

THE SPECTRUM

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“The Maroon and Gold in Black and White”

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School offers options for students dealing with stress

By Marcy Allen

The Spectrum Staff Writer

Imagine- you just finished a grueling cross country practice, running nine miles, at a speedy eight minute pace. You are thrilled to go home and relax from the long day at school. Just as you are about to unwind and turn on the latest episode of Impractical Jokers, you realize that you have a boat load of AP Physics homework, as well as a mammoth size book report due tomorrow! You check the time and it's already 8pm. You pour yourself a cup of coffee for the long night ahead, as you prepare for the worst. You finish your work around 3am and set an alarm for 6am, giving you a grand total of 3 hours of sleep. You wake up, go to school, and do the same process again... this is the exhausting routine of an honors high school student.

Being a highschool student can be extremely overwhelming. High school is the highway towards the future, therefore teenagers have an immense amount of pressure on themselves to greatly succeed.

“Common problems that students stress about would include the pressure to succeed academically, social acceptance, parental pressure, relationships, standardized tests (ACT, SAT, AP, OST), athletics, and college admission,” Avon Lake High School guidance counselor Mr. Kaminski said.

For many students, higher education is a serious aspiration. Lots of colleges require students to have substantial GPAs, notable test scores, and even adequate amounts of community service hours. Having a balanced academic and social life is a lot to ask out of a teenager.

“I remember a few weeks ago on a Wednesday I had more homework than usual and I ran 15 miles after school, so I didn't get home until 5:30. I had to go pick up dinner for the family and I wasn't able to start home-

work until after I got home from a Model UN meeting. I ended up just doing homework from 9:15- 1:30. I just set an alarm on my phone for 4:30 and fell asleep. I finished everything at 4:30 and then went to school early to school to do physics corrections. That was a pretty rough night,” an Avon Lake High School honors student explains.

Fortunately, there are many ways teenagers can manage their anxiety.

“A few steps that students can take to make their lives easier would be to set goals for themselves, both short term and long term,” Mr. Kaminski said. “Then, write out the small steps that need to happen to attain their goals. In addition, another step would be to really focus on time management when it comes to utilizing study halls and free time during the week. Keeping a calendar and using a planner would help with this.”

Time management skills and keeping track of tasks can ensure great success, and more importantly less stress! Exercise is also a handy tool when it comes to coping with pressure.

“Activities that can help students “feel better” usually allow time for the mind to relax and be reflective. Things like yoga, art, meditation, or exercise fit this description,” Avon Lake High School guidance counselor Mr. Skierski suggests.

Doing simple tasks, such as a small work out or keeping a planner can do wonders for teenagers.

“My favorite thing to do to relieve stress is to be active, whether working out or playing sports. Being active is a way for me to manage my stress in a positive way and helps me get my mind off the stresses of school,” Avon Lake High School student and athlete says.

Inside: Election recap and new movie reviews
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Is November too early to be celebrating Christmas?

Around this time of year we can always count on a heated debate: When should we begin to celebrate Christmas?

52% of our Instagram followers believe that the day after Thanksgiving is the appropriate time to start listening to Christmas music and putting up decorations. A few of them citing that we need to give Thanksgiving its moment before we start to celebrate Christmas.

But, I must say I agree with the other 48%, November 1st is the appropriate date to begin Christmas festivities. We have already begun to hang lights up in the



Lauren Zeck

Spectrum office. During this cold and seemingly hopeless time of year, I just want to prolong the Christmas magic as long as I can. Sue me.

If Thanksgiving had a wide assortment of music, I would listen to it on my drive to school. If Thanksgiving had cute decorations (I mean cute not those creepy turkeys) I'd put those up in the office. However, for the time being I'll celebrate the better holiday.

After all, Thanksgiving is pretty overhyped. Granted, I may be biased. I'm a vegetarian so I can only eat cranberry sauce, rolls, potatoes, and beans. Also, I was born on Thanksgiving. While my

birthday only falls on Thanksgiving every 6 years, I think I bare a grudge for it overshadowing my birthday and making picking a date for my birthday parties so hard.

Besides, Thanksgiving and Christmas shouldn't have to compete for our attention. They're 2 different holidays that we can celebrate simultaneously during the month of November. I'm not going to drop my Christmas festivities because Thanksgiving is feeling a little self conscious. Start celebrating Christmas whenever you want, but don't base your decision off of whiny Thanksgiving.

Spectrum remembers cultural icon Stan Lee

From the moment I first watched Tony Stark suit up to destroy bad guys with missiles and cheeky one-liners, I knew Marvel was a franchise I could get behind. Fast forward ten years, and now in 2018 Marvel has released 19 more movies to join Iron Man in the Avenger universe. From countless comics to the cinematic empire that exists today, who was the mastermind behind this world of superheros that continues to captivate generations?

Enter Stan Lee, born Stanley Martin Lieber in 1922. His parents were Romanian immigrants living in New York City, and their family often struggled during the Great Depression. Shortening his last name to Lee as a writer, Stan was hired as an assistant at Timely Comics in 1939 (later renamed Marvel Comics in the 1960s). After serving in the Army domestically for three years during World War Two, Lee returned to the comic book scene and continued to write stories for various genres.

As the 50's drew to a close, Lee became dissatisfied with his career path. Timely's rival, DC Comics, had just hit the jackpot with their new series *Justice League of America*, and superheros returned to the pop culture scene. However, this turn of events presented an interesting challenge for Lee, as his boss asked him to come up with a story that could compete with DC's hit. After some encouragement from his wife, Lee started creating heros that he found interesting:



Livie Crimaldi

protagonists with character flaws. A total change from the perfect superhero idol, Lee's heroes had relationship problems, dealt with life struggles, and experienced negative emotions. These characteristics made superhuman beings more relatable to the reader, and therefore more compelling.

The *Fantastic Four* was the first in Marvel's new wave of heros, co-created by Lee and Jack Kirby in 1961. After its immense success, Lee went on to help create many more characters in the same universe, including Hulk, Spiderman, Doctor Strange, and the X-Men. Through these new stories, Lee incorporated real life themes of racism, drug abuse, and bigotry. As Marvel Comics morphed into a gigantic franchise, Stan Lee was promoted editorial director and publisher in 1972. From then on he became the face of Marvel Comics, continuing to write and produce new stories, and later making cameos in Marvel films.

