

THE QUAKER

student newspaper

VOL. 81 NO. 2

SALEM SENIOR HIGH — SALEM, OHIO

MONDAY, NOVEMBER 22, 1993

The 62 - year Race to Victory

by Mark Ramunno

November 6, 1993 is a day people will remember for a long time. This was the day that the Salem boys Cross Country Team brought home the first state title to Salem High School in 62 years!

A confident Quaker team stepped up to the starting line at Scioto Downs in Columbus. The Quakers had one thing and only one thing on their minds. They were focused on bringing the state title to Salem, and what they did in a very big way.

Coach Parks said, "I knew we had the potential, it was just a matter of running our best on that day." Well when the smoke cleared, there was no other team within thirty-eight points of the Quakers. It was an absolute Blow-out! The Quakers had, somehow, been ranked third going into the state competition, but when they left there was no question about who was first in the state.

Coach Parks attributes much to the

fact that this was the team's fourth year running in the state meet. He felt this showed the team that the state title was an "attainable" goal, not just a feat that could never be attained by Salem team.

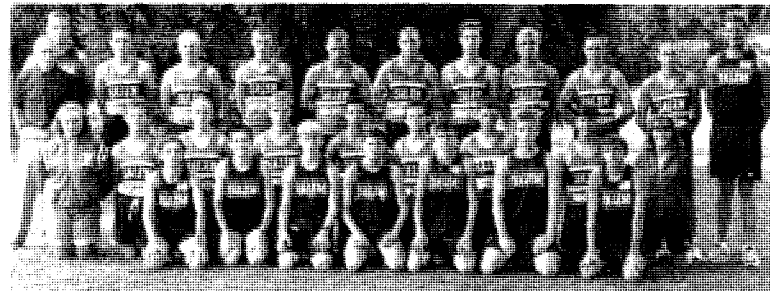
Jason Julian headed up the Quaker assault, placing sixth over all, (third in team standings) establishing a new school record of fifteen fifty-two. Jason also racked up quite a list of accomplishments this season. He was named received All-Mahoning Valley Conference, All-County and All-State honors. He was also county champion, M.V.C. Champion, district champion and regional champion.

Jason certainly established an impressive resume for himself but the rest of the Quakers had a lot to be proud of. Mark Rea, Dan Nye, Russ Zornick and Sean Spanbauer received All-M.V.C. honors. Mark, Dan and Russ also made All-County and Mark and Dan were named to the All-Ohio team.

Together the boys team also had some great accomplishments. They won the Columbiana County, M.V.C., District, Regional and, of course, the State Title. Along the way, they won three invitational meets, Boardman, East Palestine and the Suburban.

The boys team were not the only Salem runners at the State meet. Jennie Brown and Angie Adams also had impressive showings at the State meet with Jennie coming in sixth and Angie coming in twenty-ninth. Both girls also earned places on the All-County, All M.V.C. and All-Ohio teams. Two other members of the Salem girls cross country team were awarded places on the All-M.V.C. and All-County teams. They were Erin Shasteen and Heather Talbot.

The Cross Country team has ended their season not as a good team, not even as a great team but as few teams can claim, They ended this season as the best team in the state of Ohio.



1993 State Division II Champions.

Salem News Photo

College Considerations

by Kara Zocolo

Seniors, have you decided which college you want to attend? This is only November, but the time is passing fast. This will give you an idea of where you should be in the decision-making process.

At the present time, seniors should have narrowed down their choices to between 3-5 schools. After this is done, the application process should be started. You should have already visited the school before you fill out the application. Turn in the application and check with your counselor, and they will get the transcripts and everything else ready to go. Miss Carmello recommends to have the applications done by Christmas. If recommendations are needed by teachers or guidance counselors, it is important to allow two weeks for the person to fill out the information. You may also give the teacher the envelope

so they may mail it out directly. After Christmas is not too late, but if it's done before, you're in good shape.

After Christmas, things start to get hectic. In January, it is time to fill out applications for financial aid. Workshops will be provided on January 11 at 7 p.m. and January 12 at 9 a.m. However, you must be accepted at a college to apply for financial aid. It is important to visit the campus again before you make your final decision. Does the school have everything you're looking for? You should take size, area, location, the choice of majors, and especially cost into consideration. In our economy today cost is a big problem.

As the time winds down, pay attention to the announcements. They will make you aware of college representatives that are visiting and scholarships that are available.

Good Teen Day is a success

by Kristi Hooper

A "National Good Teen Day" was approved by the U.S. House of Representatives Monday, Nov. 8, 1993. The resolution presented was authored by U.S. Rep. James A. Traficant, Jr.

Salem City School District designated Jan. 16, 1992 as Good Teen Day. Mr. Vienceck, an English teacher at Salem High School, developed the idea for a Good Teen Day. January 16 was chosen to be Good Teen Day for two main reasons: Abraham Lincoln, the 16th President of the United States, was quoted as saying, "when you look for the good in man, you will always find



it," and Vienceck stated that 16 is a special year in the lives of all teenagers.

Two contests are currently underway at SHS. First, the Good Teen Day Essay Contest winners will be selected by the English faculty at Youngstown State University. The deadline is Tuesday, Nov. 30. Second, the deadline for the Good Teen Art Show is Wednesday, Dec. 8, 1993. None of the winners of these contests will be announced until Jan. 16, 1994, Good Teen Day.

Also on Saturday, Oct. 16, the first Annual Good Teen Day Classic 5K Run and walk was held. There were 80 participants in the race.

C.B.E.

by Christy Hickman

Each year, C.B.E. class members are selected and placed in jobs in business in the Salem area. The Class of 1994 and their work places include:

Tina Beaver - Loudon Ford-Lincoln Mercury.

Jennifer Carlisle - Salem Board of Education

Hanna Mullins School of Nursing.

Becky Criss - Salem Community Hospital Radiology Department.

Jayne DeCort - People Lumber Company.

Becky Greenamyre - Horning & Horning, Attorneys.

Christy Hickman - Bliss-Salem.

Heather Horstman - Salem Community Hospital Patient Education Department.

Robert Kimmel - Lyle Printing.

Sue Minett - Bozick's Office Machines.

Melody Orr - Lincoln Machine Company.

