

OHIO-QUAKERS
287

The Quaker

student newspaper

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Good Teens Get Their Day

by Melissa McCrae



National Good Teen Day festivities were kicked off at the Good Teen Day Assembly on Jan. 15, 1992. Although the actual day was Jan. 16, 1992, the assembly was the day before due to exams.

Mr. Viencek created a day to recognize teen-agers as a valuable and productive part of society. Viencek's inspiration for Good Teen Day came after reading the following quotes from our 16th President of the United State; Abraham Lincoln: "When you look for the good in man you will always find it."

There is a significance behind the date of Good Teen Day: January is the first month of the year and we like to think of ourselves as number one, 16 because Lincoln was the 16th president and 16 is also a special year for teens celebrating that special 16th birthday and their driver's license and is the middle of their teen-age years.

Speakers at the assembly included: Dr. Burton D. Schoffman; Superintendent of Salem City School, Alvahn Mondell; Mayor of Salem, Paul Hood; Columbiana County Superintendent of Schools, Mrs. Kress; Freshman Class

Advisor and James Trafficant, United States Congressman from the 17th Congressional District was the guest speaker.

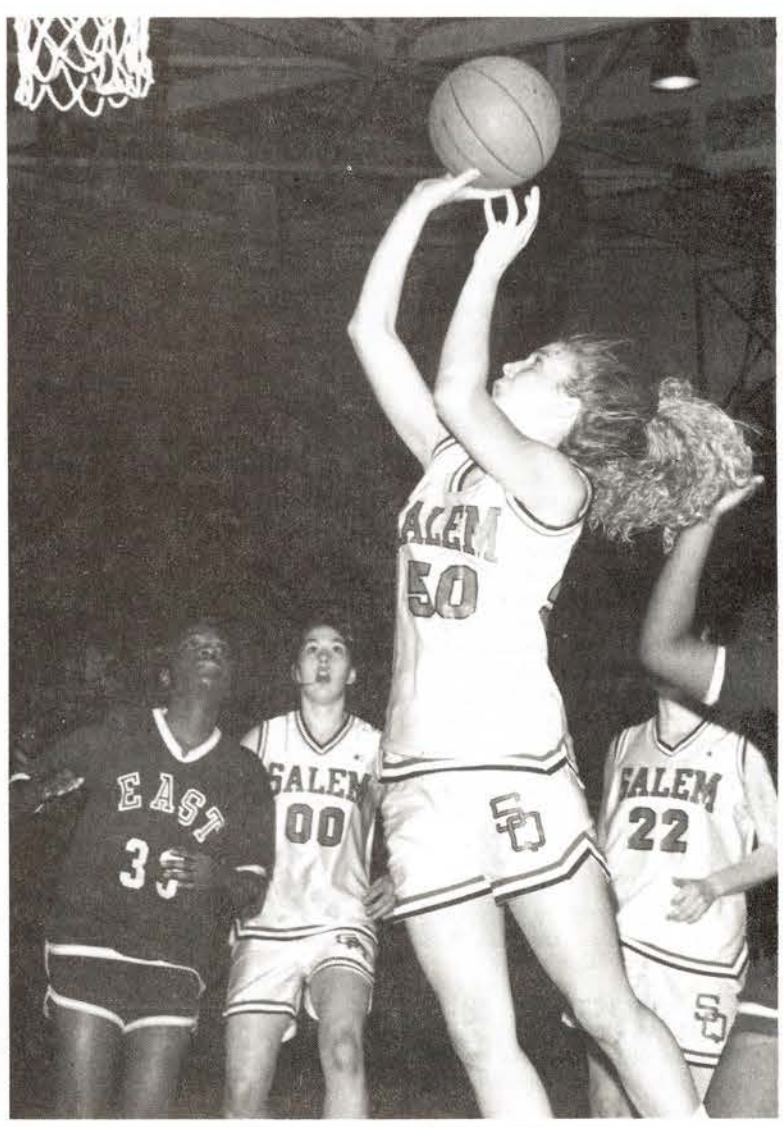
In conjunction with Good Teen Day, the Freshman class under the supervision of Mrs. Kress held a candy bar sell with all of the proceeds from the sell going to the Freshman Class. Students could pick up their candy bar on Good Teen Day in the cafeteria before school and between exam periods.

Mayor Mondell had many kind

things to say about today's teens. Here are some of the comments he made: "It's a wonderful thing that teen-agers are being recognized. I am very happy that the first effort along this line will be right here in Salem, Ohio. Looking at all these distinguished people behind me and even myself included, we were all teens at one time. As a teen I was recognized quite a bit. Sometimes I didn't want to be recognized." Mondell presented the teens in Salem with a proclamation stating that Jan. 16, 1992 would be the first National Good Teen Day and that the students of SHS would be the 1st teenagers in the United States of America to be honored on a day designed especially for them.

Representative Trafficant gave students of SHS three very important pieces of advice: "Listen to your parents, do well in school and listen to your teachers." In his speech he also made a very important point when he made the comment: "Watch who you hang around with, make good decisions about other people and choose your friends wisely, because you can't choose your enemies."

I hope that all of the Teens at SHS had a wonderful Good Teen Day!



Valerie Scott drives to the basket for 2 against Youngstown East. Senior High School Library Salem, Ohio photo by J. D. Creer

Steroids: A Dilemma in Society

by Kristy Ebinger

Editor's Note: ESPN devoted an hour long show on Dec. 17, 1991 to the problem of steroids in society. The following is a story using information from that program.

Steroid, or the "drug of choice", use has increased worldwide spreading from East Germany to the United States from ages as young as 10 years old. The effects of the drug include a defined appearance, and an increase in muscle mass, but eventually the side effects of the drug can lead to death.

Size, strength, and speed are requirements in most sports and without those who are not large are without a job. Steroids sometime save jobs temporarily, but they lead to ruined lives, a shattered career and sometimes extreme medical conditions. Steroids, often classified as an anabolic drug, may seem to be the easy way of achieving that life long dream of becoming a NFL offensive lineman, or ranking seventh overall in the men's Olympic swimming division, but your dream will end up being short lived. Realistically, one out of every 43 high school football players will play in college, and one out of every 25 college players will succeed in playing for the NFL. Only with hard work, talent, and once in a lifetime chance will anybody compete in the Olympics.

