

# The Quaker

student  
newspaper

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SALEM SENIOR HIGH — SALEM

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## A promise for life

by Melissa McCrae

You make many promises in your life; but the Prom Promise could very well be the most important promise you ever make.

The Prom Promise sponsored by Nationwide Insurance is a nationwide attempt to keep students from using drugs and alcohol on prom night. It is open to students in grades 9 through 12. As of Tuesday, April 16th there were 351 people signed up to participate at Salem High School. Friday, April 19th will be the final day to sign up. You're probably thinking what if I'm only a freshman or sophomore, I won't be attending the prom why should I sign up? It doesn't matter if you are old enough to attend the prom or if you're just not going; as long as you are considered a high school student then you're old enough to participate in the Prom Promise.

If you are asking yourself why should I participate?, then listen to some of the startling statistics dealing with teen-age alcohol related deaths: **FOUR OUT OF TEN TEENAGE DEATHS ARE**

**CAUSED BY CAR ACCIDENTS.** This is 42% of all deaths of teenagers according to statistics from 1988. These are 7,244 teens ranging in age from 13-19 in 1988 alone. If you are still thinking this doesn't affect you then think again, if this statistic included one of your friends. What would you do if you could never see a boyfriend, girlfriend, best friend or relative ever again.

There will be 550,000 alcohol-related casualties this year! These 550,000 represent more than all the U.S. casualties in the Vietnam War, more than the entire population of the state of Alaska, Vermont, or Wyoming, more than the attendance for any 7-game World Series in baseball history.

Do you know anyone who was injured in a car accident, died in a car accident, caused a car accident, drinks and drives, or doesn't wear seat belts? If you know anyone who fits into one or more of these categories than please encourage them not to drink on prom night even if they aren't going. Think of all the

teens that are and remember if you do decide to drink, don't drive or have a designated driver. You just might save a life and it may be your own.

How much can one person really do to prevent drunk driving? If everyone could convince just one person not to drink and drive on prom night than you will have a better chance of not getting into an accident. Prom night is supposed to be one of the most important nights of your life. Don't let alcohol mess it up by having to spend prom night in the hospital or in the morgue. I don't think that you would really want to be in either of those places when you're supposed to be having fun with your friends at the prom without the use of alcohol. I know that if it were me I would much rather stay sober and have fun with my friends than risk not being able to have fun with them ever again.

Students in over 900 high schools in 15 districts are taking part in Prom Promise which is in effect for its second year. Of those, 460 are in Ohio.

Things that you could plan to help enforce Prom Promise:

1. Have a Red Ribbon Day. Have Prom Promise Committee members, other students and teachers tie red ribbons on all cars parked on school grounds.

2. Contact the Red Cross or emergency medical squads to stage a mock car crash at the school.

3. Stage a "Grim Reaper" day. Costume a student or school official in a grim-reaper robe. Have the grim reaper appear somewhere in the school every 22 minutes to signify deaths caused by drunk driving.

4. Develop a lock-in after-prom event.

5. Stage a Prom Promise assembly or rally at the school to show the Prom Promise video, share statistics, introduce the Prom Promise Committee and generate school spirit to win the competition.

6. Publish the Promise Plan in the school newspaper.

7. Make posters listing all students who signed the Promise and display them throughout the school.

8. Form a promise-monitoring buddy system. Example: Student A promises to help student B keep his/her promise and vice versa. Student C helps student D, and so on.

Let's make this prom season a very successful one by making a promise for life.

## Salem Students Participate in English Festival April 17

by Nick Grande

Recently several students traveled to Youngstown State University to participate in the annual English Festival. On April 17 the participants from grades 10, 11, and 12 went to the college. Members of this team include Heather McShane, Robin Oberle, Denise Lee, Karen Mitchell, Heidi Rogowski, Margot Funk, Scott Davis, Traci Wright, and Becky Donnelly. Heather McShane and Robin Oberle received an honorable mention for impromptu writing. Heidi Rogowski received an honorable mention for writing games.

Freshman who participated in the English Festival went to the university on April 13. Members of this team include Tina Beaver, Mindi Cyrus, Jayne DeCort, Laura Farkas, Jahnavi Fitch, Becky Williamson, Heather Higgins, Robert Kimmel, Brandie Oesch, Kate Short, and Kara Zocolo. Mindi Cyrus won fourth place in and Laura Farkas won an honorable mention in impromptu writing.

Both groups had to read seven novels in order to go to the festival. The coach of the 10-12 team, Mr. Ladner, thought "the students did a

good job and had a lot of fun." Mrs. Shivers, the advisor for the freshman team, stated, "They (the freshman) did a real good job. They read all the books they were supposed to and had a good time." Congratulations to both teams for a job well done.

## Shorts policy outlined

by Wayne Kaminiski

Around this time of the year, students start to wear shorts to school because of how the temperature starts to get warmer. Although we are not allowed to start wearing shorts till May 1, students wear them to be comfortable and stay cool. The May 1 deadline gives students a specific point to when they can begin to wear shorts. In the past, the temperature on a given day was taken into account when determining when shorts could or could not be worn. With the current policy, temperature does not play a factor as to whether a student is permitted to wear shorts or not. Below is a list of what types of shorts are to be worn and what is not to be worn.

The following shorts can be worn if students wish to:

Kneelength, jama, walking shorts, golf shorts, culottes, dress shorts, Bermudas.

Unacceptable types of shorts not to be worn:

Biking, spandex, gym, sanitaris, boxer shorts, cut-off sweat pants, swim trunks.

Don't forget, May 1 is the first day to wear shorts.

## Club Activity Update 1991

### AFS

(American Field Service)

Advisor: Mrs. Breckenridge

President: Amy Engler

Vice President: Nick Grande

The AFS Club recently had AFS Day and had dinner at Bumpers restaurant in Boardman. Plans are being made for a carwash. The group will finish the year with a picnic and volleyball game.

### Pep Club

Advisor: Mrs. Smith and

Miss Nespeca

The pep club is making goody bags for spring sports.

### Chess Club

Advisor: Mr. Sabo

President: Andy Brothers

Vice President: Brian Haddock

Chess Club meets every other week to have inter-competitions.

### Spanish Club

The Spanish Club is planning on having a Spring Banquet at Chi Chi's Restaurant in Boardman on May 22.

