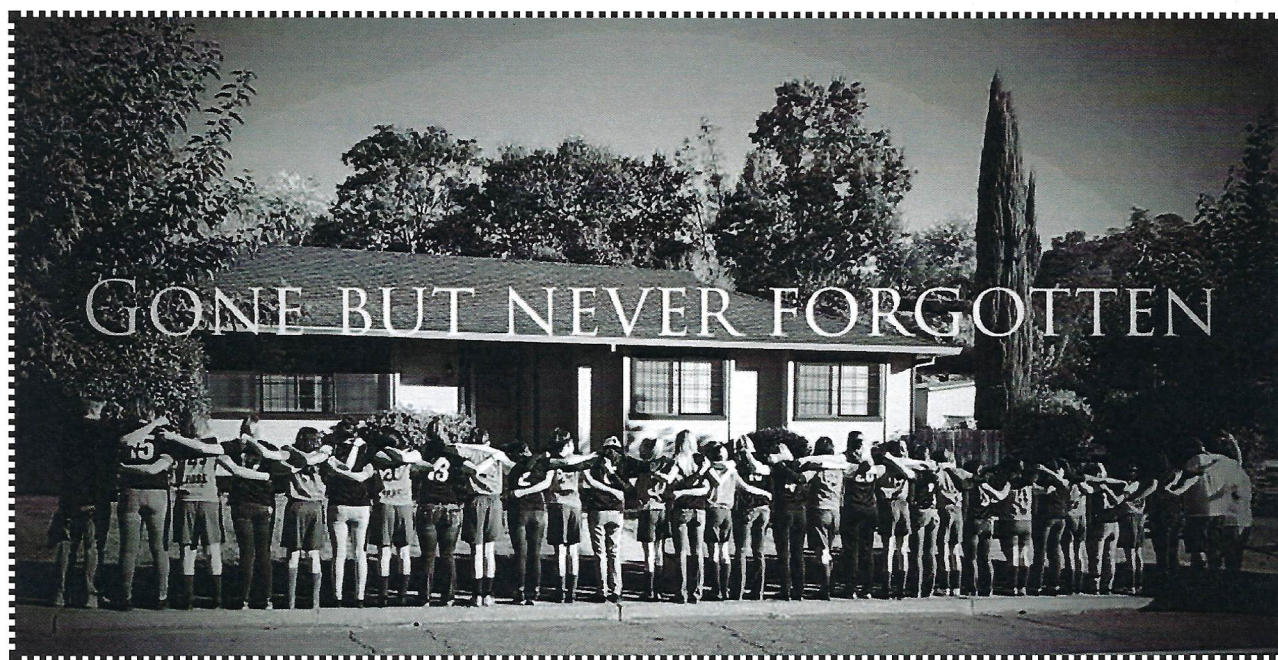


~ October Issue ~

CARDINAL CHRONICLE

Clear Lake HIGH SCHOOL newsletter

IN LOVING memory OF Mr. Paul Larrea



This issue of The Cardinal Chronicle is dedicated to Mr. Paul Larrea.
He devoted 42 years of his life to CLHS.

The Cardinal Chronicle is brought to you by the
Leadership Class.

PRINCIPAL'S PAGE

Welcome to Fall! It is that time of year when the weather gets colder and the semester seems to drag on forever. Fall sports are coming to an end and playoffs will be upon us before we know it. November will be another busy month. This November will see us start our fall Measure of Academic Progress (MAP). For three consecutive Tuesdays starting Nov. 14, we will be measuring student growth in the areas of Math, Reading and Language Arts. All students in grades 9-11 will be meeting with their teachers to review their progress to this point and set goals for continued growth. This is local data that is used only by CLHS in conjunction with other measures to help us evaluate our programs and progress. Ask your child to see their Student Progress Report in the coming weeks. For more information about MAP, you can visit their website at <https://www.nwea.org/map-growth/>

