

The Quaker Student Newspaper

Vol. 82 No. 1 Salem Senior High - Salem, Ohio Monday, October 17, 1994

How would you feel?

by Mike O'Brian

How would you feel if you had to walk to school and lived miles away? What if there was no football game on Friday night? No band or choir? No clubs? What if there was no school newspaper? No yearbook? No prom? Fewer college scholarships? Graduates not being accepted to the higher-quality colleges? All of these things may happen if a new operating levy is not passed.

On November 8, the voters in the city of Salem will be asked to approve a 9.75 mill operating levy. This levy will generate almost \$2 million dollars to contribute to many things that students, faculty, and the community take for granted.

A "mill" is defined as one-tenth of one cent or \$1 for every \$1000 of the assessed value of property. This means that when property taxes are taken, for every \$1000 of assessed property value, the property owner will pay an additional \$9.75 to help cover the expenses of the Salem City School District. Because of good money-management and planning ahead, Salem School District has only had to ask for one tax raise in the last eight years. Now, because of rising costs of education and inflation, the school needs for more money to keep the schools operating as efficiently as they have in the past.

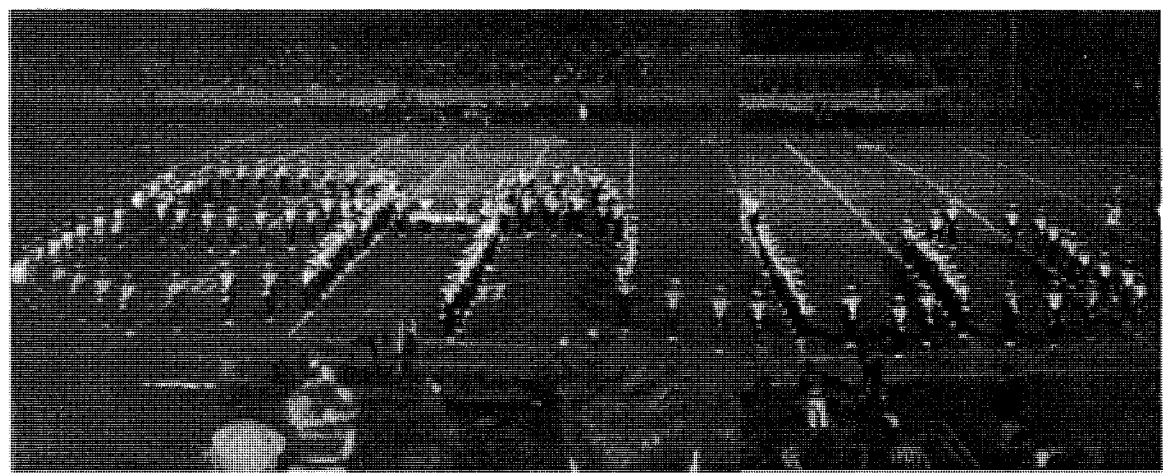
In a report from Superintendent Dr. Burton D. Schoffman's office, a breakdown shows how the 9.75 mill levy will be spent: Eighty-five percent is spent on "personnel and benefits." Ten to twelve percent will be spent on fixed costs, such as utilities and insurance. Finally, three to four percent will be spent on textbooks and other supplies.

Salem prides itself on its schools. Many families who move to this area

choose Salem because of its educational and extra-curricular opportunities. The schools in the city offer opportunities that many other area schools do not have. The technology available at the schools, from computer labs at every building to the county-wide Interactive Distance Learning network set up at the high school, is extremely useful to both students and staff. The schools provide many opportunities for students to become involved in the community. Teachers constantly strive to try new methods of teaching to effectively maximize learning. There are not students carrying guns and knives around schools, which means safety for students as well as administrators and teachers. Salem High School has an extremely high graduation rate and many students continue their education after graduation.

If the voters do not support the schools this November, most programs in all schools will most likely be affected by budget cuts. Fewer students will be able to take advantage of school transportation. Athletes in programs that are not cut altogether will have to "pay to play." Class sizes will grow as the number of teachers shrinks. No new technology will be purchased. Building maintenance will suffer. Mentor, anti-drug, and gifted programs may be eliminated. Most of all, the reputation of Salem Schools and the City of Salem will suffer.

This is a very important levy for the schools, the students, and the city. If the levy is not passed, the quality of Salem City Schools will decline. The community will suffer. The teachers will suffer. Most of all, the student will suffer.



SHS Band Spells It Out

Back To The Future

by Bill Gower

I had the opportunity to sit in on a class and I was surprised at how well the students at the other school presented themselves. I believe if there is a class in the IDL room that I will take it just for the chance to be involved with this new technology.

SHS was one of the first schools in Columbiana County to get IDL. IDL offers a lot of different classes that SHS normally wouldn't have. These classes include ROTC which is broadcasted from Beaver Local, AP History and Ethnic Minorities from Columbiana. We are broadcasting sign language to Beaver Local, Southern, McDonald, Lisbon, career center. German I is broadcasted to Southern and East Palestine. Music Theory to Beaver Local. The teachers in the IDL room include Frau Reed, Mrs. Jeckavitch, and Mrs. Seevers.

The teachers had a lot to say about the IDL room. Frau Reed said that

she thought it was a good thing for the curriculum of smaller schools. She also thinks that if there are openings to take classes that involve IDL. Mrs. Jeckavitch said that it was good but it could be better. All of the teachers agree that the schedules need to be worked on. Mrs. Jeckavitch also said that Beaver Local has two rooms: one which receives the transmissions and one that sends them; it takes more time for the students to go to the other classroom to get their homework. If there is a class in the receiving room, the students have to interrupt the class to get their homework. On the other hand Mrs. Seevers said it saves time to fax them the homework and she can just put her book under the document camera instead of waiting for the students to get their book out and find the page. She also thinks it provides more opportunities. Student Ben Hettinga thinks the program is

good, but the schedules also effect him, and the grading periods are different. Ben said that he likes the program because it gives students the chance to take classes that they wouldn't regularly have. Ben said it's fun, different, and he got to meet some new people. When asked if he would suggest courses dealing with IDL Ben said, "Yeah, because it's a good thing to do." SHS principal Charles McShane said that the advantage of IDL is the exposure to a broader curriculum and the only disadvantages are the schedules. This is a very difficult problem to solve because each school district picks their own calendar and they have different agendas and classes to fit into their schedule, all schools have a problem to come up with a common schedule. McShane said "I'm pleasantly pleased and surprised at how well it is going."

