

The Spectrum Staff wishes everyone a Happy Halloween!

THE SPOOKTRUM

Volume 94, Issue 3

“The Maroon and Gold in Black and White”

October 28, 2019

Ryan Keller exceeds inside and outside the classroom

By Emma Okuma
The Spectrum Staff Writer

High school is sometimes seen as the best four years of your life, with college as a close second. High school is described by many as a balancing act due to the variety of activities that are offered and the workload that some choose to take on.



photo courtesy of Ryan Keller

For Ryan Keller, a talented member of the drum line, a varsity runner on the cross country team, and an excellent student, high school is a place for all of his hobbies.

“I’m pretty sure everybody has multiple talents, and I just had the good fortune of finding mine so early,” Keller says modestly.

Making time for everything can be difficult if you have a full schedule. For Ryan, this hectic schedule includes a ton of honors and AP classes, practices for both band and cross country, and anything else at home that needs to be done. Don’t mistake the multiple extracurriculars as less focus on academics; Keller scored a perfect 36 on the ACT.

“I’ll be going to college, but I don’t

know where, or for what, exactly. There’s a good chance it’ll be Case Western, though,” Keller says.

Drumming started as a hobby for Keller, but he soon realized his full potential after becoming the drummer for the high school jazz band as a sophomore. Keller explains that “Getting the hands-on experience started my journey to learn and play drums my own way.”

Running also became a major part of his life when cross country started.

“The pre-season starts a couple months before mandatory practice begins, and for cross country I’ll max out at 55-60 miles per week,” Keller says.

“During the normal season, we keep at 40-50 miles in a week, but the meets replace a few workouts. We taper near the end of the season to preserve our leg strength and make sure we aren’t burnt out during the post-season.”

Being both a runner and a drummer means that this ambitious senior has to think a lot during his day, and in multiple ways. During school, he focuses on his classes at hand, after school he can worry about keeping up with coach while running and hitting every beat on his drums.

Ryan Keller, professional multitasker

See Avon Lake on page 4

Fall sports updates, spooky movie recommendations and haunted house reviews inside!



Fall photos by Nicole Duvall

Do’s and don’t’s when preparing for college applications

Fall is fully underway and with Halloween comes the stress of college applications. For most seniors this is crunch time, because as October comes to a close, so does the Early Action deadline for many colleges. As a senior currently engrossed in the stress of applications, I have learned firsthand what is important to do BEFORE senior year. Below I’ve compiled a list of do’s and don’t’s for underclassmen, in hopes that they can learn from my mistakes and avoid procrastination.

1. Testing: ACT and SAT are pushed once or twice in high school, with a free SAT being offered once at ALHS, but the majority of testing is your responsibility to schedule and complete.

DO NOT wait until the spring or summer before your senior year to take either for the first time. Although these tests require, at minimum, up to a sophomore year education to know the material, it’s best to give yourself at least three opportunities after your first attempt to improve your score.

DO practice, practice, practice. These tests are not really assessing knowl-



Livie Crimaldi

edge, but how well you know the ACT or SAT and can manage time. Luckily, these skills don’t require an expensive tutor. There are countless free practice tests online, allowing anyone to practice the material, format and time limits. By continually taking these practice tests and timing yourself, you should be very prepared come the real deal. Besides, soon everyone taking them will have the advantage of taking the sections individually, a privilege my class was never granted. Enjoy the leg up, underclassmen.

2. Visits: During sophomore and junior year, you’ll start to feel pressure to visit colleges. I, for one, would be concerned when all my friends had seen colleges and I hadn’t been to any yet.

DO NOT panic if you feel behind. There is no rush to visit colleges, especial-

ly if you don’t have a good idea which colleges you want to look at.

DO NOT rush to spend time and energy visiting a college that you haven’t researched. You may take a whole weekend to visit a college that, upon further consideration, doesn’t interest you at all.

