

# THE QUAKER

student  
newspaper

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SALEM SENIOR HIGH — SALEM, OHIO

FRIDAY, APRIL 16, 1993

## One drink too many

by Kara Zoccolo

Prom and graduation are soon approaching and that means parties. At some of those parties, alcohol will be served. What would you do?

Alcohol related accidents are the highest cause of death for people between the ages of 14 and 24. Not too long ago, three men that played baseball for our Cleveland Indians were involved in a tragic boating accident. Alcohol was involved. Now two men are dead.

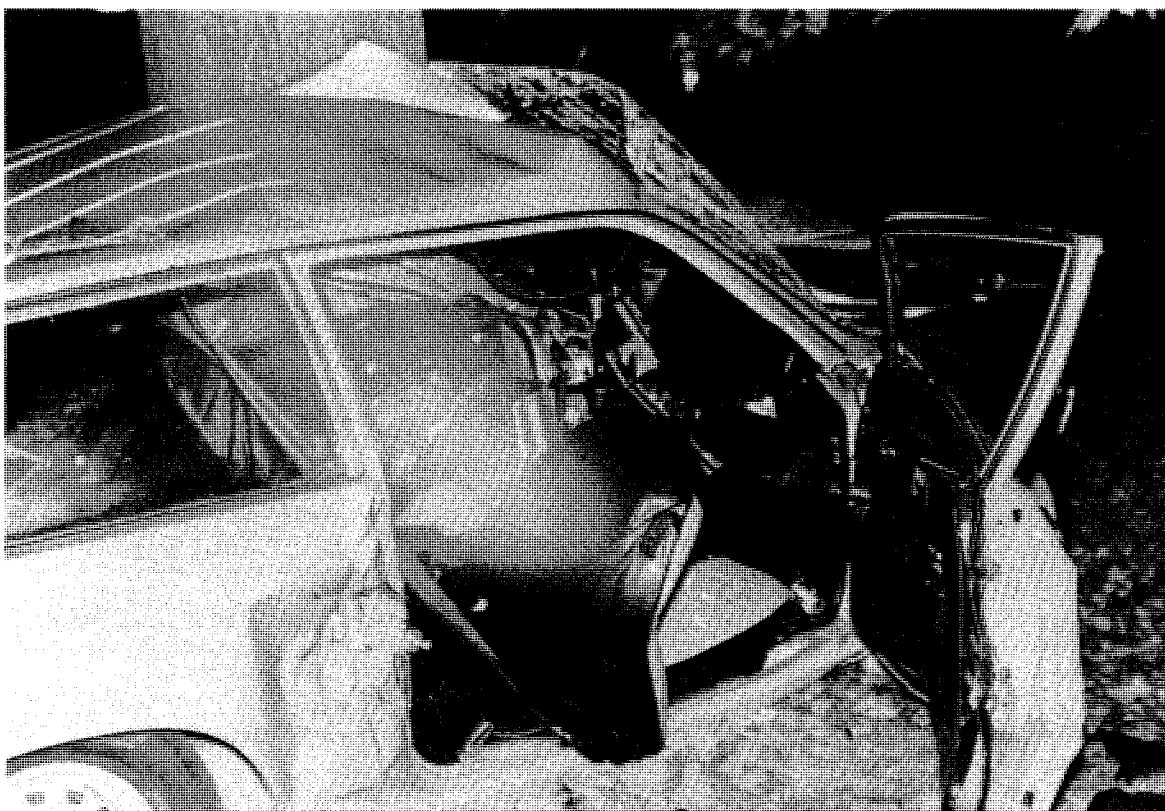
Patrolman Brown, of the Salem Police Department, commented on the way Salem's prom is being done this year. He agrees that having dinner served is a great idea and will help cut down the time students will have to drink. The citation a minor gets for underage drinking is the same as an adult with the exception of one thing. The normal blood-alcohol content for an adult to be legally drunk is .10; a minor's is only .02, which should be only a couple of drinks. If 36 beers are consumed during the weekend and a teen repeats this amount three times a month, that's 108 beers a month, and 1,296 beers over a

year. The bad thing is, many teens use their car as a "traveling bar" and invite an accident to occur.

In some states, the passenger can be convicted as an accomplice to drunken driving. In other states, special letters on the license plates identify 3rd time offenders. This permits police to stop and test drivers at any time. Has drinking really gotten this bad? Many groups have been formed to stop drunk drivers. One of such is SADD, Students Against Drunk Driving. There is even one formed at our school. Another group of seniors is TACT, Teens Against Chemical Taking. Hopefully, these groups are making a difference. When 8 million teen drink weekly, that is pretty sad. You don't have to have alcohol to have fun.

Be a designated driver for someone who doesn't think straight. Just don't drink and drive.

(Information taken from Houston Chronicle Aug. 18, 1991, Las Vegas Review-Journal June 30, 1991, and Sun-Sentinel June 7, 1991.)



The deadly results of drinking and driving.

## New NHS members inducted

by Tanya Nagy

The National Honor Society has again picked their newest members for the 1993-94 school year. On March 18, 1993 the National Honor Society Initiation was held in the school library. The National Honor Society Members were at the induction welcoming the new inductees. Mrs. Jeckavitch said this is the highest honor you can retrieve as a student at Salem High School.

Mrs. Carol Jeckavitch, advisor, began with a welcome which started the ceremony. Tricia Stone played a trombone solo, "Sonata #5", and Emily Mager, president of National Honor Society, gave her introduction. Jason Smith, vice president, spoke about scholarship, Jacob Bails, secretary, talked about service, Ross Ramunno, treasurer, talked about leadership, and Kristie Stewart, member, gave her speech on character. These four things: scholarship, service, leadership, and

character is what National Honor Society is about. Mrs. Sharon Medford, guest speaker and president of the Salem Board of Education, gave a speech on growing up, Emily Mager played a flute solo, "Fantasie", and Mr. Charles McShane gave the closing remarks. Then the new inductees received their certificates, and the present members received a gold tassel for graduation along with Athena Bodkins, Dominic Ferreri, and Jeremy Tausch.

Any student who has a 3.2 or above was sent a three page application which consisted of questions concerning their scholarship, leadership, character, and service. All students are evaluated by all of their teachers. Their application and their teacher evaluation are then

presented to a 5 member faculty council who makes the selection.

This year the National Honor Society held a concession stand, a foul shooting contest and helped with the blood bank. They also have one social program and one charity program. The money they raised will go towards the cost of the introduction ceremony and gold tassels to be worn at graduation. The new members will decide on what they will do for the coming year.

