

# THE SPECTRUM

Volume 94, Issue 4

“The Maroon and Gold in Black and White”

November 26, 2019

## Performin' Shoremen bring holiday favorite to the stage

By Rachel Sapola

The Spectrum Staff Writer

As the wintertime holidays are nearing, the Performin' Shoremen of the Avon Lake High School Drama Club are fostering the holiday spirit through their performance of *Elf The Musical JR.* this upcoming December.

Buddy, played by Danny Gray, is an orphaned toddler who is mistakenly taken to the North Pole on Christmas Eve, where he is raised by Santa and his elves until he becomes an adult. Being the only human, he eventually realizes that he doesn't fit in with the other elves of the North Pole. From here, he decides to leave the North Pole and travel to New York City to find his biological father.

While the show is based on the popular Christmas movie *Elf*, Gray explains that “there are some differences, but the plot moves in the same direction. It's the same type of fun, organized chaos, just fit for a stage and with

a lot more choreography.”

*Elf The Musical JR.* is directed by ALHS Drama Director Ms. Frank, who says that “the audience can expect to see a modern holiday classic brought to life on the stage.”

*Elf The Musical JR.* is an upbeat production that audience members of all ages can enjoy. The ALHS Drama Club is excited to share their hard work and talents with the audience.

“I love how the Drama Club is bringing the magic from the movie into the sets and costumes of the show,” notes Abby Golden, who plays Jovie. “I really love being able to find new things out about Jovie every time I play a scene.”

You can see the Performin' Shoremen in *Elf The Musical JR.* in the Performing Arts Center at 7 p.m. on Thursday, December 5, Friday, December

6, and Saturday, December 7 and at 2 p.m. on Sunday December 8. Tickets can be purchased at the ALHS Drama Club Website, <https://www.avonlakedramaclub.com/>.



photo courtesy of Avon Lake Drama Club Instagram

The cast of *Elf The Musical JR.* rehersing before their upcoming opener

**Shoremen  
Scopes and  
Thanksgiving  
Fun Inside**

**Fall Sports  
Updates  
See page 4**



## Spanish club raises money with colorful service project

By Madeline Thomas

The Spectrum Staff Writer

The ALHS Spanish Club did their service project last week, and it was a very colorful affair, to say the least.

Mrs. Gemelas and her officers set up a table in the Commons before school and during lunch periods to sell bracelets, also known as pulseras, from Central America. The fundraiser lasted for a little over a week, and as a service project it was a huge success. Over \$600 was raised and every penny was sent back to the artisans who created the beautiful jewelry. With the bracelets priced at only \$5 each, Gemelas said that the club made over \$100 more than what she had expected at the beginning of the week.

Students and staff were all obviously big fans of the project, which is

great news for the people in Nicaragua and Guatemala who depend on the sales for income.

“I was approached at a foreign language conference over the summer about the idea, and I wasn't really sure, because small bracelets may be easily lost or stolen,” Gemelas explained. “But the officers did a wonderful job.”

Despite previous hesitation, the wonderful response from Avon Lake students and faculty has secured the project for next year.

High schools and colleges across the nation sell the wonderful pulseras that are produced by nearly 200 workers for this organization, and there is no cost to the school in order to obtain the supplies needed for the sale.

“There is a little tag attached, and

it shows the person who actually wove the bracelet,” Gemelas said. The signature of the weaver is also attached to the picture on the bracelet, emphasizing the time and pride these artists put into their work.

Next year Gemelas may charge more per bracelet so that the Spanish Club can make a small profit, but she is not sure yet of what the future will hold for this project. Whatever the outcome may be, it sounds as if the students are looking forward to selling the pulseras again next year and others are even more excited about buying them as well.

To learn more about the Pulsera Project, just head on over to [www.pulseraproject.org](http://www.pulseraproject.org) for everything you could possibly want to know.

# The Great 'Christmas Music Before Thanksgiving' Debate

The topic of Christmas music timing is hotly debated by many Americans, but I believe the answer is obvious! People shouldn't be shamed for listening to Christmas music year-round!

For me, the Christmas season provides an immense source of joy, and there's no better encapsulation of that joy than Christmas music! Whenever I'm feeling extra down, I can always count on some Nat King Cole and Ella Fitzgerald to bring me back up.



**Maggie Pafas**

Christmas music has such fond memories attached to it, that I physically can't be sad while listening to it! If there's something that brings me out of an emotional rut, why should I be shamed for listening to it?

On top of this, Christmas music is traditionally extremely well produced and written! Most classic Christmas music was created in a time where all music was an art! In this day and age, music with real instruments and singing is kind of hard to come by. You almost never come across a piece of classical music that is widely known by today's youth, but Tchaikovsky's Nutcracker is immediately recognized by old and young. This says a lot about the quality of Christmas music.