DO research before you schedule your visits. Is this college the size you want? Does it have the majors you’re interested in? If you’re still testing the waters and want a broad guide, I highly recommend the *Fiske Guide to Colleges*. This book delivers honest summaries of any well known college in the country, including student input and strong programs. If you want to understand life on a particular college campus outside of the vanilla description on its website, unbiased student can be found on www.unigo.com. This website provides student reviews to almost any college, including answers to specific questions like “What do you consider the worst thing about your school?” and “Describe students at your school”.

See College on page 2

This Just In

By Mary Shabab



by Mary Shabab

College prep pre-senior year

From Do's on page 1

I promise you will see some negative aspects that colleges would never showcase on a tour.

3. Resume: Freshman year, when your councillors say get involved, they mean it. College applications are a flurry of questions about clubs and extracurriculars, and it is in your best interest to have activities to fill up as many of those blanks as possible.

DO NOT join one club senior year to check a box on your resume. The Common App will inevitably ask about years involved and leadership positions for each club, and colleges don't want to see one measly year of Key Club (but still join Key Club, service is good for the soul).

DO pick a couple clubs/sports that you are interested in early on. If they interest you, you're more likely to stick with them throughout high school. Colleges also want to see leadership, so do your best to work your way up to a leadership position in at least one of your activities. Whether that be team captain or vice president, colleges love a contributing member of society.

4. Essays: Last on the list of preparation is essays, most likely the last minute insertion into your Common App that will cause you the most stress.

DO NOT save the big daddy Common App essay for the end. This 650 word beast is required by all the colleges you apply to, and is probably the most personal aspect of your application.

DO start brainstorming ideas for this essay junior year. Hopefully your English teacher will jumpstart the writing process in the last few days of junior year, but it is never too early to think about the topic. It is important to highlight something that is not showcased strongly in the rest of your application, and many teachers will tell you that a narrative-style essay is the way to go. However you want to start it, whether it is deciding on an idea or writing a first draft, completing something in the summer before senior year will be a huge help to you come fall.

College applications may seem daunting at first, but accomplishing what you can ahead of time eliminates a lot of stress from your senior year. Take it from a currently swamped senior: these tips will put you in a very good place come next fall.

Benefits of a meat free life

A large stigma following the environmental change community is that in order to be committed to its principals, you need to first be committed to eating meat free. However, what every activist and participant will agree on is that the small things add up. Eating meat free, even as little as just once a week, can have huge benefits for the world.

Agricultural and livestock industries are credited with producing most of the world's greenhouse gases.

Beef production alone contributes to the release of carbon dioxide, methane, and nitrous oxide. When combined in large quantities, these gases build up and essentially trap heat inside, contributing to higher temperatures. With such high demand for meat, production is only increasing. In the past 50 years, meat consumption per person has nearly doubled.

The challenge of eating meat free is that most people are accustomed to its inclusion on their daily meal plate. Like many others, I grew up loving chicken tenders and cheeseburgers. Meat was included and credited as a large source of protein. I had my preferences, and I had my extreme dislikes when it came to what I was eating. It wasn't until I was much older that I was introduced to the idea of going meat free.

What I like to tell people who wish to start their meat free journey is that there is no bad time, or place, to start. When I first started, I wasn't entirely committed. I was okay with giving up red meat, which I didn't particularly care for anyways, but I found myself getting stuck on specific things. What about buffalo chicken dip? What about ribs? Hotdogs? Turkey sandwiches? All of these foods just seemed more desirable now that I "couldn't" have them. With time I was able to get over those cravings, but it is largely credited to the discovery of newer food favorites. Many companies have started to produce mock-meat products. A rise in foods such as tofu chicken, meatless meatballs, and bean burgers have hit shelves in an abundance of stores. These products are a great source of protein and many nutrients.

If you find yourself wishing to commit to this journey, thank you for doing your part to better the environment. If you don't, there are still many ways for you to get involved. A great way to help reduce meat based gas emissions is to participate in movements like Meatless Mondays or Meat Free for a Week, which both aim to cut out small amounts of the total meat consumption. However, saving earth's resources is more than just meat or no meat. You are just as much of a benefit to the climate change movement if you still love steak. It's not up to just one person to save the environment. The whole is much greater than the sum of its parts. Do what you can, when you can, and I promise it will pay off.



