

Making Choices For Your Future

by Kevin Wolford

As you know, the school year is half over. Now that February is here, it's time for all underclassmen to plan on what classes you want to take for the next school year. For Seniors who are planning on going to college next year, it is important that they apply to colleges of their choice and also fill out and send in scholarship forms and papers for college as soon as possible.

An important year for scheduling that everybody has to make in high school is after the sophomore year. The reason for this is because there are three main courses of study that students can make during their Junior and Senior year's. The first course of study that most students choose to take is college prep. College prep is for students who are planning a career that requires four or more years of college, or plan to pursue an associate degree in a field where advanced math and science might be required. If a person decides to go with college prep, most colleges require the following; four credits of English, three credits of Mathematics, three credits of Science, three credits of Social Studies, two-three credits of same Foreign Language, one credit of Fine

Arts, and a high school diploma. The second course of study is vocational. Vocational is a program for students who want training in a specific field in high school that will give them skills for a certain job after graduation. Vocational education has been called education for employment. Vocational education is the best course of study for students who want to learn skills by using equipment, supplies, and other materials similar to those found at the specific job you want to work at after graduation. Although there are some vocational programs here at the high school, at Alliance and Marlinton high school's there are a variety of different programs. Guidance counselor will be taking to the sophomore class more about these programs. The last course of study is general studies. General studies is taking courses that will get you a diploma, but will not prepare you for any particular career. The counselors think that it would be wise to avoid this program because it does not teach skills that will help you get a job or further your education.

Counselors have been scheduling during the first two weeks in February.

When students receive their schedules, they are required to choose a minimum of six class periods for each semester. When asked the question, what should students do before deciding on what classes they take for the next school year, Mr. Washinko said, "I think students should choose classes that match his or her ability." Ms. Carmello was also asked the same question and she said, "Students should take classes in high school to prepare for something that they want to do after graduation." An important rule that the counselors are going to be enforcing next year is no schedule changing. "This year we were very flexible with changing students schedules because of the school's new computer system and next year there is not going to be adding and dropping classes," said Ms. Carmello. Some area schools charge students for any type of schedule changes. The high might also be charging students for any schedule changes in the future. Therefore, students should complete their schedule very carefully and consider what classes they want to take to prepare them for after graduation. Students are to give their schedules to their counselor by February 19.

"Oklahoma" Hits SHS Stage

by Nicole McLaughlin

After the huge success of last year's high school play "The Pajama Game," students are once again going to bring a musical to the Salem High School stage. Rodgers and Hammerstein's "Oklahoma" will be performed in the auditorium on May 29 and 30, under the direction of Mrs. Linda Jenkins and Mr. Joe McKim.

Both directors bring with them incredible talent and experience. Mrs. Jenkins, former managing director of Salem Community Theatre, has been seen in numerous SCT shows. Her most recent role was that of Fanny Brice in the August production of "Funny Girl." Mr. McKim, an elementary music teacher at Crestview, has directed four SCT shows and six high school shows.

Why did they decide to take on the responsibility of directing a high school production? "I wanted to continue what Mike Marshall started last year," says Mrs. Jenkins, recalling that one of her fondest memories was participating in her high school musicals. She would like to give the same experience to the students here. Mr. McKim adds that he became involved, because he "had such a good time last year." He helped Mike

Marshall with "The Pajama Game" last spring.

Mr. Al Fitch will be constructing the sets for the show, and arrangements are being made concerning a choreographer. Mr. McKim hopes that the students involved will have fun and do their best, so that their families and friends can be proud of them. "The Pajama Game" was a great success, but "Oklahoma" promises to be even better!

The cast includes the following students:

Seniors: Jenni Covert, Beth Dumovic, Karen Honeywell, Michelle Hum, Lisa Jenkins, Christine Lippiatt, Nicole McLaughlin, Josh Morlan, Ron Pierce Jr., and Lynnea Yost.

Juniors: Leanne Cyrus, Dom Ferreri, Mrkanda Fitch, Pamela Hadorn, Lynette Jenson, Krissy Milazzo, Emily Miller, and Tricia Stone.

Sophomores: Robyn Bellis, Becky Criss, Alexa Havelock, Robert Kimmel, and Kara Zocolo.

Freshmen: Abi Capel, Brian Dean, Melanie Drake, Angie Kutz, Lindsay McShane, Garrett Morlan, Megan Morrissey, Bob Oberle, Shannon Quinn, Mark Ramunno and Tarran Turvey.

"Art is Like a Kid in a Candy Store"

Underclassmen are invited to stop in the library the week of February 10 to see a special art exhibit. It is under the direction of Mr. Martinelli, Salem High School's new art instructor.

The art exhibit is entitled: "Art is like a kid in a candy store. So many colors. So many choices." According to Mr. Martinelli, "Everyone likes art when he's a child. Give a kid a box of crayons, and he becomes a miniature Picasso. Children are highly creative."

Mr. Martinelli went on to explain, "At some point, students get discouraged, or their lives get so filled with school and sports, they forget about art. The purpose of this art exhibit is to generate an interest in this exciting field."

In addition to visual displays of artwork, there is a special incentive to stop by the library. Underclassmen will have a chance to guess the number of jelly beans there are in a large glass jar.

"Everyone likes taking a chance." The art teacher stated. "And I hope students will take a chance at art next year. We have some terrific classes."

They are Visual Art I (foundations), Drawing, Design, Graphics (Visual Communication), Painting, Advanced Painting, Sculpture, Advanced Sculpture, Portfolio (seniors only) and Photography. All courses are for one credit.

Miss Yereb and Mr. Martinelli teach all of the art courses with the exception of Photography; it is taught by Mr. Conser.

When asked how he has enjoyed his first year at Salem High School, Mr. Martinelli said that it really wasn't his first year. "I'm a graduate of SHS. I had such a great time when I studied art here that I went on to major in it at college. Miss Yereb was a guiding force; she's a terrific teacher. And this year she's been a wonderful colleague."

Mrs. Bosu of the Guidance Department said that she along with Miss Carmello and Mr. Washinko will be talking with the underclassmen the week of Monday, February 10. Students will be doing their scheduling at that time.

She emphasized that "You need a fine or performing art credit to get into



This drawing by Jeff Carr, junior, in Mr. Martinelli's art class is an example of the types of skills that can be developed in art.

one of the state schools in Ohio. The art courses offered at SHS count for college credit." Mrs. Bosu explained, "If students wait and take the fine art credit in college, they must pay for it, and they don't receive credit toward tuition." The deadline for scheduling is Friday, February 14.

Mr. Martinelli said the drawing will take place next Friday, February 14. "Since we're giving away candy it seems rather appropriate to do it on Valentine's Day."

Three prizes will be given out to underclassmen who correctly guess the number of jelly beans. Third place will be the candy itself. Second place a year's subscription to The Artist's Magazine (valued at \$21.). The first place winner will receive a \$25. gift certificate to B. Dalton Book Store.

Students are encouraged to stop by the library and see the exhibits, venture a guess, and check out the art classes at SHS.

Dating in the '90s Pages 2-5

Club Activity Update

Pep Club

Advisors: Miss Nespeca
Officers:
President: Jan Penner
Vice President: Erin Funk
Secretary/Treasurer: Michelle Wolf

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.

National Honor Society

Advisors: Mr. and Mrs. Jeckovitch
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: Spanish club officers will be meeting next week to plan to go to a Spanish restaurant.

Key Club

Advisor: Mr. Washinko
Officers:
President: Jason Aldom
Vice-President: Darren Walker
Secretary: Traci Wright
Treasurer: Laura Farkas
Activities: They will be electing the new officers for next year. Plans for the March convention are being discussed. The New

Leetonia Club is still being helped along.

Interact

Advisor: Mrs. Hutson
Officers:
President: Ben Heineman
Vice-President: Lisa Olson
Secretary: Alicia Chuey
Treasurer: Diana Hutson
Activities: At the Boys' Basketball game on February 14, they will have a concession stand. They are trying to raise money for their trip to Columbus. The reason for going to Columbus is because it is one of three different places that celebrates the anniversary of Christopher Columbus's discovery of America. This year marks the 500th Anniversary of Columbus's discovery. A speaker from the Garden Club will be speaking next month.