### Science Olympiad

Salem Students Successful at Science Olympiad by Richard Berg

Recently, under the leadership of Mrs. May, the Science Olympiad team competed in Wooster on Sat., April 13th. Of the 15 teams participating, Salem students did quite well. The results are as follows.

**GOLD MEDALS (1st Place)**  
— Nikki Lewis, Andy Brothers, A is for Anatomy; Nikki Lewis, Jay Claderhead, Kyle Calderhead, Sounds of Music.

**SILVER MEDALS (2nd Place)**  
— Adam Wilson, Bridge Building; Adam Wilson, Jay Calderhead, Circuit Lab; Andy Brothers, Jay Calderhead, Kyle Calderhead, Science Bowl; Rob Kimmel, Kyle Calderhead, Write it — Do it.

**BRONZE MEDALS (3rd Place)**  
— Andy Brothers, Bio Process Lab; Kyle Calderhead, Nikki Lewis, Computer Programming.

Congratulations on the team and individual wins.

### Math Club

On February 23, the Salem High School Mathematics Club participated in the Ohio Council of Teachers of Mathematics (O.C.T.M.) Competition at the Salem Campus of Kent State University. This competition is a nationwide, timed examination of 42 mathematically related problems.

The Salem High School Team consisted of: George Bigham, Andy Brothers, Jay Calderhead, Kyle Calderhead, Stacey Decrow, Sara Eckstein, Dave Greenisen, Sarah Lieder, Amy McDevitt, Heather McShane, Rachna Mohan, Shawn Ritz, Mary Rottenborn, Marcie Stewart, and Melissa Vidumansky. The club's advisor is Mr. Trough.

As a team SHS placed first with a team score of 65. Second and third place went to Canfield High School with 63 points and Cardinal High School with 47 points. Individual honors went to Kyle Calderhead who placed seventh in the state and Andy Brothers who placed 214th. Both scored in the top 10 percent of all Ohio students who participated.

On February 26, the members of SHS Mathematics Club participated in the American High School Mathematics Examination (A.H.S.M.E.). This test consisted of 30 mathematically related problems and was given over 25,000 students in 455 Ohio high schools.

The SHS team included: George Bigham, Andy Brothers, Maria Budner, Jay Calderhead, Kyle Calderhead, Stacey Decrow, Greg Dugan, Gary Franklin, Dave Greenisen, Brian Hadcock, Joe Hovorka, Dan Johnson, Theresa Kaine, Carmen Keener, Denise Lee, Nikki Lewis, Sarah Lieder, Amy McDevitt, Heather McShane, Rachna Mohan, Mike Rea, Shawn Ritz, Marcie Stewart, Melissa Vidumansky, and Mary Winch.

Team wise, Salem placed 30th in the state. Individual honors go to Kyle Calderhead who ranked 35th; Andy Brothers, 231st; and David Greenisen, 338th. These rankings are based on the 25,210 Ohio students who took the test.

Kyle Calderhead was named to the National Honor Roll. Kyle also, by placing within the top half of one percent (.5%), won an invitation to take a harder test, the American Invitational Mathematics Examination (A.I.M.E.). This test is used as a deciding factor in naming an American team to participate in world-wide competitions.

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# Voices

## Everyone has their price

by Larry Zagotti

Ah, the world of sports. Just like the music world, it has its share of "goofballs" and heroes. But from Bob Uecker's front row seat to Mario Lemuix's hat trick to Magic Johnson's triple double, the sports business means big money for the

parties involved. Nowadays if an athlete doesn't make more than two million dollars a year, he's a loser. But someone tell me where it's written that money proves that athletic talent exists in an athlete? Now I know that if an athlete is

good, he'll give his team 100 percent. But since career opportunities like this come and go so often like cops at a donut shop, athletes want to seem to squeeze out every penny out of their talent. These athletes are competing with each

other so much that their performance on the field has fallen off and their conduct off the field is maybe not what it used to be. These competitions are not anything to brag about. One athlete makes four million a year and the other has a conniption worrying about whether or not their four car garage will be filled next season or not. Some cases in baseball have been speed demon Jose Canseco and the Rocket, Roger Clemons. These two individuals have been "whining" for new contracts every year and have been getting them despite of their multi-million dollar status. Speed has always been associated with these two but for different reasons. Jose seems to have a fondness for the California State Highway Patrol. Roger doesn't have a fondness for Major League umpires and also doesn't seem to like the U.S. Court system. He's currently involved in an assault case with a couple of people in Boston. He could get up to a year in jail and some unmentionable fines. Think of how that could hurt the poor Boston Red Sox pitching staff. He is the pitching staff. He has some backup pitching, but he really represents the backbone for the whole staff. He is associated with speed by the incredible high and low fastballs he throws.

And take the "Mouth That Roared," Barry Bonds of the Pittsburgh Pirates. He went through

much of the same things that Jose and Roger have gone through. Bonds was offered a VERY lucrative contract and turned it down. Obviously his brain is still in Bradenton on spring training. He had the nerve to blow up at a team photographer for trying to take a leisure shot of Bonds just walking around the camp. Bonds screamed at the unsuspecting person with things like "Don't talk unless I say so!" and "I'll take that F'ing camera if you don't take it out of my face!" Nice Mr. Bonds, you're stock really went up now. Then comes the argument with manager Jim Leyland. This "showdown" was filled with so many beeps on TV that even Andrew Dice Clay would be proud. Leyland even told Bonds to get the you-know-what away from the team if he wasn't happy being there. Bonds must not be happy with his current situation with the team. This year he is batting a paltry .132 with a humungous two or three RBI's. His season opening performance against the Montreal Expos left nothing to be desired. It gave an instant look at what kind of season Bonds may have.

As the Million Dollar Man in the WWF would say, "Everyone has their price, no matter what!" Well, I wonder if he ever thought of being in the major leagues. Nah, he'd have too much competition trying to get on a team.

## The same old thing

by Chris Chappell

Don't you just get so excited to hear that there is going to be a dance after the game. I mean, you just couldn't have a better night, dancing to the same music with the same light show and a different DJ, if you're lucky.

It's time we changed the schedule just a little don't you think? How about doing something wild, like have some live music for a change. How about a high school rock band? If you're worried about the cost I'm sure there are two bands that will be

willing to play for an extremely low-cost. The end of the year is coming and it would really be great if we could send the seniors off on a good note.