Library of Tomorrow Is Today

by Lee Booth

SHS students will be up to par with the rest of the world on the high tech highway starting in December. The kids will love it," says Mrs. Wrask SHS librarian.

The school has big plans for the library this year. The additions will start in December with the arrival of the Internet System. This system will allow the students of SHS to be able to access other locations in the area like Y.S.U. This will enable students to get information they need quickly. This system will be received by SHS on November, but it will not be accessible to the students until December.

Another piece of technology SHS will be using is an automated card catalog. This past summer Mrs. Rottenborn checked the shelf list and cards with a CD and found matches for automated records used for online card catalog. The old card catalog we all know about will be replaced by this new system in the spring of 1995. Students of SHS will punch in either the title, subject, or author into a computer and onto the screen comes all the information they need to

checkout a book. When they want to check out books, SHS students will find out each book at the SHS library has a pattern bar code number which will be used by the check out scanner. After checking out a book it will print out a receipt to the student with all the important information the student needs on it. SHS hopes to be online with the Salem Public Library to check out books from there for the students in the near future.

While Mrs. Wrask is teaching the freshmen how to use the Internet System, Mrs. Rottenborn will be working on completing records for the online card catalog.

All of these systems will be paid for out of the money the school has set aside for technology. The estimated amount this will cost is about several thousand dollars. All going to a great cause: to prevent SHS students leaving school from going into a culture shock.

Both of these ladies are juggling many, many things at one time to get all this done for SHS students. It shows they care greatly about the students of SHS.

SHS HOMECOMING COURT '94



Jayne Suzanne Penner was announced 1994 Homecoming Queen. The Homecoming Court also included Angela Adolphson, Shelly Caldwell, Heidi Coy, Melanie Drake, Tarran Turvey, and Kristi Wilt.

Voices

School Spirit: An Endangered Species?

by Heidi Coy

School spirit is becoming a thing of extinction here at SHS. Who hasn't heard about our lack of enthusiasm? Cheerleaders, pep club, and other organizations have made numerous attempts to change the students' attitudes, but with lack of cooperation from the administration, it's been almost impossible.

Looking back over the past few years I can see how school spirit might have been a bit low. Football and boys' basketball seasons have been disappointing. But the 1994-95 school year is supposed to be different. We have new coaches for our football and basketball teams, a girls soccer team, and thus far, all our fall sports are having successful seasons.

What's not worth getting excited about? This is our new beginning.

My attitude was exactly that at the beginning of the year. Administration encouraged pep club to get the spirit going, and in response, they came up with a list of new and old ideas that could possibly get the student body "psyched". Included in these ideas was spirit week. There was no problem getting cooperation from authority. What they did have a problem with, however, were the themes. Each day of spirit week should have a theme and a slogan to support our teams. The ideas suggested ranged from boring to outrageous. They finally settled on five themes that they believed would get the stu-

dents involved, but wouldn't cause a problem with the administration. These themes included sneaker day, shorts day, teddy bear day, hat day, and red and black day. The day before teddy bear day, after the announcement had already been made, pep club officers were told neither teddy bear day nor hat day were permitted. An alternative suggestion was paint your face day, which was also denied.

Hat day was denied because of violation of school dress code, and Teddy bears and painted faces could possibly disrupt the class rooms by diverting students attention. Needless to say, the options were limited. What really discouraged me, however, was the discovery that the junior high had

hat day Wednesday, October 5.

The whole idea of spirit week is to do things that are different. What fun is it to wear the same things during spirit week that are worn every other day? It's like having Halloween without the costumes.

People believe cheerleaders and pep club don't have the ideas or the desire to do new activities. But the administration is holding them back. The things we do now are great. But when the same activities are repeated over and over and over, it gets a tad boring. Who can get excited about doing the same thing he/she has done five games in a row? The only way to achieve enthusiasm is to try new and exciting things.

I am aware that certain activities have been ruined in the past, pep rallies for example. I can see how the administration would be uneasy about allowing those same activities to happen again, but on the other hand, we are a different set of students, don't we deserve a chance too? We're not asking for anything too outrageous. Just a little pep, a bit of enthusiasm, and a reason to get excited.

Deface This Body?

by Craig A. Brown

Tattooing and body piercing have captivated another generation of American youth. Everywhere a person looks someone with a tattooed something or pierced body part can be found. What exactly is the craze? Why do they do it?

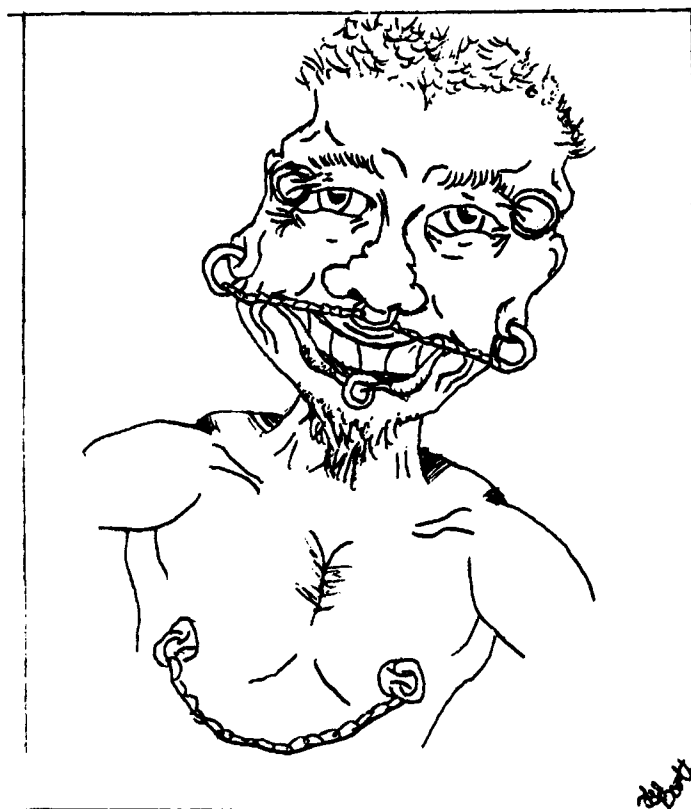
The act of defacing one's body has been around a long time. Oriental cultures have been tattooing for centuries. Archaeologists occasionally come across corpse or two with pierced body parts. (A person really has to wonder about the connection between the death of the individual and the pierced body part.) During the nineteenth century, seaman proudly displayed images of ships, religious symbols, and sea maidens upon their bodies. The era of free love and excessive drug use spawned the popularity of full body tattooing, highlighting the 1970's. The act of tattooing and intentional piercing of one's body is nothing new.