Nicole Duvall

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!

You can also join The Spectrum Remind by texting @alspectrum to 81010

7 Floors of Hell disappoints core haunted house fans

By **Andrea Crimaldi**
The Spectrum Staff Writer

It's October, which means it is officially spooky season, though for some that started the moment fall hit. Spooky season is the time for horror fans to go crazy with decorations, costume planning, and of course scary activities. Going to a haunted house is a classic way to get hyped for the 31st of October, so naturally my friends and I had to go to at least one.

My friends and I decided to venture to 7 Floors of Hell, a popular haunted house located in Middleburg Heights. 7 Floors of Hell is a theme park of sorts that contains 7 different houses each with their own unique theme. The houses take around 5 minutes to walk through, depending on how slow you are, and are all located in close proximity. My friends and I went on a Friday night in the last few hours the park was open, and we waited between 10-

35 minutes to get in each haunted house. In total, we got through all but one house (the Butcher Shop) in around 2 1/2 hours.

Overall, some of the houses were scary, but most of them were pretty predictable. You could see where people could pop out and a couple of the houses were more about a creepy setting rather than pop-out scares (such as the Mental Ward house). Of course a well-developed spine-chilling environment is essential to all haunted houses (all 7 houses were creatively decorated), but for people like me, props don't exactly give the good scare of a person jumping out at you. Some houses contained creative features that helped set an uneasy tone, such as walking into a room that was completely black in which you had to feel around to move forward, or bright flashing strobe lights, which I would avoid if you have experienced epilepsy or are sensitive to that type of thing. In my opinion, the most frighten-

ing houses were the Catacombs house and the Phobia house. However, these were the first ones that me and my friends went into, so that could have contributed to the scare factor. There was great decorations, the lines were fairly short, and they had the best jump scares.

Altogether, it is fun to go with your friends and a great way to get in the spooky mood. At the same time, it all depends on what kind of person you are. If this is your first time experiencing haunted houses and you're looking for an undemanding way to get a good foremost scare, this attraction is perfect for you. On the other hand, if you are a haunted house fanatic who has traveled far and wide for the best houses, I recommend to skip out on this one because you will most likely be disappointed. So unless you scare easily, look for another place to spend that \$28 on.

Editors recommend spooky movies to watch this season!

Marcy Allen:

Hocus Pocus

Since the age of 5, Hocus Pocus has been my favorite Halloween movie. The three wacky witches Winifred, Mary and Sarah cause mischief in Salem, Massachusetts. This spooky season clas-



sic is a must watch. I recommend snacking to candy corn and drinking a warm glass of apple cider in spirit of the fall film. Don't let Mr. Arra deter you. He thinks this film might be the worst thing to ever be made into a movie, but he is wrong.

Livie

Crimaldi: **Scooby-Doo**

The best way to celebrate Halloween 2k19 is by throwing it back to our childhood, and what is more iconic than Scooby-Doo? Artfully titled *Scooby-Doo*, the live-action adaptation of the cartoon classic fea-



tures characters you know and love combined with a contemporary plotline (spoiler: Daphne breaks free of her traditional damsel role). Pop this sucker on with a box of cosmic brownies and prepare to enjoy yourslef like it's 2008.

Grace Osoteo:
Coraline

Admittedly, I'm not a huge fan of stop-motion films, but I'll readily agree that *Coraline* is an S-tier movie to watch during the spooky times™. Magic, mystery, and a whole lot of trippy colors? Yeah, sign me up. When I was seven, this movie kind of scared me a lot (Read: I couldn't sleep for hours) but now it just brings a



wonderful feeling of nostalgia and a sense of happiness to me. Following brave Coraline and Wybie through the dangerous world of the Other Mother was and still is a treat. From lessons on family, courage, and friendship, this is the kid's movie you never knew you wanted to see.

Marguerite Smith:
Halloween (2018)

2018's 'Halloween' combines the magic of modern day film technology with the continued story of the original 1978 "Halloween," picking up exactly 40 years later. Michael Myers is the silent masked villain of the franchise who has been locked away for decades



after attempting to kill Laurie Strode. He goes to find Laurie after he escapes mental rehab, only to find that she has spent her life training and gathering weapons to prepare for his return. The new "Halloween" movie continues the original story from 1978 but makes it even better with the help of 21st century movie magic.

