

It's Time For A Change

by Jill Browne

In November the Board of Education finalized plans for the renovation of Reilly Stadium to appear on the February ballot. This bond issue on the stadium is very important to the future of our city and its students. It could and hopefully will be a fresh start for a new attitude towards our sports and our pride.

team and the visitor's, and in addition, a new practice field. For the track team, which I personally feel is essential, is the new, all-weather, eight lane track. This new track will allow both the girls' and the boys' team to enjoy the advantages and conveniences of home meets.

Band who supports these teams. This plan will include a bandshell for storage and shelter. Even if you don't play these sports but do enjoy watching and supporting them, there is benefits in it for you. In the way of new stands instead of fiberglass seats, new restrooms instead of dark dungeons, and new concessions to add to your eating enjoyment. Even though the wall surrounding the stadium will remain, there will be a new entrance. All in all, I deeply feel this proposed plan for the renovation of Reilly Stadium will hold nothing but positive feelings and pride for our town. I think it's time for Salem to wake up and realize that it's time to prepare and support our students for the future, not to try to keep the past preserved. Change means growth and growth means strength for our town.

Here Are The Facts

1. At a November Board of Education meeting the board officially finalized the decision to put the Reilly Stadium renovation issue on the February ballot.
2. The cost, if passed, will be \$2,400,000.00.
3. It will be payed with the selling of bonds and the refinancing of retired bonds.
4. There will be no new taxes taxed on Salem residents.
5. Reilly Stadium was built in the 1930s with money donated by General Reilly, that's how it got its name.
6. There is speculation that the name Reilly will remain but the possibility exists that certain parts of the stadium, inside, will be given names.
7. The first things to be done if the issue is passed will be (1) bidding on the project (2) award the contracts for construction and (3) they will begin when the weather permits — (during Spring Break of March, or April).
8. The wall surrounding the stadium will remain because 3 years ago the Board of Education spent \$100,000 in repair on it. Another reason being that it has nostalgia and adds character.
9. Only a majority is needed to pass this bond issue.
10. Every vote counts. We need Yours. Vote YES on the bond issue on the February ballot!

The Importance Of Exams

by Rene Nollier

Many people have different views on taking the semester exams. Many people take them serious and others don't take them as seriously. A lot of times the exams make up 10% of your grade or more. Many teachers feel that exams are important and they start reviewing a week before the exam. I asked some students, "Are final exams important to you?" Mike Meissner — "Yes, my life evolves around them." Allan Stokes — "I believe that the Salem Senior High is full of education in its atmosphere. The students underestimate the power of the exams. With all due respect, I believe that the average will be at its high at the end. It really doesn't matter, it's all up to you!" Dave Rhodes — "They are overrated experiences." Brian Hays — "They decide our futures." Jenny Cole — "Yes, they showed

how much we have learned during the semester." Julie Bennett — "Yes, they make up a lot of your grade." I also asked some teachers their point of view on semester exams. Mr. Ricker — "Yes, they are a good way to check how much the students are learning." Mr. Krcelic — "No, those that have been studying will get the same grades on the exam as they do on their tests."

The exams this semester will be on Jan. 18 and 19. The schedule for those two days will be:

Study period	7:55-8:27 (cafeteria)
1st period	8:30 - 9:35
2nd period	9:45 - 10:50
3rd period	11:00 - 12:05
4th period	12:15 - 1:20

Important Issues Faced In The '80s

by Julie E. Hippely

The eighties was a decade of many changes. There were issues faced in the eighties that would change our lives forever. Some events confronted were; apartheid in South Africa, the downfall of communism in Eastern Europe, the AIDS epidemic, and the abortion issue. In this decade, we have seen hundreds of thousands of people die from starvation and homelessness, and a disease that continually baffles scientists, AIDS. The Chinese students in Beijing marched in Tiananmen Square and went on a hunger strike so that they might see some reforms in their government. The slaughter of elephants in Africa has become so ruthless, that in the last decade the elephant population has been cut in half. It will continue to diminish over the next decade unless something is done. Millions of us witnessed as the Space Shuttle Challenger exploded on live television, and shocked the nation. Pro-life and pro-choice groups have continually protested through the decade over whether or not abortion should be legalized. The Exxon Valdez spilled an enormous amount of oil in Alaskan waters killing off a great number of Alaska's wildlife. The effects of this tragedy will carry on into the next decade. The East German government shocked the world by taking down the Berlin Wall, and allowing East Germans to

cross the border for the first time since World War II. Towards the end of the decade, the United States sent troops into Panama to capture Manuel Noriega and bring him back to the states to put him on trial for drug violations. In this decade we have seen many changes, some were good, and some were not. However, one thing is for certain, the nineties will not be boring.

