

THE QUAKER

student newspaper

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SALEM SENIOR HIGH — SALEM, OHIO

Senior High School Library
Salem, Ohio

FRIDAY, MAY 7, 1993

Senioritis: A dangerous disease

by Kara Zocolo

June 6 is soon approaching. Why is this day so important? It's SENIORITY! Many seniors have senioritis that comes at this time every year. Senioritis comes around the time we go on Spring Break. Nobody wants to go back after a vacation. This is the time when the seniors are starting to knock off the school work and start thinking about other things. Most have already been accepted to the college they want to attend, and are looking

forward to college life and, in some cases, being away from home. Going to college brings many new experiences. New friends, new instructors, new classes, and a new bedroom. Some seniors want their summer to get ready for college, others just want to PARTY! August and September will roll around soon enough. Seniors are just waiting out the days they have left. Term papers are almost finished, and they feel that's all for this year.

After speaking with Miss Carmello,

she stated, "it ain't over till it's over." Their final grades are sent to the colleges and that is how they are ranked. Even though you have been accepted to the college, if you mess around too much and let your grades drop, the college can deny admission.

There are still some special times left. The prom, senior skip day, practice for graduation, and all those parties! Whether you're getting out of school to work, go to college, or even if you have no clue what you want to do, this is still

a new phase in your life that only comes once, so make the most out of it.

I conducted a senior survey and the question was-what are you most looking forward to after graduation?

Angie Sabatino - College men
Heather Spooner - Partying!
Jessica John - Getting away from John Maniscalco.

Mrkanda Fitch - More opportunities.
Michelle Wolf - Going on a road trip with Emily Miller.

Jacob Rails - More time to do things

besides school.

Emily Miller - Partying on the road trip with Michelle Wolf.

Steu Smith - Going to college.

Adam Kelly - Looking forward sleeping in without getting in trouble by Mrs. Wilms.

Marcy Tkatch, Ashlee Charnesky, Michelle Martin, Brandy Pasco, Tracie Smith, Angie Sicilia - Getting out of this PRISON!

Thanks to all of the seniors. Good luck in your futures! As of today, only 19 days left!

The vegetable cry

by Becky Criss

How many vegetarians are there in this school? And the number is increasing! Why are they vegetarians? What causes someone to suddenly change from being a meat-lover to a plant-lover? Are they healthy? Or is there something to their diets of having a healthier, better lifestyle?

Since it is estimated that approximately 10 million people are vegetarians, there must be some legitimate reasons people would change this way of life. Five of the most common are religion, health, philosophy, ecological, and

economical. Some religious such as followers of Hare Kresnaa and Seventh Day Adventism, and Hinduism are strict vegetarians because of certain laws they have. Health reasons are a big factor. It is proven that vegetarians have a lower blood pressure, cholesterol, rate of heart disease, occurrence of diabetes, colon cancer, lung cancer, breast cancer, rate of obesity, osteoporosis, kidney stones, gall stones, and diverticular disease. Some have a simple belief, or have a philosophy, that it is wrong to kill or eat an animal for food, when one gets all the protein and minerals out of plants,

grains, and vegetables. Ecology is a huge concern for many Americans. Many believe it is better for the ecology to be vegetarian. (This belief involves the food chain, soil, etc.) It is definitely less money to be a vegetarian. The price of meat is very high, and continues to rise. Fruits, vegetables, and grains are much lower in cost.

Most scientists suggest that a plant-rich diet is much better for the human body than an animal-rich one. The "marbling" that makes beef tender has been proven to do the opposite to one's arteries. As the studies pile up, its

beginning to look like he who eats lowest (on the food chain) lives longest.

Scientists and sports doctors have proof that vegetarian athletes have more endurance and energy. It's no wonder, since the average American consumes 250 lbs. of meat a year. There is just too much fat in meat products for an American to be taking in all that and still be healthy.

Some of the vegetarians in this school mentioned that about how hard it was to find food they could eat. Being a vegan vegetarian myself, I realize there isn't much hope. (A vegan vegetarian is a

vegetarian that doesn't eat meat or dairy products. A lacto doesn't eat meat but does eat dairy products, and a lacto-ovo doesn't eat meat but eats dairy and egg products.) But as for them, they believe it wouldn't be that hard to make a couple of pizzas without the pepperoni, for instance.

The vegetarians in this school believe for various reasons that they should be given more of a choice of food in the cafeteria, even though our society is very much a meat-eating society.

TACT olympiad held

by Ray Ashead

Usually on Sundays most of Salem's students complain about being bored. TACT did something about that, they organized a TACT Olympics which was held Sunday, May 2 in the High School's parking lot.

The Olympic games started off with a bang when the teams entered with the Olympic theme playing. The six teams competed in nine events. The most unusual one would be the tug-a-war against people it is against a car. Some of the other events consists of: beach ball carry---carry on back without aid of hands, scooter race, water balloon toss, water balloon shoot---shoot with

a sling shot, 3-legged race and tennis ball toss.

Members of the first place team; who consisted of: Matt Herron, Todd Austin; Wes Calvin; Craig Faulkner, and Nelson Cope, were awarded a \$5 gift certificate at Subway. The second place team of Emily Mager, Jeff Herron, Jason Herron, Dan Kells and Jeremy Wells, each won a free movie rental. The third place team of Jason Hawkins, Stuart Poage, Rartu Ulger, Curt Conser, and Jacob Rails won a free pizza at Pizza Hut. Mrs. Cozza, the advisor of the TACT Olympics, said the events continually successful.