Even after a short period of time the drug will begin to show effects of bulky, larger muscles, increased speed and strength, and definition, but people who make the decision of experimenting or dabbling with steroids will suffer the consequences. The general effects in both men and women are an increased risk of heart diseases, liver complications early on in life, and a psychological impact. Women will suffer from male baldness, facial hair growth, and a deepened voice. The effects in males are an abnormal sperm persists, breast tissue will begin to form, and balding will also occur. Out of the 1,000,000 teens that use steroids the majority of them will experience a psychological impact, scarring acne, and their growth will be stunted.

Terry Long, former offensive lineman of the Pittsburgh Steelers, was

told that he would be taken off the team and later replaced by someone younger, larger, and stronger. Long couldn't halt his aging cycle but he could increase his appearance and give the team the physique that they were looking for. Taking steroids saved his job, but at a basic football camp he tested positive and was suspended from playing. Tied down with a load of depression, guilt, and confusion he attempted suicide, luckily surviving.

Steve Courson, former NFL offensive lineman, now suffers from a bad heart condition caused from steroid use. He is no longer able to play football, the sport that his life was revolved around for years. Lyle Alzado, defensive lineman for Denver, Cleveland, and the L.A. Raiders, is stricken with a brain tumor, that although has not been proven by doctors yet, he acclaims is the result of a history of steroids. Rank Hammerman, who placed seven overall in the 1988 men's Olympic swimming division, tested positive and the privilege of ever playing in the Olympics has been expelled.

Maybe one of the most realistic and "home hitting" cases is that of John Wheeler, a 27 year old who suffers from a rare genetic disorder called Morphine Syndrome, and a long history of heavy steroid use. As a basketball player in high school he was encouraged by both his coaches to submit himself to Dr. Walter Harp who prescribed him an anabolic drug to be taken over a period of two months. Wheeler continued to take the drug under orders of his coaches for a year and a half. He is now dying and is in the process of filing a lawsuit against his high school coaches. Who is to claim in that incident? Because of the ignorance of the doctor and the stupidity of the coaches, and the density of Wheeler they are all to blame, but unfortunately John Wheeler must pay the consequences.

One high school student related to the L.A. Times, "If everyone didn't take them then it would be fun. But because the competition is so high, the further you get into the elite levels, the more the inches count." Is a few extra inches that will help you get into that "oh so wonderful" school worth the pain that

you will later have to face. A career that you have wanted since a child will be worthless when the results of the test come back positive. Steroids can kill, not only life itself, but what life is all about.

Club Activity Update

National Honor Society

Advisors: Mr. and Mrs. Jekovitch
Officers:
President: Mary Rottenborn
Vice President: Craig Belaney
Secretary: Robin Oberle
Treasurer: Heidi Auman
Activities: The Student Council is having a Blood Drive in February and the NHS will be taking part in the Blood Drive also. The initiation for all eligible Juniors will be held in March. A social event is being planned for the spring but the date is unsure at this time.

Spanish Club

Advisor: Mrs. Marhefka
Officers:
President: Jason Smith
Vice-President: Mike Bigham
Secretary: Marcy Tkatch
Treasurer: Heather Dugan
Activities: They plan on having a concession stand on February 4. They are also having a meeting to watch their ski trip they had earlier.

Key Club

Advisor: Mr. Washinko
Officers:
President: Jason Aldom
Vice-President: Darren Walker
Secretary: Traci Wright
Treasurer: Laura Farkas
Activities: On Feb. 8, the club is planning to paint picnic tables at Centennial park. A division meeting of the new officers will be held on Feb. 9. A new Key Club is being started in Leetonia.

Interact

Advisor: Mrs. Hutson
Officers:
President: Ben Heineman
Vice-President: Lisa Olson
Secretary:
Treasurer:
Activities: Interact is looking to elect a Secretary and treasurer. They are also talking about a

concession stand at an upcoming basketball game. In the spring a trip to Columbus is being planned. Also, the Salvation Army stated that they were pleased with the support that they received.

Students Against Driving Drunk (SADD)

Advisor: Vicki Luther
Officers:
President: Jane McKinley
Vice-President: Jan Penner
Secretary: Kristi Ebinger
Treasurer: Emma Roush
Activities: Currently working on Display case upcoming Concession Stand on Jan. 21.

Academic Challenge

Advisor: Mrs. May
Activities: The group will have a County Bowl on March 9, 11, and 12 and a television competition tentatively set for March 29.

American Field Service AFS

Advisor: Mrs. Breckenridge
President: Becky Donnelly
Vice-President: Melissa McCrae
Secretary: Jaynie Crawford
Treasurer: Mrkanda Fitch
Activities: Hockey game on February 29. Members must have \$5 dues paid in order to attend. There will also be ice skating on February 1st.

German Club

Advisor: Mrs. Reed
President: Traci Wright
Vice-President: Emily Mager
Secretary: Maureen Kaine
Treasurer: Denise Lee
Activities: They plan on having charity events. They also plan on having a carnival for Mardi Gras. During Spring Break the two and three year students will be going on a trip to Germany and the Alps.

French Club

Advisor: Mrs. Arter
President: Sara Eckstein
Vice President: Amy Heineman
Secretary: Heather McKee
Treasurer: Krissy Milazzo
Activities: They plan on selling carnations for Valentine's Day. There have been no further plans made.

Class of 1994

Advisor: Mrs. Wilms,
Mrs. Yokubek
President: Ken Lee
Vice President: Julie Kornbau
Secretary: Jody Wirkner
Treasurer: Duke Dye
The class is hoping to work in the concession stand for the boy's basketball tournament games.

Tact

Advisor: Mrs. Cozza
Activities: The January TACT party is scheduled for Jan. 19. Festivities will include ice skating at Mill Creek Park and will be followed by food at Mrs. Cozza's house.