What's up with Student Council

by Larry Zagotti

Every issue, "The Quaker" updates what Student Council is planning or what they have already done.

But not very much is being planned this time around. Student Council arranged a Christmas food basket and took it to a needy family at Christmas. Also, in February, the King of Heart's dance will be held. No specific date has been set for this though. Student Council still has Teacher Appreciation Month each month.

Well, that's it for now and next issue Student Council will be updated on their activities again.

Club Activity Update

<h3>National Art Honor Society</h3> <p>Advisor: Ms. Yereb Meetings: approx. twice a month in Room 183 Members: 15</p> <p>NAHS has been planning the painting of a wall mural at the Chef Italiano Ristorante. Also, a winter banquet is currently being planned. Students in Mr. Ross's art class who signed up for membership earlier are reminded that the next meeting will be the last meeting that new members will be able to join. Also, this meeting is mandatory for current members.</p> <h3>T.A.C.T.</h3> <p>Advisor: Mrs. Cozza</p> <p>Several members went to the elementary schools to discuss the dangers of drug and alcohol abuse. This helped to encourage teens and children to be drug free.</p> <p>A Christmas party was held on December 22. A January party is currently being discussed.</p> <h3>Citizen Bee</h3> <p>Advisor: Mrs. Schwartz Practices: Wednesdays after school in Room 204</p> <p>Regional Citizen Bee competition will be at Canfield on March 3. The team from Salem will be selected on January 31. Participants are asked to contact Mrs. Schwartz if they are unable to attend a practice.</p> <h3>Chess Club</h3> <p>Advisor: Mr. Sabo Meetings: every other week</p> <p>Chess Club members are currently involved in "play-offs" against one another. This is to encourage competition and develop chess-playing skills.</p> <h3>Science Club</h3> <p>Advisor: Mr. Barbuto Meetings: every other week</p> <p>The Science Club is preparing independent science fair projects. These projects will be involved with the Lake to River Science Association contest on March 31 at Youngstown State University. Scholarships and prize money will be given to top qualifiers. An evening will be spent after mid-term exams to view winter star constellations.</p>	<h3>1989-90 A.F.S.</h3> <p>(American Field Service) Advisor: Mrs. Breckenridge Members: 25</p> <p>A.F.S. has recently been planning a ski trip to the Brandywine ski area. For more information, contact one of the A.F.S. officer.</p> <h3>S.T.O.P.</h3> <p>Advisor: Mr. Washinko</p> <p>Several S.T.O.P. members are involved with peer counseling and listening during lunch. Sign up in Mr. Washinko's office if you have a problem or just want to talk. Members Marcie Baker and Heather McShane are planning an ice skating trip.</p> <h3>Pep Club</h3> <p>Advisor: Miss Carmello</p> <p>Projects planned are sponsorship of a spirit week for basketball and other spirit raising activities for other winter sports. Also, Pep Club will be the sponsor of the annual Sweetheart dance on January 26. At the Sweetheart Dance, the senior basketball queen will be crowned.</p> <h3>Math Club</h3> <p>Advisor: Mr. Trough Meetings: Mondays at 3 p.m.; Room 165 Members: 22</p> <p>Members discuss math problems and enter various math contests. Members are reminded that two contests are going to be held in February.</p> <h3>French Club</h3> <p>Advisor: Mrs. Arter Members: 30</p> <p>French Club will be operating the concession stand on February 6 which will be the boys basketball game against Canfield. Plans for a banquet are currently being discussed.</p> <h3>German Club</h3> <p>Advisor: Mrs. (Frau) Reed Members: 43</p> <p>The German Club members had a meeting on January 10 to discuss the concession stand on January 19. This concession stand will be held along with the boys basketball game against Campbell Memorial. A February Karnival celebration is also being planned. Earlier activities included a Christmas party at Emily Mager's home.</p>	<h3>National Honor Society</h3> <p>Advisor: Mrs. Gerner</p> <p>Recent NHS activities have included assisting the Salvation Army pack food baskets for the needy and making plans for upcoming March inductions.</p> <h3>Key Club</h3> <p>Advisor: Mr. Washinko Meetings: every other Wednesday</p> <p>Key Club has recently been participating in service projects under the district theme of "Develop Within — Share Throughout". These have included shoveling snow for the area elderly. Also, the group is sponsoring a free Christmas tree disposal service in conjunction with Kiwanis Club. In January, a Teacher/Administration Appreciation Week will be held.</p> <h3>Yearbook Staff</h3> <p>Advisor: Mrs. Tina Hayes Members: 25</p> <p>Students interested in purchasing a yearbook should view signs posted around the school. Yearbook Staff members are reminded to listen for upcoming meetings.</p> <h3>Spanish Club</h3> <p>Advisor: Mr. Monteleone Meetings: 3rd Friday each month</p> <p>The Spanish Club recently traveled to Chi-Chi's in Boardman for a winter banquet. Plans are in the works for a spring banquet and a speaker. On January 26, the group will be operating the concession stand for the boys basketball game against Poland.</p> <h3>Guidance Office</h3> <p>Counselors would like to remind seniors of several scholarships that are available. These include: MENSA scholarship (\$200-\$1,000), Ohio Nursing Scholarship, and Perkins Restaurant scholarship (\$5,000).</p> <p>College videotapes are available for viewing in the library. Some of the colleges represented are O.S.U., Westminster, and Ohio University. For more information, contact your guidance counselor.</p>
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Voices

