

# THE QUAKER

student newspaper

VOL. 81 NO. 56

SALEM SENIOR HIGH — SALEM, OHIO

MONDAY, FEBRUARY 14, 1994

## Freedom of speech

by Alexa Havelock

Our constitution was written with certain values in mind. Freedom of religion and press are two examples, but what is probably the most important is the freedom of speech. Unfortunately, there are some people who feel it is their duty to censor the things we read watch, and listen to.

If you have not heard, starting on February 15, (tomorrow) Salem Tele-Media will no longer carry the MTV channel. "Due to style and content, MTV will no longer be aired on the cable system." It's on Channel 2, see for yourself. I tried several times to get in touch with Mr. Rick Hamilton, the head of Tele-Media. He is conveniently away for two weeks in Indiana. I feel that this is just a crock o'crud. This man obvi-

ously felt that he was doing a good thing by trying to take MTV off of the air. Now that there are thousands of Salemites on his tail crying CENSORSHIP - he decides to leave for a while. Sound suspicious to you? I don't know about you, but I like MTV and am very upset that one person can decide the viewing pleasure of 7500 people. Just think, no more Grind with that hunka burnin' love Eric. If you have seen the new show called "The State", that in itself is a reason to protest in front of the Tele-Media offices. It seems to me as if Mr. Hamilton thinks he can be cool and enforce the belief that MTV will turn people into drug-addicted, homosexual, politically correct monsters, most likely without even knowing what the chan-

nel is about.

In every school library across the country, a battle is raging on over books, and their contents. "Book Burning", as it is called is becoming more popular than ever before, now that the fanatical people who do it know their cases can be won. During the 1992-1993 school year, there were over 395 attacks made against various school texts, 41 percent of these cases were won. Well, you say, those books were probably right-winged attempts to make our children psychotic drug abusers, or they had too much sex for high schoolers. Think again. In Eagle Point, Oregon, a health book was banned because of the mentioning of yoga as a stress reliever. This was termed by some nut as, "Trying to change students to

practice Eastern Religions," and was promptly taken out of the curriculum.

Another area that is never safe from censorship is the music industry. I recently called the Parents Music Resource Group, an organization that is responsible for the warning stickers on the CD's you buy. I spoke to a woman named Barbara Walker, who told me, "I think that most normal people can agree on what is bad music and what is not. We can all pretty much agree, don't you think?" No, I do not. When I asked if she thought she was helping others censor the music, she replied, "We are not a censorship group, we merely inform people of what is going on." I feel that most people are quite aware of the music they listen to.

Now, even the arts are not safe from the censors' hand. Karen Finley, a well known artist is suing the National Endowment for the Arts because they have cut off all her funding. They did not agree with the way she presented her spoken-work poetry on rape - stripped from the waist down. Wait!! Before you say that is wrong or even disgusting, just think that there are 500 strip bars in Ohio alone. At least Ms. Finley is trying to get a point across.

You may ask yourself if censorship really can affect the way you live your life. You will find out all too quickly when you can not watch MTV any more or go to the mall and buy your favorite album. You won't have a choice, someone else will have made the decision for you.

### National Honor Society Induction

By Kara Zocolo

National Honor Society will induct its new members this March.

All juniors and seniors with a 3.2 grade point average or above will receive an application. After the student has received this, it is their responsibility to follow the directions and meet the deadlines. The four criteria that membership is based on are scholarship, leadership, character, and service. The application and a teacher evaluation will be presented to a five member faculty council who will make the final selections. If accepted, students will be notified by mail and invited to the induction ceremony in the library on March tenth.

If there are any questions, see Mrs. Jeckavitch.

## Dream of being queen

by Brandie Oesch

Remember girls when you dreamed of being queen. Getting to wear pretty dresses and have a pretty crown to wear in your hair. Well on February 11 seven senior girls got their chance to be queen for a night.

The court was chosen by the senior class nominating three girls each and the top seven were chosen to be on the court. The court consists of Megan Alix escorted by Craig Banning, Billie Sue Briceland escorted by Todd Austin, Darcie Everhart escorted by Kurt Schoffman, Jody Everhart escorted by

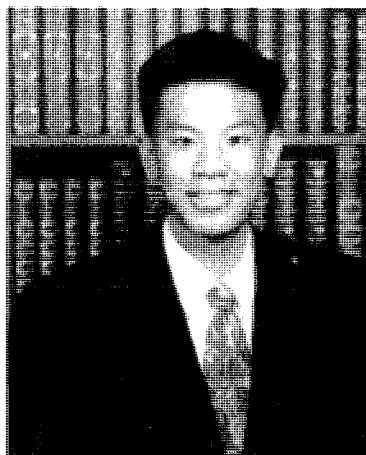
Matt Herron, Tara Mancuso escorted by Bart Melody, Valerie Stone escorted by Craig Faulkner, and Jody Wirkner escorted by Eric Weikart.

The queen was voted on by the senior class and the new 1994 Basketball Sweetheart Queen was Jody Wirkner escorted by Eric Weikart. The 1994 queen was crowned by last years, queen Heather Heath who was escorted by Jason Aldom.

The 1994 sweetheart queen and her court was honored at a dance following the Salem Quakers vs. JFK basketball game.

## Almost perfect

by Jody Wirkner



"The Quaker" has been searching for more "almost perfect" students again so everyone can learn about them. Being named an "almost perfect" student means that your achievements have been recognized and should be recognized by all students. This issue's almost perfect students are Ken Lee and Laura Farkas.

Ken Lee is a senior who is involved in many activities. These activities include Senior Class President, National Honor Society President, Student Council Executive Board, SOAR, Key Club, Varsity Soccer, Varsity Tennis, and the Brook's Writing Contest. Ken is also involved in a Medical Explorers Group.



Ken plans to attend Washington University for pre-med.

Laura Farkas is a senior and is also involved in a number of activities. These activities include Yearbook Editor, SADD President, French Club President, Student Council Executive Board member, Choir Vice-President, Senior Class Treasurer, and National Honor Society. Laura is also active both on and off stage at The Salem Community Theatre. She has directed plays and taught a children's acting class. Laura plans to attend either Miami University or Utah State. She would like to major in English and minor in theatre to become an American Literature Professor.



1994 Sweetheart Queen Candidates. On Friday, Feb. 11 JODY WIRKNER was crowned as Sweetheart Queen. Candidates included: Front L to R: Megan Alix, Darcie Everhart and Tara Mancuso. Back L to R: Billie Sue Briceland, Jody Everhart, Valerie Stone and Jody Wirkner.

## 10 Most Respected Rules at Salem High School:

10. No Fringe - No Matter what. Now is not the time to revert back to the days of cowboys and Indians, do not attempt to emulate your ancestors.
9. No Smoking in the Bathrooms - We all know there is a teacher in the last stall waiting to catch you and send you to the office. (Fire, Fire!)
8. No PDA - No matter what your current hormone level is, do not even think of breathing on your respective partner.
7. No Wearing of Gang Apparel - In our sheltered lives, we have to pretend there is no such things as gangs.
6. No Student Shall Enter the Halls without a Pass - A student with a pass is like a prized pet with a new license - recognized for what they are and permitted to go on their merry way unmolested.
5. If You are Three Seconds Late for First Period, You Must Go Get a Blue (not yellow or pink) Tardy Pass from the Cafeteria - Which makes you miss half of your class because you have to walk clear across the school to get a piece of paper.
4. No Parking in the High School Lot without a Parking Tag - If you don't have your tag, your car could be towed away, you can get detention, and have a little fine. (All because of a piece of plastic.)
3. No Swearing Back at a Teacher No Matter What They Say to You - The golden rule does not apply in this particular situation, Respect is the word of the day.
2. No Drugs on School Premises - Do not attempt to make those study hall hours fly by dulling your brain enough to make counting the bricks seem fascinating.
1. No Tying of Anything Around Your Waist - No matter what your mama told you or the apparent convenience of this practice, you are NOT permitted to cinch anything around that midriff.

