

THE QUAKER

student newspaper

VOL. 80 NO. 7

SALEM SENIOR HIGH — SALEM, OHIO

FRIDAY, MARCH 19, 1993



Salem's 1993 Academic Challenge team consists of the following: Front L. to R.; Kalpana Mohan, Jason Smith, Travis Pilch, and Robert Kimmel. Back L. to R.; Jennifer Egolf, Denise Lee, Tricia Stone, Stuart Poage, Shawn Catlos, Kurt Conser, and Treg Steves.

Academic challenge team places fifth in County Bowl

by Ray Ashead

After winning only two out of their four matches on the first night of competition the Salem team bounced back to end in fifth place.

After a lose against Leetonia and Wellsville Local, Salem recovered that night with a win against Lisbon and the Career Center, leaving Salem's Team with a record 2-4 after the first night.

On the second night the Academic Challenge team came back out of the hole, some. With two wins over Crestview Local and Columbiana, but only losing against Beaver Local, leaving their record after two nights of competition at 4-7.

On the third night of competition, the challenge team almost ended the tournament with an even record. Winning against United Local, Southern Local, and East Palestine. Yet the loss

against East Liverpool caused them a second place rating. Salem ended in fifth place, out of the twelve teams competing. The final standings looked like this.

1. United Local
2. Crestview
3. East Liverpool
4. Beaver Local
5. Salem
6. East Palestine
7. Southern Local
8. Career Center
9. Wellsville
10. Lisbon
11. Columbiana
12. Leetonia

Congratulations to the success the academic challenge team has in the County Bowl.

Ninth grade proficiency test results are in

by Tanya Nagy

Salem Senior High Students as well as students all around Ohio and other parts of the country take the ninth grade Proficiency Test. The class of 1994 was the first class to take this test. Since then two other classes have already taken the test, 1995 and 1996.

Columbiana County has eleven schools in its district. Out of these schools, five came before Salem with the total number of students who passed the Nov. testing. These five are: Leetonia Ex. Village (51%), Crestview Local (47%), Columbiana Ex. Village (44%), East Palestine City (43%), Lisbon Ex. Village (42%), and Salem with 41% of the students passing.

The following list is a percentage of students who have had to retake the test since Fall of 1990.

	Class	Math	Reading	Citizenship	Writing
Fall '90	'94	93	26	58	29
Spring '91	'94	69	18	38	24
Fall '91	'94	43	9	24	13
	'95	82	22	56	29
Spring '92	'94	35	5	19	6
	'95	63	13	44	15
Fall '92	'94	22	3	10	1
	'95	47	7	24	13
	'96	68	26	48	73

These tests will be used to determine whether or not a student receives his or her diploma. The test is taken in the ninth grade and may be taken as many times as needed to pass by the time the student graduates. The class of '94 will; however, have to take the test their senior year again. This will be mandatory of all classes there-after. That test will not count on whether or not they get their diplomas only their ninth grade one will determine that.

If a student does not pass the test they are put on an intervention program. This program consists of different ways to help the student pass the tests the next time. Part of this program consists of: students getting practice booklets to help them, a teachers' help, along with there are sessions for them to go to as a group.

Why are people the way they are?

by Rachel Lopshansky

To many people the word personality means the way that a person acts, and it does mean that to a certain extent. Psychologists believe that there is much more to a personality than just actions. Psychologists are interested in studying everything about an individual that is of personal or social importance. Psychology deals with the reasons behind behavior and personality. Every person in the world has a different personality, that is what makes each of us unique.

Psychologists believe that three major factors influence personality development. The first is thought to be biological, or what you inherit from your parents. Heredity gives you physical characteristics as well as a certain level of intelligence. Studies show that you will probably be as intelligent as your parents are, although it is difficult to measure a person's intelligence.

Biological factors also include personality traits such as aggressiveness and temperament. It is said that boys are more aggressive and temperamental than girls. Girls are usually stereotyped as being gentle and passive.

This leads us to the second factor that influences personality: culture. Culture includes traditions, beliefs, ideas, and morals. Culture is a way of life. People of a certain culture are taught that their way of life is "right" and that the way that other people live is "wrong". Culture has always taught ladies to be passive and to tend to the "women's" works such as cooking, cleaning, and rearing the family. Men, on the other hand, are taught to be dominant, powerful, and leaders.

Family, along with culture, effects personality. It is thought that a child will develop about half of his personality by the time he enters kindergarten. Children learn from older people in the family. At a very early age children learn to either imitate or oppose their parents. For example, a child who has an alcoholic parent may choose to oppose drinking or imitate it. An individual also learns a lot from his or her peers. The people that we hang around influence our attitudes, interests, opinions, and appearance. Teenagers especially try to fit in to what the majority feels is socially acceptable.

Teenagers are taught that if you don't dress a certain way, you are an outcast. Opinions that people make about you effect your personality, and often times this is why people want (and need) to belong in society.

The public also plays an important role in the development of a person's personality. Magazine ads featuring beautiful women set unrealistic goals for young girls. Music that glamorizes drugs and violence affects a person's attitude. Society has had a high standard to which practically no one can meet. This often causes a feeling of self-hatred and depression.

The final factor that is believed to influence a person's personality is personal experience. The experiences that a person has from birth until about the age of five are considered to be the most important. Sometimes it is also helpful to know that experiences that occurred later in life to determine why a person acts the way that they do.

Perception of experiences is also a very important part of personal development. How we see things that happen to us in life affect our over-all opinions, personality, and how we view ourself and the world.

Perception of ourselves is probably the most important form of personality development. If a person grows up thinking that he or she is unattractive, dumb, or any other negative feeling, then that person is more inclined to be depressed and withdrawn. Your ideal image, ideas about the kind of person you would like to be, often make you

feel as though you are not the person that you could be. Your feelings turn to guilt because you are not like that ideal image. It is important for every person to feel accepted and loved for who you really are. Insecurities cause depression and envy of other people and how "happy" they seem to be. A person that has an optimistic view of the world tends to regard people as being helpful, friendly, and loving. On the other hand, a person who sees the world in a negative way tends to think that people are deceptive, and punishing.

Many psychologists have different views on what makes up a personality. One theory is that of William H. Sheldon. In his book entitled "The Variation of Human Physique", Sheldon states that main types of body build contribute to our personality. The first type is called Endomorphy and these people are plump and round in body shape. The tend to eat too much, be insecure, and worry a lot.

The second type is called Mesomorphy and these people have a muscular body build. They are adventurous, like to take cold showers, like to dress informally, and withstand pain easily.

The third type of body build is Ectomorphy. These people are fragile and thin. They prefer only a few friends and tend to dislike a lot of exercise.

All psychologists agree that each and every personality is important. Despite personality imperfections, all people contribute to our society and our way of life.

