

The Quaker Student Newspaper

Vol. 82 No. 2 Salem Senior High - Salem, Ohio Monday, November 21, 1994

What now? Part 1

by Mike O'Brian

Whether they are just beginning high school or they are starting to show the early symptoms of seniority, there are many important steps that must be taken during high school that will make sure students are successful in life. This year, *The Quaker* will focus on a few of these important decisions that may help students decide what they want to do and how they will go about doing it.

The first thing that everyone in high school needs to know is that your counselor is there for you. As well as being there when you just need to talk to someone, they also do their best to make sure that you know what you want: in high school, college, or your job or career.

Mrs. Bosu, Miss Carmello, and Mr. Washinko are not just the people to make your schedules. They also coordinate college representatives, make scholarships known to students, help students choose vocations, and much more.

There is one catch: Your counselors can only help you if they know who you are. It is impossible for them to know everyone in the school, especially if you do not make yourself known. If you happen to pass one in the hallway, say hello. They may not know your name then, but in time each counselor is responsible for at

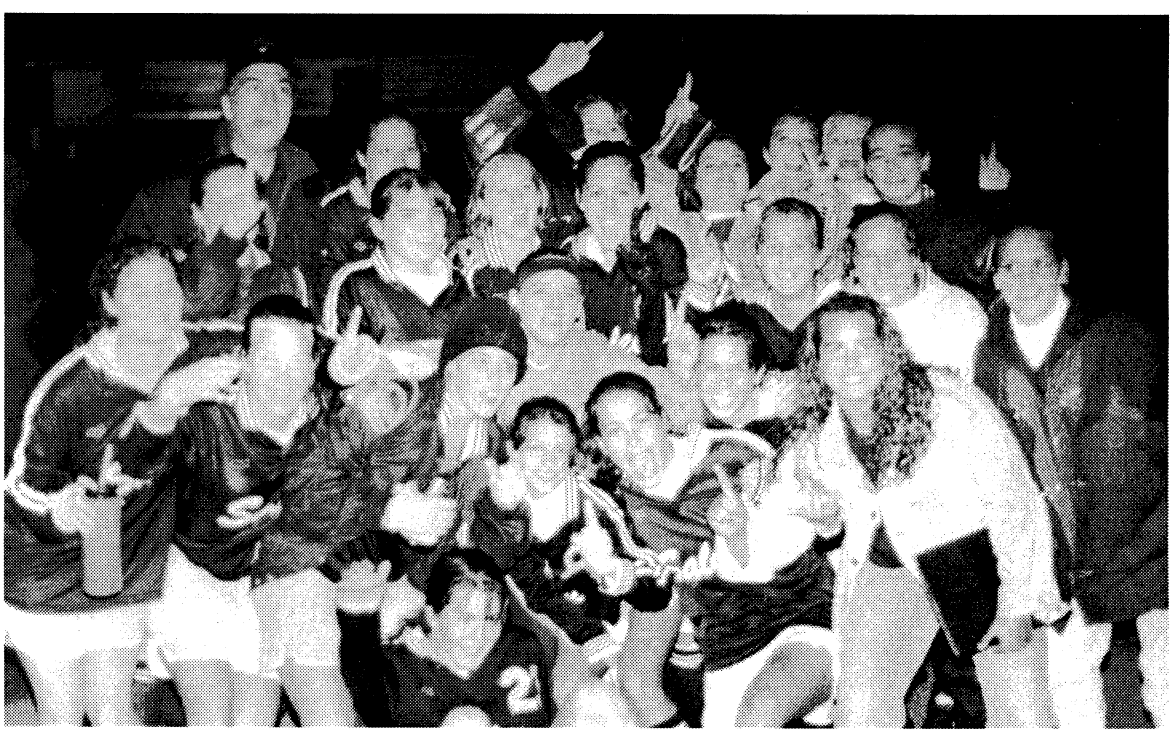
least 300 students), they will eventually catch on.

Knowing your counselor and your counselor knowing what your interests are is an advantage, especially during your junior and senior year. Once you start looking past high school and to what you want to accomplish as an adult, counselors can be a big help. They can give you options that they feel are realistic for you and help you choose what path you want to follow.

If a counselor is not available when you need help, leave a note to him or her explaining what you need help with and when you are available to talk. They will be more than happy to find you and answer your questions.

Finally, just because your class is assigned a certain counselor, do not be afraid to approach other counselors if you feel more comfortable talking to them. They do not mind whom you talk to, as long as you are willing to speak to them.

Realize that you are the reason that the counselors are there. They are valuable resources — your link between high school and what lies ahead. Listen to what they have to say, and be a familiar face to them. Do not let them forget you — and do not forget them.



Additions to SHS

by Amy McKinney

There have been additions to the teaching staff here at Salem High School this year.

Mr. Longenecker is one of the new teachers. As he begins a new year at SHS, I thought I would ask him a few questions. I first asked him how he enjoys it here so far as a gym teacher and a coach? He began to tell me that, changing schools he thought would give his family an opportunity for them to come back to their hometown. He always wanted to be a teacher so by being a teacher made it possible. When he is not busy coaching boys varsity basketball, he is out playing golf, or making golf clubs. His final words were the definition of "discipline" from coach Knight. Do what has to be done, Do when it has to be done, as well as it can be done, and do it that way all the time....

Mr. Kirkland is also a new teacher. He teaches manufacture, woods, pho-

tophography, crafts, home maintenance. He has always wanted to be a teacher since he was in mechanical drawing. He graduated from Salem High School, then went on to Edinboro State College. Transferring to Kent State, getting a degree in technology education. He did his internship at West Branch High School. Mr. Kirkland's first teaching job was at Leetonia High School. Then he decided to come to Salem, his hometown. In his free time he coaches high school football in Leetonia.

The last new teacher is Mr. Ogilvie. Coming from Fostoria High School where he used to teach, he moved back to be close to his hometown. Growing up with both parents as teachers, he decided to be a teacher. Mr. Ogilvie teaches math and enjoys working with kids. In his free time he likes to work out and enjoys being with his wife.

T.V. - guilty or not guilty?

by Kelly Kettell

Our generation has been bombarded with news of wars, AIDS, drug violence, murders, rape, and millions of other problems we've grown up with. Has it made us a more fearful generation or a more afraid one?

When you turn on the T.V., what do you see? President Clinton sticking his nose into other countries' business, a woman brutally murders her innocent children because her boyfriend didn't want kids, and drug-related shootings galore. Isn't there a lot of good news?

Have we become a generation of distrust because of what's going on in the world? It makes you look to your boyfriend or girlfriend and wonder if she will someday kill you and throw your body in the garbage just because you wanted to break up.

A man you've known for years suddenly murders his entire family for no reason. Kids are killing kids

for inane reasons like lunch money, whatever happened to the Mr. Rogers neighborhood we used to believe in?

While we're on the topic of T.V., why must T.V. and movies be blamed for this country's problems? It takes a demented person to do something because they saw it on *Beavis and Butt-Head*. If somebody sees them as role models, they need serious psychiatric help.

MTV isn't corrupting Salem's youth. It's what's going on in the world that is. Don't go looking for T.V. for a blame. Try looking to the home.

People say that today's teenager has no morals. It's not because they didn't watch enough *Seasame Street* as a kid, it's because they've never been taught any.