Julia Ramsey - Ellyson's Plumbing & Heating

Jessica Raneri - Timberlanes.

Katie Short - Home Savings & Loan Company.

Stevie Jo Shultz - Salem Community Hospital Human Resources Department.

Matt Todd - Ellyson's Plumbing & Heating.

Happy Thanksgiving



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And Much, Much More

Violence in Schools: Is it really an issue?

by Alexa Havelock

We all know that violence is an always-present source of controversy in America. The Los Angeles riots, the Ku Klux Klan, and especially, the media. It is said that American children will watch over 8,000 murders and 10,000 other violent acts on television alone before they graduate from high school. It is proven that teenagers are becoming more and more violent. The University of Michigan conducted a study that showed 8 percent of eighth graders in this country carry a gun, knife, or club to school monthly. I ask you, what is the need for a 12 or 13 year old to be packing a weapon? The kids of today have enough problems with drugs, peer pressure, and home life, why should they have to worry about some one killing them in the hallways of their very own school. "This is not my problem," You could say, "No one I know carries a weapon." However, it does not seem so unrealistic considering over 270,000 guns and thousands upon thousands of other weapons are carried to SUBURBAN schools each day.

Why, you ask, are kids becoming violent, and how do they obtain guns that are obviously illegal to sell to them?

First of all, the attitudes of today's youth are becoming more and more distorted. About 9 percent of high school students in the country think that it is perfectly fine to shoot (with intent to kill) someone if they have stolen from you. The percentage of kids who think it is fine to fire a gun at someone who has put them down or said something bad about them is even higher. Secondly, guns are obtained from the usual sources, the street (where they sell for as little as \$25) to their parents bedroom shelf, even their friends can supply the wanting person with a deadly weapon. Other items most commonly used in assaulting others are knives, bats, clubs, and in one case broken shards of glass. This kind of violence is totally unacceptable for school and school hours. We are in this institution to study and although it's improbable for some, learn something. When will it stop? No one really knows. Maybe when students figure out that violence is not the only way to solve problems, and no problem you have with someone else is so bad that you must kill or hurt them. Only when kids realize that there are other ways to deal, then the violence will stop.



1993 Foreign Exchange Students

Left to right: Javier Davila Alonso, Alidis Montes Vrdanets and Achim Gmeiner.

VOICES

The Pilgrims did not recycle, so why should I?

by Mindi Cyrus

After the Mayflower was docked and the Pilgrims first touched their little buckled shoes onto American soil, they looked around and marvelled at the beauty of their new home. They did not, however, get out their litterbags and immediately start picking up trash to set by the curb for the BFI man in the morning.

Enter a new age, a land of combustibles and consumer trash. America has a few more people than it did in 1620, and it also has more man-made products that take longer than the Pilgrims' voyage to decompose. So, what is expected of me, since I am just a mortal, maybe with a pinch of Pilgrim blood still inside?

I tried the full-fledged environmentalist approach about two years ago and

eventually got burned out. In retrospect, I think I was "shocked" by all of the horrible news about our deteriorating planet, and I set myself on a Save-the-Earth mission.

First of all, I helped start a wonderful environmental group with my best friend. I am not being sarcastic when I say wonderful, either; we accomplished a lot to make this world better. We recycled paper, planted trees and flowers, sponsored a tee-shirt contest and sale, went to an envirothon, and spread awareness of Earth and its ills. I am very proud of this accomplishment, because it was one of the hardest things I have ever done.

Another thing I did in becoming a die-hard earth activist was to change my clothes, hair and eating habits. I

became a born-again-70s activist, which I know now (thank goodness) was just a phase. Yes, I wore hippie clothes and braids in my hair all in the name of high-class fashion. And I became a vegetarian eating absolutely no meat, fish, or chicken for a whole year. I had an awful lot of willpower.

Although there is nothing wrong with being a firm believer in a cause and making a statement for reform, I think I got mentally and physically weakened from my earth-saving immersion. Eventually, I had to wake up to the 90s and start saving the world that way, too. I had to start eating meat again to gain strength, since I run. And I had to begin letting go and not taking the blame if one aluminum can happened to fall into a garbage bin. I cannot be responsible

for every can thrown away. So, just what am I responsible for here? Why should I deal with this when the Pilgrims probably did not even worry about recycling?

Many things have changed since the Pilgrims' boat anchored in Plymouth. I guess there is too much trash and too little landfill space for it, so recycling becomes the only answer to the dilemma. It is really not a hard process, either. I still have the bags for recycled aluminum, glass, plastic, and newspapers from two years ago. There are drop-offs in Salem, Lisbon, and Alliance for these things. So, I do not feel recycling is a hassle, especially since I have had so much former practice.

Even though the Pilgrims did not recycle or worry about the next genera-

tion, I think I should. But I do not think I could ever take recycling to the extremes again. This is a major issue in the country today, and it is a personal question of whether to take on a small responsibility or not.

The Journalism class (including myself) will be covering many different aspects of the environment, so this is a perfect warning that other environmental messages will soon be coming. On Thanksgiving, I plan to eat a little non-vegetarian turkey and say thanks for the beautiful world with its radical earth activists and the not-so-extreme earth helpers, like myself.

Letters to the EDITOR

To the fashion "expert" who wrote the article titled, HELP FOR THE FASHIONABLY CHALLENGED; the tips you gave the perplexed reader are aggressive and opinionated. First of all, what makes you think you know everything about fashion? Please differentiate between fact and fiction. Are you absolutely positive that pegging jeans was out forty years ago? For if you knew anything about fashion, you would know that things go in and out of style like waves of the sea. If you wish to get technical for a moment, then wouldn't you agree that the "grunge" look, (as you call it) was out shortly after Woodstock?

Second of all, you called the mall the "altar" of fashion. Do we sense a little sarcasm in this statement? When you decide to shop at a mall, you are usually agreeing that what is to be found there is fashionable. Where do you think the mall gets its fashion ideas? Why, from the runways of New York and Paris as well as some of the most highly recognized magazines of today. As for your so-called "grunge" look, there is a difference between buying a flannel shirt because one likes it and because one wishes to make a certain statement. As for the quote, "...getting it because your friends have it or it's on MTV." Do you think we are conforming? This may be true, but aren't you being hypocritical? After all, aren't you saying that the grunge look is o.k. and therefore, conforming to that is acceptable?

