

~ September Issue ~

CARDINAL CHRONICLE

Clear Lake HIGH SCHOOL newsletter

FALL HOMECOMING 2017



This year's Homecoming Theme was Disney. Pictured above is Friday's Dress Up Day
Participants in their Mickey and Minnie - Cardinal and Black.

PRINCIPAL'S PAGE

It is hard to believe that it is October. I guess time flies when you are having fun. And, we, have been having a lot of fun! Homecoming week was filled with engaging activities. I would like to thank the student council for organizing a great week. Special thanks to Teylor Tobin, Brooklyn Jenkins and Isabella Mattina for their leadership and planning. The Homecoming Rally was AMAZING and a big shout out goes to the Senior Class for amping up the energy level and the juniors for answering their challenge. We also appreciated the addition of the Scatter Band. The parade was equally exciting. The floats were all so great and the band and clubs showed that Cardinal Pride to the whole community. The evening just got better when both the JV and Varsity Teams notched wins. My first Homecoming at CLHS was just about perfect.

Our cardinal congratulations go out to our Assistant Principal Mrs. Scheel, for the birth of her daughter this past Tuesday, September 26. During her maternity leave we will have a substitute Assistant Principal serving our school. His name is Steve Jorgensen and he just recently retired as the superintendent of Windsor Unified. During his career he served as a teacher, a coach, an assistant principal and a principal. He comes to us with great experience and we know he will fit in well. If you haven't yet meet him, please feel free to stop by the office and introduce yourself.

This Friday, Oct. 6 our football teams travel to Kelseyville for the annual Bass Bowl. We will have another rally to encourage our teams onto victory. Students are encouraged to dress in Cardinal and Black at school that day and bring their energy into the gym at 2:30.

Many of you may know that CLHS is about to undergo a major construction project. The renovation of the old auto shop into a new central kitchen and student eating area is currently out to bid and we hope construction will begin in early November. We are very excited to watch the progress during the year. We are hopeful that there will be no disruptions to traffic, but you may see lots of equipment moving into the fenced in area behind the woodshop/art building. Architect renderings of the project are available to view in the office.

Just a few reminders for October:

Monday, Oct. 9 there is no school for a Staff Development Day. The office will be closed.

Wednesday, Oct. 11 at 6:00 is Senior Parent Night

Monday, Oct. 16 is our next School Site Council meeting at 3:30 in the Library

Wednesday Oct. 6 Senior College Application Night


Principal, Jill Falconer



FROM YOUR HISTORIAN

Hey Cardinals! September always is one of the busiest months of the school year and this year is no exception. The month started with Club Rush which featured various clubs in the school and was a huge success, with a large number of cardinals signed up for various clubs, but remember most clubs will allow for late sign ups if you are still interested. There was a competition among the clubs for the most spirited (best table), most freshmen sign ups, and most sign ups; for most spirited it was: 1st CSF, 2nd Mountain Bike, and 3rd Interact; Interact also won for the most freshmen sign ups and most sign ups. The Cardinal sports are also doing incredibly well, with the Girls Volleyball team being undefeated in the league. The girls soccer has won three of their five games and the boys have won two of their three games.



Cross Country has had two meets and multiple participants have placed.

This years Homecoming was one of the best ever, in more ways than one. The participation of the week was unprecedented, with the most participation in years, 88% to be exact. The Rally was

amazing with the newly formed CLHS Scatter Band truly making it memorable and the parade a touchdown. The game, of course took center stage and out shown everything else with both JV and Varsity completely annihilating Willits. All in all cards, the month of September was a tremendous achievement.

~ Zoë Cramer

SPIRIT CENSUS

Congratulations Spirit Cup Winners: **SENIORS!**

<i>Class of</i> 2021	<i>Class of</i> 2020	<i>Class of</i> 2019	<i>Class of</i> 2018
48%	49%	55%	68%

88.6% TOTAL PARTICIPATION!

Congratulations to all Clear Lake High School for contributing to our most incredible homecoming yet! Let's keep that spirit going for next month's Spirit Census!