People have been using T.V. as a scapegoat for too long. It's time to wake up and see what's going on around us.

To be or not to be used?

by Lee Booth

The courtyards, to look at or to use? You know there are two of them. If you don't know they exist that's because we don't use them.

"Dead space," That's what a student said when I asked him what he thought of the courtyards.

Dead space is, in fact, all they are. In 1959, when Salem Senior High School was first used, the courtyard by the library did not even exist. The one by the cafeteria was twice its size because the cafeteria was half the size it is today. They had a lot of space yet to fill.

"Use them for whatever they were built for," yet another student says.

But, as the school's history shows, the courtyards were built only to fill space.

In 1971 the English wing was added, which left empty space so they put in the courtyard. This is the courtyard by the library.

Anyway, their here and they are not being used. However, they have

been used in the past. In 1975 they used them to eat lunch, have club meetings, and for study periods. If they did not use them for any other reason, they just opened the doors and just let the breeze in. In any case, they were being used.

Today I get reasons why we don't use them like it disturbs class or the doors don't unlock very easily.

The only class by the cafeteria courtyard is studyhall and the only class by the library courtyard is the library. If the doors don't unlock very well get them fixed.

Students want SHS to make the courtyards more useable to them, for instance, the locks on the doors. "Don't let them sit there and rot!" cries a SHS senior. Students have many different ideas for the use of the courtyards. All of them say they are serious about their ideas. Some ideas are simple, others are complex.

"The taxpayers pay for the school to be used by us, therefore, the court-

yards are ours to use," says a SHS junior. "During warmer, nicer weather put picnic tables out there and let us have lunch out there," says a SHS sophomore. "Have classes out there when it is nice out," say a number of SHS students. One of the wilder ideas was "use them as gas chambers for those who need severely punished," says a SHS senior. I do not suggest this idea though. Other students let their hormones talk when I asked them about the use of the courtyards. Those ideas I will not say. Use your imagination. In any case, SHS students do want to use the courtyards for something.

In 1975 the courtyards were being used. Nineteen years later in 1994 they are not being used. SHS students feel cheated. They only want to use the courtyards for something. They have plenty of ideas. Why not use one of them?

An introduction to Salem's exchange students

by Alvina Karlis

Salem Senior High has four exchange students this year and they are Bec Teyhan from Australia, Jonathon Francois from France, Belen Felix from Ecuador, and Ingunn Hvammen from Norway.

Bec Teyhan says that the United States has a more friendly atmosphere and the people here are very hospitable and kind. Her favorite place to visit is San Francisco. She likes best about her country the unique wildlife, great weather, and her friends and family. She decided to come to America because she wanted to experience life in another country and she had always wanted to visit America. Bec says that in Australia young people are more independent and responsible. The animals are different and she had never seen snow before. she is involved in Interact, AFS, TACT, NAHS, and German club. Her future plans are to decide to study in Australia or come back to the U.S. and go to college.

Ingunn Hvammen likes her language and her family, but in the U.S. she likes the people because they are easy going and are friendly. She decided to come to the U.S. because she wanted to do something different and America is the country everyone hears about. The biggest difference is the social life. The teens in Norway are more independent. Ingunn is involved in AFS, Interact, TACT. When she returns to Norway she has one year left in high school after that she may return to the U.S. and go to college.

Belen Felix says that the people here are friendly and in her country she likes her family. She came to America because she wanted to learn another language and another culture. In her spare time she likes to play soccer and basketball. Belen is involved in Interact, Key Club, and she played girls soccer this Year. She plans on studying Marketing at Boston College.

White Christmas

by Mike O'Brian

This year's White Christmas Dance will be held December 28 at the Salem Golf Club.

Tickets will be on sale on November 29, December 1, December 6, and December 8. The cost is \$15 each or \$30 a couple.

Parental permission forms and verification slips for guests that do not attend SHS will be available in the office beginning November 28. These forms must be completed before purchasing a ticket for the dance. All students at the dance, whether they go to SHS or not, must be a verified junior, senior, or graduate to attend.

Inside:
Misrepresented Club Activities
Fall Sports Wrap-Up

Page 2
Page 4
Pages 5-6

Voices

Misrepresented

by Heather Stanley

Who wants to be a part of this generation: the notorious Generation X? If you are between the ages of 11-34 you already are. What does it mean to be part of Generation X? It means that your generation will be the first to make less than their parents since the Civil War. This generation is also the first to be baby-sat by the TV.

There are other problems this generation has to deal with. Aids being found in the early 80's, when most of us were too young to care. America's version of the Plague was being discovered. There is also the gay movement that has come out of the closet. Things like spousal abuse and incest are hot topics for millions to watch on zillions of talk shows. The news is even getting dirty, with tribe tabloid newspapers and TV shows. The networks news has even sunken to a new

level: OJ. Our minds seem to be in the toilet along with the media. The murder rate is rising, marijuana and LSD use among teens is the worst since 1975. The world has changed in the last few years, but to what? That is something you will have to decide.

Who you are is a important question, you must solve. This is hard because there is a lot of negative information out on Generation X. There seems to be this popular opinion that this generation is a bunch of slackers and whiners. Some adults complain we whine about everything, no one has a real job. There is also a problem with the older members still living at home at the age of 28.

What does this mean for Salem? There is going to be a lot of stereotypes that this generation has to overcome to succeed. There is this dream

that all teenagers go to college, gets a good job, marries, has children, then dies. This should not apply an more, the world has changed too much.

As teenagers we sit in our classrooms praying to get into the real world. The real world is not much better than this. The problems are just different. In school the biggest problems run around your ACT score and your parents rules. In the real world you have a pain for a boss and apartment that is not fit for a rat to live in. Yet, as teenagers we have a lot Generation X stigma to deal with. As a part of this generation people are going to discredit you. The media has decided the image to show. Then the public believes it.

Who's to blame for this shabby representation of Generation X? There is double blame the first is the media. When Woodstock 94 was

going on the majority of the pictures publish were of the 'mud' people in the moshpit. The media all but said, look at what a stupid thing America's youth is doing. There is also when Kurt Cobain died the media said he was the 'hero' of Generation X. That was stereotypical enough for them, they then turned around and said Eddie Vedder was now the 'hero' of Generation X. I want to know how they decided that those two were to be Generation X's heroes. One of the reasons Cobain committed suicide was the media pressure was too much for him. Some people can't get a hint.

The second problem has to do with the Baby Boomers. They are the generation before Generation X. They age from 50-35, the biggest problem is caused by the older ones. The older members, are the most stable and are very opinionated about

Generation X.

Their basic complaint is that when they were young they fought, protested, and for many dodged a war. To them all this generation does is whine and shop.

Throughout this paper I used a the term Generation X. I hate this term and wish I had never had to even had to use it, but it is the most known term that the majority of students would relate to. This term involves everything I hope this generation is not about. It is a media ploy and device to label this generation into a lump sum. I only know four people with colored hair and not everyone I know likes Alterative music. The term Generation X is a scapegoat to blame us for problems we had nothing to do with. It also does not reflect this generation what reflects this generation is you and me!

Sex the problem and the solution

by Craig A. Brown

Sex is a classic issue facing America and her teen culture. Parents, teachers, and government officials have repeatedly attempted to stop the "sexual revolution" which seems to grow larger with every generation.