## Inside

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### IOE Update

On December 17 the IOE classes had their annual Christmas Luncheon at Salem Hills Golf and Country Club. Our guest speaker was Diane James. She spoke about "Dressing For Success." With her she brought clothing from Nancy's Fashions and Moffets of downtown Salem. She stressed the point that it takes few pieces of clothing to make many outfits. We held a White Elephant sale auctioneered by Randy Engle. We raised \$240 donating \$50 to the Salvation Army and the rest to the Robbie Crihfield fund.

As the sophomores begin to fill out schedules for the 1994-95 school year, please consider the Administrative Secretary program. In the next issue of "The Quaker" look for important tips on how Administrative Secretary can give you the knowledge you need for a productive career.

Trisha Weingart - IOE I  
Angele Schukert - IOE II

# VOICES

## Victim of love

by Mindi Cyrus

You are standing in the shower singing at the top of your lungs, "Love Me Tender," or some other corny love song, and you don't care how many neighbors call the police. Or you find yourself thinking that the squirrel romping in the snow is the most beautiful creation you have ever seen. You smile... a lot. And your feet dance just a little bit more when you think of him/her. You might as well face it; you are a hopeless cause. You are in love.

When you are in love, ordinary thoughts and feelings seem more intense. It is as if you have been electrified with thoughts of your boyfriend/girlfriend. You cannot stand to be apart.

Where do these feelings come from?

Science has just begun to dig further into love's big mysteries. Before, scientists did not want to touch the subject with sterilized tongs. What they have discovered, is that love cannot be registered through measurements (like anger and fear). However, if you have ever felt as if your stomach was on the Demon Drop and your heart would burst from all the new pounding, you know that those feelings are 100% genuine. Science or no science.

Some scientists argue that humans do not need love, that it is acquired trait. They say it is a cultural fantasy that may be unneeded. That "unneeded" feeling

is universal, though. It sees no boundaries as it finds its way into every culture, language, poor or rich region. Any love-crazy fool can agree that love defies science. Maybe the stings, heartaches, euphoria, and bliss cannot be explained by scientists searching for answers under research microscopes, but it does not have to be. We already recognize it. And we want to be there: in

Loveland USA.

What about the whirlwind of emotions that lift your soul: the light-headedness, flushed cheeks, heavy breathing and sweaty palms? Just blame dopamine, norepinephrine, and phenylethylamine, all body-produced chemicals that give you a natural high. You feel a rush triggered by his cologne/her perfume, a wisp of hair, a warm smile, or the touch of his/her hand. Guys, according to those wacky scientists, seem to fall in love more quickly with the girl's image. Girls, on the other hand, take awhile longer to have all of their qualifications for Prince Charming fulfilled.

Even if girls and guys may never be able to understand each other completely, (Why is he watching Rambo for the 517th time? . . . or Why is she drooling over Tom Cruise again?), romance and love are destined to prevail. It is one thing you can count on in the future.

In conclusion, Romeo (or Juliet), if you were wondering if that dizzy spell was love or the start of the flu, wouldn't it be much more romantic on this ALL IMPORTANT LOVE DAY - February 14th - to admit you are a victim (of love)? Who knows? It might be just what the doctor ordered.

## Sleepless in Seattle for the softhearted

by Mindi Cyrus

If you have not seen a truly romantic and magical flick for a long time, and you are in the mood de l'amour this Valentine's Day, (and who shouldn't be?), *Sleepless in Seattle* is perfect. Rent your copy, before everyone else who reads this hint grabs one first.

It is Christmas time in Chicago, and architect Sam Baldwin, (played by Tom Hanks), is dealing with the recent loss of his wife. He takes his eight-year old son, Jonah, with him to rainy Seattle to give him the change he needs.

Meanwhile, Annie Reed, (played by Meg Ryan), is living in Baltimore (yes, there are a ton of states between Seattle and Maryland). She has just announced her engagement to Walter, an "almost too perfect match", who is allergic to "almost everything" and looks like the hay fever spokesman.

Annie listens to a radio talk-show one night: Dr. Marsha Fieldstone's, "Your Wishes and Dreams." She hears Jonah from Seattle telling millions of people across the country that his dad

needs a new wife. Sam gets on the line, and says he does not want to talk about it. Gradually, Dr. Marsha gets him to spill his deepest feelings on the air. He reveals his love for his wife and how "it was magic."

Walter's little habits start confusing Annie (is this magic?). She embarks on a trip to Seattle, behind Walter's back, to report on the Sam Baldwin story.

During this time, Sam begins dating Victoria, who "laughs like a hyena," as Jonah says. Jonah gives Victoria the brat treatment. He decides Annie is "the one" for his dad after reading a letter she sends to Sam.

Somehow, destiny and a little of the movie *An Affair to Remember* come into play to make the ending of *S.I.S.* as sweet and darling as can be. Of course, you will have to rent it to find out, but as a hint, Sam and the hyena never walk down the aisle. It just was not meant to be, because destiny would not have it. "Love is the Answer" definitely prevails in this cute romance.

## Hey jealousy!

by Chris McCoy

You're not jealous of the attractive person that's across the room talking to "your" boyfriend or girlfriend, are you? Of course you're not. I mean, we both know they are just talking, right? That's when a little doubt enters your mind, and suddenly you realize that you are becoming jealous. This is where it all begins!

Jealousy results from many different things like a low self-esteem, lack of trust in a partner, possessiveness, insecurity, and sometimes even a very creative imagination.

Any sign of jealousy in a relationship will probably destroy the relationship, if it is not dealt with at the beginning. First, don't jump to conclusions. It will be very insulting if you obsessively

accuse your partner of being unfaithful when there is no evidence of it. This is called delusional jealousy. In an article in *Glamour* magazine by Kelly Costigan, she says that "delusional jealousy is usually linked with substance abuse, schizophrenia, or paranoid disorders."

Another good way to deal with being jealous is to be open and honest with your feelings toward your partner. Communication in a relationship is very important.

If you feel like you can not freely talk to your partner, then you may want to step back and take a good look at your relationship. You may find out that it is not all it's cracked up to be.

### Stand proud Salem

by Candy Graham

Traditions have been a part of Salem High School since the first brick was laid and thanks to Mr. McShane there is a new tradition to carry on. We've all seen the trophies displayed for the outstanding athletic ability within our school and now it's the leaders of our school's turn to be recognized. This was Mr. McShane's reasoning behind the Student Council pictures being displayed across from the office.

The Student Council plays an important role in schools. They help in making decisions that effect the entire student body and they share their ideas to make our school a better place for us.

Mr. McShane is interested in any ideas that you may have on how these achievers can be further recognized. If you have any suggestions contact him or a member of Student Council.

Feb. 18-  
Teacher  
Inservice  
Feb. 21-  
President's  
Day  
NO  
SCHOOL

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

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## Music to love by

by Alexa Havelock

Ah, Valentine's Day: romance, kisses, flowers and you and your sweetie snuggled up together by the fire. What's missing from this picture of love? The music of course! What Valentine's Day would be complete without some tunage to keep you in the mood? I, as always, have some suggestions that will keep you and your loved (or liked) one happy.