Finally in reference to the quote, "If God had wanted...." We think you are in no position to decide what God's intentions are, and why he carries certain actions out.

Did you stop to consider the fact that someone with natural "poodle-like," (as you refer to it), or thick hair might take offense? One's self-esteem is not always what it should be. Reading this article could make someone more self-conscious and less self-confident in dealing with others in school.

In conclusion, this article seems to have been written with a certain group of people in mind. We would hate to see what was obviously cut from your article before your editor had read it. If, indeed, we are right in this assumption, and you are writing from a personal standpoint, perhaps you should not have written it at all. Please remember that we are merely suggesting as you were. We felt a response was necessary in accordance with your offensive article.

SIGNED:

*Julie Marie Ebersbach
*Erin Frances Parks
Julia Christine Lesko
Erin Jo Morrison
Wendy Marie Hill
Angie Marie Adolphson
Alice Katherine Crawford
Melanie Renee Drake
Mandy Renee Simon
Rachel Scott
Rashelle Elizabeth Scott
Amy Sue Deville
Kelly Lynne Seddon
Emily Dawn Juhn
Ryan Drake
Nelson Cope
Lonnie Atkins
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Student responds to "witch" article

To Whom It May Concern:

I was reading through the last edition of "The Quaker" and came upon the article entitled "What is a witch" by Kristi Hooper. This seems to present a double standard.

If an article about Christianity were placed in the paper, it would immediately be taken out on the grounds of "separation of church and state", yet an article on witchcraft and witches is placed in the newspaper with no problem. It angers me that this double standard is allowed to continue. This type of thing must be stopped.

Rob Kimmel, Senior

How thin is thin enough?

by Alexa Havelock

Open up any fashion magazine in America and what do you see? Robust, healthy-looking women who look as if they had just come from the gym? No, not quite. What we see is the thin, waifish models of today. Women like Kate Moss, Amber Valletta, and Shalom Harlow, who are world renown for their skinny, starved look. Is this a positive image to be sending to the weight-conscious teens (especially girls) today?

In a society where fat equals failure, anything less than perfect is not tolerated. Women go on diets that are not only unhealthy, but dangerous. Why? So they can feel beautiful and attractive. I ask you, what is attractive about starving or anorexia to become what some see as the "Ideal"? As Susan Faludi, author of *Backlash*, said that "a man's fantasy is shrinking a woman down to size. The (waif) look is about being very weak and passive. It is a very Victorian portrait of a woman where you are so weak you can barely get off your chaise lounge and into the retire-

ment home." This is what society has accepted for so long according to some, women are expected to take the feeble and subservient approach to the world. While these views are not always true, they are definitely sponsored by the American fashion industry. They are sending messages to people that in order to be pretty one must be very unrealistically thin. The nation has seen an incline of eating disorders, and although only three to seven girls in 1000 are anorexic, 70 percent of normal weight women would like to be thinner and 23 percent of women who are underweight would like to be thinner still. (U.S. Dept. of Health Services) Should the modeling industry take just a teensy little bit of responsibility for the recent trend. They say no, that Kate Moss and her likeness does not cause anorexia, and this is true. However as Jane Pratt of "Sassy" magazine (which does not print diets) said that "since this look has become big, we definitely noticed that girls have wanted to diet more."

What we have on our hands is not just a bad image created by fashion industry, it is an image of what is many teenage girls think is the only way to look attractive. They should know that just because the media presents the models like they are the epitome of beauty, that is not the goal that you should strive for. Less than ten percent of the entire population will never even be able to become that thin. That leaves 90 percent to be normal, not skin-and-bones.

Hopefully, most people are intelligent and can think for themselves when it comes to body image. In our society, it is hard to come to terms with one's self as just that. Not everyone is going to be able to look like a supermodel and no one should try anything drastic to look the way the waif-women do. You should feel comfortable with yourself and your body. When you do that, you will surely be the most beautiful person that you can.

Responses make Quaker better

by Alexa Havelock

In all fairness, I must respond to the letter written to me about my article entitled "Help for the fashionably challenged." This story was printed on the Voices page, the page reserved exclusively for opinions. I just took for granted that everyone knew this. I can assure you that this was not directed at any one group or individual. I can also say that nothing was cut or edited from this story, I am my own editor. However, I am glad that some people chose to speak upon an issue that they felt strongly about. We all have topics that are important to us, and we must defend our beliefs if need be. I am also very happy to see people using the Quaker as a forum for their ideas, and hope we can continue to do so in the future. Remember, this is your school newspaper, and we need your input to make it a better one.

Quaker's Proposal on Student Expression

We, the staff of "the Quaker," in order to promote quality reading material through the use of free speech and opinion, do hereby abide by and take protection under the ideals and principles of the First Amendment, the Constitution, and other various court rulings. It is our duty to keep our readers currently informed of school activities.

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

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

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

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

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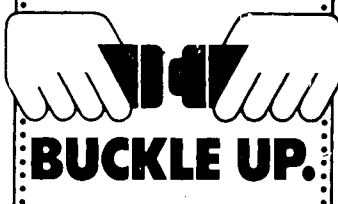
Candy Graham

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A FORM OF SAFETY



No Small Success

by Mindi Cyrus

Matt Sabatino and Brian Falk may be small and tall, respectively, but when it comes to business, these two seniors have very lofty ideas.

What began as an idea has sprung into Small and Tall's Disc Jockey Service, created about one and a half years ago, and jokingly named by Brian. "I brought it (the idea) up about a half year before Matt agreed," Brian said. "It was sophomore year when I first thought of it," he added.

Brian and Matt are best friends who both happen to love country music. Brian likes George Strait, while Matt said, "It's a toss-up between George Jones, Dwight Yoakam, and Hank Williams, Jr." Add this to their funny, down-home personalities, and they have a successful partnership.

But they both know it takes more than that. They borrowed money from backers to buy their huge assortment of equipment: CD players, tape decks, turn tables, amplifiers, a light show, and a mixing board (which "takes out the gaps," as Matt said.) The speakers were sold to them by the manager of the Foxes Den. Altogether, the two have about \$2,500 invested in equipment and another \$3,500 worth of CDs and tapes.

