

This is for Rachel...

THE SPECTRUM

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“The Maroon and Gold in Black and White”

February 28, 2020

AP Physics C pendulum project in full swing

By Marguerite Smith
The Spectrum Editor

There is a new addition coming to the high school in the next few years that will not only be a new structure for campus but a landmark for Lorain County. The school library will be the host for a museum-style, 30-foot tall Foucault pendulum that will be designed and created by the AP Physics C class at Avon Lake.

What is a Foucault pendulum? It can be described as a simple device named after French physicist Léon Foucault to demonstrate the Earth's rotation. This large scale experiment will be a continuously moving pendulum that swings around in a circle, similar to the one seen in the Cleveland Museum of Natural History.

The project, advised by Mr. Gill, began with the graduating class of 2019, was handed off to the current 2020 seniors, and will continue to be passed along AP Physics C classes until the project is complete. The goal of the project was simply described by the group as “advancing the skills of the students through engineering design projects involving research, design, and installation of landmarks in our community.” Groups of students work in areas such as engineering, design, marketing, and finance. Engineering groups have created different pivot points and worked with companies to manufacture parts.

Student leader Evan Danielson is



Photo courtesy of @ALHSphysicsC

Students working on electrical pieces of the Foucault pendulum. Mr. Gill is proud of the work that his peers have accomplished this year, stating “This year’s AP Physics C class has made remarkable progress designing and fabricating the foundation of our upcoming Foucault Pendulum. I look forward to seeing the cooperation among even more classes, and the results we will be passing on to next year’s class.”

So far this year, the class has been successful in collaborating with neighboring groups from Parker Hannifin, Clark and Post, Nordson, and the Community Foundation to gain insight into the proper ways to engineer,

**Buying sustainable clothing:
See page 2!**

**Winter Sports Updates:
See page 5!**

design, market, and finance the project. Students and faculty of the technology, art, business, and English departments have also been involved in aspects of the creation of the pendulum regarding marketing and aesthetic design.

The completion of this project will create a space for the community and students to enjoy and learn in. Elementary and Intermediate school students would have the opportunity to take field trips to view the pendulum rather than traveling to a Cleveland museum, and community members will also have time to observe the project. The pendulum is estimated to be completed and revealed around 2021.

ALHS taking steps to reduce stress and anxiety in school

From Courtney Smith
The Spectrum Writer

This school year has not been the first that the students of ALHS have suffered from anxiety, but it is the first that the schools have made a district wide effort to address it. The movie, cleverly titled *Angst*, was first shown to some of the parents of Avon Lake before it was introduced to Troy and Learwood students and the ALHS student body.

Although there were some technical difficulties that ironically brought about some anxiety in the administrators, the students were eventually able to watch the film, which came with some mixed reactions. Some students saw the movie as an opportunity for them to speak up about their anxiety, while others thought the issue was not taken seri-

ously enough and that the movie was flawed in the way it approached handling stress and anxiety.

With the stress of AP classes, sports, work and standardized tests, us students have a lot on our plate. Although it seems that the goal of the movie was to help students recognize their own anxiety and to not be afraid to seek help, many students felt the film was trying to “explain” their own anxiety to them.

Even if the movie was a hit or miss with some students, it started an important conversation. Anxiety is something that many students deal with, and we as a community should not be afraid to be open with each other about our struggles. The Guidance Department is a great place for students struggling with anxiety to go for help.

Mr. Kaminski encourages students

to come talk to them anytime, explaining that the Guidance Department “[has] an open door policy for all students, especially those dealing with mental health issues.” If students do not feel comfortable enough to reach out quite yet, they can try to employ some of the coping strategies that Dr. Barlow, a psychologist who came and spoke to the students, showed them.

Anxiety is something that kids in Avon Lake, even as young as 8 years old are dealing with. For the students at ALHS in particular, this anxiety is likely not going to go away when many leave for college. It is important we do not let ourselves and those around us struggle. We are a community here in Avon Lake, and we must stick together so we can be stronger than our angst.