First we have the classical pieces that everyone loves. Mozart, Bach, Hadyn are some famous composers that know how to capture the mood. Try the "Swan Lake" and "Romeo and Juliet" overtures for some real listening pleasure. If you are not in the mood to be loving, I think some really loud, patriotic marches can give them the message. Who can think of smooching when there are cymbals crashing, and violins screeching in the background?

If you are not really into the more classical pieces of our times, check out some newer music that will give you that lovin' feelin'. If your honey and you are heavy metal fans, try all of Metallica's ballads, say for instance, "Nothing Else Matters." Come on, how much more romantic can you get? "If you are country before it was cool," try some cry-your-eyes-out-the-woman-finally-left-my-sorry-tush love songs. My

sources tell me that "Ghost in the House" by Shenandoah is a great tear jerker. These types of songs can also be useful to you if you have been a butt-head and think now is the time to repent.

Finally, if no ideas of music come to your mind or maybe you just want background music I have a deal for you. One suggestion that comes to mind (and one of my personal favorites) is Lush. Lush is the kind of band that you have to let grow on you. The vocals are very flighty, most of the time you can barely hear them. That is the only bad thing I can say about this band. The way the music alternates through the speakers is so awesome, listening to it through headphones is a religious experience. They have two albums, "Spooky", and "Gala". The latter is the best of the two.

I hope that I have helped you sort through the mess that is appropriate Valentine's Day music. All I can say is just to find something that you both like, and go with it. Who knows, you probably will end up just kissin' away in front of the tube. Maybe the Terminator squirrel in the Clusters commercial is the spark you need to ignite the love you have.

## Guess, IOU, =Popularity?

by Candy Graham

Ladies and gentlemen, step right up! You can win love too! This is what media such as *Seventeen* magazine and TV shows like "Beverly Hills 90210" call out to us. These type of influences have been brainwashing us all since we were knee high. Remember at age five, every time a commercial would come on we would yell, "Mommy, Mommy, I WANT THAT!!!"

Even today we do the same thing, it's like my parents say, I want everything that everyone else has. Are Americans so competitive for love and popularity that we have to have or out do what our neighbor has?

Many people think they can win his love by not only dressing, but with the help of plastic surgery looking just like a model from *Cosmopolitan*. Why do so many people still fall for this folk belief that material things bring love and acceptance? Next time you say to yourself, "I wish I had, or looked like that." Think, Did Romeo love Juliet because she wore designer underwear?

### 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.

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# Are you ready or not

by Brandie Oesch

Dreaming of meeting that special person to spend the rest of your life is forever popping up in the minds of us teenagers. Yes, marriage what a word. Sounds scary to most of us, but about 95% of us will end up married.

When asked that famous question, "Will you marry me?" It is a decision of whether you are ready for that commitment or not. Many people who plan to marry have dated each other for a while. How long people say they dated before becoming engaged is: less than one year is 24 percent, one-to-two years is 21 percent, more than two years is 35 percent, and for those spontaneous people who never get engaged just head for the altar is 20 percent.

Getting married is one of the biggest steps in your life. Finding the right person helps that giant steps to become easier. You should look for someone more like you. Someone that likes the things you like to do. Don't pick someone just because he/she is good looking, look behind those qualities and check out their personalities and things they like. Remember this is to be a life long commitment. Not like a boyfriend/girlfriend where when they bore you or you get tired of them you can ditch them. It won't be that easy once you say those vows.

Statistics are not on our side these days. They say that the typical first

marriage ending in divorce lasts just over six years, and half of all women remarry within two and a half years of the divorce. It is also said that couples are marrying later and divorcing and remarrying again in numbers that would have been beyond comprehension 25 years ago. Divorces are more common today and with diversification "family life is certainly more complex than it was," said University of Pennsylvania sociologist Frank Furstenberg Jr. It is also said that women who have children before marriage increase their chances of divorce. Women are feeling freer to raise children without being married. Marriage becoming harder these days

because there are more options.

When you find the right person you want to spend the rest of your life with make sure it is the right choice. When children become involved it makes things harder. It is that children living with their biological parents is viewed as the traditional family is not the same any more. Children living with both biological parents is 81.5 percent. Which is about one in five children that do not live with their biological parents. About 15 percent live with their real mother and a step-father and more than 1 percent live with their real father and a step-mother. Being said that between 20 and 30 percent children's parents that divorce and remarry have behav-

ioral problems which is twice the rate of children living with their biological parents.

Marriage is to be a commitment, something that is said to be forever. When deciding on marriage, think it through. Ask yourself some questions like: Is this the person I want to spend the rest of my life with? Do I want to have children with this person? Marriage is not a spontaneous thing to do, it takes planning and compromising to make thing work. It is a lot harder to break off than a date is. Make the right choices, that will make the rest of your life full of happiness and love.

Information taken from USA Today 1990s wedding bell blues.

## Suicidal tendencies

by Mindi Cyrus

We've all heard about suicide, maybe even dealt with it at a personal level. Just remember the Japanese kamikaze pilots in World War 2 who committed suicide as an honor to their country. Cleopatra, Hitler, Van Gogh, Hemingway, Marilyn Monroe, and even Romeo and Juliet took their own lives. They forgot for a moment that, yes, life can be difficult at times, but that it is the most precious gift we have.

It is estimated that 80% of the population has "toyed" with suicidal thoughts

at one time or another. And with all of the anxiety, stress, and pressure, there comes a critical moment in almost everyone's life when suicide seems the only way out. There are other answers, though.

Most people under the age of twelve do not commit suicide, because they do not fully understand death at that age. However, after this age, the statistics leap upward; 5,000 teenagers commit suicide a year in the U.S. It has become the second leading cause of death for teens.

Many factors trigger a tendency toward suicide: family conflicts, broken romances, enslavement to an addiction and broken homes. Teenagers feel guilt and sadness for all the anguish they have caused their parents, and many would just rather die. As one anonymous source said, "Sometimes I just feel like giving up."

Also, the problem of becoming sexually mature spurs suicidal thoughts. Many girls must confront questions such as "Am I pretty?" or "Am I popular

enough?" This is why eight out of ten suicide attempts are made by females, but the death rate for males is four times that of females. Males succeed at suicide more often, because they choose more violent methods. Girls take pills most often, which gives them the advantage of having "rescue time."

If a person has attempted suicide or is very preoccupied with suicidal thoughts, they must seek help from a professional (counselor, psychiatrist, or psychologist.) There are also places to

call, such as the Help Hotline Crisis Center in Youngstown. They answer about 1,000 suicide calls a year from Columbiana County alone. They are there to help 24 hours a day. If suicide has been on your mind or a friend's, help can be only a phone call away. Help Hotline: 424-7767. Because each person contributes so much to this thing called life.

## In trouble? Who do you call?

by Candy Graham

Listening to the radio I heard a commercial asking for volunteers to answer calls at a Youngstown area crisis hotline and it hit me, is there just some average "Kevin" or "Sara" giving advice to people who are on the edge of life? Are hotlines really worth the federal government funding? And the advice, could my best friend offer the same if not better? I decided to call five of the most known hotlines and here's what happened:

**National Runaway Switchboard.** 1-800-621-4000 (24 hr.) Time Called: 7:30 p.m., Sat. Answered: Three rings. Put On Hold? No. Helper: Young friendly female with a month of training in counseling troubled teenagers.

Problem: My friend, who's 16, is running away to another state because her mom hits her.