All of their business skills have come from nearby sources. Brian said, "I learned a lot from school, from my dad, and myself." Pointing to his head, Matt said, "You kinda learn it as you go."

Both can say they will DJ any place, any occasion, and it is all good experience, because these two have big plans.

"We are going on a business trip to Texas," Brian said. "No shows for November." Brian and Matt will transfer the business down to Irving, Texas after they graduate and will live there for three or four years. "After Irving, we have no idea," Brian said. They plan to be "the controlling DJ service in Texas," Brian added.

They have had some memorable DJ experiences, though. Their first practice "gig" was in June 1992, as Brian said, "on the front porch projecting out to the back yard." They then moved on to his aunt's house and the Italian Club. But their first money-making show was a wedding reception at the Shangri-La in Canfield, which is also their favorite spot. Matt joked, "It had a nice runway

for speakers." Contrasting to this, the VFW was their worst experience, since the customer gave them wrong names, wrong times, and wrong songs.

Aside from all of this, Matt and Brian both agree that being entrepreneurs, or people who undertake business ventures, is worth all of the risk, "even Brian's driving," Matt joked. The worst thing is a bad customer with a bad attitude. Brian put it this way, though, "Money isn't important to me. It's having a feeling of operation, being in charge." And Matt added, "When you can show profit, but at the same time have a good time, it is worth it. Being your own boss is the whole point of being an entrepreneur."

So, did they have any advice to

someone starting a business? Well, Matt said, "Remember, it takes money to make money." It also takes ads; Matt and Brian have advertised in the "Salem News" and have had business cards made. Brian seems to care less about money, and said, "Never go into a business venture with the smell of money on your breath. You don't go in it for money, you go in it for the freedom of business."

Small and Tall's DJ Service is available for any type of parties, weddings, dances, or reunions. They specialize in oldies, rock and country music but will play other types as well. As their card says, "With Small and Tall's You Simply Get it All." They may be contacted at 337-0523 (Matt) or 332-5886 (Brian).

Animal Testing: An unnecessary evil

by Kristi Hooper

Many cosmetics companies are finally deciding enough is enough. Many feel that there is no need to test products (or the ingredients in products) on animals any longer.

Virtually every ingredient used in cosmetics has been tested on animals during the past 40 years. Even distilled water and mica have been thoroughly tested on animals. This seems to make any more testing on animals completely unnecessary.

Many people have the false impression that the Food and Drug Administration requires cosmetics to be tested on animals. They do not. The FDA usually does not regulate the number or types of tests a beauty product must

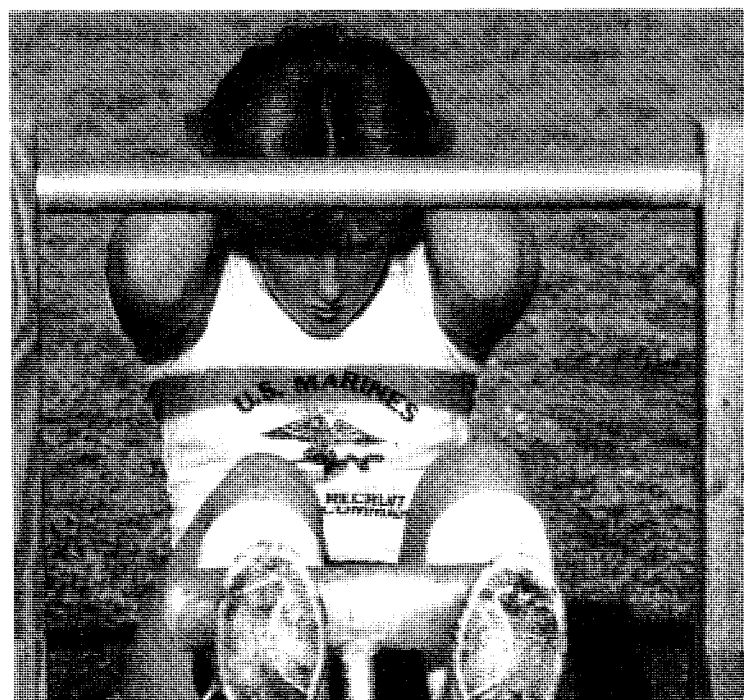
pass before a cosmetic goes on the market. There are, though, a few exceptions to this. One major exception to this policy is color additives. But, the invention of absolutely new dyes is very rare. Other exceptions are preservatives or innovative new molecules. Therefore, a company is not required to test on animals for a new shade of mascara because it is a variation of a product made with ingredients that have already been used and tested before.

There are also some good alternatives to animal testing. Scientists have come up with alternatives including everything from computer models to in vitro tests that use cultured skinlike cells.

The numbers of animals being tested on has gone down by 73 percent in the last ten years.

Many of the major companies in the beauty business are not testing their products or ingredients on animals. Some of these companies include: The Body Shop, Avon, Chanel, Estee Lauder, M.A.C. Cosmetics, Neutrogena, Christian Dior and Revlon.

To find out more about the companies that are not testing on animals, check the packaging for the company's address. Also, many animal-advocacy groups such as People for the Ethical Treatment of Animals and Nation Antivivisection Society.



A woman proving herself as a marine.

The untold story

by Kara Zocolo

What is the point of gossip and rumors? All they do is hurt people. Why is it necessary to believed everything we hear and keep spreading it around? Salem High is known for its wide spread rumors, and why does it have to be that way?

Guess who broke up? Guess who got back together? Guess who's fight-

ing? These are things we hear that strike our curiosity. We like to be informed, and then we like to inform others even though it's none of our business. Rumors are usually a popular way to get back at friends when there's a fight. Things haven't changed much since junior high; if you hear something you tell it how you want it to be. Each person has their own individuality, and they have their right to their own opinion. Why do rumors get started? For fun. How can it be fun when you're hurting other people?

When you start talking about other people with your friends, put yourself in the other person's shoes and think about how you would feel if untrue rumors were being spread about you.

I asked a few people about some of the weird rumors they heard about themselves or other things to prove they are around Salem.

Val Stone - 12 - The rumor we weren't going to have school on Friday since cross country went to state.

Beckie Williamson - 12 - The rumor that the majorettes were dressing up as nuns for the second halftime show.

Erin Parks - 12 - I love the rumors I hear about myself.