Salem students participate in English festival

By Tanya Nagy

Eleven of our Salem High students went to the Y.S.U. English Festival on Wed., April 29. All students had to read seven books to go. About 300 students participated in the Impromptu Writing, and Denise Lee was awarded the highest possible placing, first prize. Honorable Mentions for Impromptu Writing went out to Mindi Cryus and Scott Davis. Third prize for Writing Games was received by Emily Mager. Jennifer Carlisle received honorable mention for writing games. Jackie Cyrus won honorable mention for Impromptu Writing. Other students who participated in the English Festival were: Rob Kimmel, Terri Bloom, Tricia Stone, and Jayne DeCort. All the students did a good job and tried hard. They all accomplished the tasks of reading the seven books.

School is not over

by Alexa Havelock

Well, you have almost made it, only one more month left of school and then freedom! Before you start partying, though, remember one thing - you still have that last month. It may seem like you really do not need to study or worry about your schoolwork now but this is the most important time in the school year. These last four weeks will determine your final grade, which is what many colleges look at first. Also, you do not want to end the year on a bad note just because you have spring fever. Now is really the time to work as hard as you can to improve your mediocre C's and D's to A's and B's. Give yourself more time and try to put more energy into studying. Ask your teachers if they have any extra-credit assignments that you can do. These are especially helpful to you if you are only a few points away from a grade.

What, you say, will I do if I just can't study? Believe me I know how hard it can be to have to do History terms when it is a beautiful spring day outside and my friends want to go to

the park. This is where some helpful tips that we here at the QUAKER have devised to help you concentrate.

1. Put yourself in a school-like environment, like this hall closet. Just remember to get some fresh air once in a while. This can be a very effective place to study because not many people find towels very distracting.

2. When studying for mathematical subjects, make it fun. I mean, who knew that toothpicks could be so helpful in making line graphs.

3. Last, but not least remember to take breaks every once in a while. Even Einstein went on vacation. Run around outside your house. Do somersaults in your front yard. Even practice jumping over the furniture in the living room.

In the final stretch of the year remember, it may not always be what you want to do, but you still have to do it. School can be the farthest thing from your mind in May, but the A you get on your report card in June will make your feel better than the sunshine ever could.

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Seniors, here are dates to remember

by Tanya Nagy

As seniors draw closer to the end of the year their minds wonder and anything dealing with school is normally blocked out or forgotten. Not only do seniors forget to do homework, come to school, and pay attention in classes, they forget important dates. Although, this does not mean that there is no way to remember all these things. Here are some of the important dates that seniors won't want to forget:

Fri., May 21 - Senior Lounge will be closed.

Fri., May 28 - Turn in all outstanding fees, fines, etc.

Mon., May 31 - *Memorial Day -

No School for Students.

Wed., June 2 - Senior locker clean out - 1st period. Senior exams begin periods 5-8.

Thur., June 3 - Begin exams periods 1-4. Finish exams periods 5-8.

Fri., June 4 - Finish exams periods 1-4. Graduation practice.

Sun., June 6 - **Graduation**

On June 4, the graduation practice will be at 11 a.m. in the gym. All seniors expecting to be in the graduation ceremonies must be present for the rehearsal. Graduation will be at 2 p.m. please report to the school at least 45 minutes early. Please advise par-

ents to arrive early too.

Also, don't forget to send out your graduation announcements to all your family and friends.

All these dates are important so take out your calendar and mark them in.



VOICES

Listen to your conscience

By Emily Colley

We have all been put into situations that have caused us to act against our personal beliefs and our knowledge of right and wrong. During these particular incidents we shuffle through numerous decisions and all of their consequences, but for some foolish reason we chose against our best judgement.

Peer pressure is a problem for most teenagers, especially during their years in high school. We all want to fit in and do what everyone else thinks is "cool." We don't think about the right and wrong, we do things because we need to be accepted so badly. Most teenagers are insecure at this time anyway, and with the added pressure from their peers, one can really give in. It's all a matter of attention and acceptance. Why must teens act as if they are someone else to impress others? If our so called friends can't accept us for who we are and respect our morals, they're obviously

not worth the time we spend trying to develop a friendship. Why should we waste our time pleasing people we do not personally respect?

Friends are companions with whom you share your deepest secret, goals, emotions, and values. Knowing you have made all of these aspects of your personality clear to them, you should have no problem with peer pressure, right? Wrong. Even our closest friends could pressure you into doing something you feel is wrong. They may not even be aware they are doing it, especially when surrounded by a group of peers who are doing something they wish to do, something you personally disapprove of. They are going to go along with the crowd, and since you are their friend, they will expect you to go along also. Whether you choose to go is entirely your decision, but it is still considered as peer pressure.

An excellent example of this pressure, at our age, is obviously drinking alcohol. This is an issue in which most teenagers are extremely vulnerable, and in return, become highly irresponsible. Say you're at a party with a group of friends you don't normally hang around with and they're drinking. Would you drink, even if it was against your better conscience, to please them? If so, ask yourself why. It is because you don't know them very well, and since they're drinking, you feel as though you have to participate to be accepted by them? If so, you should certainly think about the consequences involved. Teach them to like you for your "real" personality, not for who they want you to be. Thinking things through before you act on them is wise, especially when dealing with peer pressure.

What really counts

By Rachel Lopshansky

As summer approaches there are a number of things that get you distracted from your schoolwork. One of which is the nice weather. It's difficult to concentrate on school when there's a warm breeze blowing and hours of sunshine going to waste. Everyone longs to be outside enjoying their favorite sport or catching some rays.

We attend school for approximately seven hours a day (some people stay even longer), five days a week, 36 weeks a year, and about nine months a year! By June we all need a break. We all need to forget—about school for three months and take time to enjoy life. The problem is that some people think that as long as they are at school it is social time. Often times these are the very same people that complain that they have hours of homework to do at night. If we would use our time wisely while we were in school (that's what the study hall was created for), then maybe it would leave time for life after school.