Advice: She provided several phone

numbers of area shelters, pointed out the disadvantages of running away, asked if "Kate" would call (As she reassured me that the call is confidential and can't be traced), she also praised me for being such a good friend and encouraged me to get help for my friend.

Review: Four stars, she was very loving, I wasn't put on hold, and the advice would be considered very helpful. I found this to be the best hotline out of the five called.

**Youth Crisis Hotline.** 1-800-448-4663 (hours unknown). Time Called: 7:53 p.m.; Sat. Answered: Eight rings. Put on hold? Yes, as a recorded message asked for you to have a pen and paper ready as they continued on with positive messages for about 30 seconds. This was followed by ringing, after 24 rings a recording came on ask-

ing you to call again later.

Review: I don't see stars, do you? It's a good thing I wasn't about to commit suicide!

**The "9" Line (For runaways).** 1-800-999-9999 (24 hr.) Time Called: 8:04 p.m., Sat. Answered: Five rings. Put on hold? Yes, for about 30 seconds while a recording played.

Helper: Sensitive young male who completed a mandatory 62 hr. training program.

Problem: My friend, who's 16, is going to runaway to another state because her mom hits her.

Advice: He suggested she call, gave me local hotline numbers, shelters, and let me know which shelters would be most sympathetic to her needs. Also, he told me what a great friend I was to be so concerned for my friend.

Review: Four stars, the information

would be very helpful and he was very polite.

**Childhelp U.S.A.** 1-800-4-A-CHILD (24 hr.) Time Called: 9:05 p.m., Sat. Answered: One ring. Put on hold? Briefly, while a recording played letting me know someone would be with me shortly.

Helper: Middle aged woman who acted like she didn't want to be answering the phone. All counselors have a master's degree or Ph. D in a related field.

Problem: I think the little girl I babysit is being abused. Advice: She said that so I wouldn't be involved call the child's school and human services from a pay phone.

Review: Three stars, the advice was good, but I got an unwanted feeling and abused children feel that way at home, they don't need that type of atmosphere

when they are trying to get help.

**Planned Parenthood.** 1-800-230-PLAN (24 hr.) Time Called: 9:11 p.m., Sat. Answered: Two rings. Put on hold? Yes, while a recording stated that they would transfer the call to a local Planned Parenthood center. Two more rings and another recording came on saying they weren't in right now, sorry for the inconvenience, and if this was a medical emergency call 911 or go to the emergency room.

Review: One star, the only good advice was the medical emergency part, but for a 24 hr. hotline there should be someone there to answer the phone.

As the federal government continues to waste our money on useless hotlines, such as the Youth Crisis Hotline, the problems of many teens go unanswered. It's sad to say that many of these teens turn to suicide for a way out. Is there anyone out there?

## How do you spell relief?

by Kristi Hooper

Every human being on this planet has to deal with stress. It is an inevitable part of human existence.

Exams are over! But not for long. Term papers, parents, dealing with divorce, coming of age in the 90's, college decisions, the dog won't stop barking: the largest crisis to the smallest annoyances all work the nerves. Anxiety triggers different physical responses in the body generally called "fight or flight". Stress causes an outpour of hormones in the body, adrenaline and cortisone, causing the heart and pulse rate to go up, breathing to become shallow and fast, and the hands and feet to become cold. This reaction in animals is good in emergency situations, but can make life almost unbearable if you are chronically stressed out.

There are several natural ways to deal with stress. (No need for valium now.) Many people just go for the drug-based therapies to deal with stress. This is not necessary or very good for the body. Most want quick pills they can take that will make them fall asleep, but these can build up a tolerance and can become addictive.

Here are several ways to help your-

self relax in those stressful times.

Be good to yourself:

1) Take a soothing bath while listening to relaxing music.

2) Lie down in a comfy position, inhale and exhale slowly and deeply with the eyes closed, concentrate on relaxing every muscle in the body (one at a time) starting at the feet.

3) Exercise-discharges "fight or flight" tension, increases production of beta endorphins (research shows that these are the cause of what is called the "runners high").

4) Eat well-caffeine, sugars, alcohol, and dairy products are all bad for stress vegetables and fruits, grains, and seeds and nuts are all stress relievers.

Instead of drugs herbs can be very effective as stress relievers. Unlike drugs they can be taken any time of the day because they do not make you drowsy. The herbs make you relax therefore it makes it easier to fall asleep. Here are some herbs that have been successfully used to relieve stress: catnip, chamomile, hop, lemon balm, passion flower, skullcap, valerian. To learn how to use herbs properly get a book on herbs and get proper directions.



... from thankful me.

Leann High school

Thank you for the cards, I enjoyed them.

Sincerely  
Robby Eirfield

## Club Activities

by Brandie Oesch

### French Club

We sold flowers for Valentine's Day which were delivered on Monday, February 14. We will also be having a Mardi Gras pizza party on February 15 after school. The spring banquet will be held in April or May and Honors awards will be presented at the banquet.

### Student Council

We are planning for Exchange day on March 16. We will also soon be working with National Honor Society on the Blood Bank which is set for March 18.

### Class of 1996

We are currently making plans for our semi-formal dance, on April 22, 1994. We are also looking forward to a car wash in the spring and concession stand at the District Basketball Tournaments.

### Physics Club

The clubs next activity is making holograms. Anyone interested in photography, lasers, and holography can join us. Next month we will be preparing for competition at Y.S.U.

### Class of 1994

Orders for graduation announcements took place on Thursday, February 10 and will also take place on Wednesday, February 16 during lunch periods. Orders will be through Jostens.

### Spanish Club

Spanish club is sponsoring a ski trip to Peek 'n' Peak on Friday, February 18.

### Key Club

Key club will be helping with the red cross blood drive, circles of support to benefit handicapped children, renovate signs at the Salem Public Parks, church women united clothing drive, and a convention on March 25-27 in Columbus, Ohio.

### Interact

The Interact club is planning on attending a CAVS game on February 26, having a Valentine's Day party on February 15, and having a St. Patrick's Day carnation sale.



# When boy beats girl

by Kristi Hooper

Whether they be emotional or physical, abusive relationships are a more common occurrence than many think.

High school is to be the time of fun, dating, and simple boy meets girl scenarios. But, for many young women high school relationships can be very painful.

When most people think of an abusive relationship they picture a married woman at home being beaten by her alcoholic husband. This is not a false scenario of an abusive relationship, but many have the false impression that there are no abusive relationships in unmarried high schoolers. Men can be the victims of abuse in a relationship, more often emotional abuse than physi-

cal abuse, but more often it is the woman as the victim.

Abusive relationships do not usually start out this way. The abuser will start out the relationship being oh so sweet, kind and caring, but then after they feel secure in the relationship begin to act quite differently.

One young woman said that her now ex-boyfriend started out the relationship being the hopeless romantic. When he changed into the selfish abuser; she denied it to herself. She kept thinking that he would change back, become again the person he used to be. If he got upset with her and hurt her emotionally and sometimes physically she blamed herself. She thought it was her fault he

was angry, that somehow she deserved what he did to her. He told her that it was her fault and she believed him. She would do anything he told her to do just to try and keep him happy. Because she was afraid of him.

Abusers are very selfish people. Only thinking of themselves. Often an abuser will try to make things "better" with an expensive gift and often times this does "hold us (victims) over" for a while.

Abuse is often very easy to hide from other people. And often victims try to convince themselves that it really isn't bad, that they deserve it, and that the abuser will change back to being the way he/she was.

