

The Staff of The Spectrum welcomes everyone back to school!

THE SPECTRUM

Volume 93, Issue 1

“The Maroon and Gold in Black and White”

August 24, 2018

New Athletic Director ready to take on Avon Lake sports

By Grace Osoto
The Spectrum Writer

As another school year arrives, change is coming. Notably, it comes in the form of our new athletic director. Meet Mr. Schremp, one of our latest additions to the Avon Lake public school district. He comes as the most recent in our line of ADs, following Mr. Johnson.

It can be inferred from the job title that anyone in his position must have a passion for sports, and it holds true. Having played baseball, golf, and basketball in high school, no one can say Mr. Schremp hasn't tried it all, or most, anyway. He went on to play college basketball, playing first at a Division III school. He eventually wound up playing basketball at Slippery Rock University. Needless to say, from an experience standpoint he is more than qualified.

After college, Mr. Schremp said he decided to coach basketball. While also working as a juvenile probation officer, he decided he wanted to get into the education side of

things, and went back to school to get a teaching degree. He taught and worked as the head basketball coach at Brookside High School for eight years. From there, he would become the assistant principal of Sheffield Middle School, then of Brookside High School, and finally the principal of both Brookside High School and Brookside Middle School for three years. From there, he arrived at Avon Lake in his current position.

“I stressed a lot as a principal that we need to learn from every decision we make,” Mr. Schremp said about his day-to-day philosophies. “I would preach to the students: We don't expect you to make the right decision every day, but



Photo Courtesy of the Athletic Department

Mr. Schremp took over as AD this July.

certainly we want you to grow from every decision you make. Work hard.”

“I'm big on respect,” he added. “Giving and receiving that, I think, is very important. I wholeheartedly agree with Get Better Every Day.”

As students head into this exciting year of firsts and lasts, we look excitedly to our new AD to manage our sporting endeavors.

“I appreciate the board, Mr. Scott, and Mr. Mueller for believing in me and giving me the opportunity to be here,” Mr. Schremp included.

“Certainly my door is always open, so if student athletes need help or have questions, please come see me.”

Crimaldi gives only power moves for incoming freshmen

As the month of August draws to a close and the school year officially begins, students have to get back into the groove of homework and seven hour days. For many upperclassmen, 2018 is just another year in their four year path to graduation, but for freshmen it's their first time sharing a big school with equal parts opportunity and responsibility.

On my first day of high school I was terrified I'd get lost on my way to the isolated photography room. By the end of the first semester I had the layout down and had found the workload to be very similar to eighth grade. Through my experience and the opinions of others, here are some tips that can help alleviate the guaranteed stress of a new school.

1. **Get involved-** I'm sure



Livie Crimaldi

this has been pounded into your brains by parents and teachers alike, but I cannot reiterate it enough. How are you going to meet new people if you don't try something outside of your normal friend group? There are plenty of sports and clubs at the high school, pick one

that seems to interest you and try it out. You may discover a new interest that will last throughout your high school career. Clubs are a great way to meet upperclassmen that you wouldn't normally see in your regular classes, plus they can be evidence to a well rounded character that colleges like to see on applications. To learn more about the club options at Avon Lake High School, see page 2.

2. **Go in for help-** If you are struggling in one of your classes, ask your teacher for a

pass to come in during one of their free periods. Most teachers will have one or two periods a day where they don't have classes and, if available, they will be happy to answer questions during that time. Going in after a confusing lecture is much better than waiting until the morning of the test, where teachers can be flooded with questions or reluctant to answer.

3. **Record everything-** After talking to some recent graduates of Avon Lake High School, I realized the importance of writing things down. The former seniors claimed that recording service hours and awards as they completed them made the college application process much easier. Many colleges ask for that information, and having it already documented ensured that the applicants cited the correct data without the hassle of digging through old albums. Service hours are also required to obtain

a service chord at graduation, and recording them as completed will help you avoid the mad panic of service forms in the spring of your senior year.

4. **Familiarize yourself with the building-** You won't truly recognize the amount of students that share Avon Lake High School until all of them try to get up the main staircase at once. Midday, from about fourth to eleventh period, most people try to get up or downstairs using either the staircase by the office or the main staircase across from 161. Both are manageable if you have time, but there are other options that can get you upstairs quicker depending on where you are. There is a staircase in the back of the library that leads up to the biology rooms, as well as one by the PAC that leads up to Mr. Shreffler's room and the freshmen lockers.

See Crimaldi on page 3

School's Starting in...