One student complains, "It's hard to keep your mind in the classroom when you have to be there everyday. You start looking forward to the weekend on Tuesday!"

Even though all of this is true, it is important to stay focused on what really counts, and that is school. You will always hear older people that have pretty average lives say that they wished that they would've taken school more seriously instead. They say that they wouldn't be struggling to get by now if they would've been more serious about school then. "When I look back on my high school years, I was always the partier, and that was fine at the time. As I got older I realized that all good times got me was good memories, not a good job."

Just try to remember that even though the weather is warmer and school is wearing you out, relief is only one month away. Focus on what really counts now and you'll be glad you did. . .later.

To conform or not to conform

By Kristi Hooper

"Why does he or she have to be so weird?" "Why do they always try to look so different?" I hear comments like this made all the time when someone sees a person who is wearing something that they don't necessarily like or would not prefer to wear themselves. Since when is looking "different" a crime?

Another situation is when I hear people say that they like a person's outfit, but that they would never be able to wear it. Why not? I understand that for many people the need to feel that they fit in is very great, but if you like something and would like to do it, wear it, or listen to it, what is going to stop you? Many people do feel this way. They would like to act and look different than the majority but are afraid. There is a lot of pressure put on teens to look a certain way, be it from out parents or peers; it is there.

Many people try to look different just because it is fun, and some do it to rebel against the norm. People should

be able to act and do things to make themselves happy. If people try to dress and act a certain way to try to fit in or please someone else, how can they ever truly be happy? To live to please someone else is to forge your own self. Why would a person dress to please someone else? Fear of losing that person as a friend, boyfriend, girlfriend? I am sure that you have all heard your parents or a caring friend tell you that if so-and-so does not like you for yourself you don't need them. This statement is absolutely true. If someone is with you because they like your image and not your personality than this is a very shallow and insecure person.

If someone likes what they have on and one of their friends tell them that they do not like it this person should not change. They should have the self confidence to wear it and not question

their own taste. Many people do not have this self-confidence though. They would start doubting their own tastes. What if the other person has absolutely no fashion sense anyway. Are they a fashion consultant? I doubt it. So, why is it their place to tell this person that they do not like the clothes that they have on unless they asked for their opinion.

My advise to everyone is to wear, act, and listen to whatever you like. Do not dress or act a certain way to please others, it is too hard to please everyone. The only person anyone needs to please is themselves.



A flying Ramunno! Ross Ramunno soars over the bar in the pole vault.

Salem News Photo.

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 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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"Okay, Okay!"

By Jennifer Reed

I understand that there are some people out there that were upset by my story "Looks don't really matter." First, I want to say that this reaction was good because it means that some people do actually read the paper instead of throwing it away. Next, I do not see myself as being superficial, and if I sounded that way it was unintentional. I was not criticizing people with blonde hair, etc. I am, however, against people who are superficial and degrading to people who are not in shape, etc. I'm sorry that I offended you, but this is a free country and everyone is entitled to speak their mind. Which brings me to my final point; my letter was on the Voices page which is the opinion page of "The Quaker". This means that people can express their opinion on this page, if this was a feature or a news story, then impartiality would be involved, but not in an editorial.

To all the blonde haired, blue eyed, lean bodied people I inadvertently upset, I'm sorry that my story was interpreted that way, and I thank you for proving that people do actually read our paper.

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Seven students respond to article

Our names are Dawn Wainwright, Sue Minett, Candi Peterson, Heidi Cheresne, Julie Pagani, Stevie Jo Shultz, and Angie Moore. The reason we are writing you is for the fact that we are very upset at the article "Looks don't really matter," by Jennifer Reed. Who is she to criticize people with blonde hair and blue eyes, with lean, well-shaped bodies? It does not sound like a Barbie Doll. Just someone with blonde hair, blue eyes, who likes to keep their body in shape, SO WHAT! We understand that a lot of people in today's society are superficial, but for Jennifer to go and criticize people who look like this, she in turn is doing the same thing as everyone else. Some of the points she made were very correct but some of them were so outrageous.

Another thing that Jennifer said that makes us angry is if people don't want to wear a bikini, then they have the choice of wearing a one piece. There is no law that states that everyone on this earth is supposed to wear a bikini or you are not allowed to wear a bathing suit at all. That is the whole idea of a one piece bathing suit! So if people do not want to wear a bikini for whatever reason, then don't wear one, but for the people who do wear bikinis, does that make them less of a person? WE SHOULD THINK NOT!!!!

Jennifer is just as bad as everyone else. She says that people are afraid to be around overweight people, for the fear of being made fun of. NOT everyone in this world is that superficial.

We think that if Jennifer is going to write on topics such as this she should learn to be more impartial! We thank you for your time.

Sincerely,
Dawn Wainwright
Sue Minett
Candi Peterson
Heidi Cheresne
Julie Pagani
Stevie Jo Shultz
Angie Moore

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Monsters under the bed

By Jennifer Reed

When you were little, there were a lot of things to be afraid of, monsters, the dark, unidentified noises, unusual shadows, etc. And, of course, it didn't matter who knew that you were scared, you wanted people to know so they would make you feel better. That changes dramatically as a person grows older.

As people grow older, some things that they were afraid of as a small child seem silly and foolish, but some fears developed into a phobia. A phobia is persistent, unrealistic, recurrent, and very intense fear of an idea, an object or a situation. When someone encounters the cause of their phobia they get agitated, cry, and often panic. Telling the person that their fear is unrealistic or childish does no good. Removing

the person from the situation will help. Talking to them and comforting them works too.