Mr. McShane argues that "a live band encourages violence." Oh no! Not headbanging, that would be a sin, all the kids that don't like rap and top 40 music would actually have fun. Instead we don't come, or if we do, we just sit around. You've got to make the dances equal so everybody will have a good time.

The live band would give this school something positive and new to talk about, besides the rumors and lies everybody likes to here. Maybe, more and more people will come to the dances, too.

The school groups that put on the dances should hear our cry too. If they are worried about making some cash a live show will draw more people than a DJ any day. A few years ago Salem had bands at dances, why can't we have one now. When Mr. McShane came to speak with us he said, "I don't know, maybe it is time for a change" and still no band. What seems to be the problem here? Come on, let our two fine Salem High School rock bands play for the final dance of the 1990-91 school year. You won't regret it!

## Consistency would be nice!

by Melanie Ballentine

Isn't ironic how students get detention for being accused of disrupting a school day? Then the National Honor Society comes along and hosts a servant day, which in my opinion disrupted the whole day with behavior, such as crawling on the floor, singing in the cafeteria, and privileged tardiness? Give me a break, if I would be tardy to class I would get detention. Lord only knows I've been in there for 3 months! A fine example of how contradictory our fine school is, the fact that students couldn't petition for a good cause, yet students could buy other students. Now is this justified? I'm quite sure there are other ways of raising money without humiliating these so called "slaves". If a non-sanctioned group were to act like fools and dress like fools to get into a certain club, there would be no way in Satan's home it would be permitted. And as far as face painting goes, how could this

possibly be worse than servant day when face painting is supporting school spirit through sports? I therefore decided to approach Mr. McShane and get his reaction to this whole situation, but he really didn't have much to say except for the fact that NHS approached him with the idea for a good fund raiser, which he agreed to with certain rules such as no derogatory behavior or actions. As far as next year's concern, it will be reviewed to determine whether or not servant day will exist. One of the reasons servant day was permitted was the fact that it would indeed be a good fund raiser, and the staff and students were well aware of what was going on. That brought me to question about disruption in the school day, and Mr. McShane replied that if an issue was brought up in ADVANCE maybe the issue would be discussed. I also got the opportunity to ask some of the student body how they felt about "servant day". Here are some of their replies:

Richele Wells: It's cool, but we should be allowed to face paint and stuff like that.

Krista Bakondy: It's a crock! I think it has gotten a little out of hand, but if people want to make idiots out of themselves, go ahead!

Wes Calvin: I hate it. It's embarrassing.

Julie Hippely: It's OK to have servant day, as long as the faculty permits other activities that are similar. For example, those that promote school spirit.

Mrs. Hays: It's a cute idea. Next year we have to have more rules stated beforehand.

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

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## Lost time is never found

by Mathew Kilgore

paper was. There is some method to this madness though.

If someone was to ask any English teacher why this torment was necessary they would come back with the answer of, "It's to help you. You will now know the ropes of writing a term paper. You will be one step ahead of those less fortunate. Yes, you now have graduated from the young Jedi school and are ready to attack the world of college."

I asked some of the writers what they thought the benefits were of writing a paper and these were their comments:

Paul Kotch: "Helped a lot for college."

Roger Tafini: "Broadened my views on life and I feel so much better."

Robbie Roberts: "I feel that I will benefit from this paper in the years to come."

George Bigham: "It was the biggest waste of time and I seriously hurt my hand."

Marnie Null: "Too long, took too much time; I'm just thrilled that it is done."

Tara Wissinger: "Too much emphasis put on it, and I'm not going to benefit from it that much."

Karena Apicella: "Didn't help me because I'm not writing any darn papers in college."

Jeff Cecil: "The only good that the term paper did me was to see how late I was able to stay up."

Well upcoming seniors, you had better get ready for the fun that will be introduced to you next year in your English and writing classes.

## Putting people first

by Julie Hippely

In response to my article in Issue Six of "The Quaker," I received a pamphlet from a gentleman who feels that my articles favor the preservation of animals over people. First and foremost, I never said that killing a person to save an animal

was right. Any kind of killing is wrong. Second, I believe in the humane treatment of animals, even those used in medical research laboratories.

"Putting People First", is an organization for, according to them, "...the average American who drinks milk and eats meat, benefits from medical research, wears leather, wool, and fur, hunts and fishes, owns a pet, and goes to zoos." They believe that there is a big difference between animal "welfare" and animal "rights." They want to save America from the "animal radicals."

"Putting People First," has a petition to the Congress of the United States, here is part of it: "Whereas, animal "rights" activists openly proclaim that intimidation, arson, property destruction,

burglary, and theft are acceptable crimes when they are used as forms of civil protest to promote the interest of animals over people; and

Whereas, persons claiming that animals are equivalent to human beings are committed to abolishing the use of animals in science, the total elimination of sport hunting and trapping, the total dissolution of any commercial use of animals, and the elimination of the millions of jobs associated with these activities...."

I believe that just as we have the right to try to protect animals, this organization has the right to try and stop us. Just for the record, I do eat meat, wear wool, and own a pet. If you have any questions about "Putting People First" call Washington D.C. at 202-364-7277.

### 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 protections 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.



# Tanning Beds: Rays of a different light

by Jill Browne

The following is a research paper written by Jill Browne concerning tanning beds. Since the popularity of tanning beds is great during the prom season, the "Quaker" decided to print this paper omitting the in-text citations and the works cited page.

Spring has arrived, summer is just around the corner, and a new type of fever is spreading quickly. This obsession of turning from pale to tan in the quickest and easiest way possible is robbing the blind faith of many. The device used as a time-machine is called a tanning bed and it is working its way into health clubs and salons all over the nation. What people need to realize is that the rays of tanning beds are harmful to the skin and body, and that causes, statistics and prevention of injuries should be known before using a tanning bed.

While the popularity of tanning beds is rising, so are new ways of damaging the skin. Glenn Welt, president of SAFE — Suntanning Association for Education, says, "People go into the tanning salon business with dollar signs under their eyes". One can easily assume from this that the safety for customers is not always top priority. Some salon operators are permitting dangers by letting users stay in booths longer and without the protection of

goggles. Welt also comments that salon operators "are not learning enough about the equipment and that anything over 18 milliwatts of UV-A rays is looking for trouble; some put out 50 to 80 milliwatts of UV-A rays", causing much concern for all. The United States Food and Drug Administration does not seem to be showing much strictness either by only requiring salon operators to post warning labels and the users to wear goggles.

