

The Quaker

A High School Tradition for 84 Years

Volume 84, Number 4

Salem Senior High School

January 24, 1997

How different are we?



photo by Megan Varzo

Erica Godfrey, Liz Russell, and Erik Weitz look at what makes people different, and if we really are as different as we think we may be. Look for Erica's story on how a student develops his or her personality throughout high school, and Liz and Erik's short story on high school life, and what makes us different and similar to others.

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Senior proficiency exams to be given next week

Seniors will be taking proficiency exams beginning on Monday Feb. 3. Exams will run the first two periods of the day from next Monday to Friday. The Senior Class and the Board of Education have set a goal of 75% passage in each area of the exam. Seniors have other opportunities as well.

1. Seniors passing all five sections will receive a voucher to exempt them from taking one final exam.
2. Seniors passing four out of five sections, one being with honors, will receive one voucher.
3. Those seniors receiving honor status will receive an additional voucher in an area of their choice.
4. Any senior passing all five sections, and receiving honor status in four out of five areas will be exempt from all exams.
5. Students will receive money from the Salem Hall of Fame Foundation for passing all sections of the exam and receiving an honor status. For each voucher received, one unit of money will be given.

Students will follow the schedule below for the week of February 3.

Feb. 3- Normal schedule, seniors will take writing section during periods one and two in the auditorium.

Feb. 4- Revised schedule (periods 3,4,1,2,5,6,7,8), seniors to take reading section during periods three and four.

Feb. 5- Normal schedule, math section.

Feb. 6- Same schedule as Feb. 4, citizenship section.

Feb. 7- Normal schedule, science section.

Strange Fears

Phobia:	Fear of:
Dromophobia	Driving freeways
Gallophobia	France
Ichthyophobia	fish
Levophobia	objects on the left side of the body
Odontophobia	teeth
Telephonophobia	using the telephone
Porphyrophobia	the color purple
Papaphobia	the Pope
Stasiphobia	standing upright
Choionophobia	snow
Pogonophobia	beards
Gymnophobia	being naked
Triskaidekaphobia	the number 13
Chrematophobia	money
Gynophobia	women
Androphobia	men
Amathophobia	dust
Panophobia	everything

see "Are you scared" pg. 6

Club activities are planned for the winter months

by Stephanie Schmid

With the winter months upon us, the clubs at Salem Senior High School have several activities plan.

German Club

During the Christmas season, German Club went Christmas caroling to Hutton's Nursing Home and to German families in the Salem area. They also had their Christmas party at the home of Dana Jenkins. On Presidents Day weekend, German Club is going skiing with Spanish Club. They are also going ice skating at Mill Creek Park.

Pep Club

With a great turn out, the members of Pep Club decorated Pizza Hut for Christmas. Pep Club will sponsor the Sweetheart dance and is in the planning process. They will also finish decorating for basketball season. Any one is welcome to join at any time. Pep Club is fun!

National Honor Society

NHS members presented students on the honor roll for the first nine weeks with a treat. NHS members also participated in the coat drive in conjunction with TV Channel 27's community service project. National Honor Society will be inviting new members to join the club after grades are completed. Students need to have a 3.5 GPA and be a junior or senior to be considered. The induction ceremony will be held on March 12. The Blood Bank is schedule for April 25. Mark your calendars now.

Spanish Club

The Spanish Club went to Chi Chi's for lunch, and went ice skating at Mill Creek Park on December 21. They also had a basketball concession stand on December 20. On February 17, they are going skiing at Peek N' Peak with the German Club.

National Good Teen Day winners announced

by Stephanie Schmid

The 1997 National Good Teen Day Art and Essay Contests were announced recently. Students from Salem Senior High School won awards for their art work and writing.

The artwork was judged at Salem High School by Louis Mountz

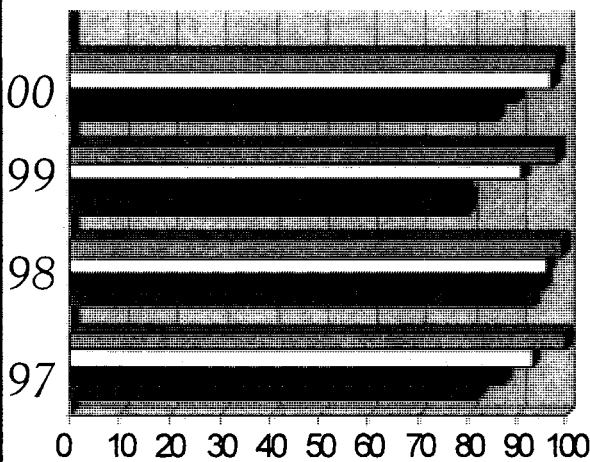
of Mountz Art Gallery. Essays written for this year's competition were read and judged by the English faculty at Youngstown State University. All students received a certificate. The second and third place winners will receive hardbound

Good Teen Day cont. on pg. 3

News

Freshmen proficiency test results improve

Salem students showed improvement in freshmen proficiency testing given this past fall. The following charts the performance of each of the four graduating classes at Salem Senior High School.