Some people argue that listening to Christmas music year round takes the magic out of it, but I think you have to spread the Christmas magic around to help you get through the less festive times of the year.

So the bottom line is, if Christmas music makes you feel good, keep listening! Don't listen to the scrooges and happy holidays!

So the bottom line is, if Christmas music makes you feel good, keep listening! Don't listen to the scrooges and happy holidays!

Once November first hits, I understand the surge of excitement. Halloween is the official end of spooky season, and once one holiday ends it must be replaced with something else for people to look forward to. However, the choice of successor is clear: Thanksgiving.

Chronologically, Thanksgiving is the next big holiday in American culture, with 85% of Americans partaking in the family meal. Yet, recently, pop culture has glazed over this patriotic holiday, instead flooding our senses with Christmas paraphernalia two months before December 25. The most prominent, as well as most frustrating, of these early holiday festivities is constant Christmas music.

As of the weekend before Thanksgiving, there are now multiple radio stations playing Christmas music around the clock, with Star 102 leading the pack since the beginning of November. I, for one, cannot make the seamless transition from Monster Mash to Last Christmas (Wham! of course, I'm not completely unreasonable). Playing Christmas music early also risks the level of enjoyment they bring when the actual holiday rolls around, as some people tend to get sick of the same holiday songs looping on the radio.

Don't misunderstand me, I enjoy Mariah Carey as much as the next high school student, but everything has a time and place. Just because you love steak doesn't mean you would eat it everyday. Constant exposure will eventually ruin anything. In order to preserve the magic Christmas music brings to the season, it must be saved for after Thanksgiving. Respect Turkey Day, and keep Christmas music where it belongs.



**Livie Crimaldi**

## Adopting reusable alternatives

Everyone has heard of the metal straw. A trend that started with the thought of saving the turtles has since taken off and influenced many companies to reevaluate their carbon footprint. Since the rise of the climate change movement, the idea of reusable products has become much more popular. There seems to be an environmentally friendly replacement for all of your favorite plastic, non-biodegradable products out in the market. Personally, I've invested in a lot of these things, and I want to share in hopes that you consider an investment as well.



**Nicole Duvall**

Aside from plastic straws, another large culprit of build up from the food industry are plastic utensils. Approximately 12.7 million tons

of plastic enter the ocean each year, a large amount of that being sourced back to single-use food packaging and utensils. I found myself using a plastic utensil daily to eat lunch. That's 1 piece of plastic a day, 5 days a week, for roughly 39 weeks (approximately 195 pieces in a year). In an effort to reduce that type of unneeded waste, I invested in a set of bamboo utensils. Found on Amazon for under \$10, bamboo utensils are an easy replacement. Just like metal forks and spoons, they are dishwasher safe, and lightweight enough to keep in your lunchbox.

Another large contributor to public pollution is plastic bags. Almost 2 million single-use plastic bags are distributed worldwide every minute.

**Continued on page 9**

**Happy Thanksgiving!**

*By Mary Shabab*



**IT'S TIME!!**



**PIE TIME!!!**

**by Mary Shabab**

## First-time voters help reelect AL mayor

Incumbent Mayor Zilka was declared the winner of the November mayoral election by a margin of nearly 500 votes as compared to his opponent, Zuber. This marks the beginning of Mayor Zilka's third and reportedly final term as mayor of Avon Lake. He was "...very pleased with the results of the election," saying that it opens "some exciting opportunities for



Marguerite Smith

Zuber congratulated his opponent on his campaign's success. Ford recently declared for a \$900 million expansion of its Avon Lake plant - bringing more life and purpose to the West side of the city. Mayor Zilka was able to reveal that the Ford deal will bring in a "new electric product," but the exact details are still under wraps. Other projects of focus for the city include creating an industrial parkland near PolyOne and creating more lake viewing areas in the West. As for the future elections, Mayor Zilka "encourages [students] to get involved in the election process because it does matter."

Only a small portion of the senior class was able to vote as of this month, but there are

many more opportunities to participate. The Candidates Forum allowed students and citizens of Avon Lake to ask the candidates questions about their plans for the city. Any student could attend or even moderate the discussion, which is just one way to exercise your civic duties. Being able to vote is one of the most important milestones of adolescence. The odds of either candidate winning are unimportant compared to the necessity of voting. Mayor Zilka may have won by hundreds of votes in this election, but he only won by about 20 votes in his last matchup with Zuber.

In both situations, each vote was equally important. So when the next election rolls around, do not underestimate the impact of your vote.



Mayor Zilka working hard at a city council meeting

Can't get enough of  
The Spectrum?  
Follow us on  
Instagram  
@al.spectrum for  
pictures, polls, and  
more!



## ALHS Key Club spreads joy in the season of giving

By Maggi Feit  
The Spectrum Staff Writer

The holidays are just around the corner, and with that, the season of giving. This moral shows accordingly in Avon Lake High School's Key Club.