Yes, America has created another generation hypnotized by a sexy American media, a sexually indulging society, and pure sexual curiosity.

Everywhere a person looks they find a beer advertisement featuring an under-dressed model. A recent film advertisement pictured a photograph of three attractive women. The challenge was to guess which of the three beauties was in fact a photograph. True, the advertisement did grab one's attention, and it was a challenge to decide which lady was the photo-

graph. One would guess that soon after the ad campaign was released, the sales of that particular brand of film did increase. The fact is sex appeal is a powerful tool in sales, even camera film.

If sex sells products, executives are going to use sex as a selling point. Companies are not going to stop advertising tennis balls with a beautiful person because it causes children to think "ideas" about that person. Sex is always going to be part of America's culture.

Parents claim television is to blame for their children's advanced thinking. The media believes the parents' complaints are rooted in their own lack of parental supervision for their children. The government does not seem to be blaming anyone. Although, many politicians try to

gain votes by associating the situation with declining family values.

Could the cure to America's sexual obsession be within government? Government, being the institution which loves to solve national problems, could pass legislation preventing the use of sex in advertising. The government, which is influenced by powerful businesses, could make an impact in America's moral society. What a concept! The multimillion dollar corporations would gladly sacrifice their profits to help create a more pure America. The voters would gladly approve of the new government censorship. A new nation would exist, a nation without problems, and a nation without sex.

Government would not stop with simple censorship. In a period of years, citizens would begin to peti-

tion against sex. Senior citizens would cringe at the idea of sexual activity and the youth would be ashamed. The youth that once so openly embraced sex would fear it. Due to the popularity of the new society, sex would be outlawed. All people who would think about or experiment with any type of sexual activity would be imprisoned. Government solved the problem. Sex, at one time being a normal human act, became something obscure and frightening.

As individuals the people of the United States must learn to explain sex to each other. Americans must explain to their young the facts, which lie within a sexually saturated society. The people who love the youth of America must explain sex to them, before those who wish to extort them do.

Are you my friend?

by Heidi Coy

Friendship is something that is more cherished than any material object. Some people have only one or two people they claim as friends, others have several dozen. But what is the difference between those people who are merely associates, compared to those who are branded with the distinction of friends?

There is a fine line between those friends people depend on, and those who are just fun to hang out with. It's great to go with the gang that will barely squeeze into the car, and have a wild night out. But what I found was, that out of those six or seven people, only one or two really were close friends, the kind one depends on. Sure, the others are great, and a lot of fun to go out with, but they aren't the kind one tells his/her life story to.

People need friends they can

count on. They need the friends that are supportive and understanding. The kind that make them laugh when their about to cry, keep them going when their about to give up, understand when words can't explain, and stand by them when things can't get any worse. This kind of loyalty is hard to come by.

Most people don't realize the great friends they do have until it's too late. When something goes wrong in their lives, they turn to their friends. The lucky people have good friends. Those who aren't so lucky either realized what they had too late, or never had good friends at all. Good friends are the people who are still there when everyone else has their own problems to deal with.

The best way to get good friends is to be a good friend; someone who others can count on and trust. Trust is

a big factor in friendships. To be someone that can be trusted is a great compliment. The best friends in the world are good listeners. Everyone needs someone to listen to them. Sometimes it helps to get other's opinions and other times it's just better when the listener says nothing at all.

It's important that people choose friends carefully, especially at the teenage level. The friends people choose have a profound influence on them. Making the wrong choices because of the influence of so-called friends can effect the rest of one's life.

A friend isn't something one can put down when he/she gets tired of it. Friendships take work, effort and consistency. It's quite a job, to have the honor of being called a friend.

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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Just say maybe

by Kelly Kettell

Society's outlook on drugs and alcohol has drastically changed from the "Just Say No" thinking of the eighties to "Just Say Maybe" in the nineties.

The teenagers of today greatly resemble the flower children of the sixties. The favorite pastimes have once again become sex, drugs, and rock n' roll.

Drugs seem to be more accepted now than in past years. If somebody did drugs in the eighties it was turned into an HBO special, now no one seems to care.

Will our generation grow out of it or are we doomed to have short term memory loss at middle age? Who knows?

The use of LSD and marijuana has gone up from previous years while the use of cocaine and similar drugs has dropped drastically. Is that good news or bad news?

Most people today think that the "Just Say No" campaign is truly lame. They would rather take drugs and be like everyone else. They try so hard to be different that they end up all the same.

I guess whether we return to a drug-free America or a completely stoned America is up to our generation to decide.

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The lowdown on local coffee houses

by Stacy Siddle

Upon entering the door, your senses delight in the whoosh of the cappuccino makers, the smell of rich creamy blends of freshly brewed coffee and warm baked pastries. As you take a seat your eyes glance to the beautiful artwork and advertisements and your toe begins to tap to the quiet sound of jazz being played somewhere in the distance. This scene is commonly found at local coffee shops.

There are many java shops you and your friends can congregate in around the area. The nearest location would be *Mimi's Cafe*, located on Penn Street in Salem. The atmosphere of this particular establishment is private and secluded, however the music is rather boring and classical. The impression I got when I entered the locality was quiet, upper middle class, and primarily middle aged.

Recently, there was a new edition to the shops at Boardman Park, it is called *Peaberry's* and is extremely similar to Mimi's. The motif is musically oriented and there is a great mural of Jim Morrison on the main wall, but once again the feeling was very much that of an unwelcoming library, silent place. There was also no musical accompaniment and everybody basically kept to themselves. I think the above mentioned places were designed with older generations in mind.

If you are looking for a place to enjoy other's company, listen to live music and poetry readings, and feel completely relaxed and stress free, then my next suggestions will be of great value. The nearest user friendly coffee house is *The Beat* in the Youngstown State University college district. You can stop in for your

favorite cup of Joe or tea, talk with college professors and local students, and catch up on the knowledge of the latest area concerts. The atmosphere is extremely relaxed and conversation is open and free. On the porch and throughout the inside restaurant you will hear jazz faintly playing in the background. Sometimes you can barely notice it for the great frenzy of people engaged in frantic discussions of just about anything.

For the adventurous road trip drivers, you can also travel to nearby Kent, Ohio to *Brady's* coffee house. This is a free spirited, everybody talks to everybody joint. On the weekends there are live acoustic performances by local artists and throughout the day there is usually a piano player on duty. Occasionally they have live poetry readings and audience participation is encouraged.

If you are feeling creative while there, write a poem on a napkin and contribute it to the artwork board. The restaurant is a feast for eyes, ears, and best of all the tastebuds.

The last cool coffee house that is not half way across the country is Gargoyle's which is located in Warren. This locality is very down to earth. Instead of offering fancy, hard to pronounce baked pastries, you can order a toasted pop tart. They also offer a wide variety of hot coffees and teas and many various slush-like concoctions. There are bookcases filled with great literary classics and many newspapers to read. On the walls, local artists show off their paintings and sketches. On different nights during the week you can hear live music and while you are there be sure to pick up a calendar with schedules of the upcoming bands.