Yearbook

Advisor: Mrs. Tina Hays
Editor: Porsche Hite
Activities: Sponsoring Concession Stand at Friday Boys Basketball Game and also sponsoring a dance afterwards. Donations are also being taken to help save the Colored Senior Section of the 1991-92 Yearbook - must be a minimum donation of \$5.

Math Club

Advisor: Mr. Trough
Activities: The Math Club has has entered into two contests which are scheduled for Feb. 27 and 29. They have prepared for these appropriately and are looking forward to the competitions. The club is still meeting every Wednesday after school and new members are still welcome to join in all the fun.

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Voices

The Locality of Censorship

by Kristy Ebinger

Under the First Amendment of the United States Constitution, the Supreme Court clarifies freedom of speech. As a whole, people have fought battles among themselves, and wars against other countries for freedom. For over 100 years the United States has been titled as the "land of the free, home of the brave." Now, in 1992, citizens are fighting one another for limited rights. People declared freedom across the land. They also ruled censorship as constitutional, and to this day are taking the rights of free expression from sex, to books and to education.

Censorship extends beyond the walls of the classrooms into local society, Boardman, Ohio, where sex and censorship are mingled together. Video Expo, a pornographic store that opened recently, has been hounded by the people of the community to shut its doors. Judges rule that accepting cases dealing with pornography and obscenity are difficult because of the crucial fact that the Supreme Court's definition is vague.

What is obscene and what is not? The meaning of obscenity is viewed differently by each community and each individual. In one specific area what may be shameful and remorseful may not be in another area. That is the case

of a nearby Youngstown adult video store not far from Video Expo where they do not seem to attract protestors. The store is centered in a low-key residential area and includes all the common qualities of a porn shop, from private viewing booths to adult books. It is the citizens right to object to what may or may not be allowed in community as reported by Phil Burress, porno buster of Cincinnati on a recent T.V. show "Newswatch Sunday" on WKBN TV 27. Boardman residents protest that Video Expo is indecent and obscene for the community while Youngstown residents seem not to show any particular interest in the video store.

Obscenity according to the Supreme Court is "works which taken as a whole appeal to prurient (lustful) interest in sex, which portrays sexual conduct in a patently offensive way." Obscenity, if not used for political, scientific, artistic, or literally uses through the eyes of a reasonable person is ruled as unconstitutional. "Obscenity as a whole must apply to contemporary community standards." For an idea, book, store, or song lyrics to be ruled as obscene it must appeal to all three definitions of the Supreme Court or the government is not able to take action.

Society has always encouraged people to take action against government limiting the rights of the people. Women have fought for the right to equality, citizens have fought for the right to sovereignty, people have fought for freedom, for the right to achieve full first amendment privileges, yet communities protest against unwanted video stores, books involved in education, and movies appearing at the local cinema. How can we as a people be so brave and valiant yet at the same time so ignorant and hypocritical?

The increase in censorship is expanding rapidly. Citizens have begun to take action, but they fail to realize that by taking a stand against the lyrics of a song that is obscene and degrading to women, or by protesting a movie at the local cinema, or by forbidding students of a book that contains graphic material but is still useful in education, that they are limiting their rights as well. Censorship will continue in schools, in news reporting, on television, books, speeches, songs, and what is even spoken until the "land of the free" is free no longer.

I Have A Dream

by Marcie Baker, BPP

"I have a dream that on the red hills of Georgia that sons of former slaves and the sons of former slave owner's will be able to sit down together at the table for brotherhood.

I have a dream that little children will one day live in a nation where they will be judged not by the color of their skins, but by the content of their character. And that one day little black boys and black girls will be able to join hands with little white boys and white girls as sister's and brother's.

"LET FREEDOM RING!"

April 4, 1968 a black man was shot in Memphis, Tennessee. A man who stirred up emotions in everyone, good and bad. Martin Luther King Jr. was a man who stood up for what he believed in, a man who believed all men were created equal no matter what color their skin was, or whether they were rich or poor. This man was the son of a Baptist Minister who followed in his father's foot steps and took a job as a minister at Dexter Avenue Baptist Church and preached non-violence to all.

Mr. King was a brilliant man. He graduated first in his class at Crozer Technical Seminary in 1951. He re-

ceived his Ph. D. in Theology in 1955 from Boston University. King studied the teachings of Ghandi where he became convinced to the power of non-violent resistance of oppression. King formed many Civil Rights groups and led many peace marches. One of his groups was the Southern Christian Leadership Conference.

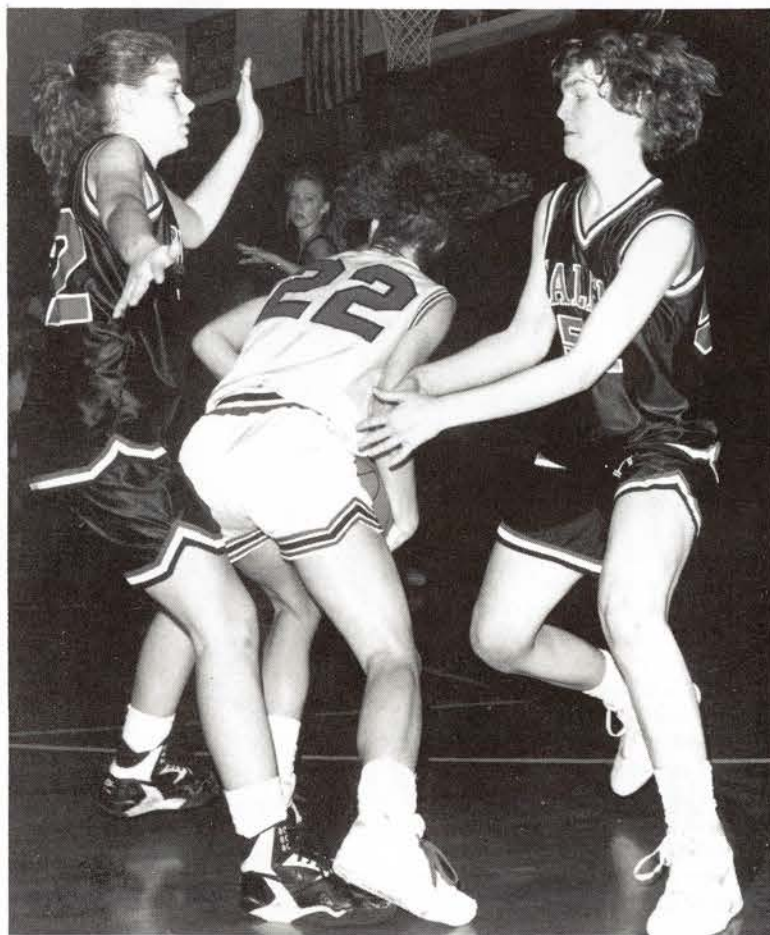
On August 28, 1963 as many as 250,000 people gathered at March on Washington for jobs and freedom delivering his electrifying "I Have a Dream" speech. In 1964 King was awarded the very prestigious, Nobel Prize for Peace.