Consumers are also in the dark about the amount of radiation and intensity they are receiving from the ultraviolet rays. Ultraviolet rays are the invisible radiations of wavelengths less than 3900 AMU

(atomic mass unit), which is the limit of visibility at the violet end of the spectrum. The UV-A rays in tanning beds are longer than UV-B rays but shorter than visible light. The UV-A rays help the tanning process because the rays penetrate more slowly and more deeply. UV-A rays also cause changes to occur in the blood vessels. On the other hand, UV-B rays are shorter and more intense, therefore making it easier for skin to burn. The radiation being emitted from the tanning beds is dangerous because of the concentrated light. The new "invention" in tanning beds today is the switch from "harmful" UV-B rays to "safe" UV-A rays because

the UV-B rays cause sunburn more easily. While this is true, controversy still arises because the UV-A rays from the tanning beds can increase the harmful effects of the UV-B rays from the sun. Dr. Kenneth Lloyd, a board-certified dermatologist in Boardman, Ohio, explains that it is a fallacy to think one can build a tolerance by using a tanning bed to protect oneself from burning on vacation. Furthermore, overexposure of UV-A rays can lead to many health problems such as skin and eye burns, cataracts, premature aging of the skin, skin cancer, and damage to the blood vessels. The connective

tissue and the body's immune system may also be damaged. According to Dr. Leonard Harber of Columbia-Presbyterian Medical Center in New York, tanning beds produce five times more UV-A rays than the sun, in any given time period.

A perfect tan without lines is impossible if that is what people are trying to achieve when using a tanning bed. When the areas being exposed are not usually exposed to the ultraviolet rays, irregular blotching and burning can occur. The same is true when trying to prolong a tan; it will only worsen the harmful effects already done by the sun.

When one is planning on using a tanning bed there are many things to be aware of to prevent injuries, burns and skin cancer. In 1987, 2,000 Americans were treated in emergency rooms for corneal and skin burns from tanning beds. The American Medical Association on Scientific Affairs and the American Academy of Facial, Plastic and Reconstructive Surgery recommend using these safety tips before using a tanning bed: (1) do not go if antibiotics, antihistamines, or birth-control pills are being taken, (2) do not go if skin burns easily, (3) do not go if cold sores are easily obtained, (4) only go 30 to 50 sessions a year, (5) wear goggles at all times, (6) use ultraviolet light screening balm, (7) set the timer so only the correct amount of time is used and, (8) have an attendant near by in case of an emergency (94). So called "safe" sessions and regulated times are not so. The time allotted in the bed varies as does the intensity of the bulb. Any difficulties could arise if the operator is not properly trained.

When preventing injuries and burns there are some basic tips that need to be learned and practiced. The first of these steps produced by the Federal Trade Commission is to recognize skin type and use the maximum timing for that type. Second, be sure of when one's time limit will be up and have a time that automatically shuts the bed off or a buzzer to warn when the time is up. Third, always wear sterilized goggles to protect eyes from the ultraviolet rays. If goggles are not worn, severe eye damage could result by harming the cornea and lens. Finally, make sure the tanning bed is cleaned before using it. Cleaning with alcohol or hexachlorophene is preferred. Lastly, the person using the bed must sign a written statement admitting knowledge of tanning device.

The most sensitive skin zones are the eyes, ears, nose, cheekbones and shoulders. Proper protection should be taken to protect these areas before

tanning. According to the magazine article, "Healthy Tan", the skin cancer figure could double to more than one million yearly cases during the next 25 years due to the combination of the harmful effects from the sun and tanning beds. Therefore, the Cancer Society advises that all tanning salons, booths, beds, reflectors and lamps should be avoided.

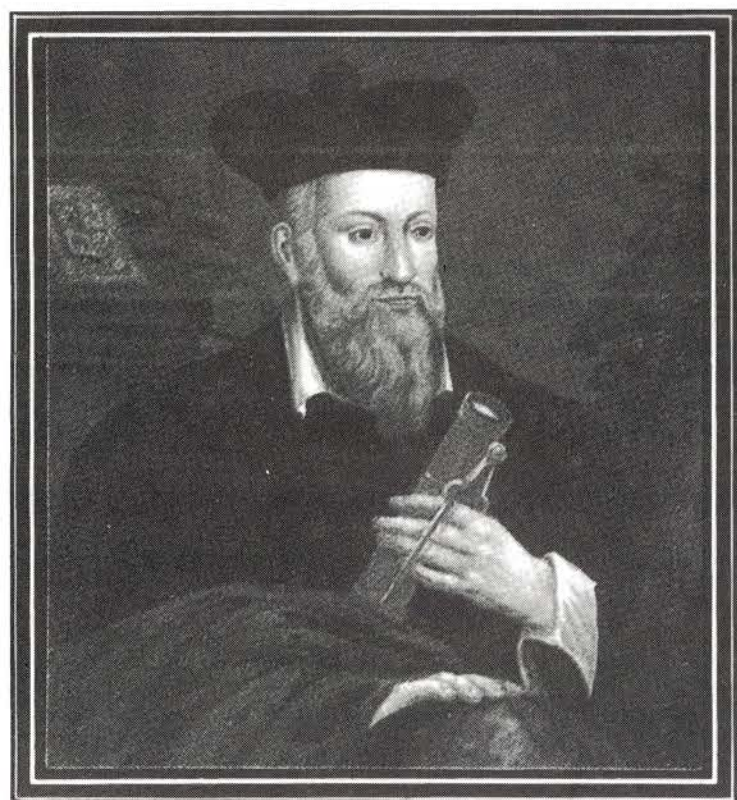
In the early stages skin cancer may appear as a discoloration of the skin. Moles, birth marks, and irregularities may change their size, color, shape or thickness. Ophthalmologists report that out of the 152 patients they care for 132 are treated for corneal and retinal injuries. The eyes are a highly susceptible area to the ultraviolet rays. Without the use of goggles the eyes can suffer from cataracts, conjunctivitis or corneal injuries. Dermatologists also report that out of the 344 emergency room respondents, 220 suffered from tanning bed burns with 105 being first degree burns.

At the end of 1990, 30,000 Americans were found to have developed malignant melanoma and 9,000 of those patients died. A study taken on the cells from mice exposed to UV-A rays comparable to those of a tanning bed found that there was an increased rate of mutation, therefore indicating a presence of potential carcinogens.