Writing- Bar 1 Math- Bar 3
Reading- Bar 2 Citizenship- Bar 4

Each bar represents the percentage of students in each class who have passed that section of the proficiency test

The Quaker's Proposal on Student Expression

We the staff of *The Quaker* hereby acknowledge our responsibility to provide informative and entertaining reading pertaining to the students, staff, and parents of Salem Senior High School.

To make *The Quaker* a credible newspaper, we will aim for accuracy and objectivity, with the truth being our ultimate goal. It is also our duty to make prompt corrections when necessary. However, we must also respect the rights of others while we gather and present news. We are not permitted to invade a person's right to privacy.

Since *The Quaker* is a forum, we encourage input from our readers in the form of stories, essays, letters, etc.

Good Teen Day cont. from pg. 2

books. The first place winners will each receive a check for \$100.

First through third place winners respectively included the following. Freshmen: Amanda Smith, Janice Rogers, Jermei Forsythe and Christy Bennett (tie); Sophomores: Susan Tkatch, Margaret Berthold and Rachel Protzman; Juniors: Shannon Sutherin, Matthew Bender and Lisa Eckhart; Seniors: Joe Huzyak, Angela Wirkner and Kathleen Smith.

The following students were selected as Best Of Show in the Art Competition. Each received a check for \$100 plus a certificate, Devon Cleland, Rachel Glenn, Renee Loutzenhiser and Dan Polshaw.

The following students were selected as the top ten. The four students selected as Best Of Show also comprise the top ten. Each received a certificate. Lake Baum, Scott Beaver, Jillian Bestic, Robin Booth, Devon Cleland, Rachel Glenn, Renee Loutzenhiser, Dan Polshaw, Liz Russell and Courtney Simpson.

The following students were selected to receive Certificates Of Merit. Heath Baker, Tom Capel, Katherine Clementson,

Stephanie Cyphert, Matt DeBarr, Jen Easter, Jennifer Fawcett, Katie Frank, Erin Galchick, Rachel Glenn, Erica Godfrey, Chris Peterson and Susan Tkatch.

These awards were presented at a special evening program on Wednesday, January 22, 1997 at the high school library.



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Religion 101

by Mandi Jackson

Proper religious conduct in public schools is an issue that has been debated frequently and some-



times fervently in the past few years. Government officials, parents, stu-

dents, and concerned citizens have tried to compromise and reach an agreement, yet the conflict remains. Are religious beliefs a moral and valuable lesson that each student should learn? Or, is religion an inherited faith that should be taught at home or at a church, synagogue, etc.?

Today, students attend school in an environment that is culturally, racially, and religiously separate from their peers. Teenagers have grown up with different morals and values that reflect their individual religious beliefs. As a result, there is a distinct religious diversity among peers. Many teenagers share the same religion as their parents, while others have chosen their own faith.

Some are atheists (believing in no god) or are not involved in any religion.

Is it fair then to preach religious beliefs

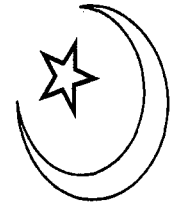
print of Jesus Christ that hung in the school's main hallway. The American Civil Liberties Union (ACLU) threatened to sue

removal of the picture. He appealed to the crowd, saying, "You're letting this happen because of your ignorance." He added, "The truth will set you free, but you don't know it yet."

The events at Garfield Elementary School are only one example of the conflict that arises between public schools and religion. As you can see, the results of these conflicts are sometimes intense.

As of right now,

religious conduct has not been introduced at Salem High

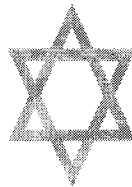


School. But, would you be insulted if a prayer that didn't represent your faith was read over the intercom each morning? Furthermore, do you feel comfortable displaying your religious beliefs to other teenagers? Public schools throughout America are now dealing with the issue of religion. Within the next few years, will Salem schools become a religious retreat?



photo by Megan Vazzo

that may alter a student's point of view in a public school? In doing so, many school officials believe that this provides a "governmental stamp of approval" for a single religion. This discrepancy of a school's religious legal rights was brought up recently in Medina, Ohio.



Garfield Elementary School, located only about 2 hours from Salem, was forced to remove a

the school district, claiming that the school was violating constitutional rights.

The Medina city school board voted on October 29 to remove the portrait because school district lawyers could find no legal protection. The picture was moved to the Medina United Methodist Church.