Today's post yuppie generation is putting tattoos all over their bodies and piercing whatever they can grip onto. Sea vessel tattoos are not as popular as they once were. Dragons, snakes, and satanic symbols seem to be the bulk of the resurrected fashion statement. People are piercing everything. Noses, belly buttons, toes, and lips are perfect places to puncture. Next, these pierced body regions are connected with a chain. Tattoo it, poke a hole in it and connect it with a chain, what a fashion statement!

Why would anyone subject themselves to the physical pain and apparent emotional suffering associated with tattooing and body piercing? Obviously, whoever wants a tattoo or pierced body part thinks it's a good thing to do. What? How could a human body be improved by the image of a killer salamander sunbathing across their chest? Now, if someone suggested a few hours on

the old bench press, that would be understandable. If someone punctured their lower lip and connected it with a chain to their little toe, would this person find a date to the prom? Well, chain boy could find a date, if upon his chain were the keys to his Jaguar. Obviously, people who have tattoos and have been body pierced want to be noticed.

There is nothing wrong with a tattooed ankle or pierced lip. Tattooing and body piercing have been performed for centuries and always will exist. People who proudly display their tattooed roses or nose rings want to make a statement, they want to be noticed. Tattoos and pierced body parts do attract attention. Unfortunately, the attention is not always positive. All people must learn to accept the human body for the beautiful creation it is, before decorating it with shameless ornaments. The human body itself is the most powerful statement ever created.



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.

Elvis: dead or alive?

by Kelly Kettell

One of the biggest mysteries of our time is if Elvis is a rotting corpse or perfectly healthy and walking the streets of America.

Continuous sightings of "The King" have been reported since his death over seventeen years ago. Some people truly believe that they have seen him, while others were just really stoned when they spotted the Rock N' Roll legend.

According to some people, Elvis was kidnapped by aliens. If so, why are there so many sightings of him in America? Does he stop by Earth for

a vacation? Other people asked said that Elvis was in a coma somewhere and didn't actually die. Although, the majority of them said that Elvis is truly dead.

Personally, I think that Elvis staged his own death to get out of the public eye and live a normal life. Until there is proof about him being dead or alive, I guess we'll never know.

Someone should dig up Elvis' body to prove that he is dead. If it isn't there, then we will know that he is alive and out there somewhere.

OD on OJ

by Lee Booth and Heather Stanley

O.J.: the man, the myth, the legend, the defendant. Everywhere you look you see his face. Even when nature calls and you pick some reading material he is still looking at you. It seems every form of media is covering the O.J. trial. So what a surprise it is that the Quaker is covering it also.

The media has brought this case to the front burner of the news. Who cares about the invasion in Haiti. O.J. sneezed is the basic rule of thumb. The media has gone too far. With the

networks broadcasting the police chase of Simpson down a L.A. highway to every little hearing on the case the media broadcasts.

We believe O.J. should be tried in a court, not in the media. We as the media should present the facts and let you have your opinion. But the media has put a tabloid smear on the case, and that is what we are sick of. One last note: the judge hearing the case is considering barring the electronic media, thank God!

Why Not

by Heather Stanley

If you have not noticed, a lot of people are starting to dye their hair. When I say hair coloring I do not mean a shade where nobody can tell. I mean dying your hair red, blue, green, purple, even multicolored. This is a new fashion statement, and I figure "why not?"

What appeals so much about "blue" hair is that everywhere you go you are noticed. It is like a big neon sign that says "I'm cool". There are some people who are going to ask why. It is simple. The people who color their hair do not care what people think. They want to do something crazy and wild, and this is one of the best things to do besides body piercing. Another reason is one of today's cult heroes had wild hair; the late Kurt Cobain. He used to dye his hair pink. There are other examples. The lead singer of Stone Temple Pilots has been seen with dyed hair. Members of the band L7 have dyed hair as well. Then there are the everyday people, even in Salem there are a few with dyed hair.

I am not saying that dyed hair is for everyone. I am saying permanently dying your hair is okay. The people who do dye their hair are special. It takes a lot of guts to stand up to the establishment, and to live with it for months.

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

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Of Vampyre

by Christy Brown

As twilight falls, we arise. The hunger is so strong, and we are so weak. As we crawl, helpless, like newborns, out into the fading light, we put our hunger deep within.