Key Club is a student-led group that is designed to help people throughout the community by means of service and leadership. The students in this club volunteer to help in a variety of different events and earn service hours for their deeds.

According to the Key Club website, their projects include helping out at elementary schools, setting up for Kids' Closet events, babysitting at the public library, pancake breakfasts, and so much more.

President Andy Gruber said the club has completed many exciting projects throughout the year thus far, and he described the fulfillment one finds in taking

part in such an organization.

Its most recent project was helping out at the inaugural Avon Lake Senior University on Wednesday, November 6.

"Volunteers helped senior citizens walk around the school and showed them where to go to class, making the whole experience a bit easier," Gruber said.

In addition to the success of Senior University, Key Club has many other events planned for November and December. The club is planning a visit to the APL, a Toys for Tots drive, and multiple Salvation Army bell ringing services in the near future.

Moreover, Gruber said there are many benefits for students in the club.

"Through Key Club, you are able to see, firsthand the people you are affecting in a positive way," he said, adding that ALHS's club provides students with the opportunity to improve the community in

which they live. Additionally, he described his favorite project that he took part in.

"My favorite project has been the pancake breakfast that we have twice a year," he said. "It's a lot of fun, and we get to help out, clean up, and make pancakes for everyone there."

Any student at Avon Lake High School is welcome to join the club. If interested, there is a fee of \$20, and requires the attendance of two events per quarter. The organization provides many opportunities, and is very accommodating. Meetings are held on Tuesday mornings at 7:15 in room 114.

"If someone is interested in joining Key Club, they can join anytime," Gruber said. "We have a bunch of events to choose from each quarter, so it can be fit into any type of busy schedule."



# The Spectrum Sports



## Shormen defense dominates against conference competition

By Marcy Allen

The Spectrum Sports Editor

Avon Lake's defense has been an asset to the football team's 2019 season. Their defensive unit has totaled six shutouts while capitulating 50 total points in their regular season games.

The seniors were essential to the defensive squad's success. With leadership from

captains Josh Vlasak and Kai Ku-

walu and perfor-

mances from Nick Marsh, Jack McCrum, Harry Herbert, Tanner Russel and Zak Kovacs, the Shoremen dominated on Fri-



Photo courtesy of @AvonLakesSports

day nights. "The biggest thing our seniors have contributed to the success of our defense this year was leadership," said defensive coach Bob Brickely.

Avon Lake's defensive cohesiveness established unity on and off the field. The philosophy of the Shoremen is "11 as 1" which means the 11 athletes play together as 1. "There are no individuals on this unit. They communicate well and execute their individual responsibilities on each play," said Coach Brickely.

The team overcame adversity

week 1 when asset's Nico Labianca and Sean Summers became injured. Losing the two defensive athletes were major losses to the program and the team needed to readjust quickly. With focus and leadership, Avon Lake bounced back the following week beating back-to-back Division IV state champions Clinton Massie.

Now into the third week of play-offs, Avon Lake faces rival Avon on November 22nd. The Shoremen are seeking a victory after losing to the Eagles to a close score of 12-13. "Avon got us in the first game, but we want revenge, and more importantly to continue on to the fourth round," said senior cornerback Tanner Russel.

The Shoremen defense have made an impact on the Shoremen football program. This year has set a standard for the Shoremen football program. "Breaking the long standing school record for points allowed in a season will be hard to follow up, but I'm excited for the future," said Coach Brickely.

## Gymnastics team welcomed to ALHS for innagural season

By Morgan Hughes

The Spectrum Sports Writer

The Avon Lake High School Gymnastics team was reformed this year by a group of dedicated gymnasts and coaches, and they have high hopes for this coming season. The coach, Kelly Spear, along with Great Lakes Gymnastics, was essential in the push for reforming the team. A dedicated group of gymnasts were relentless in the pursuit of forming the gymnastics team.

"We went and talked to the athletic director, the superintendent and the board of education," senior and captain Maddy West said. "We went to board meetings, wrote letters and reached out to as many people as we could to get as much support as possible."

Once reforming the team was approved, the preparation for the season began. Many of these girls are current gymnasts or were gymnasts in the past, so it was a matter of getting back in shape for competition.

"I have prepared for the season by trying to get back into shape before the season started," West said. "We practice 2-3 times a week, so I've been slowly getting back into it and making improvements."

Coach Kelly Spear was a big factor in the team being reformed. She was a coach for many of the gymnastics girls when they were younger and continues to be a positive influence on these girls and their gymnastics career.

"Kelly not only wants us to do well, but she makes every time we are together super fun and full of laughs," junior Brooke Mangano said. "Her attitude and personality are confident and persevering which is exactly what the team as a whole is going to end up mirroring."