What's happening?

by Becky Criss

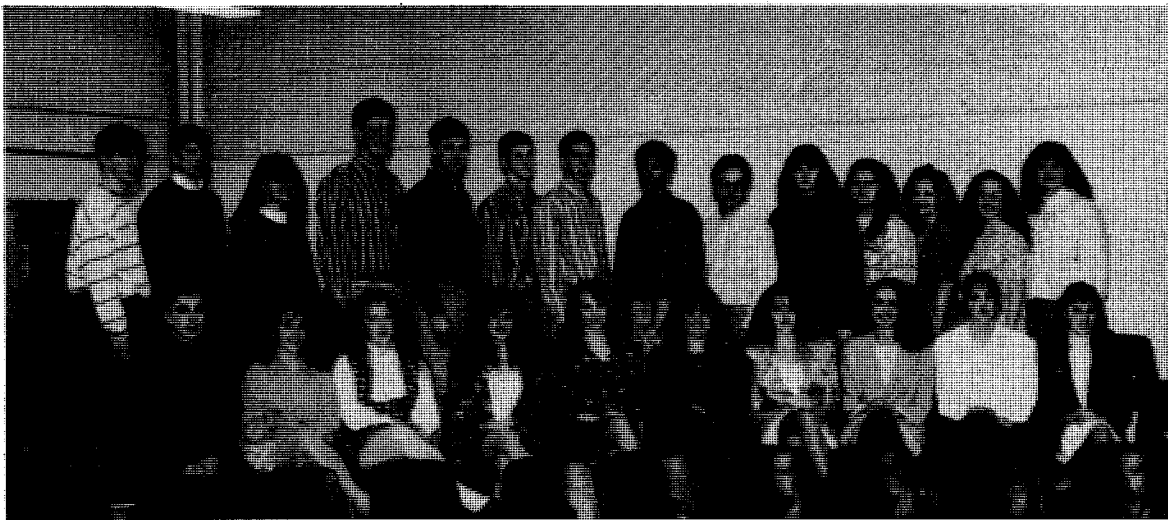
Are you confused as to when some events are? Do you always find out after an event happens that you missed it? Well, no more. (At least to most of them.) I've put together a calendar of the important dates from April to the rest of the school year. If I missed some of them, everyone will have to forgive me.

- April 1—April Fools Day (Play a joke on a friend!)
- April 2—NO SCHOOL! (Parent/Teacher Conferences.)
- April 5-9—SPRING BREAK! SPANISH TRIP TO MEXICO!
- April 12—NO SCHOOL (Inservice Day.)
- April 30—MORP dance.
- May 7—PROM.
- May 16—Spring Concert 3 P.M.

- May 26—Awards Ceremony.
- May 28-29—The play "The Music Man."
- May 31—NO SCHOOL (Memorial Day.)
- June 2-4—Senior Exams.
- June 4—Senior Graduation Practice.
- June 6—Tentative Senior Graduation Date.
- June 7-8—Final Exams.

Spring Break!
April 2-12th

Parent Teacher Conferences
April 1, 6 p.m. - 9 p.m.
April 2, 8 a.m. - 12 p.m.



The following seniors and juniors were inducted into the National Honor Society this past Wednesday.
FRONT ROW
L-R; Dominic Ferreri, Julie Kornbau, Shana Stockton, Traci Gerace, Barbie Glista, Billie Sue Briceland, Jen Lehman, Kara Zocolo, Mindi Cyrus, Becky Williamson.
BACK ROW
L-R; Jeremy Tausch, Travis Pilch, Barb Wonner, Rick Fawcett, Jim Myers, Duke Dye, Mark Rea, Ken Lee, Rob Kimmel, Laurel Grimes, Jen Carlisle, Jenny Egolf, Laura Farkas, Athena Bodkins

Photo by Leah Lutsch

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VOICES

An ear to the ground

by Alexa Havelock

O.K. So you are sitting at home or at school reviling in your boredom, when you turn on the radio. You have on glimmer of hope that this will relieve you from the never-ending torture of chemistry homework. You switch the dial and AHHHHHHHHH!!! Paula Abdul again! Frantically you search for something, anything but all you get is the same old washed-up and-out pop music. Sound familiar? I know, it used to be the story of my life. Then I found this great new well-Alternative to everyday fluff. I am not talking about bands deemed the "A" word, I talking about real, new music that just hasn't made it to the mainstream of our culture yet and maybe never will. For instance about a year ago I discovered a great band called the Sundays. Their lead singer, Harriet Wheeler, has the most beautiful voice since, well, since anyone. These people are good to listen to if you are a mellow kind of music person, or just a sad sort of mood. Their new CD is called "Blind," and it has been released for about three months. Another group I would highly recommend to you not-yet moshers are the

10,000 Maniacs. Yet again their lead vocalist has a haunting melodic voice that will keep you entertained for hours on end I just know it. Their new album is titled "Our Time In Eden." Here is a list of other bands of this sort that you might like if you go for these kind of tunes.

1. The Gin Blossoms
2. The Beautiful South
3. Lenny Kravitz
4. R.E.M.
5. The Jesus and Mary Chain

Now, let's get down to business. When you are in the great mood and want to get crazy but have just about worn down your AC/DC albums, there are a multitude of bands that will fulfill your need to slam into walls and bite the heads off of chickens. There is of course Nirvana, with their albums "Incesticide" and "Never Mind" (save for space I could only put two) which are, if you don't know by now, slam-dance classics. Another is "Alice in Chains." One of my personal favorites, "A-I-C" offers an exciting mix of grunge, hard rock, and hey, you can actually understand the lyrics (some-

times). What more could you ask for? Their new album is called "Dirt" but they have released several other albums in the past, such as "Sap." There is yet another list of groups that make you want to mosh.

1. Sonic Youth
2. Soul Asylum
3. Stone Temple Pilots
4. Nine Inch Nails
5. Pantera

On the other end of the scale, there is Rap and R & B. These are very misunderstood types of music, for not all rappers want to kill you or steal your girlfriend. We have all heard the cheesy Vanilla Ice pseudo-rap that makes us all want to gag, but trust me not all hip-hop is like that. Take for instance the Diggable Planets, who with their new hit song "Rebirth of Sick" have reached new heights in the R & B industry. By the way don't let the world R & B turn you off. The Diggable Planets have a great mix of jazz, blues and if you have ever heard the song - "cool like that hip-hop style," this song really makes you want to get up and boggie. If you are into the more hard core gangsta' rap,

then Dr. Ore will suit your musical tastes just fine. Once a part of N.W.A., Ore has ventured out on his own and had a very successful career. His newest single, "Ain't Nothin' But A G Thang," even got me bobbing my head in the car. This song, however, will be running through your head all day. The chorus is contagious. May I recommend some groups to check out if you like the hip hop style.

1. A Tribe Called Quest
2. 3rd Bass
3. B.W.P
4. Cypress Hill
5. Naughty By Nature

Last but certainly not least, we have the, well, just plain weird music. Music that doesn't really fit any definitions or for that matter, anything else. Much of this music is misunderstood, or just plain ignored. If you go to Quanset Hut you know the kind that I mean. It's in the Big Box O' Music (CD's 3 4 a 5). Bands like Titanic Love Affair or Redbone Daily. Heard of them - see I told you they were unknown. One of the best unknown bands that I have ever heard is the Dead Milkmen. Their albums "Soul Rotation" and (my all-time

favorite) "Big Lizard In My Backyard," offer of fresh, new, if sarcastically cynical, outlook on life. They are very heavy and deep so if you are a shallow person please do not waste your money. Also, Lords Of Acid is a tasty dish for those of you who like to thrash about wildly and mosh with out abandon. With hilarious lyrics, and awesome techno-type beats, this is a surefire hit. Some other great unknowns:

1. School of Fish
2. The Shamen
3. Mudhoney
4. The Smiths
5. Siouxsie and the Banshees

And so concludes my veritable cornucopia of musical groups and bands. I hope I have given you some ideas so that when you are wallowing the pits of boredom, you know how to get out. A word of warning - if you own every New Kids album or have pictures of Menudo hanging on your wall, please do not buy these albums. Run Away from this paper as fast as you can. Now for the rest of you-have fun, do not be afraid to try new things, and Happy Listening!