On the evening the portrait was removed, about 120 people gathered at Garfield Elementary to pray and sing hymns. One man, apparently angry and upset with the school board decision, tried to block the



*** Students are free to express their opinions about this year's QUAKER by leaving a message in Mr. Ladner's mailbox in the high school office.**

Opinion

The apex of high school life

by Liz Russell

Ahhh... high school. The days of high school life are referred to by many adults as the "best days of your life". Whether this is true or not, there is one part of a person's high school life that seems to be the subject of parent's stories of the good old days, as well as many movies and tv shows — school dances.

School dances come in many varieties, from after-football-games-in-the-gym type dances to the different winter formals to the immortalized prom, and the most devoted high school socialites will attend them all. Depending on the genre of the dance, the type of clothes worn by students varies from jeans and the trendiest t-shirt your wardrobe can produce to sequined gowns and tuxes. In my opinion, formals are the most interesting because it is fascinating to see classmates transformed from their usual grungy apparel to a much more glamorous look.

Preparing for formals is half the battle, or in some cases, about three-fourths. A dance is not just the act of a group of people moving their bodies in unnatural ways (can you say "Macarena"?). There is so much more to accomplish in the complicated process of dance-going.

I believe that the process begins when tickets go on sale, but some people may beg to differ. Some girls will go tanning and begin crash dieting to look like their favorite

tickets. The next step? Find appropriate clothes and that can be rather expensive, even for a guy to rent a tux. To me it seems rather insane to spend hundreds of dollars on a dress that I will

lon, which can be quite costly.

Once your pre-dance preparation has been completed and it is the big night, the situation gets more intense. After you have gotten dressed and groomed and picked up your date or gotten picked up by your date (if you have one), you get to go to the place where the dance is being held. Upon entering, somebody at the door, sometimes called "the ticket-taker", will take from you the piece of paper you so dilligently worked for. In exchange, they will permit you to enter the actual dance.

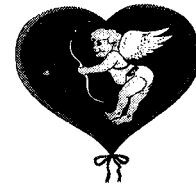
Once you reach this point, you've gone all the way. While there is really no way to predict what will happen, chances are you will have a great time. Either that or everything will go wrong and you will then curse school dances for all eternity and the evil fascist who was the mastermind behind the conspiracy of humiliation. Either way, it is a high school event you will likely remember. Have fun!



supermodel, but I don't (I prefer the pale and flabby look). Either way, you are officially in the process when you give up a portion of your hard-earned money to get a piece of paper (two if you're lucky) that says you may enter the building where your fellow classmates are and Macarena the night away (sigh).

Now you have

most likely wear once, but that seems to be the thing to do. So, once you have emptied your savings account, you may want to consider looking at your college funds. You are not even close to being done, especially if you are a girl and have those feminine and girly things to attend to like getting your hair and nails done at the local beauty sa-



5 Arby-Q's
4 Roast Beef
3 Beef & Cheddar

\$5



2320 E. State St.
Salem, Ohio

"Speak when you are angry, and you will make the best speech you will ever regret."



- Ambrose Bierce

Are you scared?

by Megan Vazzo

Most people would never have a second thought about driving over a bridge, but for millions of people all over the world, this feat is impossible. According to the American psychiatric association, at least 15 million people suffer from phobias. One million of those sufferers are too afraid even to leave their homes.

By definition, a phobia is any unreasonable and persistent fear that focuses on a specific object, animal, activity, or situation. In contrast, normal fear is a reaction from a definite or perceived danger. The phobic fear results from danger that is not apparent or recognized by the person. They may only feel an overwhelming sense of dread for no obvious reason.

Normal fears may come and go in a person's lifetime whereas phobias haunt the person every day. Most phobics are aware that their fear is irrational, however they feel helpless to control it. One woman spends most of her days sitting on a wooden chair in her living room crying because she is terrified that her house is overrun with bugs. Her husband tries to convince her that the house is not infested but that doesn't help her. She refuses to sit on upholstered furniture because she thinks that dozens of hideous insects will dart from the crevices and scurry all over her body. When she does happen to see a real insect she panics.

There are two basic categories of phobias. One is social phobias, which involve people or public places. They include phonophobia, fear of public

speaking, and Xenophobia, fear of strangers and foreigners. People with social phobias are usually too concerned with what others think of them. They are worried about being ridiculed in social situations and try to avoid them whenever possible.

The other category includes simple phobias. Simple phobias are those in which fear is stimulated by a single situation, activity or object. Some examples of simple phobias include acrophobia, the fear of heights, claustrophobia, the fear of enclosed spaces, and hydrophobia, the fear of water.

The most severe kind of phobia is agoraphobia. This condition results in such extreme fear that some people refer to it as the "fear of fear." Severe panic attacks that can happen at any time are a primary symptom of agoraphobia. The person may fear these unwelcome attacks so much that he or she actually causes these attacks to occur.