Feeling Depressed?

by Krista Blankenship

Here it is — January already! Time sure does fly when you're having fun! And you had fun, didn't you? Remember Thanksgiving and all that food you ate? That was fun, wasn't it? You'd looked forward to that since July! But even better was the Christmas season. Remember all the fun you had doing all that shopping? Wasn't the mall just the prettiest it's ever been? You personally selected your Christmas tree and decorated it completely with a star. You baked cookies shaped like Santa and even decorated them with red icing. You played your favorite Christmas tape and gave the carolers cookies when they came to your door. On Christmas Eve you read, "Twas the Night Before Christmas, sang Silent Night, and after tossing and turning for an hour, you finally drifted off to sleep. You arose on Christmas, bright-eyed and full of energy. You opened gifts, had a wonderful dinner, and visited with your friends and relatives. But the fun didn't stop there — remember New Year's Eve and that terrific party? You had a great time with all your friends, laughing, singing, and ringing in the new year. You were the life of the season! Who would ever have guessed that you'd be the victim of POST-HOLIDAY DEPRESSION! But there you are, still suffering from your New Year's hangover. Your Christmas tree is dying, and you gained 10 pounds from all that holiday food and cookies. It snowed 8 inches and you haven't a thing to do. You just got back your credit card bills — you'll

be paying on those until July! Yes, I think it's certain you are suffering from POST-HOLIDAY DEPRESSION.

POST-HOLIDAY DEPRESSION is a very real condition which affects many. There are several reasons for its existence. The most prevalent reason is the commercialization of Christmas. People begin Christmas shopping in September! After Thanksgiving we are constantly reminded of "how many shopping days are left until Christmas". We rush out to buy the best gifts we can, which usually involves draining our bank accounts and pushing our credit cards to their limit. After the gifts are bought and wrapped, we can hardly wait until we can give them away. Excitement builds and builds. It finally reaches its climax on Christmas Day. We have a most joyous time — but it only lasts 24 hours. It is the next day that we experience some of the DEPRESSION — everything which was building up is gone in only 1 day.

Another source of POST-HOLIDAY DEPRESSION is the remembrance of loved ones which have past away. These memories often bring about feeling of Christmases past, and many wish they could go back to those Christmases of less pain.

A third source of this DEPRESSION is the dreary weather. It is a proven fact that our moods change with the changing seasons. General depression is more prevalent in the winter season.

During the Christmas season, we are so busy, we rarely notice the weather, or rather its dreariness. However, once January hits and the Christmas excitement is over, we begin to notice the dullness of the winter season. This results in feelings of boredom and discontentment. Add the dreary feelings of winter to the loss of Christmas, and you are sure to see some POST-HOLIDAY DEPRESSION.

If all this talk about DEPRESSION is beginning to depress you, don't despair! There are some measures you can take to prevent yourself from becoming a victim of POST-HOLIDAY DEPRESSION.