Lee has worked on countless other projects outside of Marvel, from writing his autobiography to creating a *History Channel* TV show, yet most remember him as the pioneer of Marvel's superhero empire. Stan Lee's stories have brought joy to the lives of people all over the world, and he deserves to be recognized as one of the greatest in his field. Lee passed away on November 12, 2018 at the age of 95, but his legacy lives on in the many generations of people he has entertained.

Faerie King flies into ALHS this December

By Ujin Bayarbadrakh
The Spectrum staff writer

You know when you ask your parents to go to an event that's not in town and they say no because it's a forbidden void filled with bad influences and weird people? Well, that's what the princess of the tooth fairie's father said.

The upcoming ALHS play, *The Faerie King's Daughter*, is about Katie whose father forbid her from going into the human realm. She disobeys her father and ventures in anyways, and faces conflict internally as well as with trolls. This may sound like a regular play, but it is actually a musical. This story was chosen from among eight other options, and being a play as well as a musical helped it win out. The production comes with sound effects and songs from the musical, not to mention that it has roles

for children from elementary schools.

"It's a really unique show and its well known in England, but not really over here in America. It's just really unique and interesting," says junior Rebecca Lisi.

Rebecca plays Mabel, a pink pixie fairy that is best friends with lead character, Katie. Mabel is a slow character that helps add comedy value to the show. This is challenging because this role was new and not like Rebecca's personality.

Another hard role was Kimberly, a very prim and proper snobby human played by Ally Yellets. Ally has preformed in all four of the previous years and has loved every one. Before doing drama club she wasn't as outgoing as she is now, so this experience taught her to express herself more.

Spectrum offers 2018 midterm election recap

By Corrine Bowman
The Spectrum Staff writer

Television is fantastic, always entertaining, with something always of interest. This applies to all times, other than when election time rolls around. Why do politicians have to ruin our entertainment? Sure it's a great way to campaign but I'd much rather find out what's going on with the Housewives for a little longer. So since it is Midterm Election time, let's find out who won!

You're probably thinking governors; what do they do? Why are they important? Governors are the head of the executive branch for each individual state. They are important because they influence decisions made in the judicial branch. Mike DeWine, a Republican, was elected governor of Ohio. His campaign promises include creating more job opportunities for Ohioans, overcoming Ohio's drug problem, less testing in schools, more college opportunities, reducing healthcare costs, and supporting our law enforcement. What does this mean for you as a high school student? Well hopefully, if Mike DeWine's promises are kept, your college expenses will be less, testing should be minimized, and one day when you attempt to get a job it will be easier.

Sherrad Brown won Ohio's Senate seat. A senator is a part of the judicial branch which is in charge of making laws. Why is this important to you? Sherrad Brown will continue being senator, occupying this position since 2007. Sherrad Brown is a Democrat and has quite a few promises for Ohioans. These include cheaper healthcare, protecting our natural resources, paying more respects towards farmers and veterans, giving education top priority, and creating more jobs in Ohio. For us that means hopefully more job availability and cheaper healthcare for the future.

Our Congressmen should now be known as congresswoman after these midterm elections. Across the USA the largest amount of chairs were taken by women. 2018 was a history making election for this reason. Women are not only showing their power in the workplace and in Hollywood, but in government as well. Both Democrats and Republicans had a strong female surge in the pole outcomes.

Avon Lake had a stake in this fall election with a school levy on the ballot. This issue was passed with a 54 to 37 percent approval. The levy will not raise taxes for homeowners, but will bring over \$200,000 to the district. Superintendent Mr. Scott said in an interview with The Chronicle, "I want to thank our community one more time, Avon Lake is a great place and Avon Lake City Schools is a big part of the city and we love our support."

Graduate uplifts self and finds career in difficult field of modeling

By Rachel Sapola

The Spectrum Staff Writer

Like many students in her graduating class, Julia Jantz believed that she would attend college in the fall following her graduation in 2016; however, as the school year went on, Julia realized that her life would go in a different direction than many of her peers. Both of Julia's parents are photographers, so being in front of the camera was nothing new for her. This is when she first realized that she was interested in modeling. Her mom suggested the idea of going to LCCC, taking some core classes, and beginning to model full time. To Julia, this was "the greatest thing in the entire world," and she was so grateful to have her parents supporting her for her entire journey. So, during her final few months of high school, her dream of becoming a model was becoming more and more of a possibility.



Julia Jantz

It wasn't until after her graduation that she finally began to pursue her aspiration, and within the past seven months she has had many successes. At first, Julia tried to sign with large agencies. She even traveled to Los Angeles, California and Miami, Florida for open calls at different agencies. Then, she decided to look at smaller agencies closer to home. That's when she found Docherty Talent Agency, an agency located out of Cleveland and Pittsburgh.

Julia's first job with Docherty was a Rue21 back-to-school campaign. Since then, Julia has been in several Rue21 campaigns and has even walked in New York Fashion Week with Jevon Terance, who is a designer from Lorain. Throughout the duration of her career, modeling has kept her very busy. During the summer, Julia would have three modeling jobs per week. Almost every day she would find herself waking up at 4 a.m. to drive to Pittsburgh for an 8 a.m. call time. In the meantime, things have

slowed down during the fall. In the unpredictable world of modeling, you never know when you're booked for a job. Julia explained this by saying, "for example, this week I have two things, but next week I could have nothing. Sometimes you don't even know about a job until the day before, and you don't know if you're booked for it or not."

She emphasizes that you're never guaranteed anything. On the days that Julia does have a job, it will take up most of her day. But on days that she isn't working, the model will wake up, make breakfast, and go to a coffee shop to get work done. "I try to keep myself busy on days that I don't have anything, but on days that I do have things I'm busy all day", she adds. This work includes several projects she's currently working on, and her plans to move away from Avon Lake within the next four months. In her words, "That needs to be my next step, and I need to take some type of a big step. I've saved up money for the past two years, I've gotten myself ready, and I've gotten myself prepared. Now I feel like I am ready for that."