SENIOR SPOTLIGHT

Mary Shabab

- **Your best Halloween costume?**
- Esmerelda
- **Worst Halloween candy?**
- Candy Corn. That stuff is nasty.
- **What are you being this year?**
- Kuzco from Emperor's New Groove
- **What spooks you the most?**
- Does applying to college count? Either that or when my mom asks if I've checked PowerSchool recently
- **Nightmare Before Christmas or Coraline?**
- Nightmare Before Christmas
- **Hocus Pocus or Halloweentown?**
- Haven't seen either
- **Believe in ghosts?**
- Nah
- **Which horror movie archetype are you?**
- I've been told first to die
- **Would u rather wake up to Chucky or Pennywise at the end of your bed?**
- Chucky, I hear he's a doll (badum-tss)
- **Rather have red eyes or fangs?**
- Fangs
- **Rather spend a night in a haunted house or cemetery?**
- Cemetery



CJ Jorgensen

- **Your best Halloween costume?**
- Gingerbread man
- **Worst Halloween candy?**
- Dots
- **What are you being this year?**
- Fry from Futurama
- **What spooks you the most?**
- Horses. Those things are terrifying. Their lips can move in different directions, it's not a good time
- **Nightmare Before Christmas or Coraline?**
- Nightmare Before Christmas
- **Hocus Pocus or Halloweentown?**
- Halloweentown
- **Believe in ghosts?**
- I take a neutral stance, they could be real but also they may not be
- **Which horror movie archetype are you?**
- Best friend of whoever actually survives, most likely dies at the end
- **Would u rather wake up to Chucky or Pennywise at the end of your bed?**
- Pennywise, he's the homie
- **Rather have red eyes or fangs?**
- Fangs
- **Rather spend a night in a haunted house or cemetery?**
- Cemetery



Keller busier than most students

From Ryan on page 1

"Sometimes I just have to cross my fingers and hope for the best, because I have no time after school. It also means that I have to make the most of practice problems or discussions in class," Keller says.

Sacrifice is also a key factor in this, because there is not enough time to get everything done. In most instances, students must prioritize their long lists of activities; for the few that are able to excel in multiple, like Keller, the rewards are plentiful.



photo courtesy of Ron Jantz

Ryan Keller running in the SWC Preview

Can't get enough of The Spectrum? Follow us on Instagram

@al.spectrum for pictures, polls, and more!





The Spectrum Sports



Boys soccer reinstates their dominance

By Kyle Chandler

The Spectrum Sports Writer

The Shoremen were able to take down the North Olmsted Eagles this past Saturday in the Shoremen's first playoff game. With winning SWC's, they were able to earn a bye week for the first round of playoffs, giving their players extra time to prepare for the talented Eagles.

One of the Shoremen players, Drew

Del Giudice, Shoremen soccer team huddle after victory against

on how winning

the Conference with an impressive 12-4 record would help his team going into the playoffs.

"It's a big confidence booster for our team," he said. "We showed that we could focus and perform during the regular season and we expect the same in playoffs."

The Shoremen were able to bring those expectations into their first game as they handled the Eagles with a final score of 2-0. The

big talk of the night was the defense as they looked solid, giving the Eagles a tough time moving the ball.

This was a point of emphasis going into the game. "Strong goalkeeper and defensive



Photo courtesy of @AvonLakeSports

play," Del Giudice said that is what was going to allow them to be one step ahead of their opponent.

Of course the offense is not to be overlooked. Will Meyer's early goal in the 26th minute put the Shoremen up early 1-0. Adding insurance to the lead, Liam Reutter puts another one in the back of the net with 23 minutes left in the second half. These two goals would be all the Shoremen needed. "It felt great just being able to

step up for the team and secure a victory," Reutter said after the game about his goal. With the great season they've had so far, the Shoremen were certainly ready for the battle they dominated last Saturday.