The new inductees are: Athena Bodkins, Billie Sue Briceland, Jennifer Carlisle, Mindi Cyrus, Darrell Dye, Jennifer Egolf, Laura Farkas, Richard Fawcett, Dominic Ferreri, Traci Gerace, Barbara Glista, Laurel Grimes, Robert Kimmel, Julie Korbau, Kenneth Lee, Jennifer Lehman, James Myers, Travis Pilch, Mark Rea, Shana Stockton, Jeremy Tausch, Barbara Wonner, Rebecca Williamson, and Kara Zoccolo. Congratulations to all the new members of National Honor Society.

## Prom Then, Prom Now

by Brandie Oesch

With prom fast approaching, many people wonder how prom is going to turn out. Many changes have been made for this year's prom. There has been talk around school about what the prom will be like. So I thought of asking a few teachers around school what their prom was like.

Most teachers that I talked to said that their prom was either in the cafeteria or at a restaurant. Dinner was served at the prom or you went out to eat in town, no one went out of town to eat. The after prom was held at the school and they had entertainers come in or bands played. Another after prom was held at a local club and city business provided entertainers and bands which were on the charts at the time. The prices of dresses then were between \$50 and \$100 and a lot had them made. Tuxes ran for about \$40. As you can see prices have certainly went and have gotten a little out of hand.

After hearing all about the way prom was then, I feel we are very fortunate for getting what we want. I know I would not want to pay the prices of dresses today to end up at the school for the prom. Just think positive about the prom and everything will be great. Have fun!

## Band Shell to be constructed

by Ray Ashead

At the beginning of the 1992-93 football season the Salem High School Marching band was without a roof over its head. The trouble with Ultra Builders lead to the so called kid-napping of the band shell's tarp, which lead to the cancellations of one of the band's performances against Louisville.

The new permanent structure will start to be built right after track season and will be finished for the beginning of the 1993-94 football season. Mr. Jeckavich, conductor of the band, said that the tarp was harder to put up than it appeared. It would take a crane and many men to assemble it. He also said that Salem does not have the luxury of having the high school right by the stadium. The band invests estimated \$1,000.00 per student with the uniform plus the instruments. That is how important this permanent structure is. What about the raincoats? Mr. Jeckavich replied by saying that "even with the raincoats on we still get saturated." The new addition will consist of a permanent roof extending to the track, and a cement plate in front of the shelter for the percussion section and their instruments giving more room for the band. In the end, the band will be well protected for the city's enjoyment.

## Salem teacher, students visit Mexico

by Rachel Lopshansky

Mexico holds centuries of history and diversity within its borders. Turn one corner to find beggars and tin can shacks. Turn another to find beautiful scenery, crafts, and architecture. Many people dream of visiting Mexico to watch the symbolic bullfighting by the matadors or maybe to stroll along the sandy beaches of Acapulco.

While we were crowding to Daytona Beach to spend our savory Spring Break among cluttered beaches and the other "spring-breakers" who reside there, Mr. and Mrs. Marhefka, along with Stew Smith, Jenny Egolf, and 42 other people with a touring group, hopped the first flight to Mexico City.

The clan stayed at the Days Inn Hotel and traveled by bus to some points of interest. There, tour group leaders offered information about

the history of the places that they visited - including Acapulco. The group took a 3 hour cruise along the bay and watched cliff divers perform their daring feats. They also had a chance to visit Taxco, a silver mining town of Anthropology in Mexico City, and Chapultepec Park and Castle where Maximillion and Carlota lived. They seen murals by the Mexican artist Diego Riviera at the national palace and also had the chance to visit the Shrine of Guatalupe.

Not all of the places visited by the group were historical. They went to a disco where the men were to pay \$26 and women got in free! They ate ripe fruit and shopped at marketplaces. Mrs. Marhefka has only one thing to say about the whole trip, "Marvillosa!", which means marvelous. Oh, by the way, just so you know - they did not drink the water.

## Tornado safety week observed

by Kristi Hooper

Winds of more than 200 m.p.h., a trailer rapped around the trunk of a tree like a coat hanger, an empty refrigerator lodged high in a pine tree. These are all scenes of the destruction left after a tornado strikes. There is nothing that can be done to prevent a tornado from happening, but there are steps that you can take to try to save your life.

The week of March 21-27 was Tornado Safety week in Ohio. There was state wide tornado drill at 10 a.m. on March 24, 1993. Salem schools also, took part in this drill.

Tornadoes may occur at any hour of the day or night, but usually form during the warmest hours of the day. Dur-

ing the period 1953-1973, an average of about 681 tornadoes per year occurred in the United States. These figures have not changed much recently. Half of these tornadoes occurred during the three months-April, May, June. The next few months ahead of us are those in which people need to most aware.

Being prepared for a tornado can help save your life. As we enter into the "tornado season" you should make yourself aware of what steps to take in the case of the tornado. First of all, there are tornado watches and tornado warnings. Many people do not know the difference between the two of these. A

tornado watch means that there is potential for a tornado. A tornado warning means that there actually is a tornado. When a tornado WARNING is issued, go the safe place that you have picked to protect yourself from glass and other flying objects. If you are in a car, mobile home, or are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area. If a tornado WATCH is issued listen to the radio or watch the TV for updates and be alert to the weather conditions.

No one can prevent a tornado or stop it in its path. So, the only way to be safe is to be prepared for disaster to strike.

## Inside Box

page 2: Freedom For All?

page 3: Club Activity Update

page 4: Student Council Elections Time line

page 5 & 6: Spring Sports Wrap Up

# VOICES

## Freedom for all?

by Emily Colley

We have the freedom of speech. We have the freedom to choose our own religion. We have the right to vote and the right to die. Why don't we have the freedom of expressing our sexuality in a society that claims more often than not that is free of all prejudice?

Homosexuality is an extremely small concern we must face as a society compared to the issues we have been neglecting. Issues such as violence, drug dealing, the environment, murder, physical abuse to women and children, AIDS, the national debt, homeless citizens, and neglect to children, why are these problems being paid less attention to than the simple issue of homosexuality?