Anonymous - One rumor made my freshman year much harder than it had to be.

Lyndsay McShane - 11 - I'm moving in April!?

Dinner with Celebrities

by Candy Graham

by Candy Graham

I can smell the turkey roasting and Grandma Berta's pumpkin pie already! Falling on the 25th of this month Thanksgiving is just around the corner. Incidentally, for many of us this time of the year is more than just a vacation from school, it also becomes a family social event. If you could have Thanksgiving dinner with three famous people, dead or alive, who would they be? I asked fifty Salem High School Students that same question and here are the results:

FIVE MOST POPULAR
 Rap Star - Snoop Doggy Dog
 Former NBA Star - Michael Jordan
 President Clinton
 Former U.S. President - John F. Kennedy
 Jesus Christ
SALEM CELEBRITIES
 Chuck Brant
 Mr. Krcelic
 Mr. Bennet
 Mr. Parks
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A study was performed on fifty or more women Marines to see if they could meet the make fitness standards.

Some of the differences in the male and female fitness standards are:
 Sit-ups. Females must do 50 sit-ups in one minute; males must do 80 in 2 minutes.

Run. Females must run 1 1/2 miles in 10 minutes; males must run three miles in 18 minutes.

Pull-ups. Females do not have to do the pull-up requirements, but they have to be able to do the flexed-arm hand for 70 seconds; males must do 20 pull-ups.

In the end, the results of the test were that most of the women could not pass the men's fitness test. Many of the women could do well on it, but they could never excel on it like they can on their own test. Needless to say, the women's test is going to remain a litter easier than the men's test. Nevertheless, these women put forth a great effort for their rights and I commend them for trying.

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Shedding light
by Kristi Hooper

"Let every man mind his own business."
 - Miguel de Cervantes
 "Let us give nature a chance; she knows her business better than we do."
 - Michel Eyquem de Montaigne
 "Don't fall in love; it will stick to your face."
 - Unknown
 "You stand in your own light."
 - John Heywood
 "Greed is good! Greed is right! Greed works! Greed will save the U.S.A.!"
 - Oliver Stone
 "Violence is as American as cherry pie."
 - Rap Brown
 "Time is the school in which we learn.
 Time is the fire in which we burn."
 - Delmore Schwartz
 "The absurd is the essential concept and the first truth."
 - Albert Camus
 "No snowflake in an avalanche ever feels responsible."
 - Stanislaw Jerzy Lec
 "Man is born to live and not to prepare to live."

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Club Activity Update

Class of 1994

President Ken Lee
Vice-President Julie Kornbau
Secretary Jody Wirkner
Treasurer Laura Farkas

The Senior Class is deciding on their class gift. They are also discussing graduation plans. They will be voting on graduation announcements.

Class of 1995

President Shawn Catlos
Vice-President Matt Kunar
Secretary Ian Weir
Treasurer Mark Ramunno

The Junior Class is working on raising money for the prom. Some of these fund raisers include a spaghetti dinner and the selling of "Onward to Victory" T-shirts which celebrate 100 years of Salem Football.

Class of 1996

President Kyle Dinsio
Vice-President Chad Keating
Secretary Emily Mlinarcik
Treasurer Megan Conrad

They will be planning fund raisers throughout the year. Later in March they will be planning their Sophomore Semi-Formal.

Student Council

Executive Board
Laura Farkas
Ken Lee
Lyndsay McShane
Valerie Scott
Tarran Turvey

Student Council is having a Mitten Tree Drive, and a Canned Food Drive for Thanksgiving. They will also be visiting Nursing Homes.

TACT

TACT had their Halloween Party. They are now planning to speak to area schools and organizations.

A.F.S.

President Jaynie Crawford
Vice-President Heather Horstman
Secretary Kristi Hooper
Treasurer Bill Poly

This month they will have a Thanksgiving Day Food Drive and Pizza Party.

German Club

President Travis Pilch
Vice-President Jeff Farris
Secretary Treg Steves
Treasurer Garrett Morlan

They are collecting canned food and buying groceries for a needy family on Thanksgiving. Achim Gmeiner, an exchange student from Austria, will speak to German Club at the end of this month.

Spanish Club

President Danielle Conser
Vice-President Sean McGrath
Secretary Tarran Turvey
Treasurer Liz Winch

In December, the Spanish Club will be going to Chi Chi's for dinner. In January or February they are going on a ski trip.

National Honor Society

President Ken Lee
Vice-President Julie Kornbau
Secretary Billie Sue Briceland
Treasurer Becky Williamson

They are going to hold a foul-shooting contest in January or February. In March they will have inductions of Juniors.

CBE

President Julia Ramsey
Vice-President Christy Hickman
Secretary Tina Beaver
Treasurer Stevie Jo Shultz

They will sponsor a child at Christmas time for the Salvation Army. Also in December, they will have their annual business luncheon.

Physics Club

Co-Presidents Carl Sommers & Becky Williamson
Vice-President Matt Price
Secretary Rick Fawcett
Treasurer Duke Dye

Students designed planes last month and here are the results.

1st places: Longest flight - Achim Gmeiner; Total distance - Mark Rea; Longest time - Achim Gmeiner; Total time - Darrell Walton.

On November 19, Egg Drop Competition will be held in the Gym after school.

Interact

President Jennifer Carlisle
Vice-President Craig Brown
Secretary Bob Oberle
Treasurer Treg Steves

The officers are attending Rotary Luncheons on Tuesdays. They plan to ring the Salvation Army bells at Christmas. They will also be attending a Cavs-Bulls game sometime in the future.

Academic Challenge

Try outs have been held for television. Practice sessions were held for Quest competition on Nov. 10 and the Knowledge Master Open on Dec. 3. New members are still welcome. They meet every Wednesday after school in Room 161 until approximately four o'clock.

Math Club

The Math Club meets every Monday at 2:50 in Room 165. They are hopefully going to enter several math contests.

Members Include: T.J. Bakondy, Shawn Catlos, Jen Egolf, Rick Fawcett, Jeremy Hughes, Brain Mancuso, Garrett Morlan, Steve Pieren, Chris Smith, Eric Weikart, Kirk Weitz, Wayne Benner, Melanie Drake, Jeff Farris, Jesse Horning, Julie Kornbau, Dan Moore, Mike O'Brian, Mark Rea, Treg Steves, Russ Zornick.