In her free time, Julia largely enjoys writing. She is a creative person, understanding that her words have an impact on people. She wants to be a role model for other people; having a voice is something that is extremely important to her.

"We live in an age where social media is so prominent, and it makes it really easy to totally tear yourself apart," she explains. She also believes that confidence and self-love are important factors in success. She expresses that it's "really important to have confidence in yourself, for the sole reason that people will always try to tear it down. So you have to have some kind of foundation built to prevent yourself from being dug into the ground."

Jantz knows that this is a crucial part in accomplishing your goals, and she wants other people to know that it is worth it to go for your goals and to do what makes you happy.

Recent alumni discuss whether college is what they expected it to be

By Courtney Smith

The Spectrum staff writer

While everyone is cozying up with friends and family this November, seniors at ALHS are frantically typing up essays, searching for more recommendation letters and trying to keep up in their classes. For many, the one thing that gets them through the process is the vision of themselves, one year from now, living it up in college. They imagine the wild parties, junky dorm rooms and new friends with fond anticipation. Indeed, college is shamelessly romanticized in the minds of students, causing one to wonder, 'Will college live up to my expectations?' To determine the truth, the Spectrum caught up with some of the newest ALHS alumnus to find out if this college thing is really all it's cracked up to be.

Jake Shrift, exploring his first year of college in Erie Pennsylvania at Gannon University says what he did expect was the amount of social interaction. "Your

social life is everywhere in college," Shrift says, proving that no matter where you are, you're always surrounded by friends and there are always new people to meet. "It's continuous, no matter the activity," he says, "whether it's hanging out in your dorm or studying or even walking to class."

Morgan Carlin, who is currently enjoying the 70 degree weather at University of North Carolina Wilmington, echoes Shrift's sentiment, saying that the socialization at college is "amazing." Although at first, she struggled to meet new people and even considered transferring. She had expected to be able to jump into college life headfirst, and hadn't considered how much time it takes to adjust. She says, "Once I met some new people and settled into a routine, I fell in love with my school and can't imagine going anywhere else."

Finally, Margo Lence, who is currently studying at the University of Cincinnati comments on dorm life in college. Although she says she came in with low expectations, "there are just some

things in the public bathrooms you just can't unsee." Lence also expressed that the biggest reason her college life differs from her expectations is that she, "had too many expectations." Lence continues, "looking back on everything I thought that I might accomplish or be involved and comparing it to where I am now is like night and day." Since coming to college she has made decisions that may have deviated from her preconceived goals, but she says, "I am slowly learning to step back and allow everything to fall into place."

Though it may seem like the common quote our parents and teachers have preached to us about everything working out 'just fine', college students, even those just beginning their journey outside of Avon Lake, have come to realize not only the reality of college, but about life as a whole. Everyone's experiences differ, but one way or another college is bound to teach anyone things beyond the textbooks.

Senior Spotlight

Liz Thieken



Art Medium: Digital (Adobe Photoshop), Pen, Pencil, Acrylic and some others, it really depends on the piece I'm working on and the meaning of that piece

Favorite art class you took in high school? AP Studio Art 2D

Favorite project? I like a vast majority of my project prompts, but if I *had* to choose I'd say Scribble Line Study or Self Portrait for this year's choices

Schools you're looking at? University of Cincinnati for the college of Design, Art, Architecture and Planning (DAAP), THE Ohio State University, Kent State, University of Illinois at Chicago and Savannah College of Art and Design

What are you planning on majoring in/pursuing? Major in industrial design with a minor in graphic design

What influences/inspires your work? For each piece, there can be different influences, but personally I like to go off the prompt given my Mrs. Craig and find how I can express that through a piece of art. I think that compared to many, I have a very loose and line focused style so I always like to express emotion and the meaning through the types and neatness and characteristics of the lines of whatever piece I'm working on. Although, for each piece, there are different influences. For example, with the scribble line study, I used pen and lots of dark messy scribbles when drawing the Joker because it reflects his personality. So before I nerd out and over explain a simple question, I'd say depending on what I'm drawing and what I'm trying to express, I use different influences and inspirations

Nathan Peachman



Art Medium? Photography

Favorite art class you took in high school? CC+ film photography

Favorite project? Film portraiture or digital HDR

Schools you're looking at? UC Santa Barbara and Ohio University

What are you planning on majoring in/pursuing? Double major in communications and film & media studies

What influences/inspires your work? I am inspired to tell stories in my work. I want people to see my work and feel like they are there, like they are part of the experience. This idea motivates me to this day, and it will long into my future.



Foreign exchange student describes his homesickness

Dear Ivan,

Three months away from home and you- I'm growing quite homesick, Ivan. I have begun to miss the detached, aloof, and silent demeanor of Russians in public as opposed to the friendly, chatty, loud Americans. I miss how little we cared about littering and recycling. Call me crazy- I'm even starting to miss the homophobia (it's prevalent here just a majority of them aren't as brazen and violent about it).

But then, just when I begin to feel worlds away from my home and everything I know, America reminds me that they really aren't all that different from us. Their government has launched a crusade against the free press as well. Their president called journalists "the

enemy of the people" and the White House released a doctored propaganda video. Oh I can't begin to tell you what a relief this is. For a brief moment I thought that while I was here I would have to learn to think for myself based off of facts, logic, dare I say my own eyes instead of simply blindly believing the government!

Also much to my surprise their President has apparently done something to obstruct justice. While it's a quite complicated affair and I can't quite understand the affair or the American systems in place to deal with such an injustice, yet I suspect many Americans don't either. All I know is that Trump has supposedly colluded with our homeland and it looks highly unlikely that he will face consequences. I must say

this is very comforting, can you imagine a world in which no one was above the law; I certainly can't. Also with all this focus on possible indiscretions of their figurehead instead of blind loyalty how are they able to interfere in other countries' governments? But hey, at least if it is true (which everyone tells me it is) I'm quite glad that our motherland is guiding this ignormus nation because believe me, judging by their perpetual, oblivious smiles they need it.