Students Against Driving Drunk (SADD)

Advisor: Vicki Luther
Officers:
President: Jane McKinley
Vice-President: Jan Penner
Secretary: Kristi Ebinger
Treasurer: Emma Roush
Activities: Some members of SADD are going to listen to some people who have been convicted of DUI. They also will be meeting soon to make plans for the spring.

Academic Challenge

Advisor: Mrs. May
Activities: On Monday, the group took the Stars 2000 test. Their next competition will be the County Bowl in march.

American Field Service AFS

Advisor: Mrs. Breckenridge
President: Becky Donnelly
Vice-President: Melissa McCrae
Secretary: Jaynie Crawford
Treasurer: Mrkanda Fitch
Activities: AFS members enjoyed an afternoon of ice skating on Feb. 5. They plan on attending a

hockey game on Feb. 29. All member interested in going must have their dues paid.

German Club

Advisor: Mrs. Reed
President: Traci Wright
Vice President: Emily Mager
Secretary: Maureen Kaine
Treasurer: Denise Lee
Activities: They are discussing a Fasching Party for the end of the month.

French Club

Advisor: Mrs. Arter
President: Sara Eckstein
Vice President: Amy Heineman
Secretary: Heather McKee
Treasurer: Krissy Milazzo
Activities: They are preparing for their fundraiser for Valentine's Day. Carnations will be sold Monday-Thursday of next week. The spring activities are being discussed.

Class of 1994

Advisor: Mrs. Wilms, Mrs. Yokubek
President: Ken Lee
Vice President: Julie Kornbau
Secretary: Jody Wirkner
Treasurer: Duke Dye
Are having a meeting with members and their parents to decide on future plans.

Tact

Advisor: Mrs. Cozza
Activities: A toga party is scheduled for Feb. 23, and a talent show will take place during the party on March 15. An official date has not been set for the TACT Olympics. The graduation party is scheduled for may 22 and 23.

Yearbook

Advisor: Mrs. Tina Hays
Editor: Porsche Hite
Activities: The yearbook staff is still taking donations to preserve the senior color section. Members are working to meet a deadline at the end of February. Activity pictures were take on Feb. 4 and 5, and candid photos are being taken all the times.

Voices

Chivalry Is Not Dead!

by Jason Hawkins

Dating and friendships have been the spark of many long lasting marriages. If you look back through the years a lot of married couples were high school sweethearts. On the other hand, many marriages end in divorce because the sweethearts were not prepared and got married at a young age. As young adults dating, you must be careful with a relationship and not miss out on all of the fun times that you will encounter during your high school years. Remember the old saying "there are too many fish in the sea to get hooked on one!" Some like "the sea" and others feel more secure after catching the right "fish." So is it safe to have a long lasting relationship while in high school?

Equality is a very important part of dating. Guys are conceived as chauvinistic pigs through the eyes of many women. Guys are usually the ones that get accused

of running the relationship. Guys also drop a lot of things they enjoy doing to keep their girlfriends happy. Even after the sacrifices women still complain that men don't give them enough. In a relationship girls don't think they have to give as much as they take. Girls always want to have the power of possession over their boyfriends' lives. Since women are so possessive they should obtain their share of the guilt. Neither the male nor the female should take full responsibility of a relationship. How can a relationship be equal if the man always has to prove himself to his girlfriend?

How about the flowers, candy, movies, cards, and other presents, aren't they enough? Girls are always comparing what they get with what their friends get. If you don't buy your girl an expensive present they think you don't love them! If you truly love someone

you know that there is no price that can be put on love. Love never used to be based on materialistic things. Maybe we need to take some lessons from our parents and grandparents about dating! After all they have been through this same stuff before. Not all girls need to have their love bought but consider yourself lucky if you find the girls that don't want you to buy their love! If you can disregard these "minor" faults then you will not have any trouble getting along with girls!

Another one of the cut downs we pigs have to take is the one about manners. Guys are said to have no manners when they are out with a girl. If paying for an entire date and being nice about it isn't mannerly then what is? Fortunately, not all girls are quite this crude, but be careful if you go out with the wrong ones.

The Other Side

by Kristy Ebinger

Since the time I was an adolescent, or when I actually believed that boys were among the human species I always considered what I felt a relationship should be like. My imagination ran beyond my control of a knight in shining armor, a dozen roses at hand, and eyes that said "I love you" with every smile.

Eventually I grew up, and as I did my expectations grew dimmer until they completely faded away. For years up until now I have seen a vast majority of couples, committed or not, which seem to have participated in the deference of my fantasy. Disregarding age or sex, couples seem to argue over everything whether big or small from degrading each others self esteem to what flavor of ice cream they will buy. After six months of the initial commitment, sexually active or not, the idea of holding hands or even sharing secret kisses dies. People seem to be more interested in football games and parties than with each other.

What happened to etiquette? Guys no longer open doors for girls, neither do they help them off with their coats. It is not a matter

of being too liberal or too egotistical, it is a matter of having and keeping manners. Expensive gifts and candy are not the way to a girl's heart or her pants, we do not expect valuable items to prove ones love, lust, or infatuation. Manners contribute greatly to how a person impresses others, and to what extent they are respected. You would be surprised what a simple opening of the door would do. One hundred percent impressive. I would hope that most guys would know that they do not have to express their love and devotion through materialistic possessions. Being yourself accompanied with an aura of politeness is fine.

The purpose of a relationship is to better yourself and others, to experience, to expand your horizons, and to narrow in on what accomplishments and goals you will have for the future. They are not meant to be wars between one another, nor are they meant to be a source of control. The relationship and what it stands for should be equal between two people. There should not be one dominant party telling the other what to do or what

to wear. What is the purpose in having a relationship when you feel like a puppet waiting for your strings to be moved? I beg to differ with women's possessiveness, it is an individual characteristic not a groups, many times men carry the same fault if not worse.

Relationships of all kinds serious or just passing time should contain some form of communication, patience, and affection. A simple hello, a shoulder to cry on, a back massage, or even a kiss on the cheeks does wonders. Without patience, frustration forms and nothing is solved. Affection and communication tells the other person that you care. By practicing etiquette you are telling the other person nonverbally that you care enough about them to care how you are presenting yourself. By having equality in the relationship you're telling each other that you have respect for them. Of course there is far more that contributes to dating, but with some old fashioned etiquette and some form of affection the long list of "how to have a better relationship" will soon follow.

Do We Have Our Legal Rights?

by Emma Roush

Freedom of speech is a subject which has been an issue for centuries. The men who wrote the Constitution included this as the first amendment to try to solve this problem, but unfortunately it made it more complicated. Each person has his own viewpoint on what they think should be aloud and what should not be aloud. Because of this difference there are people fighting over this subject.

There recently was a seminar held in Cleveland at the Convention Center. The name of the seminar was "Free Speech Under Siege, Challenges Ahead for the First Amendment." This title conveys the whole subject in just a few words. This seminar was held to celebrate the 200th anniversary of the Bill of Rights, but the focus was the first amendment.

They had many different classes from which you could choose to go to. Some of the different classes included: Censoring the Artist; Student Press: Is the Fourth "R" Restraint?; and Free Speech on Campus. These are just a few of the many different classes they had. Each class had a panel of speakers, some of these included Nat Hentoff, Staff writer for THE VILLAGE VOICE; William Van-Alstyne, Professor of Duke University School of Law; and Bradley Steffens, Author, Playwrite, Poet, San Diego, CA. These are just a

few of the many well known and well educated speakers that were there.

Everyone is very controversial about this very important but difficult topic. There has been many court cases, such as the Hazelwood Case, that have tried to interpret what exactly we can or cannot print or say. People form their own opinions on the subject and neither one is right or wrong. Each community has different standards to what they want in their community, and depending on those standards that's how people determine their decisions on the case. When we get into the topics of censoring national magazines, newspapers, theatre, literature, or even art, that is when the government comes into the censoring scene.

If an artist, for example, paints a painting and someone is offended by this certain piece of art, then the government reserves the right to stop it from being shown. This government censoring has gotten many people upset. Some think since they pay taxes they should be aloud the opportunity to read, watch, or look at whatever they want. Should this be aloud? Does our constitution say that we as American citizens are aloud Freedom of Speech? This subject has definitely gotten even the writers and artists in an uproar. They claim they can write, paint, or even publish what they want as long as

it doesn't purposely hurt or degrade someone. Should they be given this right?

Should the courts be aloud to determine what someone can say or write? Everyone has their own personal opinion on this topic too. Some say that to an extent it is ok, although, most of the time it is taken too far. Although some restriction is necessary, like in a rape case, should they be aloud to publish the name of the victim and pictures. In this case there should be restriction.

