

# THE QUAKER

student newspaper

VOL. 81 NO. 45

SALEM SENIOR HIGH — SALEM, OHIO

MONDAY, JANUARY 24, 1994

## Seniors face twelfth grade proficiency tests

by Joe Crowe

The proficiency tests will be February 7 through 10, 1994. For each test the students will miss two periods of class. All seniors will receive a copy of the practice test.

These tests are mandated by the state. It will not jeopardize your diploma, but if you do really well, then you will get a honors diploma. The schools are judged by the score results. The scores will be published. The format of these tests are similar to that of the ninth grade test.

There are four areas that the students will be tested over:

|              | Points Possible | To Pass | Honors |
|--------------|-----------------|---------|--------|
| -WRITING     | 12              | 6       | 10     |
| -READING     | 40              | 18      | 34     |
| -MATH        | 50              | 22      | 39     |
| -CITIZENSHIP | 50              | 25      | 39     |

You may not do really good on these tests, but don't worry. If you got a 27 or better on your ACT, or an 1130 on your SAT, then you still have a chance to earn the honors diploma.

Graphing calculators, or other advanced calculators, are not allowed to be used on the tests. You can't use any type that holds information. However, students are encouraged to use a scientific calculator for the tests. The calculators that can be used are:

| Casio   | Sharp  | Texas Instruments |
|---------|--------|-------------------|
| FX-82   | EL-509 | TI-25             |
| FX-115  | EL-520 | TI-30             |
| FX-2500 | EL-531 | TI-34             |
| FX-300  | EL-546 | TI-35             |
| FX-570  | TI-60  | TI-60             |
| FX-991  |        |                   |

| Radio Shack | Hewlett Packard |
|-------------|-----------------|
| EC-4008     | HP205           |

The calculators that you cannot use are:

| Casio   | Sharp  | Texas Instrument | Radio Shack | Hewlett Packard |
|---------|--------|------------------|-------------|-----------------|
| FX-4500 | EL-506 | TI-81            | EC-4031     | HP486           |
| FX-5000 |        | TI-82            | EC-4032     |                 |
| FX-6000 |        | TI-85            |             |                 |
| FX-7000 |        |                  |             |                 |

Each school district will award an honors diploma to any student graduating after September 15, 1993, who successfully completes the high school's education program developed for the students. They must have at least a ninth grade level of literacy. The students must also meet the criteria for the honors diploma.

To get the honors diploma, you have to pass the college preparatory classes. They are:

- 4 units of English
- 3 units of Math
- 3 units of Social Studies
- 3 units of foreign language
- 1 unit of Fine Art
- Maintain at least 3.5 GPA on a 4.0 scale

To earn an honors diploma in vocational or technical classes:

- 4 units of English
- 2 units of Math
- 2 units of Science
- 3 units of Social Studies
- 2 units of Foreign Language
- 3.5 GPA on 4.0 scale
- complete a career passport

This is really just a general overview of the proficiency testing and the honors diploma. But, if you feel you have a chance to get to honors level, then do your very best on the tests. It may be the deciding factor.

## High School library is more efficient

by Brandie Oesch

This year the Salem High School library has had some changes made. The first is the new librarian, Mrs. Wrask. As many of us remember her from the Junior High School.

This year there are now computers added to the library. The computer that students are aloud to use is the one with the CD's hooked up to it. Which in terms is called the CD Rom. There a total of 6 Cd's which can be used on the computer. They are Multimedia Encyclopedia, The Reference Library, Atlas Pack, Languages of the World, Mammals, and Time Table of History. These are used to help find information better and are updated, so that the information is up to date.

The Mammals is a disc that has basic information of mammals all over the world. There are different frames in which to pick. You can play a game, listen to the sounds of the animals on the headphones, look at motion pictures of the natural habitat and their ways of

life, and it also has a frame in which you can see a map and see where they are located.

The Languages of the World shows things about different languages around the world. You can also use the headphones to listen to the languages.

The Reference Library has thesaurus, dictionaries, and other types of reference books in which you can use to look up different informations.

The Multimedia Encyclopedia had motion pictures of things like the WWI and WWII. You can listen to people like JFK and Martin Luther King speak. It has an index in case you can not find a topic, then you can look for something that means about the same thing. Also, if you look up a word, it will tell you how many times it is mentioned. You can also print out pictures and information. It also has the ability to print out just a paragraph or the entire article.

The World Atlas is road maps of the

United States and the World. It has a publication date of 1992, which is important because of the changes in the world, it needs to be as up to date as possible.

The Time Table of History tells about when things took place in History. Specific dates to help better in finding other information.

The library also has an info track (micro fish) which is a magazine index. It is an index to all current publications with broad topic. It has as much information as the Readers' Guide. Along with the micro fish is a micro fish printer, so you can print out all your information. Mrs. Wrask said, "They are now showing all study hall students how to use the microfish and the Cd computer."

The computer is very useful to everyone. It certainly will make doing reports and term papers a little easier than dragging all those books around. The Salem Public Library also has this equipment.

## How do you spend your Saturday morning?

by Joe Crowe

Who likes Saturday detention? What do you think about it? Anybody who likes Saturday detention should go and talk to Mr. Rabell.

If you have never had it, then don't do anything to get it. It is the last place you want to go after you have gone out on a Friday night. I've been told that Mr. Rabell seats you with people you don't like. That way he knows that you won't mess around or talk to anybody.