Avoiding fast fashion and buying sustainable

It's always hard to pass up a good deal on clothes. Being someone who enjoys staying on trend and getting dressed up, I find it hard to invest lots of money into pieces I will only wear once or twice. Brands like Shein and Romwe have created an empire of low quality clothes for an even lower price, and access to such pieces have taken a huge toll on the use of nonrenewable resources. With the rise of fast fashion, which can be defined as inexpensive clothing that is mass produced to meet current trends, the environment is taking a huge hit.

In the past 5 years, the clothing industry has risen to the #2 spot for biggest polluters, second only to oil. For many years, clothes were mainly created out of natural materials such as wool, cotton, and silk. Because these resources are grown and harvested, they became expensive to work with and produce pieces quickly. Thus began the switch to synthetic materials. Polyester and nylon have seen a drastic 157% increase in production since the 2000's. Polyester is created by a chemical reaction involving coal, petroleum, air, and water, two of which are fossil fuels. Through the process of creating this synthetic fiber, a large amount of carbon



Nicole Duvall

dioxide is released. Further, when polyester is washed, it sheds a numerous amount of microfibers. These microfibers are miniscule and can very easily pass through wastewater systems, where they build up and add to the already increasing plastic contamination issue.

Perhaps the biggest issue with the promotion of fast fashion is the amount of textile waste that is created. Because fashion brands have chosen to use cheap, synthetic materials, they have mass produced an item that is difficult to repurpose and even more difficult to get rid of. Polyester and nylon based clothes will be thrown out and sit in landfills forever, potentially even finding their way into the environment. However, materials like cotton and silk will biodegrade overtime, and are also a lot stronger and more durable. When shopping for clothes, consider quality over quantity. Thrifting clothes is a great way to keep up with trends while also keeping up with repurposing efforts. If you're broke like me, try DIY-ing some old pieces to make them into something new. There are plenty of ways to keep up with current styles without having to invest in cheap clothing companies. So before you consider putting your money into a harmful market, always take the time to look at the better, more eco-friendly alternatives.

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Move over Coronavirus; TikTok fever is sweeping the globe

It's second semester senior year, and I'm sure I'm not the first senior to tell you that it's getting harder to focus with the alluring promise of graduation around the corner. But how are we distracting ourselves in our free time? How on earth don't I have my homework done when I've been home for three hours (as my mother so eloquently puts it)? These days it's not YouTube or Netflix occupying the countless hours of procrastinating seniors, this time it's a new beast. A promise of catchy music, easily-replicable dances and fast fame: the utterly addicting app TikTok.

I would hope that by now the name TikTok at least rings a bell to everyone reading this. Since my main demographic is my peers, I'm guessing my odds are pretty good. Yet, despite its exponential popularity, there are still some adults in the dark about why all these kids are dancing in front of their phone in public. Even my dad, despite multiple explanations, still mentions a clock whenever the app is brought up.

For any adult for whom this may concern: TikTok is an app where *anyone*



Livie Crimaldi

can post short videos of *anything*. It originated from the lipsync app Musical.ly, but transformed to fit a wider stream of content around August 2018. Think of Instagram with only videos (IGTV), or even Vine if that helps you (although I don't believe TikTok is "Vine 2", more on that later).

I think it's safe to say that the most recognizable creators pump out a constant stream of dance content, but the possibilities are truly endless on this colorful app. Skits, singing, painting, eating, sports, life hacks; you name it, TikTok has it. That is one great aspect of TikTok: there is content for everyone to consume, and always the possibility of new content to be created.

Another unique aspect of TikTok is the possibility and frequency of viral videos. If your video is funny, meaningful or showcases any sort of talent, you have as much of a chance to go viral as any other Average Joe on the app. I've seen user902314895289 get more views and likes on a video than Jimmy Fallon, easily. Yes, with TikTok's rising popularity, mainstream celebrities have hopped on

the bandwagon, but I'm not worried about people with existing followings taking over the space. No matter how many celebrities create accounts, TikTok remains a space where everyone has equal opportunity for exposure.