It has been proven one too many times that using tanning bed to achieve a tan is harmful to the skin in more ways than one. But since there are no plans to outlaw these lamps or enforce stricter rules, people must be aware of the harmful health effects, and if using one, know the steps in preventing permanent damage to the skin. Just getting a tan is a signal that damage has been done to the skin. The main point is best stated by an FDA official, "Our advice to people is to not using suntanning beds".

## Armageddon? Nostradamus' early predictions

by Laci Reed



(3rd of a 5 part series)

Nostradamus not only predicted the future, but also influenced it. During the 16th century, he led Catharine de'Medici through tempestuous years. She became widowed in 1560, and was faced with the menace of death for her son, Francis II. The Queen sent for Nostradamus to reveal the predestination of the Valois royal line.

At midnight, the Queen and Nostradamus entered a laboratory in which a magic circle on a stone floor was placed in front of a sorcery mirror. On the mirror's corners were scriptural readings of four Hebrew names of God: Yahweh, Elohim, Mitratron and Adonai, in pigeon's blood. With a candle in his hand, he lead the Queen to the magical mirror singing a tender incantation to the Angel Anael which would stimulate the mirror's power. Within the mirror, a vision of a room stretching beyond the laboratory wall emerged.

In the mirror's image, Francis appeared gazing at his mother, proceeded to walk around the room once, then vanished. This signified the coming of his death. The prophet then chanted to bring a foresight of Charles who circled fourteen times. This illustrated that he would rule for fourteen years before his death. Next, Henry III was seen circling only fifteen times. In dismay, she watched her last son, the Duke of Alencon, being transfigured into another young prince, Henry of Navarre.

After seeing this, Nostradamus blew the image away. The Queen was haunted by this for the rest of her life. It influenced her to marry her daughter, Margerite, to Henry of Navarre to try and save the Valois house.

Although this is just a mild background of his witchcraft, he experienced predictions through astrology. Through understanding the astrological make-up, he

administered cures to his patients. When the cast of planets and constellations were in harmony, he would give his patients a certain kind of medicine.

A few predictions he made during this time were:

"That which fire and sword could not accomplish will be managed by a sweet speaking tongue in council:

The King will be made to contemplate the dream seen while sleeping, he will see the enemy not in war or military blood."

This was the assassination of Henry III of France by a Dominican friar. He entered the King's bedchamber and went close to the King drawing a dagger and killing him. He then died by the swords of the guards.

"A great empire will be for England.

The all powerful one through the sea for more than three hundred years:

Great forces will pass by land and sea, the Portuguese will not be satisfied."

This foretells the rise and fall of the British Empire. Nostradamus saw this over a three hundred year period, and predicted this within a short time.

"Before the war comes, the great wall will fall,

The King will be executed, his death coming too soon will be lamented.

(The guards) will swim in blood, near the River Seine the soil will be bloodied."

This in terms was the prediction of the French Revolution. There was a table in Bastille which laid the volumes of "The Centuries" open to where the prophet's words were written 273 years before.

These are just three of his predictions. They are more to come in the next issue. Better known occurrences such as: Hitler, assassination of John F. Kennedy, the space shuttle Challenger disaster, the U.S. — Soviet alliances, and others. What will happen between the U.S. and Russia will be revealed.

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Senior High School Library  
Salem, Ohio



# A Crazy World with a new bag of Trix

by Wendy Phillips

Last Sunday night on April 14, I had the pleasure of witnessing one of the best shows I have ever seen. It was the SCORPIONS and TRIXTER concert and it was awesome! Me and five other of my good buddies went to the event. We rode up in a beautiful black, fully accommodated limousine and had a great time. We got there just in time to see TRIXTER opening.

This band from New Jersey has been out and with their hit "Give it to Me Good" opened up for Don Dokken for awhile, and now are touring with the Scorpions. Their opening song was "Bad Girl" and was followed by my personal favorite, "Heart of Steel". The line-up of tunes was great ranging from a ballad entitled "On and On" to the heavier ones like "Give it to Me Good" and "One in a Million". The sound was good and Pete Loran, the lead vocalist, did a fairly good job motivating the crowd. The other members like Steve Brown and P.J. Farley contributed well to the

successful show. As far as I know, Trixter will be touring for a little while longer with Scorpions and added Great White until summer. Then Trixter, as Jani Lane told me himself, will be hooking up with Warrant at Blossom Music Center and some other places for a summer tour.

Still roused up from the Trixter show, I eagerly awaited the headliners. I had seen them once before at the Monsters of Rock, but that was three or four years ago. Will they still be able to rock the crowd like they did before? I need not have doubted them a minute. The second they got on stage the crowd roared. They started off with a few of their songs off their Lp entitled "Crazy World" with songs like "Tease Me, Please Me" and "Don't Believe Her" and also their new release, "Winds of Change" that aired as a world premier on MTV's Headbanger's Ball a few weeks ago. From there they did some of their classic tunes like "Big City Nights", "Rhythm of

Love", "Can't Explain", "No One Like You", and for their encore, they did their rockin' tunes "Still Loving You", and "Rock You Like a Hurricane". If you get a chance, check these guys out. They will be in Pittsburgh in May. And if you don't take my word for it, here are some other people who went:

Cindy Carlariello — "Scorpions were great, but a little mellow. Trixter — P.J. (Farley) rules!"

Emma Roush — "Fantastic! It was awesome!"

Vanessa Sicilia — "Scorps were really cool, but Pete (Loran) was who I paid to see and I got my money's worth. He was so indescribably sensual that I could taste it five rows away! But backstage was even better."



Jennifer Jo Rice streaks to the finish line as the Salem Quaker Girls Track team recently won the Ward Invitational at East Palestine.

## Eating Right: It's just common sense

by Terry Beall

In today's society, health and fitness is becoming more important than life itself.

Many people are trying to get healthier by doing unhealthy things. Women are known for their crash diets, eating practically nothing but salad and water, just to look good in their summertime bathing suits. These diets result in rapid weight loss that usually returns in less time than it took to lose it. What these women (and men) do not understand is that with a sensible diet and moderate exercise, they can become fit and trim. The results will take longer than the crash diet but the person sticking to a healthier diet will have much more energy, and a better attitude, than the crash dieter. Studies have shown that a person should only drop about five pounds per month. When a person drops weight rapidly, without eating properly, will usually lose more muscle than fat. Muscle never made the body look bad, so why lose a

good thing? Luckily, there are many magazines out today to help the needy people searching for that perfect body. "Muscle and Fitness" has produced a list of 20 foods good for the body. If dieters follow a good listing of food and exercise regularly, they will sooner or later achieve their perfect body. It's all a matter of time and a true desire to be physically fit.