An abusive relationship is a no win

situation. The abuser will not get better unless he/she gets professional help. It is never good to stay in a situation like this, but many victims are told over and over again that they can't leave their abuser. One young woman was told by her boyfriend that she was lucky to have him and that she would not find anyone else to be with her. This was proven wrong.

Many abusers are very insecure. They are allowed to go out with their friends anytime they want, and their boyfriend/girlfriend better not make plans to go out because they have to be ready to be with their abuser whenever they might be wanted. Abusers are often outraged if they want to do some-

thing and their boyfriend/girlfriend has other plans.

Abusive relationships do happen in school. The abuse is easy to hide. And this abuse definitely effects peoples grades. Two girls said that their grades have definitely gone up after they got out of the abusive relationships that they were in.

There is no reason in this universe that anyone should stay in an abusive relationship. There are actually many reasons why someone would, but they are not as important as their own self. Anyone is an abusive relationship should get out. If you think that there is no way out seek help for yourself to gain the strength to do it.

## Older and wiser?

by Jen Gregory

Recently, I've realized that there are a lot of people who are dating someone older than they. So, I started thinking about whether or not those relationships work, and what makes them work. Here are some ideas from people in Salem High that are in this situation, or have been in the past. A few teachers had something to say, too.

Emma Hite (12) - Definitely yes, because older guys are more settled in their ways, and you can tell how they will basically be for the rest of their lives.

Heather Miller (12) - Yes, but any age will work if you let it.

Billie Sue Briceland (12) - Yes, because they are mature, and they know their responsibilities, goals, and values in life.

Jaynie Crawford (12) - Yes, because they treat you better.

John Hughes (12) - Yes, it gives a person a chance to mature.

Erin Morrison (10) - Yes, it will make our relationship stronger, because the time we spend together will be more valuable.

Lisa Evanoff (12) - Yes, because they're more mature and they know how to treat a girl.

Angie Barton (12) - Yes, because girls mature faster than guys. So when you date someone older, you're on the same maturity level.

Mr. Headland - Yes, because age doesn't matter.

Amanda Ciotti (12) - Yes, I agree with Angie Barton.

Tara Mancuso (12) - Yes, because they've had more time to figure out what they want.

Mrs. Hays - It would be harder, and it would have less chance of working, because of different interests and different goals. But if the guy is older than the girl, then it would be a little easier due to maturity levels.

Lori Evanoff (12) - Yes, because it's working and it's going to last!

Chris McCoy (12) - Yes, because girls are more mature and they need a more mature guy.

So, according to these people, relationships are very likely to work with an older partner, despite the age difference.

## Kiss me, baby!

by Kristi Hooper

"The Kiss"

The first kiss was with stumbling fingertips.

The bodies grazed each other as if by chance.

And touched and untouched in a kind of dance.

Second, they found out touching with their lips.

Some obscure angel, pausing on his course,

Shed such a brightness on the face of Eve

That Adam in grief was ready to believe

He had lost her love. The third kiss was by force.

Their lips formed foreign, unimaginable oaths

When speaking of the tree of guilt. So wide

Their mouths, they drank each other from inside.

A gland of honey burst within their throats.

But something rustling hideously overhead,

They jumped up from the fourth caress and hid.



Remember  
Valentine's  
Day

February 14th!

A kiss is "to touch or caress with the lips as an act of affection, greeting, etc." according to the Webster's New World Dictionary. This is an accurate description of the kiss, but there is much more to it than that.

Kissing is ultimately a wonderful thing. Poets have written about the kiss for hundreds of years. Shapiro wrote in "The Kiss" his description of the first kiss of Adam and Eve.

Kissing is not a necessity, though. Human life would still go on if there was no kiss. But, there is so much feeling in a kiss. Who doesn't want one? Also, there is great anticipation of a kiss. The pulse rises, some nervousness may kick in, some may even suffer from sweaty hands syndrome (not to worry-many suffer from this). Then comes the kiss. If you are lucky, hopefully it is good. Hopefully your partner is not like the dog on *Turner and Hooch* or has rock hard lips. If so, there may be no hope for them. Unless you are very forward and tell them about their faults they may never change.

Sometimes the first kiss determines whether or not a relationship develops. If it is a bad first kiss you may give it one more try, but if it still sucks then a lot of people would not pursue the relationship.

All people have different opinions of what constitutes a good or bad kiss. Some like them wet and some like them dry. So, keep practicing your kisses and I'm sure you'll have some memorable experiences.

## So what is love?

by Candy Graham

Love, obsession, possession, lust, over dependence, infatuation, and jealousy are just a few of the terms in deciding whether or not a serious relationship will remain healthy or take a turn for the worse.

Driving past his house at 2 a.m. or calling and hanging up just to make sure he is home is a type of obsessive and possessive behavior. "True love"

doesn't require a baby-sitter. It's o.k. to care about one's safety, but keeping tabs is saying you don't trust him or her.

Is it love or LUST in disguise? If you hunger endlessly for him, can't spend a minute without him, or can't go without calling him every hour - this is love's evil twin called lust. According to the experts it lasts three to nine months, and then these skin-deep emo-

tions arise to the surface.

"Oh no! I can't do anything, where's Mr. Right?" You won't fall apart without him. Giving your partner god-like characteristics is called over dependence. It's where you convince yourself that without him you are nothing.

Being infatuated leads to being forgetful, inattentive, and being preoccupied with the object of your affection. All of that is completely different from love. It can turn into love, but overall it is just infatuation.

Not only is there the "false alarms" of love I just mentioned that make an unhealthy relationship, there are also the red flags of dating. They are frequent quarreling, break up - make up, jealousy (insecurity), disagreeing on major subjects, disliking each others friends, great parental disapproval, being treated with disrespect, not being your best self when in the presence of your partner, physical or verbal abuse, being ordered around like a slave-without-pay, and losing your self value.

So what is love and a healthy relationship? There's a sense of being wanted, understood, and accepted. You feel your best when you're around that person, you can trust them with your life, and they will never abuse you in any way. It should be a comfortable, natural, and right feeling. Love is about action, compromise, and understanding. Pay close attention to your partner's pluses as well as their flaws. Love is forever.

## What would your dream date be?

by Chris McCoy

Have you found your dream date yet? Well, I went around our school and asked students who their dream date is and where they would go on their date with that person. Here are some of the responses I received.

Alexa Havelock - Kevin Ryhal, to Finast Food.

Darrell Walton - Mrs. Claus, to Antarctica.

Shona Callahan - Evan Dando, to a Dixies concert.

Chuck Brant - Regan Hendricks, to Pop Jackson's.

Lyndsay McShane - Eddie Vedder, to Barnett's.

John Hughes - Lorena Bobbitt, to a hospital.

Mindi Cyrus - Tom Cruise, to a Greyhound bus terminal.

Jeremy Pruitt - Dave Wright, to the basement.

George Lutz - Sinead O'Conner, to Hooker's.

Dan Nye - Whoopie, to Lunch Lady Land.

Mary Melody - Weiland, to Africa.

Erik Weitz - Cindy Crawford, to New York.

Matt Herron - Effie Mansel, to Chi Chi's.

Todd Austin - Connie Barker, to Pop Jackson's.

Bart Melody - Sharon Faulkner, to Japan.

Anne Grande - Antonio Sabato Jr., to McDonald's.

Ben Horvath - Angie Votaw, to Pop Jackson's or Ken's.

Mrs. McKee - Mr. McKee, to Ireland.

Jason Julian - Kelli Pastore, to Votaw's.

Amy DeVille - 1-B, dancing at the Hunt Club.