While I am still counting down the days to see you again, I'm not as anxious as I once was 2-3 weeks ago. These small comforts from home give me solace.
-Your Aleksei

ALHS student performs in Macy's Thanksgiving Day Parade

By Yashvita Kanuganti

The Spectrum Staff Writer

Thanksgiving, the first long holiday of the school year, is right around the corner to fill our glorious three days off with rest, relaxation, and fantastic food. Along with these things, many of us also park ourselves in front of the television, to relax and watch the extravagant Macy's Thanksgiving Day Parade. We all sink into our seats, watching the floats dance across the screen and the streets fill with people, but one ALHS senior is getting to experience this first-hand as one of the prestigious performers in Macy's Great American Marching Band.

Meet Julia Dixon, a senior flute player in our own marching band, who is going on to march alongside 200 other high school musicians from across the country.

Julia has been playing her instrument for about eight years now but has watched the parade as a part of her Thanksgiving Day tradition for even longer. When asked about her childhood with the parade and the band itself, she reminisces, "I've been watching the parade for a really long time, it's always been on in my kitchen during Thanksgiving."

This past January, Julia applied for a spot in the esteemed ensemble, but many hard months of preparation went in until the deadline date. The video audition, composed of snippets of marching technique and most notably, a prepared solo piece, has an interesting backstory. "I'm in symphonic band, so I have a solo that I play for Solo and Ensemble every year... and I played



Senior Julia Dixon

that for Solo and Ensemble and got a one," she says, referring to the piece she included in her audition.

The high ranking at this competition is what pushed her to include this piece, but even this required more practice, she laughs. "Music has always come easy to me; I've always been a musical kid. But it was definitely not easy to get into, it definitely required many takes, lots of bloopers and stuff when I was trying to record everything."

Passion, along with practice, is another reason behind Julia's drive for her craft. "It's nice being in something bigger than yourself because a lot of things in school are just you," she details when asked about her favorite part of performing. Band and the good things that come with it have influenced her to take up another instrument, as well, "I like the flute in a concert band setting, but in college, I'm going to be playing mellophone..."

But as we look into the immediate future, Julia and the big group along with her is getting ready to take the big city in a musical frenzy--very soon. Julia leaves for New York on the 17th, where she has 4 rehearsals with the whole group before the main moment. She's most excited to go through Herald Square, the central attraction of the show. So while you and your family are flipping through channels, looking to tune into this quintessential march, make sure you keep an eye out for the Macy's Great American Marching Band, in which Julia is performing! It'll be a "flutiful" fanfare!

Read *The Spectrum* online:

<https://www.avonlakecityschools.org/highschool/the-spectrum-newspaper>

The Spectrum reviews new releases

THE GRINCH

Were you looking for the original 1966 The Grinch but 90 minutes long and in the animation style of the Minions? Oh then you're going to absolutely love the new one.

Don't get me wrong, I did enjoy the movie. It was cute and festive and heartwarming (I may or may not have teared up at the end). While this version certainly didn't add anything revolutionary to the much beloved tale, it didn't need to.

This version simply had to redeem itself from the 2000 Jim Carrey version, and it certainly did. The grinch was more likeable. Max was cuter. All dogs are cute but we have to admit the 2000 Max was a little homely. They added hip hop music just for kicks. The whos weren't materialistic monsters.



by Lauren Zeck

While I'm typically all for political statements I'd rather keep scathing criticisms of late stage capitalisms out of my childrens' Christmas movies. And don't even try to get me started on the 2000 version baby grinch. All I'll say is that it was horrifying and kept me up at night whereas the new baby grinch looks like a cute green stray that I'd want to adopt.

However ***spoiler alert*** the one thing I don't know how I feel about is the movie alluding to the Grinch becoming Cindy Lou Who's new dad. The people I went with said I was crazy for taking that away from the movie, but I'm no fool. I can pick up on what they mean when the Grinch helps her mom carry the food.

BOHEMIAN RHAPSODY

Bohemian Rhapsody is about the British rock band Queen, its lead singer Freddie Mercury in particular. This drama/biography focuses on the charismatic Freddie, born Farrokh Bulsara. Mercury shattered stereotypes of race, men's fashion, and behavior to become the leader of one of the most well-recognized bands on the planet. The course of the movie runs from 1970, the creation of Queen, to 1985 at the memorable LiveAide concert. Freddie has many strained relationships throughout the movie with characters such as his father, girlfriend, strangers, and bandmates. Though he has many strained relation-



by Marguerite Smith

ships through the movie most are resolved because of Freddie's dedication the saying, "good thoughts, good words, good deeds." Like any true Queen concert the movie is littered with electrifying pieces of Queen's most famous songs, including Bohemian Rhapsody, We Will Rock You, We Are The Champions, Under Pressure, and Another One Bites The Dust. There is a prevailing theme of family throughout the film, stressing the importance of nonbiological and biological bonds.

KHALID'S "SUNCITY"

Khalid's debut EP Suncity came out last month on October 19th. Although I wasn't that big of a Khalid fan, after listening to this EP. I'm in love with his style and voice. On some albums and EPs, the songs don't fit well together or a couple have completely different styles from the rest. Every single song on this EP fits so well together. They all give off the same nostalgic vibe and all of the songs are beautiful to listen to. I'd



by Elena Stojanavski

have to say that my favorite song is "Saturday Nights", although I do like every song off of the EP. The lyrics are great and fit perfectly with the song, creating an overall beautiful song. If you're looking for some new music this month, try listening to Suncity! It's an EP that pretty much anyone will enjoy, including me!

Principally Speaking: Thanksgiving



Mr. Mueller

As we approach the traditional Holiday season, it reminds us to reflect on our lives and consider all of those things we have to be "Thankful" for. I am going to list some of the many things that I am thankful for, and ask you to take the time during the upcoming weeks to think about those things for which you "give thanks." I know that there are things in life that we are not thankful for, and I am not suggesting that anyone look beyond the circumstances and conditions that cause distress in our lives. We spend tremendous amounts of time and energy dealing with problems, and they certainly must be dealt with. But this is the "season for giving," so we should all try to give ourselves a reason to smile.