The Shoremen look to continue the hot streak they've had this season as they face off against Strongsville this coming Wednesday. Though the Mustang's are a well accomplished team, the Shoremen have multiple weapons including senior captain Spencer Chippi. Chippi, looking back on his high school career, said that the program has continuously moved in a positive direction.

"This year might just be the peak of the program," he said.

With high hopes of making it deep into the playoffs, the Shoremen will look to continue their excellent play. As Chippi states "we are a team that no one will want to go up against", it is looking good for the Shoremen as they head into the next round.



Marcy Allen

It is every senior athlete's dream to finish off their season victorious. For most, it's their last time playing a competitive sport. Unfortunately, not all seniors can be champions. There has to be losers in order to be winners. My senior year of soccer was far from triumphant, but I am grateful for the lessons that I learned from it.

My team only won three games my senior year. Going into the season, I had high hopes. I thought the mighty shoregals were going to conquer the southwestern conference. Life didn't go as planned. Our first game against rival Avon was a tragedy considering that they scored in the first 40 seconds. Following the Avon match, there were many other upsets. From losing to a penalty kick against Westlake, to being knocked out the first round of playoffs, the last year of my soccer career was unfortunate.

The adversity my team encountered gave me a new appreciation for success. I will never forget my team's first win against opponent Roosevelt. After 79 minutes and 59 seconds of battle, my team scored in the last second of the game. I had never been more proud as an athlete. Struggle creates gratitude. Without defeat, I could not have valued victory.

Losing also made me reflect on a personal achievements beyond the scoreboard. As a senior captain, I wanted to unite my team. Before I became captain, the consensus was that underclassmen and upperclassmen were divided. I approached my goal by creating fun team bonding activities, as well as established daily discussions that created unity. Instead of dwelling on the fact that my team was not going to finish at the top of the league, I focused on other victories we as a team could celebrate.

I will carry my new appreciation for victory to other aspects of my life. College bound, I'm certain I will experience defeat far worse than a soccer game. I will continue to embrace my failures, just as much as I celebrate my success.

Marcy's Mindset:

Seeking
the positive

Volleyball finishes season strong

By Morgan Hughes

The Spectrum Sports Writer

The Avon Lake volleyball team lost to Olmsted Falls in a fifth set to put an end to their season this past weekend. They beat Lorain in three sets to end their season with a loss against Olmsted Falls after being seeded fifth. Senior Chloe Von Glahn believed that despite the many challenges they faced this season, the season overall was great for everyone.

"As a whole, I thought that we had a very strong season," Von Glahn said. "Although we started off on the wrong foot, the more games we played, the more connected we become as a team."

Junior Alexis Meyer believed that

there were two people that were particularly important to their team this season.

"Kai was our leader in the back row, and with Madison back we had a really strong block because we were one of the tallest teams in the conference," Meyer said.

There were several other players that were also extremely important to the Avon Lake volleyball team and their season this year.

"Every girl on the team was very important for our success, but the ones who stood out to me most this season were our new setter Brooke Lumpkin, middle hitter Jackie Loper, outside hitter Abby Kirk, and libero Kai Rybarczyk," Von Glahn said.

See Lifelong on page 7

Shoremens work towards playoff run

By Marcy Allen

The Spectrum Sports Editor

The Shoremen football team has dominated the 2019 season with a record of 7-1. Shutting out 5 teams, and defeating Clinton-Massie, a division IV powerhouse, Avon Lake's football program has been triumphant.

Although they lost their first game to rival Avon by 1 point, the Shoremen have prospered. The following week Avon Lake traveled over three hours away to Clarksville, Ohio, to take on Clinton-Massie. Clinton Massie has won back-to-back state titles in the Division IV category and the game

was one to watch. The Shoremen won to a score of 24-23 and ended their 1 week winless drought. "We bounced back to beat a good team. We refused to start the season 0-2," said senior defensive end Jack McCrum.

There are only two regular season games left for Avon Lake. The match against the Olmsted Falls will be a game to watch.