These last three places are not recommended for the narrow-minded uptight people, for you will probably meet many outgoing and eccentrically dressed people. If you are looking for a new place to hang out with friends and you are little nervous about trying the radical, real version of the coffee house, you can begin with my first examples and work your way up. Gradually, I am sure you will learn to feel at home in this type of atmosphere and maybe even adopt a new favorite type of coffee. Who Knows?, you might begin to be seen there so much that the staff will know your usual and can order with virtually no communication whatsoever. Which-ever one of my suggestions you take, I am positive you meet and befriend many new and interesting regulars.

Secret affairs

by Mandy McGee

All the subtle signs are there: the warm smiles in the hallway, the way he opens the door for you, the secret looks. Sometimes they are more obvious like the unusual interest he shows in you by regularly calling on you in class, showing up at your games, even asking to see you after class. Of course you understand his need to conceal his true emotions, after all he is your teacher. If only...

Many girls will smile sheepishly as they read this, for most of us have gone through this at one time in our lives. Luckily, most of us can also see the silliness in it and realize it was just a fantasy that would have resulted in a good deal of embarrass-

ment had it been acted on.

Unfortunately, there are those who see this as being very real and count the days until their "secret affair" will become public. These people suffer from a otherwise unknown psychological disorder called erotomania, which is becoming increasingly more common in today's society.

Erotomania, or, the belief that someone of higher authority is secretly in love with you, was first studied in depth in 1921 by French psychiatrist Gaetan De Clerambault. People who suffer from this are said to lead remotely unsocial lives. Also, despite what the name may imply,

erotomaniacs have little interest in sex. Instead they obsess over the romanticism in the self-created affair.

As exemplified in the earlier scenario, the imagined adorer expresses his inner love through clever gestures. And, according to San Diego psychologist J. Reid Meloy, "Erotomaniacs lose the power of self-reflection and will never doubt that what then feel and what others feel toward them is real."

Although I have concentrated on the female erotomaniac, recently there have been a number of male cases reported. It is frightening to note that men are more likely to aggressively pursue their made up

relationship. Yes, in many cases women act on their fantasies, too, by constant phone calls and letters. Actually, some go as far as quitting their jobs in order to move closer to their object of obsession. Even though these actions can seem quite harassing, they are usually not nearly as threatening as the male erotomaniacs. The one in every twenty erotomaniacs that assault or kill their victims are mostly men.

There is no known cause of erotomania, therefore making it very tough to diagnose. Jonathan Segal, a psychiatrist who has made detailed writing on this syndrome, reports that a neuron misfiring at birth may cause

the grandiosity and paranoia normally associated to the disorder

Treating patients is almost as complicated as diagnosing them. Dr. Segal says "It is extremely difficult to persuade the patient that the infatuation is imaginary." Since most erotomaniacs do not believe there is anything wrong with them, it is hard to put them on medication. Intensive psychiatry has been known to "shock" sufferers out of their "affair" by presenting them with enough evidence that the relationship is nonexistent. Separation from the object of desire has proved to be the best method of treating patients.

Love hurts

by Sara Washington

Sometimes love really does hurt, especially if you are in an abusive relationship. Did you know that every 5 seconds a woman is beaten by her lover or husband? Battering is also the number one cause of injuries to women. Every year four million women are victims of domestic violence. This statistic only reflects on reported cases, so experts believe that this figure is closer to being doubled.

Women usually stay in these relationships because they feel cut-off from family and friends. They also believe that they bring on the abuse themselves. No woman deserves abuse, and they need to realize that.

In the magazine *Psychology Today* in an article entitled "Batterers Men of Mean," it explains that there are three types of male abusers. Number one is "family-only" aggressors. They do not use violence outside of the home. They are concerned

mostly about their images, and do not let outsiders know of their behavior. Type two is "generally violent." These men do use violence in and outside of the home. Their violence is usually very severe. The final kind of abuser is "emotionally violent." With high levels of anger, depression, and jealousy. These men mostly abuse with just words. All three types of men should definitely be avoided.

If you or someone you know is in an abusive relationship please get away, and get help. No abusive relationship can get better. It can only get worse.

Here are ten questions from TEEN magazine to ask yourself if you happen to believe that you are in an abusive relationship.

1. Is he extremely possessive?
2. Is he very critical of you?
3. Does he complain about time

you spend away from him?

4. Do you find yourself apologizing for his behavior to others?
5. Do you fear him?
6. Does he have an explosive temper?
7. Are you afraid to disagree with him?
8. Has he ever grabbed, shoved, or slapped you to make a point?
9. Have you become secretive to others about your certain aspects of your relationship?
10. Do you make excuses of why he becomes violent with you?

If you answered yes to most of these questions then you are in an abusive relationship. The best thing to do is to get out as soon as possible. Do not feel ashamed or embarrassed. Find someone to talk to about what is going on. Everyone deserves better. No one should have to hurt to love someone else.

Nutrition nut?

by Jadey Berger

What can be discarded as fanatical food religion? What does a teenage body need to be healthy?

There is a difference between obsessing and being healthy. For instance, people often make fun of vegetarians, well ha-ha, all meat contains cholesterol and contributes to heart disease. People think a simple healthy task such as eliminating meat from their diet would be impossible. Yet a study of 3,129 junior high students, in USA today, shows that by eighth grade 55 percent of girls think they are fat and 50 percent have dieted. The point is that people do not get the facts, people have a responsibility to their bodies and realizing this does not make you fanatical taking it too far does. Worshipping the almighty Big Mac god is just as ridiculous as living on tofu, carrots, water.

Skipping breakfast can be very unhealthy for a teenage body. Skipping breakfast may result in insufficient amounts of calcium, phosphorous, magnesium, riboflavin, thiamin, and vitamins A, D, E, B-12, and B-6.

Make your body happy by drinking milk. What is in milk that is so

wonderful? Milk is 87 percent water and 13 percent solids. Milk is vitamins A, B-12, and D, riboflavin, calcium, potassium, magnesium, and phosphorous.

Calcium is very important. So, if you do not like milk there are alternatives. Fish contains calcium, such as sardines, anchovies, salmon, mussels, shrimp, etc. Figs and prunes contain calcium, so do pinto beans and kidney beans. Dark green vegetables such as broccoli, collard greens, kale, mustard greens and kelp.

Parents can help create a complex in their teens and make them unhappy with themselves. Ask yourself if you are happy with your body if you say no have your parents helped encourage or discourage this. Have your parents set a good example for you?

Diet should be high in complex carbohydrates and low in fats. The food pyramid chart says you should consume six servings of grains a day, five produce, and only two dairy and two meat (or eggs, beans, or nuts). The burger diet just does not work.

Family today

by Heidi Coy

High school is a time when some students would rather not admit to having families. Let alone be influenced by them. But sooner or later, most people realize that family life is perhaps the single most influential factor on every human being. Yet in society today there are very few nuclear families left. American teenagers are growing up in non-traditional families more and more frequently. The impact this can have on young people's lives is amazing.

Divorce seems to be common in families today, and children are left in single-parent homes. In these instances, one of the child's mentors is taken away. The unit that the child unconsciously mimicked is now destroyed. By watching both parents, the child learns how both male and female should behave. When one parent is taken out of the home, the child stops

learning how this part of the adult unit deals with difficulties. This then carries over into male/female relationships. Young adults only know what they have grown up with. If the children never see the interaction of their parents, many times they don't know how to deal with their relationships later in life. Also, if the example parents have set has been negative, often the child's perception of the opposite sex is negative. When parents can't get along it sends negative messages to the child about family and other relationships.