Why Fry?

by Kristi Hooper

In a world where the people get so much information everyday on health issues it really surprises me that some people are still doing so little to prevent something that can be so detrimental to

your life. Although some may not feel that this applies to them, skin cancer is a serious subject and everyone needs to try to prevent it.

Why are people still frying their skin in tanning beds and laying out at the first signs of warm weather? We have been bombarded with information about linking sunburns (or too much sun) with skin cancer. Just one bad burn before the age of 18 can double your risk of getting skin cancer later. Due to the thinning ozone layer, which protects us from the sun's harmful rays, the fair skinned people are not the only ones who are at risk. The Skin Cancer Foundation have reported that blacks also show evidence of skin damage due to the sun's rays.

No one can stay out of the sun completely, and who (unless you are albino) would really want to? If people would start protecting themselves while in the sun now, skin damage that has already been done could start to reverse itself. Sunspots would start to fade, wrinkling would become less obvious, and skin would become less rough if people would start to take the necessary precautions while out in the sun. Staying out of the sun while you are young will also help with this. And isn't it true that the most common reason to go to a tanning bed or lay out and bake is for fashion reasons or so you thing that you look good? Well, if that is the reason than isn't it a little counterproductive? You may look good then, but picture yourself when you are older; you will have sunspots, more wrinkling than you would if you didn't to "tanning", and

you may even get the monster of them all: skin cancer. Believe me skin cancer usually looks much worse after it is taken care of than it did before too (it is even better if you don't get it at all). Skin cancer shows up as spots that can be red and scaly or. After it is removed by some means, maybe with liquid nitrogen or by digging it out, it leaves a scar. This scar is not usually that large but it depends upon how bad the case is.

Also contrary to popular belief, you are no safer on a cloudy day than on a very sunny day. Why is this? It is because the sun's rays reflect off the edge of the clouds and actually intensifies the UV rays that are hitting your body. You are also at risk in the winter. In the winter you should wear base with a sunscreen in it or, if you do not wear makeup then, just wear sunscreen. Many new sunscreens are now lighter, water-proof, and less oily than before, so it won't feel horrible to wear.

You do not have to be completely pale to be safe from the bad effects of the sun. You can still look healthy without the oh so dark, see how dark you can get tan (which is out anyway). In the beginning of the summer wear sunscreen with a higher SPF, so you do not burn, and decrease the SPF after your skin gets used to being exposed so much to the sun. This will enable you to get a nice tan without the burns. Also, if you have dark skin you still need to wear a low SPF level to protect your skin. Also, you may have seen sunscreens go as high as 45 SPF. These only offer slightly more protection than those sunscreens with a 15 SPF, and are only recommended for those people with extremely pale skin.

Skin cancer and other bad effects of the sun can be prevented if you are smart about how you protect yourself. So, in short protect yourself from the sun, it is important for everyone.

Smoking in the Schools

by Emily Colley

Every now and then, unsuspecting healthy students will need to use their high school restrooms. It's pretty bad when they walk through the door only to enter into a disturbing, thick cloud of smoke coming from neighboring students with cigarettes hanging out of their mouths. It's even worse when they are forced to leave because they can not breathe. The smell of smoke tends to leave a lasting smell, rather impression on one's clothing. This makes others, especially teachers suspicious, questioning whether or not they are involved with this detestable habit. This is what several students have been complaining about for years, so something must be said about it.

Not only does smoking have detrimental affects on the smoker, but the non-smoker is usually the one who ends up suffering these affects. The amount of smoke non-smokers inhale is far more than that taken in by the smoker him/herself. The smoke we inhale is highly more dangerous and is more likely to cause cancer or other serious health problems. Why should the healthy non-smoker suffer more greatly than the smoker? Smoking should not be permitted in public places, especially public or private schools. Unfortunately, the Board of Education has not yet passed a law for a smoke free environment in schools. It would require an enormous amount of discipline and a demand for increased supervision. This is very demeaning to faculty and students. A couple of years ago, the State Department, along with the Board of Education enacted a ruling that banned all separate smoking facilities. This now only limits the smokers to the restrooms, where else are they going to smoke? We all realize smoking is very addictive, so in return we all must realize that even if a law were to be passed we would still have a smoking problem. The students who need the nicotine are always going to find ways to smoke.

When asking Mr. McShane what could be done to reduce smoking in school he mentioned things such as limiting the amount of students permitted in the restroom at a time, obtaining strict staff supervision, and limiting the amount of accessible

restrooms. Mr. McShane feels that taking these actions would simply be foolish. Actions such as these would also be very degrading to students and faculty, not to mention unproductive. The schools would have to hire extra employees, which is too expensive and ridiculous. The majority of students are non-smokers, therefore smoking is not a major problem in high schools.

The punishments for smoking are fairly strict and have been very affective thus far. If one is caught smoking in or on school property for the first time he/she is issued a three day suspension from school. The second time they are issued a five day suspension and the third time, a ten day suspension.

All of these days count towards the allowable 26 absent days for the school year. Mr. McShane strongly feels that a program designed to help smokers quit their habit would also be an affective and helpful punishment.

So, if you enter into a restroom filled with smoke, just hold your breath, or simply walk out and try another restroom. Perhaps you should try limiting the amount of trips you make to the restroom everyday if it really bothers you. The chances of having a law passed that forbids all smoking in public places is highly unlikely, so I guess non-smokers will have to continue suffering from second hand smoking until something productive is finally done about it.

Quaker's Proposal on Student Expression

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

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

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

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

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

THE QUAKER student newspaper is published by Journalism students of Salem High School.

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The right to die

by Alexa Havelock

We all have civil rights. The right of free speech, the right to bear arms, and the right to free religion. There is however, one right that is in question; and that is the right to die. When you are terminally ill or the pain is just too much for you to bear, should you be allowed to take your own life? Many people say yes, but Euthanasia, the right to take your own life, with the help of a medical professional, is still one of the most disputed "rights" on the book. As of now it is not even up to the person to make the decision to end their own pain

and suffering. The reasons why people do not support Euthanasia are greatly varied. Some are worried that terminally ill people become too depressed to make a logical and sound decision. Some people worry that others might try to take advantage of the person's situation to get property or insurance money. These situations are all very possible, however, if Euthanasia were to become legal, proper precautions would most likely be taken to prevent these types of situations from happening.

Another question that arises is that, once the decision is made, who will perform this "mercy killing"? Take the recent stint on Dr. Jack Kevorkian, a doctor who invented a machine that some consider a safe and humane way of ending their life and some a way to kill legally. This is a machine that consists of a lethal drug that is dripped into your IV allowing you an easy painless death. This can be done by the person themselves, so technically it is committing suicide (in which the law enforcements basically useless, they

can't arrest you after you are dead) or if the person is in a coma their family can put an end to their suffering by consenting to their last wishes. One can also make up what is called a living will. These will notify the person in charge that if one becomes brain-dead or unable to function to let them die. Is there a difference however in taking one's life and "letting die"? Hardly. The only difference is that some people think that killing someone is morally worse than letting someone die. If a person is ready to take the huge step into the

world beyond, let them. I have a feeling that their decision was taken into great consideration, one never takes death lightly. How can the same person who would shoot a dog or a horse to "put it out of its misery" say that people are different when their pain is just as visible and maybe even worse? I'm not suggesting that we shoot terminally ill people, but don't you think that we should come up with a solution to help innocent people end what can seem like endless suffering?