There is too much discrimination

in this world, especially in the area of homosexuality. Homosexuals cannot walk the streets completely unafraid of a violent reaction to their sexual preference. This is a society where racial prejudices and ethnic discrimination are looked upon as being ignorant and bad, but gay and lesbian bashing is still largely accepted. Just as blacks and whites cannot change their color, gays cannot change their sexual preferences. They were born with this sexuality. Why must society look upon that person with disgust when it was not their choices? Some try to hide their sexuality from the world because it is so discriminated. They get married to or date the opposite sex in attempt to look or appear to be "normal". How is this

fair? Spending your entire life being someone you're not, living a false life, afraid to be who you really are because society has labeled you a freak or some unnatural human being. Homosexuals ARE human beings, only wanting the freedom to live their lives without having to fight for that right. We are ALL part of humanity. It is about time people start acting this way. How would you feel if one day the world started discriminating against you? Against something you had not control over such as the color of your eyes or your height? This is unfair, and so is what we are doing to the homosexuals of our communities.

I have never thought much about the issue of homosexuality until the

recent banning of the comic strip, "For Better or For Worse", from the Salem News and many other local newspapers because of its series dealing with a boy coming to learn his homosexuality. Why is it that lewd references to sex and violence can be accepted through movies, television shows, and even most cartoons that are watched daily by young children while homosexuality in a comic presented in a tasteful, reasonable manner is censored? What kind of message is being sent here? A message that encourages this discrimination to continue. We should be sending messages that encourage acceptance and understanding of this issue, especially to young children. What if your child is gay and

you are unaware of it while you're preaching the "abnormalities" of this sexual preference to them? This child, at his/her young age, will already begin to feel that who they really are is entirely unacceptable by their parents and society. This might possibly be the reason for a percentage of adolescent and teenage suicides. Children that are exposed to reality can accept it in a mature manner. It's certainly better for them to be educated of this issue than to be native. This message is also saying that homosexuality should be hidden as not to offend its discriminators. Maybe they should learn to deal with the not so pleasant realities in the world and obtain an open mind.

This is free world, so what happened to THEIR freedom?

## Looks don't really matter

by Jennifer Reed

Long blonde hair, blue eyes, and a lean, well-shaped body. Sounds like the perfect woman, right? Well, it also sounds like a Barbie Doll. I don't know many people who actually look like Barbie. And besides, who would want to? She's plastic. The United States, and most of the rest of the world is obsessed with physical looks, and as swimsuit season approaches, the hysteria for the "perfect shape" gets even worse.

It seems like in this day and age, you are a valuable human being if you don't

look like a super model. This bothers me, and not because I don't look like a super model. Not many women do, if they did, Cindy Crawford, Iman, Naomi Campbell, and all the rest would be out of a job. I'm not saying that these women aren't beautiful; they are, but it's wrong for society to expect all women to look this way, and treat them like lesser people if they don't.

Now that it's getting closer to summer, many people are shopping for swim wear. I've noticed the most popular styles are bikinis. But what about the people who wouldn't feel comfortable wearing one? I know people who won't even go swimming at public

pools and beaches because they fear being made fun of because of the way they look. Or who buy beautiful swimsuits and then cover them up when they swim so people won't see what they look like in it.

This treatment of "overweight" people is just another form of discrimination. It's not racial, or sexist, it's totally based on looks. It's the first thing people notice about each other and if they don't like what they see, they usually don't hang around long enough to find out what this person is really like. They're afraid to be seen with someone whom they think is fat, because they fear being made fun of. Did you

ever think that just maybe this person you're shunning has feelings?

Did you know that the main reason that teenage girls develop eating disorders is because they feel that if they aren't skinny, they're worthless? I wonder where they get this form? Take a look through a fashion magazine, all the models are trim and slim, and there is always at least one article on how to lose weight. Hardly ever do they focus on accepting yourself the way you are, and being happy with it. It's time they did.

When you go out shopping for your swim wear this year, don't worry about what other people will think when they

see you in it. If they make rude comments, remember that they're not perfect either. And the next time you see someone at the beach or the pool who doesn't have the "perfect body", go talk to them anyways, they might be someone you have a lot in common with, this goes out especially to guys.

Just be careful who you judge and how you judge them, you never know what they might be thinking about you.

And remember, when you go somewhere this summer, don't be self conscious about how you look. You're out to have fun and enjoy life. Just the way you are.

### 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.

## Don't become the next statistic

by Tanya Nagy

Just about everybody will say "Oh, it won't happen to me.", but just how sure are you? People don't believe that they can become a statistic, especially about something serious like rape. Here is one story about a girl who was raped.

Jane (not her real name) went to school in suburbs in Ohio. She was 18, and going to her senior prom with her boyfriend whom she had been dating for several months. Her parents were chaperones at the prom and didn't mind that he drove her to prom with another couple. Jane was having a great time and felt completely safe with her date. After prom they decided to go and grab a bite to eat. She didn't have a curfew, it was prom and her parents trusted both her and her date. After they ate they just drove around and met up with a few other friends later on. The evening was ending and it was becoming morning. Jane felt she had better go home, because her parents would worry if she

stayed out to late. Her date dropped the other couple off first. He then proceeded to tell Jane how wonderful his evening had been and he was glad that she was his date. He then asked her if they could go and talk for a little while. She agreed it was all right as long as they didn't stay for long. They went to the spot where they always talked, it was a little secluded parking lot behind a closed down building. She wanted to sit on top of the car because there was a nice breeze and she was feeling a little warm. He asked her not to, and she didn't ask any questions. She stayed in the car. They started to kiss passionately and he wanted to do more. She told him no that she didn't want her first time to be like this. He kept per-

sisting and she kept saying no. He locked the doors and jumped on top of her. She started to scream for help, but there wasn't anyone around. She cried and begged and pleaded. She kicked and bit and started to scratch. He raped her. She finally got out of the car and grabbed her dress. She ran as fast as she could while sobbing. She blamed herself. She felt that if she didn't go there with him it would have never happened.

How was Jane supposed to know? They had gone there a dozen of times before and he never tried anything. It wasn't her fault. It is so sad how so many girls feel it was their fault. USA Today said 683,000 women are raped a year out of the one who survived 61

percent were 17 or younger and 29 percent were 11 or younger. The Morning Journal said one in ten rapes are reported. Mrs. Lutheran said this is because a lot of them are date rape and they feel everybody will blame them.

She also said "if you are raped you should always tell it is not your fault and there are people who can make you feel better."

The Morning Journal gave five ways to prevent date rape.

1. Be able to leave. Don't go to a secluded place.
2. Pay your own way. This way your date won't expect anything from you.
3. Trust your instincts.
4. Assert yourself. Loudly tell them no.
5. Date someone because you want to. Don't date somebody because all your other friends have dates.

There are a hot line to call if you have been raped or if you just want more information it is called SAVE 424-7774, and all calls are confidential.