Cartoon by Mary Shabab

The Spectrum's advice: get involved

As any and all high school advice goes: It's imperative to join clubs. And trust me, everyone repeats that advice for a reason. There's definitely something to be said for making friends with similar interests and padding your college application. So to help your lost little freshmen souls we've compiled a list and brief description of some of the main clubs here at ALHS.



Lauren Zeck

those of you with an appreciation for the Spanish culture. Activities include going to an Indians game, charity work, and an end of year social event.

Model U.N. - You meet once a week to debate and write a resolution on a current world issue.

Great for anyone looking towards pursuing a career in politics or law or even someone just looking to improve upon their public speaking skills.

Drama Club - You can participate in the 2 productions the drama department puts on every year. It's a great way to make friends and a great way to help improve your stage presence.

Key Club - The club for all you do-gooders interested in working on service projects to make our community a better place. Meetings are Tuesday mornings at 7:15 in room 114.

Class Office - Elected by your class, as an officer you are in charge of decorating the hallway and showcase for spirit day and for fundraising and putting on junior prom. But be warned, pick a bad theme and your class will crucify you.

PALS - PALS is a club dedicated to making sure all of ALHS students have friends and see familiar faces around the school. See Miss Tomlin in room 120 for details!.

Other Clubs to Investigate: Robotics Club, Adventure Club, SADD, and plenty more.

The Spectrum and The Kaleidoscope- We're obviously the best club this school has to offer. Luckily for you, we are always looking for staff writers, especially sports writers, so if you have any interest in writing or journalism, please contact us. As part of the Spectrum, our school's literary magazine is always looking for submissions. Not just of creative writing, but we also we also print copies of visual art and photography.

Math Club - You meet once a week to do either compete with schools all over Ohio or try to face the challenge of "funky" math problems Mr. Goodman assigns.

French Club - For French students and those that just love French culture. You make French Christmas cards for nursing homes, sing French carols, put on a crepe sale, go to a monsters game, go to a French restaurant, etc. You get to do all of these great activities with the sweetest women ever, Madame Ansevin, and a car board cutout of Emmanuel Macron.

Spanish Club - A great club to join for

Principally Speaking: Mr. Mueller offers words of wisdom for successful 2018-19



Mr. Mueller

Welcome to 2018-19, a special year at ALHS, as we join with our community to celebrate the Avon Lake Bicentennial. 200 years of history and community will be highlighted, and will serve as a theme in all of our learning this year. Understanding our heritage, and respecting the legacy bequeathed to us by previous generations fosters a continuing sense of community pride in everyone. Hopefully, learning more about Avon Lake in this bicentennial year will add to our appreciation of "Sunsets on Lake Erie."

By now, you know G.B.E.D., "Get Better Every Day!" You know I really believe in it, and I hope I convinced you that I will find out if you are - or aren't - and what we do about it.

H.A.R.B.O.R. You know what a "harbor" is. It's a safe place to protect ships from rough waters and stormy seas. This year, we have aligned our resources to provide the support of a "safe harbor" to our shoremen and Shoregals. Located in Rm 115, formerly a computer lab - which is now in Rm. 142, The "HARBOR" will serve as our Academic and OST Tutoring Center, as well as our Academic Focus and Recovery Center. Mrs. Peachman and Mr. Kirsch will continue as our tutors, with Mrs. Adams serving as our Focus and Recovery Coordinator.

What is Focus & Recovery? Chronic tardiness, class cutting, poor conduct are some reasons that can lead to an assignment to The Harbor. Harbor assignments can be short or long-term, with support from teachers to improve "focus & recovery" for successful learning.

Making good choices is so important in life. In and out of school, now and in the future, our ability to make consistently good choices plays a key role in determining opportunities and career options. High school presents us with more choices, good and not-so-good, than ever before. How we choose can have lasting impact on our lives.

We are in year 2 of "breathalyzing" at school events. Homecoming and Prom are required "breathalyzing" events, and we will conduct "random" checks at football games and other events. All school dances will require breathalyzing for admission.

See GBED on page 3

Aries (March 21-April 19)

Aries, you will soon be faced with a major challenge in your life, whether it be personal, academic, or otherwise. It is up to you to persevere—should you succeed, the reward will be great! Don't be afraid to reach out for help.

Taurus (April 20-May 20)

Lately things have been changing a lot around you, Taurus. It's important to take a deep breath and remember that you are loved and appreciated. Sometimes you can find peace in letting go of things temporarily, even when you don't want to.

