kanuganti

The Spectrum Assistant Editors

The school year is officially upon us, and with that comes both new and familiar faces all around. One familiar face taking a new position is Mrs. Isaly-Johns, ALHS's head principal for the 2019-2020 school year. Students here may recognize her, as she was previously the high school's assistant principal as well as a teacher before that.



photo by Grace Osotoe

At the beginning of July, Mrs. Isaly-Johns takes the helm this year as head principal. Mrs. Isaly-Johns, Mr. Mueller, and Mr. Scott began talking about the plan for the position of head principal, and Mrs. Isaly-Johns was selected. Her reason for taking the position was a simple one: it was a perfectly smooth transition that would help alleviate the stresses of trying to continue programs which had already been set in place. She also plans to adhere to the main foundations and goals left by Mr. Mueller and to keep working towards them.

When asked about these goals, Mrs. Isaly-Johns details plans for helping to expand orientation and mentorship for freshman, working on the curriculum for

students to reach their goals for life after high-school (regardless of what those plans are), as well as bringing a community aspect to events such as homecoming here at ALHS.

Mrs. Isaly-Johns is no stranger to the high school, or even to teaching in general. She has 23 years of experience in education,

four of them being her position as assistant principal. She has also

been a special education teacher for 18 years, as well as a department chair in that area. Her teaching experience spans a vast amount: from elementary, middle and high school.

When asked about the difference between these grade levels, she said, “Our goal as high school teachers is to prepare kids... when you're at the other levels, you're really at the foundation.” However, her favorite part of working with students is being able to watch their transitions and development as they progress through their

years of education. To her, a prime aspect of fulfilling these transitions is graduation, her personal favorite event of the school year.

“I'm really excited about it,” she said about the position and this upcoming year. “There are so many things to move forward with.”

She offered insightful advice to new and returning students. “Get involved. Whether it's drama club, band, key club, whatever it is get involved... to belong to something shrinks the building,” she said.

Mrs. Isaly-Johns noted that being able to belong somewhere at the high-school can be impactful for the entirety of a student's career. She also advocates to ask questions, and that is okay to seek out answers from others.

So as we begin to fall back into school routines, we look to Mrs. Isaly-Johns for a successful and memorable 2019-2020 school year here at ALHS, with many good things to come.

For now, our new principal leaves behind a final piece of simple and thoughtful advice, “Just be kind to each other. Be kind, be patient, and be thoughtful. Kindness is really important.”

Students fill summer with once-in-a-lifetime experience

By Livie Crimaldi

The Spectrum Editor-in-Chief

August is ending and here comes the beginning of a new school year again. It's usually around the first couple days, where everyone is just settling into their classes, when teachers ask if anyone did anything interesting this summer. A handful of Avon Lake students will have a very good answer.

This summer four Avon Lake students had the opportunity to go to China on a trip organized by the Confucius Institute, a wing of the Chinese government designed to boost Chinese language and culture overseas. Recent graduate Adil Eastwood-Morrison, and rising juniors Spencer Dabney, Deja Corbin, and Jade Schindler braved the rigorous application process to earn a spot for this once in a lifetime opportunity.

The group of Americans, compiled of students from Cleveland and Charlotte, NC, spent 2 weeks in China, split between Beijing and Kunming. Beijing is the bustling capital, whereas Kunming is slightly more rural and diverse. Similar to other school trips, the group visited the Great Wall, the Confucius Institute Headquarters, museums, a Chinese high school, and other popular spots. However a road bump early on makes this China trip differ from the normal tourist visit.

Three days in several kids started experiencing unpleasant symptoms, making many violently ill. Two of those immedi-



Photo courtesy of Spencer Dabney

A group of American students visit the stone forest in Kunming, China.

ately affected included Avon Lakers Adil and Spencer. After one night experiencing these symptoms and not improving, six students were taken to the hospital for professional help. After three hours of tests and waiting, four of the six students tested positive for norovirus (feel free to Google that, if you want the details). Ironically enough, norovirus was named after a massive outbreak in Norwalk, Ohio in 1968.

See Virus on page 3

Every extracurricular needed to spice up your school year

Participating in clubs and extracurriculars can be a great way to get involved with the school, meet new people, and build a college resume. Here are some of the clubs that anyone can join at the start of the school year:

Students Against Destructive Decisions

SADD stresses the importance of student safety in the fight against drugs and alcohol. SADD members help put on the Buckle Up Bowl each year and aim to prevent accidents caused by other students making potentially destructive decisions.

Advisor: Mr. Scholfield

Meetings: Occasional Thursday mornings

Remind Code: @saddalhs to: 81010

PALS

PALS is a club that meets monthly before school on Wednesday's or Thursday's. In PALS, the goal is to show kids with disabilities a normal high school experience. As a club, they throw parties, dances, and walk in the homecoming parade! Friendship can be formed in the most unexpected places.