The things people are afraid of vary from person to person. What one person sees as a threat, another person may see as completely harmless. Some common phobias are: Agoraphobia - fear of large open spaces; claustrophobia - small enclosed spaces (elevators, closets); aichmophobia - fear of sharp objects (knives, needles), astraphobia - thunderstorms, ailurophobia - cats, erythrophobia - blushing, hydrophobia - water, microphobia - germs, mysophobia - dirt, zoophobia - animals, anthropobia - human society, and last, but not least, phobophobia - fear of fear.

I decided to find out what some of

the students here at Salem are afraid of. I didn't ask for names on the survey to protect these people, and I'm not telling what I'm afraid of because I'll probably find one in my locker. Salem High School students fear: dogs, sex, snakes, Jeff Farkas, impotence, being alone, spiders, enclosed spaces, other people getting hurt, not having a girlfriend, people's hands around my neck, hamburgers, love, clowns, Dave Firestone's shnoobs, growing up, nothing (yea, right), males, graduation, seniors, ACT, Mr. Powers, and computers.

Some of these I can relate to, and some of them seem really strange. Most of my friends can't figure out why I'm terrified of small elevators (I'm telling you, you never know when one of

those things is going to get stuck!).

Nearly everyone is afraid of something, and if you're ever with someone that encounters their biggest fear, no matter how immature or stupid you think it is, don't laugh at them or tease them, just let them know that it's okay and try to get them away from whatever it is that is scaring them ASAP. And remember, you might need them when you encounter your own personal "monster under the bed".

Information for this article was taken from the World Book Encyclopedia.



I'm Stuck In This Chair

Written by Andy Smith

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

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

My friends and family are two totally different areas, for most of my friends have been very unsupportive. My family's been truly wonderful, for I never would have survived without the tender loving care of my entire family.

Life after a head injury like mine is very frustrating because people can't understand everything I'm saying and they play it off by saying, "Oh, really?" or "Are you serious?" It's also frustrating not to be able to wash my car or go over to my girlfriend's

house. I can't just get up and go where I want, when I want. I'm stuck in this chair until someone takes me someplace. (In other words, I have no real independence).

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

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

Please God, I'm Only 17

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

It doesn't matter how the accident happened. I was goofing off - going too fast. Taking crazy chances. But I was enjoying my freedom and having fun. The last thing I remember was passing an old lady who seemed to be going awfully slow. I heard a deafening crash and I felt a terrible jolt. Glass and steel flew everywhere. My whole body seemed to be turning inside out. I heard myself scream.

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

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

wonderful life. I haven't lived yet. I can't be dead.

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

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

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

Please, God, I'm only 17!

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

PLEASE DON'T DRINK AND DRIVE!)

Ideas for Mother's Day

By Brandie Oesch

Every year Mother's Day comes and goes. Every kid thinks, "this year I'm going to get mom a gift." Then Mother's Day approaches and you have no gift because you had no idea what to get that special person.

I looked around stores and thought of things that may help you find that special gift. Finding the right gift at the right price is very hard. Yea, if you were made of money then you could buy her that ring with 25 diamonds in it. Since most of us are budgeted or want a little cash left over for themselves, it causes a little problem. First, start with a card. Cards usually don't run over \$5. Cards can say many things that you could

never really say even though you wish you could. Now comes the hard part, finding that gift. Flowers are a nice start. Bouquets are pretty and most mother's just love flowers. Flowers also show you really care. Bouquets start around \$15 and go up. Then for those of you who always get mom flowers every year and just wish you could find her something that means just as much. There are all types of coffee cups with sayings on them. Most mom's probably drink coffee at work, so it would be a great gift. She would get to show it off to her coworkers and she will also think of you every time she picks it up. Candy is also another gift.

Just make sure she will eat, because you know women, they are always on a diet then off a diet. You can also have the choice of buying her that shirt that she has been eyeing but won't buy because she is always spending her money on you. Maybe a new robe and slippers. Also, you may think this is weird but buy mom a CD. Find a group that she listens to and get her the CD. If she likes music then you may have solved a gift problem for a while.

I hope this helps you in finding your favorite mom a gift. If you can not find anything just right, get her a card to let her know you thought about her. Remember she put you on this earth.

The do's and don'ts of concert going

By Alexa Havelock

Hey, guess what? Only one more month of school left until summer. And of course, with summer comes the beach, parties, vacations, and of course - concerts. Let me tell you there are some really nifty concerts this summer. It seems like all of our favorite bands are coming out of hiding to play their hearts out. But with all the concert excitement you have to remember a few simple rules that will keep you safe, away from bodily injury, and without any tattoos of peoples names' you do not know.

First of all, the QUAKER Staff does not endorse drinking of any kind (well except water and stuff like that). If you go to a concert, especially the

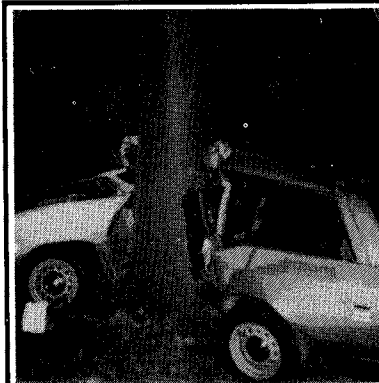
rowdier ones, there will be alcohol there. Big surprise, huh. Even though no one under 21 will be permitted to drink, someone will find a way to get some. There are several dangers in drinking at concerts.

You could go home with the police and how are you going to explain that one to Mommy and Daddy? Drunks have a tendency to be rude and obnoxious, especially to people in little blue uniforms. Also, you are there to see and hear the music and isn't it a little counterproductive to be under the influence trying to do that? Secondly, there will more than likely be a variety of services that people would be more than happy to perform for you. Ask

yourself though, "Do I really need a pierced belly-button?" If the answer is yes, by all means go ahead and do it, just remember-holes grow back tattoos are for life. Lastly you are at a concert to have fun. Your sole responsibility is not to make fun of others or to criticize something about them. This could start a brawl, and that is not the purpose of a concert (sorry to break it to you). Try new things, like for instance if you are a brave soul, you may want to mosh. I am concerned for you when I say to give it some serious consideration, not all are cut out for getting slammed around by a lot of big, bald, men. Most of all though, have fun. After all that's what you are there for!