How would you like it if teachers could get Saturday detention too? It would be cool if you could watch the teachers in detention. It would be nice to tell them what to do.

I don't think that the school should have Saturday detention because everybody goes out real late on Friday nights. The school should only have

detention after school because you are already there; that way you know everybody will go.

If you don't want a Saturday then don't do anything to get one. Don't do anything that you think that you will get in trouble for. Here is what some students think about it.

Nelson Cope - I think that it stinks and I hate it.

Janelle King - It's boring and it is stupid. Detention after school is better, and you also get detentions too easy.

Mike Myers - I think that they should get rid of it, because it is an unfair punishment.

Tonya Barnard - Some teachers like to get students in trouble and get them kicked out of class. Most of the time the students don't do anything wrong. The teachers need to learn how to handle

their students better, and if they can't then they shouldn't be teaching.

Diane Defazio - I think Saturday detentions are worthless. The school administration should think of something better.

Ed McMillen - I think that it is a cruel thing to do. The teacher that gives it to you should have to wake you up at 7:00 and go with you.

Chad Roberts - It is the hardest time of your life.

Jim Martin - It stinks but I get my work done.

Justin Lucas - It's better than four nights after school.

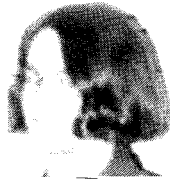
Dan Huzyak - It's too early but it's better than after school detention.

Ray Hartman - It's boring.  
Apyrl Roush - I think it's inhumane.



## Almost perfect

by Jody Wirkner



"The Quaker" has decided that there are some students who deserve recognition for being involved in many activities and also have academic success. In this issue and in the next issues to come, "The Quaker" will recognize two "almost perfect" individuals so everyone can learn about their achievements. This issue's almost perfect students are Valerie Stone and Jeremy Pruitt.

Valerie Stone is a senior and is involved in tennis, Key Club, Pep Club, S.A.D.D., TACT, Chorus, honor roll, and was voted the "most studious" in the class of '94. Valerie works as a photo lab technician at Photos in a Flash. She is also a certified lifeguard. Her future plans are to attend the University

of Toledo to major in physical therapy and sports medicine.

Jeremy Pruitt is a senior and has won many awards for different activities. He won first place in the Rotary 4-Way Speech Contest. He also received awards in music, photography, and was voted "most musical" in the class of '94. Jeremy works at Buckeye Village IGA as a stocker. He also writes poems, songs, and plays with his band, "The Flesh Petals" at clubs and coffee houses on weekends. His future plans are to go to college and major in music or something else. He hopes to keep writing and playing music, and hopefully make a living with music someday.

## C.B.E.

by Christy Hickman

Are you ever curious about what we do in C.B.E.? I'd like to introduce you to our members and tell what they do.

|                  |                      |
|------------------|----------------------|
| Tina Beaver      | Receptionist/Cashier |
| Jenny Carlisle   | Office Clerk         |
| Becky Criss      | Receptionist         |
| Jayne DeCort     | Clerical Assistant   |
| Becky Greenamyer | Staff Assistant      |
| Christy Hickman  | Clerical Assistant   |
| Heather Horstman | Clerical Assistant   |
| Robert Kimmel    | Typesetter           |
| Sue Minett       | Data Entry Clerk     |
| Melody Orr       | Clerical Assistant   |
| Julia Ramsey     | Clerk                |
| Jessica Raneri   | Office Clerk         |
| Katie Short      | Teller               |
| Stevie Jo Shultz | Clerical Assistant   |
| Matt Todd        | Stock Boy            |

During the month of February, Mrs. McKenzie will be taking applications. Now is the time to start making your decisions for your Senior year.

## Club Activity Update

by Brandie Oesch

### SADD

In December we sponsored announcements for National Drink and Drugged Driving Awareness month and took a collection for a needy family for Christmas. We are writing pen-pal letters to third graders and are making plans for a mock accident and other end of the year activities.

### CLASS OF 1994

Seniors will order graduation announcements from Jostens on February 10.

### CLASS OF 1995

Juniors will vote for the 1994 Prom theme in the cafeteria during lunch on January 19. There will be three choices. Please don't forget to vote.

### GERMAN CLUB

We will be going skiing with Spanish Club in February. Also, sharing Spanish Club concession stand to help pay for the ski trip. February 8, German Club, will be having a party to celebrate "Karneval" (Mardi Gras).

### SPANISH CLUB

Spanish club has basketball concession stand on January 18. Spanish and German clubs are going skiing at Peek 'N' Peak on February 18.

### PHYSIC CLUB

During the month of December and January the club was building bridges for competition. On January 11 the competition was held with John Berthold, Chris Smith, and Katie Smith winning at a weight of 21 lbs. In a close 2nd place was Erin Helms and Angie Wirkner. Next month the club is making Holograms. Anybody is welcome to come join us.



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# VOICES

## AIDS not only STD teens should be concerned about

by Kristi Hooper

AIDS. It is all we hear about lately. There are 12 million new sexually transmitted disease cases each year in the United States, with AIDS being counted in this group, but only being a small percentage of these.

Also, statistics show that young people are the most vulnerable to getting STD's. People under the age of 25 make up two thirds of those who get STD's each year. Teens are more likely to get STD's because this group is less likely to be married and therefore more likely to have more sexual partners. Also, those teens who begin sexual activity earlier are more likely to have multiple partners.