1. Keep busy after Christmas! Activities could range from sled riding to baking cookies. Movies are a good winter activity. Now would be a great time to start getting your body in top shape for summer. It's right around the corner, you know!

2. Keep in mind that spring is not far away. Optimism can help you stay free of depression.

3. Although this Christmas is past, remember that next year brings yet another Christmas. So don't worry!

Now that you know how to help yourself — good luck! I'm sure you'll find that the winter season will fly by! Next year, we'll see you at the mall, having a great time shopping for all those wonderful loved ones. I have just one question before I go. Can I have one of those Santa cookies?

Make Or Break

by Sharla Brown

On January 1, people make New Year's Resolutions, but on January 2, the resolution is usually broken. Why do people make them when 99% of the time they break them?

When interviewing a few of the students of whether they make or believe in New Year's Resolutions, here's what they said:

Tony Leo — "I don't believe in them, or make them."

Brian Ostarchvic — "No, I don't make them but I believe in them."

Margot Funk — "Yes, my boyfriend made my resolution for me."

Betsy Conn — "Yes, I make them, but I don't follow through with them."

Lisa Rutzky — "Yes, and sometimes I keep what I say."

Stacy Koch — "No, I don't make them, but I believe in them."

Harold Exline — "Sometimes I make them and I keep what I say."

Most of the students that were interviewed said if they make a resolution they usually don't stick with it. So why make them, or if you make them, make them so that it's going to be realistic, and not out of the ordinary. So if you do make a resolution make one that you can keep.

HAPPY NEW YEAR

'A Bunch Of Bowl?'

by Jason Herron

College football, with the help of the pollsters, decided its national championship New Year's Day after Miami defeated Alabama in the Sugar Bowl and Notre Dame beat Colorado in the Orange Bowl, but the controversy rages on whether or not Miami deserved the championship.

Many believe that Notre Dame deserved the championship because they played the hardest schedule in the country and finished with a 12-1 record. Miami backers bring up the fact that they handily beat Notre Dame on Nov. 25, 27-10. Miami finished 11-1. Even Florida State has some support for the championship. Florida State lost two early games, but won ten in a row including a 20-10 victory over Miami. The pollsters final ratings were:

1. Miami
2. Notre Dame
3. Florida State

Obviously, the bowl system didn't work. If it did, there wouldn't be any controversy. I think it is time for a change. It is time for a tournament to decide the true champ. The bowls would be played as they are, but after the bowls the top four teams would meet in a final four format. If this would have been put into effect this year, #1 Miami would have played

#4 Colorado and #2 Notre Dame would have played #3 Florida State and the two winners would meet the next week at a previously determined site.

This system would not only determine the true champ, but it would help college football as well.

I thought it would be interesting to see what my fellow schoolmates thought on this issue, so I asked them:

Brian Hadcock — "It's a bunch of bowl!!!"

Terry Beall — "It would give teams a fair chance to prove who is champ and it's not a bunch of bowl!!!"

Tracie Smith — "It would be great because I thought Notre Dame should have been champs."

Chad Rhodes — "It would be better because it would more easily determine the national champion."

Mike Hanchuck — "I think the bowl system is good because it has a bowl for just about everyone."

Brandy Pasco — "The bowl system works because Miami deserved the championship."

Dave Sanders — "It would truly determine the rightful champs."

Jeff Carr — "I think it would be terrible because the Chicago Bulls system is better."

How To Survive The '90s

by Dan Brothers

The nineties are here. Feel any different? Maybe not yet, but soon something will affect us all. Here are a few things to expect:

1. The 500th anniversary of Columbus' landfall in the New World in October, 1992. Expect Spain to sail replicas of the Nina, the Pinta, and the Santa Maria across the Atlantic. At least 22 states plan celebrations with the biggest hoopla in Columbus, Ohio.

2. In 1999, the following people will be celebrating their birthdays: Madonna, 41, Muhammad Ali, 57, Garfield the Cat, 21, and George Burns will be 103.

3. In the new decade, we'll mark the 50th anniversary of the Japanese bombing of Pearl Harbor (Dec. 7, 1941), the bicentennial of the U.S. Bill of Rights (Dec. 15, 1791), and the 15th anniversary of Elvis Presley's death (Aug. 16, 1977).