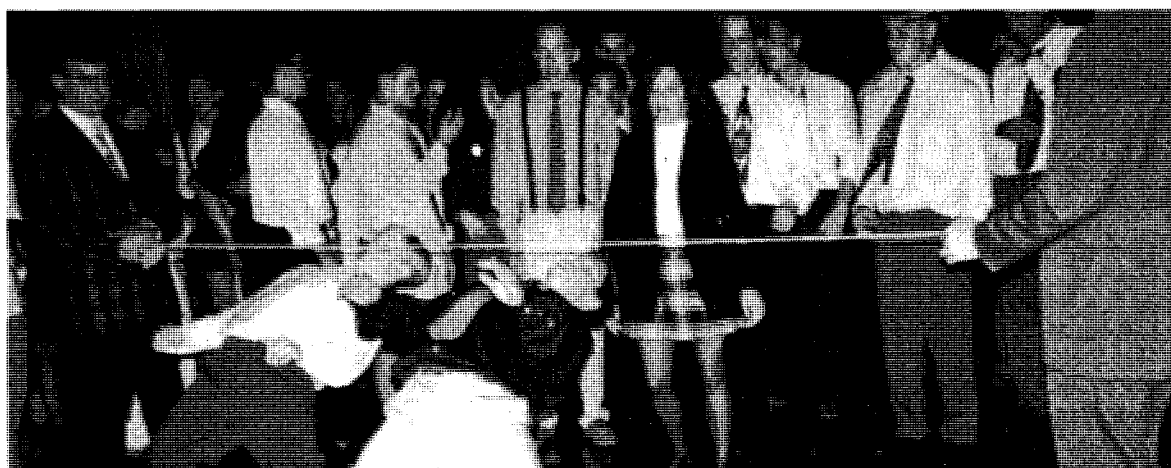
If opportunity knocks, we will wait, but until then, it is kept at bay. We meet, like a clan, for the ritual-wakening. After we've served our purpose, we emerge. The night is cool, the air is clean, unlike our souls. As mortals roam the streets, unaware of our presence, we move from house to house, city block passing like seconds. Finally, our destination; the riverfront. People here are like an active hornet's nest, buzzing, laughing and talking. The mingling together of so many hearts sounds like a violent, stormy sea. So mesmerizing and intense, it is almost to my ears. With smoked glasses to hide my penetrating gaze, I glide effortlessly into this sea of life. The night has begun. The faces of children, so insecure, and adults, so pre-arranged, blur together. I find myself in a land of duplicates, save one. One spark of illumination in a blur of darkness. Hair black as night, skin pale as heat, and eyes, so blue I fear

I shall cry.

Alone this beautiful mortal sits, observant and intriguing. The game has become the hunt. As I draw closer, I smell his blood, so sweet and enticing. I smile his way and he looks. Taking off my glasses, he is entranced with my gaze, and begins to approach.

We speak not a word, but begin to walk. Like dance partners, my thoughts twist and turn with his, until they are one. This mortal, flesh and blood, accepts my offering of rapture.

We reach a secluded spot, and begin to slowly dance. And as I envelop him, smiling, my teeth like daggers in the moonlight, he begins to laugh, softly. And as he sinks, slowly, into eternal abyss, my truth becomes his, and reality ceases to exist. I am aware of the lightening sky, and take to the roofs once more. As I crawl into my "bed", I smile drowsily. "Poor mortal, how sad that his crystal palace of peace is a dark alley of death." I am saddened that he is gone, and that we shall never dance again. But life after life, night after night, I will continue. Such is the life of a Vampyre.



How low can you go?

Freshmen Views Of SHS...

by Alvina Karlis

I recently asked some freshmen what they liked or disliked, and if they had any misconceptions, about SHS. What they told me revealed some interesting attitudes.

Jenn Lipp - I like it better than Jr. High.

Stacey Gardner - I thought the work would be harder.

Lisa Eckhart - I like the mixing of classes with different grades.

Pat Greenamyre - There are less fights.

Jeff Ruple - The work is easier, I like it.

Abby Stevenson - I like being a part of the girls first year soccer team.

Megan Walsh - More freedom.

Casey Phillis - I like the people (guys) and I don't like some of the

teachers.

Lisa Kegl - I like the people, but I don't like being a Frosh.

Diana Andre - I don't like being a Frosh, but the guys are cute.

Wes Johnson - I get lost sometimes. It's a lot better than Jr. High.

Jan Peters - More freedom.

Tom Cosma - Too much homework, I'm a boring Frosh.

Kim Kilgore - The work is easier than I thought it would be.

Christi Paxson - I thought SHS was smaller than it looks.

Kim Lucas - People are more trendy, in a good way.

Aubree Jackson - THE TROUBLE.

Brian Bell - The teachers, some are O.K.

Justin Sharp - The upper classmen get in front of you in the lunch line and push you around in the halls.

Doug Graybeal - This school is huge! Too much homework, and I dig the chics.

Scott Heim - Bigger and better than Jr. High.

Amanda Peterman - I like the teachers better and it's less personal here. I thought it would be worse.

Greg Ziegler - I dislike the longer school day.

High school is a big step from Jr. High. It seems the 1994-95 freshmen are making the adjustment quite well. Being a freshman is not as bad as it seems. Just remember, you will be graduating before you know it.

Vampires Among Us

by Stacy Siddle

With Halloween fast approaching, many supernatural and ghoulish events are to be found lurking around unusual places. This year, be sure to know your friends are truly what they seem to be.

Here are just a few ways to tell if a vampire is your true companion. Do you notice one or more occasions your buddy is staring at your neck in an insanely haunting manner? Does he or she shy away from garlic bread? Is his or her wardrobe taken on a darker tone such as black? When at a restaurant and asked how he or she likes the meat prepared, do they quickly shout out "rare!" and greedily lick their lips? Have you begun to receive the deep resentment towards them and realize that you only see this on at night? If you have answered to one or more of the above questions, your friend could be quite possibly a vampire.

Vampirism started in the early 15th century in Romania. A vampire is actually a corpse, which is never dead nor alive, who rises from grave at night to feed on the blood

of other living human beings. Thus, turning their victims into vampires themselves. The female monster known by the Greek term lamia, seduces the defenseless male gender in darkness, slowly sucking out the life giving fluid from his pulsing veins. Whereas the male species selects his victims in a more personal atmosphere. He strikes the bedrooms of beautiful young women, wounding and eventually murdering them with a "harmless love bite". Sigmund Freud and many other psychologists believe that the actual bite of a vampire to his or her victim stems from and is directly connected with much sexual excitement and repression. This blood giving experience harbors in the minds of many mentally troubled patients.

I would not suggest the decapitating or deliberate killing of your favorite friend by plunging a stake through his or her heart, but it wouldn't hurt, especially this time of year, to wear a crucifix around your neck and carry a vial of holy water in your backpack.

Spooky Movies

by Sara Washington

With Halloween slowly creeping up on us, many people are feeling a little daring. Flocking to your local movie rental store, you search for that one spine tingling, thrilling movie, that one movie that will scare you beyond belief.