The United States has a rate of gonorrhea infection well above other industrialized countries. Gonorrhea infection has gone down from 1 million in 1975 to 690,000 in 1990, but that is still an extremely high number. Plus, in the last five years the number of gonorrhea and syphilis cases has been increasing in people under 20.

There is no need to worry about STD's if you are (1) abstinent or (2) in a monogamous relationship where you and your partner have been tested (and are negative) for STD's. Other than that there are a couple of ways to protect yourself from infection. A latex condom is the most well known way to protect. A latex condom used with a spermicidal foam or jelly containing nonoxal-9 provides even more protection. The

more birth control methods used, the more protection you have.

But, oral contraceptives and implants do not offer any protection from STD's. GONORRHEA—1.1 million people in the U.S. every year.

WHAT: Bacterial disease infecting the urinary and genital tracts.

SYMPTOMS/MALES: Inflammation of the urethra results in redness, swelling, and painful urination. At times there is watery discharge from the tip of the penis that later becomes white to greenish-yellow in color.

IF LEFT UNTREATED: Sterility. SYMPTOMS/FEMALES: Often no symptoms - If symptoms appear, may include vaginal discharge, irritation, pain or burning during urination, and pain in lower abdomen.

IF LEFT UNTREATED: Pelvic inflammatory disease (PID).

TREATMENT: Penicillin or other antibiotics will completely cure.

CHLAMYDIA—4 million people in U.S. every year (more than any other STD).

WHAT: Bacterial disease. SYMPTOMS/MALES: Watery puslike discharge from penis.

IF LEFT UNTREATED: Sterility. SYMPTOMS/FEMALES: No symptoms in 75 percent of the cases.

When symptoms do appear, vaginal discharge, pelvic pain and painful urination.

IF LEFT UNTREATED: PID and/or sterility.

TREATMENT: Antibiotics can completely cure.

SYPHILIS—120,000 people in U.S. every year.

WHAT: Bacterial infection occurring in four stages: primary, secondary, latent, and tertiary.

SYMPTOMS: Primary stage—Two to four weeks after infection painless chancres, open sores, appear. Sores may heal in a few weeks, but this does not mean the disease has been cured. Secondary stage—A pale red or pink rash appears (genitals, palms, soles of feet). Also may have fever, sore throat, muscle pains, and weight and hair loss. Latent stage—No symptoms and the infection is not contagious. Tertiary (final) stage—Infection again contagious and can cause death.

IF LEFT UNTREATED: In the last stage can result in heart disease, brain damage, and death.

TREATMENT—Penicillin and other antibiotics can cure completely in first two stages - damage to brain and heart is irreversible and sufferers in the tertiary stage cannot be treated or cured.

HERPES—200,000 to 500,000 people in the U.S. each year.

WHAT: Two viruses: herpes simplex virus type I and herpes simplex virus type II. Most cases of genital herpes are type II.

SYMPTOMS: Occur three to 21 days after contact: small, painful blisters on the genital area - The blisters break after a few days leaving small ulcers, then heal. Other symptoms may be: fever, headache, muscle soreness, and painful urination.

TREATMENT: No permanent cure is available - The virus stays in the body for life. Some medications are available to treat symptoms.

TRICHOMONIASIS—3 million people in the U.S. every year.

WHAT: An infection caused by a type of protozoa.

SYMPTOMS/MALES: Most have no symptoms.

SYMPTOMS/FEMALES: Thin, greenish-white or yellowish-brown discharge, burning and itching.

TREATMENT: Completely cured with antibiotics.

HUMAN PAPILLOMA VIRUS (HPV)—500,000 to 1 million people in the U.S. each year.

WHAT: Virus resulting in small growths around or in the genitals.

SYMPTOMS: It may take years for symptoms to develop. In males and females warts often appear in cauliflower like clusters. These can be painless or very uncomfortable. Some women have vaginal discharge and/or bleeding.

IF LEFT UNTREATED: Linked to cancer of the genital area.

TREATMENT: No permanent cure available: removal by applying medicines, freezing, surgery, or burning.

HEPATITIS B—100,000 to 200,000 people in the U.S. every year.

WHAT: The Hepatitis virus, out of five (A thru E), that causes inflammation of the liver and is most commonly spread thru sex.

SYMPTOMS: Often women have no symptoms or mistake them for flu or cold symptoms. The first stages of infection cause flu-like symptoms: Low-grade fever, fatigue, muscle aches, vomiting, loss of appetite, and diarrhea. Later symptoms: Dark urine, pale faces, jaundice (yellowing of skin and whites of eyes).

IF LEFT UNTREATED: Most recover in weeks or months, but it may take years in extreme cases. A small percentage become chronic Hepatitis B carriers and cannot get rid of the infection. Some chronic carriers can develop complications including liver disease and/or cancer.

TREATMENT: Only STD that a vaccine is available for prevention—Most people fight the infection naturally, but for chronic sufferers, those who cannot get rid of the infection, alpha interferon, an antiviral drug, can help.

## Uneducated teens, still having sex

by Jody Wirkner

Did you know that in a recent survey (done by Centers for Disease Control) it was found that over half of the nation's high school students have already had sex?

Isn't that unbelievable? It is to me. I mean I realize that students in school are sexually active more than before, but over half of the nation's students, is a little outrageous.

As a student, I do not feel that all teens themselves are to blame for their behavior. Some kids never learned about sex and what it really means.