In Memphis, Tennessee April 4, 1968, King arrived in to town for a "Poor People's Campaign" to unite all the poor of all races in a fight against poverty. When he returned to his hotel and was speaking to some friends from the balcony a gun was fired and King landed on the ground. He died later that day. Many were outraged by the actions of James Earl Ray, who admitted to the crime, but gave no motive. The murder sparked riots by blacks in more than one-hundred cities.

Over 100,000 people attended the funeral for Martin Luther King Jr. His family escorted King to the church on the old wooden wagon King planned to

use in his poor people's campaign, where later that day he was buried.

Monday, January 20, you received a day off school to remember the words and the teachings that Martin Luther King brought to the world, and all the things he stood for, racial peace and equality all over the world no matter what color peoples skins are. Today, government officials in Arizona are trying to discourage Martin Luther King Jr. Day as a holiday and states the people of Arizona will not celebrate this holiday. "It's a King thing and Chuck D doesn't understand it." Public Enemy's controversial rap, "By the Time I get To Arizona..." portrays Public Enemy members shooting, poisoning and bombing public officials of Arizona. While admitting that King "wouldn't like" the video, Chuck D states that if "the Dreamer" had lived into the 90's maybe he might have been Martin Luther King Farrakhan named after Louis Farrakhan, a violent civil rights leader. The strongest criticism has come from the people of Arizona promoting the King holiday. "It doesn't help us," says Rev. Warren Stewart, "and it does an injustice to Dr. King's legacy." The insert placed on King's tomb reads "Free at last, Free at last, Thank the almighty God, I'm free at last!!"



Laying down the 'D'. Leah Lutsch and Tricia Wilms make life difficult during a recent game at Salem Senior High School Library. photo by J. D. Creer

Drunk Driving: The Illness!

by Rick Hoffmaster

We in America today are facing a serious health dilemma. Although modern medicine has enabled us to prevent and cure as well many serious and harmful diseases, we are now facing a different kind of threat; voluntary illness. Because our modern medical advances are so great, we have come to rely entirely upon them to save us from all health issues. Resulting from this, some of us overeat; some smoke way too much; some do not get enough exercise; and many of us, hesitant to admit, drive our cars in such a manner that we have now made the motor vehicle crash the leading cause of deaths of Americans under the age of 35.

The illnesses I just mentioned are the very voluntary illnesses I am talking about. Everyone knows what the risks are, yet we choose to disregard these risks. It certainly is difficult to change lifestyles as well as habits, but a look at the lung cancer, obesity, and traffic fatality statistics makes everything clear that we must do just that if we are to improve the health of this wonderful nation. We all must stop depending on medicine and doctors to save us at the

last minute, like they have so many times in the past. Doctors and medicine cannot always cure the mistakes made only by human carelessness, we need to take time to hold up the responsibility for our own health and safety. With the rapid increase of leisure time, like people who get laid off and people who just don't work, more and more Americans tend to spend that leisure time in night clubs and bars drinking themselves to insanity. What Americans need is to start spending the leisure time wasted away at the bars and change their lifestyle to a more healthy and productive life-style.

Disregarding the facts that drinking is addictive and may have harmful side effects, many of the same people are still drinking and driving with an increased disregard for themselves, their families, and other drivers as well.

Some people do not believe that traffic accidents is a health problem or that it is not a serious problem, but that is the leading threat to health in the country!!

In Late; Out Early

by Alicia Chuey

Alot of people would like to see school resume after Labor Day. That would make sense because there are times when we go to school for two or three days, and then get out for Labor Day. If we do go back to school later and get out earlier then we would not have a spring break. We also would not have the days after New Year's like we did this past year and many years before. There are many good points to getting out early. One, summer vacation will be longer and all of the sun fanatics will be able to have more fun in the sun. Another is that there are those people who enjoy going to amusement

parks that could go from the beginning of summer until the end. Then, the ones who really enjoy sight seeing could sight see their little hearts out. There would be alot more time for vacations and just kicking back and enjoying the summer.

As of now, Mrs. Turvey is busy putting together the school system's newspaper The Forum. The Forum will give information on the condensing of the school year. Also, with the Forum a survey will be given for parents to fill out and send in. The final decision will be made with the survey taken into consideration.

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.

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

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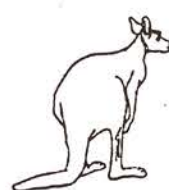
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Deadly Consequences

by Angela Sicilia

The blood alcohol level at which teens are legally considered drunk is .025%. It is much lower than the adult level. A 140-pound person who consumes two drinks in one hour could be legally considered drunk.

Teenage Drinking

Teenage drinking often leads to dangerous behavior such as drunk driving, fights, property damage, accidents, etc. Alcohol-related accidents are the leading cause of teenage deaths. At least one-half of all drivers involved in fatal crashes have been drinking. In 1985 alone, teenage drunk drivers killed 135 people in Ohio and injured 5,219. Alcohol affects a person's mental, social, physical, and economic health.

Academically, excessive drinking contributes to academic failure or other school-related problems. Teenagers may miss assignments and perform poorly in the classroom. Alcohol abusers have a high dropout rate.

Physically, alcohol can stunt physical development in early teens, impair reflexes, and lower resistance to infection.