Senior Countdown

19
Days
to
go!



Don't end
up dead.

Keep your
head. . .



Rainy day reading

By Jennifer Reed

Reading is probably the last thing many people would think of doing this summer. But on those rainy days and times when there just isn't anything else to do, reading an exciting book may just fill in the gaps in time.

The books I'm going to mention here aren't ones that you'll find on your English teacher's reading list. That doesn't mean that these books aren't worth reading. What you'll want to read depends on where your interests lie.

If you like easy to solve mystery novels and books where the story continues with the same main characters, I think you might enjoy the books in the "Cat Who..." series by _____. This series is about a newspaper reporter Jim Qwillern and his two Siamese cats, Koko and Yum Yum, the adventures they get

involved in and the mysteries that Jim solves with the help of his cats. These books do go in chronological order, but they don't have to be read that way.

If you like your reading to be set in the past, then I recommend The Earth's Children (The Clan of the Cave Bear, The Valley of the Horses, The Mammoth Hunters and Plains of Passage) series by Jean M. Auel (pronounced all). These books follow the life of Ayla, a girl who lives during the Ice Age. These stories are very descriptive on the way these people lived, the clothes they wore, the food they ate, and many of their customs. There are six books in the series, but only four of them have been written at this time.

The next group of books is not by author, but by subject. Horror. If you

like to be scared when you read, then Dean Koontz and Stephen King are two of the best horror writers at work today. Some of King's best works are The Stand and the Dark Tower series. The number of books in the series is not yet decided, but so far three of them are now in print. If you only read one Dean Koontz book in your life, make it Watchers. Especially if you've seen the movie. It's barely even the same story.

I asked the students here at Salem to take part in a survey of their favorite books. Here are some of the responses I got:

Terri Bloom (12) - To Kill a Mockingbird.

Angelina McGuire (12) - Once a Princess.

Alicia Chuey (12) - Where the Red Fern Grows.

Emil Eckerstein (12) - The Trilogy of the Ring.

Athena Bodkins (12) - Summer Snow.

Mike Wirkner (9) - Call of the Wild.

Chase Hannay (9) - Spot

Jason Whitmon (9) - It.

Dan Robinson (9) - Green Eggs and Ham.

Ryan Raymond (9) - Tommy Little.

Rich Warner (9) - How to Eat Fried Worms.

Phil McElfresh (11) - Of Mice and Men.

Terry Perry (11) - The Contender.

Eric Blankenship (11) - Where the Red Fern Grows.

Alvina Karlis (10) - Flowers In the Attic.

Whatever you decide to read (or not to read) this summer, make sure that it's a book that interests you and that you're not just reading it because some one told you to. And if you see a book that looks interesting, and then realize that it's been made into a movie, read the book anyways, nine times out of ten, the book is better than the movie. No matter how you spend your summer, enjoy yourselves and Happy Reading.

The truth about Salem High

by Sara Frankovich

The article that you are about to read in this issue of "The Quaker", is one that the student body of Salem Senior High School, it is hoped, will not soon forget.

It is a rarely-understood fact by the majority of teenagers in this school district, as well as people in general, that disabled students of the county have little accessibility to a large portion of Salem High. The Quaker interviewed both the Orthopedic Handicapped (O. H.) Class and the County Transition Class. Some of the responses are as follows: The County Transition Class stated the positive facts are ramps, lift, and elevator. The negatives are in some places, ramps are needed. The hallways are also overcrowded.

The County OH Class's said that they can eat in the cafeteria because of the two ramps near the nurse's office. Four years ago a ramp was installed to access us to the gym. Approximately two years ago an electric lift was installed so we could get to in the choir and band rooms. There has always

been an elevator to the second floor. And the negatives are the backstage in the auditorium is difficult for power chairs to get up. Doorways are wide enough for all our chairs to fit through but sometimes it's a tight fit if the chair is particularly wide. All exits need to be ramped for fire drills. During fire drills, there is no way to get off the second floor. And we cannot get from the Science wing to Sophomore Hall without going down the very congested Senior Hall.

Yet, most of these adaptations would not have been achieved without the constant pressures upon the school board by parents of the physically-challenged. The High School is, at least, attempting to make the school equally accessible to all who attend it. However, the school board still does not meet several of the Ohio State Safety Codes.

Any attempts to correct these difficulties at the High School will be seen as a welcome addition by the physically challenged.

County transition class volunteers time

By Sara Frankovich

Does anybody out there in Salem High School realize what happens to the County Transition Class every Thursday? Everybody and yourself are not sure where they go, but this issue of "The Quaker" will help you find out a little more about students in your surroundings. The students in this class do leave the building, but they go to work. Volunteer work, that is, at the Salem Community Hospital. "The Quaker" Staff wanted to find out more on this subject, so as qualified reporters, we needed to question the people who know it best, themselves. Kelly Brownlee, (final year student) claimed "I like helping people in the hospital as

a receptionist". Michael Mansfield (5th year here) states "I enjoy my work delivering newspapers and erasing menus". Debbie German (21) exclaims that she likes her job as a housekeeper. Bryan Davis (7th year here) wants everyone to know that "I love my job very much". By the way he is a laundry aid. Amme Rice (21) stated "I like my job as a dishwasher and menu handler." And Scott McNany (7th year student) states "I enjoy working with Sara Frankovich delivering mail."

There's a lesson to be learned from the County Transition Class. Give a little love and get some in return.