Many phobic people practice avoidance behavior so as not to confront their fear by chance. For many people this becomes extreme behavior and may even make someone a prisoner in his or her own home. One man suffering from aviophobia, the fear of flying, began this behavior by avoiding the airport. Then he started to avoid the bridge to the airport because it reminded him of his fear. Eventually he was avoiding bridges altogether. He then began to avoid tall buildings because they somehow reminded him of bridges, then even refused to drive. In the

end, he only felt completely safe in his bedroom and refused to leave it.

Since just about anybody may be prone to phobia attacks, it is difficult to understand what causes them. Some researchers believe that it may be a past traumatic experience resurfacing as a phobia. This is also involved in what is referred to as displacement. Displacement occurs when a person takes an ordinary object and indirectly replaces it with an image from a previous traumatic event. Modeling, or imitating others may also cause phobias. When trusted loved ones show irrational fearful reactions, they teach those around them, especially children, to be afraid.

Studies have also shown that people who have phobias overproduce lactic acid. Lactic acid has been shown to cause panic attacks in phobic people.

Although phobias are more commonly documented in women, experts suggest that men have an equal number of fears but are less willing to discuss them or seek help.

Those people who do seek help for their phobia will discover many different types of treatment

available. Therapists may try to teach the patient using logic. If the person realizes that their fear is groundless, it will disappear. Flooding is another technique used by therapists. During flooding, the patient is totally immersed in confrontation with their fear. If the patient is afraid of heights, a therapist may take the person to the top of a building and make them lean over the edge. The logic in this type of therapy is that the reaction to the fear can only last so long until the person simply cannot be afraid anymore. The phobic person may also be exposed gradually in what is called participant modeling. The therapist will go through all the motions like looking over the side of a balcony at each floor, then the patient is expected to imitate the therapist's actions along with the therapist for support.

Those that do not suffer from any kind of phobia can be reassured in the fact of a remark made by Franklin D. Roosevelt. "There is nothing to fear but fear itself."

List cont. from pg. 3

Strange Fears?

<i>Phobia</i>	<i>Fear of:</i>
homichlophobia	fog
crystallophobia	glass
scholionphobia	school
linonophobia	string
genuphobia	knees
scopophobia	being stared at
phagophobia	eating

Features

Coming down with something?

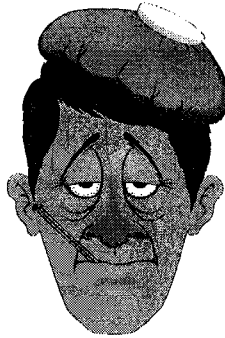
by Tracy Drake

You are sitting in English class and you feel a cool mist on your neck a split second after the kid behind you sneezes. At lunch, your best friend coughs right in your face while telling you he or she thinks they are ill. And, of course, your seat in algebra class is covered with the dirty tissues that the sick kid from last period forgot to throw away. To make things even worse, you wake up the next morning with a scratchy, soar throat and an upset stomach.

Because this past month's weather has gone from Mediterranean to Arctic, germs and infectious organisms have been spreading like mad. But with so many things out there to catch, how are you supposed to know what you are dealing with?

The first thing to consider is how you can avoid getting sick in the first place. "The most important thing is to always wash your hands," says school nurse Jill Kuhns. You should always wash your hands before and af-

ter any activities such as using the restroom or blowing your nose. Never touch your eyes, mouth, or any other part of your face without washing your hands. Mrs. Kuhns also says that when you are sick, stay home. There is no need to come to school and give your illness to everyone else. Cover your mouth when you cough or sneeze, and throw away used tissues - don't put them on your desk, in your totebag, or in your purse. Keep your body well hydrated by drinking lots of healthy fluids such as juice or water (beer and cola don't count). In addition, don't eat or drink after anyone who has even the slightest cold. Serious illnesses can oftentimes start out as measly sniffles. Most importantly, do not let your-



self get too stressed out. Stress can make you acquire "asymptomatic" cold symptoms (A quarter of all common colds are caused by hypochondria.). Also, stress can weaken

your immune system. But sometimes, no matter how many steps you take to avoid catching something, you end up getting sick anyway. So how do you know what you have? The chart below might give you a pretty good idea.

Many different symptoms can mean many different things, so it is always best to consult your doctor when you think you have caught something. If you know that you have a cold, bronchitis, or the flu, the best ways to treat these are:

- plenty of rest
- plenty of fluids (light pop for upset stomach)
- aspirin or Tylenol for aches and pains

- gargling warm, salt water for sore throat (Chloroseptic works too.)
- proper nourishment
- keep warm
- cough medicine
- analgesics for body aches

If you think you have pneumonia or mono you should see your doctor because these illnesses are much more serious. As for allergies, there are many over-the-counter remedies such as anti-histamines.