With the change in the weather we are experiencing a new phenomenon on campus. Blankets seem to be replacing jackets and coats for some students. This has recently been a topic of conversation at both staff meetings and at the October School Site Council Meeting. After much debate, both groups agree that beginning Wednesday, Nov. 1 blankets **will not be allowed on campus**. The safety concerns discussed include what could be hidden under the blanket, tripping and falling over the dragging blankets and cell phones being hidden under blankets during class time. The best way to stay warm is a jacket or coat. Blankets will be taken by the staff and logged in at the office. Students can pick up their blankets at the end of the day. Repeated violations can result in detention and even suspension for multiple violations. Terrace school has already begun a ban on blankets on their campus. We also have a family support office that can help find a jacket or coat for your child if needed. Please contact Schad Schweitzer at 262-2190.

We are all getting used to the new Aeries system. If you are still having trouble accessing the parent portal, please contact the office. If you are not getting emails you can check your preferences after you log in. Once at your preferences you can decide how to receive messages. Emergency messages such as school closures will always be sent to your email, your phone and via text message. For general messages, like picture day reminders, you can choose to have one, two or all three types of messages. If you are not currently receiving messages, you can also check to ensure that your current cell phone and email in the system is correct. This newsletter is sent out via the Aeries Communications System. If you know someone that is not receiving it, let them know they can check their preferences.

Lastly, if you need to excuse your child's absence, please email clhsatt@lakeport.k12.ca.us.

Just a few reminders for November:

- Booster Club Board meets on Wednesday, Nov. 1 at 6:00pm in Room 122.
- Thursday Nov. 2 at 6:00 pm is the LUSD monthly School Board Meeting at the District Office.
- Friday, Nov. 3 is our last home football game and it is being dedicated to our former counselor, coach and football announcer, Paul Larrea. We hope you can all join us for the game. Saturday, Nov. 4 in the CLHS gym at 11:00 will be the Public Memorial Service for Paul. Everyone is welcome.
- There is no school on Friday, Nov. 10 in honor of Veteran's Day.
- Wednesday, Nov. 15 is the Sober Grad Sponsored Variety Show starting at 7:00pm in the MAC. \$5.00 at the door with a live and silent auction.
- Friday Nov. 17 we will mail out the last progress reports of the first semester.



FROM YOUR HISTORIAN

Hey Cardinals! October has proven to be an incredibly busy month for CLHS. To start the month, there was the Bass Bowl in which our Cardinal Football Team faced off against the Knights. Sadly, we had to go another year without the trophy bass. We also participated in National Walk to School Day. The busses dropped students off at the High Street Market, where they were escorted by the high school band in two waves at different times to school. The Konocti Challenge also took precedence in the beginning of October, with the Interact Club helping Rotary put it on. Some students even participated in the ride. There was also the devastation in the neighboring counties of Sonoma, Napa, and Mendocino, which greatly affected student activities at CLHS, postponing games due to the unhealthy air quality in Lakeport.

Halloween has quickly approached, and as tradition dictates the band will play in the parade and there will be a spirit day for students to dress up in their costume. Sadly, due to the lack of ticket sales, and a volleyball game the Halloween Bash has been cancelled.

While Football may not have performed as well as hoped, volleyball is doing better than could have been anticipated with the varsity team tied for first in league and ranked third

in Division V. Cross Country also has there CMCs at the beginning of next month.

And I can't continue without mentioning the unexpected loss of Paul Larrea, who served as the Drama and English Teacher, the Counselor, and girls soccer coach; he worked at Clear Lake High School for 40 years.



~ Zoë Cramer

SPORTS

League Records

Girls Soccer: 8-5 & 1

Boys Soccer: 4-7 & 1

JV Volleyball: 11-3

Varsity Volleyball: 13-1

JV Football: 2-1 & 1

Varsity Football: 3-2

Winter Sports Coming Soon

Girls Basketball had a meeting on October 20th. Try-outs will be on November 6th, with JV at 3:30 and Varsity at 4:30.

Boys Basketball season starts November 6th for try-outs.

Wrestling will also be starting after the football season.