If you need some cardinal swag stop by the office and pick up a shirt. \$10.00 each. Show off that Cardinal Pride!

LEADERSHIP



Hi, we're the Leadership Class of the 2017-2018 school year. We are big on school spirit and our mission is to promote awareness of what's going here at Clear Lake High School. The picture that you see to the left is us decorating the football stands for Fall Homecoming 2017.

Every month we produce a

newsletter called the 'Cardinal Chronicle' where we talk about all of the events that are relevant to your life as a student here at CLHS. We are small class with just fourteen members; Catherine Braider, Katie Callaway, Zoë Cramer, Jenny Cruz, Ornella De Senti, Brent Hinchcliff, Carina Martinez-Lopez, Isabella Mattina, Sarah Parlee, Tulsi Patel, Savannah Santos, Alyssa Thornton, Donavin Valadez, and Shawnee Weed.

We love getting the student body involved and excited about upcoming spirit days, sports games, and other activities. Overall we are a hardworking class that loves what we do. We are a class that is administered by the English I teacher, Mrs. Clouse. We meet during sixth period and we are always open to new article ideas. If you have something that you would like included in the next edition of the newsletter, please email Mrs. Clouse @ aclouse@lakeport.k12.ca.us or join our Leadership Google Classroom with the code: **agb04ed** and we will be sure to take it into consideration.

Thanks,

Your Leadership Class of 2017-2018

Please note; not all admissions will be accepted

CLUB RUSH

This years Club Rush was a huge success!

Many clubs participated such as: The Latino Club, Mountain Bike, CSF, Interact , Graduate For Mas, and The Outdoors Club.

We had a lot of school spirited activities which students participated in, while

others either signed up for clubs or hung out with their friends. The purpose for Club Rush is

to unite students and get students to interact with other students from different grades or just from different classes.

One of the things that got a lot of attention was the pull ups that the Marines brought; attracting a crowd. Thank you to all the clubs, teachers, and students that participated in this years Club Rush!



Lake County Fair

This years Lake County Fair theme was "Boots and Bling." There was bling everywhere! Our school showed its spirit from the amount of participation we got at fair from students to even the faculty coming and also entering items. Kids from the whole school went out to enjoy a weekend full of rides, food, and fun!!

Here at Clear Lake High School we have a handful of very involved group of kids in the 4-H community of Lake County. This year at the Lake County Fair this group of kids all did an amazing job with their animal projects.



Catherine Braider raised 2 pigs winning 1st in her pigs market class.



Bron Falkenberg raised two sheeps, winning reserve grand champion and 2nd place in showmanship.



Jason Mertle raised two pigs.



Shaelyn McIntire raised 2 rabbit meat pens.



Justin Haitt raised a steer getting 1st place in intermediate showmanship.

Wyatt Smith raised 2 pigs winning 1st in showmanship and getting a ticket into round robin. * No photo

Homecoming

J.V FOOTBALL

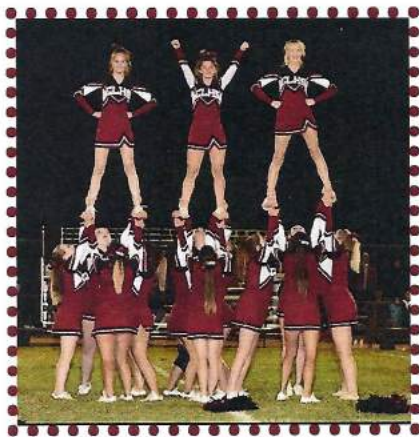
JV Football shutout the Willits Wolverines 21-0.

Great job to our J.V Cardinals taking us home to victory!



VARSITY FOOTBALL

had a victorious Homecoming this year with the Varsity dominating Wolverines 48-8.



THE CHEERLEADERS' HALFTIME PERFORMANCE

The cheerleaders put on an amazing halftime show for everyone with a Disney Theme Dance.

Thank you for your amazing dedication!