The Shoremen and the Bulldogs are both tied for second in the South Western Conference, behind Avon. The team is confident that they will secure two more victories for Avon Lake. "We have no weak links. In my opinion, our entire team could be nominated for All-Ohio players," said senior captain Kai Kuwalu.



Photo courtesy of @AvonLakeSports

Shoremen football team in team huddle after victory.

The Shoremen hope to make a mark in playoffs. In years past, Avon Lake has only made through early rounds. This year, the Shoremen have higher aspirations. "We can't wait to make a good run. Hopefully we can win our region and make it to the final four," said alternate captain Josh Valasik.

The Avon Lake football team has tremendous talent. With a solid team defensively and offensively, they have once produced success.

Girls soccer grows in team chemistry

By Emma Okuma

The Spectrum Sports Writer

As fall sports come to an end, the girls soccer team is wrapping up a great season. With a team of close seniors and a group of underclassmen rocking the field, they had an opportunity to build the program up again.

Captain Phoebe Hood was very pleased with how the season ended, considering the rough start they had.

"In the beginning, we kind of had a bit of a rough start. I think it was about the fifth game in, when we really started to bond and vibe as a team and that's when we started doing way better than we had done before." Hood said.

Losing the first five

games can be a rough start for the girls on the team, considering they had a new coach to adjust to. But the chemistry the team had grew and they became a powerhouse on the



Photo courtesy of Marcy Allen

Seniors of girls soccer team on senior night.

girls I've never met is definitely the most rewarding out of it all," Hood says.

As their senior season comes to an end, the senior captains had great things to say about the team as a whole. They hope to see the program grow in numbers, as well as quality next year. "It was hard to be the source of positivity in an environment where everyone is down because of a rough start. At the end of that fifth game, we had a talk with the girls and told them that we understand the situation and the disappointment but we have to keep our heads up. The only way that we can turn this around is that we actually believe that we can." Hood says.

field.

"Everyone just kind of mashed, and I feel like that's one of the reasons we started playing well, and walking away with friendships with

The Shorgals finished strong. It will be exciting to see what's in store for the future of the girls soccer team.

Girls XC move onto Regional meet in 2019

By Alexis Miller

The Spectrum Sports Writer

The Shoreal cross country team qualified for the Regional cross country meet with a strong fourth place finish as a team Saturday, October 19 at Lorain County Community College.

Maggie Jantz, a junior, got 4th out of the 102 girls that ran the meet. The other AL runners got 24th, 33rd, 34th, 42nd, 55th, and 66th.

The seniors were ecstatic that the team qualified, as Senior Ava Kramhoeller said, "4th place meant moving on to regionals, which was our goal all along. Our coach is satisfied with the effort all the girls are putting in."

The district performance followed another strong finish the week before on the same course, where the girls took second out of 10 teams at the SWC championship. This is a drastic improvement from the beginning of their season, notes Kramhoeller.

"At the beginning of the season we got off to a rocky start placing 6th, but at the end we pulled through and got 2nd place. Our coach was very happy and a lot of people got season personal records."

The Avon Lake girl's cross country team showed that working hard can create improvement, as explained by Senior Livie Crimaldi.

"I feel great about how we placed in SWC's. The whole team has worked incredibly hard throughout these last few months to peak at the end of the season, and I am so proud of my teammates for how it worked out."

The girls are continuing to compete, their next meet being regionals in Boardman on October 26. Since this is a very important meet, with the potential to qualify for states on the line, Crimaldi offers sage advice to underclassmen.

"First time runners should remember that we have trained all year for these couple weeks of pressure, and we are prepared for it. Just go out there and remember that after 20 minutes of pain, there is a funnel cake stand at the end of it."

Lifelong friends finish strong in volleyball season finale

Volleyball from page 5

"I'm so proud of each of these girls for how much effort they put forth throughout the season."

Despite their success at the beginning of the season, the team was slightly disappointed with their performance in the playoffs.

"The ending to our season was a sad one because we didn't get as far as we wanted to during playoffs," Von Glahn said. "A positive to the end of our season was that I realized that I found

some of my lifelong best friends."