1. Egg Whites — Stay away from the yolk because of high cholesterol.
2. Oat Bran — Stabilizes blood sugar level and lowers cholesterol.
3. Nectarines — Low sugar content and high in nutrients.
4. Water-Packed Tuna — Low fat and quality protein.
5. Brown Rice — Fiber and complex carbohydrates.
6. Power Pancakes (by Joe Weider) — Supplies body with soy protein isolate, branched-chain and free from amino acids.
7. Dried Fruits — High in iron and fiber.
8. Lentils — High fiber, low fat and high protein.
9. High-Protein Pasta — Complex carbohydrates and protein.
10. Fookies — Healthy "cookie" with low sugar.
11. Spinach — Plenty of vitamins and minerals.
12. Chicken — Loads of protein without red meat, low fat with skin removed.
13. Turkey — Also provides loads of protein, low fat with skin removed.
14. Peas — High in protein.
15. Fat-Free Yogurt — Good source of calcium, add fruit for a great desert.
16. Baked Potato — Complex carbohydrates, leave skin on for vitamins and minerals.
17. Clausthauer — For those that need alcohol, this is the one with the least amount of alcohol (the amount is so small it is not even considered an alcoholic beverage).

18. Grapes — High on fiber and provide a burst of energy with glucose.

19. Whole-Grain Bread — High in fiber and delicious.

20. Pick What You Want — As long as it is healthy!

The information for this article was taken from the May, 1991 edition of Joe Weider's "Muscle and Fitness."

### The Silent Confession

What is it?  
That makes me so defenseless?  
When I lie awake in the dark  
every night  
And I can't stop thinking about  
you

Every thought, every dream  
Every memory  
One subject, one theme,  
One person  
You.

And although in daylight  
I hide.  
Responsibilities, obligations,  
Commitments  
It all comes back to haunt me  
At night, every night,  
When I'm alone  
It seems so ironic,  
You — the problem,  
You — the solution.  
And why, the very thing  
That draws me toward you  
Is the very same  
That pushes me away  
To the spirit yearning to be free  
Of the presence that induced  
Every emotion  
To escape the captor  
Who returns from the dark  
One vow is made.  
I WILL get over you.

### When Words Said

When words said  
That make the ears hurt the  
heart  
Of wrongful confessions  
Said of body but not of soul  
The sorrowful victim, the pitiful  
fool  
Who becomes drunk as well  
Consuming the lies  
Perhaps even knowing of the  
truth  
How even sadder yet  
The enchanting spell that binds  
the soul  
Of time gone by  
To render no change  
For the heart remains true  
Although the reason does not

## The Pajama Game

Tonight and Tomorrow Night

8 P.M. at Salem Senior High School

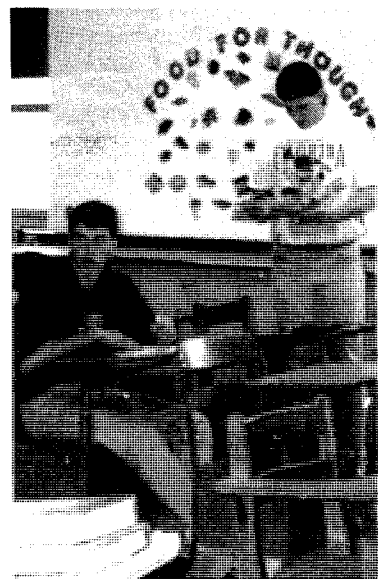
Adults — \$4.00

Students — \$2.00

### '91 Senior Countdown (The Final Month)

#### May

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
no school 27 Memorial Day	28	29	30	31



Seniors Dave Clunk and Kurt Delfavaro studying nutritional value in foods class.

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

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GEORGE V. VOINOVICH, GOVERNOR JOHN R. HALL, DIRECTOR

April, 1991

Dear Student:

You and I don't know one another, but I think I know something about you. You have some goals and a vision about what kind of life you would like to have after graduation. You try to be a good friend and, if the truth were told, you love your parents and want them to take pride in you as a person.

This time of year is a special and exciting one for juniors and seniors across the country. There are proms and graduations, occasions that are especially meaningful. There are some individuals who feel that the joy of these events cannot be achieved without the use of alcohol.

You may choose not to use alcoholic beverages. If so, I think yours is a wise and mature decision. You have made a choice in favor of health, safety and personal contentment. You have made a choice to be the important individual that you are. You are well on the way to a productive and happy life. I commend you and wish you the best.

Others of you will choose to use alcoholic beverages. In fairness to you, you need to be aware of some things. First, only parents or legal guardians may give alcohol to their own kids. Kids can only drink it if they are with their parents or legal guardians. Parents cannot give alcohol to their children's friends who are under 21 under any circumstance. That means even in your home even with their parents permission. Parents may not knowingly allow a person under 21 to remain in their home or on their property while consuming or possessing alcoholic beverages.

Those convicted of giving alcohol to a person under 21 years of age will face maximum sentences of 6 months in jail and/or \$1,000 fine. Officers can also take any alcohol, money or property used in committing these offenses.

You will also be breaking the law if you attempt to purchase alcoholic beverages. In addition, anyone who purchases alcoholic beverages for you, sells them to you, or just gives them to you can be sent to jail.

You will be breaking the law if you have an open container of alcohol in a motor vehicle. If you are 16 or 17 years old and caught driving with a blood alcohol concentration of at least .02 but less than .10 of one percent (you can reach this level after just one or two drinks), you can be arrested. Punishment is a 60 days suspension of your driver's license or suspension until you turn 18, whichever is shorter.

This spring, the Department of Liquor Control will be intensifying its enforcement efforts across Ohio. Our undercover investigators will be arresting those involved with underage drinking. You can assist us by calling our toll-free Hotline at 1-800-282-3477. Tell us which bars, carry-outs and drive-thru's sell alcoholic beverages to those under 21. We will investigate every "lead" you give us.