Reader protests W.T.I.

To the Editor:

I became aware of W.T.I late last year when I read in the newspaper about some protesting against W.T.I. I didn't know anything about it, but it made me ask myself, "Why do they do this?" I decided to find out. I interviewed a man involved with the group. He gave me information about the emissions that come from the plant that could be harmful and fatal. He gave examples of children who had been born physically handicapped, mentally retarded, and even of some that died. He went on to tell me of things that I never dreamt could possibly happen to the area. He told me, "Don't worry about yourself, it's your children and your children's children that will be affected. I was astonished that this would go on. I couldn't and didn't want to believe

it was true, so I decided to do my own research. I came up with evidence to back up what he had told me.

Then I remembered something that had been in the paper, something about W.T.I. can burn only certain chemicals and everything that will come into the plant will be checked. Both statements are true, but what are these certain chemicals? There are 300 chemicals, including mercury, lead and dioxins. All known to be deadly, especially dioxins. They are considered one of the worst carcinogens ever studied. I also wondered about the second statement that everything is checked. So what if it is checked, that doesn't mean a thing. They could let it in anyway, they never said anything about rejections.

What about transportation? How are these volatile and deadly chemicals going to get to the incinerator? They are coming by truck. What would happen if there was a spill? Ohio doesn't have a very good record on that point. The changes of an accident occurring are very, very high. The spill could damage vegetation and drastically affect animal and plant life.

There is so much information out there on this subject. I could tell you much more, but a person can only take so much at a time. I know.

If you would like to know more, there is plenty of information at your library. I encourage you to do your own research and then help out by supporting Greenpeace. They're here for a reason. To protect our future.

Lynette Jensen, Senior

Helpful hints for sun bathing

by Brandie Oesch

As spring and summer is fast approaching and the talk is starting. Everyone is talking about bathing suit styles and getting great tans. But what many people don't think about is getting sun burnt and being prepared for a day after swimming and tanning. There are many types of tanning lotions on the market, but they all sound the same and some are more expensive than others. So what lotions really work?

When getting prepared for a day at the beach what should you take to get a tan? Many people use oil thinking it will give them a better tan than any other lotion would, but that is not always true. Putting oil on your body only gives your body a better chance to get burnt. If you use a tanning lotion with sunscreen, you will protect your body more, but I found out that it also gave me a better tan than oil did. Another thing, do not put oil on your face. While visiting Daytona Beach, a person selling tanning lotion, told me that putting oil on your face makes it burn easier. The

reason for that is because on your face, chest, and tops of feet you have less fat between your skin and bones. If you are a person with sensitive skin you should use a tanning lotion with a higher SPF (sun protection formula) number, but if you want a darker tan start with a higher SPF for the protection while you start your tan, then begin to decrease the number as you get darker. There is also special face protection lotion, so you will be able to receive more protection on your face.

Then for those of you that have sensitive skin that burns every time you see the sun, you need sun burn relief lotion. The most popular lotion to help relieve sun burn is anything with aloe in it. Most lotions are made with aloe or you can use the leaves from an aloe plant or just suffer through those couple days.

I hope this information helps you for a day out in the sun. Good luck getting a great tan!

1993 Prom Nears

by Kara Zocolo

Some of you may have been wondering how the prom is going to be set up this year. Here's the latest information from Mrs. Wilms and Mrs. Kornbau.

This year, prom will go a little differently than in the past. Prom will be held at Antone's Banquet Hall on Market Street in Boardman. Instead of arranging your own dinner plans, a sit down dinner will be served. Couples are expected to be at the hall between 6 and 7 p.m. Dinner will be served shortly after 7. Students will have the choice of prime rib or boneless chicken breast, appetizer, salad, homemade rolls, vegetable, and chocolate mousse for dessert. Dancing will be approximately from 9 until 12 a.m., during which there

will be a fresh fruit and dessert bar available at your request. Tickets will be on sale from March 17 to March 30 for \$40 a couple.

For the after prom, students will be traveling for a day of fun at Cedar Point. Tickets will be sold for \$5 a person from March 18 to April 14. Students are NOT required to go to prom in order to attend the after prom. The bus will leave from the high school on May 8 after approximately 8 a.m. Parental permission forms will be available with the prom tickets. Forms must be turned in before students can buy tickets for the after prom.

Thanks go to the advisors and parents who are doing their best to make this the very special night that it should be.



Club Activity Update

Tact

Advisor: Mrs. Cozza
On March 21, TACT will be having a party. On March 22, another meeting for parents will be held at 7:00. They will also be having their graduation party on May 21 and 22. Don't forget about the TACT Olympics on April 24. This event will be open to all students in the high school.

AFS

Advisor: Mr. Martonelli
President: Jayne Crawford
Vice-President: Heather Horstman
Secretary: Kristi Hooper
Treasurer: Bill Poley
AFS members and Student Council will be going to the Penguins game on April 7. Cost is \$15 a person any interested student is to see Mr. Martonelli. They will be having Rock-a-thon

to raise money. AFS will also be having a concession stand for Odyssey of the Mind.

German Club

Advisor: Mrs. Reed
President: Emily Mager
Vice-President: Denise Lee
Secretary: Athena Bodkins
Treasurer: Michelle Woerther
The German Club had a party at Denise Lee's house on March 13. There will be an exchange student, Ralf Schusser from the Friendship Connection, coming on March 31, and will be staying with Travis Pilch. Pilch will also go to Germany in the end of June till the beginning of July.

Math Club

Advisor: Mr. Trough
President: Curt Conser
Vice President: Stewart Poage

Treasurer: Bartu Ulger
Secretary: Jacob Bails
The Math Club will be participating in two Math competitions later in the year.

French Club

Advisor: Mrs. Arter
President: Krissy Milazzo
Vice-President: Leanne Cyrus
Secretary/Treasurer: Angie McQuire
Activities Chairperson: Jennifer Reed

The French Club celebrated St. Patrick's Day Party, March 17.

Yearbook

Advisor: Mrs. Tina Hayes
The Yearbook Staff is working on their third deadline, which includes, winter sports, white Christmas, and Sweetheart.