Bible Study Club

President Kristi Hodgson
Vice-President Cathy Lieder
Secretary Shana Stocton
Treasurer Jason Hubbard

The Bible Study meets every Thursday morning at 7:00 AM in Mr. Spack's room (144). Come see what it's all about!

S.O.E.A - Administrative Secretary I

Advisor Mrs. Conkle
President Angie Adolphson
Vice President Trisha Weingart
Secretary Kristen Stalnaker
Treasurer Peggy Senior
Asst. Sec./Tres. Jodi Steele
Sales campaign; Business luncheon; Field trips; Speakers; Charity projects.

S.O.E.A - Administrative Secretary II

Advisor Mrs. Schneider
President Kim McMahon
Vice-President Angie Schukert
Secretary Tracie Blackburn
Treasurer Tonya Roberts
Asst. Sec./Tres. Heidi Cheresne
Sales campaign; Business luncheon; Field trips; Speakers; Charity projects.



Student Teacher enjoys stay

by Chris McCoy

Salem High School has had Mr. McGeehen as a student teacher of social studies for Mrs. Schwartz.

Mr. McGeehen graduated from Alliance High School in 1987, then attended Mount Union College. There, he received his degree in Political Science. After graduating from Mount Union last year, he entered a teaching program and is now working towards being a certified teacher.

When Mr. McGeehen was asked what his plans after he gets certified were, he said that he first apply to many

different schools in our area as a substitute teacher or a full-time teacher, but later in his life he has political ambitions.

In Mr. McGeehen's spare time, he likes to draw, listen music and watch some sports including basketball, baseball, and football.

Mr. McGeehen will be leaving our school soon. He says that he will miss S.H.S. and the students here. He also said that he will look back on his time here as a student teacher as a good experience.

Proclamation

WHEREAS: Isaac Newton is the founder of classical Physics, and,

WHEREAS: the birth of such an intellectual giant should be honored,

BE IT Therefore Resolved that the Physics classes will be dismissed from school on the anniversary of his birth ...

Charles McGehee (Principal)
signature

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"Turkeys of the Year"

by Jen Gregory

Every year, many stupid things happen. You know, all those really dumb movies that you wasted money on. There's always a few songs out there that are totally off the wall. And you've all heard about those actors and actresses that are supposed to be so wonderful. So, you go to see a movie that they're in, only to find out that they are way overrated.

So, I did a little research in the school to get some opinions on what the real "turkeys" are this year.

According to the student body, some

unbelievably stupid movies are GROUNDHOG DAY, ROBINHOOD: MEN IN TIGHTS, and HOT SHOTS PART DEUX. Some other responses were LOADED WEAPON I, BEVERLY HILLBILLIES and RABID GRANNIES (Answer given by Todd Austin).

What was the dumbest song so far this year? You said "The Anniversary Song," "Let Me Ride," and "All that She Wants."

Many actors and actresses are way overrated today. Who do you think the

students picked? Chuck Norris, Bill Murray, Jean Claude Van Damme, Jason Priestly, and Luke Perry were the favorite choices for actors. The picks for the actresses were Cathy Ireland, Laura Farkas (Todd Austin's idea), Bo Derrick, Kim Bassinger, Sharon Stone, Donna Reed, and Patty Duke.

These are just a few of the "turkey's" this year. The best way to avoid wasting money? Ask your friends and acquaintances if they've seen it, or watch previews and reviews. This would save you a lot of time and money.

SPORTS

Salem ends a winning season

by Alexa Havelock

The Salem Quaker girls volleyball team has many things to be proud of this year. Besides the fact that they had a 20-0 regular season, they made it all the way to the Div. II Regional Semifinals. There the struggle to be on top ended with Salem falling to Lima Bath 15-8, 15-13.

Mr. Conser has high hopes on reaching state next year though, and he says that the team will be "just as good next year." With six returning lettermen, no one doubts him. However, there are five seniors who will be leaving the team, Angie Barton, Megan Alix, Stephanie Sadlowski, Val Scott, and Amanda Ciotti. These girls have worked

very hard during their years playing for Salem. Val Scott was first team MVC, all state this year. Megan Alix, first team MVC plus and Honorable Mention All State, and Stephanie Sadlowski, who pulled in an Honorable Mention in the MVC. Megan and Val were also named to the All-Star team, and this is Val's second year as a player in the MVC.

Mr Conser and the rest of the Salem community expect the girls to do well next season, and hopefully go to state. As for this year, the team did a very good job, and should be very pleased with their accomplishments. Congratulations girls!



Stephanie Sadlowski goes for the kill against Lima Bath.

Photo by Jesse Horning

Experience may prove valuable

by Jen Gregory

The varsity football team ended its season on Friday, November 5 with a record of one win and nine losses. Their last game was against Girard. At the end of the game, the score was 35-20 with Girard ahead. Salem beat Beaver Local this year with a score of 21-14. "They gained valuable experience," said coach Rich Washinko. "If they keep themselves in a good mindset, they will improve," he added.

"Right now I believe that everybody is in a state of evaluation," said Washinko. The team should be think-

ing about how they can improve. According to Washinko, he is also thinking about how he can improve as a coach.

Salem will lose eleven seniors this year. Twenty lettermen are returning next year.

The team is expected to do better next year, because of the experience that those who are returning have received.

The JV team ended their season with a record of 1-4. Next year should be a year of great improvements.



Salem's football team played with enthusiasm throughout the year.