## Valentine Word Search

By Chris McCoy and Kristi Hooper

It's now that time of the year when you have to pick out who will be your Valentine. The word-search puzzle below has a list of words, dealing with Valentine's Day, which are hidden in it. These hidden words may read forward, backward, up, down or diagonally. The words may overlap each other and the letters may be used more than once.

- |              |             |              |
|--------------|-------------|--------------|
| 1. VALENTINE | 8. ROMANCE  | 15. CUPID    |
| 2. FEELINGS  | 9. SEXY     | 16. CUTE     |
| 3. KISS      | 10. PASSION | 17. ROSE     |
| 4. CHOCOLATE | 11. DOVES   | 18. GIFTS    |
| 5. HUG       | 12. LOVE    | 19. VENUS    |
| 6. CANDY     | 13. HEART   | 20. S.W.A.K. |
| 7. DATE      | 14. ARROW   |              |

H U G D N E F P J A S L O V E  
R C T X A S B A M F H Y P I W  
K R H S V A L E N T I N E Q P  
V G E O T Z K I S O L K T G F  
D R A V C E T A D Y A I U R E  
X U R Z G O L V G D R S C U E  
P I T D C A L B I N R S Y K L  
A V E N U S K A F A O Q L H I  
S W A K P F E L T C W C H O N  
S E B C I Q O X S E G R K P S  
I W N S D L T K Y E D R O V E S  
O F E A Q R Y X J N Z S T U P  
N R O M A N C E H E V E L O X

ATHLETE'S CHOICE

15667 St. Clair  
OAKMONT PLAZA  
Cincinnati, Ohio 45220  
396-4432



378 East State  
Salem, Ohio 44460  
332-1768



# SPORTS

## Team effort

by Mark Ramunno

There is no better way to describe winning ways of the wrestling and basketball squads than with the word "TEAM". Both teams are off to believable seasons and at this rate it doesn't look like anyone is going to top them.

The importance of a team leader is without saying but what about the one who sets the pick and the girl who passes the pass right where it needs to go? What about the wrestler who busts rear all week so the team can win in two weight classes instead of one? How about we go even further to the wrestler who tries that extra move even though he knows he'll get drilled and that also goes for the girl who plays defense just a little bit harder so she'll make that rater a little bit better.

The team spirit also needs to be shown off the court. The off court part

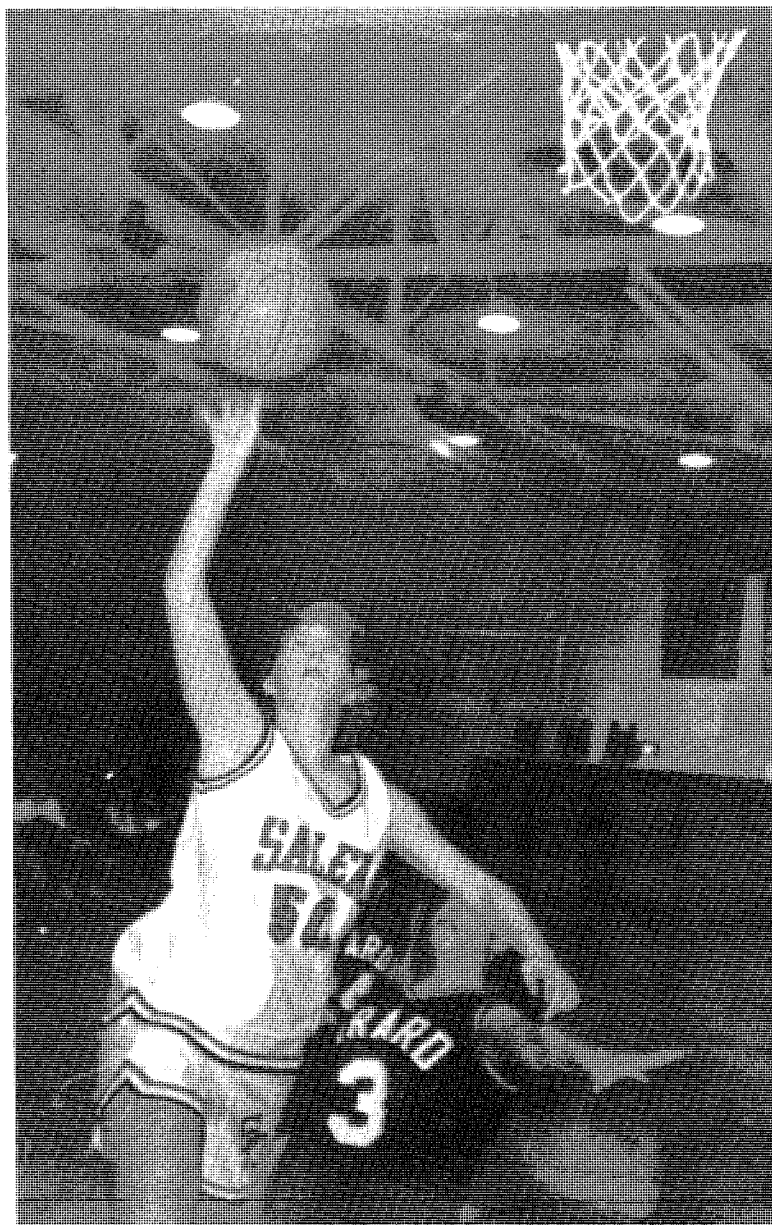
is where most teams fall short because the emphasis is not put on their behavior off the court as a team as well as on.

We also hear a lot about head coaches but good assistant coaches have also helped make these teams great instead of just good. Head Wrestling Coach, Dave Janofa has surrounded himself with an excellent staff of assistant coaches. He most recently added former Hubbard head coach, Dave Hernon to his staff. Coach Hernon was able to add another dimension to the Salem wrestling team. Another assistant coach has been around wrestling for twenty-five years, Coach Dave Plegge. He is epitomizes the spirit of the Salem wrestling team; hard driving hard working and intelligent.

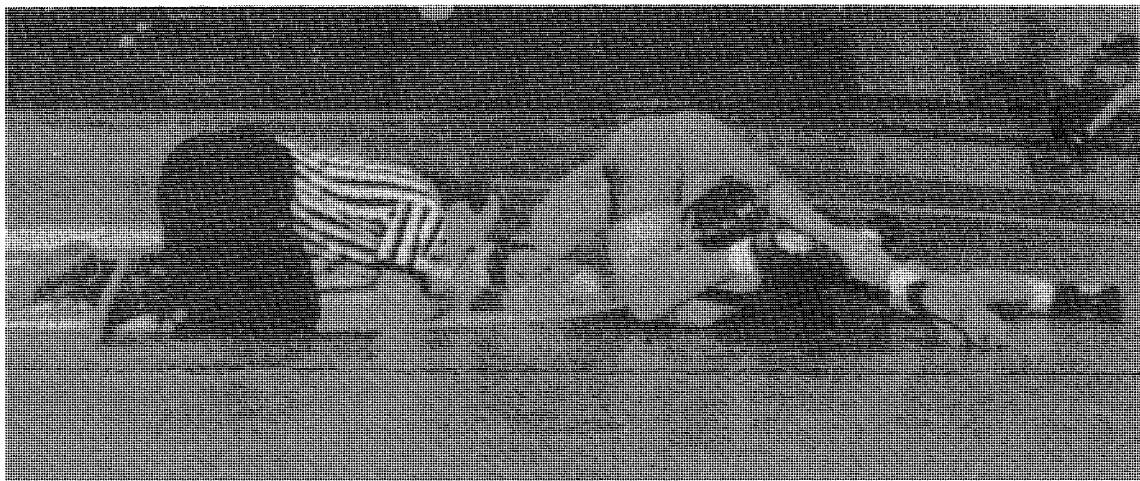
The girl's basketball team also has an impressive coaching staff that has helped head coach, Roger Ziegler, to

get him team off to such a great season. Coach Ziegler also added an excellent assistant coach this season in former Lisbon head coach Steve Stewart. Coach Stewart has helped the team tremendously and can certainly take some credit for their outstanding year. The girl's team also has two other assistant coaches. Coach Jody Hipley and Coach "Grandpa" Frost. Both these people do a fine job in helping the team achieve its success.