I am Thankful for –

The love and friendship of my wife, Renee - my best friend in this world. She shares all my joys and sorrows, brings purpose to my life, and makes me a better person.

My wonderful family. They have made my life full and exciting. Grandkids are AWESOME!

The direction and guidance I received from my parents and teachers. They kindled a flame for learning that burns within me still.

The wonder of life: childhood, adolescence, young adulthood, and all the uncertainty and self-doubt that fill our early years. My own experiences help me as I work with students facing many of the same issues.

My many and varied career experiences. Student, teacher, coach and principal. All of these experiences have given me an appreciation and respect for people and life.

The opportunity to inspire students to "GBED" in a variety of communities. While I wish that no child would ever be born into poverty, abuse, neglect or violence, I am thankful for the opportunity to try to make a difference in the life of even 1 student.

Avon Lake. I know you knew that was coming. How could I not be thankful? We've got a great staff, great families and a great campus. But, most of all, we've got the best students any school could ever ask for. No one is perfect – not even you. But you know what your parents and your school expects, and (for the most part) you fulfill those expectations. I'm proud of you, and I'm thankful for you.

Have a great Holiday season. See you at one of our many Holiday events!

GBED! Peace on Earth.

Drama club excited to put on its next successful fall performance

See previewing *Faire King* pg 7
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To play this role, Ally had to think through a different perspective and figure out a way to become Kimberly.

Aside from learning to play a part and memorizing lines, there's a lot of work that goes into these plays. There is a ton of work behind the scenes, such as figuring out the staging. Each character and prop has a certain spot on the stage in every scene, and the sets are handmade. Every

Saturday from 10-4, students worked on the set. During school days, the drama club meets two hours every day. After Thanksgiving, the production goes into full swing and they meet closer to three hours.

"Lots of time goes into these productions, the amount of hours that go into this you would not believe," Anya Simms explains.

Anya is a part of the drama club and also tech crew. She plays Molly, a sassy air fairy. Molly doesn't really pay attention

and is always hanging out with her best friend or making fun of her other friends. Alongside acting, Anya works on the spotlights, mics, and the technical aspects of the play. She also trains interns that recently joined tech crew. Her favorite part of the play is spending time with classmates and meeting new friends.

This play is a great experience for both the actors and the audience. So go watch it! After all, plays don't have creepy people who do weird things.

Avon Lake High School welcomes new math teacher

By Kaeli Bush
The Spectrum staff writer

Avon Lake High School welcomes Mrs. Mayer, a teacher of six years, to the math department this year. She currently teaches Algebra I and both Integrated Math I and II. Growing up with an interest in the learning process and an admiration for math gave her a love for teaching. After transitioning from North Olmsted

High School to Amherst Junior High School and finally Avon Lake High School, she has noticed several changes, the largest being the abundance of school spirit in Avon Lake. She grew up in Northeast Ohio and attended Amherst High School. Despite their rivalry during the time, Mrs. Mayer has noticed that both schools "take great pride in academics and are full of school spirit."

Her interest in the learning

process and a love for math brought her to teaching. Mrs. Mayer has always wanted to teach in Northeast Ohio, and Avon Lake was her ideal choice. Mrs. Mayer enjoys the challenge of developing unique ways of teaching to a variety of personalities and skill levels. She "looks forward to becoming a part of a school that is so well known for student success."

KALEIDOSCOPE

ALHS LITERARY MAGAZINE

Poor Little Lad

by Jackson Coleman

Glancing down at his pocket watch, his heart leapt from his sternum as he realized he was late. Quickening his pace, he hurried, for if he missed the bus...

He hastily sped along, oblivious to his surroundings. Suddenly, he ran into something; stumbling downwards onto the pavement, he angrily picked himself up, only now realizing what he had run into -- a little child, dressed in rags with rotting teeth, his malnourished body aching from the impact.

"Spare a coin, sir?" the little boy pled: but to no avail. The man was racing against time, and he simply did not have the time to give the poor little lad a spare coin, even though he had plenty on his person.

The lad just stood, watching the rich man walk into the distance, appearing as a remnant of fleeting hope.

Crimson Horror

by Jackson Coleman

Crimson horror it was, lurking the halls of the worn ruins. They had once been home to opulent and magnificent estates -- time has won that battle though. But it remained, strolling, shambling through the treacherous ruin, blood leaking from the fringes of its mouth.

It had no thought, no emotion, no nothing. We, in our 'humanness' can not possibly define it other than the stark crimson colour of its fangs, ever plagued with savoury blood. Who knows why such beasts exist. But they do. In the darkest, most perilous of gaping abysses there are these nameless horrors, lurking in the darkness; perhaps their fangs too glisten with the blood of the fallen, and even the crimson nectar of our friends.

Echo in the night

by Jackson Coleman

A glimmer, a shadow, gliding across the midnight sky. Slowly, surely, it moved, casting its ghastly pallor across the earth. Perchance it saw me, staring, gazing, mouth agape at such a wraith -- but I hope not. I will continue, onwards and upwards in whatever quest I have undertaken. Foolhardy, maybe; in vain, no.

Crying, shuddering, it slithers its foul shape amongst the stars: a daemon amongst angels. Quickly, haphazardly I take out my camera and snap a picture,

memorializing this fiendish nightmare. I glance downwards, hoping, praying that the ghostly monstrosity was captured in film -- and Lo! It was, in all its horrible, terrible beauty.

Then, an echo, a faint cry I heard. Louder it grew, growing to an immense, whining, shrieking pitch. I saw it, the monster, the daemon, staring at me -- I had been seen. I clutched my camera, my proof, my evidence, and ran off: but the whining, deafening noise -- I could not

bear it. I fell, toppled over onto the rough pavement -- it was coming, advancing rapidly towards me. Still, that noise persisted, plaguing my ears. Then, I saw it: staring, gazing at me. Then the terrible, horrendous shrieking gave way to much fouler noises, as I began to scream as it tore me limb from limb. Helpless upon the now blood-splattered pavement from this despicable, cruel echo in the night.