Important Dates

Awards Assembly - May 26

7:00 P.M. in Auditorium

Music Man - May 28 & 29

Tickets on sale from

office or see any cast member

\$2.00 Student \$4.00 Adult

Club Activity Update

AFS

Advisor: Mr. Martonelli

President: Jaynie Crawford

Vice-President: Heather Horstman

Secretary: Kristi Hooper

Treasurer: Bill Poley

AFS will be having a year end banquet and a car wash. There was an exchange day on April 28, 1993 where the exchange students went around to the foreign language classes and the family living classes to speak to the students and answer any questions.

German Club

Advisor: Mrs. Reed

President: Emily Mager

Vice-President: Denise Lee

Secretary: Athena Bodkins

Treasurer: Michelle Worthner

The exchange student that stayed with Travis Pilch went

home on April 29. There will be a banquet for all the language clubs on May 18, members will receive their rewards at that time.

Tact

Advisor: Mrs. Cozza
TACT is preparing for the graduation party on May 21 and 22. They also held the TACT Olympics on Sun., May 2.

NHS

Advisor: Mrs. Jockavitch

President: Emily Mager

Vice-President: Jason Smith

Secretary: Jacob Bails

Treasurer: Ross Ramunno

NHS is planning a mystery activity called "Where is SHS?" on May 10 thru the 14.

French Club

Advisor: Mrs. Arter

President: Krissy Milazzo

Vice-President: Leanne Cyrus

Secretary/Treasurer: Angie McQuire

Activities Chairperson: Jennifer Reed

The French Club is attending the Spring Banquet for French, German, and Spanish clubs, which is on May 18.

Yearbook

Advisor: Mrs. Tina Hayes
The yearbook staff will be calculating the votes for teacher of the year.

Spanish Club

Advisor: Mrs. Marhefka

President: Jamie Ostrachvic

Vice-President: Ken Lee

Secretary: Jen Lehman

Treasurer: Jason Smith

The Spanish club will be attending the Spring Banquet with the other foreign language clubs.

**Drinking and Driving
Can Kill
a Friendship
Please Don't Drink and Drive**

**Congratulations
Salem Quaker Staff
First Place In
Tri-County Journalism Association**

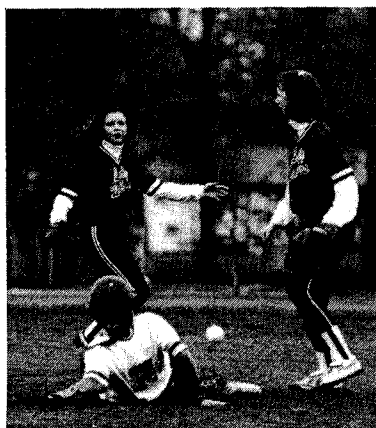
SPORTS

Salem softball ready for tournaments

By Leah Lutsch

The Salem Varsity Softball Team now stands with a record with a 9-6 record in the Mahoning Valley Conference. Despite a loss in Canfield, 5-3, and a disappointing split with Struthers in a double header where Salem won first 7-5, but then were defeated 10-4, the lady Quakers are credited with defeating Campbell 8-5, Girard, 16-1, and reaching an important team goal for the year.

The Lady Quakers defeated MVC rival, Girard, in six innings on April 18, with Jenny Gregory having a double and two singles, Robin Kirkland with a single and a double, Erika Funk and Cheryl Ramsey with two singles each, and pitcher Amanda Ciotti struck out 17 and walked three. Then, the girls moved on to play Howland on April 30, defeating them 1-0 for the first time, which satisfied their first team goal. They scored on a bunt single and an error that followed a double hit by Jamie Ward. Coach Conser feels that the girls have been having some difficulty hitting against teams that pitch slower like Crestview and Howland, but he feels



Erica Funk and Jaime Jeffries attempt to make a defensive play.

Salem News Photo

confident about tournaments because his team is showing more desire and determination. "We are playing with more intensity, which is good because our first tournament game is coming up." The varsity team will be facing Woodrow Wilson High School on May 5 for their first tournament game.

The Salem Junior Varsity Team has

been improving with each game and showing the talent of promising varsity players for next year. They now have defeated Canfield twice, which has never been done by the JV team, with an incredible show at the Canfield game on April 23. The team managed to come out of a 5-0 losing period and gain 10 runs in the sixth inning and seven runs in the seventh inning to come out on top, 17-5, with Christie Quinn having four runs and Stacie Mannis contributing with a triple hit. Coach Paul Headland feels that their 8-2 pitcher, Stacie Mannis, and their catcher, Danielle Basa, who is also their best hitter and has thrown out five runners as a catcher, having contributed greatly to the team's success.

As of right now the team has a 9-3 record with 1 loss in the MVC Conference. Headland is confident that his ladies will take the MVC after they defeat Poland. "This is the best team we've had since I've coached the JV team."



The windup and the pitch! Amanda Ciotti fires a pitch during a recent game.

Salem News Photo.

Salem baseball cuts it close

By Jody Wirkner

The first half of the baseball season is already over. The baseball team is having a pretty good season considering all of the obstacles they have encountered.

Two of the team's starting seniors are unable to play. Mike Bigham played only a few games before facing an illness. In a game against Canfield, Jeff Andres broke his hand while sliding into home.

An interesting factor about the team is that all of the infielders are sophomores with the exception of first base and pitcher. Hopefully, their experience will show for more promising seasons in the future.

Salem's record is now 5-8 which could easily be turned around the second half of the season. A disadvantage for

the Quakers was that out of their first ten games, seven games were away. All of their games have been very close with just a point or two determining the winner.

Coach Lantz feels that they have played well enough to win, but they really haven't had any breaks because of injuries and playing most of the early games away. "Our wins and losses have been close all year, stated coach Lantz, hopefully we can get over this hump and turn things around."