4. The USA hosts the World Cup soccer match in June-July 1994 — possibly the most-watched and most-anticipated sporting event in the world.

5. The European Community's 12 nations plan to abolish national borders and create one market by the end of 1992. The Chinese flag will fly over Hong Kong starting July 1, 1997, when Great Britain's 99-year lease expires.

6. All federal agencies must conduct business using the metric system on Oct. 1, 1992, if feasible.

7. The USA's biggest rock music shrine opens in late 1992 in Cleveland, Ohio. The \$48 million Rock and Roll Hall of Fame and Museum, designed by I. M. Pei, will include a theater, recording studio, and archives.

8. The dreaded killer bees are expected to reach Brownsville, Texas, by Christmas 1990. Florida's accursed Asian cockroaches are expected to spread to other areas along the USA's Southeastern coast by the end of the decade.

9. Christo, the artist who once wrapped islands in pink fabric, plans another event in Oct. 1991: simultaneously opening 1,500 blue umbrellas near Tokyo and 1,500 yellow umbrella near Los Angeles.

10. Space Station Freedom is planned for completion in Aug. 1999. The space station, which could cost \$30 billion, will enable a return to the moon and manned flights to Mars. Plans include using it for research into long-duration space flight and as a work platform to build spacecrafts.

11. Moscow gets its own Golden Arches (Zolotye Arkhi, in Russian) when McDonald's opens a branch in Pushkin Square on Jan. 31, 1991. Disney opens EuroDisney, 20 miles outside of Paris, in the spring of 1992. The French paper "Liberation" calls it "the most important U.S. operation in France since D-day!"

Do you still think the nineties will not affect you? Well in the nineties, everyone of us will hopefully graduate from Salem High School. Some of us will go on to college, go on to their work places, and some will move to other parts of the country or possibly other parts of the world. Others may even get married and have kids of their own. When the nineties finally come to an end, we will be anywhere from our mid to late-twenties. We will be adults living on our own, in our own places, in our own lives. The nineties will be a decade of big change for all of us.

Quaker's Proposal on Student Expression

We, the staff of "the Quaker," in order to promote quality reading material through the use of free speech and opinion, do hereby abide by and take protection under the ideals and principles of the First Amendment, the Constitution, and other various court rulings.

It is our duty to keep our readers currently informed of school activities.

We are also obligated to avoid any form of libel, obscenity, invasion of privacy, and any subject which may cause a disruption in the community or in the normal routine of the school day.

If at any time felt appropriate, the principal can reserve the right to edit or censor any material that he considers in any way to be inappropriate for publication.

Since "the Quaker" is a student forum, we encourage from our readers any feedback in the form of essays, letters, etc.

THE QUAKER student newspaper is published by the journalism students of Salem Senior High School.

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Vocational Business Department Given Recipe For Success

On Friday, December 15, 1989, the students of the Vocational Business Department gathered at Salem Hills Golf and Country Club for their annual Christmas luncheon. The theme for this year's luncheon was "A Recipe For Success." The favors given to each student and guest were miniature recipe booklets made to look like old-fashioned tree ornaments. The recipe booklets, prepared by the Administrative Secretarial II class, included recipes for the cookies that completed the dessert table along with a "Recipe For Happiness."

Following the delicious buffet luncheon, Mrs. Beth Fromm, account executive with Young and Merrill Insurance Agency, addressed those present with her own "Recipe For Success." She encouraged the students to act professionally, use their knowledge and continue to gain more knowledge, and to treat co-workers and others as they would want to be treated. She also reminded the students to work enthusiastically and to use constructive criticism to their own advantage. The importance of being helpful, developing and using leadership qualities, being flexible,

and helping to build teamwork in the office was also stressed. She informed the students that they should treat their position as if they were part owners of the business — if something needed to be done, and it was within their power, the individual should be willing to do what needed to be done to accomplish the goal. As individuals in business careers, the students should expect to work hard to climb the ladder of success. Success does come to those who earn it.

To conclude the meeting, door prizes were awarded. The meeting was organized and conducted by the following Administrative Secretarial II students: Kathi Borrelli, Danielle Copestick, Laura Davidson, Joyce Fitzpatrick, Angel Jennings, Sylvia McFarland, Nici Simmons, Tracy

Stoddard, and Lisa Taylor.