Since curiosity got the best of me, I asked some fellow students what their favorite spooky Halloween movies are:

Stacy Siddle (12) - "Rocky Horror Picture Show"

Doug Heath (12) - "The Legend Of Sleepy Hollow"

Mandy McGee (12) - "Children Of The Corn"

Mary Melody (12) - "Charlie Brown's The Great Pumpkin"

Dan Aikens (12) - "The Shining"

Mike Hazen (12) - "Faces Of Death"

Mike Booth (12) - "Demons II"

Amy DeVille (12) - "Child's Play"

Kelly Seddon (12) - "Halloween"

Dave Wright (12) - "Luther The Geek"

Terry Bowlin (12) - "Leprechaun"
Tara Woodyard (12) - "The Omen"

Ben Wyatt (11) - "Psycho"

Chuck Oesch (11) - "Texas Chainsaw Massacre"

Kristy Quinn (11) - "The Crow"

Marcie Sabatino (11) - "Candyman"

Jennifer Pitts (11) - "American Gothic"

Adam Kress (11) - "Dracula"

Mike Kolich (11) - "From Beyond"

Janelle King (11) - "Friday The 13th"

Ed McMillen (10) - "Cujo"

Stephanie Beltempo (10) - and Libby Figgly (10) - "The Exorcist"

Kurtis Willoughby (10) - "It"

Keith Menough (9) - "Jason Goes To Hell"



Fade To Black

by Dan Aikens

Black. You see it and hear about it all the time, according to Webster's Dictionary it's defined as dealing with supernatural, evil and religious behavior. Black represents supreme evil during the Halloween season. An example of this is black cats and black witches.

I asked some SHS students what they think of, when they look at black and I got some interesting answers:

- Matt Loomis-Death
- Matt Backus-Negative
- Nathan Bielski-Rolling Stones
- Mrs. Kress-Darkness
- Mike Solomen-Kerry King, guitarist for Slayer
- Radha Fitch-A color that's not supposed to be a color
- Jadey Berger-AC/DC
- Liz Russell-Trent Reznor and Courtney Love's wedding
- Ami Demeo-The doors to inter-consciousness
- Shannon Hendricks-My mind
- Greg Swiger-Chuey
- Mrs. Bailey-My clothes
- Zach Bachman-War
- Alvina Karlis-The black eye I am going to give you for asking me questions
- Shawna Alexander-Ami Demeo
- Megan Morrissy-The death of a legend Kurt Cobain.

SPANISH CLUB

OCTOBER 17-31: FUND-RAISING PROJECTS FOR TRIP TO SPAIN.

OCTOBER 29: HAUNTED HAYRIDE AND WIENER ROAST AT CHAPARRAL FAMILY CAMPGROUNDS, MIDDLE-TOWN RD. MAKE RESERVATIONS WITH SUE MARHEFKA.

NOVEMBER 19: 11:30 A.M. MEET AT CHI CHI'S IN BOARDMAN FOR LUNCH.

DECEMBER 15: CHRISTMAS PARTY - MORE DETAILS LATER.

FEBRUARY 17: SKI TRIP TO PEAK 'N PEEK - 6:30 A.M.-6:30 P.M.

MARCH 24: LEAVE FOR SPAIN. WE'LL VISIT BARCELONA, COSTA DEL SOL, TO AFRICA, ON A TRIP ACROSS THE STRAITS OF GIBRALTER, GRANADA, SEVILLE, CORDOBA, MADRID, AND TOLEDO.

IT IS NOT TOO LATE TO JOIN THE TRIP TO SPAIN. SEE MRS. MARHEFKA FOR MORE DETAILS.

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Nightmares, Falling Into Nothing

by Mandy McGee

I am falling, endlessly, from an unbelievable height. A silent scream escapes from my mouth, as the black void envelopes me. Suddenly, I bolt up in my bed, my pulse racing. I sigh with relief as I realize it was only a dream.

Almost everyone can relate to this scenario. Nightmares, such as this, are defined as being "a dream that frightens the dreamer" and are common in society today.

According to a study done by Ernest Hartmann of Tufts University, nightmares occur more frequently in people he terms as having "thin boundaries" in their personalities. Overly sensitive, open people who enter relationships quickly are categorized as such. This coincides with studies previously done indicating that frequent nightmare sufferers are highly creative, artistic individuals.

Another study done by James M. Wood of North Texas State University, found that nightmares averaged at about 24 per year in college students - an estimation much higher than formerly thought. The study went on to state that nightmares occur most often in young people and begin to decline with age.

Other studies have concluded that people are more inclined to wake up prematurely after a nightmare feeling whatever emotions felt during the

dream, even if the plot is not remembered. Furthermore, the middle of the night also happens to be the body's chronobiological low point or the time in which the body feels least secure. This explains the overwhelming sense of dread and despair many times felt upon awakening after a bad dream.

There are a few ways to avoid the unnecessary nightmares people sometimes experience. For example, refrain from eating heavy meals before going to bed. Many researchers have linked this to recurring nightmares. Also, it has been proven that horror movies may cause nightmares in teenagers and adults just as they do in children. Some prescription medicines create a higher frequency of nightmares, too.

The key to stopping recurring nightmares is to analyze the dream and figure out what problem is causing it. Dream dictionaries offer little help in this, seeing that definitions for the same situation vary from author to author. Individuals must look at each event in the dream and make their own conclusions of what it means based on their lives. After the underlying problem is reasoned out, it must be confronted. In most cases the nightmares will then cease.

Many people have trouble remembering their dreams. If this is

the case some psychologists suggest repeating the phrase "I will remember my dreams when I wake up" several times before falling asleep. Upon awakening write down everything that you can remember. As for nightmares it is then recommended that you reconstruct the dream in a way in which the situation becomes a pleasant one. Then think of this new dream as you fall asleep.

Nightmares cannot hurt you. Ultimately once this is realized you can slumber peacefully again.



Happy Halloween

Club Activity Updates

by Jennifer Simmons
Pep Club

President- Jen Simmons
Vice President- Angie Adolphson and Susie Wolken
Treasurer- Erin Morrison
Secretary- Heidi Coy

Pep Club is working on different things for the end of all the seasons. And they are also trying to keep up school spirit by doing several things like decorating and painting faces.