With 1.5 downloads and 500 million users worldwide, TikTok is a screaming voice of creators who cannot be ignored. Yes, it is easily comparable to the old video-based platform, Vine (R.I.P.), but calling TikTok the second version of Vine soils the reputations of both. Vine had it's time, and although it's greatest hits compilations will forever live on through YouTube and nostalgia, it's now 2020, and modern times call for adapted social media platforms (that allow for videos longer than 6.5 seconds).

TikTok is a center for creativity, distraction, fame, and comradery, and it is the rising expressive outlet of a generation. I pity the entrepreneur who discounts this platform and misses an opportunity to reach millions of people worldwide, but welcome the parent who wants to better understand their kids. I guarantee that there is a TikTok for everyone, and 500 million people agree.

Editors Recommend RomComs!



Set It Up:

A relatively new option that addresses the comedic aspect of stress in the modern world, *Set It Up* is the story of two overworked and underpaid assistants. Harper (Zoey Deutch) is an aspiring writer stuck doing the dirty work of her demanding boss, Kirsten (Lucy Lu), whereas Charlie (Glen Powell) is just trying to score some relief from his anger-ridden boss Rick (Taye Diggs). After a chance encounter, these two interns discover they are experiencing the same problem of overbearing management, and quickly devise a plan to set their bosses up and gain some free time in the process. A unique plot and talented cast make this Netflix original shine, and as romcoms go, it is a pretty entertaining watch.

Livie Crimaldi



How to Lose a Guy in 10 Days:

I recommend this movie because it will make you laugh and cry all at the same time! Character Andie (Kate Hudson) pushes Ben (Matthew McConaughey) to break up with her in 10 days by doing clingy and annoying things all for an article she is writing for a magazine: How to Lose a Guy in 10 Days. What she does to Ben in the movie is hilarious and leaves the audience to question how the characters' love story will turn out. The ending is adorable and it's definitely a must watch for Valentine's Day!

Marcy Allen



10 Things I Hate About You:

10 Things I Hate About You is my favorite romantic comedy and actually my favorite movie of all time. Created in 1999, this movie embodies everything that is teenage drama. There's a love triangle, a strong female lead, and awkward 90s haircuts and fashion. Kat Stratford is the beautiful, smart and abrasive older sister of Bianca (Larisa Oleynik). Kat doesn't attract many boys, and house rules say that Bianca can't date until Kat has a boyfriend, so new kid Cameron starts to pull some strings to set Kat up so that he can date Bianca. Soon Kat crosses paths with the handsome bad boy Patrick Verona (Heath Ledger). You'll have to watch the movie to find out if she fell for him though.

Marguerite Smith

Senior Spotlight

Molly Andrejczak

Zach Wheeler



- **Best date?** Castle Noel
- **Worst date?** Bowling first date
- **What do you love the most about your significant other?** His personality
- **What annoys you the most about them?** His attitude
- **First impression of each other?** He was helpful
- **What is something he/she says all the time?** He always says "I'm sorry"
- **Who would survive longer in the zombie apocalypse?** Zach
- **Who's the better dresser?** Zach
- **Who is more likely to be running late?** Zach
- **Describe each other in one word:** Willing

- **Best date?** Maria's sunflowers, then dinner
- **Worst date?** Bowling first date
- **What do you love the most about your significant other?** She's caring
- **What annoys you the most about them?** Her lack of patience
- **First impression of each other?** She was funny
- **What is something he/she says all the time?** She always says "Got it"
- **Who would survive longer in the zombie apocalypse?** Me
- **Who's the better dresser?** Molly
- **Who is more likely to be running late?** Me
- **Describe each other in one word:** Caring



WHAT WAS YOUR WORST FIRST DATE?



**A SPECIAL EDITION OF
ASK THE STUDENT**



It really wasn't a first date. He showed up at my game and asked to take a picture after stalking me for weeks. Apparently his mom had driven him to our game. I settled for hiding in the locker room until he was gone.



I had no idea it was a date, and when I realized it was, I felt horrible for quite some time. I realized in the weeks that followed that she had taken me out on a date. I would have handled things differently if I knew that were the case.



He kissed me but it felt like there was an octopus in my mouth. Too soon.