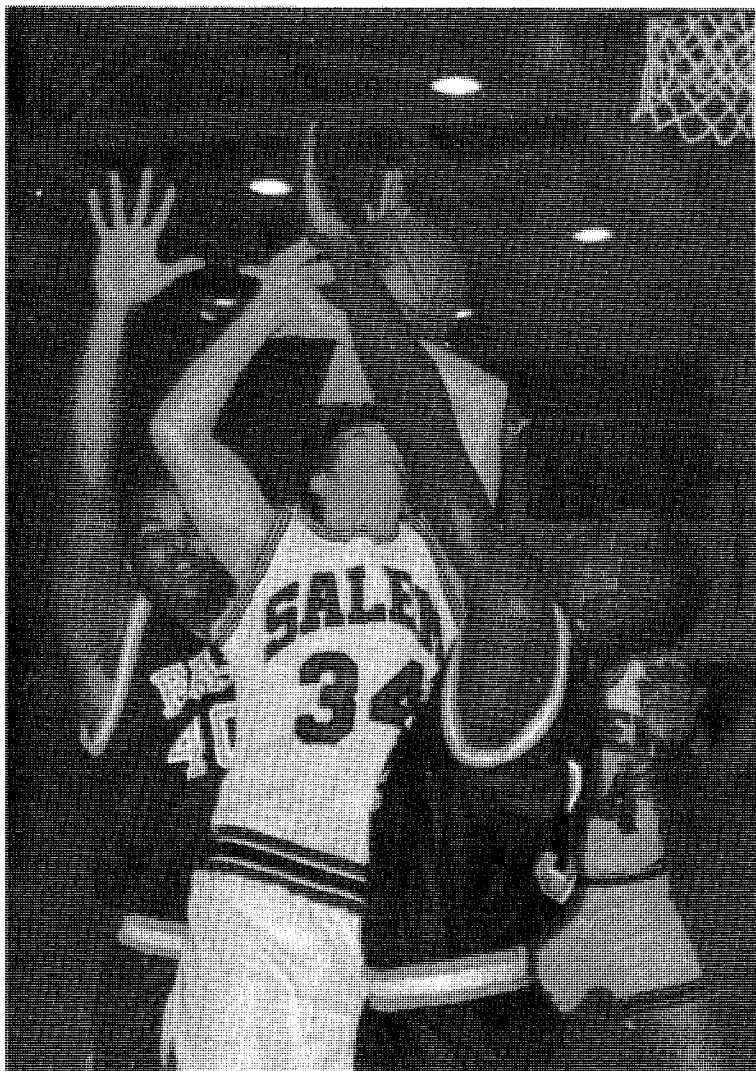
The wrestling team and the girls basketball team have not had the easiest of seasons they have both been in tough situations, but with their wonderful displays of heart they were able to pull out just about all of them. The seasons these two teams have had is an attribution to the coaches, the scout-teams, and of course the players.



Val Scott brushes away an opponent while getting two. Photo by Mark Ramunno.



Matt Kunar tries for the pin. Photo by Mark Ramunno.



Brad Erath takes it to the hoop hard. Photo by Mark Ramunno.

## A step in the right direction

by Jen Gregory

The boy's basketball team has finally made a turnaround. Their record as of February 10 was 1-14, but their play was improving.

On Tuesday, February 1, 1994, the boys played Struthers on the home court. School spirit was buzzing throughout the entire gymnasium.

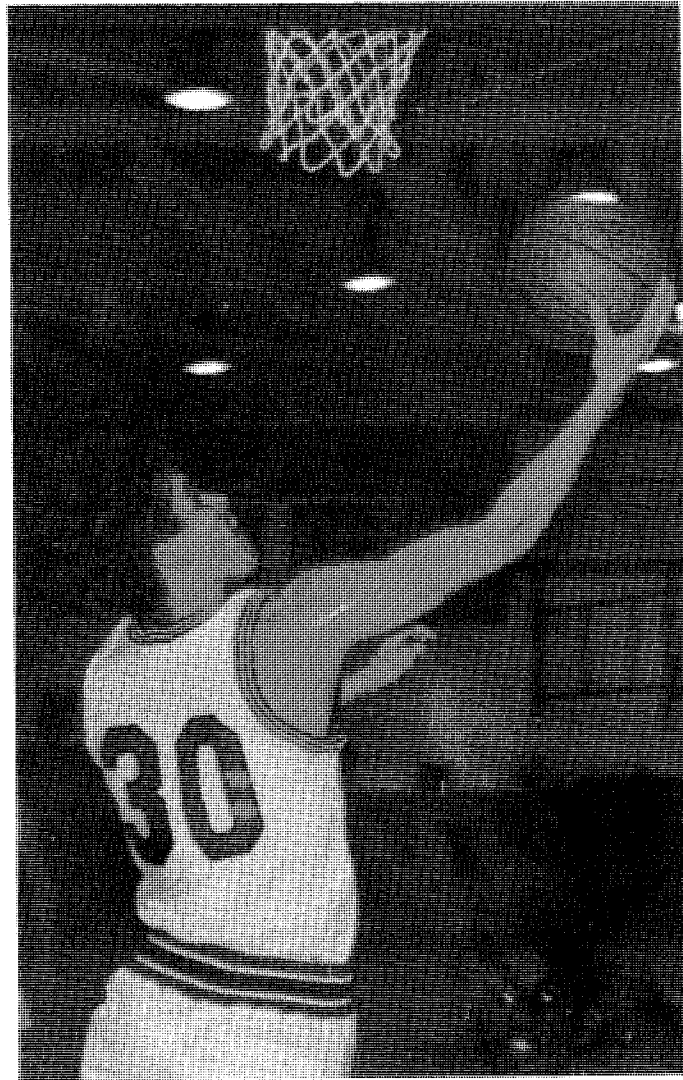
Mr. McShane declared the week of January 31 SPIRIT WEEK. Tickets to all home contests were sold at a special price if purchased during lunch.

The team has had to overcome several different obstacles including the press, adults, and fellow classmates. Leading the team through those obstacles were "the seniors," said Coach Spack. But the whole team had to rise up and play good, strong basketball.

Inexperience was a major problem for the team, up until now. They have successfully overcome their problems and 'chalked' up a win.

When asked about the games to follow, Spack said that the "enthusiasm will help a great deal."

The Quakers will play another home game on Friday, February 11. This is also the night that the Sweetheart Queen will be announced. Another win would be the perfect end to a perfect night.



Jamie Ostarchvic takes it to the other side. Photo by Mark Ramunno.

Go



Quakers!