Despite the fact that many team members are returning to gymnastics after taking a couple years break, there are a few girls that have been extremely dedicated to gymnastics over the years and will be a big asset to the team.

"Anna Molina and Hannah Lengel are the two girls on the team who are still presently practicing and competing in gymnastics for GLG," said Mangano. "Their continuing and past experience will be a great buffer for our team."

The Avon Lake High School Gymnastics team has high hopes for this season.

"Hopefully we can make it to districts and states," Mangano said. "It will take a lot of effort, but again, everyone has this goal and I can already envision us getting there because of how hard we are practicing."



Photo courtesy of Brooke Lumpkin

# Shoregals look to repeat strong 2019

By Anna Haberstro  
The Spectrum Sports Editor

After an impressive run that led to a district championship in 2019, the Shoregal varsity basketball team will look to

its returning starters to lead to team in order to replicate last season's success.

Senior and four-year letter-winner Ariana

Negron, The Shoregals were district champions for the 2018-2019 season. who has

recently committed to continuing her basketball and academic career at Lake Erie College next year, said the team has some big shoes to fill referring to last year's standouts.

Negron thinks that the returners are going to have to step up their game this season. As for filling in the gap from last year, she thinks the returners will need to help out the younger girls who don't know as much.

Other upperclassmen who will be expected to step up this year include Emma

Knick, Linsay Yurick, Emily Kirkwood, Ariana Negron, and Esmeralda Melgoza. The team was dealt an early season blow, losing senior Devin Medved to a knee injury for the season.



Photo by @AvonLakeSports

done on the court, but have a smile on her face while doing it at the same time.

She will continue to contribute to the team by stepping up this senior year and being the leader, also helping the younger girls out and keeping the returners in line. On the other hand, her main goal for this season is to make it to district finals again. Even though she knows it's going to be tough, the team just has to work hard for it and play hard.

# Wrestling Team Tackles the start of the season

By Jackson Bologna  
The Spectrum Sports Writer

The Shoremen wrestling team has been putting in a lot of work this off-season in hopes of being successful this winter.

The wrestling season officially starts in early December, but on Sunday November 17th, the team had their first preseason tournament at Avon Lake High School. Many wrestlers performed well and are looking to be triumphant.

Many of the athletes placed in the tournament were able to beat some of the best wrestlers in the county. "We had a bunch of guys place in the tournament and we have more meets at Avon Lake soon," stated sophomore Ethan Danniger.

The wrestling team lost many impressive seniors last year; the squad is now full of eager underclassmen.

"We're a young team, so I think we have room to improve and grow, but I think after a bit of experience we will definitely be a good team," said Danniger. "There is only going to be a few seniors on the team this year, so the team is going to rely heavily on underclassmen."

The wrestling team has a lot of potential and it will be exciting to see the Shoremen program continue to evolve.

"We have not received the best news to start off the basketball season," Negron admitted. "But my main expectation is to have fun this senior season."

This senior season, she expects to be able to get the business

# Shoremen hoops looks to build on fall successes

Kyle Chandler  
The Spectrum Sports Writer

As winter is upon us, Shoremen basketball is right around the corner and the new season is looking to be an exciting one.

The Shoremen have a lot of senior talent including returning varsity letterman such as Nick Marsh, Nate Sidloski, and Tanner Russell.

With a solid line up in front of them, the team will look to rely heavily on senior leadership to take control of the team and guide them to victory. With

a good chance of winning SWC's this season, the Shoremen will look to advance deep into the playoffs, hoping to make it further than they did last season.

Senior captain Nate Sidloski is excited for the season to start, as he believes chemistry will play a big factor in the season. "We've played together our whole lives and know each other very well," said Sidloski.

"Being a captain of the team gives me confidence as an individual," Sidloski said. "It's cool knowing your teammates look up to you as a player and your

coaches look up to you as a leader."

Sidloski also gave his insight on the teams game plan this year in order to be successful.

"We expect to improve on the offensive side of the ball this year," Sidloski said. "We plan on playing at a faster rate and getting up and down the floor quickly."

As the season is quickly approaching, the Shoremen will look to improve on last year's season, and in hopes of winning the conference, look to dominate the competition.

The Spectrum staff wishes good luck to all winter sports!

# Shoregals look to build on last season's successes

By Emma Okuma  
The Spectrum Sports Writer

The Avon Lake High School's Bowling program has had lots of success and has high hopes of continuing to be victorious.

Rayana Meyers, senior on the girls bowling team, is excited for the upcoming season.

"I do see both the girls and boys team doing very well this year. All of our returning bowlers are already showing immense improvement," she said.

The coaches seem to adjust to the new season pretty well, and obviously have a great relationship with the team.