Though it seems a lot of students have had the flu lately here at SHS, Mrs. Kuhns says, "There's a lot of strep going around and things like that, but I haven't seen abnormal amounts of the flu yet." Some experts say there is a flu epidemic this year, but it is still early in the winter season. If you want to avoid the typical winter sicknesses, at least try to take the best precautions. And please - get away from that kid in your English class!

Cold

- * slight body aches and pains
- * runny, stuffy nose
- * sneezing
- * sore throat
- * hacking cough

Allergy

- * comes and goes
- * watery mucus
- * red eyes
- * sneezing
- * possible throat swelling

Strep

- * sore throat
- * difficulty swallowing
- * fever and chills
- * sore glands
- * possible headache

Bronchitis

- * soreness in chest
- * cough
- * chills
- * slight fever
- * discomfort or uneasiness

Flu

- * fever over 100 degrees
- * headaches
- * body ache
- * chills
- * stuffy, runny nose

Mono

- * loss of appetite
- * fatigue and weakness
- * fever
- * sore throat
- * swollen lymph nodes
- * pain in upper left abdomen

Pneumonia

- * chest pain
- * moist cough
- * chills
- * high fever
- * some body ache

The cool kids

by Liz Russell and Erik Weitz

Once upon a time in a small town that bore an eerie resemblance to Salem, Ohio, existed two star-crossed lovers. They were two of the most popular, beautiful students in the local high school and their names were Polly Popularity and Joe Cool. They were generally loved by everyone but did not love everyone generally. See, although they were popular and accepted by their peers, they had a terrible secret. They were not nice people. They were not very intelligent people, either. It's not that they didn't get decent grades, but, in the area of common sense, they had nill. They paraded through the halls of their high school with thoughts of superiority dancing through their heads. They made sure their classmates felt the same way, too. They enforced this by doing things such as "ultimate wedgies" to Wayne Wimpfield in the locker room after gym class, and by ridiculing Molly Middleclass' pink taffeta prom dress. The weekends showed Polly and Joe, along with their group of twenty or so "close friends" overindulging in alcohol as well as other mind-altering substances. Still, they had what appeared to be a typical high school student's life (if there is such a thing.)

Polly got what she wanted, always did and probably always would. She was an only child and had been doted on by her parents since she left the womb. When she turned six, she was the only girl in her class with a pony; and when she was sixteen, she was the only girl in her class with a Mercedes Benz. The personalized license plate boldly declared her royal stature, reading PRINCESS. Her love with Joe was a classic case of upper class girl

meets middle class boy from the wrong side of the tracks. Joe's parents had divorced when he was very small. While Joe's mother was busy re-marrying, Joe's father felt it was his obligatory duty, when he wasn't working, to raise his son properly. Joe had hung out with a group of friends from his neighborhood throughout grade school and junior high. When he met Polly, he started going out with her and her friends to various parties and other shindigs. Life seemed to be getting easier for Joe now that he no longer had to think for himself. His new group of friends greatly influenced his personality and actions. His old group of friends were no longer as happening as this new group of friends and they were forgotten. Life was good. Well, pretty much.

One of the high points of Polly and Joe's mindless existence were the really kicking parties that they were always sure to be invited to. On one particular Friday night, Polly and Joe were at such a party. The atmosphere of the party was like most others and although it had just begun, there were already several people passed out on the front lawn. As Joe pulled up to the curb, he and Polly got out and walked up to the door. Polly went in first, guiding Joe by the hand through the cloud of billowing smoke to find some people they knew. Over the pounding bass of the music, they heard a voice shriek, "Polly, hey girlfriend, how'd you manage to convince Daddy to let you leave?"

"Oh, hi Regina, I told Dad that I was going to Joe's to study chemistry."

"You did?" questioned Joe.

"Yeah, I did," ex-

claimed Polly righteously, "And I sure do hope that YOU don't have a problem with it."

"Actually, I do," said Joe. "Why couldn't you have just told your parents that you were going to a party? They probably would've let you go."

Whatever, as if my parents would've let me leave. 'Mommy and Daddy, I'm gonna go to a giant keg party, o.k.?' 'Sure Polly, don't get so drunk you pass out though, oh, and be home by one.' It doesn't exactly work that way, y'know?"

"I'm not saying you had to be entirely honest about the whole keg thing and all, but, you should have at least told them where you were going to be," replied Joe.

By this time, all of Joe and Polly's friends were watching them and it had become a *Scream-Fest*.

"Y'know, Joe, sometimes I wonder why I go out with you. You can really be pretty stupid." As Polly said this, she turned and walked away in a huff.

After the argument, the night went by fairly uneventfully save for when one more person made a mad dash to the bathroom to relieve themselves of some excess baggage orally. Polly avoided Joe the whole night and seemed to be turning all her attention to Danny Delinquent, who wasn't exactly the most sober of the bunch. Joe saw this and got very angry. Just when he was thinking of a way to get revenge on Danny for hitting on his girlfriend, a few of his buddies showed up and offered him a drink.