Be a good friend. Don't let your friends drink. Keep yourself and your parents out of trouble with the law. Preserve your health and safety and your driving record. Have fun this spring and best wishes for your continued success!

Sincerely,

JOHN R. HALL  
 DIRECTOR

## Please God, I'm only 17

*In an effort to reduce and eliminate drinking and driving during the prom and graduation season "The Quaker" and American Commodore Tuxedo present two perspectives of the effects of drinking and driving.*

The day I died was an ordinary school day. How I wish I had taken the bus! But I was too cool for the bus. I remember how I wheedled the car out of Mom. "Special favor," I pleaded. "All the kids drive." When the 2:50 bell rang, I threw all my books in the locker. I was free until 8:40 tomorrow morning! I ran to the parking lot, excited at the thought of driving a car and being my own boss. Free!

It doesn't matter how the accident happened. I was goofing off — going too fast. Taking crazy chances. But I was enjoying my freedom and having fun. The last thing I remember was passing an old lady who seemed to be going awfully

slow. I heard a deafening crash and I felt a terrible jolt. Glass and steel flew everywhere. My whole body seemed to be turning inside out. I heard myself scream.

Suddenly I awakened; it was very quiet. A police officer was standing over me. Then I saw a doctor. My body was mangled. I was saturated with blood. Pieces of jagged glass were sticking out all over. Strange that I couldn't feel anything.

Hey, don't pull that sheet over my head! I can't be dead. I'm only 17. I've got a date tonight. I'm supposed to grow up and have a wonderful life. I haven't lived yet. I can't be dead.

Later I was placed in a drawer. My folks had to identify me. Why did they have to see me like this? Why did I have to look at Mom's eyes when she faced the most terrible ordeal of her life? Dad suddenly looked like an old man. He told the man in charge, "Yes, he is my son."

The funeral was weird experience. I saw all my relatives and friends walk toward the casket. They passed by, one by one, and looked at me with the saddest eyes I've ever seen. Some of my buddies were crying. A few of the girls touched my hand and sobbed as they walked away.

Please — somebody — wake me up! I'm not dead! I have a lot of living to do! I want to laugh and run again. I want to sing and dance. Please don't put me in the ground. I promise if you give me just one more chance, God, I'll be the most careful driver in the whole world. All I want is one more chance.

Please, God, I'm only 17!

(One life is all you have, so have fun, but be smart and don't take chances. If you won't think of yourself, think about the other person in the other car!

PLEASE DON'T DRINK AND DRIVE!)

## I'm stuck in this chair

Written by Andy Smith

Life after head injury means quite a few things. For instance, you may as well forget about your friends (and girlfriend), mainly because they don't know how to deal with you. If you have a speech problem, or if you are not able to walk, your friends feel uncomfortable and guilty.

Your life becomes extremely hard to deal with. Little things that you take for granted, like tying your own shoes, brushing your teeth, combing your hair, dressing yourself, learning how to eat completely over, having to be helped to use the bathroom (I mean all sorts of privacy goes down the drain). Eating in restaurants can be an extremely big embarrassment. Just being seen crippled, or screwed up, is very embarrassing.

My friends and family are two totally different areas, for most of my friends have been very

unsupportive. My family's been truly wonderful, for I never would have survived without the tender loving care of my entire family.

Life after a head injury like mine is very frustrating because people can't understand everything I'm saying and they play it off by saying, "Oh, really?" or "Are you serious?" It's also frustrating not to be able to wash my car or go over to my girlfriend's house. I can't just get up and go where I want, when I want. I'm stuck in this chair until someone takes me someplace. (In other words, I have no real independence).

In closing, the one message I have to tell you is stay away from alcohol. In the long run, you end up destroying your life, as well as the lives of your family and friends. Drinking and driving just isn't worth it.

(Andy was injured on September 30, 1981, while he was a passenger in his buddy's car. They had both been drinking, Andy just happened to be the passenger instead of the driver. Of course, it was quite a shock to his parents since they had never had alcohol in their home. Andy never made a habit of drinking, which proves that it doesn't matter how much one drinks, it can happen to anyone at anytime. As a result of the crash, Andy lived at Riverside Hospital for nine months, followed by a year at a rehab hospital near Toledo. He still has to have some supervision for most of the day. His therapy has gone very well — much better than the doctors ever expected — but he will wear the scars from this one-time fun night for the rest of his life).



# Don't Drink and Drive

The life you save may be your own!

Senior High School Library  
 Salem, Ohio



# Salem Sports

## Building a brick wall

by Nathan Swetye

This year, the Salem Boys and Girls Track Teams are rebuilding their "Brick Wall" of power. The loss of around a half score of graduating Seniors crumbled the topmost layer of might, but that doesn't seem to slow them down.

Usually, when a team loses as many lettermen as both teams did last year, the team would spend a year or two "rebuilding" the team to its potential. This period of reconstruction would mean the loss of some meets, and probably the county and MVC meets as well.

However, the Boys Track Team had already done its rebuilding earlier during winter track, and now, the team is doing almost as well as they should be. This proves that the loss of such seniors as Brian Martin and Chris White is not crippling. The girls team, with veterans Theresa

Kaine, Kim Manning, Tricia Wilms, Amy McDevitt, Amy Coy, Jennifer Jo Rice and Maureen Kaine have also picked up right where they left off last year.

During the past few weeks, the boys and girls teams have participated in several meets. These meets included the Ward Invitational, where the boys took fourth and the girls took first; the Canfield Invitational, where the boys took third and the girls took second; and a duel meet against JFK in which both the boys and girls took a first. The win over JFK "was a miracle," said boys team captain Eric Murray. Another comment, made by Tom Menning, said that the red-line wasn't focused, and as a result, it almost cost us the meet.

The girls team, however, smashed

JFK, and did it with ease. In fact, during the 3200 meter run, the JFK girls didn't even have a runner.

One minor setback for the boys is their field events. The weightmen, pole vaulters, and jumpers only rake in about one-eighth of the team's overall points. Since the field events make up most of the first day of the county meet, the team's points will probably be rather low. The squad will be pushed harder than before, in an attempt to strengthen their point intake.

The county meet was held this past Tuesday and Wednesday. Next on the minds of the teams is the MVC meet, and after that, Districts. Hopefully, team members will make it to Regionals and State after that. Good luck to all of the men and women involved!



Chris Kornbau has his sights set on the finish line.