The bowling team has a great bond that contributes to their achievements. The coaching staff ensures that there is a positive atmosphere. "My favorite thing about the sport is definitely the positive atmosphere. Although in bowling your score isn't directly influenced by the performances of your teammates, it is definitely affected by their attitude," said Meyers.

It will be interesting to see how the bowling team performs based off of their excellent team chemistry and potential.

# Competition cheerleaders bring home back-to-back SWC titles

By Marcy Allen  
The Spectrum Sports Editor

The Avon Lake Cheer Competition team are back-to-back SWC champions after an impressive performance at Westlake High School on November 7th.

Coach Sydney Donahue and captains Nicole Summerfield and Lindsay Yurick ensured that the choreography was flawless



The Avon Lake Cheer team at the pep rally.

for the competition. "We spent a lot of time knit-picking details like arm placement, foot placement, and formations. The attention to detail really showed that our routine was the cleanest on the mat," said Summerfield.

Practices were not taken lightly for the Shoremen cheer squad. Coach Donahue took every rehearsal as an opportunity to im-

prove. "Doing 4-5 full-outs practice wasn't always the most fun, but it definitely paid off when we were announced as first place," said Summerfield.

Avon Lake High School were announced as the champions after rival Avon claimed second place. "Avon placing second was icing on the cake, it's always fun to beat a rival," said Summerfield.

The Avon Lake High School Cheer Program hope to continue their victorious legacy in the upcoming years. There are lots of underclassmen who are very talented including Elly Rauch and Emily Franzer, who made the varsity football cheer squad their sophomore year. It will be exciting to see what the program brings to the competition mat in the future.

# DIVISION I BOUND

## Justin Wirtz

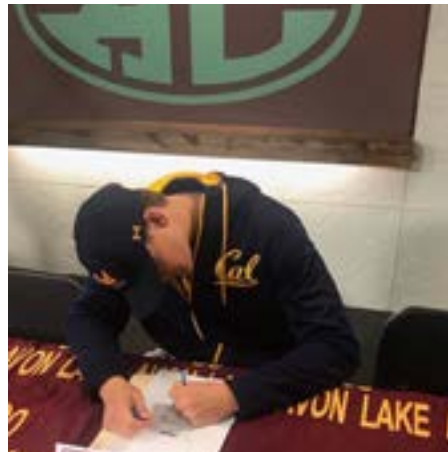


Photo courtesy of Justin Wirtz  
Justin Wirtz signing to University of California.

- • • • •
- **Sport:** Track & Field
- **Goals for this season:** Break school record for the discus throw (190"5).
- **Would you rather be an Olympic coach or athlete?** Olympic athlete
- **Future College:** University of California
- **Dream job:** Video game designer
- **How do you feel about snow in November?** I do not like it
- **Best Thanksgiving food:** Turkey
- **Powerade or Gatorade:** Gaterade
- **Favorite after meet meal:** Chipotle
- **What are you most excited for as a future college athlete?:** The coaching staff
- • • • •



## Boys bowling hope to strike out this season

By Alexis Miller

The Spectrum Sports Writer

The Avon Lake High School boys bowling team is preparing for another successful season. Only having been formed in the 2016-2017 school year, the team has already made districts twice. The team even made it as far as the state tournament last year. Their coach, Rich Williams, has big expectations for every player on the team.

"I expect the boys to come back this season and get a team average of over 200," Williams said.

Senior and team captain Connor Gallagher also has high hopes for his team this

season.

"I expect the bowling team to win it all," Gallagher said. "The team and I are going for the gold and we want to walk out as champions."

Gallagher is excited to see who stands out this year, and he said that you never know who will have a breakout game or a breakout year. He has been a dedicated member of the bowling team and looks forward to the season ahead of them.

"All of the players are important to me," Gallagher said. "We've been working so hard to become a great team, and so far we should be feared this year."

Coach Williams said that the team did so well in previous seasons because the bowlers were especially dedicated to the sport.

"For the first year since everyone was a new bowler, the expectations were that we would get everyone to develop as much as they can," Williams said. Gallagher believes that over the years, bowling is going to become huge at Avon Lake High School.

"Personally watching this team and sport grow is unbelievable," Gallagher said. "I love being apart of something from scratch and watching it grow by the day."

## PLAYOFF PICTURES:



Photo by @AvonLakeHS

The Avon Lake student section cheer on the football team against Avon.

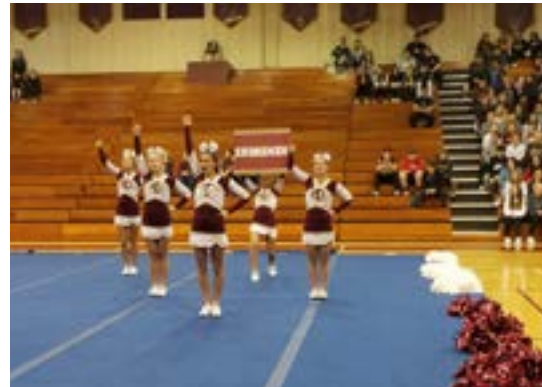


Photo by @AvonLakeHS

The Avon Lake cheer team pump up students for the third playoff game against Avon.