This subject has also spilled into the school media and papers. The Hazelwood Case was the case that first put restriction on students freedom of speech. This case was an article in a student newspaper that talked about teen pregnancy, and other controversial teen issues. The principal said it was not allowed to be printed in the school paper. The student got upset and took the principal to court. The court ruled that the principal could censor what could and could not go into a school newspaper. This is what set the basis for censoring in school published newspapers or magazines. This subject is and will continue to be a controversial issue and will probably never be solved, but we do have the right to fight for what we want and believe in. Whether we will win is another question.

"AIDS: The Plague That Knows No Boundaries"

by Melissa McCrae

Acquired Immune Deficiency Syndrome, or AIDS as it is more commonly known, is one of the most misunderstood and misinterpreted conditions facing today's society.

The following information is taken from a pamphlet put out by the Ohio Department of Health called: **Some Facts About...AIDS.**

What is AIDS?

AIDS stands for: Acquired - passed on by a carrier, Immune - body's defense system, Deficiency - not working properly, Syndrome - a group of signs and symptoms.

AIDS results from a break down of the body's defense (immune) system. This break down leaves the body open to a variety of illnesses which are normally not a threat to a healthy person.

What Causes AIDS?

AIDS is caused by a virus called the human immunodeficiency virus (HIV). Most people who are infected with the AIDS virus are not sick. A person can be a "Carrier" and pass on the virus to other people without either of them knowing it. The AIDS virus enters the bloodstream by contact with infected body fluids such as blood, semen or vaginal secretions.

How Do You Get AIDS?

AIDS can be contracted by having sex with someone who is infected with the AIDS virus. The virus is most commonly found in semen, blood and vaginal secretions. It is transmitted through sexual intercourse (Anal, vaginal, and possibly oral), sharing intravenous (I.V.) drug needles (works) with someone who is infected with the AIDS virus (because blood is shared), as a baby, being born to a woman infected with the AIDS virus. **If you are infected with the AIDS virus you can pass the virus on to your unborn child. Receiving blood transfusions or blood products from someone infected with the AIDS virus is another way to contract AIDS.** In early 1985 blood banks began screening blood for AIDS so this is largely a problem for blood received before then.

Who is infected with the AIDS virus!

In Ohio most of the people who have AIDS are men who have had intercourse with other men. Others at increased risk include hemophiliacs, intravenous drug users, both men and women with many sex partners.

What are the symptoms of AIDS?

Symptoms of AIDS include: unexplained fatigue, unexplained weight loss of 10 to 15 pounds in less than two months, unexplained fever, chills and night sweats for more than two weeks, unexplained swollen glands (lymph nodes), unexplained diarrhea or bloody stool for more than two weeks, unexplained persistent dry cough (not from smoking), shortness of breath or difficulty breathing, creamy white patches on the tongue that cannot be scraped off.

Since June 1987, when Reader's Digest was among the first magazines to publish a major report on the world wide AIDS epidemic. AIDS or the "The Plague That Knows No Boundaries" as it is referred to in an article in Reader's Digest: "What You Must Know About AIDS" has spread swiftly across geographical regions and social categories. To date, some nine million to 11 million people around the world have been infected with the virus that causes AIDS and that number is expected to at least triple in the next eight years.

The Salem News did a three day story called A Focus On AIDS. This three day column revealed many startling statistics about AIDS right here in Columbiana County. They following is information taken from a graph from the Centers for Disease Control used in that article: + - First 100,000 cases reported June 81 - Aug. 89, -- Second 100,000 cases reported Aug. 89 - Nov. 91.

* - Intravenous Drug Users
Homo/bisexual men w/no history of IDU*

	+ 61%
	- 55%
Intravenous drug users (female or heterosexual male)	+ 20%
	- 24%
Heterosexual Transmission	+ 5%
	- 7%
Women	+ 9%
	- 12%
Children	+ 1,683
	- 1,702
Blacks	+ 27%
	- 31%
Hispanics	+ 15%
	- 17%

The stunning news last November that basketball star Earvin "Magic" Johnson was infected with the AIDS virus drove home the message that the disease continues to spread at an alarming rate. In fact, worldwide, it is now estimated that fully three-quarters of all infected adults acquired their infection heterosexually.

Hopefully with the information I have presented to you we can be more aware about AIDS and we as a community can do our part to try and put an end to this horrifying disease.

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.



Aids, What Do You Know?

by Emma Roush

Aids, when you say or hear this word many people react with different opinions. Some feel compassion and sympathy, and others feel hate, sickness, and fear. One's knowledge on this subject, how much or little they know, has an affect on the way they feel or don't feel.

The first reports of Aids were given 10 years ago in Los Angeles. Steven Findlay, in this article, "Aids The Second Decade," from U. S. NEWS AND WORLD REPORT said that "This disease strikes hardest on the outcasts of society—gay men, intravenous-drug abusers, prostitutes and impoverished blacks and Hispanics. Aids shoved to the forefront uncomfortable questions about sex, sex education, homosexuality and minorities." Because of this fact people thought that only these types of people could get this terrifying disease, but of course this theory is not by any means true.

Aids has been around for centuries, but before now no one knew or understood what it was or how it worked. Then, when researchers finally knew what it was and the consequences of

having or contracting this deadly disease, they kept it quiet for as long as possible. People started to ask questions and the secret leaked out while the disease was in full bloom. At the beginning, many people did not know or understand the ways of acquiring this disease, or the effects it would have on them. Still today, there are many who don't know very much about this killing disease.

What is AIDS?

As times goes on, more and more people are learning and understanding Aids and the HIV virus. This brings up another point, what is Aids, and what is the HIV virus? What is the difference between the two? According to the WORLD BOOK ENCYCLOPEDIA, "Aids is an extremely serious disorder that severely damages the body's defenses against diseases." Aids (Acquired Immune Deficiency Syndrome) means that this disease affects the disease—fighting immune system. Because of this factor, the person which has this disease cannot fight off any virus, infection, or disease. The infected person can not fight off things

that a noninfectious person can, such as pneumonia, or even a cold. HIV (human immunodeficiency virus), is a virus which is acquired before the actual Aids comes into effect. HIV eventually will develop into Aids. It takes different time periods for different people, but eventually will for every person infected with the HIV virus.

Contracting AIDS

"Is our blood supply safe?" That is a question asked in "NEWSWEEK". Up until six years ago this was a very scary and troubling question. Blood was not being screened and it was very possible to contract Aids from blood that was donated, but now blood is being screened. Although if someone just recently, within six weeks, contracted the virus it is possible that the tests they do for detecting the antibodies cannot be picked up. The odds of getting infected from a transfusion are less than one in 40,000, which is not a big chance.

The primary way of contracting this disease is through bodily fluids; blood, semen, etc. It has not been proven that you can get it from kissing, therefore that is not a worry. And as most already

know; anyone, male or female, black or white, is plagued with the ability to get or transmit this disease. The more we educate those who don't know the better chance we have of controlling this epidemic, and lessening the number of people who test positive everyday for HIV or Aids.

A Statistical Profile

READER'S DIGEST reported that, "since June 1987, when Reader's Digest was among the first magazines to publish a major report on the worldwide Aids epidemic ("AIDS: The Plague That Knows No Boundaries"), the disease has spread swiftly across geographical regions and social categories. To date some nine million to 11 million people around the world have been infected with the virus that causes AIDS—and that the number is expected to at least triple in the next eight years. Worldwide, some 5000 people are now being infected everyday. The long—term outlook for their survival remains bleak: of those infected, more than one million have already developed AIDS, and most of them have died—close to 130,00 in the United States alone. Over time, the

infection is presumed to be universally fatal." These statistics do not look promising. By now most people should be worried and concerned. That is exactly what we need to try to slow down and control this very rapidly growing fatal disease.

The Symptoms

There are many different places or people to find out the information you want and need to know about Aids and HIV viruses. Hospitals, books, hotlines. If you are concerned or worried about this problem, or think you might be infected here are some symptoms: enlarged lymph glands, tiredness, fever, loss of appetite and weight, diarrhea, and night sweats. This cluster of symptoms is sometimes called Aids—related complex (ARC). These symptoms may not show for a long time after contact, therefore, if there is any question that you may have come in contact with this destroying disease all it takes is a blood test, and you will protect you and someone else you may have come in contact with. Please help to stop the spread of this deadly disease!