Adults often wonder where young people today get wild ideas about relationships. True, outside influences do play a part, but the impact a teenager's family life has had in shaping that person is much more influential. Many of the ideas teens have today developed from watching parents.

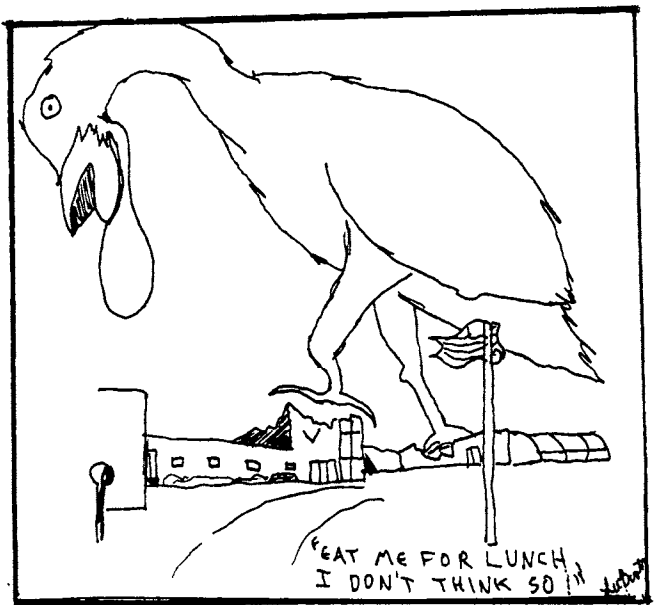
Somehow, the rising rate of single-parent homes needs to start decreasing. Children need the example parents set to teach them about relationships and life. Without this solid foundation, many adolescents will make the same mistakes their parents did.

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Today's music

by Heather Stanley

Music is a very important part of a lot of people's lives, that effects them in ways they never think of. What really is today's music? Is it what the media portray or is it something totally different. Then there is the question what really is Alternative music.

Music in the last ten years has really changed. The introduction of groups like Nine Inch Nails, R.E.M., and Nirvana to the main stream, alternative music has come to the front of a lot of radio stations playing list. Country has also broken new ground. With a lot of rock fans turning to country, because rock music has evolved too much for them. Then there is rap, a popular form in the early 90's, has started to lose a lot of its following. But how much has music changed? In a class of mine some of my classmates did not know who the Cars, a popular 80's group, were.

With music changing so much in the last few years a slight generation gap has begun to form. With the

growing popularity of country and the out growth of alternative. Then there was the Pepsi commercial selling the Woodstock 94 concert by having the ex-hippies come to the 94 concert. I can see all those forty something ex-hippies listening to Nine Inch Nails playing "Closer" in the moshpit.

Music of today is hard to explain, there is so much. One of the most popular types of music out now is alternative. Alternative music is hard to explain, it has no set rules. Alternative music includes a lot of music acts from Beastie Boys to Primus. There is a lot more alternative acts than a lot of types combined. The music in general is the release for musicians. Alternative fans now can relate to the bizarre rhythms and mind blowing lyrics that make them think. I am not saying that this type of music is the best, but I relate to it the best.

What music means to this generation is hard to say. To me music is the

richest release and satire. Here is what a few Salem High School student said.

Kelly Kettel (11) - A complete and emotional release

Amanda Olson (11) - emotional malfunction

Keren Lutz (11) - How someone feels; emotions

Dan Aikens (12) - It gives me a complete nirvana

Lee Booth (12) - Depending on what it is, I feel through the music

Mike Solmen (12) - Music to me is the total release of all anger and frustration; a venting of youth's aggravations and inner rage . . . that is music.

Kelly Kosch (12) - Music means more to me than any other thing. It helps me relax and express myself.

Jimmy Exline (11) - Music means a way to express yourself

Robert Smith (11) - Music is music.

Life inside depression

by Dan Aikens

Depression is an emotion that all teens face each year. Here's a story of how depression affects a teen's life. Tony was like most of his classmates, but Tony hated to come to school. Teachers were always yelling at him to do his homework, his parents seemed to always find something wrong with him. Tony never felt he belonged and never felt accepted by his friends. Tony was getting tired of life. He lost his desire to eat which resulted in losing 10 pounds. He couldn't sleep at night and developed insomnia. He thought of quitting school everyday because his grades were dropping lower. Thoughts of failure entered Tony's mind and even thoughts of suicide. Tony's parents thought he was just going through the teenage blues and

told him to snap out of it, but Tony couldn't because he felt so depressed inside like many teens today. Like Tony there are many depressed teens out there today. Signs of depression are; withdrawal, lack of interest in daily activities, loss of sleep or a desire to sleep and not get out of bed, weight loss or possible weight gain, and feelings of failure.

There are many kinds of depression. One that's popular among teens is manic depression. Manic depression is when you feel depressed and then you don't. It's like a rollercoaster ride one moment you feel good and then the next moment you feel down and sad. Manics are hard to cure. Doctors may give lithium to manics which can balance out this imbalance of feelings.

Another kind of depression is chronic depression in which you have been depressed all your life. In some cases you may not have a reason to be depressed. This is the hardest to overcome.

The last kind of depression is mild depression. This is one we all face and it lasts about one day to a couple of months. We all have felt this way, your girl/boy friend breaks up with you, your mom yells at you for getting an F on your report card, or your so called friends aren't your friends anymore (rejection). The best advice for overcoming depression is to talk to one of your friends, someone you can trust and talk to about anything. In the end you will feel better.

Why not?

by Amy McKinney

There has been a fairly new rule established in the past year. Salem Senior High School students are not allowed to wear shirts tied around their waists.

Why is this? I went to Mr. McShane first to see why we have this rule. As he began to tell me that we must be sensitive to the teachers. That he makes rules after he talks to the staff and the students. I never heard one student being asked their input on this matter. I also asked him why cheerleaders can wear their short skirts with their backsides sticking out, but I cannot cover mine up. He replied, "It's a uniform." I paused for a moment, then asked if they are allowed to wear something that might offend a male teacher just because it is a uniform? He said Yes.

He continued to say the teachers are not happy with the shirts tied around the waist, so I asked some teachers their opinion on this rule. They said they did not even know it is a rule, and they never pay attention to it. SHS students agreed that they too do not have a problem with tying shirts around the waist.

I called schools such as Canfield, Columbiana, and West Branch. They all have dress codes just as in any school. In Columbiana, for instance, students are not allowed to wear flannel shirts or hooded sweatshirts, because the principal said they are "gang related."

Usually, to make a rule against something you must first have a problem with it. In Columbiana they had a problem with these clothes, so they made a rule banning them.

SHS teachers and students have no problem with shirts tied around waists,

why ban them? Why not let us choose what we like to wear just as long as it is appropriate? To sum it all up, Mr. McShane said, "In the eyes of the beholder, it's inappropriate." We

shouldn't ban something because one person has a problem with it. Stop making rules over nothing, and let us be ourselves.

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Club Activities

1994-1995

by Jennifer Simmons

Pep Club

President-Jen Simmons

Vice President- Susie Wolken and Angie Adolphon

Secretary-Heidi Coy

Treasurer-Erin Morrison

Pep Club is working on selling ornaments that have Salem Quakers on them. They are also working on ideas for the winter sports.