## Congratulations to all of our fall sports SWC Champions:

Boys Cross Country

Boys Soccer

Girls Tennis

Competition Cheerleaders

Also, Congratulations to the Shoremen Football team for their record-breaking season and Regional Finals appearance!

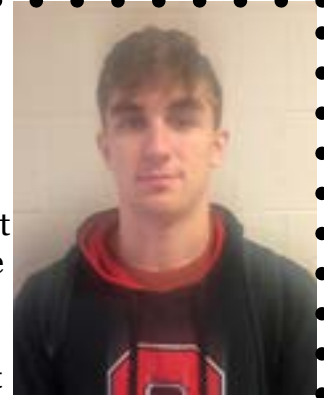
# SENIOR SPOTLIGHT

## Rayana Meyers



- **Winter sport:** Bowling
- **Goals for this season:** My goals for the team this season is to advance to states as we did last year
- **When is the first match?** Next match is Nov. 25 at Brunswick Zone
- **Best thing about your sport?** It is laid back and stress free
- **Worst thing about your sport?** We don't get as much recognition as other more popular sports do
- **Plans after graduation:** Attend college, possibly Case Western Reserve University
- **Dream job:** Biomedical Engineer
- **How do you feel about snow in November?** I have mixed emotions, but if it's going to snow, I would like a snow day
- **Best Thanksgiving food:** Pumpkin pie
- **Which two movies combined would make the best film of all time?** Inception and Escape Room
- **Plan for the zombie apocalypse:** Lock myself in my car and run over all the zombies that come near me
- **Netflix recommendations:** The Society, New Girl, On my Block

## Ty Taggart



- **Winter sport:** Wrestling
- **Goals for this season:** My goals are to win the conference tournament and go to and place at the state tournament
- **When is the first match?** December 6th/7th at ALHS
- **Best thing about your sport?** The difficulty and amount of dedication required to be good
- **Worst thing about your sport?** Cutting weight
- **Plans after graduation:** Go to college
- **Dream job:** Video game designer
- **How do you feel about snow in November?** I do not like it
- **Best Thanksgiving food:** Stuffing
- **Which two movies combined would make the best film of all time?** Harry Potter and Lord of the Rings
- **Plan for the zombie apocalypse:** Go to Walmart and get food and weapons
- **Netflix recommendations:** The Office, Breaking Bad

**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](mailto:avonlakespectrum@gmail.com) to sign up!**

**Spectrum Remind:** text @alspectrum to 81010



**Aries (March 21-April 19)**

As the holidays approach, you may be starting to stress. Clear out bad vibes with a candle and get the communication flowing again. December will bring you more confidence and attention to your hard work.

**Taurus (April 20-May 20)**

Plan a night with your friend to reconnect! On your own time, keep a journal of your thoughts to avoid negative energy.

**Gemini (May 21-June 20)**

This is your productive season! You're getting organized and keeping track of all of your responsibilities. Just make sure you squeeze some fun in your schedule.

**Cancer (June 21-July 22)**

Personal attention is very important right now. Take some time alone with a DIY spa day. Address issues with family and friends at this time.

**Leo (July 23-August 22)**

It's time for celebration! A mood of generosity and adventure is in store. Make having a good time a priority in the next few weeks.

**Virgo (August 23-September 22)**

Move on from a stressful November and look forward to feelings of home and warmth in December. It is time for connection and relationships, so keep your friends and family close and spend time with them.

**Libra (September 23-October 22)**

Stay in a jovial mood as the holidays approach. We know the financial aspect of the holidays can cause worry but turn this into productive energy to take care of your upcoming responsibilities!

**Scorpio (October 23-November 21)**

You will feel a boost of inspiration and creativity. Financial blessings will also take place throughout the second quarter. That said, watch out for some drama leading up to Christmas.

**Sagittarius (November 22-December 21)**

Your season is quickly approaching, Sagittarius! Take this time to catch up on some quality time with yourself. Rest, meditate, or write in a journal. Balance your alone time by making new connections with others.

**Capricorn (December 22-January 19)**

This time of year is a very stressful time for you, Capricorn. Try some new activities to release stress and frustration. Try a workout class, take a bath, or try some calming ASMR. Keep the stress away and only focus on good energy.

**Aquarius (January 20-February 18)**

It's time for you to socialize! Go out with friends and make more emotional connections. Now is also a time of productivity and focus. Make a vision board of your future

goals to keep track of tasks and deadlines.

**Pisces (February 19-March 19)**

New opportunities are coming your way! Get out of your comfort zone and make sure you recognize these new opportunities as they come. Don't get all caught up in them though - take it slow and give yourself a break.