I drove 15 hours to my ex-girlfriend's law school where I broke up with her in front of a monument of Stonewall Jackson. I began driving home and four hours through she called asking me to come back. So I drove the way back and we were determined to work it out. She ended up calling me the next day telling me that the only reason she wanted to get back together was that so she could have the break up.

Not a worst FIRST date story, but a worst LAST date...

(submitted by a teacher!)



The Spectrum Sports



Girls swim team makes splash, wins SWC championship meet

By Marcy Allen

The Spectrum Sports Editor

Avon Lake High School's Girls Swimming and Diving are back to back SWC champions, as they snatched the 1st place title on January 25th, at Westlake's Recreation Center. Winning with an impressive overall score of 361, as rival Avon High School came in 2nd with a score of 276.5, the Shoregals clearly dominated in the water against their opponents.

Placing first in the SWC bracket for the Shoregal squad was thrilling, as

they felt pressure to succeed all season due to their accomplishments last year. The previous season the ALHS Girls Swimming and Diving team shared the first place trophy with Avon, therefore beating the Eagles this year was even more exciting. "The stakes were definitely higher this year considering we won last season and were the team to

look out for," said senior captain Emma Okuma.

The ALHS swimmers attribute their accomplishments to their positive mindsets and team comradory. "We really had it in our heads to do well," said Okuma. "Everyone was very supportive of each other and that really contributed to our achievements."

Although ALHS's Girls Swimming and Diving team has already two successful seasons in a row, the future still continues to look bright. "Freshmen Zoe Wysong, Ally McDaniel, Blake Kovacs and Jenna Kennedy all had huge success for their first year of high school swim," said Okuma. "The team is only going to get better."

The Avon Lake Girls Swimming and Diving has a team banquet to look forward to in honor of their SWC championship win. The banquet will take place soon and will recognize members of the swim team for their hard work and dedication this 2019-2020 season.



Photo courtesy of @AvonLakeSports

The ALHS Girls Swimming and Diving snatched SWC first place title.

Slaughter takes 9th in diving at states as boys' team finishes 2nd at SWC meet

By Emma Okuma

The Spectrum Sports Writer

The Avon Lake High School's Boys Swimming and Diving team had a terrific season with senior diver Michael Slaughter going to the OHSAA Division 1 State Diving Competition, as well as the ALHS team overall placing 2nd in the SWC conference.

On January 11th, Slaughter finished 2nd place at the District Diving Competition which qualified him for the State Diving meet. On January 22nd, Slaughter represented Avon Lake as he went to States for his second year in a row placing 9th.

See Swimming and Diving page 6



Kyle Chandler

A look into Astros Cheating Scandal

Turmoil is still at large for the Houston Astros, and all of baseball, as criticism and backlash is still dominating the headlines of the sign stealing scandal. The now infamous 2017 World Series Champions cannot seem to find clemency from anyone as this saga doesn't seem to be going away any time soon. Not only are the fans involving themselves, but well respected players such as Cody Bellinger, and most recently, Aaron Judge have expressed their rebuking opinions on the touchy subject.

"They cheated, that didn't sit well with me," Judge said when asked about a tweet he reportedly had taken down congratulating the Astros second baseman Jose Altuve after winning the MVP award during the 2017 season. "That post didn't mean the same anymore... I was just sick to my stomach."

Dodger Cody Bellinger backed Judge's comments, as he believes Altuve and the Astros were not only stealing signs, but also awards, and a World Series title. "I think what people don't realize is Altuve stole an MVP from Judge in 17. Everyone knows they stole the ring from us," Bellinger sternly concluded at a press conference late last week.

Perhaps what's even more concerning is all of the careers that were ruined because of this despicable act. Many young talented pitchers on the cusp on Triple A and the Big Leagues ultimately being sent back down because the Astros made the conscious decision to cheat and have a much higher chance getting on base, knowing what pitch is coming.

It's hard to have sympathy for this team, as a lot of respect for the organization has been lost by players and fans. As the season is just around the corner, physical warfare is most likely not far behind, and verbal confrontations will be far from over, as the Astros have effectively become the most hated team in baseball for years to come.