When A Date's Gone Bad

by Allyson Kilmer

"Be careful of strangers and hurry home!" says a mother to her daughter, knowing that the world is a frightening place but not wishing to fill her child with fear. According to a Minnesota study conducted a few years ago, nearly a quarter of the high school students surveyed said that they had at least one experience with dating violence. Fifty percent of those girls reported that their partner had pushed, grabbed, or shoved them. Twenty-five percent had been slapped. Nineteen percent said that they had been kicked, bitten or hit with a closed fist, and a small percentage (4%) had been threatened with a knife or gun. Astonishing as it may be, when the boys were questioned about their behavior, they blamed their actions not on anger or confusion, but to their feelings of love.

Things have improved somewhat since that study yet with the influences of TV and movie violences, combined with the stereotypes of women=weak and men=forceful, have led some people to believe falsely that any type of abuse is somewhat socially acceptable.

Our media has played an awfully

sad role for the public. Contrary to what people may believe, its very dangerous for a woman to try to be funny with a violent man—you can get killed that way.

Dating violence takes the forms of both physical and emotional abuse and is devastating to its victims, forcing them to live their life in fear of losing—or leaving—their boyfriends. Some teens are surprised at the kinds of behavior that constitutes abuse. Whereas a slap or a punch is hard to misinterpret, emotional abuse is harder to define. Some people are confused as to exactly what abuse is and it could be described as: If you feed violated and powerless against your boyfriend's insensitive actions, you are being abused. (And if he is capable of showing such blatant disrespect for your feeling, he might very likely lash out physically one day!) A large number of psychologists got together and created an Abuse Checklist and if you can answer "yes" to any of the following, you may be a victim of dating violence:

Does he snoop into your personal

belongings or violate your sense of privacy?

Does he insult you, call you names, make you feel stupid or unworthy?

Do you feel as if no one else would like you if he didn't? Does he pretend that he's doing you a favor by dating you?

Has he ever hit, slapped, pushed, kicked, bit you even lightly?

Has he broken or harmed your personal belongings to get a reaction out of you?

Do you feel controlled or intimidated by your boyfriend? Are you afraid of his "blowing up"?

Has he ever pressured you sexually?

Have you altered your normal activities so that you won't upset him?

Barrie Levy, a clinical social worker, says she believes that emotional abuse is more common than physical abuse. "Emotional abuse is often a lot of criticism and a lot of verbal attacking, making the girl feel she's not worth anything. It's also usually very controlling. Often this abuse takes the form of jealousy—not allowing the girl to have friends or spend time with other people, becoming easily enraged when she comes into contact with another male—whether it be romantic or not" says Levy.

The boy-girl relationship seems to be double standard when it comes to going out with other people or just going out with their friends. "In a relationship that has more potential for being a good one, there's more give and take between partners in deciding what kinds of activities they'll do together and what kinds apart," says Levy.

What girl would put up with an abusive boyfriend when she could have a caring relationship? Surprisingly enough, many do. The reason for this is that there are moments of sweetness—the boy probably can be very sentimental

at times. Think about it. When a guy says: "I don't want you to go out with any other guys," or "It's just you and me forever," it may sound enchanting. This can be confusing for a girl to hear—she may be ignoring his suffocating or controlling warning signs!

Some of the signals that you should be aware of are the non-verbal signs. Your date may be getting agitated, nervous, or snappy and it's important for you to rely on your instincts and to say, right there, in a nonconfrontational manner, that you would like to go somewhere else or maybe even home. A verbal argument will give the abuser an excuse to get physically violent, which could put you in great danger. Psycholinguist Suzette Elgin confirms that in long-term relationships, they go on like rituals. You go through the same stages, bringing up the same hurtful remarks. "What I teach girls is to say things that make it clear to the guys that they aren't getting any attention. It's fun for the guys if you get angry, if you cry, and even if you plead, but it isn't fun for them if you appear bored with them. They'll look for someone else to annoy," Elgin assists.

To clear up any misunderstandings, guys aren't the only ones who abuse, though. According to that Minnesota study, one-fifth of the girls stated that they had started the most recent bout of physical violence, mostly by pushing, shoving, or slapping their partner. But for the most part, the boys were the perpetrators.

Alright, I understand that you care for the guy, and you might even feel a little bit sorry for him. But does that give him the right to treat you like a personal punching bag? Absolutely not! It's very important that you make it clear to him that you don't think that this is an acceptable way to behave with you.

Sometimes couples think that "marriage" is the solution to all of the upset and distrust! Levy says that the relationship often turns more abusive.

If your boyfriend is abusing you now, you must tell others immediately and you need to use the resources that are available to you—parents, friends, school counselors—to get the support that you need in order to break away and get back on your feet standing tall. It may be hard for you if you live in the same community and go to the same school, feeling the social pressures to continue to see him, but you must value yourself enough to get out of such a detrimental relationship.

Never forget that you are an important person—a guy should never knock your self confidence or treat you badly. No one has the right to take away your dignity—either physically or emotionally. Show yourself some respect by seeking the help that you need to get out of the abusive situation that has dominated your own precious life. Get out of it while you still can!

Statistics/Checklist found in TEEN Magazine/April 1990

Sweetheart
Dance
Feb. 14
9:00 - 11:00

Valentine's Day



Friday, February 14th

THE QUAKER student newspaper is published by the journalism students of Salem Senior High School.
Principal: Mr. Charles McShane
Advisor: Mr. Jeff Ladner

Reporters

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Beth Hogbin	Marci Baker	Rick Hoffmaster
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SEX: To do it or not to do it

by Marcie Baker, BPB

I understand you get in the heat of the moment, you've been together for a while and the topic of discussion is sex. Should you become sexually active or not? Some people take sex as a very light subject, when in all reality it isn't. There are many precautions to take BEFORE having sex, like birth control for one matter or sexually transmitted diseases for another.

There are many aspects surrounding the question of when does sex enter a relationship between two people. Some people feel that sex can enter it when love is involved, others feel pre-marital sex is wrong, and then yes there are people who feel that one-night stands are quite sufficient to their needs. The feelings about sex vary from one individual values and morals to another's. So please think long and hard about this matter because it is very serious.

I've been told that this is a very serious subject and I have to be very delicate with what I say, but basically I feel that if you feel that you are mature enough to have sex then you should be mature enough to protect you and your partner. In today's society, abstinence is the best policy to protect yourself from having to take a trip to Planned Parenthood to find out if you're pregnant or to find out what STD you've managed to contract. These type of trips can cause a lot of damage because you know Salem if one person finds out the entire school will know and it can cause problems to your reputation and the respect that people will have for you.

Peer pressure is another confrontation for young adults to face besides every other teenage problem that we go through each day, but this decision is not like deciding what your going to wear to school that particular

day, but it's much more difficult than that. You also have to take into consideration that once sex has occurred a relationship can change drastically for the good and some for the bad. Losing your virginity is something that is special and should be shared with someone special, someone you love — not giving it to the first Joe that comes along in the back seat of a car. Losing your virginity only happens once, and it only takes one time for eight or nine months down the road "Baby on Board" sweatshirts and maternity clothes. Some at age 16 — 18 feel that they want to have babies by choice, and some don't have much of a choice. It happens and then you're stuck. But take that baby into consideration. You yourself are still just a kid and you're still in high school kid. You more than likely have nothing to offer to the child to provide for it, and a baby should not be brought into the world unless there is a good stable home. In 1992 I'm sure the cost of all baby care needs has increased greatly to a very nice price of about \$20,000-\$30,000 the first year alone, that's including all medical bills for the mother and bills for the baby, food, clothing and all other needs. So basically the cost can be extremely high.

There are many reasons teenagers have sex. Many say social/peer pressure — "Everyone is doing it!"; sexual feeling/desire — they want sexual gratification; and curiosity, they don't want to miss something.

Only one third of teens sexually active use some type of birth control regularly, one third use it (birth control) inconsistently, one third never use it. In the United States 1.1 million teenagers become pregnant each year (11% of all teenagers 15-19) and over 80% of all



teen pregnancies are unintended, 96% of all teen mothers keep the babies, 40% of all teens age 14 will become pregnant at sometime during their teens. In Columbiana County 200 babies are born to teen mothers; 54% of mothers didn't finish high school and to end it all 14% of teen births are on the second or third child.