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**Count down**  
**34 Days Left**

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

Principal: Mr. Charles McShane

Advisor: Mr. Jeff Ladner

#### REPORTERS

Ray Ahead  
Emily Colley  
Becky Criss  
Rick Fawcett  
Sara Frankovich

Rachel Lopshansky  
Leah Lutsch  
Tanya Nagy  
Brandie Oesch  
Kristi Hooper

Alexa Havelock  
Kara Zocolo  
Jennifer Reed  
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# Don't learn the hard way

by Brandie Oesch

Every morning and afternoon for ten months you see the same vehicles pulling into the circle out front and cruising the streets. Yea, those things called school buses. School buses are probably the least liked vehicles of all by kids. Kids don't realize that when they get on the bus they have to be responsible and have respect for the driver so everyone will have a safe ride.

School buses of today or "modern" school buses are among the safest means of transport. Each day, 380,000 of the

familiar yellow vehicles carry 22.6 million kids over 18 million miles. On an average, 28,000 crash each year; remarkably only 14 occupants are killed. The family car is four times more deadly. Experts have learned that when bus accidents do occur, passengers are easily trapped. The front or rear exits is usually jammed. Buses tend to roll over on their sides, making escape through the front door impossible.

There have been many accidents where doors have jammed. Most are not

from our area. There was a major accident in Alton, Texas where 21 children died. There have also been accidents where handicapped children could not get out.

While reading about bus safety, I talked with Mr. Fred Jones, Director of Transportation, for the school buses in Salem. I asked a few questions concerning one school bus.

When accidents occur, do you think some of the injuries occur do to the way kids act? Depends, a lot deals with bus

seat capacity and other factors.

What about putting seat belts on the buses? They would help, but are not mandatory. Only the district has to decide if they need them. Expense is also another factor to consider.

Of any accidents involving school buses what accident has been the worst? The one on the bypass in 1991, is the biggest one Salem has had.

In the accident that happened in 1989 in Alton, Texas there has been many responses in needing more emergency

exits but nothing had been done. Then in 1992 the NHISA (National Highway Traffic Safety Administration) has required left-side door only on new full-size school buses, beginning in 1994.

Lets hope that Salem does not have any tragedies in bus accidents. For those of you who dread riding the school bus remember you are safer on that bus, than your friends who are driving to school.

(Plain Dealer, Wednesday, March 3, 1993).

## Students and after school jobs

by Alexa Havelock

With the economy in its current state, students are finding it more necessary than ever to find an after school job. Most students have a job that involves some sort of retail, or sales. Other jobs can include things such as working on a farm, or the ever-popular baby-sitting. There are a few things you should look at before you apply for a job, though. First of all, is the job you are considering pay fairly? It is not uncommon for adults to not pay the teenagers working for them fair pay. This is especially common in the jobs where you may not perform the same task every day. Don't be fooled! Ask your employer about wages, and do not take less than you think you should, slave labor never really pays off. Second of all, make sure

that the company you work for meet certain standards. Do the people who work there like it, or are they unhappy with the job? Does the place look safe, and are you at risk for an injury? Last of all, are you going to be happy there? I know this makes it sound as if you are going to be there for a lifetime, but if you need to pay off a debt or something you are much more likely to stay with the job if you are happy doing it.

Now that I have talked about looking for a job, you may ask yourself "What kind of hours would I work, and where would I most likely get a job?" Well, there are some answers. According to our survey (thank you to all who participated in this) the jobs that our

students in Salem have are varied. Most students work from 15-30 hours a typical week. This may not seem like a lot, but you have to consider after school activities and the study time you need. Also, some students work as little as five hours a week so it is really up to you how many hours you work. You should ask your employer how many hours a week you would be working, to schedule all your afterschool activities around your job.

As you may already know, most students get a job somewhere like

McDonald's. These are good jobs, if you don't mind waiting on people and cooking food. One student wrote on her survey that, "Fast food places are very good places to work, if you don't mind people who are always in a hurry!" The second most popular type of job is that of retail sales. Say you work as a cashier or something of that type. These jobs are a little bit harder to get because sometimes you must have previous experience. If you are interested in these types of jobs, it is usually necessary to put in an application early in the year,

sometimes they take a long time to process them. You now know that it is not that hard to get a job, and there are money benefits to having job. First and most important, you gain independence from your parents. You no longer have to wash the car to get the ten bucks you need to go out Friday night. Also, you can save up for what will no doubt be the most expensive thing in your life, college. All in all, having a job can be a great experience for you to have. With a little hard work and dedication, it will really pay off in the long run.

## Teens in the work place

by Becky Criss

The popular hangout for most teens these days is the American work place. They are longing for cash, and are willing to do a variety of different jobs such as ringing up groceries, waiting tables, and baby-sitting in order to get it. Although some suggest that work builds character and responsibility for teens, researchers believe that teenagers that work over 10 hours a week encounter both social and emotional problems. They have problems with their studies, behavior, and injuries because of their after school jobs.

Many adolescents often sacrifice their studies for monotonous, dead-end jobs; trading the long term benefits of a good education for a smaller short term payoff. "Some students have difficulty staying awake, responding to questions, or assignments are not up to past performance or handed in late" says Donna Lynch, a teacher from Clifton Park, N.Y., in a recent issue of Newsweek. (Ms. Lynch appeared before New York State Legislature to speak in support of a bill limiting teenagers' work hours.)

Teens have problems with their behaviors because of such exhaustive work schedules. Some companies do not pay any attention to child labor laws, causing child labor violations to rise at an alarming rate. Perhaps because of their decreased reliance on their parents, research and countless surveys show more psychological distress, higher rates of drug and alcohol abuse, and higher rates of delinquency.

Injuries occur often in the teenage work place. For instance, Miami teen Mirian Franco's severe hand injuries while operating a juicer at Tropical Supermarket, a Miami Grocery. In 1987-88, General Accounting Office reported 128,000 injuries to youths on the job in 33 states.

In the end, the answer to improving the lot of teenage workers may lie not in legislation but in providing them with an incentive to value school as much as work. (Information attained from recent issues of Science News, and Newsweek)

## Club Activity Update

### French Club

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

The French Club recently had a St. Patrick Day party and is making year end banquet plans.

### German Club

Advisor: Mrs. Reed  
President: Emily Mager  
Vice-President: Denise Lee  
Secretary: Athena Bodkins  
Treasurer: Michelle Worthner  
The German club recently celebrated a small "Karnival" and is making plans for the year end banquet.

### Spanish Club

Advisor: Mrs. Marhefka  
President: Jamie Ostrarchvic  
Vice-President: Ken Lee  
Secretary: Jennie Lehman  
Treasurer: Jason Smith  
The Spanish Club has now proceeded to make plans for the end of the year banquet with the French and German clubs.