"Should I do this," thought Joe as his friends urged him on.

"C'mon, Joe," said one of the boys, "all the cool kids are doing it."

Joe looked around him at all the other people at the party and, sure enough, all the "cool kids" had been drinking, though at this point in time, they didn't look so cool (the ones that were still conscious seemed to be having fun making fools of themselves.) Not for the first time, Joe found himself questioning whether or not to have a drink. Just then, Joe looked out of the corner of his eye and he saw Polly and Danny in a passionate embrace.

"Oh, well," thought Joe, and with this, he closed his eyes and took swig number one

The police report said that at approximately 11:30 p.m., Joe got into his car and left the party. As he was driving on Nile Road, Joe lost control of the car and ended up upside down in a ditch off the side of the road. Luckily, he landed next to a resident's home and they called the paramedics. They, in turn, rushed him to the hospital where it was found that his blood alcohol level was .16.

Joe doesn't seem to remember this. He doesn't seem to remember much of anything about that night because he's been in a coma since it happened six months ago.

A lot has changed since then. Polly has been quite depressed and is filled with thoughts of guilt. She has been seeing a therapist to try to get through it all. Needless to say, if you want to find Polly on a Friday or Saturday night, the weekend beer bash is not the place to look for her. According to the doctors, Joe's state has and will remain the same for the foreseeable future.

Features

mmm . . . PEZ

by Angela Carlisle and Erik Weitz



PEZ is the super-tasty, really sugary candy that should be eaten daily by everyone. How did PEZ come to be you might ask? Well, worry not, by the end of this article, you will be knowledgeable about all things PEZ.

PEZ was originally designed in Vienna, Austria by candy executive Edward Haas III in 1927. They were bricks of peppermint made originally to be sold to adults who wanted to quit smoking. The name PEZ came from the German word for peppermint (Pfefferminz). The candies were to be eaten from a dispenser in a motion very similar to lighting a cigarette with a lighter.

In 1952, PEZ was introduced to the youth of America. Instead of a little box covering the top of the



photo by Megan Vazzo

dispenser, cartoon characters' heads replaced them. The peppermint flavor was replaced by cherry and later lemon, grape, orange, and strawberry.

There have been over 250 PEZ dispensers, and 48 are currently available today. Disney, Warner Bros., Flintstones, Teenage

Mutant Ninja Turtles, Muppets, and even the PEZ company have created dispensers. There are PEZ animal whistles and PEZ guns which were what originally dispensed the PEZ in America. (These were discontinued because parents kept saying: "You'll shoot your eye out.")

PEZ dispensers have appeared in such movies as *The Client*, *Stand By Me*, and *E.T.* The Twenty-Bird PEZ was seen recently on "Seinfeld".

PEZ comes in a package with one dispenser and three packets of candy, one dispenser and seven packets, or ten packets of candy alone. On the back are the nutritional facts (no cholesterol!), a maze or picture to color, and directions on how to fill it.

For those of you who love PEZ as much as we do, the annual West Coast PEZ Convention will be held in San Jose, California on April 4 & 5, 1997.

PEZ is a registered trademark of PEZ Candy, Inc. You can contact the PEZ candy company at PEZ Candy, Inc., 35 Prindle Hill Road, Orange, CT 06477

Resolve to have a good year

by Tom Cosma

A lot of people like to celebrate the new year with family and friends at parties and other events, eating sauerkraut, watching the ball drop, and listening to their favorite music. Another, very positive way to celebrate the new year is to have a new year's resolution. Just think of a problem you've had in the past year, find a way to fix it, and stick to it.

New year's resolutions began through religious and superstitious beliefs that the new year should be started fresh and new. People always made sure that, at the start of the year, they had no borrowed things in their possession and that all of their debts were paid off. They always looked at the new year as a time to leave troubles of the past behind and begin everything again in high spirits. They made new year's resolutions to help make the new year better than the last.

Making new year's resolutions has long been an American tradition, and for good reason. If there's something you haven't really been paying attention to, or something you've been putting off for a long time, making a new year's resolution is a good way to get it done.

If you've been feeling sad about something particular lately, the new year is a good time to forget about it. Resolve to feel good! Do a lot of fun, positive, new and exciting things and put the past behind you.

If you're looking for a special new year's resolution for yourself, just think about things you like to do that you do well, just try to do them a little better. If you like playing sports, you could resolve to find one or two more hours a week to practice or exercise. If you enjoy art, resolve to learn a new technique to help you. If you like to read, you could try to find a new author you might enjoy. If you enjoy playing an instrument, you could resolve to learn to play one new song every week or month.

A new year's resolution can also be about a more general, everyday thing like health. If you're always feeling tired and weak, you could try sleeping more, starting a healthier diet, or an exercise program. If you're bored with the way you look, you could resolve to try a new hairstyle or shop for some new clothes. Another good resolution would be to start a daily schedule to keep track of your day so you can spend more time doing things you really want to do.