SADD

President- Jayme Penner

Vice President- Jen Simmons

Secretary/Treasurer- Stacie Ward

SADD is collecting contracts and planning for the Grim Reaper.

Physics Club

President- Melissa Mehaffey

Vice President- Kevin Stapf

Secretary- Mandy Jackson

Treasurer- Ann Crowley

Physics Club Bouncers- Mark Rammuno and Matt Kunar

Physics club flying competition winners were Craig Swiger and Jesse Horning. They are also planning a field trip to YSU and an egg drop in Dec. They are also selling Physics club t-shirts.

Key Club

President - Marco Nicotara

Vice President- Jesse Horning

Secretary - Ian Weir

Treasurer - Ryan Drake

Sargent of Arms- Matt Kunar

Key club is working with the circle of Hope. And also planning a bonfire.

Class of 1997

The class of 97 is selling sweatshirts from Nov. 14- Dec. 2 in the cafeteria to raise money for prom.

TACT

TACT is starting to plan their December party.

Class of 1996

President- Kyl Dinsio

Vice President- Chad Keating

Secretary- Emily Mlinarcik

Treasurer- Meghan Conrad

The class of 96 is raising money and make plans for their Junior Prom.

French Club

President- Ryan Smith

Vice President- Addie Clutter

Secretary/Treasurer- Wendy Stone

Activities- Melissa Shultz

French club is planning many activities. Nov. 10 there will be a scavenger hunt after school with Donuts and cider. German club is welcome. Dec. is a Christmas dinner (French menu) and gift exchange at 5:30 p.m. at Melissa Shultz's home. Feb. 7 - 10 is their Valentine's Day flower sale.

German Club

President - Jackie Cyrus

Vice President- Stacie Kaine

Secretary -Kathy Lieder

Treasurer -Jeremy Mackell

German club is also planning many activities. Nov. 10 they will be participating in French club's scavenger hunt. "Thanks for the invitation". On Nov. 14 there will be a meeting and they will meet Salem's 1994-95 foreign exchange students and learn something of their cultures, and of course they will share ours by ordering some pizza! Dec. their annual Christmas caroling in German to German shut ins at nursing homes as well as some German families in the area.

Foreign Language Students

to Tour Europe

by Jennifer Simmons

This year during spring break many of our Salem students will be heading to the continent of Europe. Thirty-six students, under the supervision of Mrs. Arter. and Mrs. Reed, will be touring Berlin, Amsterdam, Brussels, Paris and London, just to name some of the highlights. At the same time Mrs. Marhefka and eight students will be touring Spain which will include a day on the Mediterranean. From Spain they will ferry across the straits of Gibraltar to Morocco.

SPANISH CLUB NEWS

ON Saturday, November 19, the Spanish Club will meet for lunch at Chi Chis at 11:30 A.M.

Thursday, December 15 at 7 P.M. will be our Christmas Party. More details later.

A readathon (in Spanish) is being planned to help raise money for the ski trip and the trip to Spain.

CBE Report

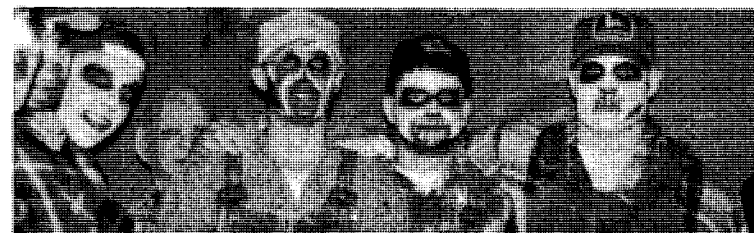
by Trisha Weingart

The 1994-95 school year is off to a good start.

Our CBE Class has raised over \$1100 in fund raisers we have been participating in since October. Proceeds from these fund raisers go toward our Employer Banquet at the end of the year.

CBE students are working in the following area businesses:

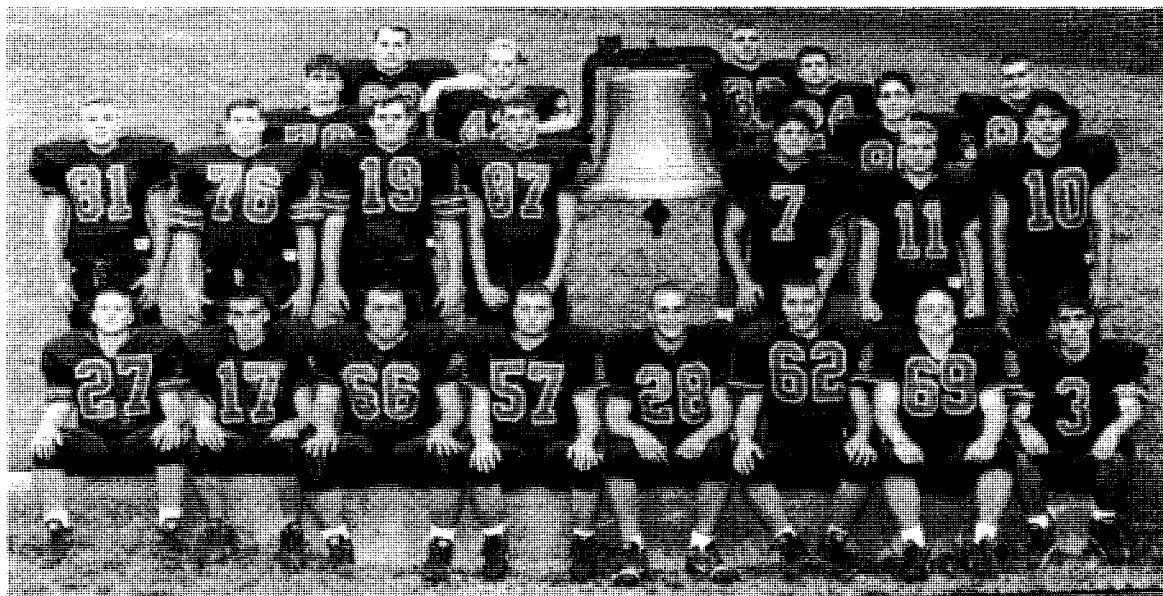
| | |
|---------------------|---|
| Becky Adams - | Receptionist at Salem Community Hospital |
| Gerald Bhe - | Clerical Assistant at Salem Hospital |
| Jennifer Blasiman - | Office Clerk at Salem Board of Education and Hannah Mullins-School of Practical Nursing |
| Dawna Bloor - | Clerical Assistant at Salem Community Hospital |
| Jody Englert - | Staff Assistant at Lincoln Machine Co. |
| Jamie Fisher - | Staff Assistant at Horning & Horning Attorneys-at-Law |
| Beth McCallister - | Cashier/Receptionist at Loudon Ford |
| Justin Schneider - | Assistant in Shop Maintenance at Loudon Ford |
| Peggy Senior - | Clerical Assistant at Bliss - Salem, Inc. |



Sports

The end of a dream

by Lance Cranmer



These seniors led the Quakers to the MAC Championship.

Following the Poland game, everything was looking up for the Quakers. The whole city was excited that its team was winning. No one dreamed that a Salem team would have a chance at the playoffs. Salem was now 5-1 and closing in on that possibility. From that point on, only four teams would stand in their way.