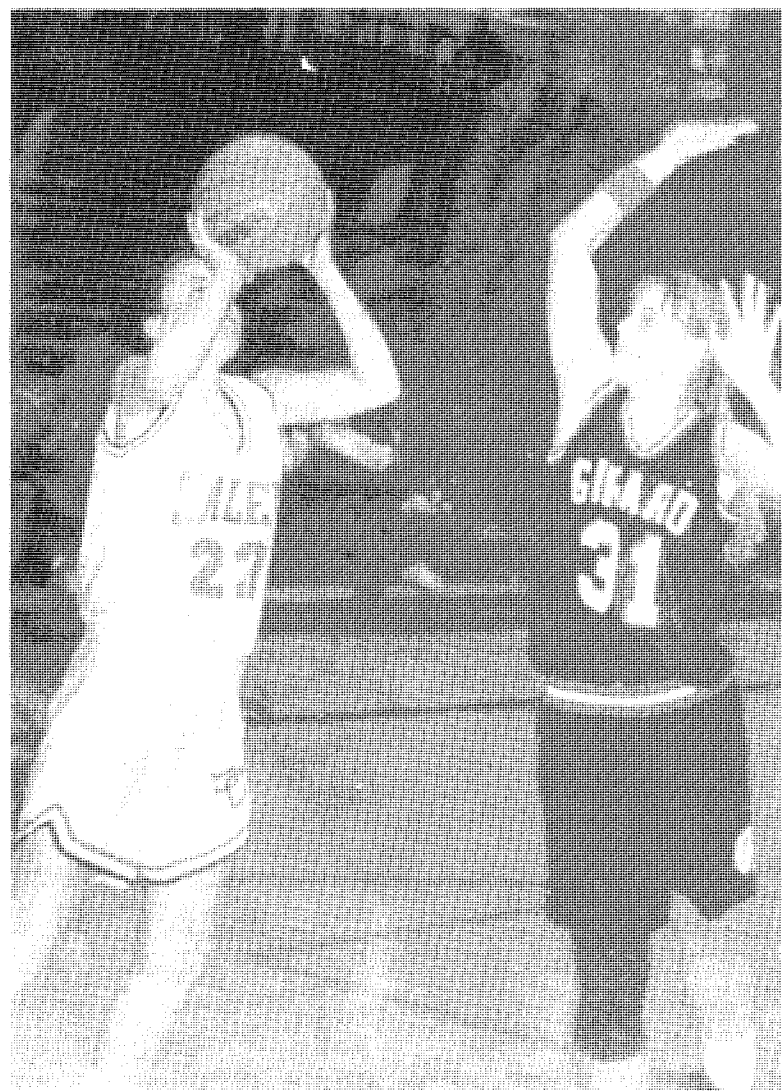
# SALEM PRIDE



Salem students show alot of enthusiasm during a recent wrestling match against Boardman.



Spirit Week created alot of enthusiasm around Salem High School!



Everything's in focus. The girls basketball team has been in focus and on target this year with a 17-1 record going into their last two games.

# Sudden school spirit

by Mark Ramunno

What is this? Where did it come from? From the school where people didn't think it existed comes school spirit with a vengeance.

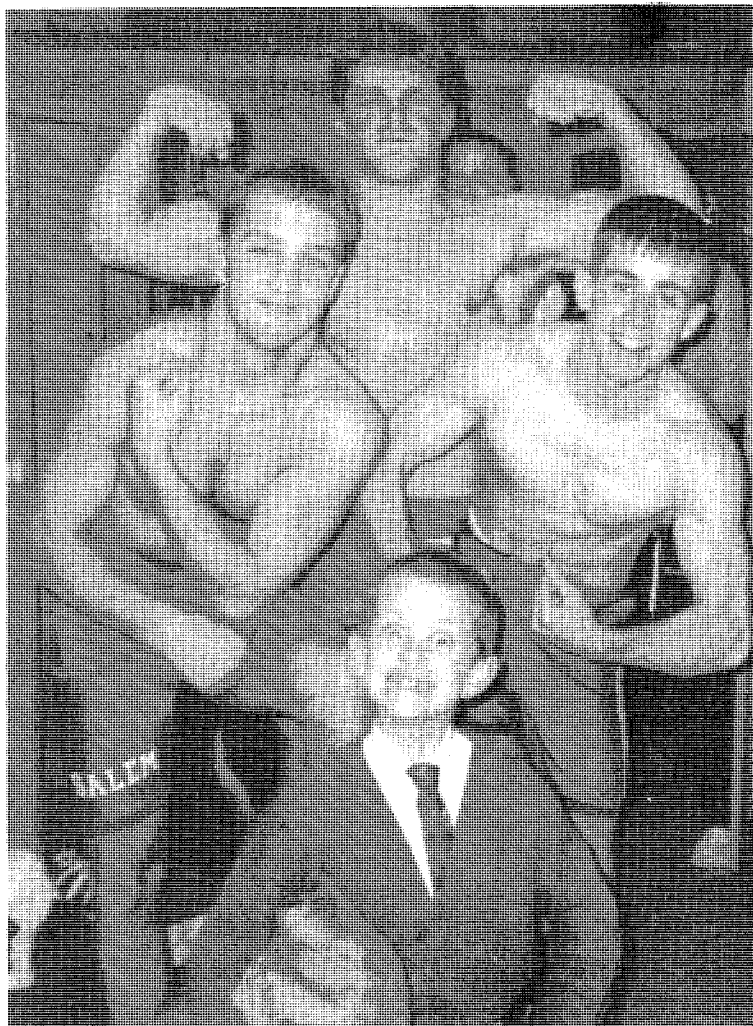
With the help of the administration and community, the school has got behind our teams and helped them get fired up for some victories.

The school has been gracious enough to give complementary tickets to people to help our struggling and winning teams get some backing from the student body. The tickets were given out by Mr. Steffen, Athletic Director, who said that all the teams need to help each other out.

The student body and sports teams responded with some great school spirit.

After the boys basketball team's first win of the year against Struthers on Feb. 1, senior basketball player Brad Erath said "the fans made the difference. Without them it would have just been another game." The first time the two schools played this year resulted in a 20 point loss for the Quakers, so the help of the student body was instrumental in the win. This spirit was also instrumental in the girls win against Canfield to put the girls in a position for a Mahoning Valley Conference championship.

If this school spirit keeps up we could be seeing more winning seasons in the future and if we're lucky it could make school a little more bearable.



HAMMING IT UP! Assistant Coach Hernon's son along with (from left to right) Chuck Brant, Matt Kunar, and Nelson Cope pose for the camera. Photo by Mark Ramunno.



## Faces in the Halls

By Mark Ramunno

Name: Valerie Scott. Grade: 12. Sports: Basketball, Volleyball. Letters: 8. Favorite College: Rockhurst College. Favorite Player: B.J. Armstrong. Favorite Teacher: Mr. Parks. Favorite Color: Green. Favorite Food: Jello pudding pops (swirls). Favorite Movie: "Rudy". Favorite Singer: Tarran Turvey. Favorite Song: "On My Own". Future Plans: "Go To College and play basketball". What do you most like about Salem High School: "My friends". What do you think about school spirit: "It's wack".


Name: Nelson Cope. Grade: 12. Sports: Wrestling. Letters: 4. Favorite College: Ohio State. Favorite Player: Eric Metcalf. Favorite Teacher: Mr. Mucci/Mr. Ladner. Favorite Color: "I like all of them". Favorite Food: Pizza "When I can eat it." Favorite Movie: "All the Rocky's". Favorite Song: "The Dance". Favorite Group: "Survivor". Future Plans: "Wrestle in college and major in education." What do you most like about Salem High School: "Erin Morrison/eighth period." What do you think about school spirit: "I think it's getting better, but it needs improvement."




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**QUAKERS**