The Gladiator

by Jackson Coleman

Quickly, for slowness was weakness. He paced around the other, and swung his fist at him -- straight in the jaw. One after the other, he released a barrage of fists at the man, noticeable blood trickling down from the fringes of the other's lips. But then, he felt the other's left fist make contact with the base of his skull, and he stumbled onto the ground.

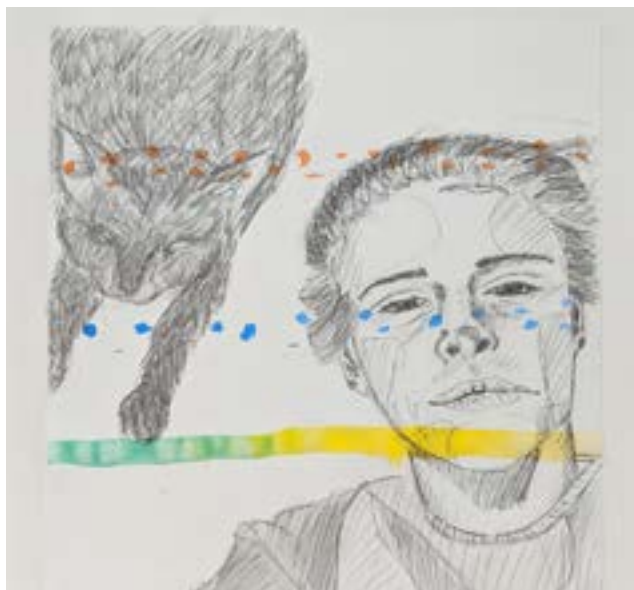
Get up, for to stay down is weakness. So, he swiftly jumped up and

was back at releasing his volley of death upon his opponent. He received a few flying punches to his left and right rib, but he could not pay heed to them -- it was life or death, he needed only a few more acts of savagery for the win. Then, he was knocked of his feet by the other, doing an illegal move.

Continue, for to stop is weakness. So, he went back at it, and fought the cheater as hard as he possibly could.

He swung volley after volley, the other badly bruised and blood spurting from his mouth. Then, he delivered the final punch, and the man was toppled, no longer live but rather a sack of flesh and blood.

He had won, had shown strength. His captors forced him to battle for his life, and he knew not why -- only he ought show strength, as his father had told him he ought to be strong: and he was strong.



by Liz Thieken



by Caroline Jantz

Aries (March 21-April 19)

Aries, keep your emotions in check this holiday season, we know you can be a hot head. Don't get mad at your boyfriend for getting you socks. Don't bring up politics.

Taurus (April 20-May 20)

Taurus, don't eat too much at Thanksgiving. We know a food centered holiday may sound good to be true, and it is. Don't bring up politics.

Gemini (May 21-June 20)

Gemini, try not to double cross anyone this holiday season, we know that's a struggle for you. Don't bring up politics.

Cancer (June 21-July 22)

Cancer, try not to cry at every single Hallmark movie this season. Don't bring up politics.

Leo (July 23-August 22)

Leo, don't cuff this season. You can make it on your own. And besides they're not even that cute. Don't bring up politics.

Virgo (August 23-September 22)

Virgo, as holiday gift to your loved ones how about you relax a little bit. No, you don't need your wrapping to be perfect. calm down they'll rip it off in ten seconds. don't bring up politics.

Libra (September 23-October 22)

Libra, as a gift to yourself say "no" sometimes. You don't have to eat your grandma's horrible corned pudding and you don't have to go

ice skating with that guy you don't actually like. Don't bring up politics.

Scorpio (October 23-November 21)

Scorpio, quit making yourself the center of attention. It's Jesus's birthday not your's, get out of the manager. Don't bring up politics.

Sagittarius (November 22-December 21)

Sagittarius, try not to roast your grandmas's sweater this year. Definitely don't bring up politics. seriously, reign in that brutal honesty this holiday season. Don't bring up politics.

Capricorn (December 22-January 19)

Capricorn, learn warm your dead cold heart this holiday season. I know your attitude may reflect the weather, but you're bringing everyone down. Put on a christmas and get in the spirit. We recommend Nightmare Before Christmas. Don't bring up politics.

Aquarius (January 20-February 18)

Aquarius, how about you actually buy your gifts before christmas eve. Seriously, your 10 year old sister doesn't want an ice scrapper. Don't bring up politics.

Pisces (February 19-March 19)

Pisces, buck up, learn to fend for yourself. This holiday season do yourself a favor grow a spine, don't be so sensitive. You're probably to that holiday party you want to go to, but that's fine. Don't bring up politics

SHORE-OSCOPES
FROM OUR MYSTERIOUS

SPECTRUM PROGNOSTICATOR



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Happy 29th Birthday Jake Ryan the
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But we can all agree Jesse was the superior bf

AL The Spectrum Sports **AL**

Shoremen finish off season with a Southwestern Conference title

By Marcy Allen
The Spectrum Writer

The mighty Avon Lake Shoremen Varsity Football Team has ended the seven-year drought of an SWC championship title. The boys ended a spectacular regular season with an impressive 9-1-0 record. The football team has had many outstanding performances this year. One of their most favorable wins was against Avon, with a final score of 31-28. The varsity squad has not secured a regular season win against the rival since 2012. The Avon Lake community is extremely proud of the team for their superb accolades and is excited about the following 2019 season.

The Shoremen finished out the season victorious, winning with a staggering score of 45-7, against the Midview Mid-dies. The blowout game gave the team their ninth victory, along with the impressive 2018 Southwestern Conference co-champion title, shared with the Avon Eagles.

“We really worked hard in

the offseason and bonded together in the weight room. We knew we had a talented team going into the season, but if we didn't put the work in nothing would come



Photo courtesy of Ron Jantz
Players in celebration after touchdown

of it.”, explained senior captain, Matt Sanders.

Thanks to hard work and dedication the varsity football squad was able to have lots of success this year, including six blowout wins against Elyria (42-15),



Photo courtesy of Ron Jantz
Shoremen student section

North Olmsted(49-14), Westlake(42-7), Lakewood(49-0), Berea-Midpark(21-49) and Midview(7-45) and impactful performances from multiple players.