*by Madam Mysteriosa*

## The Spectrum Staff

**Editor-in-chief**

Livie Crimaldi

**Sports Editor**

Marcy Allen

**Assistant Editors**

Marguerite Smith

Grace Osoteo

Yashvita Kanuganti

**Cartoonists**

Mary Shabab

Skylar Levy

**Staff Writers**

Neve Masterson

Nicole Duvall

Rachel Sapola

Madeline Thomas

Maggie Paflas

Maggi Feit

Courtney Smith

Morgan Hughes

Jackson Bologna

Kyle Chandler

Emma Okuma

Alexis Miller

## Duvall talks limiting waste

### Continued from page 2

Sitting in a landfill, these bags can take thousands of years to decompose. Oftentimes, these types of plastics find their way into waterways and ecosystems, and can heavily influence local species. A cheap and simple replacement would be the purchase of reusable tote bags. Bags like these have increased greatly in popularity in the past few years, and many grocery stores have encouraged shoppers to utilize them. I keep my bags in the trunk of my car, and when it's time to shop I just take them inside with me. It's a super simple way to reduce single-use plastics, and can also be used as a nice fashion piece if you purchase a cute one.

Finally, and perhaps the most simple replacement of all, is the investment of a reusable water bottle. The purchase of plastic water bottles has increased greatly in the past few years, about 20% since 2016. However, most water bottles take around 450 years to decompose. Regardless of whether or not you do recycle them, most end up in landfills or even find their way into the environment. Investing your money in a reusable metal water bottle is an extremely easy, and extremely cost efficient, way to reduce your carbon footprint. The purchase of one \$20 metal water bottle will save you from purchasing on average 167 plastic water bottles for \$1.45 each (approximately \$242.15 worth of plastic per person a year).

As the holiday season approaches, I encourage you to not only think about the happiness of others, but the healthiness of the environment. This year, consider gifting some of the products above. Start the movement of saving the ecosystem by introducing friends and family to just how easy it can be to reduce their carbon footprint. All it takes is one person playing their part to make a difference, and you could be the person to inspire that effort.



Ryan Jung: Pie

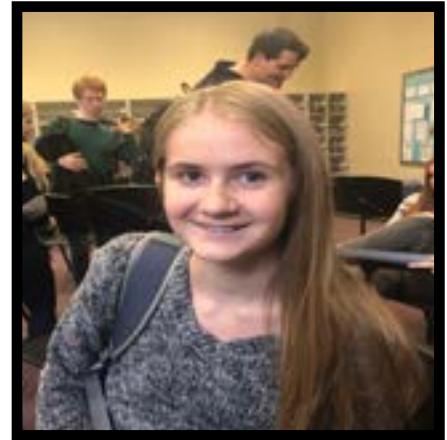


Maggi Feit: Cookies

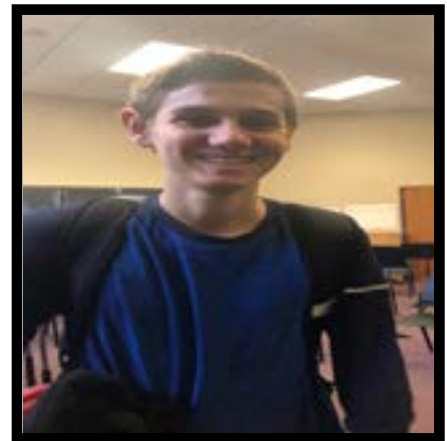


Kyle Loe: Bread

What's Your Favorite Pumpkin Flavoured Item?



Katherine Danielson: Custard



Carter Knox: Pie



Renee Roberge: Pie

# Valley Forge coach joins ALHS staff as new gym teacher

**By Courtney Smith**  
*The Spectrum Staff Writer*

The new school year has brought a plethora of changes, specifically in the area of teacher and administrator positions. Now that Mr. Slabodnick has stepped up into the role of assistant principal, many of our fellow student's favorite gym classes were left without a teacher. Whoever it was going to be had pretty big shoes to fill, so it couldn't have been easy to find the right person. But of course, ALHS really lucked out in finding Mr. Buczak to teach Walking for Fitness and Strength, Weights, Agility and Fitness.

With Mr. Buczak's charisma and energy he brings to his classes, it is hard to believe that this is his first teaching job. With the first month of school down, Mr. Buczak says he is very impressed with the kids at ALHS.

"Classes have gone well," Buczak explains. "The students taking physical education are very engaged, hard workers." Additionally, he noted how welcoming the staff had been, making it much easier for him to settle into his new position.. He says, "All the teachers are so welcoming and supportive."