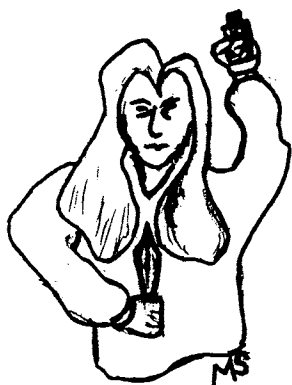
In order to complete their holiday activities, the students in the department participated in the Dress-A-Live Doll program sponsored by the Salvation Army.

The next departmental meeting will be held in May and will be hosted by the Administrative Secretarial I students.

Teen Suicide:

"How Will I Laugh Tomorrow When I Can't Even Smile Today"

by Vanessa L. Sicilia



Someone who understands exactly how you are feeling would be the best to talk to. For instance, a close friend that you have always trusted and confided in. There are many teens that have similar problems. Ask yourself an important question. Are there worse things that could happen and is life really that bad? Finding someone to talk to is the best solution.

If you are the one a suicidal person is talking to, listen, support, and encourage the person to reconsider any thoughts about suicide and seek help if needed. Remember — Everyone has a reason to live.

seems there is no hope, talk to someone about your problems.

Facts on Suicide

- * Suicide is the 2nd leading cause of death among adolescents and young adults.
- * There are at least nine suicide attempts for each suicide completion.
- * Three times as many women attempt suicide as men.
- * Depression is the main clinical symptom that precedes suicide.
- * Ninety-five percent of those who attempt suicide either do not want to die or are not sure. Part of them wants the emotional pain to cease, but part wants to live.

What's Your Sign?

by Heather Dye

Horoscopes can be found in nearly every magazine and newspaper being published today. Books are being sold that give people their horoscope for the whole year. Who's buying this stuff and why?

I have to admit that I was once a faithful horoscope reader. Everyday I would open the Salem News to the Astro-Graph and read under Pisces to see what it said. At times I would cut my horoscope out and keep it with me if it talked of good things that would happen soon. I stopped that when my horoscope promised "good things to come," and everything from then on took a turn for the worse. Now I'm not saying that they aren't fun to read once in a while, but to completely believe in them and live by them, that's crazy!

I think the reason most people believe that what their horoscope says will come true is because they give people hope of life being better. Take, for example, this horoscope: "There's a possibility that something will develop today similar to a situation that worked out very well for you previously. The same procedures you used then will serve your best interest now." If someone reads this and it just so happens that a situation does develop that worked out well before, then that person will probably become an automatic believer in horoscopes. Well don't be so quick to believe. It was a fluke.

Another way horoscopes pull in readers is by their vague wording. An example of this would be: "There is no reason today why you can't be successful in a situation similar to one where you experienced victory in the past. What you did before you can do again." Here we go again with the word situation. What kind of "situation"? Is it family, money, or a relationship? That needs to be made clearer.

Yes, sometimes it is interesting to look under a person's sign and see what it has to say. Let's not turn into mindless horoscope crazed people who live by the stars though.

Snow Days: What Is The Process?

by Keith Graham

Hundreds of kids go to bed hoping there will be no school the next day. A big reason for this is snow. As soon as the students see that it is snowing, their hopes are high that there will be no school. Snow is not the only thing that determines if we go to school. Dr. Schoffman, the Salem Police Dept., and Tuffy Sell (the Maintenance Manager) have a big part in this decision. They go out and patrol the roads. If the roads are too bad they make their decision by 6:15 a.m. Then Schoffman calls the

radio stations if there is no school. Schoffman said, "Safety is a big factor in their decisions." Even though school is cancelled, the principal and superintendent have to go to their offices anyway. Mr. McShane would like to congratulate the Township Committee and the City Street Dept. on the fine job they have been doing on the roads. So for all you students who are hoping for school to be let out remember snow is not the only thing that can affect whether school is cancelled or not.

Keeping Fit In Winter

by Jay Calderhead

Even though it's winter, there are still several ways a person can stay fit. There are several options from which a person can choose, such as skiing, skating and other activities. Listed below are some area locations and information about each where winter activities are offered.

SKIING

Boston Mills, Peninsula, Ohio
Peek 'N Peak, Clymer, N.Y.
Brandywine, Northfield, Ohio
Seven Springs, Champion Pa.
Clear Fork, Mansfield, Ohio.