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BRIDE AND FORMAL WEAR
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Drinking and Driving Can Kill a Friendship Please Don't Drink and Drive

Down to Earth

by Alexa Havelock

In this era of eco-minded people (especially we the youth) one may wonder what they could do to help our failing environment. Yes, it is bothersome occasionally, but as Sara Chaganti put it, "Deciding whether or not to be environmentally aware is deciding between helping and hurting the earth." Unfortunately, some people look at eco-awareness as a trendy sort of thing that they see in a magazine or that their favorite rock band is preaching. I have seen many a person remark with glee that the new \$85 shirt with "Save the Earth" on it is just the most nifty thing they have ever laid eyes on. It even says that some of the proceeds from this shirt will go to help the environment. All .04% of the \$85 you paid for it. Attention suckers. . . this will not save the rainforest, chances are the company is saving a tree in downtown Brooklyn. Do not despair though, there are at least

a million things you actually can do to help out Mother Earth. One of the most obvious activities you can engage in is to recycle. Have you seen the boxes in our cafeteria? Well, if you have, put your pop cans in them! This will save the energy of Coca-Cola making a new can. They can take yours and make it new again, just like that. Also, our school environmental club (bless their hearts) installed in some classrooms, boxes for paper. You can fill these boxes with newspaper, any type of white paper, and paper that has been recycled already. You can also (sorry guys I had to get some vegetarian preaching in here somewhere) conserve energy and land by not eating as much meat as you usually do. Studies have shown that the energy it takes to produce just one McBurger, could light up an average size house for about two hours. Just think of the massive amounts of energy

it takes to "serve billions and billions". Another idea is to participate in a litter pick-up or something of that sort. Not only will you be making the earth cleaner, you won't have to look at empty beer and dip cans when you want to go for a walk in the park.

Just imagine it. A new improved, unpolluted, habitable world by the end of President Clinton's term. Sound impossible? Well, not really. The so-called environmental president (or was that George?) has many plans for this country of ours. Clinton has elevated many Cabinet posts that were once the weenie jobs to new power. Posts such as the Secretary of Energy, played by Hazel O'Leary. Carol Browner, the head of the Environmental Protection Agency, also has a very important environmental job. This is not a cabinet position now, but President Clinton is trying to get it that way. Unfortunately, Clinton has been criticized for his lack

of interest in the environment during his Arkansas days. Will this effect his environmental decisions now? Hopefully not, but his work so far has been better than average. So where does this leave us, fellow earthlings? All this governmental action is nice, but what can we do you say? Well you have more governmental power than you think. Go home and pick up a copy of the Salem News. Have you seen this? It has the names and addresses of our local and state congresspersons. Get a pen and some paper and voice our concerns! I know it sounds unrealistic, but one letter can make a difference. Just imagine the possibilities if you got ten of our friends to write too! Remember, this is how the government is supposed to work, FOR THE PEOPLE, so now's the time to act.

All this government talk is just dandy, and if you write to Mr. Trafficant good for you, but ask yourself, "Am I

really living for the environment?" Do you recycle, or conserve water? Do you participate in Earth Week? Would you ever ride your bike or walk to school in order to save gas or even tire rubber? If you call yourself an environmentalist, you would have answered yes to all of these questions. If you said no, then you have some serious thinking to do. In 50 years when our earth is a barren wasteland and you have to be put on oxygen just to survive, will you say you tried to help? That you did recycle and that you never once littered? Because then lying will not help anyone. It's true that the grass won't get greener and the Ohio River will probably never be clean, but the action you take now in helping to preserve the Earth will have more of an effect than you think it will. If you do nothing, sit on your butt and try to convince yourself that "someone else will do it" then we will all pay dearly in the end.

Help for the new improved you

by Brandie Oesch

Spring! Summer! Oh, no I've got to go on a diet! Those are a few of the things being said right about this time in the year. With formals, prom, and swimsuit season fast approaching, many people are thinking of ways to shed a few pounds or tone those muscles. Read on and see if any of the tips help you to look and feel the way you want about yourself.

First things first, don't expect miracles to happen in just four days and

don't hurt yourself trying to do it in four days. Never starve yourself. Starving yourself can shut down your metabolism, which causes your body to stop growing. You could also cause yourself to end up having a serious health problem. So, the best diet is to eat normally and exercise.

Yes, exercise! Exercise means going for walk in the evening, jogging, joining a health club, sports, or doing some form of aerobics for at least three nights

a week for about twenty minutes each time. Working out will not only firm you and burn calories, but it will make you feel better about yourself.

Never skip meals, thinking you will lose more weight by doing it. You should never let more than five hours elapse between meals. By going longer than five hours you can effect your brain power. You will be physically unsteady and pokier about making decisions.

Below is a list of ways to eat lean. It

is taken from the magazine "Your Prom."

EAT LEAN!

One of the best ways to stay fit is to eat lean foods, which allow the body to burn its own fat. Here are some simple, sensible rules to follow.

* Eat plenty of fresh fruits, vegetables, and salads.

* Go for broiled, skinless chicken and fish.

* Avoid heavy sauces or spreads on

pasta, breads, or baked potatoes.

* Flavor your food with plain or vanilla yogurt, lemon juice, fresh herbs, mustard or butter, or non-fat dressings.

Eat healthful snacks like frozen bananas and grapes, carrot and celery sticks, dry popcorn, "baldy" pretzels, and frozen fruit-juice bars.

* Beware of fat- or sugar-filled "health" foods like muffins and granola.

By: Karen Tina Harrison

"Your Prom"

Spring break boredom busters

by Jennifer Reed

Although recent weather conditions might be making you wonder, spring is just around the snow drift. And that means Spring Break is right behind it. Now it's just a matter of listening to people brag about the wonderful places they're going. Kinda makes you nauseous.

Spring Break means that it's time to start getting a tan (wrinkles and skin cancer), buy a bikini (so you can sit on the beach and get treated like a brainless sex object) and, of course, drop a few pounds (so you fit into the proper weight guidelines for your height.) All this is done just so you can spend outrageous amounts of money to get sand in your shorts so you'll be "cool" when you get home. Give me a break.

If that's your idea of fun, go right ahead and enjoy yourself, just don't tell me about all the "hunks" and beer parties I missed. For those of you who would like something more meaningful to do during your break, try doing something that stimulates thinking, not stops it.

Believe it or not, there are things to do if you're-gasp-stuck at home. Try going to Mill Creek Park, they have some beautiful trails through the woods, yet it's close enough to the mall so when the culture shock starts to get to you, you can recover. There are three zoos relatively close, Akron, Cleveland, and for the more adventurous type, there's

one in Columbus. Give them a call and see if they'll be open during the break. If you get really bored, there's always the Football Hall of Fame in Canton.

Some of the people reading right now are probably thinking that only a loser or a geek would do stuff like this. That's their problem. I just don't see the

point in sitting on the beach getting sunstroke. Besides the combination of heat, suntan lotion, and saltwater probably kills brain cells.

If worse comes to worse, and you just can't think of anything to do, turn off the TV, stop whining about how bored you are, and go take a walk. If you don't want to walk alone, take a younger brother or sister, or take your dog. There is always one more alternative. Read a

book. Try it, you might like it.

Spring Break is supposed to be a time to relax and have fun, the final relief before exams. So, no matter what you do, just try to have fun. And when all those people get back from vacation and tell you how pale you are, remember one of Scarlet O'Hara's great attributes was her pale complexion. And they'll be the ones with all the wrinkles at the 15 year reunion.

Drive for Life

by Becky Criss

Seventy-seven students gave blood during the blood drive this year. Workers from the Red Cross, sponsored by the National Honor Society and Student Council, came to the high school on Friday, March 12, to collect much needed blood. People are having operations all the time, and organizations such as the Red Cross are these people's salvation. Various workers went into classrooms to talk to the students about giving blood. They

didn't want them not to give blood because they didn't know what it would be like, or how it would feel. Many students, after hearing the speakers, decided to give blood. The drive was held from 8:30 - 2:30 p.m. Students were required to be 17 years or older before they could give. The student council sponsored a drawing for \$50. The winner was Amy McKinney. Thank you to everyone who gave!