The Quakers seem determined to improve their record for the remainder of the season. They also need to play hard for the upcoming tournaments. Their first tournament game will be played Thursday, May 6, at Canton Central Catholic.

Track teams run past nearly everyone

By Rick Fawcett

The boys' and girls' track teams are running by all of their opponents in dual meets and almost all in invitationals. The key to both teams has been senior leadership. The teams are gearing up to make a strong showing in the end of the schedule and in the postseason.

First of all, the boys are perfect in dual meets on the year. Salem beat Warren JFK 77-55, West Branch 83-49, and MVC rival Canfield 76-47. They also finished second in the County Meet behind Wellsville. "The season has been excellent," said Coach Parks. "I think we can do well both individually and as a team in the MVC, regional, and state meets," he said. Everyone is achieving their personal best, and some are getting outstanding times for the area. These include: Dan Nye, junior, at the 1600; Russ Zornick, junior, in the 800; Carl Sommers, junior, in the intermediate hurdles; the 4 by 100 relay team (consisting of Mike Ruple, Mike Huzyak, Jeff Holenchick, seniors, and Jason Humphreys, freshman), and Eric

Sweitzer, senior, in the high jump. Coach Parks believes the key to the team's success has been the senior leadership which has developed a winning attitude.

Also, the girls' team is feared by area coaches. The girls' team has tied a meet with West Branch 64-64, and beaten Warren JFK 94-34 and Canfield 81-47. Salem finished second in the County Meet, also behind Wellsville. "Our season has been successful," said Coach Laut. "As the season has gone on, the times have gone down, and we (as a team) have gotten progressively better. Coach Laut believes that there will be a decent amount of individuals from the girls' team going to regionals and on to state. "I believe many of our runners can do well there," she added.

Salem's track teams are now getting ready to finish out the regular season and move on to the MVC, regional, and state meets. They both have a good chance to do very well in the postseason, and Salem could be well represented on the victory stand in Columbus.



Covering a lot of ground! Shammy Adams tries to cover as much ground as possible in the long jump.

Salem News Photo



A battle for first! Kristin Doyle and Jennifer Greenamyre battle for first place in the hurdles.

Salem News Photo.

Tennis Season "Volleys" On

by Jody Wirkner

The tennis team started out the season with a perfect record of 4-0. After a period of rained out games, Salem slowed down a little. They presently have a record of 7-5.

The members of this year's team is as follows: Jacob Bails, Ken Lee, Matt Price, Ernie Wukotich, Garret Hecking, Joe Matyas, Travis Pilch, Chris Stewart, Chad Fowler, Craig Brown, Dan Palmer, Curt Conser, Jake Bestic, Rick Pucci, Mike Helmick, Treg Stevens, Kevin Stapf, and Dave Halverstadt.

The team has four more regular season matches, the County Match, and sectionals. Since the team has improved from last year, they hope to do well in the remainder of the season.



Swing and a miss. Chad Rhodes swings and misses at a pitch, but shows good form.

Salem News Photo.

Good Luck Spring Sports

Have athletics gone too far?

By Leah Lutsch

Today's society has become so obsessed with sports now that little league players are put under a lot of pressure by their parents to become "good enough" to receive a scholarship in high school to go to college. Imagine! Putting that much pressure on a ten year old kid. Then when their kid does reach Jr. high and high school age, some parents forget the real reason why their child is in school and only demand the type of grades that will keep them eligible to play. In a recent article by Richard L. Kenyon entitled, "Kids at play," one mother stated, "At this age Nicole has to get real serious if she wants to win a full ride (college) scholarship. We've decided that she will probably have to drop soccer this year so she can concentrate on basketball and volleyball, where there are more scholarships available." It just seems a shame that the article also mentioned

that Nicole was disappointed because soccer was her favorite sport.

It may seem a little radical, but this is what is happening today with little league, Jr. high, and high school level sports. The "parents" are deciding what sports their kids will play. Reasons for this may be that they want their children to do what they never were capable of doing, the inability to pay for college, or they just want to see their kid involved in something. A recent study done by the UCLA sports Psychology Laboratory for the Amateur Athletic Foundation of Los Angeles interviewed 2,000 Southern California students, male and female, between the ages of 9 - 18 who competed in organized competition outside of the school system to find out the top six reasons why children want to participate in sports. First, was the coach support that they receive; second, was wanting to

work with other children; third, was the fact that they wanted positive reactions from their parents; fourth, was the fact that they liked knowing that they had the ability to achieve; fifth, was the fitness aspect of athletics; and last of all came winning. These stats show that kids are out there for the fun of playing, not to worry so much about stats or "winning." Sam Chan, a child and developmental psychologist at the California School of Professional Psychology feels that there is more to sports than just mastering the fundamentals. "What children learn from organized sports is responsibility and working with others. When I watch those kids grimace out there when they hear parents and coaches yelling at them, I personally think that's a few steps away from verbal child abuse."

Even though most of this research has been done on little league, the real

problem is the fact that parents are so worried about making their kid a pro athlete, that they may not realize that there maybe the possibility that by the time it is time to start thinking about scholarships that their kid may not even have an interest in sports. Parents yelling and screaming and making outrageous demands only turn kids off. Some places are even going as far as setting up organizations that train coaches to calm parents, and some officials in the leagues only have a job to keep parents behind the lines. To me, that is a little sad. As far as the effects on kids, some little league organizations play schedules that are about as demanding as some pro teams, which hardly leaves enough time for kids to be kids and associate with friends. Some experts stress the fact that kids are not emotionally ready to start participating in little league until they are at least eight years old. I feel that

scholarships are very useful to athletes, but the time to worry about them is not at little league age. Parents that force their kids to play a sport at any age should realize that living your life through your kid will only cause future problems, such as resentment or unnecessary injuries.