CLASS COMPETITIONS

HALLS

FRESHMEN



SOPHOMORES



JUNIORS



SENIORS - FIRST PLACE

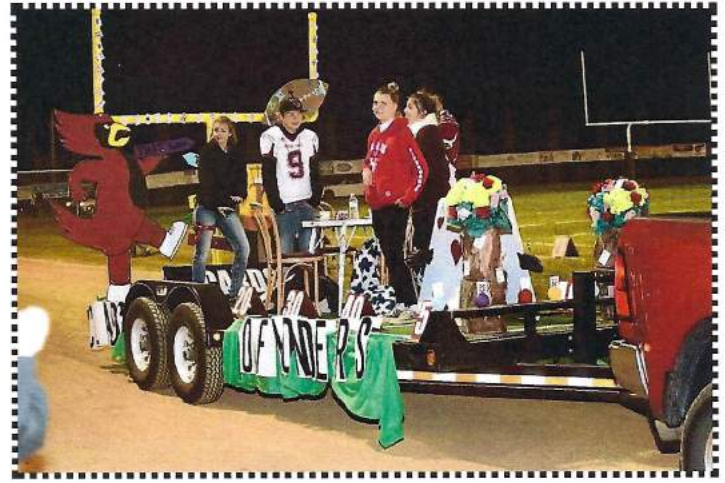


FLOATS

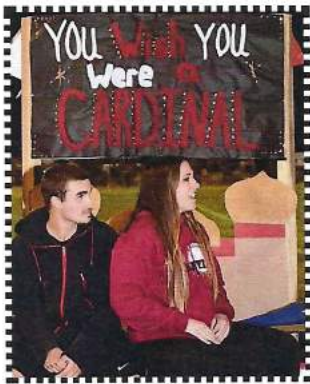
FRESHMAN 1ST PLACE



SOPHOMORES



JUNIORS 2ND PLACE



SENIORS





ROYAL COURT



Freshmen - *Prince Keanu Ford*
Princess Jasmine Ringer

Sophomores- *Prince Jason Johnson*
Princess Ali McKnight



Juniors- *Prince Dylan Bennett*
Princess Yuli Sonato

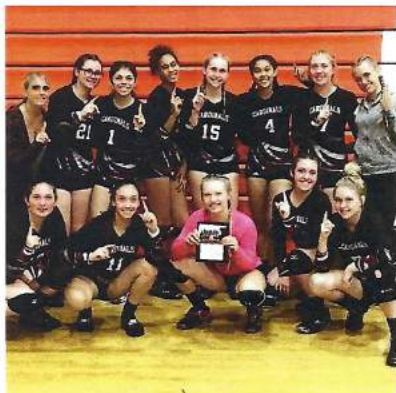


Homecoming King and Queen
Nominees
Ashlyn Lesch & Brennan Wooden
Cody Rybolt & Sydney Gates
Sierra Powers & Nolan Williams



2017 FALL HOMECOMING KING & QUEEN:
Cody Rybolt & Ashlyn Lesch

SPORTS



❖ Varsity Volleyball is 5-1 in league. Their goal for this season is to win league and make it farther in playoffs. (photo on the left is a recent Tournament Win in Arcata)

❖ Junior Varsity Volleyball is 5-1 in league. Their goal this season is to have a winning record.



❖ Girls Soccer has a record of 4-2 in league. They are working on a new formation and working as a team.



❖ Boys Soccer league record is 2-4. Next home game is October 10th at 4 against Lower Lake.

❖ Cross Country did really well in the Lake County meet in Kelseyville. Many placing and getting medals. Next meet at home is October 4th at 3:30.

❖ Junior Varsity Football has a record of 2-0 in league and tied a game. They continue to learn and improve every practice and game. Won homecoming night against Willits 21-0 victory.

❖ Varsity Football pulled through against Fort Bragg in overtime for our first home game. Defeated Petaluma on their home turf. Easy win against Willits on homecoming 48-8. Record in league is 3-0. Bass Bowl on October 6th in Kelseyville.



AVID 9 & 10



What is AVID?