These resorts offer a variety of slopes, trails, rope pulls, lifts, rentals and lessons.

McGuire's Resort Center,
Cadillac, Mich.
Mount Airy, Mount Pocono, Pa.

These offer the same as above plus overnight lodging.

* Offers also skating (indoors and outdoors), sledding, and an enclosed gym and health club offering: basketball, volleyball, racquetball, archery, table tennis, saunas, etc.

OTHERS

YWCA of Salem

Offers aerobic exercise, workshops year-round and others, subject to change activities.

Racquet Club of Salem

Offers various indoor racquet sports as well as a weight training facility.



DEAR ARCHIBALD

Archibald is on vacation and will be returning in next month's issue.

How Was That Done?

by Rich Berg

In this issue of "The Quaker", we the staff introduce a new running column called How Was that Done. In this column we take odd and unusual events and ask the nagging question, 'How was that done?' The events can pertain to national, state, and local subject matter. In this issue we ask the nagging questions:

Who discovered the town of Salem?

The history of Salem dates from the year 1830. Samuel Smith had, previous to this time, entered and settled on the section of which the southwest corner was marked by what is now the crossing of East State and Ellsworth Streets. Samuel Davis settled on the land that is now nearly covered by a part of Salem, much of this he cleared and put into tillable land. So, this disproves the thought that Salem was established by the Quakers.

How did the Women's Rights Convention come to be in Salem?

In the year 1850, April 19-20; women from the Northeastern section of Ohio attended a meeting of women's rights. The meeting took place at Hicksite Friends Meeting House, where now Farmers National Bank stands. Betsy Mix Cowels, President of the Salem convention, gave speeches on the rights of women as voters and property holders. This convention was the only in Ohio; and second in the nation. Results were a greater demand for Womens Rights, and equality.

Was there an Abolitionist movement in Salem?

Since the 1800s local chapters of Negro fugitives were living on the edge of death, running from slave catchers. During the 1830s, anti-slavery societies sprang up in many towns, leading the fight was Salem, which was headquarters for the Western Anti-Slavery Society.

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Salem Sports

Exceeding Expectations

by Michele Kaminski

The Salem Girls Basketball team has started off to a fairly good season. So far, the Varsity's record is 5 and 5 and their league record is 2 and 2. The game last Thursday night against Poland was a challenge. Poland's record was 7 and 2, losing to Struthers and Springfield Local. The Varsity beat them, 65-40. Michele Ganslein scored the first eight points and continued scoring throughout the game, as well as Justin Morain and Jenny Scott. The seniors not only should be praised, but the rest of the team should also be commended. The reserve team also won against Poland with a final score of 40-28. So far this season, reserve's record is 8 and 2 with a league record of 4 and 0.

After interviewing Mr. Zeigler, here were his responses to the questions:

The Quaker: How has the year gone so far?

Zeigler: It's gone better than expected. The players are playing very hard and aggressive.

The Quaker: How do you think the team played this game. (Poland)?

Zeigler: They had a slow start but were able to do what they wanted to do.

The Quaker: Who's your top defensive player?

Zeigler: Everyone that plays. You can't name just one person.

The Quaker: What's in store for the team with future games?

Zeigler: We'll be in the ball games and win our share.

The Quaker: What are some of the team's weaknesses?

Zeigler: Our size and overall strength, although it has been overcome.

The following is a roster of both the reserve and varsity teams, as well as a rundown of the last 7 games.

Varsity	Reserve
Michele Ganslein	Kristie Stewart
Tammy Scott	Marcie Tkatch
Erin Funk	Robin Kirkland
Kristen Ehrhart	Erika Funk
Tricia Wilms	Karen Mitchell
Christy Oberle	Robin Oberle
Justin Morain	Christy Lippiatt
Kim Manning	Marcie Baker
Jenni Sommers	Brandi Ickes
Sis Rosta	Angie Sicilia

A look at the last 7 games.

Salem 31	Boardman 56
Salem 65	Rayen 32
Salem 35	Girard 43
Salem 65	Warren JFK 50
Salem 38	Wellsville 35
Salem 65	Poland 40
Salem 40	Struthers 57



Justin Morain hits for 2 against Kennedy.