CARDINAL ATHLETICS



Congratulations to the Varsity Volleyball Team for tying for the League Championship with Kelseyville and the Girls and Boys Soccer team for making it to playoffs.

BASS BOWL



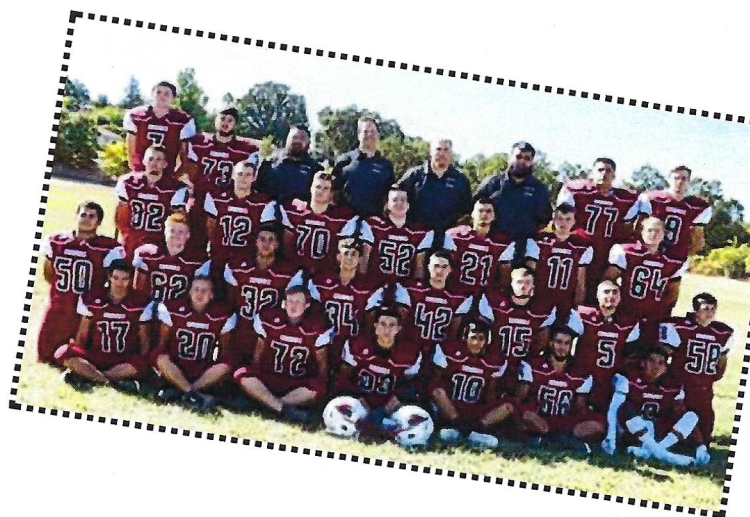
The Bass Bowl has been one of the most celebrated rivalries in Northern California for almost 80 years. This year was no different. The stands were packed with friends, family, staff and students. The bass bowl centers around the trophy of a bass that the winners of the game keep for the year, which for the last couple years has been calling KHS home. and unfortunately, this year was no different, both the JV and Varsity lost to the Knights. Varsity 42-21 and J.V. 16-20.

While we may have lost, but there were some exceptional plays. A couple of plays, Austin Davis(wide receiver) and Alex Adams(Quarterback) made a 90 yard touchdown less than three minutes into the game and Rodrigo Lupercio ran down the Kelseyville sideline untouched for the touchdown, a play covering 72 yards in all, getting the first touchdown less than 18 seconds into the game. The Cardinals may come have come home with the bass, we immediately gave the Knights a run for their money! We also brought our CLHS pride and showed that the Cards are a force to be reckoned with. Stay tuned for the annual Bass Bowl next year and watch the Cardinals take back the bass!



KNIGHTS

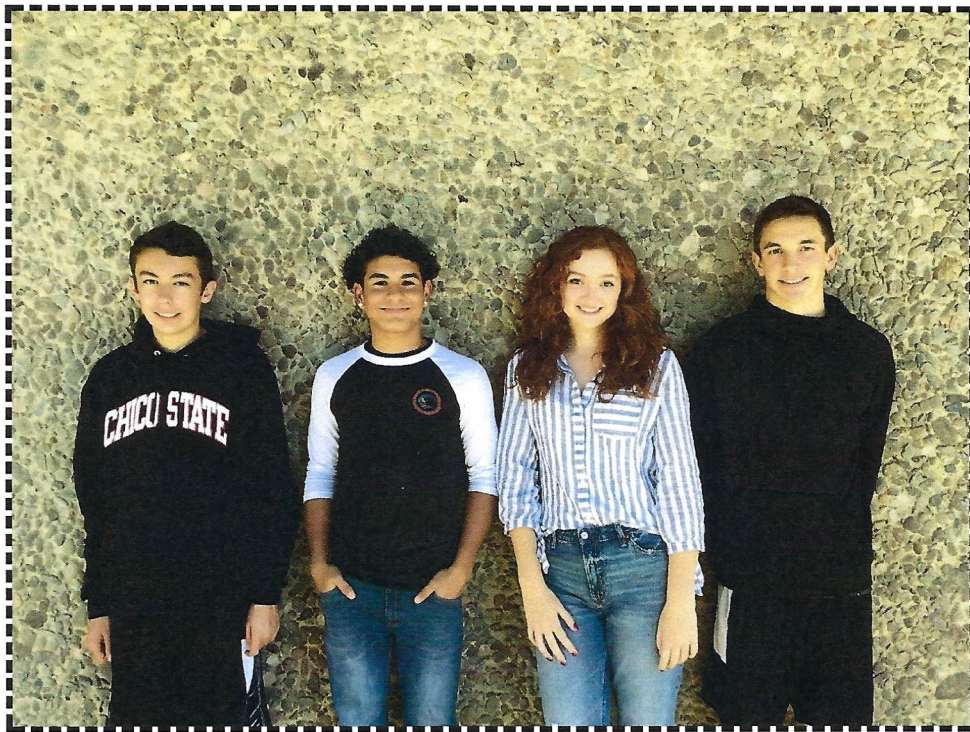
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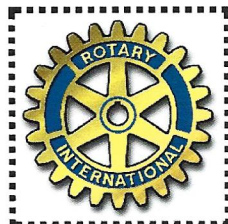
CARDINALS