"AVID stands for Advancement Via Individual Determination and it is a college prep elective class designed to prepare students for college."

What is the purpose of AVID?

"The purpose is to try to get students to improve their study skills and grades, so that they are eligible to go to college. We want our students to graduate with strong study skills so they can go to college."

When did AVID start?

"We had AVID many years ago then it stopped. But last year we decided to bring it back. We officially began AVID this school year"

What activities are available in this class?

"We started doing tutorials where students get experience with content classes. Also, last year we went on a campus tour of Chico State and we are planning to go to another university this year too."

Do you think it's beneficial?

"Yes I think you get what you put in. It gives an opportunity for kids to work and put effort into completing their A - G Requirements. Students need to be encouraged to try to improve themselves throughout the year. "



FRESHMEN SEMINAR

What is Freshman Seminar?

"It is a class designed for freshman, it helps students for college and their future. It is designed to ease the travel through high school and prepare them for college work level."

When did the Freshman Seminar start and who started it?

"It started over the summer. It was a collaborative effort and we thought it would be a great way to help the students and make a better education process."

Will you continue Freshman Seminar?

"I am big on getting student feedback and right now it extremely well. It's a work in progress and will adjust as the students adjust to it; hopefully lasts."

Interview with Students in Freshman Seminar: **Marvin Amaya, Khourey Thomas, and Lennon Marin.**

How are you liking Freshman Seminar?

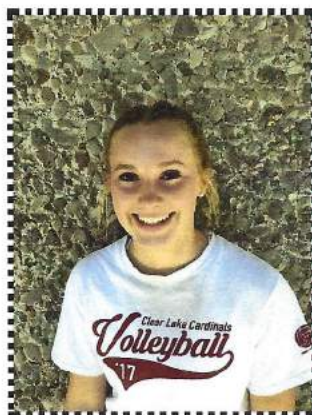
"Its pretty good, it basically is telling us how to have manners and to be polite to other people. It helps us communicate and prepare for college. This class really helps us grow our mind and not to be shy while communicating with other people."

Do you think it will help you in the future?

"Yes, because our grades will always stay balanced because Mrs. Maize checks our grades every week. She is always on top of our grades which helps us a lot with keeping up our grades."

TOP 40

The Rotary Top 40 Club is Clear Lake High School's version of the student of the month. Every month of the school year four students are picked for the award. These students are nominated and voted on by their teachers. Students who receive the honor are given a card that allows them to get into all sports events and dances for free. At the end of the year there is a Top 40 club dinner where plaques are passed out to all of the honorable student recipients. Being bestowed this award is a great honor as less than 10% of the students receive the award a year. In the month of August, the first four students were picked: Shaelyn McIntire, Vanessa LoansArrow, Zoë Cramer, and Rodrigo Lupercio. Congratulations to the August winners and thank you for exemplifying good morals in our school!



Shaelyn McIntire



Rodrigo Lupercio



Vanessa LoansArrow



Zoë Cramer

THE FRENCHIE GIRL!

Hello everyone! I'm pretty sure some people already know me. I'm Ornella De Senti and I come from France and I am a senior at Clear Lake High School and my organization is **ROTARY**. Today, It's been two months exactly that I have been here and I am living the best year of my life. If you have the chance to become an exchange student, do it you will never regret it!

Before I left, everyone told me "You are very courageous to do that and don't worry if you get homesick" to be honest maybe I am courageous to go here alone without knowing anyone just my "host" moms and leave all my friends and my family, but since I've been here I haven't been homesick, so that's good.

The principal question that everyone asks me here is "Why did you want to come here?" and I will answer you. My dream was to be like an American girl and have the high school experience but It's very different from France. In the quad, I often heard "School is so boring", but actually I can't say that because American high school is so cool! I love it because I don't really like school in France. In France, my usual day is: I wake up at 6:30am and I need to leave my house at 7:20am but I'm always late so I leave at 7:30. School starts at 8:20am and finish at 4:30pm or 6:30pm or 5:30pm it depends and after school I'm going to fencing or dance. I do a lot of sports during the week like 8 hours/week.