Photo by Jen Gregory

Soccer team concludes successful year

by Mark Ramunno

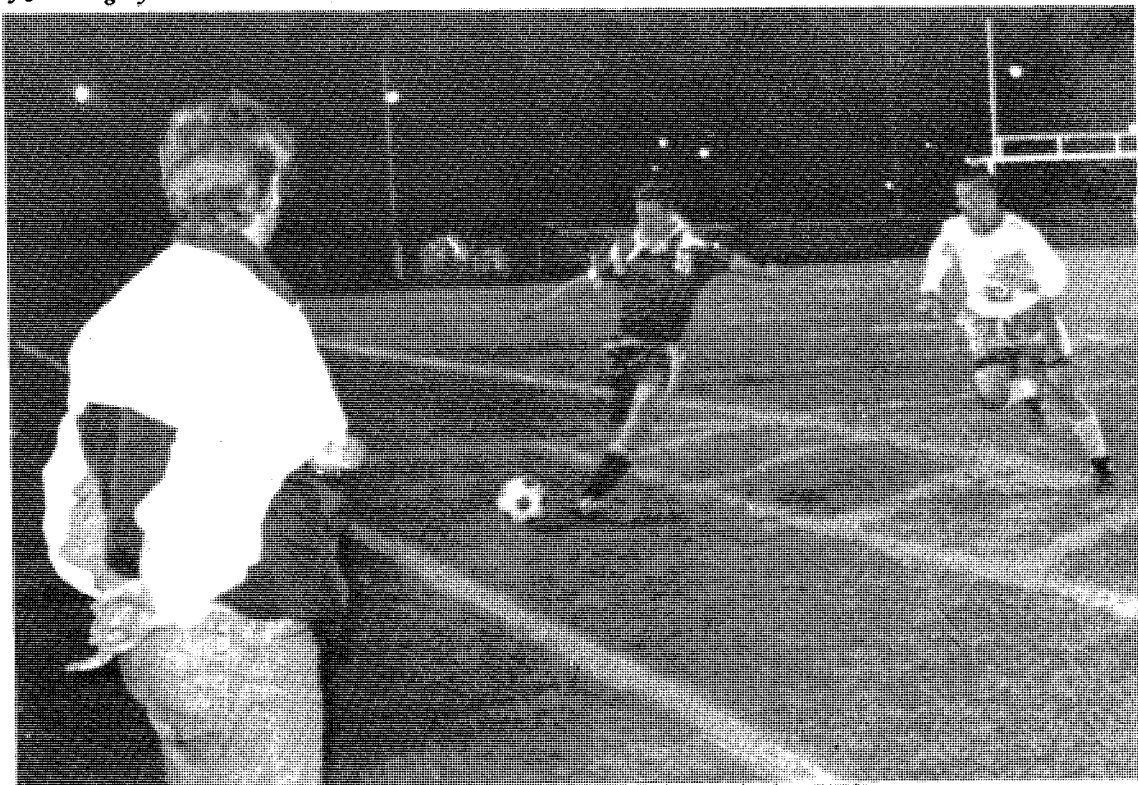
The Salem Soccer Team ended an excellent season with an agonizing defeat. Fortunately, with ten returning letterman, the future for this team is looking great again for next year.

The soccer team was looking exceptional with a convincing win in the sectionals. Then, they met Lakeview in Districts. The first half of the game was all Salem; they got off to a 2-0 lead controlling the whole pace of the ball game. The ball barely went on the Quakers end of the field, but the second half was all Lakeview. Scoring four unanswered goals the Bulldogs took a commanding lead of the game before Salem knew what had hit them. The Quakers made an attempt to come back, but it was not to be the Quakers' night. The game ended with a final score Sa-

lem Quakers three, Lakeview Bulldogs four.


With the loss behind them, the soccer team prefers to look toward the future. After the loss of only three starting seniors after this season, the team will be looking to expand on the success of recent years. Next year's team should not have any problem finding leaders, with returning captain Joel Stewart being expected to take the helm. The team is loaded with players with varsity experience and with Salem's undefeated junior varsity. The team is at no loss for young talent.

The soccer team is headed forward in the future with talent and experience, and superb combination, that should guide them as far as they desire to go.



The Salem Soccer Team had another successful year in 1993. Here, Ryan Zocolo is shown in tournament action.

Photo by Mark Ramunno

Go  Quakers!

The Monster Drug

by Jen Gregory

Many athletes today are stared in the face by a monster. This monster is steroids.

Athletes, from the high school age and up, use steroids to build muscle by way of a drug.

Anabolic steroids are considered illegal in the United States unless given by prescription under a doctor's care. They can be taken either orally or by an injection. The dosages can cost anywhere between \$20 and \$400, depending on quality and amount. When steroids are obtained illegally, the primary sources are Canada, Mexico and Europe.

The side effects of steroids are very severe in some cases. In males, it can cause breast enlargement, which can lead to breast cancer, and hair loss. It

also can cause liver cancer. In females, it causes breast reduction elevated blood pressure and a deeper voice and hair growth in unusual places. When younger people begin to use the drug, it may cause growth to stop.

There are many side effects. The most popular is increased muscle size. This is the main reason why many athletes use steroids. Other people use it to help themselves look better.

So many people think that these things won't happen to them even if they use steroids. The fact is that steroids are very dangerous and in most cases, very addicting.

Just to bring the whole situation into perspective, there are three people, that have been destroyed by the steroids! Pro-football player Lyle Alzado died

from a brain tumor. And why did he have a tumor in his brain? Because he used anabolic steroids to help him play better. Look what happened to Ben Johnson. He won a gold medal in the 1988 Olympics, only to have it taken away due to the use of steroids. Oklahoma All-American Brian Bosworth was caught by the NCAA drug test. All of these men have had their lives screwed up due to a drug, a drug that, if you think about it, is a quicker way to make you look stronger. It also is a quicker way to die.

For anybody out there who may be using steroids, please think about what you're doing to your body. If you would happen to get caught, it could ruin your sports career forever. Don't do drugs!

Faces in the Halls

by Mark Ramunno

The sports department of the Quaker has decided to spotlight two outstanding athletes each issue. These are athletes who have not stopped with just doing what they have to, but striving to do it the best they can. This is our way to recognize them for the work they have done.

Name: Megan Alex

Grade: 12
Sports: Volleyball, basketball
Letters: 8
Favorite college: John Carroll
Favorite player: Leslie Stahl
Favorite teacher: Mr. Viencek
Favorite color: Red
Favorite food: Spaghetti
Favorite Movie: "National Lampoon's Christmas Vacation"
Favorite singer: Kenny Rogers
Favorite song: "The Gambler"
Future plans: "Attend John Carroll and hopefully play volleyball."
What do you most like about Salem High School: "The freedom (HA!!)"
What do you think about school spirit: "There is definitely not enough of it."