Some parents are either too embarrassed, too uncomfortable, or simply do not care about talking to their children about sex.

So actually the problem really starts at home when the child is young. It is the parents responsibility to teach their children about sex and answer any questions their child may have. If this was done, I truly think the number of sexually active teens would decrease.

The reason why I believe this is because of my own experience. When I was little and asked my mother about

sex she told me that the real term for sex is making love. She also told me that making love is something you do when you find that one special person you are going to marry. I was happy with that answer and since then I have always thought that way. It is quite simple, it was just like being told not to play with matches, or told talk to strangers.

I know that probably sounds ridiculous, but it's true. I just grew up re-

membering that, as another parental "rule" that would help me be happy and safe.

If every parent tried to teach their children in some way about sex it could possibly help our problem.

Now, I am not putting all of the blame on parents. I realize that many parents do talk to their children about sex, but their children still decide to be sexually active. The question is why?

There are many reasons for this behavior. Some teens feel unwanted

and unloved so they use sex as a replacement. Other teens do it to feel that they belong. Another reason could be that they think it is okay because everyone seems to be okay with it. Yet, another reason is that some teens don't think it is a big deal and do it because it simply feels good.

Hopefully, in the future teens will be more educated and learn that abstinence is okay until marriage. If teens don't follow that, than hopefully they will limit their partners and be responsible about sex.

## Already ready for a baby?

by Mindi Cyrus

Having a baby at any age can be a complicated experience filled with difficulty. For the 3,000 teenagers who find out they are pregnant each day, the process carries with it many added burdens, so the pregnant teenager will at some point need to seek help in dealing with tough questions.

At the time a teenager discovers she is pregnant, her whole world changes. Norma Holtom, director of the Women's Pregnancy Center in Alliance, explained that from the initial moment of discovery, every future decision made is important and challenging.

Mrs. Holtom said that a pregnant teenager has several options to consider. The major goal of the Center is to save the baby by finding the mother a home, maternity clothes, medical referrals, nutrition/parenting classes, and

support groups. Along with this free help, the Center provides free pregnancy testings.

So, a pregnant teenager can choose to carry the baby to term and keep it or give it up for adoption. The Pregnancy Center refers teenagers considering adoptions to agencies. A third option, but one the Center does not fully support due to its Christian values, is abortion. As Mrs. Holtom explained, teenagers who choose abortion may consider it the simplest solution at the time, but further down the road, it carries with it longterm emotional consequences.

When a teenager decides to keep the baby, new worries arise. She must get financial support, prenatal (or before birth) care, healthy food, and emotional

support from parents, counselors, or the father. She must learn to take charge and become responsible for a new life. It can be an exciting time, too.

Perhaps the most important thing to remember is that pregnant teenagers are kids themselves having kids. They are confused, scared, lonely, sad, worried, or maybe a little happy.

For the 1,000,000 teenagers who get pregnant each year, they are not alone in their new world. Help, such as that found at the Women's Pregnancy Center on State Street in Alliance is one caring source that is there to help. Mrs. Holtom said the Center deals with about 50-60 clients every month, mostly about 21 years old. If you need help or just need someone to listen, the number is 821-SAVE.

### 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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Salem, Ohio 44460  
332-1764

### Semester Exams

Thurs. Jan. 27: Periods 1-4

Fri. Jan. 28: Periods 5-8

# 1993: The year in review

by Kara Zocolo

1993 was full of miracles and disasters. Supposedly it was to be the year of the woman. In accepting a Woman in Film award Michelle Pfeiffer's popular quote addressed that prediction. "So, this is the year of the women. Well, yes, it's actually been a good year for women. Demi Moore was sold to Robert Redford for one million dollars, Uma Thurman went for forty thousand to Mr. DeNiro and just three years ago Richard Gere bought Julia Roberts for. . . what was it? . . . three thousand? I'd say that was real progress."

The year started out with a bang as the story of Joey Buttafuoco and Amy Fisher was brought out. Buttafuoco later admitted to this and received six months in jail for statutory rape. February held the bomb in the World Trade Center and the David Koresh cult began. The second trial of Rodney King began in March and Cleveland Indians'

pitcher, Steve Olin, was killed in a boating accident. On April 7th, Marla Maples announced she was pregnant with Donald Trump's baby. Their daughter, Tiffany, was born on October 13th.

The results of the Rodney King trial sent two officers to prison for two and one-half years for violating his civil rights. On April 19th, the David Koresh chapter ended as he and 80 cult members were killed when their compound burned to the ground. At the end of the month tennis star, Monica Seles, was stabbed during a match and is still working towards competing again.

On March 3rd, the rains began in the Midwest and with it came the floods. By August 12th, the flood had killed 50, left 70,000 homeless and did \$12 billion in damage.

In May, the first female condom was

introduced. On June 4th, seven sixth graders were arrested for plotting to kill their teacher because she was too strict. Marital problems arise for Burt Reynolds and Loni Anderson, Prince Charles and Princess Diana and Prince Andrew and Sarah Ferguson.

On June 23rd, Lorena Bobbitt takes a kitchen knife to her husband's private part accusing him of abuse. So began the second half of 1993.

President Bill Clinton announces homosexuals will be permitted to serve in the military. The next day, Deputy White House Counsel, Vincent Foster died in a Virginia park. He had committed suicide. On the sad day of August 2nd, the DeBoers said goodbye to their beloved baby Jessica. Twenty-four hours later the body of James Jordan was found floating in a swamp.