"I don't know the reasons why young women are more active sexually" says William Masters, Sexologist. "If the concept is true, then it is inevitable that the more they learn about participating

in sex, the more self-protection they will demand. They are more at risk than the males." Sex education is being taught in today's school systems, including our own. Some people feel that sex education shouldn't be involved in the school atmosphere, but should be taught in the home. In some of these cases it is taught in the home, but in others the parents may feel almost embarrassed to talk about it or just plain think that it isn't happening (and it is). They feel the child should come to them when they are ready. The child in this situation may feel embarrassed to come and ask the parents the questions that they have. These teens are left in the dark about sex and don't know facts and precautions that should be taken. These teens then, not knowing facts, become curious and experiment with sex, not using contraceptives (because of a lack of knowledge) and then problems, like pregnancy occur. So to all the parents who read this or just to anyone who opposes, the reasoning for our sex education classes is to make sure your child doesn't become a statistic under STD or the pregnancy column. "This teen sexuality has been a concern for many years, because the consequences used to be pregnancy, a ruined reputation, guilt, and ruined family relationships," says Mrs. Baillie, Health and Physical Education teacher. "Today there are emotional consequences as well as major health concerns. AIDS is the obvious concern that is getting a lot of publicity." Mrs. Baillie also says Chlamydia (another sexually transmitted disease) is not getting enough attention. Infertility can be the result if young

teenage girls let this disease go without care. Baillie feels that sex education is very important and is needed, but she doesn't feel that the information is being used. "We're particularly concerned about the increase of each grade level" says Dr. Lloyd Kolbe, Director of the Center of Division Control (cdc) of Adolescent and School Health among 9th graders, 40% have had sex. In 10th grade it is 48%, and in 11th grade the percentage is 57%. By a teenager's Senior year 72% of all teens have had sex and one out of 25 teenagers have contracted an STD. These statistics parents can do nothing about.

Parents can be protective of their teenagers, but you know as well as I know if someone says don't try something, that no matter where you turn around it's being plastered all over television and in movies, your bound to try it. There comes a point in time where parents may know what happens when they are around and what you tell them, but what they don't know is what you do when they are not around. There has to be a time when the parents give you some of the freedom and space you want, but there has to be a lot of responsibility placed on the child to do the right thing and making the right choice. The decision that you make can effect you for the rest of your life. Like I've said before, you never know what can happen, a pregnancy or STD's. You HAVE to be responsible for yourself and maybe in some cases responsible for someone else. So please make sure the decision that you make is the right one for you, don't fall to peer pressure and you should be o.k.!

Doctor Wutsup

Dear Dr. Wutsup,
I have been worried about two of my friends lately. They have been inseparable. Going to each others houses all the time and not inviting anyone else. When all of us are together and talking about girls they will change the subject. One of them just broke up with his girlfriend and now my friends are spending more time than ever together. Should I confront them or do you think I am over reacting
Signed,
Worried

Dear Worried,
Have you ever stopped to think that maybe your friend is really hurting because he lost his girlfriend, and your other friend is just trying to be a supportive buddy? Sometimes people would rather talk to one person about their problems other than a group. Don't worry I'm sure things will be back to normal soon. In the meantime don't jump to conclusions.

Dear Dr. Wutsup?
I have a friend who I was really close to but, then I heard a terrible rumor about her. I know this school is a gossip center and talk is cheap when the story is good so, I confronted her before believing a rumor. To my surprise the story is true and she admitted it to me. Now I think of her totally different. I have no respect for her at all. I hate feeling this way but, I can't help feeling differently.
Signed,
Hurt

Dear Hurt,
If you feel that differently about your friend maybe you should try telling her how you have been affected by what she has done. If you don't find that talking helps the problem start doing things with other friends or join clubs here at school and make new friends. In time the hurt will go away and maybe you can find it in your heart to forgive here the future.

Dear Dr. Wutsup,
I went out with a girl who is younger than me recently. We had a great time but I'm a senior and she's a freshman. I'd like a relationship with her but she feels that she's too young to even consider a serious relationship. We keep going out and having more fun each time. I'm really falling for her but I know that's not what she wants to do for me. Should I end this before I get hurt and she decides to go out with some one else because being tied down is not her thing.
Signed,
Falling

Dear Falling,
Being confused about this type of situation is very understandable. A relationship may be what your looking for but, if she's not ready then you can't rush her into it. My advice to you would be only you know what's right for you. If you really like this girl you'll take a chance. Go for what you feel is right and she will too. Good Luck.

Dear Dr. Wutsup,
My parents are always fighting. Things are getting worse all the time. My dad ends up leaving and I have to listen to my mom sob out the story. I love my mom but I get so sick of hearing her cry. I wish I could be like a normal teenager and not have to deal with my mom's problems on top of my own.
Signed,
Disgusted

Dear Disgusted,
A lot of kids have parents who fight, your not alone. Your mom is putting a lot of pressure on you by telling you her problems. Many children don't want to even admit that their parents fight. Try telling your mom that you love her but her problem is bigger than you can handle. Suggest that she see a counselor or that she talk to another trusted adult. You might want to do the same. There are people you can feel free to talk to right here at school.

Have You Heard?

by Ashlee Charnesky

Ladies' look out! Love is in the air and the opposite sex is practicing their best pickup lines to snag that special date for Valentines Day. Now, being the nice person that I am I have gotten the expert's advice on the dating game and have listed the best pointers to getting a date. So, for the guys some of the best approaches to try out next time you are scoping a fine looking chic and for the ladies a few tips on how to tell if the one hitting on you is worth giving your name and number to. The question is, Have You Heard of this approach?

The It Was Love When I Smelled you Approach.

This approach is a compliment really, and its a great Ice breaker. Guys try this line.

"Excuse me is that Eternity for women your wearing?"

The I Can't Help The Drool Approach.

Girls have you ever been turned off by this one?

Men think they're giving you a compliment while they are getting closer and closer to you, so close you can smell what they had for lunch on their breath. To spot this approach listen for lines like:

"You have delicious looking legs." or "You look mighty cute in them jeans."

The I Have Expensive Things Ap-



I feel that this approach is mostly used by a guy who is insecure about himself or wants to brag about the things he has in order to impress you. The sure sign of this approach is a line like:

The Modest Approach.

This approach is used by a guy who is really interested or is really cocky. You should know this approach if you get a line like this:

"So, I couldn't help noticing you noticing me."

(If you not interested ladies a great come back for this is)

"Oh no, There was a clock over your head."

The Pig Approach

This is one that will probably only get a Biker chic's attention, but some girls dig it. This approach goes something like this:

"Yo Babe, you get fries for that 'shake'?"

The Your Charming After All Approach

This is used by guys who want to impress you by being a tough guy, then turning into a sweetheart. He starts his pick-up line by saying, in his coolest voice.

"Hey Babe, is your Mama a thief?"

Of course ladies your reply will be a surprised

"What!? No!?"

(Guy): "Your Papa?"

(Girls: getting a little ticked off) "No! Why?"

(Guy: Deciding to turn on the charm) "I just wondered who stole the stars from the sky and put them in your eyes."

Depending on how you use this approach could mean the difference between making or breaking a date gentlemen. Make sure you know she has the patience to give you answers to your comments.

The I'm To Poor To Just Get Your Phone Number Approach.

This is a great approach if she has the quarter. It shows that you have a sense of humor and will probably get a giggle out of her. Guys, try this approach next time you spot a babe at the Mall you have got to meet.

(Guy): "Do you have a quarter?"

(Girls: Be polite and hand him a quarter)

(Guy): "Can I use it to call you later?"

This is a really smooth approach and if your lucky, guys she'll give you her number, but here's a tip ok. Give her the quarter back, so it won't make you look cheap.

Well, there are the best approaches the experts came up with. Now it's up to you people to decide if your being approached with, or using the approach that will make the butterflies in someone's stomach start to flutter.

Have You Heard?

by Nicole McLaughlin

This past holiday season was extremely busy. Everyone went to parties, opened presents, and ate a lot of food. Now Christmas is over, and the new year has begun. It's time to get back into the swing of schoolwork. What better way to start off the second semester, than with the latest school gossip. So, here it is! Have you heard...

Mr. Bennet is really Santa Claus.

Bill Sherwood asks other girls what their shirt sizes are, so he can figure out what to buy for his girlfriend.

Mr. Trough doesn't have brain damage.