The Avon Lake football program is pleased with not only the Varsity team, but as well as the Junior Varsity team. The JV Shoremen team had a perfect 10-0 record this 2018 season. The Avon Lake Football Organization has come out triumphant this 2018-2019 school year. The future of the Shoremen football program looks incredibly bright. The class of 2020 and 2019 display an array of skill.

“With juniors getting mixed into important roles next year they should be very optimistic about their upcoming season. With a talented sophomore class this year and juniors willing to lead their team next year, exciting things should happen!” tells Sanders. If the football team over the off-season

continues to put in quality effort the following season will be great! The Avon Lake Shoremen have exciting years ahead of them.

Winter Sports Preview

By Kylee Collins
The Spectrum Writer

The colder weather has rolled upon us and not only does that mean the holiday season, but also winter sports season! This time of year is the largest when it comes to number of teams we have competing here at Avon Lake High School. In the fall there's cross country, cheerleading, and football. We end in the spring where there is track and field, rugby, and lacrosse. But in between these two seasons is winter, where there is basketball, bowling, wrestling, swimming, gymnastics, and hockey!

Wrestling

The wrestling team is coming out with high hopes in the beginning of the season, which is a really good thing. They like to start off by instilling confidence in their team. Senior, Alec Negron says the slightly weaker normal as they lot of freshmen, which are lower class and will difficult to fill weight classes.



Photo from previous edition

Wrestling match Despite this minor issue, Negron says, “It is going to be a good year for us and looking forward to having more conference champs. We have a couple kids who could go for repeats. We also would like to have a couple district and state qualifiers which shouldn't be too hard because we have some really good wrestlers on this team”. As always, they are looking to make a run for the conference championship.

Girls Basketball

Girl basketball is just as intense when it comes to high pace and fascinating minutes of gripping the edge in of your seat the middle gym. This they have a team of se- and juniors well as some coming from sophomores. Head varsity Coach Zvara comments on looking towards a competitive season as there is a lot of talent in the conference.



Photo courtesy from previous edition
Shoregals fight for possession

He added that the team has “good senior leadership again this year”. These seniors are Amber Achladis, Allie Heschel, Liz Murdock and Kelsey Simmerly. Zvara also said that they will be a fun team to watch this season.

Shoregal seeks rare company with twelve varsity letters

By Emma Davies

The Spectrum Writer

As I ran across the track, feeling like air, I knew I was at home. Smelling the turf and having scraped knees was just another day for me growing up on the Rocky River track, and I couldn't be more grateful for this memory. Looking up at the High Schoolers (literally) was something I did everyday while I watched my mom coach. I looked at them in awe and knew I wanted to be just like them.

Now a senior, it is no surprise that Amber Achladis is a stand-out athlete for Avon Lake High School. Specifically, and most impressively, she is two seasons away from earning 12 varsity letters in high school career. To put that in perspective, she has earned letter status in each season of sports from her freshman year to now.

She has a varsity spot on three sports as a point guard in basketball, hurdler in track, and center midfielder for the soccer team.

Each of these sports is very different in their own way and Amber takes each challenge greatly.

"The main influence on my athletics is my mom," she said. "She always pushes me to be the best and nobody is a better motivator than she is. Without her, I wouldn't be the athlete I am today."

Achladis' mom has rarely missed a game or meet due to her own coaching requirements. However, she is there supporting her no matter the weather or activity when she can. Always watching and taking note has increased Achladis' ability even more.

"Today, Amber has accomplished everything on her own," Mrs. Achladis said. "I have made her work harder with a personal trainer. I love to see the hard work pay off every time I watch her push herself to the best of her ability."

Currently, Achladis is in her fourth and final varsity sea-

son for the Shoregals soccer team. Thanks in part to her presence on the field, where she rarely sees time off the field, the team has thrived this season with a 7-4-1 record.

Achladis has played a large role in the wins for the Shoregals soccer team. Her dedication and hard work has paid off, and each season has made the love for her sport increase.

"Although I have a special appreciation for each sport, soccer has to be my favorite" Achladis said.

A factor for the love Achladis has for soccer comes from her favorite memories as a freshman. Achladis was apart of the SWC win for the Shoregals soccer team.

"My favorite memory was winning SWCs as a freshman on the soccer team. I was so scared to be a freshman on varsity and it all paid off in the end. I made so many friends that year, and winning the conference was a bonus." Achladis expressed.

This big win as a young freshman could be in result of Achladis' very young start in sports. She was on a field ever since she was little and was eager to be just like her mom who was also an athlete.

Mrs. Achladis played soccer and ran track as well in High School. She explained, "Amber proved herself to be a varsity athlete from the beginning, I have always had confidence in her, but she needed to learn it herself."

"My mom was a really good track runner and soccer player when she was younger, and so I became the younger version of her. My mom has been a track coach for 25 years, and so I have been on the track ever since I was born. I picked up basketball when I was little, and watched my older brother play." Achladis said.

See Amber Achladis pg 12



Photo courtesy of Amber Achladis
Amber playing basketball

Avon Lake soccer team wraps up record-breaking season

By Andrea Crimaldi

The Spectrum Sports Writer

The Avon Lake Boys Soccer team made history this season with a phenomenal 14 wins, a new school record. The Shoremen made it to the District semi-finals in the Division 1 playoffs as well, ending as runner-ups with 7 wins in the SWCs. Leading the team through the amazing season was head coach Pete Klepek and captains Drew DelGuidice, Andrew Jacobson, and Cam Salco.

"I love being out there with the team and making memories with the people I've been playing with since I was a kid," said captain Cam Salco. "I'm proud of us and setting a new record was probably one of the greatest things we've ever done as a team."

"Consistency is key," adds Coach Klepek when asked about the process the team went through in order to achieve their goal of having a great season. Some of his philosophies are simple ones, such

as an overall respect between the boys and the coaches, showing up to games and practices on time, and keeping up with schoolwork.