My school in France is very strict because it is the best school of my region and the 3rd best school of France. In France we don't have any sports in high school like here you have "American football" or "basketball" or something else or homecoming but we have prom! Actually it's just for the last year in high school. We have 3 years in high school —> 1/Seconde (= Sophomore) 2/Première (= Junior) 3/Terminal (= Senior) so just the senior (Terminal) can go there, yes this year it will be my first prom, I'm so excited! In France I am a junior so when I will come back to France I have 2 more years to do. We don't have the same schedule everyday we have a schedule for one week and it doesn't change during the year and we don't choose our subjects like you can in America.

In conclusion for school it's really better at american high school than french high school haha. I will tell you something about girls and people in France. Every girls in France, their dream is to be cheerleader and have an American boyfriend, haha, and for boys is to do football American and have an American girlfriend, yeah that's funny. I could say I am not like them but I still want to try to be a cheerleader, it seems so cool! I have met amazing people for, so yes, I can say I'm living an amazing experience and making amazing memories for all my life. Everything is new for me here and I love that.

Actually I really think about going to the university in America, I want to work as a surgeon. My dream when I was young was to go to... Harvard!

I know it's just a dream because it's hard for me and very expensive but I'm sure I can find the perfect university for me in California.

I think all of you know about two other girls students, Emma and Anahit.

Emma's organization is ASSE/World Heritage and she is a junior and she is here since August 14. She comes from Italy. Anahit is a senior and she comes from Armenia. She has the same organization than Emma.

Well I think I speak too much haha but now you know me a little more, bye everyone and have an amazing year too!

~ Ornella De Senti

REMEMBERING RUMFELT

As many of you know, on the evening of August 22nd, 2017 we lost a friend, coach, father figure, mentor, Marine, officer, son, grandfather, hero. We lost a tough, caring character with a strong dedicated heart. Rob Rumfelt lost his life while serving and protecting his community. Many of us at CLHS -- student and staff -- knew Rumfelt and shared many unforgettable memories with him and learned valuable lessons from his as well.

The CLHS football team is dedicating their season to Coach Rumfelt. On September 8th of 2017 the CLHS Varsity football team had their first home league game against Fort Bragg. The Cardinals pulled through in overtime taking the WIN. They finished strong as Rumfelt would have expected them too.



After the game football players, students, law enforcement, and many other volunteers helped set up chairs for Rumfelt's memorial the next morning, August 8th 2017.



Rumfelt is gone, but will never be forgotten.

To honor Rob Rumfelt Carina Martinez-Lopez, a Senior at CLHS will be putting on an obstacle course mud run in the Spring - April 21st, of 2018. The "Rummy Skull Crusher." All her proceeds will go toward a glass memorial panel that will be put up on the football field to honor and remember Coach Rumfelt. The glass panel will include quotes by Rumfelt as well as memories and lessons shared with this hero.

On the following page are some of the memories, lessons and Rumfelt quotes that will go on the memorial.

Everytime I didn't get low enough he would throw a ball at me or make me cut grass.

He was a great man who served his community, and loved his football team. He will be missed. RIP big guy. (you went out a bad a**)

Thank you and RIP! R.I.P RUM!!!

My freshman year, when I was feeling down he put aside some time to talk to me and bring me back up. He was a great man and may he rest in peace.

He was a great coach and man and I wish I had known him for a longer time.

Way to kick a** for our country. Love you. Rest in peace Big Man.

Great man. Full of a laughter and always looking serious. If he had his coffee he was in a good mood. If not better do everything he says to do the right way and 100%. Love you Rum forever in our hearts. Season is for you.

Rumfelt always taught me to give everything my all. During football practice, he would push us to be the best we can be. I try to follow his lessons in football and in life. - Felix Salinas

Rumfelt was a real life hero. He made us all better people in our own ways. We miss and love you! - Makayla

My freshman year, I went to weight room and although he obviously didn't want us there, he still pushed us to our limits. -Mia

"My daughter lifts more than you."