Gemini (May 21-June 20)

Gemini, remember to treat the people you love with kindness. Despite hardships, they are there for you - don't turn your back on them. Don't squash your creativity, for some wonderful new project may be on your horizon.

Cancer (June 21-July 22)

You, Cancer, will discover a new friend in the near future, or grow closer to one you've already met. Be open to forming new relationships, and help out those who most need it. Your exuberant personality is shining through especially well!

Leo (July 23-August 22)

Sometimes you just need to slow down, Leo. You're taking on a lot right now. Swamping yourself is no good; you'll just burn out. Focus on the tasks at hand and do them one by one. You'll get much more done.

Virgo (August 23-September 22)

As soon as you learn that it's okay to make a mistake, Virgo, things will fall into place. Don't be afraid to mess up. Some of your most notable achievements will come out of errors you've made.

Libra (September 23-October 22)

Libra, you may have been having a tough time lately. However, if you stop focusing on romantic relationships and spend more time having fun with your friends, you'll soon see that things are looking up.

Scorpio (October 23-November 21)

Try not to be too cynical when it comes to trying new things, Scorpio. You may discover a new hobby if you aren't afraid to make an attempt. Let your intuition guide you to what is right.

Sagittarius (November 22-December 21)

Stick to it, Sagittarius. If you start something, finish it! You never know what you are capable of unless you keep at it. Remember, you are valued immensely by

those around you.

Capricorn (December 22-January 19)

Capricorn, you have finally started to find yourself, and your true friends couldn't be happier for you. Stay true to who you know you are, and you will never doubt your decisions. You know deep down exactly who you are.

Aquarius (January 20-February 18)

Bringing yourself "down to earth" is going to be difficult for you in the coming times, Aquarius. You may be giddy off of something, and while there's nothing wrong with that, always keep your eyes on the prize.

Pisces (February 19-March 19)

Pisces, an ending draws near. Whatever this ending may be, it is important to handle it with grace. All things must come to an end - fighting it will only make things worse. Instead, focus on finding the bright side.

SHORF-oscopes
From our mysterious
Spectrum prognosticator



The Spectrum Staff

Editors-in-chief

Livie Crimaldi
Lauren Zeck

Sports Editor

Caroline Jantz

Assistant Editors

Grace Osoteo
Jackson Coleman

Cartoonist

Mary Shabab

Design Editor

Elena Stojanovski



Photo by Lauren Zeck

Co-Editor Lauren Zeck mustered some school spirit.

Principal welcomes students and staff back from summer GBED from page 2

You did a good job once we instituted this process last year. Keep up the good work!

We will have more - and better - tech tools to facilitate your learning. Check out the new touch screens in our classrooms. We will also have more chromebook carts for you to use. No excuses! Complete your assignments and submit evidence of your learning to your teachers.

School is about LEARNING. Our teachers design it; direct it; assess it; respond to it, and report on it. The "response" is feedback, and they will give you multiple opportunities to meet clear learning goals. The report is a grade. PowerSchool will track your learning. That is where we will know if you are GBED!

In Avon Lake's 200th year, it will be really cool to sing The Alma Mater with you on Fridays!

Have a great year. Go Shoremen & Shoregals!

Spectrum Editor offers sage advice to new students

Crimaldi from page 1

Another side staircase can be found by the photography room that leads up to the Chinese and Spanish rooms. These options are usually less crowded, but they can be a little out of the way. Choosing the closest staircase will usually be your best bet.

In a school filled with student drivers and bearded seniors, high school can seem like a scary place to a fourteen year old freshmen. However with these tips and a minimum amount of motivation, you'll get through your first year of high school successfully. Enjoy freshmen year while it lasts!

DO you like to write? It doesn't matter the topic, The Spectrum would love to have you on staff!

Email
avonlakespectrum@alstudent.org
for details!



The Spectrum Sports



With LeBron in LA, who is the face of CLE sports?

I come from a long line of Sports Journalists. My Grandpa worked for *The Cleveland Press*, *The Columbus Citizen Journal* and *The Plain Dealer*, my dad was the Sports guy on Channel 3 News, and my mom covered sports on WTAM 1100 radio. It seems only fitting that I am now taking over the Sports page for the Spectrum this year.

Ever since I was a little girl I have had such a passion and love for sports. There are many memories of sitting on my dad's lap watching baseball and basketball games where I would ask him who we were rooting for, and I would cry if they lost. Being from Cleveland, I cried a lot.

Let's talk about the face of Cleveland Sports; LeBron James, and his history with our beloved Cavaliers.