### Environmental Club

Advisor: Mr. Sabo  
President: Mindi Cyrus  
Vice-President: Heather Higgins  
Secretary: Laura Farkas  
Treasurer: Jenny Hyland  
The Enviro Club is having a T-shirt sale. All of the T-shirts are environmentally themed. They are on sale 5th period in the cafeteria. The club will also be distributing tree seeds on Earth Day.

### Interact

Advisor: Mrs. Hutson  
The Interact members will be going to Sea World in mid-May.

### AFS

Advisor: Mr. Martonelli  
President: Jaynie Crawford  
Vice-President: Heather Horstman  
Secretary: Kristi Hooper  
Treasurer: Bill Poley  
The members of AFS will be holding an exchange day where exchange students from Salem and other schools will be visiting the students of Salem. They attended the Penguins Game on April 7. They will also be holding a car wash in the near future.

### Tact

Advisor: Mrs. Cozza  
The Tact club is planning a Tact

Olympics, open to the whole student body on Sunday May 2.

### Academic Challenge

Advisor: Mrs. May  
The up coming week there will be sign up sheets in the cafeteria for the tournament for the student body.

### Yearbook

Advisor: Mrs. Tina Hayes  
The yearbook staff is working on completing their lay outs.

### Pep Club

Advisor: Miss Laut  
President: Jan Penner  
Vice-President: Angie Adolphson  
Secretary: Kara Zocolo  
Pep club is making plans for the Track, Softball, Baseball, and Volleyball seasons by making signs and attending the games.

### SADD

Advisor: Mrs. Luther  
President: Jan Penner  
Vice-President: Jason Hawkins  
Secretary: Laura Farkas  
Treasurer: Jason Hawkins  
SADD is planning to have a 24-hour relay, T-shirt sale, and a party in April.

# Come To The Morp

## "Woodstock Lives"

April 30th

8 - 11 p.m.

## In The Cafeteria

Single \$3

Couple \$5

... and this time it won't rain



## Keep your head...

## Don't end up dead.



Senior High School Library  
Salem, Ohio

# Stop, look, and definitely listen

by Leah Lutsch

Let's face it, we Americans cannot live without music. From "cheep-o" boom boxes right up to the "hip-hop—MTV, if you're into the mosh pit scene or the Texas Two Step dance, we need the enjoyment of music. Experts say that music helps everything from boosting emotions on a drab day and soothing them on a hectic one. Music has also been found to relieve physical ailments such as tense muscles and painful migraines. In fact, it has been reported that around 5,000 music therapists are using music as part of their treatments. Even in the world of sports, music has invaded the scene during pregame warm-ups and synchronized beats to the movements of professional athletes on television. Sure, this adds spice to it all, but psychologists are discovering that athletes, and even people who just enjoy working out to music, should be knowledgeable about their selections, because the type of music selected could effect performance.

According to a recent article entitled "Adolescents and Their Music," music is a very essential communica-

tion device that influences attitude, mood, emotions, and behavior. Now, with the convenience of a portable society, walkmans in all sizes, shapes, and colors have made music more easily accessible. Can you believe that between the seventh and twelfth grades, the average teen listens to about 10,500 hours of rock music? Today at high school sporting events, athletes can be seen listening to walkmans before they compete, and as a former athlete myself I found that my team and me even needed a small tape player in the locker room to listen to music to help get us "psyched" before competition. Also, have you ever wondered about the hot-head of the team with the temper that seems to always get him/her benched from competing? Well, this type of behavior has been linked to the violence portrayed by music and music videos that may encourage hostility and an obsession with dominating. But what does this really have to do with the actual physical performance? Researchers tested how different types of music effected 24 young adults while they

were jogging on a treadmill. The rock music that was fast and loud made heart rates speed up, thus limited their amount of jogging time. However, easy listening music tended to slow heart rates considerably allowing the joggers to keep going even though they were tired!

To prove to all of you readers that I'm not trying to knock rock music, (Relax all you headbangers!) because believe me I enjoy a good dose of Anthrax or Metallica once in awhile too. But, this information is not something to be taken lightly, especially if you are a serious athlete. Recently, a very accomplished wrestler, by the name of Jerry Ford, from Walsh Jesuit High School near Akron, who was state ranked, finished fourth at The Ohio State Tournament his freshmen year, and was a state qualifier his junior year, started to suddenly lose matches consecutively. His coaches began to link it to nerves, but it was only after he saw a sports psychologist by the name of Dr. Bob Kistler from Canton who has worked with professional athletes did he discover that his problem was the

fact that he was having trouble relaxing. This difficulty in relaxing was linked to the type of music he had been listening to. (Yep, you guessed it, heavy metal.) Dr. Kistler informed Ford that taking time for some stretching exercises and some softer music would relax the muscles in the neck and arms, causing the blood to flow better to the brain, thus making his concentration better. Ford found that the easy listening music and stretching exercise helped him improve to a 27-10 record, place third in the Garfield Heights Division 1 Sectional Tournament, and take second place in the Top Gun Tournament in Alliance. He feels that the insight from Dr. Kistler has helped his performance at crucial points in a match, and he no longer slacked off or felt tired while competing. "I didn't know what was wrong, expect I'd get very nervous during a match."

It's not just the athletes that should keep this information in mind. Dr. Kistler also stressed the fact that relaxation techniques and softer music help the concentration in regards to studying

also. Keep in mind that a certain type of music may effect different people in different ways causing different interpretations depending upon race, religion, and gender. This is where the uniqueness comes into play, hinting to people to examine for themselves what music they need to listen to a certain times. At the same time, lyrics can have extremely subtle effects, making it more difficult to pinpoint a potential problem. So, before taking a few laps, or shooting hoops with some friends, make sure your stop and think if a little AC/DC or The London Symphony Orchestra will make or break your game time performance or your workout.

Information for this article was taken from The Beacon Journal (March 2, 1993), "In-tune training" by Greg Gutfield, Maureen Sangiorgio, and Linda Rao (Prevention June 1992), "Mind-bending music; more and more mental health professionals are using musical notes to help people get well" by Mark Telch (Health Feb. 1987), and "Adolescents and Their Music" by Elizabeth F. Brown, MD and William R. Hendee, PhD.

## The Arthur G., James Cancer Hospital Offers Advice On Skin Cancer Prevention and Early Diagnosis

Spring break is the time in the lives of many students to head south for a week or so to enjoy white beaches, swim in blue oceans — and usually cope with red sunburns. And while golden brown tans are one of spring break vacationers' ultimate goals, too much time in the sun can be very dangerous.