Rumfelt acted like he was sleeping, then he just started screaming like he woke up and scared everyone.

Thank you Rumfelt for pushing me hard and for believing that I could be a better player and for making all of us better people.

"Menudo" Coach you were the first one to push me because you knew that I could be better if I really tried.

You know when you aim at their shoulders sometimes they end up ducting and you end up hitting their hand. "S*** happens"

Best story was when he ran out of water and them drank sand instead.

"Super Hill's, Girls"

Rumfelt was a very nice guy! I didnt know him personally, but he was great.

My heart goes out to he family and loved ones, always loved and forever missed.

Rumfelt was my favorite guy, he was my coach, my friend, my family, and he was important to me.

Rumfelt was a great coach and an even better person. He will be missed.

Rumfelt was one of the toughest men I ever met.

I didn't know Rumfelt personally, but his courage and commitment will always be remembered.

I didn't know Rumfelt personally, but he was definitely a great coach.

Dedicated to the community and highly appreciated. You will be missed.

When Rumfelt passed I tried to stay strong, because I knew he would tell me to man up and to grow a pair.

Nothing, but love coach.

Only heard you're the best motivational coach out there. God gained another angel.

I remember and miss seeing Rob at the various law enforcement events my parents took me to and his kind hearted laugh.

Next one's on me coach. Until we meet again.

"Mow the grass off my hill."

A HERO NEVER DIES

"On time is late."

"Common my daughter could do diamond push-ups perfectly when she was 5"

R.I.P Rumfelt

RIP Rumfelt; I remember all the times going up to Cow Mtn. and you always talking to us... you will be missed.

"Nice to meet you and can't wait to see you play"

"Don't let anyone keep you from living your life in happiness!"

I had the pleasure of knowing Rob for a while now thank you for being the kind hearted man you were - Gracie Wells

"Step into your throws kid"

I didn't know him for long but he pushed me to do my best when I was exhausted. He pushed me to be the best and is the drive when I get tired to keep pushing until the very end and can sleep later but this is when it matters. - Justin Hiatt

"Sit in the back of the truck we are going down the road"

Rob was the best coach ever. He made all of us laugh and was so cool. He loved his football community and all of us. We love you Rob. RIP

Thank you for stepping up for the football team and being the best coach. You got the best seat up there superstar.

Thank you for serving our country. You were a father and mentor to all your football boys. You will be dearly missed.

Rob was my neighbor behind me. I would walk by his house and he would always ask how I was. Very kind guy. - MW

I remember him coming up to our practice and saying we were practicing like sh*** and from there on out we have been practicing way better.

Thank you for serving in our community

We love you coach

Thank you for bringing our team closer and always being there for us. This year is for you coach. See you soon. - Jason Johnson Jr.

"Get in the back of the truck, if anyone says anything I'll tell them I'm a cop."

Thank you for all of your service in our community, county, and our school. - Tanya Vasquez

Me (Travis), Rogue, and Ronaldo were going to ride dirtbikes out at Pile (private property) and we get up to the main road and here comes the super nice Sherriff jeep and believe it or not it was Rob. He knew Rogue and J from football and he knew me from walking with my dad. First thing he said "I think your dad will find this funny," sure enough I get a text from my dad minutes later and that was the end of our riding day.

I didn't know him, but I'm thankful to have had him serve for us.

Thank you for your service and giving me a ride home that one day.

I'm very grateful to have met him and will never forget the little talks we had together. Thank you for your service.

The last time I saw Rumpfelt was at practice. I was running the ball and he was looking at me, I pointed at him and winked. R.I.P - Rolando Amaya

I didn't know you, but you were a great man with a brave drive. - Miranda Cramer

It was the first week of our practice, I really got light headed because I didn't eat anything. When I was walking to the locker room he came up to me telling me I really did a good job at practice, I said thank you and he was asking me if I was alright. I told him I didn't eat all day. He looked at me and said "Bubbles, feed the beast!" I was confused and then he slapped his belly and said it again. I started laughing and said, your right. He made my day. He told me I'm going to kill it this season and I said I will. I gave him a fist bump and went to the locker room. That was the last time I talked to him. - Dominic Legendre

Thank you for everything you have done in this community and everyone in it.