Information for this article was taken from "Are child athletes and parents playing same game?" from the Orange County Register "America's Push for a Rich Career in Sports can be a Trial for Youngsters," by Ron Berter (Los Angeles Times), and "Kids At Play," by Richard L. Kenyon, (Milwaukee Journal)

Time runs out on Valvano

By Rick Fawcett

The world lost a very courageous man last Wednesday. After a highly publicized fight with bone cancer, former NC State head coach and basketball analyst Jim Valvano passed away.

Many hoped that if anyone could beat the disease, Valvano could. After all, he took his NC State Wolfpack all the way to the victory stand in the 1983 NCAA Final Four against overwhelming odds. Valvano had the courage to fight a disease not many people beat. He asked people to support him, to call his office and say, "Jimmy

Vee, don't give up!" However, sometimes all the support and courage can't always win out. Valvano tried to take control of the cancer, instead of it taking control of him. He even shaved off all of his hair instead of letting the chemotherapy take it away. His hair stayed through the chemotherapy, showing him how little he controlled it. Sometimes at home, when Valvano would just lie there, his family encouraged him to "Get up!" "Don't just lie there! Yell at somebody!" Valvano fought the cancer, but he knew it was winning. He never actually believed

that the cancer would win. "My mom's convinced I'm going to get better. My mom's always right," he thought. Valvano believed that he had discovered what was important in life. "If you do three things in a day, you should laugh, have your emotions moved to tears, and think. If we did those things every day, what a full, great day that is," Valvano said at the ESPN awards. In his acceptance speech of the Arthur Ashe Courage Award, he brought the entire crowd to its feet, and many to tears. "The cancer can take my health. It can take my body, but it can not take my

heart, it can not take my mind, and it can not take my soul, and that is truly me," Valvano added. He also believed he was fortunate to be able to have his dream of winning a championship come true. As a coach, Valvano tried to make his players good people, even outside of basketball. He read Shakespeare on the bus, to show them a life outside of basketball. Valvano truly adored his family. He had planned to give his wife four acres, a diamond ring, and a nice trip for their 25th anniversary. "Instead, she got a sick husband in a hospital bed getting Mitomycin, Cisplatin, and

Velban dripped into him. She got to clean me up when I vomited. That's love. I'd told her, 'We're going to get old together, Pam,'" Valvano told.

When someone mentions Valvano's name, many images come to mind, such as his courage, a devoted family man, a great coach, and a good person. However, the image in many people's minds is seconds after he had won the national championship, he ran all around the court, looking for someone to hug. Valvano was a great courageous person, and in this day, that's hard to come by.

*Information for this article found in Sports Illustrated and ESPN.

Parents influence Salem athletes

By Jody Wirkner

Since Mother's Day is just a few days away, and Father's Day soon follows, I decided to ask some SHS athletes this question: How did your parents influence you in sports? Here are some of the responses I received:

Valerie Scott (11) - My parents always taught me to do my best, no matter what.

Kurt Shoffman (11) - My dad taught me everything I know, now I'm better than him.

Tara Mancuso (11) - My dad was really great at baseball when he was in high school, so I try to live up to his talents.

supported me in whatever sport I played, and they taught me to be a team player.

Becky Williamson (11) - My parents always encourage me to do my best.

Russ Zornick (11) - I got most of my natural talent from my father. My mother always keeps me from quitting.

Ryan Keating (12) - Ever since I was knee-high to a grasshopper, I played catch with my dad. My first gift was a football that my parents got for me.

Eric Weikart (11) - My dad has played baseball with me for as long as I can remember. He has also taught me that baseball is supposed to be a team game.

a lot of time catching for me, and he learned a lot about pitching by helping me. He also supports me every time I play.

It is obvious that parents play a big role in how our Salem athletes participate in sports. If it wasn't for parents' support, we may not have as many great athletes as we do. So in conclusion, a big thank you is awarded to all the parents that help support our Salem teams.

Emil Eckerstein (12) - They always

Amanda Ciotti (11) - My dad spends



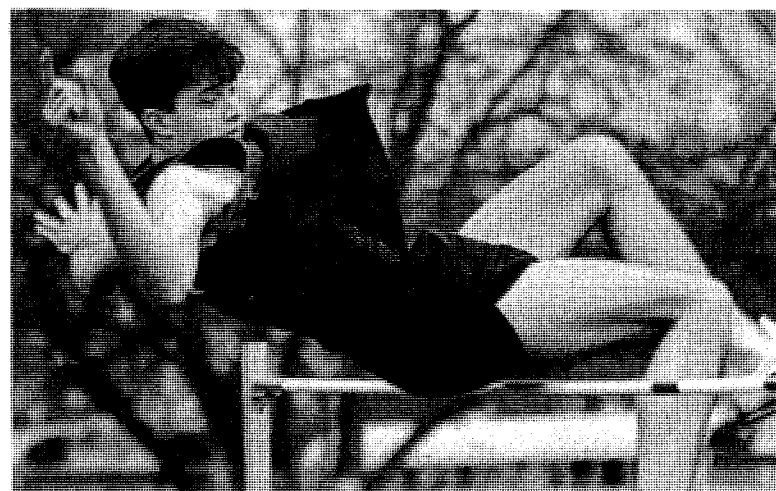
Driving for the finish! Heidi Coy and Jennifer Rice head towards the finish line. Salem News Photo.




Becky Greenmyer lets the discus fly in a recent meet. Salem News Photo



Trying to catch a Warrior. Ross Ramunno and Joe Bestos try to catch a Warrior hurdler. Salem News Photo.



Up and over! Eric Sweitzer makes it over the high jumper. Salem News Photo.

Go  Quakers!