TACT

TACT is working on their Hal-loween party that is at the end of October.

Physics Club

Physics Club has a lot planned like an airplane competition and a star gazing night, just to name a few.

Project Support

Project Support is planning out their disability week.

Class of 1998

The Class of 1998 is working on raising money for their Junior Prom by having many fund raisers.

Student Council Update

by Mike O'Brian

Both Junior Class President Kyle Dinsio and Senior Class President Shawn Catlos are busy preparing their class' officers and representatives for the rest of the year.

The main project for the Juniors is the prom, which will be held this year at Mr. Anthony's in Boardman. The class held a car wash over the summer, and in addition to the dance that they have already sponsored this year, there will be a M & M sale at the end of October. The Seniors, whose purpose is to purchase their class gift, have not needed any fundraisers yet this year, as their treasury is in "stable" condition.

Both Catlos and Dinsio feel that the student body should be more

involved in student council. This year, students will be kept up-to-date on student council happenings by way of a newsletter. This way, the student body will know what is going on in the meetings, and they will be able to give their opinions and feelings to members. Each president encouraged to make their feelings known to their representatives as well as electing these representatives carefully. Catlos feels that more students should try to be elected to offices, and they both think that students should make their choices carefully. Dinsio wants students to "make (student council) work for what they are elected for."

Academic Challenge

by Bill Gower

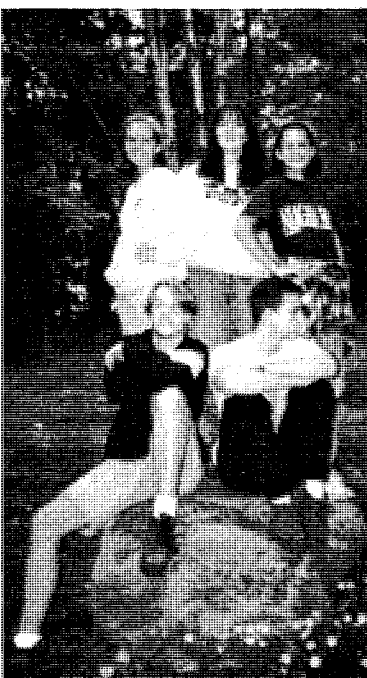
The academic challenge team advisor Mrs. Fran May and two participants attended a summer camp in Spartanburg, South Carolina.

The camp was very intense. The first days of the workshop they discussed different strategies and questions that might be asked in the tournaments. Each day they had a practice similar to the national tournament. It was the first national camp

for preparation of the academic challenge quiz bowl participants.

The academic challenge team is looking for new members. If you would like to join, go to room 161 after school on Friday 3:00-4:00 or on Wednesdays at 6:45-7:45 A.M.

Mrs. May evaluated the camp a success.



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What We Hide

by Jadey Berger

The saying "no one sees when no one is looking" seems to be all too true for many teens. Think for a moment of all the things you hide from your parents or any adult authority, maybe your peers or even yourself. Drugs, drinking, or smoking may come into your mind.

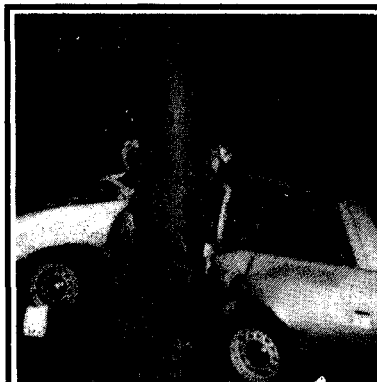
Drug abuse in teens dropped in the '80's but is again rising in the '90's according to research done by the Centers for Disease Control. We are the lost generation. Drugs find their way to every type of teen, not just the small few that would be considered stereotypical abusers. A series of surveys conducted by the National Institute on Drug Abuse and published by USA Today found that 60% of teens drank and 37% drank to get drunk at least once in a 30 day time period. The same series of surveys also revealed that 14% of teens had smoked marijuana and 32% had smoked cigarettes in the 30 day time period. These surveys of high students, being based on a 30 day time period do not even begin to show the big picture.

Hallucinogenic drug use is making its very unexpected return. In 1993 the federal government gave us

statistics that stated LSD use was up 30% in 8th graders. LSD is one of the most steadily rising abused drugs in teens today. Arrests involving LSD have tripled in 1990 according to the Drug Enforcement Administration, who have since then founded a special LSD task force.

No one seems to know how to help what are sometimes considered the helpless teens of the '90's. A lot of the adults today just ignore the problems we have, therefore letting us stumble into position as the adults of tomorrow. According to a survey published by USA Today, in 1989 at the end of the "just say no" campaign and also a decline in drug abuse, 64% of adults in the U.S. felt that drugs were the nation's largest problem. However, in 1992 when drug abuse was again on the rise, only 2% of adults felt that drugs were our nation's largest problem.

What kind of Halloween party are you planning to attend this year? Do you feel that you are part of what our nation considers "Generation X"? Some of you out there may not plan on remembering this Halloween, but remember you shouldn't hide truths from yourself.



Keep your head...

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Sports

Back in black

by Lance Cranmer

entering 1994, Salem football had won a total of eight games in the 1990's. Under new head coach Bill Bohren, Salem is in a position where it could win eight games this season alone.

Despite the heart-breaking over- loss to West Branch, Salem has dominated in every game that it has played. The key to victory has been the running game led by fullback Jason Belaney and tailback Jason Humphreys. Belaney is currently leading the leaders in the area with 117 yards on 117 carries.

The running dominance began with Salem's first big win at Howland. Salem's backfield committed to rush for 271 yards and five touchdowns. Four TD's and 153 yards were pounded out by Belaney in his most dominating performance of the year.

The following week in East Palestine Salem again controlled the

ground, but they also took to the air. Marco Nicotera completed seven passes for 80 yards including three, (one of them a touchdown) to tight end Brian Dean.