Boys Swimming and Diving have a successful season

Swimming and Diving from page 5

Along with Slaughter's successes, the entire Shoremen Swim team came in 2nd overall at the SWC Championship meet. "Coming in second in SWC's is the best thing that we have done in a really long time. Overall, our team had tremendous improvements this season in terms of rankings and personal records," senior Will Moses says.

The team has high hopes to continue to achieve in the future. "Our freshman class contributed more than we've ever asked for this season. If it wasn't for them, we wouldn't have been

as successful." Moses says.



Photo courtesy of @AvonLakeSports
Michael Slaughter at states on February, 22nd.

Shoremen basketball team moves on after playoff win vs. North Ridgeville

By Kyle Chandler
The Spectrum Sports Editor

Well the Shoremen didn't quite end the season in the way that everyone thought they would. Finishing with a record of 14-8, and grabbing the 5th seed in the playoffs is not what they were hoping to find coming into the season. With the Shoremen being heavy favorites to win the conference this year, it is safe to say they fell short of the bar meeting expectations. Nonetheless, there's no time to sulk on what could've been with a big game in determining how far they will go into playoffs is scheduled for Wednesday.

Cristian (Cheech) Perry, senior guard, thought the Shoremen had a good chance to go deep into the playoffs this season. "We've been in every game this year and we know we can compete with anyone in our district," Perry goes on

to say that hard work needs to be in order, and that winning will come with effort.

When asked about challenges the Shoremen has faced this season, it's all positive from Perry. "Trying to find minutes for everybody on the team. We have so many talented players that are so versatile." Perry adds onto the positivity by stating how well the defense has performed all year. "When we're all battling it's really tough to score on us."

With a big one coming up against North Ridgeville, the Shoremen will need four quarters of focus in order to come away with a victory. With a good chance to go deep in the playoffs, the Shoremen will fair a game at a time in hopes of bringing home the state title.



Photo courtesy of @AvonLakeSports
Shoremen basketball team on senior night.

DIVISION I BOUND

Nick Marsh



Photo courtesy of Nick Marsh
Nick Marsh signing to Colgate University.

- • • • •
- **Sport:** Football •
- **Future College:** Colgate University •
- **Major:** Economics •
- **Favorite Athlete?** JJ Watt •
- **Pump Up Song:** Dreams and •
- Nightmares •
- **How do you feel about snow in** •
- **November?** I do not like it •
- **Best Thanksgiving food:** Turkey •
- **Powerade or Gatorade:** Gatorade •
- **Favorite after sport snack:** Chi- •
- potle •
- **What Are You Most Excited For** •
- **as a Future College Athlete?:** •
- Building relationships with other •
- people passionate about football. •
- • • • •

Life would be better with a school pool

From Morgan Hughes
The Spectrum Sports Writer

It's a typical school night, and once again Avon Lake High School Swimming and Diving are on an unreasonably long bus ride to practice. Diving has to practice in Lakewood, while the swim team has to take the bus all the way to Oberlin College for their practice. The swim team faces around a 45 minute bus ride to and from Oberlin every night, give or take five minutes depending on the route taken. This means the swim team is on the bus an average of six hours per week! It would be extremely beneficial and solve many problems if an indoor competition pool was built in Avon Lake.

First, building a competition pool in Avon Lake would be beneficial because it could save the swimming and diving team time and money. It would give swimmers more time to focus on their studies and other responsibilities in order to become better people. The close location of the pool could also attract more swimmers and allow the program to grow and thrive even more, along with allowing for more meet attendance and support which could allow the swim team to make more money for the school.

Also, building an indoor competition pool would make sense because it would allow for more opportunities

and jobs for residents of Avon Lake. An indoor pool in Avon Lake could allow for many residents to have somewhere to swim during the winter, and buying pool passes could raise more money for the city. This facility could be used as a recreation center for Avon Lake residents. In addition, there are many lifeguards for the Ellen Trivanovich Aquatic Center that already work for the city and would probably be more than happy to have the opportunity to work during the school year as well as the summer. There are many Red Cross Water Safety Instructors that would also probably be able to teach swim lessons, so many kids would be able to continue their swim instruction with the same staff during the school year.