The first obstacle was a dangerous Athens team. Salem again stuck to normal game plan of running the ball consistently. Corey Belaney led in an awesome performance, running up 123 yards and one important touchdown. Quarterback Marco Nicotera also became an important factor on this game, running the ball times for 48 yards. Nicotera would complete three passes, the most important of them being a 12-yard key to Brian Dean for the first Quaker touchdown of the game. Again the game would come down to crucial Ben Hettinga kick to win the game. This time it would be from 29 yards, three yards longer than the goal he missed earlier in the game. However, Hettinga showed at poise as he hit the field goal and won yet another game for Salem, 17-14.

Another big factor was the awesome defense led by Jake Cook who led in huge play after huge play. Salem followed by crushing a Lak Beaver Local team 52-15. Beaver Local's main problem was its inability to hold on to the football, turning it over four times. Interceptions by Rob Tamburro and Josh Hendershott, and fumble recovery

by Ray Esterly and Lonnie Kubankin gave Salem numerous chances to score. Salem capitalized on those chances by rushing for 369 yards and eight touchdowns. Belaney ran for 145 yards and four touchdowns while Jason Humphreys gained 130 yards on only eight carries with one TD. The other Salem touchdowns were scored by Jake Cook, Matt Kunar, and Ian Weir on runs of five, eleven, and three yards respectively.

Following that big win, everything would go wrong for Salem. To begin the week, Salem dropped a spot in the computer polls. Later on in the

week, safety Shawn Catlos would go down with an injury. All of this happened on top of the fact that starting safety Josh Hendershott would have to sit out due to a suspension on a questionable call from the previous week. Despite the fact that Catlos would return to play, Canfield, who had won only one of their previous eight games, came in and destroyed a seemingly helpless Salem team 31-14. The only bright spot for Salem was the blinding speed of Jason Humphreys 90-Yard kickoff return for a touchdown.

Salem's hope for the playoffs was over but their chance for the MAC

title was not. Salem was forced to regroup and get back to their previous form for the game against Girard, and that's exactly what they did. Corey Belaney closed out his Salem career the only way he could by running all over Girard gaining a season-high 200 yards and two touchdowns. Jason Humphreys backed him up by turning in his second highest total of 120 yards and one touchdown. Salems defense also played excellently holding Girard to only 49 yards rushing, led by Zach Buchmann who got both an interception and a fumble recovery. The most exciting defensive play was definitely the thunderous hit on

the QB by Tom Kugler which caused a fumble that was recovered by Ian Weir. Overall, this was the best games Salem played all year as they shut-out Girard 24-0 and won their share of the MAC title.

Salem ended the season 8-2, probably one win short of their chance for the playoffs. Next year will be a major challenge for Coach Bohren because he will have to replace the starters at nine positions on offense and 10 positions on defense. The biggest loss aside from Belaney will be the line that made him great. Terry Bowlin, Lonnie Kubankin, Tom Kugler, Dennis Charnesky, and Mark Ramunno were the group that made this season possible. With their help, Belaney became only the sixth running back in Salem history to surpass 1,000 yards with his 1,079 on 195 carries, the highest total since Jason Austin in 1990.

The defense was led by many people. Tom Kugler led the team in sacks with nine, followed by Matt Kunar with eight.

Overall, the 1994 Salem quakers were one of the best teams to ever wear the red and black. This year's senior class was definitely one of the most talented senior classes to play for Salem and they will be greatly missed. Salem football must move on though and focus on next year and another possible chance to finally make the playoffs.

Ex-Quaker making national impact

by Lance Cranmer

All around the area, former Salem students are making a big impact at a national level. The largest impact never is being made by Mount Union senior inside linebacker Matt Stamp. Stamp is a 1991 graduate of Salem where he was a three year letterman for the Quakers.

Last Year, Stamp was a member of Mount Union's National Championship team. Stamp starred for the Raiders as their special teams leader. Stamp also saw a great deal of action at inside linebacker where he led 26 tackles, 13 of them solo, and caused one fumble. This year as a senior, Stamp has started every game for Mount Union, and his stats have risen considerably. After only nine games, Stamp has recorded 65 tackles, 30 of them solo, to go along with three interceptions. One of those interceptions he returned 40 yards for a touchdown, his first ever as a leader.

Aside from his stats on the field, Stamp is also making good numbers on the field. Stamp, who is a three-year letterman at Mount, earned First-team Academic All-OAC status as a senior in 1993.

Stamp and the rest of the Purple Raiders took their first step to defend their National Championship on November 19, in the NCAA division I playoffs. Before they qualified for playoffs however, the 9-1 Raiders were 3-1 since Stamp has been there) defeated 4-6 Hiram, which included other ex-Quakers, senior tightend on Board and junior middle liner Reuben Jones.



Salem News Photo

Tennis bounces back

by Danielle Conser

Seniors Stacie Ward and Melissa Mehaffey Made SHS history as they became the first ever girls' doubles tennis team to advance to the district competition.

Ward said, "We had a great season, a lot better than previous years." The team as a whole posted a record of 11-9, which is the first winning record since 1985. Ward and Mehaffey agree that the reason for the success of the team is the change in attitude. The girls were more focused, they worked hard, and they really wanted to win. This year's team was fairly inexperienced, having only three seniors; Ward, Mehaffey, and Monika Conrad.

One of the reasons for the poor records of the previous teams is the lack of a junior high program. Not many people have the opportunity to play at a young age, so when they reach high school, their skills are not very good.

Some schools play year round at

private clubs, but Salem does not do anything in the off season. It is completely up to the girls to train in the spring and summer. Ward and Mehaffey started taking private lessons their freshman year, which is the main reason for their success.

Tennis does not get much publicity. Many people do not know whether the team wins or loses, or even who the players are. Other than some parents and a couple of friends, not many people went to watch the matches. This is surprising, since there is no admission fee and the matches are held right after school.

There were a few loyal supporters, though. Mehaffey said, "We appreciated the boys' soccer team coming up to support us when they had practice."

Mehaffey and Ward hope to see the interest in tennis grow. They say that tennis is "a sport of a lifetime." Anyone of any age can play and enjoy it.

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Soccer wrap up

by Chad Hofmann

The boys and girls soccer teams were just another two of the fall sports teams that had tremendous years! The girls went 11-4-1 in the regular season, only losing to Fitch, Hubbard, Wheeling Park, and Lakeview. Their record for the play-offs was 2-1 beating two of the teams they lost to in the regular season, (Lakeview and Fitch) but losing to Poland 5-0.

The Lakeview tournament game turned out to be a shoot out by going into two sudden death periods. After going scoreless during regulations, the two teams went into OT. Lakeview scored early in the first OT to make it 1-0. That's the way it stayed until Abby Hill scored a crucial goal (assisted by Kim Kilgore) with nine seconds left at the end of the first period of sudden death to make the game tied at 1-1. Then they had a shoot out by going back and forth taking penalty shots, until a winner prevailed. Salem finally won 4-3 when Stacy Bricker kicked the goal that ended up being the game winner when Lakeview failed to score. Completing the scoring during the shoot outs were Jana Stewart, Nikki Ruple, and Stacy Bricker, with attempts from Abby Hill, Erin Higgins, and Amy McKinney. Overall the girls did very well this year for it only being their first. Senior Alvina Karlis said "I was extremely surprised on how well we did for the first year. Everybody was dedicated to the team and worked hard. I enjoyed being a part of the team."