The Homecoming game turned out to be anything but a game as Salem blew out a weak Cleveland Rhodes 53-7. Salem rushed for 431 yards despite the fact that Belaney didn't even play. His replacement Matt Kunar teamed with Jake Cook and Todd McLaughlin to score two touchdowns a piece.

Salem's first true test came against the potent offense of the Howland Tigers. The QB that was supposed to tear up Salem's secondary was shut down by the excellent pass defense of Nate Hendricks. Howland couldn't even run the ball gaining only 58 yards against a powerful Salem D led by Tom Kugler and Zach Buchmann who recorded Salem's first safety of the year.



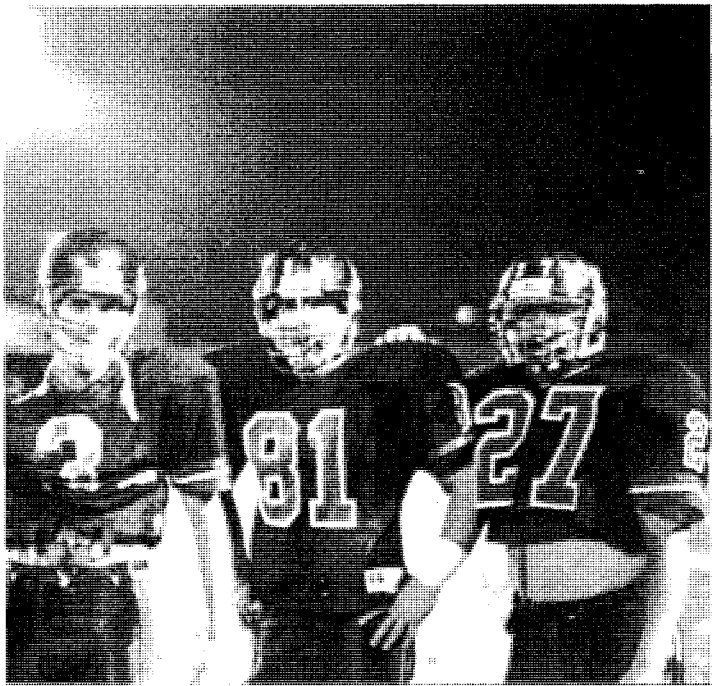
Intensity and enthusiasm: The 1994 Quakers

The game that followed was undoubtedly one of the greatest games ever played by a Salem team. It was the battle for control of the conference between 4-1 Salem and 4-1 Poland. Salem played brilliantly on both sides of the ball. The defense led by Shawn Catlos' two key intercep-

tions kept Poland honest. The offense sparked by Jason Humphreys 109 yards kept Poland concerned. The game was won on the drive of the century in which Salem converted three fourth downs before getting stopped with 1:05 left in the game. It came down to kicker Ben Hettinga

who's notorious for his extra points trying a 26-yard field goal. Needless to say, he drilled it giving Salem a 10-9 win over Poland.

This not only earned Salem its fifth win, it earned Salem some respect.



Three Amigos!

Who will prevail in the MAC?

by Chad Hofmann

The Metro Athletic Conference (or little MAC) once known as the MVC (Mahoning Valley Conference) has just started its first year with the new additions of Niles and Howland. The MVC last year came to an abrupt ending when a meeting with the conference schools decided to terminate the division by dropping Campbell and JFK and picking up Niles and Howland. Campbell and JFK were kicked out for supposedly recruiting athletes. They were very upset over this decision, being the only ones who voted for them to stay. Niles and



Howland are not officially in the conference this year so their records won't count for this year's MAC

standings, but they are on some MAC's teams schedules this year. We will see who has the power to take the first years MAC title in all the sports to come. The teams in the new MAC are: Salem, Poland, Struthers, Canfield, Girard, Howland, and Niles.



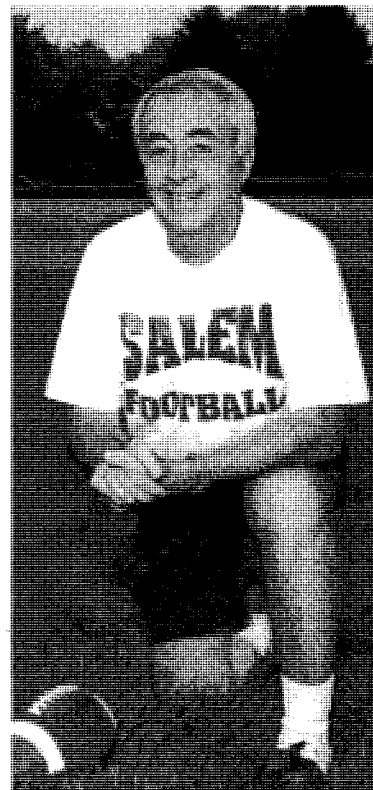
What... girls soccer!

by Chad Hofmann

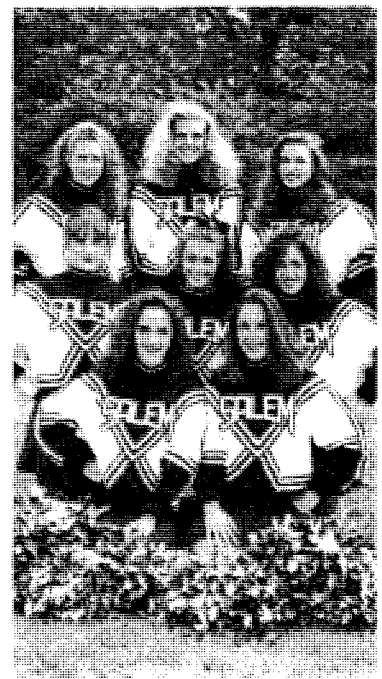
Girls' soccer has been playing for 50 years. The girls have jumped in and played with real spirit and enthusiasm and it's only the first year for Salem! So far the girls' soccer has had an impressive start: went on a six game winning streak right off the bat, and goalie Fennema held opposing teams out for these six games without a goal. Then they battled for a tie in a match against Wheeling Park. It was the first time the Quakers had scored on, which made the final score 1-1. But the team quickly rebounded back gaining 2 more victories over St. Thomas and Marlinton making their record to 8-0-1. Winning to Lakeview was hard on the Quakers because they suffered their first loss of the season 4-0, and they also suffered a tough loss to Howland 4-3. They turned them around by beating Girard 5-0 and Warren 4-0. If they win the rest of their games they may be in contention for the playoffs. Some of the reasons for the team's success is the coaching staff; head coach Harry Mays, and assistants Nitch and Alicia Metz. You do