Mr. Mucci wears polka dot underwear.

Scott Devan put a suction cup on his forehead, and it left a purple mark for a half a week.

Nick Schneider loves to sing solos in choir class.

Eryn Parks has a fascination with one-eyed rabbit.

Brian Grewe's real name is "Big Dupa."

Salem is a dull town. Steve Turnbull "Lost That Lovin Feelin" at lunchtime.

Kristi Hooper's stomach is an endless pit.

Tonia Moracco likes cheeseburgers.

Matt Davis and Nelson Cope have gotten the same grades on everything in English this year.

Emma Hite loves her kitties.

Jody Everhart wants to know how a fish breathes in a plastic bag.

Brad Erath wants to know where to get firewood while camping in the middle of the woods.

Todd Austin jumps trains.

Wes Calvin tried to run over Jason Geist.

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Him or Her??

by Alicia Chuey

In today's world there are a lot of questions about dating that nobody really knows how to answer.

One of the biggest questions is, who should pay and when? I know a lot of guys who would like their dates to pay for everything. Some girls I know feel the same. Then there are the guys who get their date everything she wants. That would be great for a while, but then the mystery and fun is gone. The girl might get spoiled and take advantage of this poor creature. Then, on the other hand, she may get fed up and dump him because the thrill of the chase is gone. Then there are the girls that if they have even a dollar in their pocket they help out with paying. I try to do this every chance I get. If the ladies help out with paying, the gent will have a little more money left over to get that great romance movie you've been dying to see and you can cuddle up together and watch it. Or if you're the type that is into getting scared, rent the horror movie of all horrors. That way you can hold him close and have a perfect excuse. O.K. guys, here is the one you'll love, the girl who asks you out and then insists on paying for everything. She lets you pick the restaurant and then pays the bill. It's

probably great for a while, but knowing guys, they won't want a girl taking care of them. Oh!! One more thing for the guys, DO NOT insist that your date should pay for everything!! That's the worst! I went through it for two and a half months with a guy. The first month it was great. Then all of a sudden if I wanted to go not even three miles to my grandparents, he would make me give him two or three bucks for gas. That added up in a week. If he wanted to go to the mall or something, and asked me to go, he would still ask me to give him gas money. One time he asked me for five bucks for gas just for running me to Big Wheel. When I gave it to him he said he had to run down to Foodland. He left, and then came back about ten minutes later then we left. When we got back to my house, he got in the trunk and pulled out 15 carnations. I asked him how he paid for them, he paid with MY money. There's nothing like buying your own flowers!! It was a sweet gesture, but would have meant more if HE would have bought them. Not to mention the fact I wanted to go to the mall the next day and he wanted me to give him more gas money. So guys, don't insist on the girl paying. We like to

do things on our own. It would mean more to us if we come up with it on our own.

Another thing is bringing something when you pick up your date. Especially if you like taking candy. Your date, if you're together for a while, would be able to open a candy store soon. Just showing up on time and being your sweet, loving self would probably be good enough. On those special days, like an anniversary, just a rose or something special will do.

One thing about parents and dating is that if a guy asks a girl out and then wants to take her to his house to watch a movie they think the guy only wants one thing. Actually, it's a good money saver. There are very few movies you can go to and get in for under \$2. If you rent movies you can get up to three for \$2.10. Most theaters charge anywhere from \$4 - \$9 to get in a piece. Renting a movie or two is a very practical way to save money. If you save your money, some day the two of you may be able to go out to a very elegant restaurant or an amusement park without worrying about the money matter.

Whatever happens with your date, good or bad, keep on trying to work it out.



Dances are usually part of a dating ritual.

Beating the Winter Blues

by Nicole McLaughlin

Winter is here. The air is cold, and the trees are bare. Skies are gray and dreary. Night falls earlier than usual. Just as it lowers the temperature, winter also lowers spirits. Today, many people suffer from some form of winter depression.

Winter depression wasn't taken very seriously until the early 1980's. Since then, the problem has been researched and studied. Mental health professionals name the condition Seasonal Affective Disorder. Formal recognition was finally given in 1988, when SAD was included in the "Diagnostic and Statistical Manual of Mental Disorders."

SAD is marked by depression and mood swings, which begin in late autumn or early winter. Sufferers of the disorder may gain excessive weight, oversleep, or become listless. They can be irritable or anxious. Many experience social withdraw. SAD sufferers are often unsure of why they feel depressed. They may be tired, rundown,

or bored for no apparent reason. Once spring returns, the symptoms disappear. Life goes back to normal.

Recently, hope has been found in "light therapy." There is a device known as a sun-box, which actually mimics sunlight. It contains several fluorescent lightbulbs that deliver from five to ten times the intensity of standard indoor lighting. Able to fit at home or in the office, the sun-box is easy to use. SAD sufferers spend a certain amount of time each day sitting in front of the box. This can be done while working, relaxing, or even watching television. The only drawback is the price. One sun-box costs about \$400.

Research on SAD is still fairly new. Other alternatives are being studied in addition to the sun-box. Those who suffer from the disorder and cannot afford a sun-box need not get dismayed. Remember, just knowing what the problem is can be the first step in getting well.

C.B.E. Sized Up in the Real World

by Becky Donnelly

As exam time approached, so did evaluation time for C.B.E. students. C.B.E. (Cooperative Business Education) is a class allowing senior students to experience professional office surroundings. Each nine weeks, the students are evaluated by his or her employer. This evaluation is similar to evaluations given to the regular employees of a company or office. There are several traits that are reviewed and considered as favorable. These traits include: Quantity and Quality of work, Reliability, Attitude, Appearance, Punctuality, and Knowledge of job. After assessment, marks are given in each category encompassing the entire grade scale. These grades are averaged and make up the grade for the nine weeks. These evaluations are not just useful for a grade, but they also give the students an opportunity to correct any problems that may exist on the job.

Senior High School Library
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Choir Prepares For Upcoming Concert

by Angie Sicilia

The Choir Department has been preparing for their "Pops" Concert which will be held on Feb. 18 at 7:30 in the high school auditorium. Tickets can be purchased from any choir member or at the door for \$2.00. The concert will feature the Freshman Choir, Concert Choir, and Chamber Choir. A variety of songs will be covered by the choirs. The Freshman Choir will be performing the "Theme of Ice Castles", "That's What Friends Are For", and "Making Our Dreams Come True." The Chamber Choir will perform a medley of "Surfin' USA." The Concert Choir will be performing "You've Lost That Loving Feeling", "Unchained Melody", "The Living Years", "The Glory of Love", and "Mr. Sandman." The song "Voices That Care" will appear as a combined number.

Band Has Busy Schedule In 1992

by Angie Sicilia

The Salem High School Band contains 170 members that will be very busy throughout the rest of the year. The band is directed by Mr. Jeckovitch. Here are some of the vents planned for the rest of the year.

May 14 — The Annual Spring Concert.

Early March — Majorette Tryouts.
February 15 — At the Alliance High School the band will be participating in a Solo and Ensemble Contest.

May 25 — Memorial Day Parade.

Mid-July — Jubilee Parade.

August — Band Camp.

November 12-17 — Planning for Florida Trip.

The Jazz Ensemble consists of 26 members. Also directed by Mr. Jeckovitch.

February 18 — (at 7:30)... "Pops" Concert.

May — Elementary School Performance.

April-May — Spring Competition in a park or at a high school.



Vocational Business Education Challenges You To Look Ahead

As you are reading this article, the time has come for you to begin thinking about your future. The counselors will soon be distributing your planning worksheets for next year's schedule. As the sophomores and juniors complete their schedule, we, the Vocational Business Education Department at SHS, would like to challenge you to look into your future. We want you to consider where you will be in 10 years and how you are going to get there.

At Salem High School, there are two vocational business education programs available for your choosing — C.B.E. and I. O. E. C. B. E. (or Cooperative Business Education) is a program designed for senior-level students who have the skills necessary for immediate employment. Students enrolled in this program attend related classroom instruction for two periods each day and report to various paid training stations in local business offices a minimum of 15 hours per week while also earning 4-1/2 credits toward graduation requirements. This program emphasizes individual skills, knowledges, and attitudes in secretarial, clerical, and accounting areas. Opportunities are provided for students to become productive employees while

they are under the direction of school and work supervision. This is an excellent way for students to earn money toward college expenses or to gain valuable work experience while still attending high school.