TOP 40

The Rotary Top 40 club is selected by teacher recommendation. After the teachers recommend students, the CLHS staff then make comments on each student to let the other teachers know the good things about the students. After the comments and nominations are done, all of the teachers vote anonymously on each of the students to determine who is the selected Top 40 student. The school sends a letter home to the family with the nice comments from the teachers— the student is then called into the office to receive the good news and a certificate.



Congratulations to our September Students of the Month:
Cole Saiz, Rolando Amaya, Isabella Mattina, and Josh Damiata.



THE ITALIAN GIRL!

Hello Everyone! Today I'm going to interview Emma Invento, the other exchange student from Italy. She is 16 years-old and she is a junior at Clear Lake High School. Her organization is ASSE/World Heritage. She lives in an island, it call "Sardegna".

Hi Emma! I'm going to ask you some questions about your exchange,

- **How is a typical day in Italy?**

My typical day in Italy is pretty simple. I go to school at 8:30am and I come back at home at 1:30pm. Then, I eat my lunch and I usually do my homework. In afternoon sometimes I hung out with my friends and I have volleyball.

- **What is the difference between your high school and Clear Lake High School?**

The school system in Italy is really different. First of all we have five years of high school. In my school we go from Monday to Saturday, from 8.30am to 1.30pm. Everyone has to take the same classes. An other difference is that we don't play sport in school. Here school is more than a place where kids go to learn.

- **What is difference between California and Italy?**

There are a lot of difference between Italy and California. First of all of course the language. But that's not all. Also the way people approach to each other is different.

- **Do you do some trips with your organization?**

Yes, I participate in trips with my organization. I can choose to do some big trips with other exchange students during the year. Some of the trips are in Florida, in the East coast, in the Hawaii. In addition, I have already been in Sacramento with my area representative and some other exchange students who live locally, and I'm probably going to have other trips with them.

- **Who is your host family?**

My host family is Marci and Phil Psalmonds who are my parents and Emily and Morgan, my sisters. They don't live at home because they are attending college.

- **What do you do after school and with your family?**

In this season after right after school I used to have volleyball practice or a volleyball game. After practice, I go home, eat dinner and I usually watch TV with Marci.

- **Why did you choose to come to America?**

choosing where I wanted to spend my exchange year was a really hard decision. Why did I choose the United States? I wanted to learn English and then I wanted to try something new. I wanted to move from Europe and see what there is over the ocean. I didn't know in which state I was going to stay, I couldn't choose it. I have to say that I have been very lucky, California is probably every European's dream, it was mine too and now I'm living my dream.

Thanks Emma!

This is really similar as France but Italy is less strict. As an exchange student, I can say we are courageous and the luckiest girls in the world to be in California and we have a fabulous host families because this is the American dream we are living together, Emma, Anahit and Me (Ornella).

Mr. Jorgensen

Where he is from: Ferndale, CA

Background: Mr. Jorgensen is a kind, caring individual that likes to be involved with students and help them with their needs, whether they are simply having a bad day or need disciplinary help.