Overall, an indoor pool in Avon Lake would have many benefits for high school swimming and diving along with Avon Lake residents. If it cost around \$60,000 to construct a pool, since there are about 8,900 households in Avon Lake that would mean each household would have to pay around \$7 for the project, which could be distributed through taxes for a year. Therefore, building an indoor pool would be an easy and relatively inexpensive project, so it should be a no-brainer based on its many benefits.

Girls basketball shoots high in 2020

By Alexis Miller
The Spectrum Sports Writer

The girls basketball team has done extremely well this season only losing five games.

They won on January 25th against Berea-Midpark with a score of 54 to 41 and on January 29th, the girls fell short to Westlake losing by 10 points.

During their senior night against Lakewood on February 8th they won with a score of 55 to 32. All of the seniors got to play

during the game.

The top scorers of the senior night were senior captain Arianna Negron with 19 points, Junior Emma Knick with 10 points,

Junior Keely McGinty with 9 points, senior Emily Kirkwood with 5 points, and junior Kiley Boutin getting 3 points.

The girls season ended on February 20th when the girls had a very close game against North Ridgeville. The score was

North Ridgeville 41 and Avon Lake had 40. It was a tough loss, but the team still has a lot to be proud of.



Photo courtesy of @AvonLakeSports

Shoregal basketball team on senior night.

Gymnastics team finishes inaugural season strong

By Emma Knick
The Spectrum Sports Writer

The Shoregals gymnastics team finished their season off strong taking third place at the SWC's meet. The Shoregals gained a lot from this season and are looking to improve next year. Despite being a new team, they were unified and able to have great success throughout their season.

Avon Lake's Anna Molina had a huge impact on the Shoregals this year and helped lead them to their third place finish at the SWC meet. Individually, she chipped in a third place all around finish which allowed her to advance in the District Finals meet.

At the District Finals meet Molina placed sixth in vault, seventh on the floor, and ninth all around. Molina's hard work and dedication to the gymnastics team has allowed for great results. Molina credits a lot of her success to her coach.

"Coach Shannon is my biggest influence because she pushes me to be my best everyday," Molina said. Finishing the season off strong, Anna was proud of her success overall.

For being a first year team, Anna finds each of her teammates to be her best friends which helped to strengthen their team as a whole and it therefore was a great contributor to their overall results. "My goals were to make all events at each meet and get first place and I accomplished that at two of our meets," Molina said.

Avon Lake's junior, Brooke Mangano, was also a huge contributor to the team's success this season. Despite being out of gymnastics for four years, Brooke still placed in all events at the majority of the meets.

"I do all of the events and my best is the floor because I think it is the easiest to get back into after being out of gymnastics for four years," Mangano said.

Even though Brooke is a phenomenal all around gymnast beam is still her favorite. "I like beam when I am not competing because when I am competing it is really scary but getting new skills on beam is fun," Mangano said.

Moving into next year's season, the Avon Lake Shoregals are looking to bring home an SWC title. With the great success from this year's team, the chances of them achieving this is very high. Congrats to the Shoregals on a tremendous season!

Valentine's Day Word Search!

U	O	R	C	T	S	D	H	A	I	E	N	L	A
K	L	M	K	R	A	P	I	N	K	L	E	S	T
K	N	I	H	E	A	R	T	C	U	P	I	D	C
D	I	E	E	S	S	N	D	S	E	S	C	I	E
E	I	I	I	L	S	L	I	C	H	H	S	I	C
V	E	E	H	E	I	S	E	S	O	R	A	P	R
O	I	E	B	I	K	R	P	E	E	E	R	S	U
A	R	E	R	I	M	D	A	T	E	R	C	E	S
R	E	R	L	I	O	E	D	V	L	S	T	I	H
C	L	S	T	K	V	A	L	E	N	T	I	N	E
V	B	E	M	I	N	E	B	I	D	L	H	L	E
E	M	C	E	I	U	H	N	I	C	E	V	O	L
E	I	S	H	R	A	D	A	T	E	H	E	R	R
N	S	N	S	C	H	O	C	O	L	A	T	E	C

Pink
Kiss
love
Bemine

Valentine
Crush
Heart
Secret Admirer

Cupid
Roses
Chocolate
Date



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