Emotionally, it is normal for teenagers to experience new strong feelings that they may not understand. Tension and stress are common. Alcohol abuse can interfere with realistic solutions to such problems, block emotional growth and lead to feelings of failure.

Teenagers who feel good about themselves are less likely to abuse alcohol.

Drunk Driving An Accident?

More than 22,415 Americans died in drunk-driving crashes last year. That represents almost one-half of all highway

fatalities. Should drunk-driving crashes be classified as accidents? Groups like Mothers Against Drunk Driving (MADD) and Students Against Drunk Driving (SADD) are leading a fight to remove the title "accident" from these crashes. Both groups feel that people that drink and drive have made a choice to behave irresponsibly. If the people have a car crash, it is no "accident". It is a direct result of their driving while intoxicated. And if a car crash does not occur, they both say, the driver should get a severe fine for acting so irresponsibly.

SADD is established in 17,000 high schools. It is a group that is working to discourage drinking and driving. Its history is similar to the reduction in drunk driving deaths among youths.

Statistical Facts

By now you know the statistics and that drunk driving is the #1 cause of death for people the age of 16-30. An enormous amount of drunk driving fatalities and the health awareness of the last decade awakened many Americans to the benefits of giving up or the self-control of their drinking. The amount of alcohol Americans were consuming climaxed in the early 1980's, but by the end of the decade, not only were Americans drinking less, but alcohol-related traffic deaths plunged down to the lowest the country has ever seen. By the age of 18, Americans would have watched an estimated 100,000 beer commercials. Forty-nine percent of all traffic deaths last year were alcohol-related. Two out of every five Americans will be in an alcohol-related traffic accident in their lifetimes, according to the National Highway Traffic Safety Administration. Combining drinking

and driving has claimed more than 22,000 lives last year.

Alcohol-related traffic fatalities are decreasing overall and the most overall among teens. Regardless, at least 2,775 teens lost their lives in drunk-driving accidents last year.

Alcohol appears to be a major factor in most crimes and suicides. Drunk driving is illegal because it increases the likelihood of fatal automobile accidents. Alcohol is so common that many people do not realize it is a powerful substance that can lead to misfortunate effects if it is abused. The drunk-driving deaths have decreased because the law enforcement has been stepped-up and there has been more public awareness.

An Ohio law that took effect in July 1990 requires judges to order that cars be immobilized with the Club, if a person is caught driving with a suspended license as a result of a drunken-driving conviction.

Cars should be immobilized for 30 days for the first offense; 60 days for the second; and 90 days for the third offense. The most popular immobilizer, The Club, that is attached to the steering wheel costs about \$50.

If you are caught driving drunk and you are under the age of 18, a judge can take away your license. The judge will also make you pay a fine and order you to enter an alcohol abuse program. If you had an accident that killed or injured someone, you could be tried as an adult.

The penalties for driving while intoxicated are as follows. First Offense: 72 hours in jail, 60-day driver's license suspension, and a fine that can total up

to a maximum of \$1,000. Second Offense: 10 days in jail, 120-day driver's license suspension, and a fine. Third Offense: 30 days in jail, 180-day driver's license suspension and a fine.

The Supreme Court voted 6-3 that highway drunk-driver checks are legal. Some say that roadside drunk-driving checks violate the Fourth Amendment protection against unreasonable search and seizure. Several states have stiffened penalties against drunk-driving. Some laws are so strong that they may not even be constitutional. Movements to control drunk-driving throughout the country resulted in the passage of 434 new laws between 1982 and 1985 alone. Most of these laws have not achieved anything. To keep driving drunk like people do just shows that they have a total disregard for human life.

Awareness

The following are some terms that will increase your education about driving while drunk. DWI — Driving While Intoxicated. "Dram Shop" Laws — are laws that hold bartenders and tavern owners responsible for patrons who cause drunk-driving accidents. Designated Driver — a role assigned to a person who agrees to stay sober so that the others may drink. Checkpoints — are locations where law-enforcement officers stop cars to look for signs of intoxication in drivers.

The wide spread popularity of alcohol has taken its toll. Take some time and think, is drinking and then driving really worth it?

Thanks is expressed to The Beacon Journal, The Scholastic Update, and the Plain Dealer for research material to do this article.

If you have heard it once, you have heard it before, "don't drink and drive." Almost everything you hear and read today is about how deadly drinking and driving is. So you would believe that us, Americans, would not drive while intoxicated, but, it still remains one of the largest problems in our society today. What's going through our heads when we hear about a drunk driving fatality? Everytime one of us gets behind the wheel of our cars and begins to drive on the open road, we automatically open ourselves to become possible victims. If we get behind the wheel intoxicated, we victimize all the other drivers on the open road. Knowing this, why would anyone do it? A solution is simple — Don't do it! Don't Drink And Drive. Here is factual news about today and drinking and driving.

Blood Alcohol Content

An alcohol related accident is one in which a driver, a pedestrian, or someone else directly involved has a detected blood-alcohol content. In Ohio, you are legally intoxicated with a blood-alcohol content (BAC) of .10% or higher. The BAC varies from person to person. It is determined by the number of drinks and the body weight in pounds. Blood Alcohol Level (BAL) is the amount of alcohol in a person's body and it is expressed as a percentage. The percentage of alcohol in a beverage is one-half the proof. Here are some beverages and the amount of alcohol in each one.

- Table Wine: 9-12%
- Fortified Wine: 12-18%
- Wine Cooler: 6%
- Beer: 3-6%
- Light Beer: 2.5-3.5%
- Distilled Spirits: 40-60%

This Too Shall Pass

by Allyson Kilmer

packages waiting for you under the tree. You quite possibly spent hours just looking at your new stash and you finally had to pull yourself away and get ready to enjoy a fun-filled day with your friends and family at "Grandma's" house. Anyway, you most definitely had a wonderful Christmas but don't forget the good times of New Year's Eve!! I'd almost have to bet that each and everyone of you spent your night with your friends, laughing, singing, and having a great time just bringing in the new year. Well, I'm sure that this is the typical story that most of you have to tell and I'm almost sure that each of you have experienced some sort of holiday blues recently. How were you supposed to know that what you're suffering from is an actual know psychological illness and there are possible remedies that can cure the way that you are feeling?