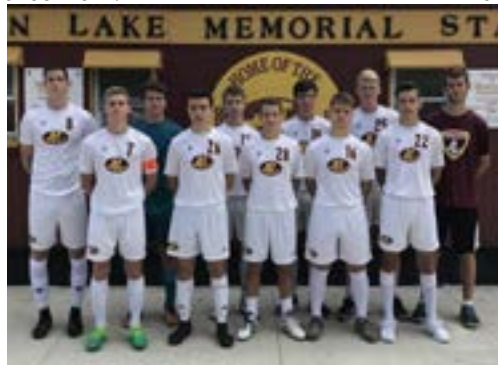


Photo courtesy of Avon Lake Soccer
Shoremen Seniors

"Keeping them up every game so they can perform their best and holding that winning streak was important. I knew we were going to be good with our 10 seniors and winning 14 games is very exciting as a coach. We wanted it."

In addition to the groundbreaking season, Coach Klepek was awarded with the Lorain County Division 1 Co-Coach of the year, after being head coach for two years at ALHS.

"I'm very humbled by it, especially with me being only a second-year head coach. It's not just me, I have a great coaching staff and of course the team was part of the reason why I was able to receive this award."

The Avon Lake Boys Soccer team overall is a perfect example of the benefits of hardwork and dedication. The team has played in every type of weather against a multitude of tough teams, coming out of the regular season with only two losses. Despite not winning SWCs, the Shoremen have set a new regular season school record by winning 14 games, presenting a challenge to next year's team. Congratulations Shoremen!

Winter Sports Preview; basketball, wrestling, hockey, bowling and swimming

from Winter Sports Preview pg

Boys Basketball

Boys basketball is a fun and high speed game to watch from the stands. This year there's a lot of experience and talent on their roster. Senior, Cole Schraff says with only losing one senior, there's still a lot of experienced individuals which is important for good chemistry on the court.

"I think our main expectation is to win the conference. After that I think it is important to us that we make a deep run in the playoffs."

With Cole being the only senior and Coach Smith having a younger team on his hands, it's critical that they develop a confident system between these players in order to be successful on the court.

Boys Bowling

The boys bowling team is determined to fight for success in all areas of match ups. We are told that conference play is just as important as the tournaments this year. Senior, Christian Cabot says with lots of returning players as well as several new faces, this season has something special in store.

Cabot instills an idea of confidence when he makes it known that "If there's one thing to expect from us this year, expect determination. We have kids on this team who have been on the team ever since it was started, and every year we fall short of our goals, so this year we are focusing on winning every tournament and every match that we possibly can, and it all starts with practice."

Hopefully these individuals have what it takes to carry out the successes they are hoping for.

Girls Bowling

The girls bowling team seems to have a positive outlook for their season this year. With new coaches and a team that has tripled in size, they are excited for new successes.

Senior, Lexi Cline says "we have players regularly getting 250 which is incredible. This year I definitely think we will place in SWCs. We won some competitions last year but this year is just so different."

Their new additions to the team look as if they will be helpful in route to a successful season this year.

Gymnastics

Not many people know about it, but yes, we do have a gymnastics team here at Avon Lake. This year it consists of one individual. Her name is Hannah Lengel. Not only is she by herself, but she's

also a freshman. This girl has lots of courage to compete on her own and she also displays confidence in herself. Lengel says she is looking to go to sectionals, districts, and states on her own.

"I hope that me being the only person on the team will help gain some more interest in other people joining next year. I am looking forward to representing Avon Lake this year".

Hannah's goals and confidence are her best bets for success this year.

Hockey

After a successful season last year that with a hard hockey team to strive for the best they losing key that gradu- team has some to make. Alongside losing players, the guidelines have also changed.



Photo from previous edition

Junior, Dillon Aslaksen says "We moved up a division with better teams and a much more challenging schedule that will test the chemistry of the team. With our introduction into the White South division this year, we will be trying out many new systems and styles of playing to perfect our gameplay."

He added that despite losses from last year he is sure the team will excel this season as SWCs and the Baron Cup are well within their reach.



Photo from previous edition

Swimming

The Swimming team is very hopeful in their season this year. After the girls swimming team tied with Avon in SWCs last year, they plan on another great season like that.

Senior Maya Assaf expressed that "At practices, we have this chant about winning states. It is mostly a joke, but we chant it anyways."

Going into the season they have big dreams and goals and they plan on working extra hard in order to achieve them.

Each one of our winter teams have reasons to be excited for their seasons. Best of luck to each of them as they seek to do their best this year.

Be sure to check out these teams' schedules for their upcoming seasons and help us support them!

Senior seeks twelve varsity letters

From Amber Achladis pg

With staying up late for games or going to practice, Achladis really is the definition of a student athlete. Keeping up with homework and school has been a priority since the start of her freshman year.

"It's very hard to balance school and sports since I don't have an off season during the school year," she said. "Usually I have to wake up for school early and do my homework because I'll get home really late from a game or practice."

Prioritizing this has been beneficial to her for the next chapter in her life, being a collegiate athlete. Having good grades and being the top player in three sports has given Achladis the opportunity to continue her athletic career in college. Although she is uncertain of which sport she will be continuing with, Achladis is in contact with a few promising schools.

All of this hard work comes with get reward for Amber Achladis. Being a senior, Achladis is now the captain of all three sports teams she is on.

Also, she has made a very rare accomplishment that most Avon Lake athletes do not do. Amber Achladis explained, "The biggest accomplishment I have had out of my four years playing three sports has been receiving 12 varsity letters. I have managed to be a 4 year varsity letterman in each sport I play."

Achladis' track coach Mr. Arra said he strongly agrees that this is quite an accomplishment.

"Being a three sport varsity athlete is unheard of," said Arra. He continued by expressing that being a contributing freshman on three varsity teams is very rare and something for her and her coaches to be proud of.

Mr. Arra saw something in Achladis that he does not see often, which allowed her to receive her third varsity letter as a freshman in just a short amount of time.

"Track may seem optional because there are no cuts," he said. "However, the amount of effort Amber puts in is different than a lot of the girls on the track team, she puts in 100% for each practice every time."

With the confidence Mr. Arra had in Achladis, he knew she would be a great leader as her track career continued at Avon Lake High School.

"Amber is not afraid to be outspoken," he said. "She doesn't complain about minor injuries, and she definitely does not let her mental limitations hold her back."