I. O. E. (also known as Administrative Secretary) is a two-year vocational business education program designed to prepare students for entry-level office positions following graduation. Students earn 4-1/2 credits each year toward graduation requirements. Two periods each day are spent in a related classroom environment learning accounting, Business English, business mathematics, filing, and office procedures necessary for success in the business environment. Three periods each day are spent working in a simulated office laboratory. It is here that students use electronic typewriters, calculators, and computers to apply knowledge and develop skills that employers are seeking from future employees. At the end of the junior year, students enrolled in this program have the option of applying for selection into the C. B. E. program their senior year or completing the second year of the Administrative Secretary program.

Job seeking techniques are taught during the senior year of the I. O. E. program with students having the option of pursuing further education after high school or entering the job market. Some of the I. O. E. students also gain valuable on-the-job training while completing their high school education during the second semester of their senior year.

As we look through our past records, we see former students employed in local businesses such as American Standard, Eljer Plumbingware, Bank One, Salem Community Hospital, Home Savings & Loan and others. In addition, some students have moved from the area to obtain respectable positions in Washington DC, New York, Florida, Virginia, and many other locations throughout the United States.

We also see present and former students employed in various office occupations such as office managers, assistant managers, receptionists, bookkeepers, accounting clerks, data-entry clerks, general office clerks, file clerks, and work processing specialists. With vocational business training your options for the future are endless. Where do you envision yourself to be?

NEED A JOB?

Positions open for senior students in CBE at Salem High for next school year.

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Wrestling: Not the Sport, the Challenge!

by Rick Hoffmaster

Wrestling is a sport in which two opponents try to pin each other's shoulders to a mat on the floor. In order to grasp and control opponent's movements, wrestlers use a maneuver called holds. Successful wrestlers rely highly on speed, strength, balance, coordination, physical and mental conditioning, and knowledge of body leverage.

There are over 50 different kinds of wrestling each with its own rules. In some forms of wrestling, such as sumo wrestling, you do not have to pin the opponent to win the match. One opponent tries to throw the other opponent to the ground or force him outside a 15-foot circle.

Greco-Roman and freestyle are the two most popular forms of wrestling. Greco-Roman is the older of the two forms. The rules of both styles are basically the same and Olympic Competition is held in both. For most of Europe, Greco-Roman is the most popular form, but freestyle is more popular in the United States, Russia, Japan, and Turkish wrestlers are well known for their skill in both styles.

In Greco-Roman style of wrestling, a wrestler is not permitted to grasp his opponent's legs or use any hold below the waist. A wrestler can use only his legs for support, not to hook, trip, or lift an opponent.

In freestyle, a wrestler can grasp an

opponent with his legs like scissors on an opponent's arm or leg. But the wrestler cannot close the scissors around the opponent's head or body. A wrestler can also trip or tackle his opponent's legs. Rules forbid holds that could injure an opponent or even cause him great pain!

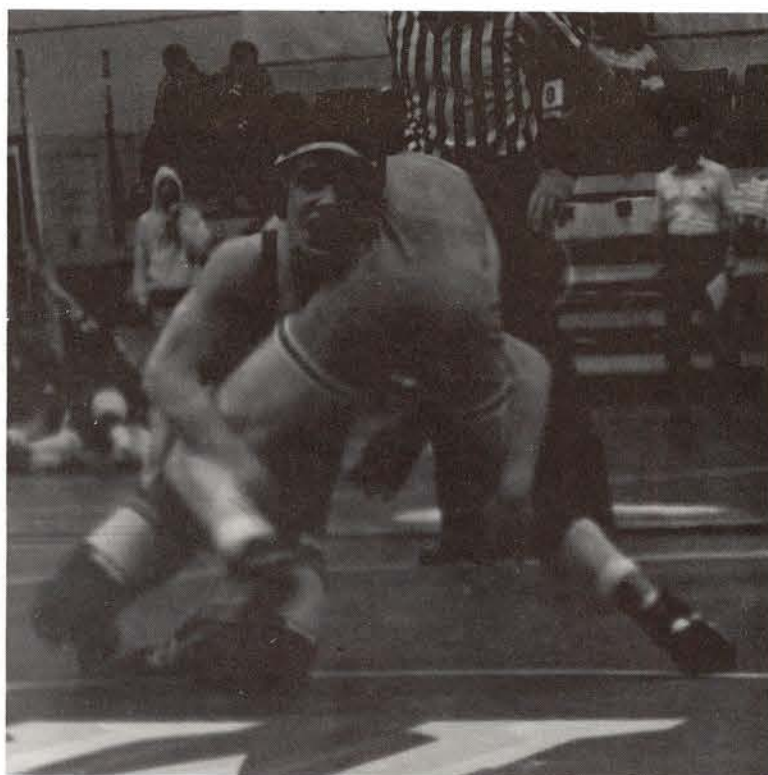
One of the fastest-growing sports in schools around the United States is amateur wrestling. Every year, students in junior high school, high school, and college take part in wrestling matches. National and world championship competitions are held annually. Wrestlers also compete in the Summer Olympic Games every four years. There are 12 weight classes in high school wrestling in the United States. The weight classes are 98 pounds, 105 pounds, 112 pounds, 119 pounds, 126 pounds, 132 pounds, 138 pounds, 145 pounds, 155 pounds, 167 pounds, 185 pounds, and heavyweight.

High school matches are divided up into three periods of two minutes each. Matches are taken place on a mat with a wrestling area at least 24 feet square or 28 feet in diameter. At least 5 feet of mat must surround the wrestling area. The match begins with the wrestlers standing facing each other. If a fall or pin should occur then the match would be over.

One of the wrestlers would take a defensive position on his hands and

knees, while the other person would get into an offensive position at his opponent's side or with one of his feet behind the opponent. The offensive wrestler puts an arm around the opponent's waist and the other hand on the opponent's elbow. The referee flips a coin to determine which wrestler takes each position. The wrestlers reverse positions at the start of the period.

These thoughts and ideas are what is going through the minds of the Salem High wrestlers before each match. Which maneuver should I use to pin this guy? How do I plan to take him down? Do I want to pin him or force him to submit? How to win the match is not always the major concern of the wrestler. The bigger concern with the wrestlers is whether or not the team can win overall since they are giving up so many points because of no wrestlers in certain weight classes. Like, for instance, in the last match they gave up 24 points to forfeits. Also they are plagued with "ineligible wrestlers, injuries, and an overall bad season," says Senior wrestler Greg Orrach. Even though the season is almost over they can still perform well in the East Ohio Wrestling League (E.O.W.L.). They could use the support of the Salem High student body these last couple of matches and to Nelson Cope who is the most predicted wrestler to go to state.



Good Leverage
Nelson Cope appears to have opponent under control during a recent match.

Photo by Rick Lobdell

Salem Lady Quakers Dust the Shelves

by Rick Hoffmaster

The Lady Quakers have been improving as the season has progressed. The Quakers defeated the Lady Bulldogs, who at 10-1 were only beaten by the raging Canfield Cardinals. The girls keep their heads up and keep on trying and are lately being rewarded for their efforts. On Monday the girls played Youngstown Rayen and defeated the Tigers 74-29. Leading the Quakers was Valerie Scott with 22 points, six rebounds, and four 3-point shots. Salem outscored Rayen 43-16 in the middle two quarters. The 7-8 Quakers hosted the 14-2 Canfield Cardinals last night.

When the Lady Quakers came up against Struthers last Thursday, they were not met with open arms. Struthers jumped out to an 11-point lead and went

on to defeat the Quakers in a defensive struggle 34-23 in a Mahoning Valley Conference match up. Struthers went to 4-5 in MVC and 8-7 overall, while Salem dropped to 5-4 and 6-8. Valerie Scott, Salem's top scorer in all games so far this season had seven points and six rebounds. She also had seven steals.

One of the highlights of the Quakers' season was 63-51 upset with over Poland. After Monday's MVC win, Salem stood as 5-3 in the MVC and 6-7 overall. The Bulldogs dropped its second against six wins in a league play and fell to 10-2 overall. Scott also had three assists and 10 steals, while Marcie Baker poured in a dozen points and grabbed a dozen rebounds. Salem has a 26-16 rebound edge.

Quakers on the Rebound

by Israel Karlis

The Salem Quaker Boys' Basketball team is 9-6 after their 72-71 win to Struthers on Tuesday night.