## All systems go

by Jeff Cecil

Salem has improved their record to an astounding 10-2. Salem has managed to crush whatever opposition that has stood in their way. Salem's only 2 defeats have been to Howland and Girard by 4-0 and 4-2 scores respectively. Salem has improved this year's record beyond what anybody has thought possible. The mental attitude this year has also been exceptionally good. Things are looking good this year for a Mahoning Valley Conference championship title. So far the Quakers have only 1 loss in the MVC. Some of the baseball players had a few things to say about the season.

Robbie Roberts — "I think that the key to our success has been a great defense and successful pitching."

Brad Stephens — "Good overall team attitude and we are hitting the ball very well."

Brian Petrucci — "We have been working hard at practice and we have also had great coaching."

Dave Clunk — "There has been a great team attitude so far this season and we have been hitting as well."

Matt Alix — "Working hard at practice and better overall concentration on the game itself."

Beau Hendricks — "We have been hitting the ball and have also been playing a tough defensive game."

The results of Salem's success speak for themselves. "We have hit the ball well consistently and that is what we need to do. Our offense overall has improved greatly," remarked Coach Lantz. So far the

most amount of runs that Salem has allowed a team to score on them this season is 4. The only teams to do this were Howland and Girard, the only teams that have defeated Salem this year. In six of Salem's wins this season out of the ten Salem has held the opposition to either zero to one run. This year the baseball team has a serious look of a state championship contender, and if they keep their nose up, the only thing that could stop them is their dreams.

## Tennis is pumping up

by Jodi Chappell

The Boys Tennis Team is taking it to the net. They are off to a slow start, but are working towards improving their record of 2-6. The team, under second-year coach Joe Judge, has struggled through many difficulties, one being the weather. Salem Racquet Club has been the setting for a few of their matches.

The team's schedule is quite rigorous. Opponents include teams like Mooney and Boardman, who play tennis competitively year-round. The first match was held on March 27 against West Branch. Salem came out victorious with wins from Jeff Mooney, first singles; Andy Brothers, second singles; and Ken Lee, third singles. East Palestine was the next team played. The final score was 2-3. With Salem suffering a hard defeat. Winning for the Quakers were Ken Lee, third singles; and Terry Girscht and Shawn Ritz, second doubles. On April 8, the team won impressively against United. Since then, they have played Mooney, Ursuline, Poland, J.F.K., Howland, and Fitch; losing to all.

Tennis does not get the support that other sports such as football or basketball. The team would appreciate students and faculty to be at their matches to root them to a victory. This is the remainder of their schedule:

Monday, April 29, Alliance, home; Tuesday, April 30, Niles, away; Wednesday, May 1, Liberty, home; Thursday, May 2, Struthers, home; Monday, May 6, West Branch, away.

The Quaker would like to wish the Salem Boys Tennis team Good Luck in the rest of their matches and tournaments.

## Hitting for the top

by Anika Pierce

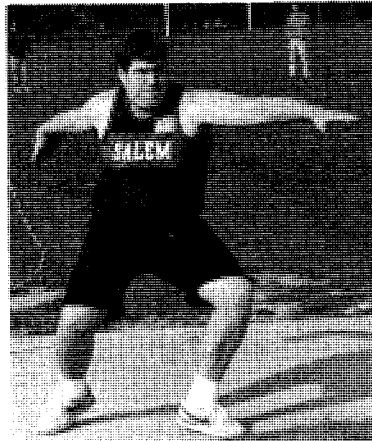
The Salem girls are 2-7, as of Friday, April 19, in their second year of fast pitch softball under Coach Conser. It does not seem like a very good record, but the team is trying their hardest and doing well. The losses were only by a small margin and were good games to watch. The season is not a major disappointment like many people would think by the record. The team consists of three seniors, four juniors, three sophomores, three freshmen, and a foreign exchange student. This is a mixture of young women who have not really worked together striving for the same thing, to WIN. They will if they keep up the good work.

Members of the team are as follows: Sharla Brown, Jenny Evanoff, Vanessa Sicilia, Kristen Ehrhart, Erin Funk, Jamie Lesch, Tina Singer, Marcie Baker, Heather Heath, Erika Funk, Ana Sornoza, Megan Alix, Amanda Ciotti, Tara Mancusso.

In Junior Varsity action, the team stands at 2-1. They are coming off an exciting game against Struthers. Picture this in your mind, bottom of the seventh inning, you're down 16-10 with two outs, you need seven runs to win — thoughts running through your mind — CAN WE DO IT? Yes, is the answer. In that situation the JV's did win. Jamie Ward tied the game with a hit and then scored the winning run to lead her team to a 17-16 win over Struthers. Congratulations!

As the season goes on we would like to wish the team GOOD LUCK in the rest of their season.

The JV team consists of Courtney Beaver, Charly Ramsey, Vanessa Haselow, Robin Kirkland, Angie Sicilia, Jamie Ward, Shannon Hollister, Crystal Bowers, Ashley Charnesky, Lisa Evanoff, and Lisa Beck.




Mike Petty readies himself for another throw during a recent track meet.




Maureen Kaine begins to overtake another runner in the 3200 meter relay at the Ward Invitational at East Palestine.

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**Mon-Thurs**  
9:30-8:00  
**Saturday**  
9:30-5:00

Quaker Sports Calendar	
April 29	Varsity Baseball (home) — Poland J.V. (away) Varsity J.V. Softball — Poland (away) Boys Tennis (home)
April 30	Varsity Softball (away) Boys Tennis (away)
May 1	Girls-Boys Track — Canfield (away) Varsity Baseball (away) Struthers J.V. (home) Varsity Softball (home) Struthers J.V. (away) Boys Tennis (home)
May 2	Boys Tennis (home) Girls-Boys Track — Girard (away)
May 6	Varsity Baseball (home) Campbell J.V. (away) Varsity Softball (away) Campbell J.V. (home) Boys Tennis (away)
May 7	Varsity Baseball — Beaver Local (away) Varsity Softball — Columbiana (away) Boys Tennis (home) Girls-Boys Track — Struthers (away)
May 8	Varsity Baseball (home) Girard J.V. (away) Varsity Softball (away) Girard J.V. (home)
May 9	Varsity Baseball — Softball both (home) Springfield
May 13	Varsity Baseball (away) Columbiana J.V. (home)
May 14	Girls-Boys Track — Poland (away)