Advisor: Mrs. Tomlin

Meetings: Occasional mornings in the Special Education room

Remind Code: @palsalhs to: 81010

Yearbook Club

Yearbook Club students spend all year preparing the school yearbook for Avon Lake High School. Photographers, writers, and editors are all needed.

Advisor: Mrs. Rudkin

Meetings: After school (sent through remind) in Mrs. Rudkins room

Remind Code: @alhsy to: 81010

Key Club

Key Club is a program where students participate in events to serve others and complete

service projects to promote leadership and volunteerism.

Advisor: Mr. Shoham

Meetings: Every Tuesday morning at 7:15 AM in room 114

Remind Code: @alhskey to: 81010

Robotics Club

Avon Lake Robotics Club meets year-round to compete in VEX Robotics competitions. You will design, build, program, and compete with other teams from around the state.

Advisor: Mr. Svec

Meetings: Fridays after school in room 185

Remind Code: @alhsrc to: 81010

Adventure Club

Adventure Club is a club where students can go on fun adventures with peers and be a part of a group that gives time and resources to the community and become positive role models in the city of Avon Lake.

Advisor: Mrs. Hanratty

Remind Code: @dubclub18 to: 81010

Pep Club

Pep Club is composed of any student who is interested in promoting school spirit. The club meets once a month and 3 times a month before spirit weeks. The club organizes all 3 spirit assemblies and the senior field day, which means planning all games and coordinating all class decorating.

Advisor: Mrs. Rudkin

Remind Code: @avonlakep to: 81010

French Club

French Club aims to enjoy the French culture outside of the classroom with other students with like interests in the language and culture.

Advisor: Mrs. Ansevin

Meetings: Thursday mornings

Remind Code: @c7933c to: 81010

Spanish Club

Aims to increase knowledge and widen perspectives of other cultures through communication and experience, implement the "community as campus" initiative by visiting important and culturally relevant places in our cities.

Advisor: Mrs. Gemelas

Remind Code: @c7933c to: 81010

Diversity Awareness Club

Diversity Awareness Club is made up of members that represent the entire student body and meet to explore diversity and multiculturalism. The goals of the club are to build an awareness and an appreciation for diversity, to establish skills for celebrating differences, and to provide a supportive environment for those dealing with discrimination.

Advisor: Mrs. Ingraham and Mrs. Andrews

Meetings: Weekly after school

Drama Club

Members of the ALHS Drama Club present two major productions per year. A play is produced in the fall; and a musical is presented in the spring.

Advisor: Mrs. Frank

Remind Code: @alhsdrama to: 81010

Future Business Leaders of America

FBLA prepares students for careers in business while being the largest student business organization in America.

Advisor: Mr. Burgess

Meetings: Friday mornings 7 AM in room 113

Remind Code: @alhsfbl to: 81010

Spectrum

Members write for the school newspaper on topics such as sports, school events, city events, and national events. Photographers are also welcome.

Advisor: Mr. Arra

Meetings: talk to Mr. Arra in room 195

Remind Code: @alspectrum to: 81010



by Mary Shabab

**The Spectrum
is looking for staff
writers for all sections!**

**Stop by room 195 and see
Mr. Arra or email him at
avonlakespectrum@gmail.com
to sign up!**

Aries (March 21-April 19)

Aries, pay attention to your snap judgements of others. Make sure that you give everyone a chance before you write them off or put them in a box.

Taurus (April 20-May 20)

Step out of your comfort zone this year! We can't promise everything will be perfect, but it's important to try. You may find a new love for something.

Gemini (May 21-June 20)

New year, new you, Gemini! Let go of the drama and the feelings from last year and allow yourself to go into this year with an open mind and heart.

Cancer (June 21-July 22)

Cancer, keep applying yourself and there is nothing you can't do. Eyes on the prize- you'll get there soon enough.

Leo (July 23-August 22)

Leo, you'll have so many opportunities to shine this year- your specialty! Remember to be kind to others and to be humble.

Virgo (August 23-September 22)

This year, learn to accept yourself despite imperfections, Virgo. Be proud of yourself, even if your achievements turn out slightly different than you imagined.

Libra (September 23-October 22)

Libra, this is the year for you to work on your empathy. Try to be in tune with others, but make sure that you don't take on the weight of everyone's problems yourself!

Scorpio (October 23-November 21)

Take a step back from the drama this year, Scorpio. You'll find yourself living your best life if you just learn to go with the flow.

Sagittarius (November 22-December 21)

Sagittarius, remember to keep your head up. This year might seem daunting, but you can handle it! Stay organized- that's a big help to you!