September was the month for the

worst train wreck in Amtrak history, killing 47 passengers. Shannon Doherty married Ashley Hamilton after dating for two short weeks.

On October 6th, many fans were saddened as Michael Jordan announced his retirement from the NBA. The same day a mother from Cleveland alleges that the MTV show, Beavis and Butthead caused her five year old son to set the fire that killed his little sister. Raging fires burned through six counties in southern California and a group of teens imitate a scene from the movie called, The Program, by laying in the middle of the road resulting in the death of one teen. Finally, on November 4th, Dr. Jack Kavorkian, also known as Dr. Death, is arrested for helping terminally ill people commit suicide. On

November 24th, the Brady Bill is passed putting restrictions on the sale of handguns.

Along with these times, we also lost some influential people in '93. Among them being Audrey Hepburn, Arthur Ashe, Pat Nixon, River Phoenix and Reggie Lewis. A few "hot" stories in the news were Michael Jackson and the molestation charges, Andre Agassi shaving his chest hair, the Huston Oilers fining lineman David Williams \$111,000 for missing a game to attend the birth of his son and Antitock College's policy requiring students to give verbal consent before every sexual act, even kissing.

1993 is over and we have moved into 1994. It's hard to predict what the headlines will be, but I'm sure this year will have its' share of miracles and disasters.

## Keeping fit in winter

by Jen Gregory

Do you wish you had something to do to keep fit in the wintertime? Well, many people tend to sit in front of the tube and munch on Fritos because of the weather.

There are many ways to keep fit over the winter months. You can bundle up and go running. The only thing that you must really be careful of is breathing in the cold air. If the temperature is below 20 degrees Fahrenheit, you should wear a scarf or a ski mask. You should also wear gloves or mittens and a hat.

Another way would be to go to the local gym and work out. If you are an athlete, you can contact your coach to see if you can use the weightroom in the high school gym. In order to use the school weightroom, you must be accompanied by your coach for the dura-

tion of your workout. If you cannot use the school weightroom, the Fitness Club is located downtown, near Timberlanes. They offer a wide variety of machines and freeweights. Some of these include stairmasters, Lifecycle exercise bikes, and a treadmill. They offer full nautilus equipment and complete freeweights, also. To join the Fitness Club, it costs \$30.00 for one month for a student. This plan is unlimited access to the gym. They also offer special rates for teams, or if you pay for several months at a time. If you can't afford the Fitness Club and can't use the school's room, contact one of the gym teacher's for an exercise program that you can do at home.

You could also get involved in sports. You could join a team at school or just get together a group of friends.

The memorial building is a great place to go play basketball. You can call the office to see what times the gym is available. The number is 332-5512.

Something else that you can do is to eat correctly. Be sure to eat a balanced diet with products from each of the food groups. If you aren't very good at planning a diet, like so many of us, consult your family doctor. They will put you on a meal plan that is right for you. If you are overweight, or just want to lose ten pounds for summer, you can call the local Weight Watchers or Formu-3 Weight Loss Clinic. They can help you reach your goal weight. If you are just one of those people who like to munch, then keep some carrot and celery sticks handy. Also keep some fruit in the fridge for when you crave something sweet. If you find yourself reach-

ing for a bag of chips, think again! Instead, grab a few carrots or celery sticks. They are a lot better for you, and you will feel lots better in the end.

If you enjoy shopping, then get some friends together and take a jaunt to the mall. The walking is great for you, and it's a ton of fun. Just stay away from the food. If you need to eat, find somewhere that offers a salad bar or a lite menu. Then, be sure to walk off those extra calories.

Skiing is another fun way to keep fit. There are several ski resorts within a couple of hours driving time. They include Hidden Valley, Alpine Valley, Seven Springs, Brandywine, and Boston Mills. They all offer lessons for beginning skiers. I recommend taking a lesson before taking to the slopes,

because skiing is much harder than it looks. Downhill skiing is a lot of fun, and it's really a great workout.

Another thing you can do is to take aerobics or dance classes. The Fitness Club offers aerobics classes several nights a week. If you have a regular membership, it only costs a dollar. You can call the Fitness Club for more information. If you like dancing, you can contact a dance school for more information. Some in this area are Canfield Dance Company, Linda Diamond School of Dance, and Judi Conti Dance Studio.

There are many more things that you can do to stay fit this winter. So, get off your butt, turn off the TV, and go do something. You'll probably find that you'll feel a lot better.

## Skinheads of America

by Kristi Hooper

It started in England as a punk fashion statement (the "Nazi" skins were only a small group), spread to East and West Germany and in the late 1970s hit the United States.

Racist skinheads are becoming more and more a part of American society. More than many would like to believe. Neo-Nazis are white-supremacy groups that have proven they are not above killing someone to prove a point. There are some non-racist skinheads that just like the fashion, but both "Nazi" skins and non-racist skins crossed the Atlantic to plant some roots in the U.S.

Skins are identified by their black

Doc Martens, shaved heads, tattoos, and pierced bodies although, there are many different styles and groups of skinheads. Some neo-Nazis wear white laces in their Doc Martens to show white supremacy and wear Nazi paraphernalia and supremacist shirts. They are almost all dedicated to British Oi! music.