Where he attended school: He attended College of the Redwood for two years then graduated from Chico State with a major in Business Administration. He then attended Humboldt for a short period, as well as California State East Bay (as known today), where he earned his teaching credential.

What made him decide to join the field of education: His school counselor always encouraged him to become an educator, but he did not until one day Mr. Jorgensen was standing in line a grocery store buying ice cream. The line was long and his ice cream was melting. In that moment he decided to he was not happy and decided to pursue education as a career.

His career as an educator: He has served as a teacher, principal, vice principal, administrator, superintendent, and coach. He spent 12 years as a superintendent, serving at Willits, Cloverdale, and Windsor High School. Prior to becoming a superintendent he was a teacher, principal, and vice principal at Willits High School. He has also been assistant superintendent at West Sonoma County Union High School District for Business Services and Human Resources. He coached basketball for 22 years and also coached football and baseball for some time. As of July 1, 2017 Mr. Jorgensen retired, but has willingly come to fill in for Mrs. Scheel. He is also currently teaching and administration calls for the North Coast School of Education out of Santa Rosa.

What he likes about CLHS: Mr. Jorgensen likes the smaller setting of our campus and likes how well maintained the campus is. He likes how friendly and respectful the students are as well as how caring the staff are.

What brought him to CLHS: As mentioned Mr. Jorgensen is retired, but decided to assist while Mrs. Scheel is gone due to maternity leave. He has relationships with many of CLHS retired staff. Mrs. Hagberg our previous superintendent asked Mr. Jorgensen to sub for the time Mrs. Scheel was gone and he said kindly said yes.

Hobbies and extra comments: Mr. Jorgensen likes to ride rode bikes and travel. He and his wife Joann are both now retired. She recently retired from a Kindergarten teaching position in Santa Rosa.

WALK TO SCHOOL DAY

Walk to School Day, for those who do not know, is a global day where students walk to school. The walk to school day was a huge success as lots of people participated including myself (Donavin Valadez). And this was the first time the high school has participated. Walk to School Day began at High Street where the bus had dropped off the kids and then over Giselman and finally to the school were the kids left. I participated in the later round but there was 2 rounds and the 2nd round had cut into 1st period. And there was what looked like hundreds of students participating in the event. Students were accompanied by staff and the band marching to school. The band played many great songs. And the girls volleyball team also made their own line. Most of the kids that participated were elementary kids but there was also middle schoolers and high schoolers. But overall it was great thing to do getting people active. Teachers and administrators also noticed that there were far less behavior problems throughout the day. They attributed the low amount of discipline issues to students being active in the morning.



KONOCTI CHALLENGE

On October 7th the Konocti Challenge started and finished at the Skylark in Lakeport. It was a fun filled day with bike riding, food, and raffles. This bike ride can challenge even the greatest riders. There are different distances for all kinds of bikers and their levels. The different distances included 20, 40, 65, or 100 miles.

Different clubs and organizations have rest stops, and the one that gets the most votes at the end of the day wins prize money! The bike team from here at Clear Lake High School had a rest stop at one of the points on the race. They dressed as superheros with some yummy smoothies!

The Interact Club was there volunteering. They did an amazing job! Some of the kids volunteered for more than 7 hours!



P.E. RANKINGS

BOYS

MILE

1. Brandon Jimenez - 5:45
2. Ulices Valencia - 5:50
3. Matthew Martin - 5:58
4. Flavio Pizano - 6:18
5. Travis Howe - 6:23

PUSH UPS

1. Rolando Amaya - 36
2. Fabian Quintana - 36
3. Travis Howe - 36
4. Liam Wayment - 36
5. Chance Durnal - 36

CURL UPS

1. Roman Uribe - 56
2. Oscar Maldonado - 56
3. Rolando Amaya - 50
4. Tyler Cerini - 48
5. Lennon Marin - 45

GIRLS

MILE

1. Joy Ingalls - 7:00
2. Emma Boatright - 7:22
3. Vanessa Loansarrow - 7:42
4. Alisha McKnight - 7:48
5. Shaelyn McIntire - 7:48