"Can't wait to have you on the team."

"Hitting this bag is like jabbing in boxing." -Rumpfelt told to Dion Brewster Ramirez

He was a great coach. He was more than a coach. He was a hardworking man. He is missed by a lot.

I remember when coach Rumfelt was doing drills with us and always pushing us to do our hardest and it helped me a lot, he was a great coach.

Rob Rumfeldt taught me alot that made me a better football player and a better person. He said, "I know you can do it, don't say you can't when deep down inside you can." - Felipe Sturr

I was driving in Indian Valley and we had gotten stuck. We were there for hours. When we were ready to fall asleep in the car a light flashed and a man was there. This man was Rob Rumfelt. He had spent hours looking for us and he wasn't giving up until he found us. I thank him for getting us home safely.

Coach Rumfelt meant alot to me. One memory was when one day we drove to the casino for a football party. We would talk about amazing stuff like what if the zombies took over. He would also tell us stories about his linemen days. - Sterling Wong

Rumfelt left an impact on every individual he ever had contact with. He built many kids and adults to be their best. He always had faith in all and had a huge powerful heart. Rumfelt was a hero to many and will forever remain a hero. He was an inspiration to many and will now be the motivation to many as well. He always pushed everyone to their true limits, and made people accomplish goals they never thought they could. Rumfelt had a unique drive that rubbed off on all that was around him. The way he looked and talked to you made you want to accomplish the impossible and indeed achieve it. He was a real life superman.



Mud Run Obstacle Course in Honor of Rob Rumfelt - "Rummy"
A HERO WHO NEVER GAVE UP ON ANYONE OR ANYTHING!

"The Rummy
21 APRIL 2018
Skull Crusher"

START PREPARING NOW!

Be prepared to have all your mental and physical abilities put to the test with a run consisting of over 15 challenging obstacles, including but not limited to muddy army crawls, tire flips, and the Big Bertha Hill that will have you begging for mercy.

LOCATION: Lakeport Schools - Elementary, Middle, and High Schools **TIME:** TBA

COST: \$30 - ADULTS and \$20 - KIDS UNDER 17

Early registration ends January 1st and is \$5 less per participant. Regular registration is January 2nd to April 6th is full price. Late registration is April 7th to day of run will be an additional \$10 per participant. **A t-shirt, water, snacks, and a day of challenging activity are included in the cost.**

TO REGISTER: Contact Carina Martinez-Lopez at (707)-972-2544 by phone call or text. Or by email at carina13mtz@gmail.com. To receive a registration form and waiver. Weekly workouts are also available upon request.

All the proceeds will go toward a memorial in Rumfelt's name that will be put up on the CLHS football field - the Don Owen's Stadium.

STAY CONNECTED

STAY CONNECTED TO CLHS ONLINE!

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



SOCIAL MEDIA



@clhscardinals @clarencethecardinal
#clhscardinals #clhsstudents #clarencethecardinal



Clear Lake High School



@clhscardinals
@clhsstudents

COUNSELOR'S CORNER

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

SUPPORT OUR FUNDRAISER

We are selling totes, accessories, kitchenware and tons more through a Mixed Bag Designs fundraiser! A 50% of every purchase goes to our team fundraiser.

Get a head start and check out the two catalogs or order online:

Fundraiser ID #359657

myfundraiser.mixedbagdesigns.com/catalogs

FUNDRAISER COMING SOON!

Oct. 1-31st

CLHS Cheer Team

Please call the CLHS Office

262-3010

**If you have questions or
would like to order**



The cheerleaders will also be selling cow bells until the Clear Lake vs. Kelseyville game, next friday October 6th. Each cowbell is \$3 a piece. If anyone would like to purchase them, please contact a cheerleader at CLHS.