With this season coming to an end, there are still things can be improved upon for next season to make Avon Lake volleyball an even better team.

"I think that for next year, the most important aspect to work on/continue would be unity with the girls," said Von Glahn. "One reason why our season was as great as it was is because of how close and connected the team was with one another. If they continue to build off of that, they will be unstoppable."

Girls golf looks to the future

By Will DeSmit

The Spectrum Sports Writer

This was a good year for girls golf in Avon Lake. The girls team performed very well this with varsity and JV doing good in the conference.

With varsity finishing for a tie for first place in the conference they still placed in third for the conference. "The varsity and JV had a solid season. JV won its SWC tournament and varsity finished 14-2," said Coach Frisch, the girls varsity golf coach. "A three way tie for first during the regular season. We ended up in third place in the conference."

The team has excelled in years past winning the conference and even sending one of their greatest players to college for golf, but with some of the seniors leaving it definitely had some effect on the team with less experience.

"We graduated five strong seniors so we are young and not as

experienced as Avon and Olmsted Falls." said Coach Frisch.

The team is very young and this has its benefits because they are young in a couple years the team will be much more experienced. The team bonds together well and have lots of fun throughout the season.

"We have team activities as Coach Uszak and I enjoy spending time with the girls," said Frisch.

This is good because team bonding and good team chemistry is key for a great strong team. The team would qualify for tournaments with individual players and the team as a whole said Coach Frisch.

There is a lot of high hopes for the girls golf team in the future and the Coach Frisch and Coach Uszak are looking forward to the new seasons to come. "We had a competitive team as players would qualify for matches and tournaments. We were competitive in the conference." According to Mrs. Frisch.

Boys XC dominate at SWCs

By Anna Haberstro

The Spectrum Sports Writer

Shoremen Cross Country boys team were neck and neck with Lakewood during the Southwestern Conference Championship Meet. The district meet occurred on October 12th, where the boys placed 1st out of 8 teams.

The JV boys team did very well in the conference race also, with Cole Sparker coming in first with a time of 18:11.3, Brandon Holton in 3rd, Matthew Kuban in 8th, Paul Osborn in 10th, Logan Hamilton in 17th, and Jack Fazio in 23rd. "Crossing the line was a dream come true. I am

thankful for my team because they push me to do better every day," said Cole on the reaction to their win.

Varsity and JV boys all had a lot of individual success that day with 22 boys who had a season best or an overall personal record! Despite the cold temperature, it was a great day for all the runners.

"I was most afraid of falling off and not doing what I needed to do because if that happened, then I'd be putting more weight on other people's shoulders. As a senior, I would rather that weight be placed on me because I've been through these races for four years now," stated Keller.

Boys golf triumphs

By Morgan Hughes

The Spectrum Sports Writer

The Avon Lake Boys Golf Team was able to come away with a SWC tournament win this past weekend. The team finished with a score of 318 on the Legacy Golf Course led by their coach Matthew Perry. This was a great victory for the golf team, especially since they were not the frontrunners in the SWC preview tournament. Lots of practice on the Legacy course was one of the ways the golf team prepared for SWCs.

"We prepared by practicing on the course that we were going to play on," junior Sean Laverty said. "We had the shots we were going to hit in mind before the tournament."

However, they had several challenges to overcome before the tournament could be won. Senior John Perry said that there were a couple teams they were worried about going into SWCs.

"The teams we were most concerned about were probably Avon and Westlake because those were the two teams we had lost to in the SWC preview tournament," Perry said.

Senior Dylan Roig said they have several people that deserve recognition for their extreme in-

fluence on the tournament win.

"Coach Perry has been really great all season. He knows a lot about golf and is always a good role model for the team," Roig said. "Also, Tyler Madden and Ryan Shinko were solid scorers all around for the team."

Top scorer and senior Tyler Madden won the tournament with a score of 73. Other scores on the team include Sean Laverty with a 75, Ryan Shinko with an 82, Dylan Roig with an 89, Owen Conroy with an 86, and Emmet Fink with an 84.

Despite this tournament victory, the golf team was unable to get the conference win once the overall scoring for the season was determined.