PUSH UPS

1. Challen Sgambati - 26
2. Emily Keiser - 17
3. Joy Ingalls - 16
4. Sarah Parlee - 14
5. Alisha McKnight - 11

CURL UPS

1. Zuly Solis - 45
2. Emma Strate - 45
3. Riana Kniss - 43
4. Alisha McKnight - 37
5. Emma Boatright - 36

STUDENT COUNCIL

Student Council promotes the interests of students among the school administration, staff and parents. The members of Student Council are elected by peers for each position. The student council is also the voice of the whole student body. Student council plans out events that contribute to school spirit and community welfare.

The Executive Council

President: Isabella Mattina

Vice President: Taylor Tobin

Rally Commissioner: Brooklyn Jenkins

Secretary/Treasurer: Dylan Bennett

Historian/Reporter: Zoe Cramer

Board Representative: Alexis Burke



Seniors

President-Brent Hinchcliff

Vice president: Carlos Bernardino

Rally committee- Ashlyn Lesch-hill

Secretary/ Treasurer-Ethan Wynacht

Class Representative- Carina Martinez

Juniors

President: Catherine Braider

Vice President: Rainey Vanoven

Rally committee: Shayleigh McCormack

Secretary/ Treasurer: Stacey Partridge

Class Representative: Nicabec Casido

Sophomores

President- Shaelyn McIntire

Vice President- Alisha McKnight

Rally Committee- Ashlynn Gudmundson

Secretary/Treasurer- Tanya Vasquez

Class Representative- Shawnee Weed

Freshmen

President: Tulsi Patel

Vice President: Sarah Parlee

Rally Committee: Matthew Martin

Secretary/Treasurer: Leanne Rivera

Class Representative: Ryan Ollenberger

counselor's corner

Seniors:

Please add into the Google Classroom Clear Lake High - Class of 2018 if you have not done so already. I have approximately 40 students who have not registered. The access code is **5xnz5K**.

There are many other scholarships available online that are not listed on the Scholarships Page in Google Classroom. Some of the websites that I have found to be very beneficial have included the following:

<https://www.unigo.com/>

<https://www.niche.com/?ref=colleges>

<https://www.fastweb.com/>

The local and Clear Lake High School scholarships typically become available during the Spring semester.

FAFSA Night will be held on Wednesday, November 1st at 6:00pm in Room 113. Please have your parents/guardians bring their 2016 tax return information to this event. You and your parents/guardians need to create a FAFSA ID (FSAID) at least two days prior to filling out the FAFSA.

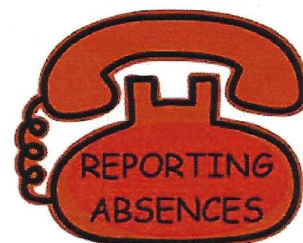
Sophomores:

Now accepting applicants for the Hugh O'Brian Youth (HOBY) State Leadership Seminar in June at Sacramento State University. More than 10,000 high school sophomores across the country join one of HOBY's 70 State Leadership Seminars where they:

- Engage in self-discovery and 4 days of life-changing leadership training
- Explore leadership from three perspectives: individual, group, and society
- Cultivate their leadership skills through fun, interactive workshops
- Experience college life by staying in university dorms

Please check out HOBY.org/programs/leadership-seminars for more information and/or see Ms. O'Donnell. (See next page for continuation)

If you would like to excuse your child's absence, you can send an email to **clhsatt@lakeport.k12.ca.us**



counselor's corner

Just a reminder... if you are a sophomore who elected to take Geometry during the summer at Mendocino Community College, Ms. O'Donnell NEEDS your official transcript from Mendocino Community College!! You will need to have this course reflected on your high school transcript in order to attend a four-year university. You can email, fax, mail, or go to the Lake Center to request an official transcript. Check out the follow link in order to request an official transcript from Mendocino Community College: <https://www.mendocino.edu/admissions/transcripts>

Juniors and Seniors with IWE and/or OWE... Mrs. Maize needs your calendars for the month of October and Ms. O'Donnell needs a copy of your pay stub or official letter from your employer.