Name: Corey Belaney

Grade: 11
Sports: Football, wrestling.
Letters: 3
Favorite college: Ohio State
Favorite player: Marshall Faulk
Favorite teacher: Mr. Bennet
Favorite color: Black
Favorite food: Bananas
Favorite song: "Everything's going to be alright."
Favorite movie: "It"
Favorite group: "The Eagles"
Future plans: "Play football for a small college out west or down south."
What do you most like about Salem High School: "My girlfriend (Nicole Chengelis)"
What do you think about school spirit: "The school spirit stinks in this school."

How steroids affect the body

Anabolic steroids are synthetic derivatives of the natural male hormone testosterone that develop muscle mass. But the drugs also affect other parts of the body:

Brain: Increases hostility, aggression and can spur depression and suicide. Use by teens can result in stunted growth.

Face: Can cause acne; deepens voice.

Heart: Causes elevated blood pressure and dangerous cholesterol levels.

Chest: Can cause breast development in men.

Liver: Can cause liver cancer.

How to obtain: Available by prescription and generally prescribed for severe burns, breast cancer and other purposes. They are classified an "illegal controlled substance" by the Drug Enforcement Administration. But users say they are easily available on the black market. Primary sources: Canada, Mexico and Europe.

How are they taken: Orally or injected. Dosages vary and can cost between \$20 and \$400.

Legs, arms: Stimulates muscle growth; causes weight gain.

Genitals: Can shrivel testicles; can cause prostate cancer.

Use: Widespread. Former pro football player Lyle Alzado, now suffering from cancer, admits he used the drug for years. The American Heart Association says 50% of Division I college football players have used them. And a study by the Department of Health and Human Services estimates 262,000 teen-agers use them.

By Web Bryant, USA TODAY

Fall sports season comes to an end

by Brandie Oesch

The 1993 fall sports came to an end on Saturday, November 6, 1993. Many of the fall sports had wonderful accomplishments.

The boys cross country team has many accomplishments this season to proud of. They completed their season undefeated. They were county champs, MVC champs, District champs, Regional champs, and STATE CHAMPS.

The girls cross country team had a good season. They were county champs, MVC champs, and district runner-ups.

The varsity volleyball team had another outstanding year going 23-1. They made it all the way to regionals. The junior varsity team also had a good year. They ended the year with a record of 17-1. The freshman volleyball team did a good job this year also. They finished the season with a record of

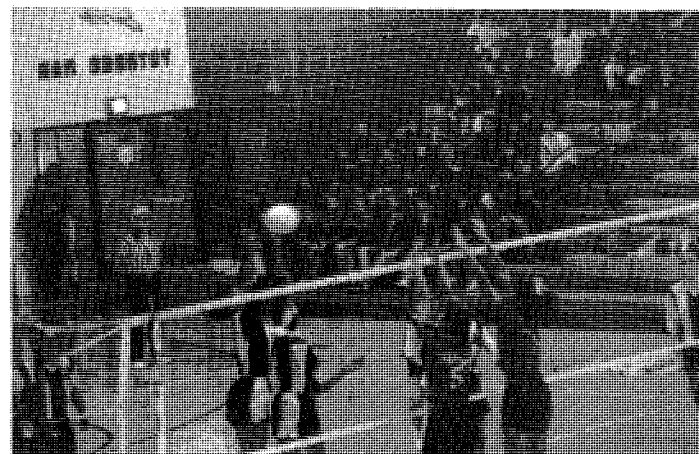
The varsity and junior varsity soc-

cer teams had another fine year in 1993. The varsity made it to regional competition, pushing a 12-2-2 record. The junior varsity finished with a record of 7-3-2.

The varsity football team had a very tough season competing against three schools that advanced on to playoffs. They worked hard this season, but ended with a 1-9 record. The junior varsity football team also worked very hard and ended with 1-4 record, due to three game cancellations. The freshman football team had a good season. They finished the season off with a record of 3-5.

Finally the girls tennis team ended the year with a record of 5-13.

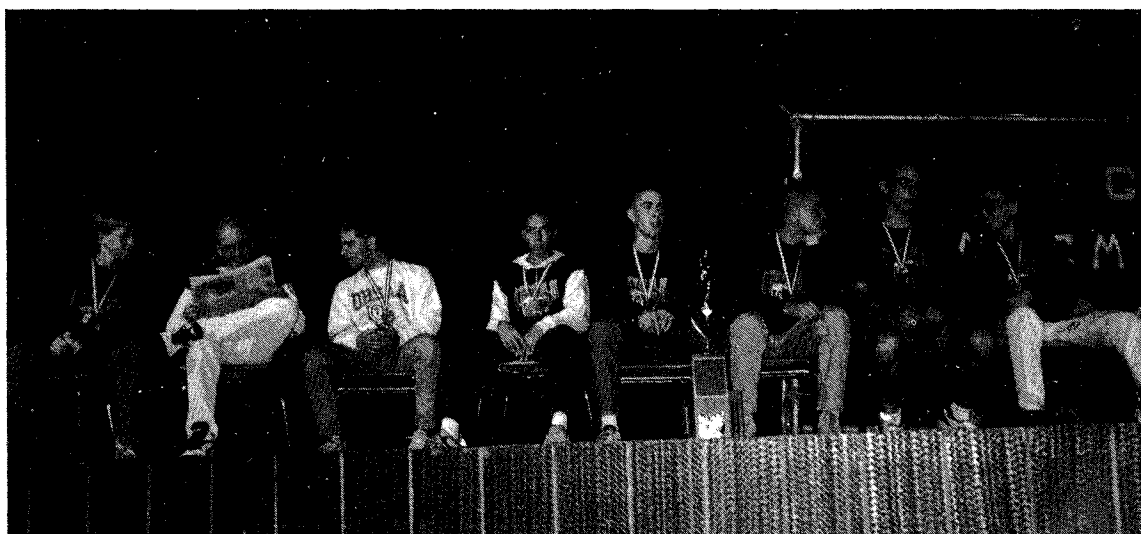
The fall sports are over and we had many sports advancing on in competition. Good luck to the winter and spring sports.



Salem battles Lima Bath in the regional semi finals photo by Jesse Horning.

Source: Web Bryant, USA Today

Good Luck Winter Sports Teams



Salem boys cross country relaxing during the assembly honoring them STATE CHAMPS.

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Congratulations Fall Sports