Overexposure to the sun can significantly increase the risk of skin cancer.

Although a highly preventable form of cancer, one in six people will be diagnosed with the disease in his or her lifetime. If detected in its early stages, a successful outcome is expected. Still, skin cancer is not something to be taken lightly; in fact, it can be deadly if ignored.

There are three types of skin cancer: basal cell carcinoma, squamous cell carcinoma and malignant melanoma.

You may hear both basal and squamous cell skin cancers referred to as nonmelanoma skin cancer.

According to Dr. Ronald Siegle of The Arthur G. James Cancer Hospital and Research Institute at The Ohio State University, the two types of nonmelanomas are usually caused by a combination of long-term sun exposure and one's own genetic skin type. Generally, the fairer the complexion,

the more sensitive one is to the sun's rays.

"It is important to know," Siegle goes on to say, "that most of a person's lifetime exposure to the sun occurs in the first two decades of life. Damaging ultraviolet light may be even more harmful to child and adolescent skin than to adult skin. However, adults should continue to be cautious about the amount of sun they experience."

Nonmelanoma skin cancers typically develop in areas of the body most exposed to the sun, including the face, ears, neck and arms. It is the accumulated damage that occurs in these exposed areas that leads to nonmelanoma skin cancers.

The most damaging ultraviolet rays occur between 10:00 a.m. and 3:00 p.m. Although everyone's sun tolerance is different, Dr. Siegle recommends a sun screen with an SPF of 15 for most people. With an SPF of 15, a person with a 15-minute tolerance can stay in the sun for 15 x 15 (or 225) minutes before burning.

Dr. Siegle suggests a monthly skin self-examination. Nonmelanoma skin cancers often take the form of a pale, waxlike, pearly nodule or a red, scaly, sharply outlined patch.

Since nonmelanomas are 95 percent curable when properly treated, according to the American Academy of Dermatology, they require skillful removal by surgery or other means. Dr. Siegle recommends that patients inquire about the technique and skill of the physician performing the surgery to ensure that the lesion will be completely removed. Also, the patient will want assurance that if there are resulting scars, they will be minimally visible.

The third, much more dangerous form of cancer is not directly related to cumulative exposure to the sun. Melanoma has been connected with intense doses of intermittent or recreational sunlight.

"For the person who rarely spends extensive time in the sun, but does get significant weekend sun exposure or takes mid-winter vacations to southern climates, the likelihood of developing melanoma is significantly increased. Melanoma appears as a new brownish growth or changing mole. It may be present in clothed areas, unlike nonmelanoma which usually presents itself in portions of the body that are exposed to the sun."

Dr. Siegle recommends awareness of the following ABCD's concerning melanoma. Contact your physician if any of these conditions are applicable to any pigmented lesion:

- Asymmetry - the mole is not symmetrical; it is oddly shaped.
- Border irregularity - the edges of the mole are notched and irregular.
- Change in color - the mole has uneven coloring. Browns, tans and blacks are visible. Even red, white and blue can be seen in some cases.
- Diameter - any mole that is six millimeters, about the size of a pencil eraser, should be watched. Growth in a mole is cause for concern.

Everyone should be familiar with their own mole pattern so that if a melanoma does develop, it is detected early when the condition is fully treatable.

Early detection is vital to recovery. Prevention is fundamental to reduced cancer risks. Keeping these thoughts in mind, enjoy spring break — safely. Too much sun may turn out to be no fun.

### Class Officer and Student Council Elections Time Line

**April 13 - May 7** Sign up for class officer and student council representative and pick up applications in office

**Friday, May 7** Applications due in the office by 3 p.m.  
**NO EXCEPTIONS!**

**Monday, May 10** Meeting for all students running for class office/student council at 3 p.m. in the library.

**May 3 - 12** Campaign posters can be displayed on the east wall (the brick one) of the cafeteria according to class.

**THURSDAY, ELECTION DAY  
MAY 20 (1st PERIOD)**

## Changing times

by Kristi Hooper

The way that math is being taught is beginning to change. Students, up until a few years ago were being taught mathematics with 18th century methods. People are now realizing that this is now the 20th century and we have to change because we are now being surpassed in an area that we, as a country, used to be number one in.

Salem High School is being infused with modern methods of teaching mathematics. First of all, every year the teachers are having the students use more and more technology. There is now more calculator and computer use than ever. The students are now using the computer lab at least once a week, where in the past they did not even know how to turn them on. We are all living in an age of technology and we

need to keep moving ahead with the rest of the world.

Also, Salem High School is now working with a new integrated series of books. They do not separate the maths; the students will be working with Algebra, Geometry, Statistics, and Trigonometry all four years of math.

The teachers are now using a more hands-on method. As stated before, they are now having the students use computers. In the age of "Mario" and "Luigi," the kids now are taught to learn in a different more hands-on way than the past generations.

Mathematics is ever changing. The methods we use now will not be the methods used ten years from now. We will take the best from the old and the new and make yet another new method.

# SPORTS

## Salem softball starts off season

by Leah Lutsch

The Salem Varsity Softball Team is looking forward to a season that will hopefully capture the Mahoning Valley Conference, with a now 2-3 record. They are hoping to defeat Howland for the first time and make comebacks against their MVC rivals, Canfield, who beat them this year 7-5 at home and Poland who also defeated them 16-0 at home.

The team started off the season to a loss to West Branch, 6-1, but after a day rest due to a rain cancellation for the East Palestine game, they came back with a win against Warren J.F.K., 6-1, with Jamie Jeffries being the winning pitcher for the evening, striking out three hitters. Jenny Gregory and Erika Funk contributed to the game with one single each. The winning streak continued before either losses to Canfield and

Poland against Columbiana at home, with Erika Funk hitting a bases loaded double and one single, Cheryl Ramsey with two singles and three RBI's, Jenny Gregory with a double and a single, Jamie Jeffries with one single all topped off by Amanda Ciotti being the winning pitcher with seven strike outs and three walks. Coach Conser is looking forward to a strong offensively due to the excellent pitching he has been seeing. He also hopes that this will be their strong point for the Division tournaments starting the second week in May. "Things are looking very encouraging."

The Salem Junior Varsity team is depending on the team's strong defense and their four best hitters. Julie Elze, Brooke Ozimck, Dawn Basa, and Danielle Basa to pull them through a winning 1993 season. Coach Paul Head-

land is pleased so far with the team's performance stressing the fact it is too early in the season to take too much of the stats into consideration.