Grapplers Off To An Even Start

by Matt Schramm

This year's wrestling team which has improved much over last season is at an even 4-4-1 record with the tie coming against Ursuline. The Quakers' four wins came against Canton Central Catholic (46-21), Malvern (39-30), Massillon (30-27), and St. Thomas Aquinas (48-24). All of this action took place at the six team dual meet at Minerva High School. Salem was defeated by Minerva (46-17), but then came on strong winning their next four matches. The team finished second all around. Salem's Jason Scott was the champion with a 5-0 record in the 145 pound division. Matt Kilgore 135, Dave Sanders 140, Mike Nery 152, Jeff Graybeal 160, and John Haupt-heavyweight, all finished second. Jeff Cecil 171, and Brian Julian 189 rounded out the third place positions. Other Quakers that have performed well for the Quakers

are Shane Carr, Rick Lobdell, and Nate Calvin. Coach Daily, Coach Plegge, and Coach Perle keep the team steadily working hard at practice everyday. Also it should be known that the coaches deserve much gratitude for turning the Salem wrestling program around. With the team having only three home matches, fan support would be much appreciated. After talking with a couple members of the team, I was made aware of some of the team's problems. One of the big problems is their attitude at some points in the season. I'm sure a little fan support would not hurt. Three of the Quakers' losses have come against powerful teams that look to be in the running for the Division I title. The team has not been discouraged and are still hungry for more wins. With much of the season remaining, anything is possible.



Brian Julian prepares for tomorrow's first home match against Columbiana.

Quakers Off To Best Start In Years!

by Jason Scott

The Quakers are off to one of their best starts in years. Their record so far this season is 8 and 2. The Quakers beat JFK 72 to 57 on Tuesday night for their 8th win.

This is Coach Spack's 7th year as head coach and he thinks that this is one of his best teams. Salem's only losses have come to Girard and Canfield. The main reason for those losses were a great amount of fouling by Salem. Girard attempted 38 foul shots during the entire game and you just can't win when you

send a team to the foul line that many times.

The Varsity team consists of seniors: Lance Miller, Dave Reed, Mark Burrier, Charlie Honeywell, and Shawn Binsley. Juniors on the varsity squad are Robbie Roberts, Jeff Shirley, Eric Thorne and Chris Cochran. The only 2 sophomores on Varsity are Nick Schneider and Brian Petrucci. Petrucci is one of the stronger sophomore players in the area.

The J.V. team consists of juniors Matt Schramm, and Dave Clunk.

The sophomores are Beau Hendricks, Shawn Sauerwein, Ben Edgerton and Tom Wainwright. Andy McCracken and Jeff Andres are the only freshman on the J.V. squad.

Every year the team has very good senior leadership. This year the team has 2 returning letterman, Miller and Honeywell. Coach Spack stated "We have a group of boys that play a very exciting game. We have a very unselfish team that I enjoy coaching a great deal." Spack is very encouraged on the season so far and looks for a good finish. He hopes for a winning record and thinks the race for M.V.C. title should be a real dogfight.



Chris Cochran buries the jumper in the Quakers' big win over Struthers.

The Sweet Smell Of Cologne

by Matt Schramm

For three Salem High Cross Country runners Germany was their second home for the holiday season. From December 26 to January 4, Theresa Kaine, Maureen Kaine and Tricia Wilms were preparing for a run they will never forget. The girls were part of the International Sports Exchange. The competition was between West Germany, Holland, Belgium, France, and Luxembourg and states such as California, Oregon, Washington, Idaho, Nevada, Arizona, Texas, Alabama, Georgia, Florida, Illinois, Ohio, Indiana, Wisconsin, and New York. The girls were on teams of ten

runners with each running 3.1 miles the eighth runner ran 1.25 miles to the finish. The tenth runner was an alternate. The race is a long relay of marathon distance. Instead of carrying a baton, the runners pass a sash. The price of the trip is \$1,895 which covers everything except personal spending money, room service and personal phone calls. Most of the money was raised through funds and grants. Since only a small number of runners are selected, this honor is very rewarding. Congratulations to these runners.

Fitness for Football

by Jason Herron

Off season conditioning has started for all participating football players not involved in any other winter sports.

About 25 players lift and get in shape for the upcoming football season above the gym in the weight rooms.

Coach Kunar said, "We lift every Monday, Wednesday, and Friday. We are working on agility to get ready for the new season."

With this winter conditioning, the football team can only improve.

H. E. Albert, D.V.M.

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