Violence is also a trait the neo-Nazi skinheads hold. "Cracking" in Germany is one way the skins deal with their immigrants. That is they kick a foreigner to the ground and stomp on his/her head with their steal toed Doc Martens until they hear the bones cracking.

Amazingly there have been a few to survive this. Also, to be a skinhead you have to earn respect by "messing" someone up. If you do not the other skins will "mess" you up. Much of the violence in America is aimed at blacks, gays and jews, but sometimes the violence turns inward; as in the case of one California group in August 1987. The group nailed it's ex-leader to 6-ft. plank. (He did survive.)

According to the Anti-Defamation league the skins number about 3,500 and have taken 22 victims in the past three years. The skins are said to pose a greater racist threat than the Ku Klux

Klan. The clan is mostly a group of old white men riding around drinking beer and every once in a while will burn some crosses then leave. The skins aren't quite so easy on their victims. There are cases of people being stabbed and beaten to death, one New York man was stabbed and beaten with a hammer because he was gay.

The number of skins and their small death toll can make it seem that they are not really a threat, but this is not true. It does not take very many of them to terrorize a community.

Many skins are just waiting for the day that they take over. Waiting for

their "Judgement Day". Many are just collecting weapons and are ready to use them against anyone who stands in their way or anyone they feel are inferior. Women have always held leadership roles in skinhead groups. Women have always been out there stomping people with their Doc Martens.

Neo-Nazi skins are also known to celebrate Hitler's birthday getting drunk and going out to a bash a few minorities for fun. They yell "Heil Hitler!" and harass people.

Racist skinheads have caused harm everywhere in America. Hopefully, today is not their "Judgement Day."

## Is college too expensive?

by Chris McCoy

Hey Seniors! I'm sure you have been putting some serious thought behind what you are going to do after high school. I imagine many of you are considering college, but there is one little problem standing in your way.

Now, furthering your education is very expensive. Fortunately, colleges offer financial aid to students who may need it. It is very important that you, as a student, get information on financial aid. Since most of you college-bound students do not have the money to further your education, you will probably be asking your parents to help you. This might be somewhat hard on your parents because they probably don't have

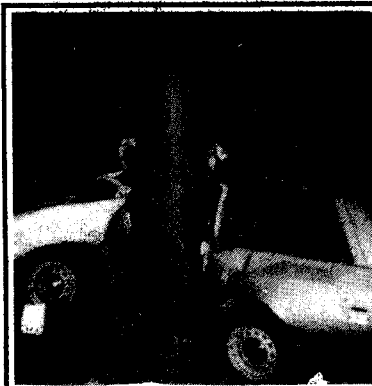
that kind of money either. Filing for financial aid may help decrease the expensive cost of colleges and universities. If the idea of financial aid is sounding pretty good to you, you might want to visit your counselor and get the financial aid forms to fill out. It is free and it can do nothing but help you.

When filling these out you should be sure to print legibly with a sharp No. 2 black pencil, and erase errors completely and carefully. It is also important to fill in every answer space. According to Denise Dobson, a financial aid officer at YSU, you will need your parents 1993 calculated tax forms, your own tax forms if you have worked, any

untaxed information, bank account information and any other financial documents.

When you finish filling out the form you'll need to send it in. Make sure you send the financial aid forms in at least one month before the earliest deadline of the college(s) you are applying to. It is also recommended that you send the forms by regular first class mail. Other methods of sending them delay the processing of the forms.

Nevertheless, everyone thinking of attending college should apply for financial aid to decrease the expenses of furthering their education. It could be a great help.



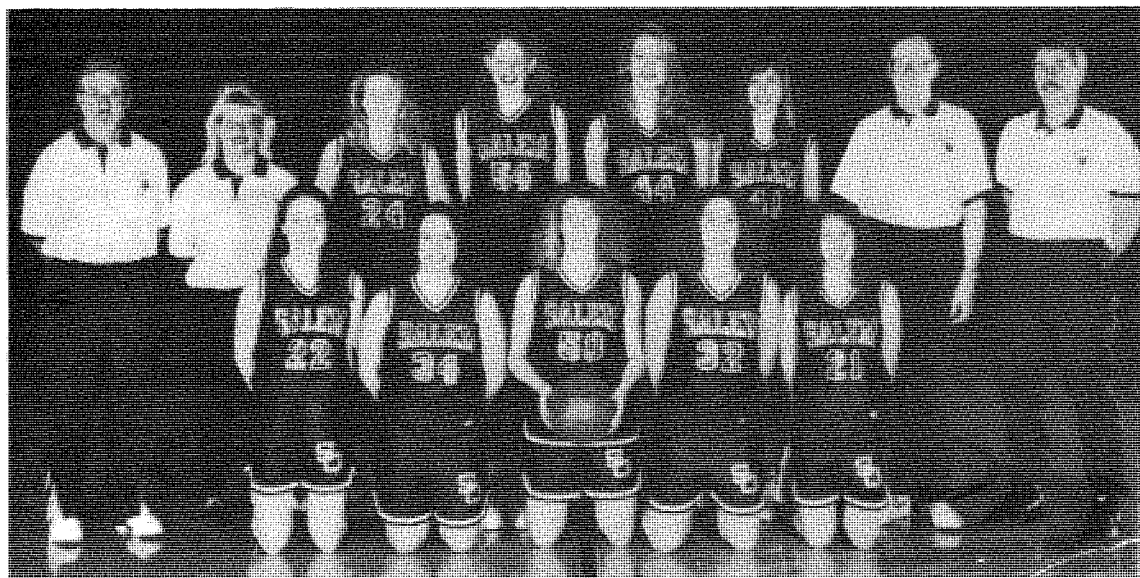
Keep your  
head. . .