The team also lost to West Branch, 9-3 for their season opener but made a definite showing for their second game beating Warren J.F.K., 16-4, with Stacie Mannis striking out fifteen hitters for a no-hitter for the night, Julie Elze with a double, two singles, and for RBI's, Brooke Ozimck with a double and two singles, Christie Quinn with two singles, and Dawn Basa with a double. The JV's continued their wins by defeating Columbiana, 23-5; Canfield, 16-15; but losing to Poland; 18-2. The JV's now have a 3-2 record.

Both teams were not able to play Struthers on Monday, April 12 due to rain.



Amanda Ciotti practices her pitching style.

Salem News Photo

## Baseball season begins

by Jody Wirkner

Although the baseball team's record last year wasn't the best, they are ready to do much better this season. Their first few games have shown promise and potential for the team.

This year's varsity and junior varsity teams consist of: Seniors - Jeff Andres, Mike Alix, Doug Exline, Chad Rhodes, Daren Walker, Ben Citino, Brock Lesko, Brad Heim, and Mike Bigham; Juniors - Eric Weikart and Phil McElfresh; Sophomores - Nate Hendricks, Brock Engle, Rob Tamburro, Nate Walker, Matt Backus, Marco Nicotera, Chris Middleton, Ryan Drake, Dennis Chamesky, and Jason Cyphert; Freshman - Chad Keating, Johnny Owens, George Duko, Justin Lucas, Jim Martin, and Pete Boyer.

The varsity's first game which was against Alliance only went into two innings, because of rain, with Salem in the lead with a score of 3-0. Their



Ben Citino has struck out the opposition.

Salem News Photo

second game against Columbiana was only lost by one point ending with a score of 8-7. Salem's hitting was well against Columbiana, but there was a disappointing eight errors for Salem. The next game was against MVC rival Canfield, in which Salem took the vic-

tory, with the final score of 4-0. The defense was very strong, hitting was well, and a good pitching job was done by Ben Citino who pitched a two hitter against Canfield. They then moved on to play MVC favorite Poland. Salem held an early lead in the game, but ended as a one point loss with a score of 8-7.

Coach Lantz started that "We have the potential to have a good team, but in order to win we must have good defense and keep hitting the ball."

The junior varsity have started the season off rusty but hope to improve for the rest of the season. Salem won by a forfeit against Alliance. Next the team lost to Canfield 8-7. Salem also lost against Columbiana 5-4. Then Salem lost against MVC rival Poland 11-12.

Hopefully the varsity and JV teams will keep up the good work and improve their record. The varsity team has missed having a record of 3-0 by a total of two runs. Both teams will face Campbell tonight in an MVC matchup.



Dan Nye pushes himself in a distance event.

Salem News Photo

## Track teams off to a good start

by Rick Fawcett

The girls' and boys' track teams are both running by a lot of the competition this season. Both teams are undefeated in dual meets and have not finished below third in an invitational.

First, the boy's team is undefeated at 2-0 under their new coach, Mr. Parks. Salem beat Girard 97-26 and Campbell 93-36. The boys' team finished second in the Ward Invitational (behind Austintown Fitch) and third in the F.E. Cope Boys Invitational (behind Fitch and Hubbard). Coach Parks said, "I think the season has gone surprisingly well. I think we can do well at the County Meet and the MVC Meet." Coach Parks believes a big reason for the team's success is the senior leadership. The seniors have assumed their leadership role.

Also, the girls' team did not want to be outdone. They are also 2-0 and have not finished below third in an invitational

under their new coach, Miss Laut. Salem beat Girard 103-25 and beat Campbell 114-14. The girls' team finished second at the Salem Girls Invitational and third at the East Palestine Girls Invitational. "The girls have done a great job so far," said Coach Laut. She attributes the team's hard work and their strong work ethic. "The key has been their attitude and desire to work hard," she added. As for the rest of the season, Coach Laut. She attributes the team's hard work and their strong work ethic. "The key has been their attitude and desire to work hard," she added. As for the rest of the season, Coach Laut said, "I just try to take one meet at a time. If we continue to improve every meet, we can do well."

Finally, the teams have five meets left, including the Columbiana County Meet at East Palestine on April 20. Both teams should be in strong contention for county championship.



Ross Ramunno vaults over the competition.

Salem News Photo

## Salem boys tennis striving for tournament win gain

by Leah Lutsch

Despite some cold weather making practice arrangements difficult, the Salem Boys Tennis Team started off the season undefeated beating United Local, 3-2, West Branch, 4-1, East Palestine, 4-1, and Ursuline 3-2.

Promising performances during the West Branch match by Ken Lee, winning sets 6-2 and 6-1, and Jake Bails winning sets, 6-1 and 6-2, kept Quaker confidence up for the East Palestine match and Ursuline match, with Kevin Staph winning the 3rd singles position, 6-4 and 6-3, and Jake Bails and Curt Conser winning 1st doubles, 6-2 and 6-1. It was only after losses to Canfield, 5-

0, and Boardman, 4-1, did their undefeated season turn to a 4-2 record.

Head coach, Joe Judge, feels that the team is pretty well balanced in regards to talent, and he hopes that his team will win the Columbiana County Tournament again this year which include United, East Palestine, East Liverpool, and Salem. He also stressed that some of the competition coming up is going to be a tough challenge for this team. "Canfield, Boardman, and Austintown Fitch are going to be very strong." The next home match will be April 19 at 4:15 p.m. against Warren J.F.K.

# Go



# Quakers!

Senior High School Library  
Salem, Ohio

# Major League Predictions '93

by Jody Wirkner

Baseball season is officially here. Teams are trying to "show their stuff" to bring promise to the 1993 baseball season. Even though every team gives their all, only one team will be the champion. So, I decided to gather some information to see which teams might be at the top for the biggest catch in baseball, the World Series.

According to Bill Mazerowski's *Baseball Magazine*, the World Series looks like a replay of last year's but with a different winner. They feel that the leaders of the 1993 season will be:

**American League**  
West Division Champion - Chicago White Sox  
East Division Champion - Toronto Blue Jays  
Champion - Toronto

**National League**  
West Division Champion - Atlanta Braves  
East Division Champion - St. Louis Cardinals

Champion - Atlanta  
*Mazerowski's Magazine* feels that Atlanta will sweep the World Series title away from Toronto because the "third time is a charm."

*Baseball Digest* and *Bill Mazerowski's Baseball Magazine* have similar ideas, but *Baseball Digest* has a somewhat different set of leaders.