The name for this disorder is Post-Holiday Depression and this is a very real condition that is felt by many people throughout the holiday season. There are several reasons for this actually and the most prevailing evidence is the commercialization of Christmas. People are excited about the nearing holiday season by about September, mid-October and you just can't wait to spend all of the money that you have

been saving up for this special time. After Thanksgiving, there is a continual reminder of how many shopping days left until the big day and we are constantly on the lookout for the best bargains and the newest stocking stuffers. The majority of gifts are bought and now it's time to do the dirty deed of wrapping all the presents and then hiding them underneath the freshly cut tree. Christmas Day finally arrives and you can hardly wait for everyone to see what special gifts you bought for them. The passion wears on while opening the presents but after a couple hours or so, everyone goes on to what happens next, and that of course, is the Christmas feast. The anticipation of Christmas morning is overwhelming and can never really meet one's expectations. Everything you were looking forward to is suddenly all gone.

Another conceivable reason for this sentiment of depression is the obvious fact of the dismal weather and effect on us. It's a proven fact that our personalities change as the seasons do. The winter weather normally does adjust our feelings once a year. Throughout the Christmas season, we are usually so wrapped up in our cheer that we don't take time to realize how dreary the winter weather is, but when January rolls around, we most certainly

focus our attention to the doldrums of the winter weather and of course, the result of that is frequently feelings of boredom and dissatisfaction. With the combination of the weather and the feelings of discontentment, you are sure to experience some sort of Post-Holiday Depression.

One ulterior source of this Post-Holiday Depression is the thought of loved ones who have passed away in your life. These instances often bring about the feelings of how it would be to go back to those Christmas's which involved those people. The pain is often long-standing and the emotions felt during the holidays is quite aching and heart wrenching for the people who are trying to survive any way possible. The misery that goes along with these deaths is usually very detrimental and hard to handle, which is quite understandable. This is a comprehensible motive for suffering from this serious illness and it should be watched very cautiously.

I know it is not exactly pleasing to talk about serious depression disorders, but it is very severe and something should be done about it. There are some potential precautions that can be taken if you seriously want to help yourself, but you must follow these religiously. The first possibility

for you is to try to keep your schedule full and stay busy throughout the holiday season. You could plan activities with your friends and family, go to the movies or mall or stay inside and keep occupied with a new-found hobby.

Another option for you is to keep in mind that once the few months of winter are over, spring is right around the corner. Spring is one the best seasons ever for fun and games and that is when you can really start having FUN! So do not despair, spring is going to come quicker than you think.

One more thing to keep in mind is that sure, Christmas has gone by once more, but don't give up on yourself because in only a short time, the joy and spirit of the holidays is going to come back to stay once again.

The thought of the holiday season is always a momentous one, but just keep in mind that although many of the you did enjoy the holidays, there were several people who did not have such a great time with the season--so be kind to those who seem to have had a rough time throughout the holiday duration. Now that I have given some practical points in surviving the holiday blues, please try to relax and enjoy the good times that you do encounter. You may not have every day to depend on, so live every day to the fullest.

Senior High School Library
Salem, Ohio

Can you believe it? January's here and we're still hung up on the holiday cheer. Time sure does fly when you're having fun and I know you all had a "blast" during the holidays whether it was the Thanksgiving turkey, mashed potatoes, stuffing and the endless variety of desserts you forced yourself to eat, or maybe it was the fun you had when you decorated your Christmas tree and baked all the those Christmas cookies for all of your friends and family. You might have even decorated your cookies with red and green icing. I'm sure all of you played your favorite Christmas song on the stereo and even gave the carolers cookies when they rang your doorbell all full of joy and enthusiasm. On Christmas Eve, the entire family joined in singing "Silent Night" and you all listened to someone reading "Twas the Night Before Christmas". Someone always remembered to put out the Christmas cookies and milk for Santa when he arrived later on that evening. Everyone slowly drifted off to sleep after tossing and turning for what seemed like hours. Also, I'm almost positive that most of you probably awoke way before the rest of your family did. You were bright-eyed and bushy-tailed and full of charisma and you were ready to start ripping at the wonderfully decorated

A Look at the Year Ahead

by Kristy Ebinger

Although it may be long overdue—"Happy New Year." The year that was once an eternity away has now finally arrived, and it seems to be bogging everybody's mind as to what the near future has in store. Just like the monotony of the beginning of other years this new year must be started with a new year's resolution. It is a chance to start all over, to redeem yourself of all the mistakes, and bad experiences that occurred last year.

Resolutions come and go like the "days of our lives." They are to our

advantage though, it is a chance to promise yourself to lose that five pounds gained over vacation, or to quit your habit of smoking, or even to make a goal to achieve good grades this year unlike last year. We are allowed to set new goals and values, and rid ourselves of the old ones that haunted our past. Resolutions are based on people's ideas of what the new year has in store. Some believe that economically we will be in danger, while others believe that fitness and health will be a major deal.

The gyms will be flocked these first

few months of the year, and teachers will be shocked at the rise in good studying habits. Unfortunately by mid-May there will be a decline in will power and resolutions will be thrown into the wastebasket again, and wait, again, until the following year.

Just what have people decided this year to have as their resolutions? Just the question I was asking myself.

"Try not to spend my money so fast." Brandi Ickes, senior

"Control my temper." Emma Roush, senior.

"To be nicer to Benji." Erika Funk, junior.

"To quit being so irritable." Ashlee Charnesky, junior.

"Quit biting my nails." Jody Wirkner, sophomore.

"Not to get picked up speeding anymore." Brandi Oesch, sophomore.

"To see another year." Mr. Bennett, teacher.

What is your new year's resolution? A vast majority of students hadn't even thought of a resolution. Well, the time has come to consider what change will take place in your life. In order to create

a resolution you must consider the consequences and the effects that will take place later on in the year. Will it affect you financially, emotionally? Will it better your health, or your habits? In the end will you "grin and bear it" and remain faithful to your adopted change? Resolutions are meant to improve your current standing. They are meant to be for the better and in the end, through all the pain and suffering of your trying to get back into shape, or the decrease in time you may spend with your friends because of a desire to earn an "A" it will be worth it in the end.