"Unfortunately Avon still ended up winning because of how the point system worked out," Roig said.

However, the season is not over for Avon Lake boys golf. The team still has some very big things to look forward to in the near future.

"Next we play in the sectional golf tournament at Legacy," said Roig. "Hopefully if we win there we can advance to districts and then states if we win at districts."

“Blood Prison” doesn’t dissappoint

Mansfield’s most notable structure, the Ohio State Reformatory is most famous for its appearance in “The Shawshank Redemption.” What most don’t know is that this former prison transforms into an hour long haunted house every fall. The prison’s gruesome inmate history was the cause of its closing in the 20th century and sets the stage for the Escape From Blood Prison event.



Marguerite Smith

Last years theme focused upon the Shawshank franchise, while this years theme was clowns. Tickets are a feasible \$25 per person and it’s only \$5 extra for the touch pass. The touch pass allows the actors to grab and touch you as you meander your way through the prison - a small price to pay for the ultimate experience. As you stand in line waiting to enter the prison, clowns with chainsaws and tall grim reapers walk through the lines to give you your first taste of fear. They might even take your phone from you and answer a call. Beware of chainsaws, bats, and claws if you buy the touch pass. The hour long walk through the

stone prison takes you through places such as solitary confinement and the infirmary in complete darkness, with only a small break in the middle.

“Former prisoners” reach through rusty metal bars to grab you and your friends as you walk past. Zombies chase you through tight inflatable tunnels. If you have the touch pass, don’t be surprised if a clown carries you into a jail cell with them. As you progress through the haunted house, your group slowly starts to get smaller. You enter with a group of 10 and end with only four. Your tickets will double as passes for a non-haunted tour of the prison at a later date and are good for a whole year. Blood Prison is an incredibly exciting and terrifying experience for those brave enough to enter.



Ohio State Reformatory

Aries (March 21-April 19)

Aries, let yourself relax for a bit. You’ve worked so hard for so long, and the people around you are very proud! You earned your success, and you deserve a rest.

Taurus (April 20-May 20)

You are more than ready to start shooting for the moon and reaching your goals! You’re about to make a breakthrough- don’t give up hope.

Gemini (May 21-June 20)

Gemini, it’s time to have fun! Maybe the past month has been stressful for you, but we can guarantee you some good things in your near future.

Cancer (June 21-July 22)

Rough times are ahead, Cancer. Weather through as best you can. The people around you won’t let you fail.

Leo (July 23-August 22)

Leo, you’ve been incredibly fortunate in matters of love lately. Remember to be selfless, and this luck will continue to bring you much joy!

Virgo (August 23-September 22)

Something unexpected is going to appear in your life this month, Virgo. Just sit back and go with the flow! You never know how things will end up.

Libra (September 23-October 22)

Libra, keep your head up this month. Good things are

The Spectrum Staff

Editor-in-chief

Livie Crimaldi

Sports Editor

Marcy Allen

Assistant Editors

Marguerite Smith

Grace Osoteo

Yashvita Kanuganti

Cartoonist

Mary Shabab

Staff Writers

Emma Okuma

Nicole Duvall

Andrea Crimaldi

Sports Writers

Kyle Chandler

Morgan Hughes

Alexis Miller

Will DeSmit

Anna Haberstro

coming to you! Remember that you are loved and appreciated far more than you could ever imagine.

Scorpio (October 23-November 21)

Stay humble, Scorpio. Never let your ego overshadow the people who genuinely love and care about you. Listen to what your heart has to say this month.

Sagittarius (November 22-December 21)

Sagittarius, remember who’s there for you! Treat your friends and family with the kindness you want given to you, and things will work out.

Capricorn (December 22-January 19)

Experiment with your style this month, Cappy. Let out your bold side; you never know what may end up working for you!

Aquarius (January 20-February 18)

Aquarius, it’s okay to have hope for the future! Don’t let your fear of failure get in the way of the things you really want to do.

Pisces (February 19-March 19)

Don’t let outside circumstances get in the way of your goals, Pisces. Remember to prioritize things; don’t take on everything at once.