ATTENTION
JUNIORS & SENIORS
 Prom tickets will be on sale from
March 17th - 31st for the
price of \$40.00 per couple,
or \$20.00 a person.



St. Patrick's
Day
Dance

Friday, March 19
8:30 p.m. - 10:00 p.m.
 in the cafeteria
Music by: Small and Tall
Door Prizes
Cost \$2.00

SPORTS

Spring sports teams begin preparations

by Jody Wirkner

Every year around the end of March, it is time for Salem High to begin their spring sports. These sports include baseball, softball, track, and boys' tennis. To see how these teams might do this season, I talked to some of the coaches. I found that they don't like to make predictions, but they considered giving an outlook on the teams so far.

Baseball

The baseball team is hoping for a better performance this year than last year. The team ended up with a 4-14 record last season which was probably caused by injuries to players and a lack of many upper classmen.

Coach Lantz stated, "I'm looking forward to the season, and I'm happy with the interest and turnout of the kids." Coach Lantz also said that it will take a lot of hard work from the players, but he feels that they will all work together.

This year's team will be led by the captains, Jeff Andres and Doug Exline. Hopefully, their leadership will hold the team together for a better season.

It would be encouraging to see a lot of fans show up at the games, especially now with the new lights put in for some night games. Their first game will be played on March 29th at West Branch.

Softball

The varsity softball team did a good job last year with a record of 12-8. With the loss of three seniors and most of their infield, coach Conser hopes that their pitching and hitting will help them during this new season. He also believes the team has a number of leaders

including: Erika Funk and Charyl Ramsey who are both catchers, Amanda Ciotti and Jamie Jeffries who both pitch.

Coach Conser claims, "I think it's going to be an interesting season because we have an excellent pitching staff, but we haven't selected an infield yet."

He also feels that the JV softball team will do extremely well this season. He hopes that pitchers Meghan Conrad and Stacy Manis will help lead the team to get a similar record as last year's record which was 10-3.

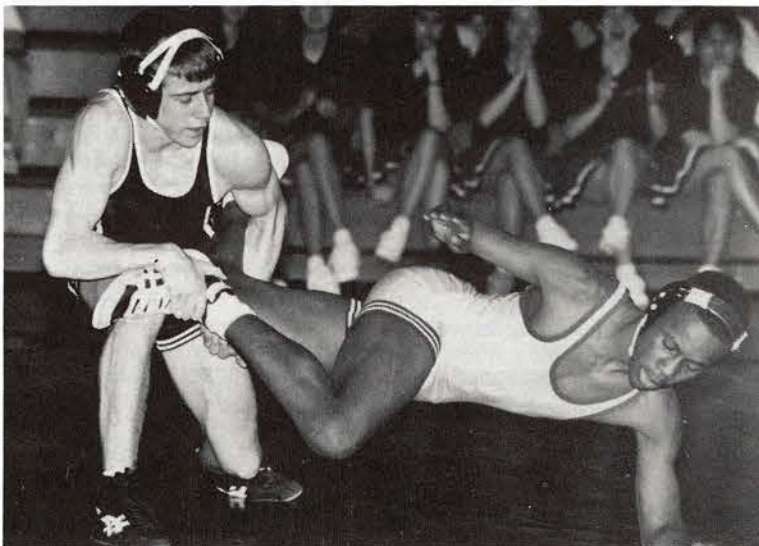
Track

Coach Parks feels that the boys' track team is very excited about the season and the fact that they will be using the new all-weather track. Although the team lost a lot of talented seniors, Coach Parks states, "I think the boys will do very well, we have some very talented athletes." When asked for a prediction of the season, Coach parks remarked, "Only time will tell."

Tennis

The tennis team has only just started practices this week but have been conditioning for awhile. Coach Judge feels that they should have a pretty fair season. Last year, the team finished the season with a 12-12 record. Coach Judge hopes they can improve this season even after the loss of one very talented senior, Jeff Mooney.

A good way to show support of our spring sports teams is to show up at the games and root for them. Hopefully, the teams will reach their goals and end their seasons with many victories.



Nelson Cope, State Runner-Up, sweeps away a wrestler's legs.

Salem News Photo

Wrestling season comes to an end

by Jody Wirkner

The wrestling season has officially come to an end. Sections, Districts, and State tournaments have ended, but not before showing promise and talent for Salem's wrestlers.

At the sectional tournaments on the 26 and 27 of February at Louisville, two Salem wrestlers placed. Matt Kunar, a sophomore showing outstanding improvement this year, took third place at 171 lbs. Nelson Cope, a junior who has showed his talent many times before, took first place at 112 lbs. Both wrestlers advanced to Districts.

District tournaments were held on March 5 and 6 at Akron Firestone. Matt Kunar suffered a loss but proved a great

accomplishment to get there. Nelson Cope took first place to advance to state.

State tournaments were held at Wright State University on March 11, 12, and 13. Cope grabbed second place for state runner-up. Cope said, "It was a good experience."

Salem head Coach Dave Janofa stated, "I'm very happy he ended up getting state runner-up. He wrestled an outstanding tournament."

Cope did a great job, and everyone at Salem is proud of his accomplishments. That was a great way to end the 1993 wrestling season.

MVC will be eliminated

by Rick Fawcett

At a recent press conference at the "Moonraker" in Youngstown, officials announced that following the 1993-94 season the Mahoning Valley Conference will cease to exist. In all likelihood, Salem, Struthers, Canfield, Girard, and Poland will form a new conference with Howland, Niles, and Hubbard. Only Warren JFK and Campbell will not be admitted into the new conference. Officials declined comment on why these two schools would not be admitted into the new conference, or why the MVC was dissolved. Rumors have been circulating that Campbell has recruited Bohemian students for sports. As for JFK, maybe all the other schools are sick of losing to the perennial powerhouse in football. Salem, for instance, has never beaten Warren JFK in football. For whatever reasons, the MVC will be just a memory after the 93-94 sports year.

Correction:
Jody Wirkner wrote the wrestling story in the last issue, not Rick Fawcett

Salem boys "eased many people's expectations"!

by Leah Lutsch

The Salem Boys' Varsity Basketball Team ended their regular season this year, which took some people by surprise, with a 76-51 win to West Branch at home, but a disappointing loss to Cardinal Mooney, 64-63, for their first tournament game.

With the supportive help of a crowd that overflowed the gym and the talent and desire of a unified Quaker Team, the Quakers put on a show for the Warriors and sent them back home dragging their tomahawks. Eleven out of twelve players scored for the night,

with Jeff Andres leading in points with 15. Ryan Keating also contributed to the evening with 12 points, long with Jeff Holenchick grabbing eight rebounds, Eric Sweitzer taking seven, and Brad Heim also taking six.

The tide turned on Tuesday, March 2, promising an end to a tough season, when the Quakers were defeated at Boardman High School by Cardinal Mooney in overtime. A weak second half and a loss of one of the team's quick defensive players, Charlie Straub, to a thigh injury in the second quarter

left the Quakers struggling after a pretty solid beginning. Coach Spack commented that towards the end the Quakers found themselves in shooting trouble, missing three one-and-one foul shots, and a crucial shot at the end of overtime. Despite this unfortunate ending, Jeff Andres had an exceptionally good shooting night with 22 points, Bill Schneider had 13, and Jeff Holenchick lead in rebounding for the night with 10 rebounds. Coach Spack credited his team with the fact that they played well against a favored team that was very

strong athletically. For the overall season he feels that the team proved alot of people wrong who underestimated the drive and desire of the team. "We surpassed most people's expectations and we exceeded in what people thought we could do." The Quakers ended up 9-12 for the year.