Salem Sports

"Pin to Win"

by Kevin Wolford

Now, since 1992 is here and a new year begins, the wrestling team's New Years Resolution is "pin to win." Despite the team's record being 2-7 so far, the wrestlers are wanting to finish the season with a winning record.

The team opened its season on a bad note by losing to Wellsville 54-12. Next for the Quakers was at the Canfield Round Robin meet where the team wrestled 4 dual matches. Although they lost to three teams, they beat Allegheny Academy for the Quakers first victory. On Jan. 4, the team's second consecutive victory came when they beat Youngstown Ursuline 47-30. But since then, the team lost to Hubbard, Brookfield and Liberty giving the team an overall record of 2-7.

Losing their last three matches the

team has not yet found out a solution to their problem. Coach Janofa said, "One of our problems is that our team is not really experienced and were playing good teams and are just not winning." One of the problems that the team faced early this season was that the team didn't have every weight class taken. One person that helped the team with this problem was Lee Booth, who took the 160 pound weight class. Booth is not like any other wrestler because he is legally blind. Janofa said, "Lee is a real inspiration to the other wrestlers. They see him out there, struggling just to get done what they take for granted. It really boosts their enthusiasm when they see him working so hard."

Coach Janofa said, "Despite our team record, we have good individual records." Nelson Cope and Rick Lobdell

are both having a good year. Both of them have an 7-1 record. When asked the question, what are some things that you want to achieve for the remainder of the year Cope said, "I hope to place in all of the tournaments and to win the rest of the dual matches. Lobdell was also asked the same question and he said, "I like to have a good record and to make it to state." Here are the rest of the team's individual record up to Jan. 11. Justin Adams (2-0), Eric Blackburn (0-2), Chuck Brant (6-2), Robert Booth (2-2), Lee Booth (0-2), West Calvin (1-4), Matt Kunar (0-8), Brian McCastlin (2-1), Craig Orrach (2-1), Chris Papis (1-3), Mike Pettey (4-3), Mike Sienerith (0-3), Greg Swiger (1-5), and Charle Welch (3-4). The Quakers next game is at home on Jan. 22 and faces Jackson-Milton. Go Quakers and "Pin to Win."



"Now I Gotcha"
Nelson Cope pins a wrestler from Akron Hoban during a recent tournament at Canfield!
photo by Rick Lobdell

Girls Basketball Mid-Season Report

by Emma Roush

Well, the girls basketball season is a little over half done, and they are creeping up the 500 mark. The girls started their season off with some very difficult teams and have been doing their best to perform up to their potential, which is not easy to do. The new comer to the team, Tenille Abrams, is certainly holding her own to the upper-classmen, which is not an easy thing. The JV's are doing exceptionally well standing in with the varsity team.

"The team is making many improvements since the beginning of the season and I am proud of them," coach Zeigler related. The team started

off the season playing some very competitive teams including: Canfield, with a record of 11-1; JFK, 7-3; and West Branch, 10-3. Their progressive work and willingness to play hard will pay off in the end, and bring them victory in the future. Zeigler said, "They just can't get the edge over the teams that they have played."

Being a basketball player means hard work, dedication, and team work, something which this team has shown. As the girls season comes to an end they will continue their hard work and continue to do well.

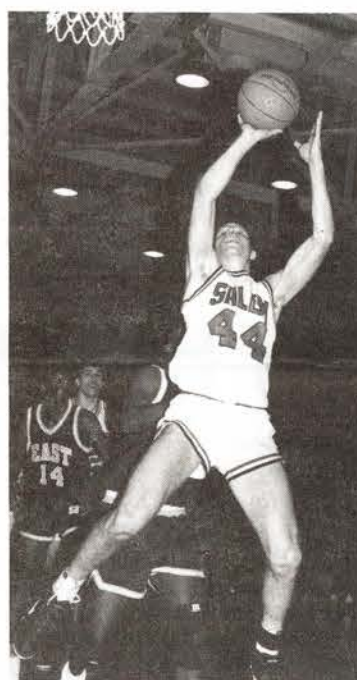
Good Luck Girls!

Quakers Hit The Half Way Mark

by Ashlee Charnesky

The Salem Quaker Varsity Boys Basketball team has been off to a "Quick" start this year. Despite a 64-60 loss in overtime to Campbell on Tuesday the Quakers are 7-5. They trail Canfield by two games in the MVC as they are in 3rd place at 4-2. With wins over teams in the MVC such as Poland, Struthers, and JFK Salem has seen what its like to be in the winners circle. Although, they have suffered a loss to Canfield they are not disappointed. When talking with coach Spack he was very proud of his teams effort. "Canfield who is undefeated, and is number one in the MVC. We're not losing to weak teams," says Spack. The question being asked by many is how does the Mahoning Valley Conference look at this point! It looks like Canfield is the team to beat again this year. "Everyone is chasing Canfield right now, its a race," answers Spack.

The Quakers' record of 7-5 and are 4-2 in the league, is still a surprise to all of the people who thought Salem would go down because of their size. Spack says "Every game is



Brian Petrucci is averaging almost 20 points a game this year in leading the Quakers to an 8-4 record. Here he hits for 2 against Youngstown East.
photo by J. D. Creer

a struggle. They go out on to the court knowing that if they want to win they have to out hustle the other team. There is a lot pressure on the defense, and a lot of fast breaks on offense." The strategy of speed over size has paid off. Salem has shown every one what they are made of, and that's determination. Even the Junior Varsity has been determined, battling to a 5-6 record. Salem has what it takes to be a number one team and they're just getting better. Spack says "My major concern is the team's shooting ability. They aren't shooting well as a team. The intensity is all there though. It's only a matter of time until we get better." The season is running out however, but Spack has an open mind. "At the half way point of the season we're just hoping to improve."