Jeff Holenchik's two free throws with 16 seconds remaining provided the margin of victory. The Quakers rallied in the fourth quarter and tied the game with two seconds left in regulation on Beau Hendrick's drive to the basket.

Salem seemed to be back on the right track after a big win against Poland last Friday night.

Salem beat Poland 67-53 to halt a

three game losing streak. The Quakers lost to East Liverpool, Campbell, and Girard. In the three losses the Quakers were outrebounded 131-75 and right now are shooting around 41% from the field for the year.

On January 17, East Liverpool routed the Quakers by a tally of 75-57. Brian Petrucci had 15 points but was plagued by fouls for pretty much the whole game. Beau Hendricks backed him up with 10 points.

On January 21, Salem fell to

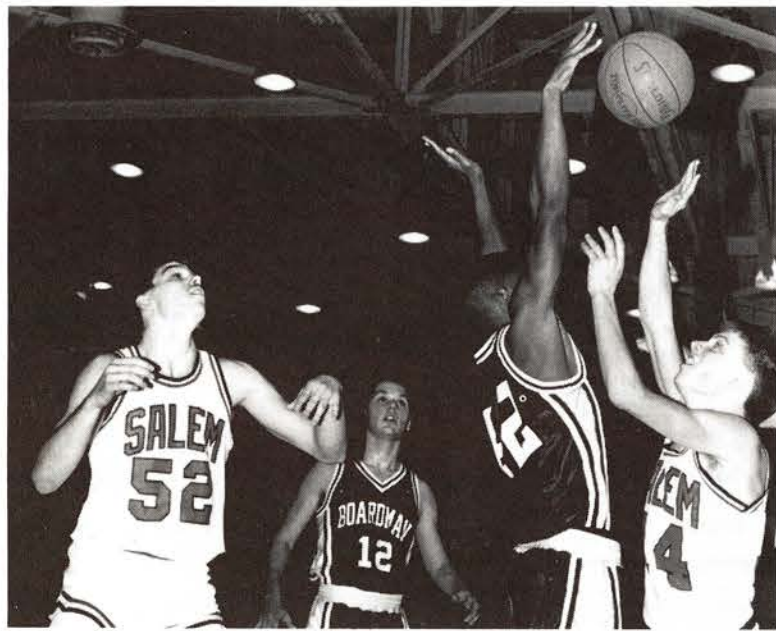
Campbell Memorial in OT by a score of 64-60. Junior Jeff Andres led Salem with 17 points. Both Hendricks and Shawn Sauerwein has 12 points. Petrucci, again having foul problems, has 12 points also and 13 rebounds to go along with that.

On Jan. 24, Salem lost to Girard 75-68. Petrucci led Salem with 24 points despite foul trouble. Sauerwein had 12 points and Hendricks chipped in 11 points. After this loss Salem's record was 7-6.

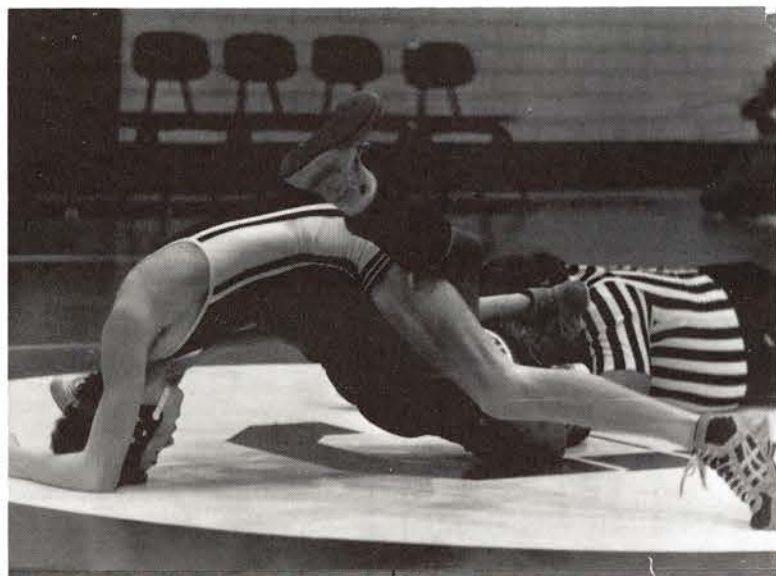
Last Friday, Salem beat Poland 67-53. Jeff Andres led Salem with 15 points. Petrucci has 13 points and 10 rebounds. Hendricks has 12 points and Sauerwein had all 12 of his points come from the free throw line in the fourth quarter. He was 12-12 from the charity stripe. Salem also outrebounded Poland 31-27.

Despite the slump, Coach Spack is pleased with his team. "Before the losing streak we were 7-3. Nobody expected us to be 7-3 and 1 game out of the M. V. C. lead. Then we lost the next three games but came back with a big victory against Poland. I'm pleased that we come out every night and play with great intensity and also play unselfishly."

Next for the Quakers' is "big time" rival Canfield, tonight, at Canfield High School. The Quakers will go into the game with 6-3 record in the MVC.



Jeff Mooney battles for a rebound against an unidentified Boardman player.

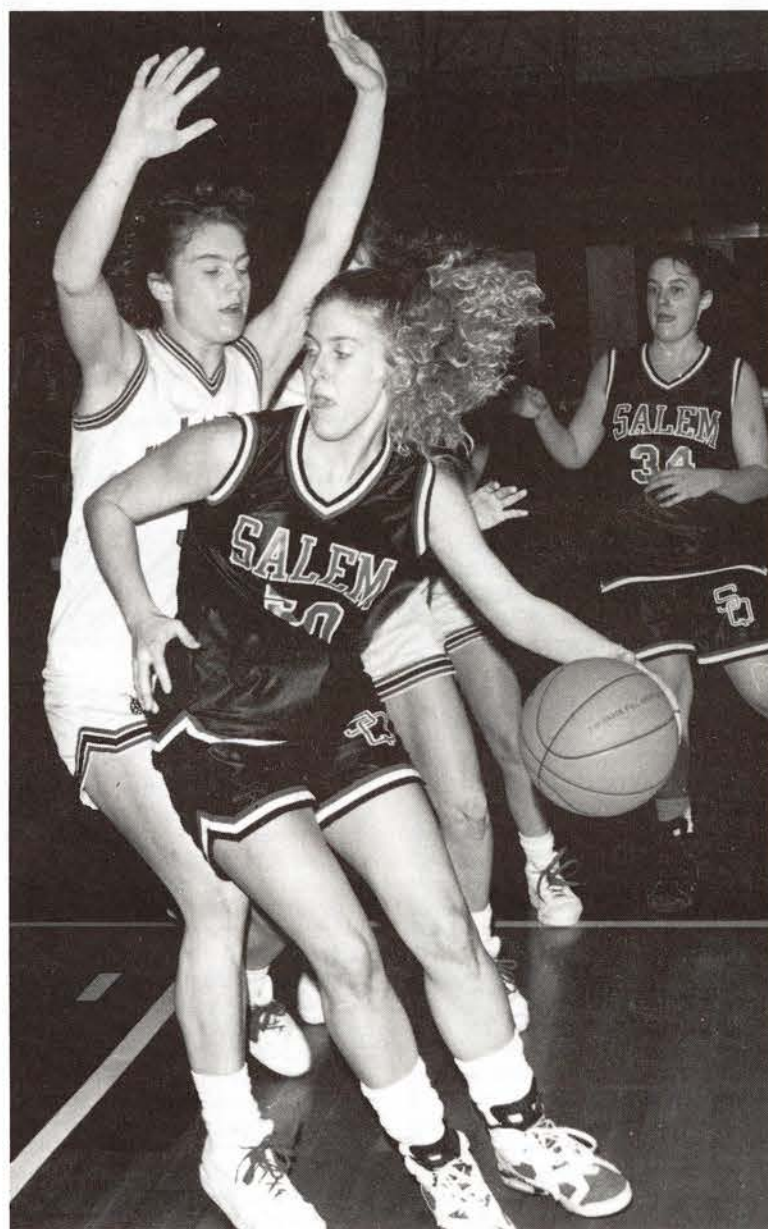


A pin for the win?
Salem's Wes Calvin is close to a pin in a recent match.



Jeff Holenchik's drive helped the Quakers to an early season win over Girard.

Photo by J. D. Creer



Driving the Lane!
Salem's Valerie Scott finds an open lane on her way to the the basket.