**American League**  
West Division Champion - Minnesota Twins  
East Division Champion - Toronto Blue Jays  
Champion - Minnesota  
**National League**  
West Division Champion - Atlanta Braves

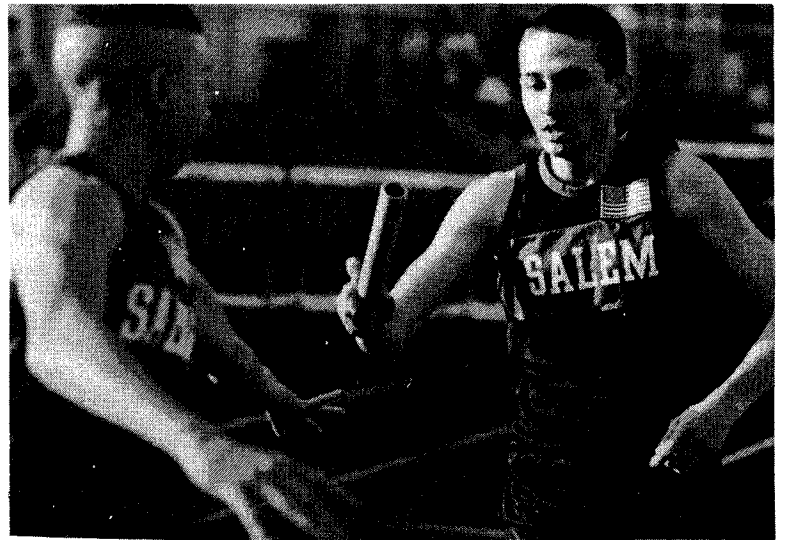
East Division Champion - Montreal Expos  
Champion - Atlanta

*Baseball Digest* believes that Minnesota and Atlanta will battle in the 1993 World Series with Atlanta taking the victory.

Both magazines agree on baseball's "long shots" for the 1993 baseball season: American League-Oakland, Kansas City, Texas, Boston, Milwaukee, and Cleveland. National League-L.A. Dodgers, San Francisco, San Diego, Pittsburgh, Philadelphia, and the Chicago Cubs.

The important thing to remember is that these are only predictions based on statistics and other information. No one really knows what will happen and who will come out on top. Everyone will just have to wait and hope for the best for his/her favorite team.

# Track Means Teamwork



Jason Julian hands off to Sean Spanbauer.  
Salem News Photo

# Club sports are gaining popularity

by Rick Fawcett

There may be two new sports at Salem in the next few years. Boys' volleyball and winter indoor track are club sports at the high school. However, some people do not know about them.

First, there are several steps in a sport becoming a state-sanctioned sport. The sport must first be school-sanctioned. That means the school board has passed a resolution, the sport. Both boys' volleyball and indoor track are school sanctioned. They are also referred

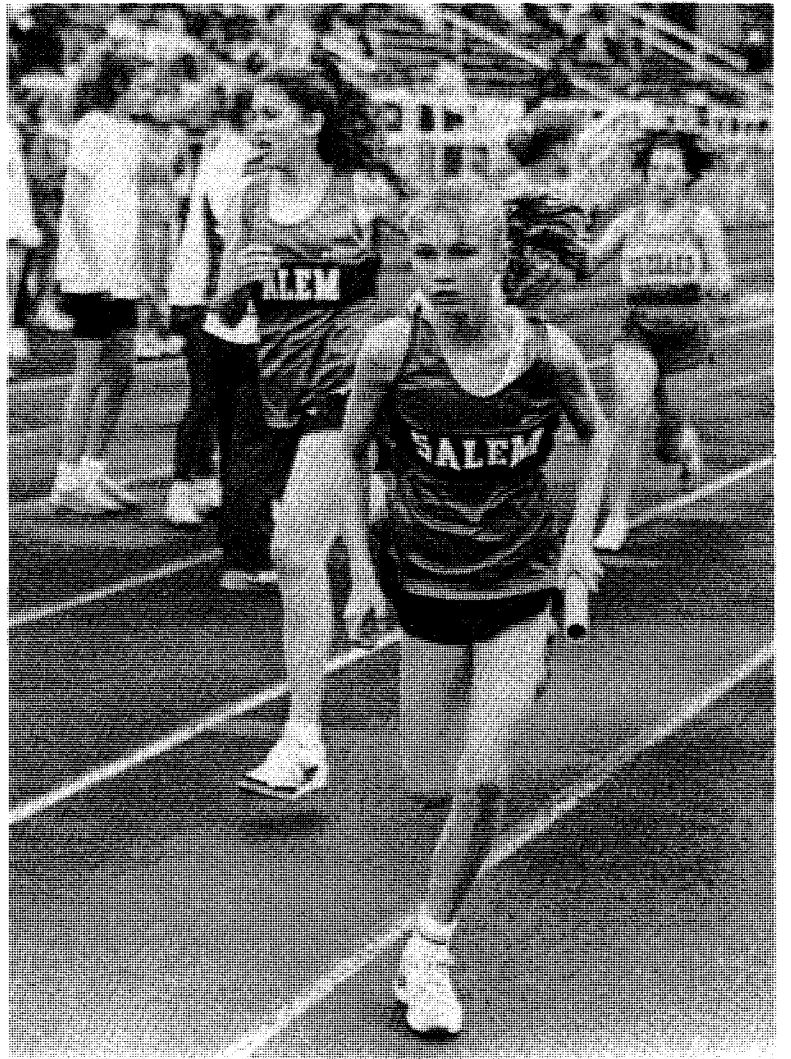
to as "club" sports. For the sport to become state sponsored, 150 school sanctioned teams must exist. Both club sports in Salem have a good chance to become state sanctioned.

For example, Coach Parks said the interest in indoor track has increased in the last few years, both in schools involved and number of participants. "If the interest continues, I think it has a good chance to become state sanctioned," said Coach Parks.

Also, the interest in boys' volleyball

has at least maintained through the last few years. There are usually about 15-20 participants every year. The interest in boys' volleyball statewide has grown since its introduction. Coach Conser thinks it has a fairly good chance to become a state sanctioned sport.

Finally, if these trends continue, athletes may be earning a varsity letter in indoor track or boys' volleyball within the next few years. This would add more diversity to Salem's athletic department and be interesting for the students.



Michelle Knipp and Jenni Brown combine for A Salem Victory.  
Salem News Photo

## GOOD PITCHING



Amanda Ciotti winds up for a pitch.

Salem News Photo

## GOOD HITTING



Tara Mancuso connects for a base hit.

Salem News Photo

# EQUAL SUCCESS

Two Salem Runners Pace each other in the Hurdles  
Salem News Photo



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