In addition to Mr. Buczak being a fantastic addition our physical education staff, he is also a deeply committed coach for the Valley Forge Varsity girl's soccer team. After playing during his time in college, he played with a Cleveland team in a midwest soccer league. Twelve years of coaching later, the game has, and always will, hold a special place heart.

"The girls that I coach at Valley Forge are good kids and a lot of fun to be around," Buczak says. "I look forward to practice and games as a highlight of my

day."

While Mr. Buczak is very involved in soccer, it is not his only experience in competitive sports. When he was a student at Parma Highschool, Mr. Buczak was a part of the wrestling team, recalling the time he spent at practice and with his teammates as some of his best memories of highschool.

Throughout his life thus far, Mr. Buczak's involvement in athletics and his positive attitude have obviously made him an excellent role model for promoting the ideas of wellness and healthy decisions that are at the heart of physical education. Those who are lucky enough to have Mr. Buczak as a teacher already know how great he is. To everyone else, cross your fingers that he teaches your PE class next semester.

## The Spectrum Thanksgiving Word Search

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

- • • • • . . . . .
- AUTUMN
- CASSEROLE
- CELEBRATE
- CORNUCOPIA
- FAMILY
- FEAST
- FOOTBALL
- GATHER
- GOBBLE
- GRAVY
- HARVEST
- LEAVES
- LEFTOVERS
- MASHEDPOTATOES
- NOVEMBER
- PARADE
- PILGRIM
- PUMPKINPIE
- STUFFING
- THANKSGIVING
- THURSDAY
- TRADITION
- TURKEY
- • • • • . . . . .

AVON LAKE HIGH SCHOOL  
Presents

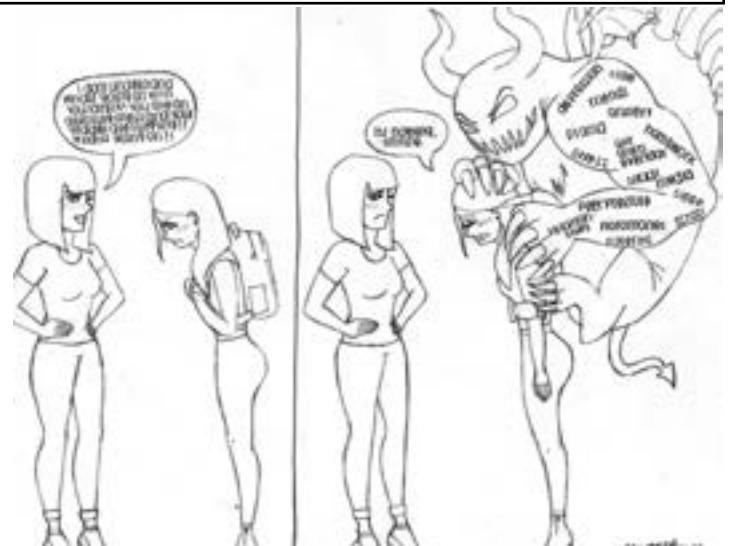


written by  
Thomas M. Hartman  
Book by  
Rob Martin  
Music by  
Matthew Sklar  
Lyrics by  
Chad Beggs

Thurs. Dec. 27<sup>th</sup> Fri. Dec. 28<sup>th</sup> Sat. Dec. 29<sup>th</sup> @ 7pm  
Sun. Dec. 30<sup>th</sup> @ 2pm



Elf The Musical JR. is presented through special arrangement with  
and an authorized regional 4th edition rights  
holder. Tickets: 1000 Lakeside, Westlake, OH  
44095. 440.251.1111



by Skylar Levy



# The Spectrum Presents *The Kaleidoscope*



City Nights  
By: Samantha Sanders

The starless night had no moon.  
The light, the darkness did consume.  
All cracks were filled with these dark voids,  
No street lights shone,  
No glow of a phone.  
But the streets were not empty  
And the people strained to see,  
To walk out in front of them  
And not be able to rely  
On the sight they were given  
But now cannot spy.  
They did not see the one amongst them,  
Hiding furthest in the dark,  
The fibers twisting around its body

Spinning out into the night.  
They mistook this cloud of black  
As a natural occurrence,  
A simple power outage on a new moon,  
But where are the stars?  
They did not know that this darkness  
Was feeding off of their light.  
Draining the people of happiness and hope.  
As it walked among them,  
Sauntering as it may,  
one by one they were put to sleep.  
The screams were not heard,  
nor the thumps upon the concrete.

.....  
• SUBMIT YOUR CREATIVE WORKS TO THE KAELIDOSCOPE TO BE PUBLISHED IN THE SPECTRUM!  
• EMAIL YOU WORK TO AVONLAKESPECTRUM@GMAIL.COM OR  
• SUBMIT TO MR. ARRA DIRECTLY AT ARRAJ@ALSTUDENT.ORG IF YOU WOULD LIKE TO REMAIN ANONYMOUS  
• .....