Just about anyone can find something they're not totally satisfied with, and the start of a new year is a great time to change that. Just find something you don't like, make a resolution about it, fix the problem, and I'm sure you'll be much happier.

Under the Needle

by Katie Frank and Jim Hilliard

We're sure that everyone in the school have already heard all about this. With all the hype, the rumors and, of course, the announcement made during morning announcements and the story featured in the Salem News, most of the student body knows all about body piercing. So when Mr. McShane asked me, a former *Quaker* staffwriter, to write a story about it, I knew that we were quite the candidates for the job; We had just gotten our tongues pierced.

There is much controversy over body piercing. The office has declared that no one can have anything pierced except for their ears, and anyone who breaks this rule will be suspended until the ring or bar is removed. Many students have argued this rule, stating that it is not written in the student folder. And while it is not exactly said, it is roughly implied in the rule which says, "One is allowed freedom with regard to taste

and styles while observing boundaries of decency, exhibitionism, health and safety. If the clothing you wear is of a nature that distracts or offends others, then it is questionable as to its appropriateness... Clothing, jewelry and hair must be worn in such a manner so as not to be a safety hazard...One's dress should be decent, discreet and modest..."

The office's argument was for the safety of the individual, and the safety of other classmates. They feared that, for example, we might swallow and choke on our tongue rings. They also stated that lip rings might catch on the person's or somebody else's hair, and that other rings might get snagged and be ripped out. While we understand and appreciate their concern, it really isn't necessary. The bars in our tongues were screwed in tight- it wasn't about to fall out any time soon. And as for the lip, eyebrow and

nose rings, we don't really understand how they can catch on your hair. Wouldn't an earring do this more so?

The office also feared that these rings and bars might be a health hazard and cause illness. This is more of a legitimate concern, but most people that we know of are not going to have a fish hook or sewing needle jabbed through them by cousin Clyde. Or in other words, they're going to go to someplace that is safe, legal and where the threat of diseases such as Hepatitis B and AIDS are almost nonexistent. We are not allowed to advertise where we had ours done at but it was relatively safe. We went together and the procedure was quick- it didn't even take a full minute. The piercer wore double gloves and sterilized new needles for the both of us. It really even wasn't all that painful... until the swelling started, making it hard to eat or even talk (we both spoke with a noticeable, even humorous, lisp for two days).

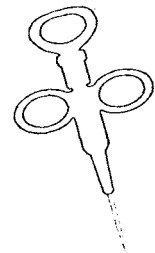
Other schools seem to be taking the theory of body piercing rather well; schools like Leetonia and Lisbon. So why does the Salem school board and administration have such a big problem with this? Maybe because it interferes with their personal beliefs and/or concerns on this issue. But time are changing and the school needs to start advancing into the future trends.

Both of us only wore our bars for about three days; that was when we were called down to the office and told of the rules. For \$50 a pop, neither of us were too thrilled about re-

moving them. We feel that if the school board doesn't approve of what we paid for, then they should reimburse our money back. They also called our parents, which we thought wasn't fair. The other six or so students who had body piercing done as well and were caught were told the same. It was then that we decided to have a chat with the office so that they could explain what all the hype was for. After a somewhat lengthy conversation, we have come up with a few basic arguments and conclusions:

1. What is the difference between a hole in your ear and a hole anywhere else on your face?
2. Any rules for dress, code of conduct and so on should all be stated, rather than be implied. This is confusing for the student to just read between the lines where things are vague.
3. The office will almost always win.
4. We're out \$50 and have nothing to show for it.

Basically, it all boils down to one principle- it is our bodies. If we want to have something pierced, then no one should have jurisdiction over that. It shouldn't matter if you're 18 or not. But it isn't worth getting suspended over. In the future, the rules for body piercing may be changed. Until then, we suggest waiting until summer or graduation.



A Vast Transformation

by Erica Godfrey

When I think back to junior high and look at myself, it is almost like looking at another person. From my appearance to my entire way of thinking, I have totally changed. When I look at my whole class, I can see the vast transformation in not all but most people. We might not have noticed it, but that is probably because we have been in school with each other for years. All of us in the past year or two have become individuals. It is scary to admit, but we are going through one of the first stages of becoming an adult.

Now let's take a trip down memory lane, back to about five years ago. This is back in my junior high school years. The reason I go back to that time is because that is where it all begins. Becoming a teenager begins the stage for the average person to want to be accepted by their peers. This is done by a few common ways such as dress

Transformation cont. on page 11

A new you for 1997

by Connie Morris

During the beginning of the New Year people try to lose weight and get into shape. To get into shape and to be healthy at the same time is something a person has to work for. That means to tone muscles by exercising.