Senior Captain Tennille Abrams said "Yes, I was surprised to do this well for just being a first year team. I thought we'd win at least half of our games and we ended up winning close to all of them."

The boys team also fared well going 12-2 in the regular season, losing to Poland twice, and 1-1 in the



playoffs, losing to Glenoak. Senior Captain Joel Stewart said about the loss to Glenoak "We played a tough team. They were really good. We played hard, but we just couldn't come up with the win."

Probably the best game they played all year was against state

ranked Champion in the regular season winning 2-1. Salem led the whole game scoring early in both halves. Salem was the only team to beat them in the regular season.

Stewart said, "The team's success was due to all of our experience. We had a lot of starters coming back."

Faces in the crowd

by Danielle Conser

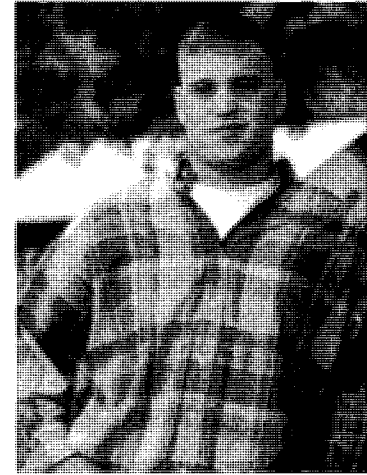
Name: Melissa Mehaffey
Grade: 12
Sports: Tennis
Letters: 3
Favorite College: Otterbein
Favorite Player: Albert Belle
Favorite Teacher: Mr. Esposito
Favorite color: blue
Favorite Food: pizza
Favorite Movie: The Lion King
Favorite Singer: Whitney



Houston
Favorite Song: Faithfully
Future Plans: College to major in Elementary Education

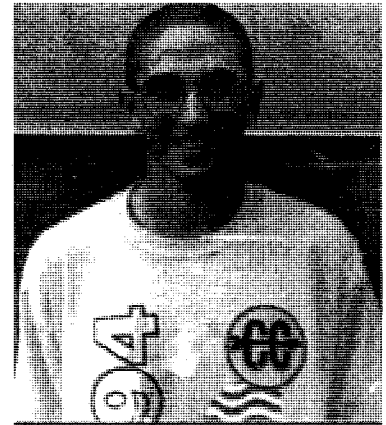
What do you like most about SHS: the teachers
What do you like the least about SHS: getting here too early
Do you think the school mascot should be changed: no

Name: Lonnie Kubankin
Grade: 12
Sports: Football
Letters: 3
Favorite College: Ohio State
Favorite Player: Eric Metcalf
Favorite Teacher: Mr. Bennett
Favorite color: black
Favorite food: pizza
Favorite Movie: Old Yeller
Favorite Singer: Boy George
Favorite Song: YMCA
Future Plans: Go to college and play Football



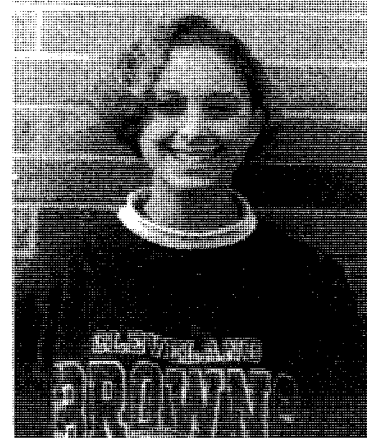
Name: Jason Julian
Grade: 12
Sports: Track and Cross Country
Letters: 7
Favorite College: Penn State
Favorite Teacher: Mr. Bennett
Favorite color: blue
Favorite food: steak
Favorite Movie: Up in Smoke
Favorite Singer: Eagles
Favorite Song: Jukebox Junky
Future Plans: College to major in Agriculture

What do you like most about SHS: This is my last year
What do you like the least about SHS: the way people talk about others
Do you think the school mascot should be changed: no



Name: Stacie Ward
Grade: 12
Sports: Tennis
Letters: 3
Favorite College: Mount Union
Favorite Player: Eric Metcalf
Favorite Teacher: Mr. Jeckavitch
Favorite color: green
Favorite Food: Nestea
Favorite Movie: Indian Summer
Favorite Singer: Eagles
Favorite Song: Take it to the Limit

Future Plans: College to major in something related to the Health Field
What do you like most about SHS: the people
What do you like the least about SHS: closed lunches
Do you think the school mascot should be changed: no



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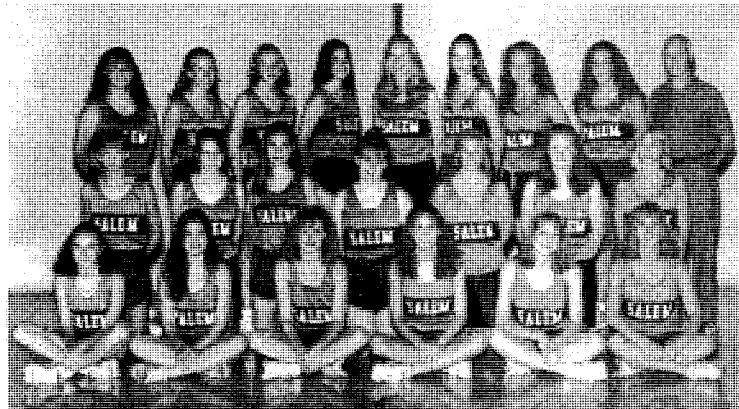
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Defending champions fail to defend

by Ryan Raymond



The boys cross country team ended their season placing thirteenth at the state meet in Sciota Downs.

This year's team claimed the district title at Boardman and placed fourth at regionals, also at Boardman. The fourth place finish brought the boys a state qualifying position.

"We surprised a lot of people," senior Jason Julian said. Julian placed first at districts, second at regionals and 18th at state. "We didn't work as hard as we should have. We didn't set our goals high enough because of last year's championship." Julian felt he was

ready to win before the race. He said it was a bad day for everyone. "It just wasn't the day to be state champions."

Freshman Phill Knipp said, "I was nervous, I felt I had to impress everyone."

The girls team were also district champions this year, but failed to qualify for state because of a sixth place finish at regionals.

One girl did advance though. Junior Heather Talbot qualified to go to state. "Being the lone Salem girl at the starting line I felt weird," said Talbot. "I wish the team would have gone farther." Talbot finished 35th.



Girls volleyball team makes history

by Alvina Karlis

The Salem girls volleyball team made history as they became the first team ever to win a game at regional competition. The SHS volleyball team made it to regionals for the fifth year in a row. They were calm, and felt no pressure against Avon Lake. In the recent years when they went to regionals they froze up and became tense. In the second match they lost against Tallmage, but the team went down with a fight and played their best.

The girls volleyball team accomplished two goals this year; to win the MAC and to make it further than last year. "We are different from previous teams because we didn't have a one star player and we knew how to work together and play our positions well," says senior Danielle Conser. SHS volleyball record for the season is 17-3 and tournament record is 5-1. The seniors on the team are Tarren Turvey, Liz Winch, Shelly Caldwell, and Danielle Conser. The captains are Liz Winch and Danielle Conser.

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