The Junior Varsity Team ended their season with an 8-12 record with a win to West Branch, 52-44. Jamie Ostarchvic lead in points for the Quakers with 12, Nate Hendricks had 9, and Duke Dye

also put his two cents worth in for the night with 8 points. Offensively and defensively Coach Allen feels that the Quakers picked up the intensity during the fourth quarter, leading to some nice freethrows and a nice scoring percentage. "It was a good win for us, We are always glad to beat West Branch." Members of the JV team have high hopes for filling varsity positions next year, which Coach Allen feels can be done with the amount of potential and capability they all have, but they are going to have to work hard.

**Good
Luck
Spring
Sports**

Lady Quakers stopped in tournament bid

by Rick Fawcett

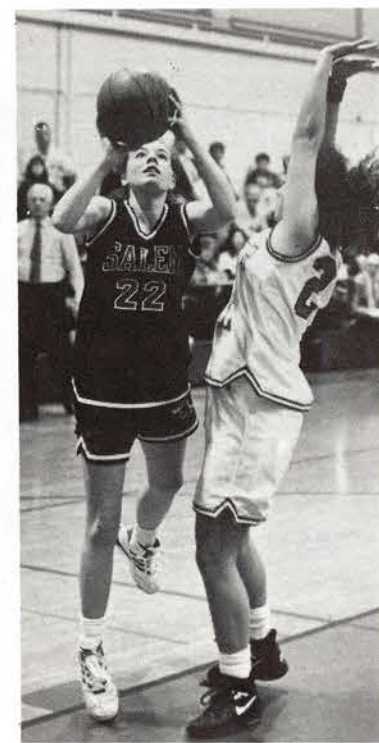
The Salem Girls' Basketball team was stopped by Lakeview in their bid for a district title. They ended the season with two tournament wins and one loss. It was a positive season overall.

The Lady Quakers' first tournament game was with Youngstown South, who posed no problems in the regular season. It was the same in post-season action with Salem coming out on top, 61-48. Valerie Scott, junior, lead the way with 21 points, 10 rebounds, and four assists. Megan Alix, junior, pitched in with 17 points. The next tournament challenge was Ursuline. Salem was down 8-0 at the start of the game, but came back to take the halftime lead and held on to win 57-54. Scott led with 17 points, 12

rebounds, and four steals. Alix had 10 points and Marcie Baker, senior, had 10 points and eight rebounds. The Lady Quakers' season ended with a loss to Lakeview 63-57. Salem committed 23 turnovers. Scott led with a season-high 27-points, six rebounds, and seven steals.

Taran Turvey, sophomore, came off the bench to score 10 points.

Overall, the Lady Quakers had a pretty good season. They lost to some tough teams, and beat some good teams. Salem has four of five starters returning next year, which is a good base to build a successful program on. Salem may be a dangerous team to play next year.



Tarran Turvey focuses on the rim against Beaver Local

Salem News Photo

March Madness is ready to erupt

by Rick Fawcett

Usually, when this time of year rolls around, the sun is shining, the air is warm, and March Madness takes over every basketball fan's mind. This year, there is no warmth and no sun, but March Madness is still going on.

First of all, for those of you who do not know, March madness is another name for the 64 team NCAA tournament to decide what NCAA basketball team is the national champion. The tournament began in 1939. Before that, the National Invitational Tournament was the big deal in college basketball. The NIT still exists, but now it contains teams that are 65th in the nation or below. Not many people pay or care to see those teams. Teams that are admitted into the NCAA tournament must be

Division I (based on the size of the school). Teams can get in by winning their season-ending conference tournaments, such as Manhattan and Pennsylvania did, or by an at-large birth. An at-large birth is given by a panel of NCAA officials. Teams like Duke and Michigan will receive these.

Although this is the biggest event in college basketball and the culmination of one team's dream, many people do not know the good players and the good teams. Here is a list of some better and more well-known teams:

Kentucky Wildcats—a number one team at some points during the season; loss to Duke in last year's tournament (via Laettner's last second shot); good size and decent shooting; probably will

go to the Final Four.

Duke Blue Devils—last year's champ for the second year in a row; although Bobby Hurley and Grant and Thomas Hill (not related) still remain, the loss of Laettner and other seniors has made them too weak off the bench; don't count on them to make the Final Four.

North Carolina Tarheels—the regular season AP number one team; good size and good shooting; a variety of players can step up and have a big game; probably a Final Four team.

Michigan Wolverines—last year's runner-up; the Fab Five Freshmen have become the Super Sophomores; spent some time at number one, but couldn't top Indiana in the regular season; a Final Four team, but may need more

rebounding; if he stays out of foul trouble, he could be a nightmare for some teams.

Calbert Chaney, Indiana—moves well without the ball to create shots for his teammates; as a senior, he must be a leader, but doesn't need to do the bulk of the scoring on this talented Indiana team.

Chris Webber, Michigan—regarded as the best of the Super Sophomores; great power inside; can take it to the hoop with authority; he needs to step up and take leadership of the team in the tournament to win it all.

In conclusion, do not bet all of your money on any of these teams to win it all. This season has been a year of upsets and the tournament will probably

experience to win a national championship.

Indiana Hoosiers—spent a while at number one this year; good outside shooting and, with the big men out of foul trouble, a good inside game; with Head Coach Bobby Knight at the helm, the Hoosiers should make the Final Four.

Here are some players to watch for: Jamal Mashburn, Kentucky—6'8" and a great outside shooter and good ballhandler; good power inside; Kentucky's fate may rest on him.

Eric Montross, North Carolina—Carolina's big man; great power and be the same. My personal favorite to win the championship, anyone but Pennsylvania University (the Ivy League representative.)

Stress from a college athlete's life could be a problem

by Leah Lutsch

Each year it's the same old thing at my house. My brother and my father spend hours watching college athletics and spending countless amounts of time banging on furniture, teaching the family a new vocabulary, and forming headaches and stomach aches over a basketball game or football game. Being an avid sports fan myself, I realize that it is frustrating when a favorite college team is having a bad night or a bad overall season for that matter. But, have you ever stopped to wonder what causes this back luck? We Americans look up to college athletes for being outstanding competitors that keep physically and mentally fit at all times. They are the cream of the crop that enter into the big time and the men are separated from the boys as are the women from the girls. Not all college athletes are made of stone, though, some suffer serious emotional problems during their careers due to overtraining, chemical abuse, stress from school, and pressure to be the best at all times. Granted, it takes a special type of personality to be an outstanding athlete, but the fact that that muscular body that has great moves, finesse, vigor, and endurance is simply a machine with no emotion is a fallacy. A 1.75 million dollar study done in 1987-88 by the Center for the Study of Athletics at the American Institute for Research (AIR) on "the effects of participation in intercollegiate athletics," came to find that athletes generally have lower grade point averages, 12% of football and basketball players have psychological, physical, alcohol-drug related problems or academic problems as opposed to 4% of non-athletes, and a recent study done in 1990 showed that students who participate in athletics in college will

face emotional problems due to overtraining.