LeBron had been a Cavalier since 2003, before devastatingly leaving for Miami in 2010, leaving everyone one in The Land heartbroken and betrayed.

Before James made his iconic return to the shores of Lake Erie in 2014, Cleveland sports had not seen a championship win in years.

The year 2016 was the year the drought finally came to an end. The Cleveland Cavaliers led by LeBron James came



Caroline Jantz

back from a 3-1 deficit against the 73-9 Golden State Warriors, a comeback for the ages. After 52 long years, Cleveland was a city of champions once again.

The Warriors added Kevin Durant the following year, a move that would cut the Cleveland's NBA reign short. The 2017 finals were not even close, Durant and the Warriors washed the Cavs 4-1.

Kyrie Irving left Cleveland for the 2018 season, and things started to fall apart. The Cavaliers traded him to Boston for Isaiah Thomas, Jae Crowder, Ante Zizic, and the Brooklyn pick that would become Collin Sexton. When this group of players was not working out, Cleveland changed things midseason and traded all their newbies for George Hill, Rodney Hood, Larry Nance Jr., and Jordan Clarkson.

The entirety of the playoffs was grueling, with LeBron and his new squad barely making it through two seven-game series, first against the Pacers, then against the Celtics in the conference finals. They were headed to the championship where the Warriors were waiting for the fourth time in a row.

We got swept. It probably does not help that JR Smith made one of the dumbest moves in NBA Finals history in Game

1. Everyone in The Land was screaming at their TV that night. After the 4-0 loss, LeBron decided to take his talent to Los Angeles. Devastating, right?

James departure in 2010 created chaos. People were burning jerseys and ripping heads off of bobbleheads and countless other things that seem over the top. For Clevelanders though, it was not over the top, he had left us, simple as that.

The 2018 exit created a different response. LeBron was receiving thank yous instead of threats. Two polar opposite reactions to what looks like the same situation. Upfront that seems odd, but in reality, it is not.

LeBron came home in 2014 with a promise; to give Cleveland a championship. He delivered on that promise, leaving us feeling grateful instead of betrayed.

He gave us moments that we will never forget. I will always remember being at that watch party crying and hugging complete strangers as the final buzzer sounded. My brother will never forget being in the middle of nowhere at Camp Fitch listening to the last 4 minutes on a tiny radio surrounded by 10-year-old boys.

It is because of those memories that we should all be watching him leave with a grateful smile.

Shoregal's senior ace makes D1 commitment

By Caroline Jantz
The Spectrum Sports Editor

As a new year of Shoremen Sports begins so does the beginning of the seniors final seasons. For most of these athletes, it will be their final moments playing their sport competitively, and few will bring their talent to their future college.

One of these Individuals is Paighton Masterson, who before the beginning of the school year announced that she was committed to The University of Cincinnati for Division 1 Golf.

"I've been playing competitive golf since the summer before freshmen year. I got into it when we stopped at Golftec on the way home from dinner one night," Masterson said. She expressed her love for the place and her first coach, to which she added, "My dad and my grandpa were also really encouraging about it."

After that summer, she joined Women's Golf here at the high school and has been a powerhouse for the team. Paighton is a 4-year varsity player with admi-

ration from her coaches, love from her teammates and lots of medals around her neck.

"I've led the team to an overall record of 42-1 from my freshmen year, I won the SWC championship 2 times individually, along with the team as well, and I was Conference MVP my sophomore and junior year," she noted, saying that she hopes the senior year will bring similar results.

After dominating in the South Western Conference for the past two years, she hopes to make it to states for her final season as a high schooler.

Her season goal still needs to be reached, but her dream since Freshman year finally became a reality when she verbally committed to being a Bearcat athlete, "It feels amazing to be committed to UC. I'm happy and proud of myself for pushing through the whole process. I'm really excited to get there and see what happens," she said, adding that she was relieved that the stress of it all was finally gone.

Although natural talent and ability is a factor, Masterson could not have gotten there without practice, and love and support

from her coaches. She stated that she created a tight bond with her high school coach, Mrs Frisch, "She came into coach when I was also a new freshman, so we



Photo via facebook

Masterson tess off at a redcent tourn-
annent.

created and built a really strong relationship as coach and player." Paighton called her "the coach she has always wanted", expressing that her support is tremendous.

More huge contributions to her success were her swing and mind coaches, "I could not have done it without them," she explained.

Paighton is looking forward to a new Shoregal season and is excited and eager for everything that the future holds for her.