Capricorn (December 22-January 19)

Capricorn, don't let bad thoughts get in the way of your own success. Whether that be with friendships, relationships, or other endeavors, trust that people care for you!

Aquarius (January 20-February 18)

Aquarius, make sure that you really understand who is there for you. Go into this year with people who give you good energy, and you'll be just fine!

Pisces (February 19-March 19)

Take some down time this year, Pisces. You're always going at such a fast pace- let yourself breathe! You deserve it.



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DO you like to write? It doesn't matter the topic, **The Spectrum** would love to have you on staff!
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Email
avonlakespectrum@gmail.com
or join the Remind by texting @alspectrum to 81010
.....

Virus surprises students on summer trip

Continued from pg 1

"I had to go halfway around the world to get a virus from south of Sandusky," joked Dabney, finding humor in the past experience. "I think we can all figure out what my least favorite part of the trip was."

After diagnosing the students, the Chinese doctors provided treatment to alleviate symptoms and fight the virus. The students were required to be quarantined for the next three days to avoid further contamination, but eventually emerged feeling better and capable of continuing the trip. Unfortunately, two more students were deemed sick later, including a Shoregal, Deja. She and one other student experienced symptoms towards the end of the trip, forcing them to stay in China for a few more days with a chaperone to receive treatment. Thankfully, in the end everyone returned home healthy and



Photo courtesy of Spencer Dabney
Avon Lake students pose for a picture with Ukrainian school kids who also visited China this summer.

The Spectrum Staff

Editor-in-chief
Livie Crimaldi
Sports Editor
Marcy Allen
Assistant Editors
Grace Osotoe
Marguerite Smith
Yashvita Kanuganti
Cartoonist
Mary Shabab

safe.
Sickness scare aside, the group of Americans did get to be immersed in Chinese culture for two weeks and learn about the language they enjoyed studying back home.
"Seeing how other people live their lives was the best part," reminisced Dabney. "We're looking at a painting, but we're only looking at a one inch by one inch square. The world is a ten foot painting, everything we see in Avon Lake is so small in comparison to the rest of the world."



The Spectrum Sports



OBJ gives hope to Browns fans as fall approaches

Most little girls enjoy princess dress up for entertainment, but my favorite game was “news reporter.” I would wear my mom’s professional business suit and utilized a hairbrush for a microphone. I dragged the camera man, otherwise known as my younger brother, to perform daily broadcasts. “Welcome back to ESPN and I’m your morning host,” I said.



Marcy Allen

I have always had a passion for sports and writing, therefore being the editor for the Spectrum Sports section is extremely rewarding. From going to countless Indians games with my dad, to being heartbroken when Lebron James ditched the Cleveland Cavaliers for the Miami Heat, Cleveland sports has always been a key part of my life.

One unfortunate memory of being a Cleveland sports fan is the Browns’s tragic track record. I have become numb to their countless loses and the terrific news of Odell Beckham Jr.’ coming to

FirstEnergy Stadium revitalized not only me, but the entire population of Northeast Ohio.

The Browns officially acquired the wide receiver from the New York Giants this past spring. Beckham Jr. has an impressive resume, awarded NFL Honors Offensive Rookie of the Year in 2015, as well as winning an ESPY for best play the same year. Beckham Jr. signing to the

Browns has given Cleveland sports fans the victorious vision of hope that was a necessity after living in a drought of defeat.

Debatably, the Cleveland Browns have been cursed since 1999. The past two decades have consisted of misfortune draft picks, low ratings, and countless loses for the Ohio team. After Cleveland lost its final game of the 2017 season to the Detroit Lions, the Browns joined the shameful 0-16 club. Cleveland fans ironically threw a parade to celebrate the historical event.

Thanks to Odell Jr. and fan favorite quarterback, Baker Mayfield, Cleveland football is expected to skyrocket. Many are predicting triumph, which is exceedingly different to the Browns’ performance history. Many believe that these powerful athletes can lift the Cleveland curse and give the Land another championship.

As a Cleveland sports fan, I am pumped for Beckham Jr.’s arrival. I have thrilling hope that the underdogs will prosper. Possibly 2019 Superbowl Champions... We will have to wait and see!

Along with the Brown’s promising football season, I am delighted to contribute to the Sports section of the Avon Lake High School Newspaper. I am looking forward to not only writing Shoremen sports articles, but more significantly showcasing the student athletes that attend ALHS.

Fall sports gearing up for some spectacular seasons



The Avon Lake Girls Cross Country seniors were ready for the Breakfast run at French Creek.



The Shoremen Football team are working hard for the upcoming season.



The Avon Lake Shoregal Soccer team went to CSU for soccer camp in June.