A member of the Scientific Advisory Committee, made up by the AIR consisting of experts in psychology, human development, education, statistics, along with four non-athletes from NCAA Division I Schools, and 4,000 Division I athletes and non-athletes, Joan Girgus stated, "There's a quarter-grade difference between football and basketball players and other student-athletes, and another .25 between those people and students in extracurricular activities." The study proved that it is the athletics that takes all of the spunk out of athletes and not the schoolwork, was done with a group of swimmers and non-athletes by having both groups fill out a 65 item questionnaire every two weeks, which asked questions dealing with tension, anger depression, fatigue, confusion, and vigor. At the beginning of the semester the athletes' scores were eight percent better than the non-athletes, but during the season as the swimmers were increasing lap times from 3,000 yards to 9,500 yards, the results began to show an increase in bad attitudes, and a loss of energy. By the fifth week of the term there was a 19% worse average of scores. Kathleen Ellickson, assistant professor of Psychiatry at Ohio State University believes, "Athletes start the semester with more energy and in better mental health than other students, but by the end of the term, they're actually worse off." "Many athletes generally have better mental health than others, but overtraining can eliminate that advantage."

To compare with these aspects of today, I interviewed probably one of the most dedicated athletes of the past that

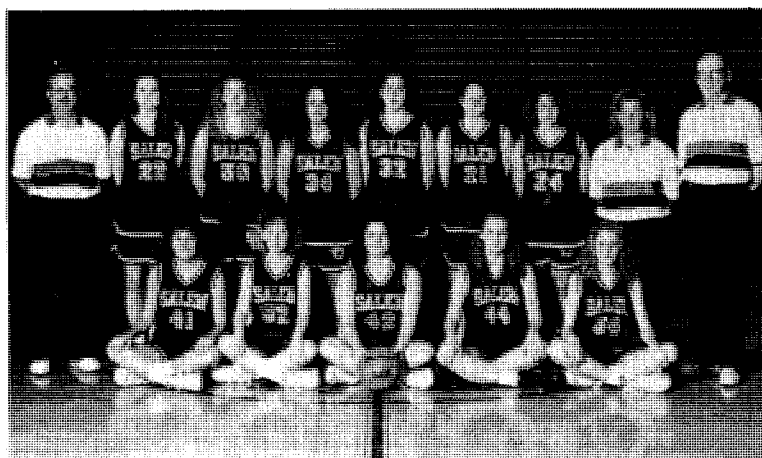
I know, Mr. Bennett. Mr. Bennett started as a tackle on his college football team all four years at Fairmont State in Fairmont West Virginia, where his outstanding talent won him First Team All conference, the Iron Man Award three years in a row, and the captain's position on his football team his junior and senior years. He feels that there is more pressure on college athletes today than yesterday due to coaches, fans, and piers demanding more. His biggest problem with stress in college wasn't so much the classes and athletics combined, but the physical stress he faced in trying to make weight as a wrestler. He stressed that budgeting your time in college is the key when you are an athlete, and stress wasn't too much of a hindrance to performance if you had your own methods of handling it. As far as grade point averages go, you had to average at least a 1.7, which is a little different than our 2.0 rule of today. When asked if he saw any problems with drugs or alcohol, he commented on the fact that there

were quite a few drinkers (Not too much different than today, huh?), but his teammates realized that the partying had to be controlled. "It depended on what you put first, drinking or athletics." Probably the most interesting fact I received was in regards to their philosophy of training. According to Mr. Bennett, their training wasn't so much "pumping iron," but playing many different intramural sports throughout the year to stay in shape, but, if you were seriously injured and not able to participate during the season they could revoke your scholarship.

To gain a more modern perspective of today's college athlete, I interviewed Miss Laut, who ran track all year round at Baldwin Wallace University. I came to find out that there was not much difference in the amount of practice time, but your grade point average had to be at least a 2.5. She commented on the fact that the biggest stress factor for her was trying to cram enough hours to

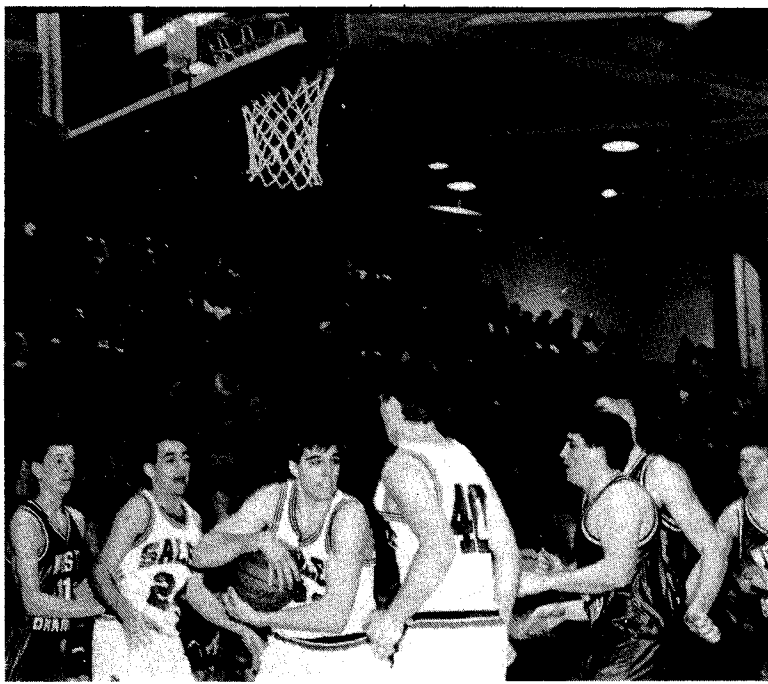
graduate into her schedule and making sure that they didn't conflict with her practice schedule. She also found that there was stress on the body due to the athletics and academics combined, added to the stress of wanting to achieve at all times. "The better you get, the better you want to do." As far as training and drugs are involved, Miss Laut stressed the fact that coaches today have more knowledge and specialized schooling in regards to training. Even though they may have stressed it more, athletes were never required to do more than what they could. She never personally saw any drug use going on, but the drinking and partying situation was always there.

Due to the more intense lifestyle of a college athlete, inevitably there is going to be stress mentally as well as physically. Even though overtraining wasn't really a problem for the people I interviewed, everybody is different and should know their limitations if training does become strenuous. Psychologists say that the remedy for overtraining should be to simply cool it for awhile when stress related symptoms start hindering performance. But, the real chore is convincing a dedicated athlete to take a vacation. The President's Commission discussed the problems of low grade point averages and emotional and physical problems among college athletes, devising such solutions as, cutting practice time, doing away with Spring football, stopping the competition during exam time, cutting back on games, and allowing each sport only one semester. While some of these alternatives may seem a little unrealistic, they may just clean up some of the statistics. After all, isn't it grades and health before athletics?



The 1992-93 Salem Girls Basketball team had one of their best seasons in years, despite falling to Lakeview in the District Semi Finals at Canfield. The girls finished with a record of 15-8.

Salem News Photo



Jeff Holenchick battles for a rebound again.

Photo by Leah Lutsch



Nate Hendricks drives through West Branch defenders for the score.

Photo by Leah Lutsch



Liz Winch throws a fake to a Beaver Local player.

Salem News Photo