Having trouble with your grades? Questions on managing schoolwork? Go see our school counselors: Ms. Maize, 9th & 11th, and Miss. O'Donnell, 10th and 12th.

If you have any questions about upcoming events for class, or personal questions please feel free to email them or make an appointment in the office.

Miss. O'Donnell: jodonnell@lakeport.k12.ca.us

Ms. Maize: jodiesm@lakeport.k12.ca.us



SOCIAL MEDIA



@clhscardinals @clarencethecardinal
#clhscardinals #clhsstudents #clarencethecardinal



Clear Lake High School



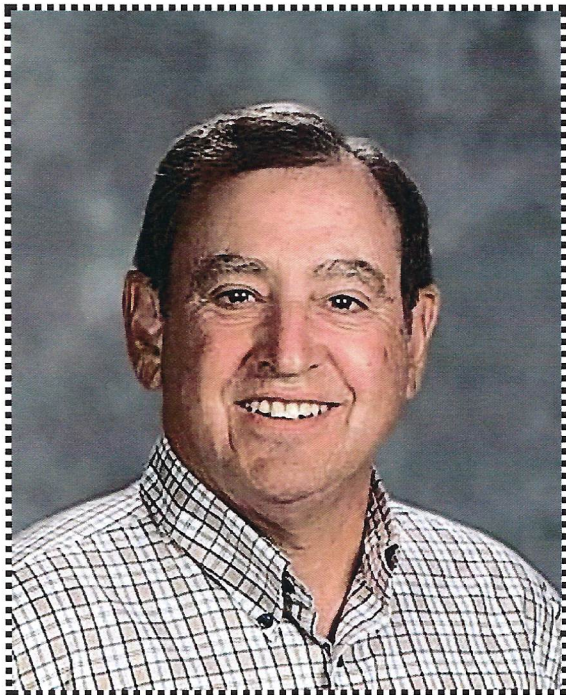
@clhscardinals
@clhsstudents

STAY CONNECTED TO CLHS ONLINE!

<http://clearlakehighschool.wixsite.com/clearlakehighschool>

In Memory of Paul Larrea

It is with great sadness that we announce the passing of a member of the Cardinal Family. Paul Larrea served CLHS for the last forty two years in many capacities. Although retired from teaching, counseling and announcing football games at CLHS, Paul was still volunteering to serve our students as an Assistant Soccer Coach and Drama Club Advisor. Paul touched the lives of so many with his enthusiasm and care. It would be impossible to measure the huge impact that he had on the staff, students and families of CLHS throughout the years. Our thoughts and love are with his family. He will be greatly missed by so many. Paul's service will be held on November 4th at 11 am in the CLHS gym.





Academic Decathlon News

The Academic Decathlon Team held its first movie night on one of this year's science topics. We viewed the docudrama And The Band Played On while enjoying pizza and snacks. The film documents the history of HIV through the scientists working for the Center for Disease Control and also gives a glimpse at the Ebola Virus. On October 26th we will be having Art Night where we will review art, play games and have a mock Super Quiz...and of course, Pizza! (pictured above is the new team emblem designed by Julia Lyon)



Grad for Mas is On! Come Play!

The CLHS Grad for Mas team is excited to be in its third year of the Grad of Mas Challenge. Did you know that last year's seniors Connie Flores and Jacob Jackson were featured on the Times Square billboard in New York for their participation in the program? This could happen to you! Grad for Mas offers information on graduating, gives help with FAFSA and college applications, gives tips on life, and all through interactive games and interesting videos. Sign up today by going to getschooled.com and take the pledge to graduate and start earning prizes for yourself and for our school. Questions? See your Grad For Mas Ambassadors: Teylor Tobin, Bella Mattina, Ashlynn Gudmundson, Hayley Martin, Katie Callaway or Zoe Cramer. P.S. As of this writing, we are in second place in the nation. If we win first we get a celebrity principal for a day, lunch for all and 10k to spend on our school!