have to admit that the coaches have already taken them pretty far for their first year. The three captains of the team are senior Tennille Abrams and sophomores Jana Stewart and Abby Hill, are leading the team well, and I think their record shows it. There are three seniors on the squad: Alvina Karlis, Tennille Abrams and Amy McKinney are marking their first and only year of girls soccer at SHS. They're determined to make it a good one, just as all the other members are

as well. The team roster is as follows: Casey Fisher, Jana Stewart, Abby Hill, Jaime Oesch, Emily Milnarcik, Stacey Bricker, Jan Peters, Abby Stevenson, Kim Kilgore, Alvina Karlis, Melanie L'Italien, Shona Callahan, Sarah Fennema, Erin Higgins, Kristi Fennema, Nikki Ruple, Tennille Abrams, and Amy McKinney.



1994 Quaker Head Football Coach Bill Bohren



The 1994 SHS Varsity Cheerleaders.

**Congratulations
Fall Sports**

Teamwork A Factor In Cross Country Success..

by Danielle Conser

Both the Boys and the Girls Cross Country teams have a good chance of reaching the state meet this year, mainly because of the positive attitudes of the team members.

What sets this year's girls team apart from previous ones is their willingness to work together. Junior standout Heather Talbot says that team unity is a big factor when it comes to the success of the team. "This year everyone is working together and really pushing each other. I think if we continue to do that, we can make it to state."

One way the girls plan on making it to state is by setting goals for themselves. They all set times that they want to reach, then they rely on their teammates to push and encourage each other. Coach Frank Parks is also a big encouragement. Talbot says that "Coach Parks is a very big help to the team. He runs and trains right beside

all of us, and that motivates us to do our best."

When asked about next year's team, Talbot seemed optimistic. The team will be dependent on this year's sophomores and juniors to step up and assume leadership roles. There are only two seniors on the team this year, Angie Adams and Lisa Stewart. Both are strong leaders and a big reason for the success of this year's team.

The boys team is also having a very successful season this year. They have only two losses, falling to Fitch and South Range in the same day. Senior Jason Julian says that the midpoint of the season is sometimes slow. But they are trained to come on strong and peak at the end of the season, and it looks like they have done just that by taking first place at the County Meet, and second at the League Championship Meet.

In order for the boys to reach their ultimate goal of going to state, they must concentrate and work hard in the next couple of weeks. Julian says that team unity is a big part of being successful. The team has to have the motivation to win. That comes from the players as well as Coach Parks. Jason says that Coach Parks is a good coach who "knows what he's doing." Julian says that Salem graduate Mark Rea was a big inspiration for the team as well. "When Mark was here he was a very hard worker, who made others want to work hard also."

Coach Parks says that the team has been working hard and has had a great season so far. He also says, "When you give 110%, you can't complain."

If both teams can continue running like they have been, there is no doubt in my mind that we will see them at the state tournament in November.



Don Conser leads girl's volleyball

Volleyball Ready For Tournament

by Mike O'Brian

Girls' volleyball last week capped off a successful 17-3 regular season and are ready to start tournament play, thanks to the leadership and skills displayed by co-captains Danielle Conser and Liz Winch

Both captains feel that this year's team has the potential to go just as far as, if not farther than any team in the history of Salem. "We're just as good because we work well together and get along," Winch explained. Conser added that the girls know all the fundamentals and have all the talent needed to advance in the state play-offs.

The Metro Athletic Conference champions seem to win with ease over their conference foes. Conser mentioned that the MAC does not have very strong volleyball teams, which Winch feels that this makes the games against these weaker opponents less exciting than practice. But

when the Quakers play out-of-conference teams, they receive a "wake up call" — especially when they lose.

"Our first loss was pretty surprising," Conser recounted. The girls use their losses as valuable learning experiences. They watch videos to see what they did wrong and then attempt to correct it. The losses, the captains feel, will be very beneficial in the tournaments because the team becomes refocused on its goals.

The 1994 Quaker volleyball team sets many goals for itself. They have accomplished their mission to win the newly formed MAC. Conser wants "to beat every team as badly as we can."

Winch stated that if the team does as best as they can, "We won't have any regrets."

This year's 1994 OHSAA volleyball tournament begins the week of October 23.



The 1994 Quaker soccer team is strong again this year.

Boys' Soccer Successful Again

by Danielle Conser

The boys soccer team is having another great season, suffering only two losses, both to Poland. The main keys to their success are strong leadership and experience. All of this year's starters are returning lettermen. Some of the leadership comes from the six seniors on the team.

Two seniors, Joel Stewart and Ryan Drake, agree that one of the strongest assets of the team is the way they work well together. The team has a strong offense as well as a very solid defense.

The players set personal goals along with goals for the team. One of the team goals is to be seeded third in the regional tournament.

Even though the team is losing six key players to graduation, they still have high hopes for next year. They will have nine returning starters as well as some strong players coming off the bench.

If the team can continue playing as well as they have been all season, they can look forward to a very successful postseason record in addition to their regular one.



Joe Judge and the 94 Quaker Girls Tennis Team have had a successful year.


Golf Team 11-8

by Ryan Raymond

Without senior leadership the SHS golf team still went 11-8.

This year coach Darrell Dye kept 10 golfers, 6 varsity and 4 JV. 22 were cut from the team.

The fourth person on the varsity team, Travis Szwedko, said that a good part of their success this year is due to the arrival of two freshmen, Brian Mehaffey and Shawn Devan. Szwedko said that he felt that they lost at sectionals because they weren't mentally ready to play. Szwedko practices everyday, hitting about 200 balls and putting for an hour. He said he got interested in golf because his father is a professional and his grandfather won the Public Links tournament 8 times and also played in the Masters. Szwedko thinks if they work hard this spring they have a good chance to win State.

Go  Quakers!

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