As Salem get's ready to take on the second half of the season they have a head start on the other teams. With a coach that has an open mind, like Spack, and a team that stands tall with confidence, Salem, should be very tough down the stretch.

Super Bowl Showdown

by Jason Hawkins

On January 26, 1992, the Washington Redskins meet the returning Buffalo Bills in Super Bowl XXVI. This is a rare matchup, as Superbowls go, in that the two best teams in football will play, Washington at 16-2 and Buffalo at 15-3.

Buffalo comes into this contest on the lower end of the statistical charts. Washington's fourth ranked defense is so consistent that Buffalo's first ranked offense won't have an easy day. The Bills are ranked second in scoring behind the Redskins.

Washington had a combined 485 points during the regular season for a 30.3 points per game average. Not far behind was the fast paced, no huddle offense of Buffalo. During the regular season Buffalo was second in scoring, behind Washington with 458 points for an average of 28.6 points per game. In the playoffs Washington maintained their high scoring attack with a combined 65 points, a 32.5 points per game average. The Bills weren't quite as explosive, the compiled 47 points, an

average of only 23.5 points per game. The fourth ranked defense of the Skins only gave up an average of 14 points per game, 224 points all year. On the other hand, the Bills defense surrendered almost 100 points more than the Redskins this season! Buffalo has a good chance of pulling out an upset in the Super Bowl if Bennett, Smith, and Conlan all play up to their potential.

Mark Rypien was sacked only 9 times this entire season which is an unbelievable number for Buffalo's defense to overcome. Jim Kelly has a lot more sacks, but he says it's not due to his line. The astroturf will certainly favor the streaking Thurman Thomas and help the quick Bill's defense. Washington will have to work extra hard to pull off this victory!

Washington should be favored in this game but players win the game not statistics. Buffalo does not match up in every position but Thomas, Kelly, Conlan, Smith, and Bennett are sure to put a strain on Washington.

Super Bowl Sunday

Senior High School Library
Salem, Ohio

by Israel Karlis

On Sunday, January 26, the Super Bowl between the Buffalo Bills and the Washington Redskins will be played in the Metrodome in Minneapolis. This yearly event will be televised all over the world. Some people really do not know how this event was formed.

In the year 1960, the National Football League (N.F.L.) had a new rival league called the American Football League (A.F.L.) The A.F.L. set up football franchises in different cities such as Denver, Oakland and New York. At first the new league did not do too well. But, as the years went on the A.F.L. seemed to steal the top college draft picks from the N.F.L. Both of the leagues offered salaries so high that both leagues would go bankrupt. In the year 1967 the two leagues finally called a truce. They both decided that in the year 1970 that the two leagues would merge into one. At the end of the 1967 regular season the top two teams from both leagues would play each other.

Lamar Hunt, owner of the A.F.L., was asked to make a name up for the championship game. One night while eating his daughter was playing with a new toy called a super ball. From those two words he came up what we call the Super Bowl today.

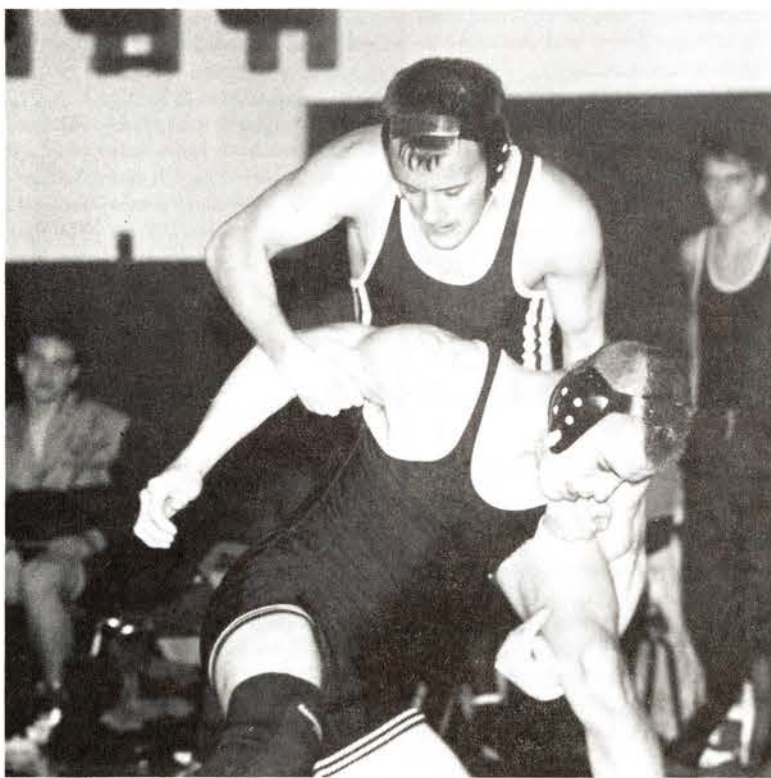
That year the two top teams from both leagues played in the Super Bowl held in Los Angeles Coliseum. The

teams were the Green Bay Packers from the N.F.L. and the Kansas City Chiefs from the A.F.L. No one gave the Chiefs a chance. In that game the Packers won 35-10 and everyone assumed that any team in the N.F.L. could beat any team from the A.F.L.

In Super Bowl III, the A.F.L.'s New York Jets proved everyone wrong with a convincing 16-7 win over the N.F.L.'s Baltimore Colts. Everybody except one man seemed to think that the Colts were too tough for the Jets. "Broadway" Joe Namath "guaranteed" the victory over the Colts in a press conference a couple of days before the game. Of course he was right. The Super Bowl is more than just the game itself.

The halftime show at the Super Bowl is always interesting. Every year it seems that something exciting happens. In the first Super Bowl astronauts were present with jets that you stuck on your back that would thrust you in the air. Last year the New Kids on the Block were there to sing along with Mickey Mouse and the entire Walt Disney characters. Something exciting happens every year during the halftime show.

Hopefully this year's Super Bowl will be more exciting than some of the past couple of years. Just tune in on January 26 and root for the best team to win.



Craig Orrach has helped give stability to a young, but improving wrestling team.
photo by J. D. Creer