Don't end  
up dead.



# SPORTS



Members of the 1993-1994 Varsity Girl's Basketball team are as follows: Front L to R: Tarren Turvey, Megan Alix, Valerie Scott, Tennille Abrams, Lisa Stewart. Back L to R: Coach Zeigler, Coach Hippley, Jana Stewart, Liz Winch, Kara Clark, Kelly Manning, Coach Frost, Coach Stewart.

## Salem girl's basketball: Undefeated and state ranked!

by Jody Wirkner

The girls' varsity basketball team has proven that goals can be reached with some determination and a lot of hard work.

"With their desire and attitude, they can get whatever they want," stated Coach Zeigler. That's exactly what the team is doing. Coach Zeigler said that last Spring they set a goal to beat Canfield. This wasn't done for 13 1/2 years or 57 straight MVC games. But with their determination they defeated Canfield 55-45 to break the spell. Even though all of their wins are important, beating Canfield helped them see that the MVC title is almost in their grasp.

Many fans and players feel that winning the MVC title is a great possibility. The fans feel this way because as they watch them play, the girls seem so controlled. One of the fans stated, "They seem like they can't mess up. They

know exactly what they are doing." Coach Zeigler said it took a lot of hard practice and strong team togetherness to get to this point.

Even though the girls are in excellent position for post season play, the pressure is coming on. They have to keep playing with their goals in mind and stick together. This should easily be done by the talented Lady Quakers.

Coach Zeigler says that the girls have played exceptional in many areas. Valerie Scott has showed leadership and is adding to her strong playing reputation. Liz Winch is showing more ability in each game and playing great. Taran Turvey hustles on the court and is a big contribution to the Lady Quakers. Tennille Abrams has showed her great rebounding abilities while on the court. Megan Alix handles the ball well and plays strong defense.

Senior Captain Valerie Scott feels that the season has been going great and she is very positive about winning the MVC title. Many other team members have the same attitude and feel that is what keeps them going.

The scores of their recent undefeated games include them beating Poland 57-46, beating Struthers 59-42, beating West Branch 46-39, beating J.F.K. 63-42, beating Mooney 51-48, beating Campbell 78-53, and most important running over Canfield 55-45.

Coach Zeigler hopes that people recognize the girls and congratulate them with support. Support means a lot to the team and helps them stay fired up. The J.V. and Freshman teams have also been playing excellent and should be recognized too. Both teams have a number of talented girls to keep hope alive for future seasons to come.

## A "focus" on winning

by Mark Ramunno

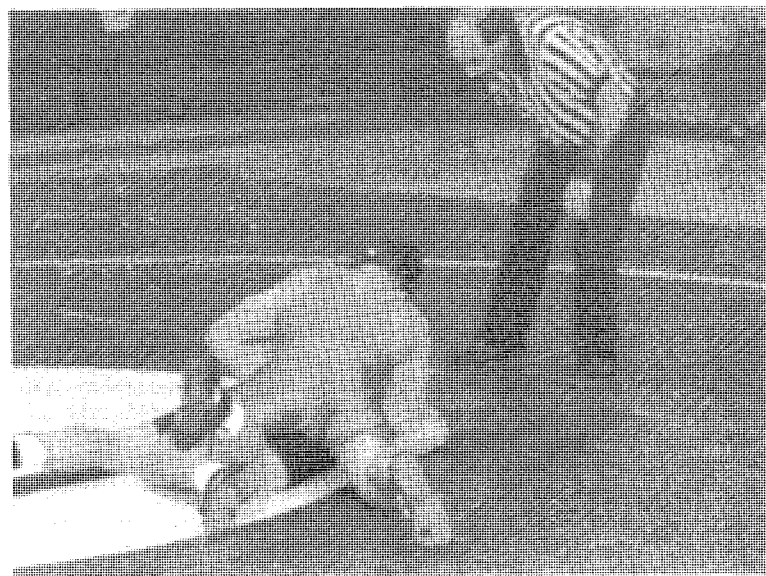
This year's wrestling team exploded into its season with 5-0 duel meet win. Coach Janofa feels the team is doing really well but said, "I expected we would wrestle like a team and we have."

The team started the season on a positive note by placing third at the Malvern tournament which is a major tournament in this area. Corey Belaney, Nelson Cope, and Chuck Brant all won their weight classes while Justin Stoffer, Wes Calvin and Matt Kunar placed third in theirs. The team went on Girard, Ashtabula, Canton Central Catholic, Ursuline and Field. Coach Janofa said, "The Field match was our biggest win. It took a team effort to win. It gave us the team confidence we needed." Coach Janofa went on to say the team is still lacking self confidence and that

is the main focus at this point.

There are still tough days ahead for Salem. They have some major opponents ahead. Salem will go up against West Branch at home on January 22, then they will travel to Hubbard on February 9. These are both must win situations if Salem wants to meet their goal of becoming the champions of the Eastern Ohio Wrestling League.

This years wrestling team set goals at the beginning of the season. One of the main goals is to win ten duel meets and the team is well on their way to meeting that goal. Salem will face Jackson Milton at home on January 19 before the Salem Quad on January 22 between West Branch, Liberty and Brookfield.



Another Salem wrestler gets a pin! Photo by Mark Ramunno

## Still struggling

by Jen Gregory

"Inexperience is our main adversity," said Coach Spack. The boy's basketball team is currently 0-8 on the season.

When asked what he felt the boys were doing wrong, Spack's response was "they don't have the confidence to play at this level."

On January 7, 1994 the Quakers traveled to Warren JFK. They ventured through the snow, after missing two days of school due to the weather, with a big "W" on their minds.

They played a tough game, but so did the Eagles of JFK. As the Quakers left the court, the scoreboard read JFK, 64, Salem, 42. But the boys haven't given up yet. They still have half the season left.

They played host to the Canfield Cardinals on Tuesday, January 11. The Quakers lost despite playing well defensively.

"We have been relatively injury-free," said Spack. So, that isn't something to blame their record on.

Spack is "pleased" with the way the boys are "practicing hard." Spack is "frustrated," but he knows what his job is. He must get the boys to "gain confidence" and "better execute the fundamentals."

The Quakers will travel to #16 state ranked East Liverpool on Friday, January 15, and will host Campbell on Tuesday, January 18.

There is still time for the guys to win a few. Just keep your heads up, guys.

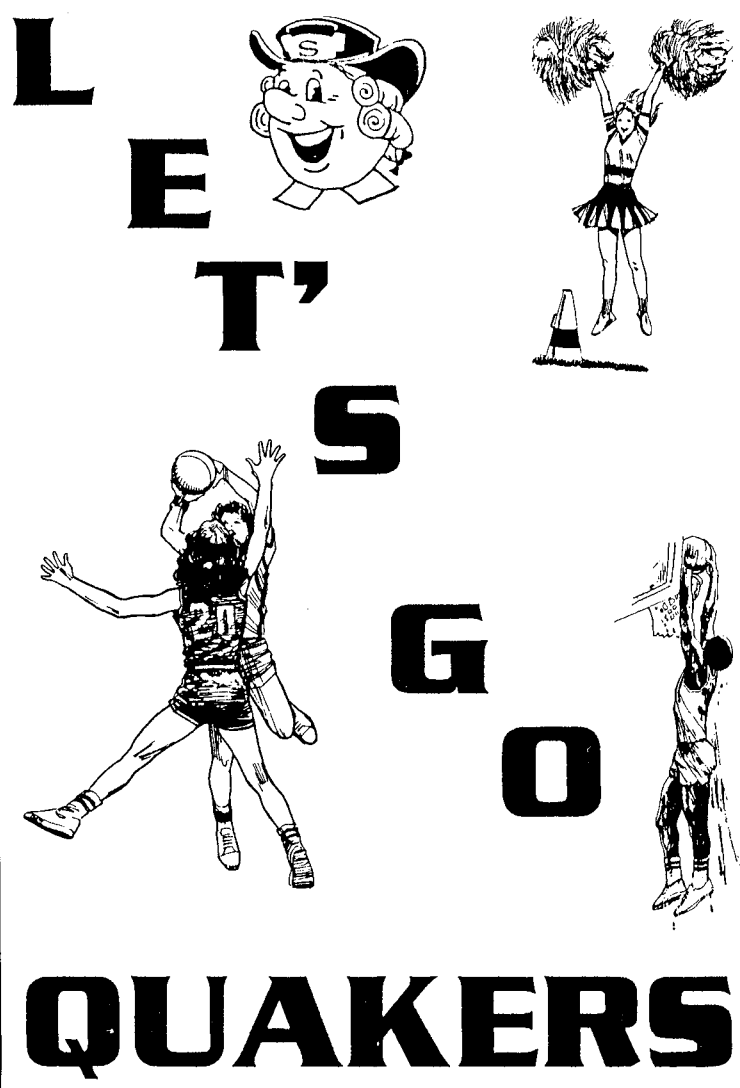
## "Faces in the Crowd"

Name: Tarren Turvey

Grade: 11  
Sports: Volleyball, Basketball  
Letters: 3  
Favorite College: Miami University (Ohio)  
Favorite Player: Jenny Kulics  
Favorite Teacher: Mr. Trough  
Favorite Color: Green  
Favorite Food: Filet Minion  
Favorite Movie: "In the Line of Fire"  
Favorite Singer: Linda Rondstat  
Favorite Song: "Again"  
Future Plans: "Go to college"  
What do you most like about Salem High School: "Location"  
What do you think about school spirit: "It has potential."

Name: Jamie Ostervick

Grade: 12  
Sports: Soccer, Basketball  
Favorite College: University of Notre Dame  
Favorite Player: Derrick Coleman  
Favorite Teacher: Mr. Esposito  
Favorite Color: Blue  
Favorite Food: Roman Noodles  
Favorite Movie: "The Kentucky Fried Movie"  
Favorite Group: Journey  
Favorite Song: "Open Arms"  
Future Plans: "Attend Notre Dame, play football as a walk on, then become a doctor."  
What do you most like about Salem High School: "The Superintendent."  
What do you think of school spirit: "It is nonexistent"



Girls Basketball - Tonight at home vs. Poland  
Thurs., Jan. 27 at Struthers  
Boys Basketball - Friday at Poland, Sat. at home vs. Mooney  
Wrestling - Saturday at Grand Valley Tournament

*Good Luck  
Winter Sports  
Teams*