WORKOUTS

Before anyone tries to become fit they should know a few basic facts. Make sure that before starting any type of exercise to always stretch. This will loosen your muscles so you are ready to exercise. Then that person needs to know what each exercise focuses on, and how long to work on each one.

Cardio-vascular Workouts-

The first type of exercise is the cardio-vascular workout. This exercise improves the body's use of oxygen by allowing the heart to work less strenuously. To do this you must learn how.

For instance with biking you should relax your upper body so you may conserve energy. This should be done at least 30 minutes but no more than 60 minutes a day. This workout mainly focuses on the butt, quads, hamstrings, and calves area.

A person may also focus on the quads, butt, hamstring and calves by jumping rope. The key to this workout is to make it fun. A person may try jumping to the beat of a song. This should be done for about 20 minutes.

Running is another workout that develops the same muscles. The key to this is not to clench your fists and try to relax. A person who is a new runner should

start out running for about 5 minutes and move up to about 60 minutes.

Toning Exercises-

Toning exercises are exercises that tone your muscles. These focus primarily on the upper body, as opposed to the cardio-vascular workouts.

One type of toning exercise is crunches and the reverse crunches. A person should start doing about 3 sets of 30 to 50 crunches a day. One thing to keep in mind while doing crunches, is to exhale as you go up. Then as this becomes easier the amount of crunches should be increased to about 70 to 100 a day. The crunches work out your upper abdominal muscles. The reverse crunches work out your lower abdominals.

Another type of toning exercise is push ups. This focuses on the chest, triceps, and shoulder area. You should do about two to three sets of 12 to 20 and slowly increase to about 20 to 30 a day. Remember to keep your back straight and abdominals tucked in.

EATING CORRECTLY

When you are trying to stay healthy, or keep in shape then you need to eat healthy. People have problems with snacks. They feel that they can not give up eating while watching television or they have to eat before they go to bed. So if you can not give it up then just eat the more healthy snacks. The following are some low fat, healthy snacks to eat.

- *pretzles
- *fresh fruit
- *popcorn
- *veggies and dip

- *vegetarian chili
- *baked potato with low fat sour cream
- *graham crackers with skim milk
- *nuts and seeds

Do not think that if you diet hard enough, exercise every day and become the most health person in the world that the shape that you want will follow.

There are basically four shapes of bodies in the world today. There is the pear shape which is a person with narrow shoulders, a small chest and an average waist.

The second type is the Box. People with a box shape they look boxy. This means that they do not have much of a visible waist line.

The third type of shape is the inverted triangle. A person that may be an inverted triangle will have broad shoulders and narrow hips.

The fourth type is the hourglass. The hourglass is a person that has broad hips, a full chest and a small waist. A person who has an image in mind of the body they would like to have they may not be able to because of genetic genes. Try to be realistic about what kind of body you would like.



Transformation continued from page 10

That stage of wanting to be accepted seems to last for a few years. Usually, or in my case, your freshman or sophomore year, is when something changes and unknowingly you break out of your shell. All of those feelings of wanting to be accepted doesn't really matter anymore. By this time you have your own true friends, so hopefully there is no need to impress them. The ability to speak your own mind and use your own judgment about an issue is a great quality and it should not scare you, no matter what anyone thinks. So, this process of forming your own personality is just another leap to maturity.

What I have mentioned, from wanting to fit in - to wanting to become an individual, are all parts of growing up and becoming your own person. It is funny now to look back on yourself, because you wonder why we worried so much about what others thought. To me, it just seems like a waste of time and energy. Now, there are still a few of us out there who still follow the crowd but that could just be because of insecurity. Those of you who feel insecure just have to realize that being yourself and doing your own thing will make you happier and even get you further in life.



To eat or not to eat.....

Eating disorders continue to affect many teens

by Jennifer Bell

Many people celebrate New Year's. By celebrating New Year's, they make resolutions. Some say they won't eat chocolate or they will quit smoking. Most people want to lose weight. They make a resolution to get weight off and keep it off. A lot of people take this resolution way too far.

Some people are obsessed with the weight. Most of the time the person believes he or she is too heavy. This may cause psychological problems which may develop an eating disorder.

One of the eating disorders is anorexia nervosa. It is called a psychosomatic disorder typified by self-starvation. In other words, it is when a person stops eating because that person thinks he or she is too fat. This can be found most commonly in teen girls. It has become more common, and the occurrence in young women may be as high as one percent in the U.S.

The reasons as to why this disorder appears may vary. The person may be leaving home to go to college or move because of a job offer. The disorder may be in connection with mental depression, peer pressure with other students to be "good looking", sexual temptation, the discontinuance of oral contraceptives, or the use of psychedelic drugs.

The outcome of this disorder is not pleasant. Two things may happen.

One, a female may stop menstruating or just stop eating. In addition, the person will stop eating and then the menstrual periods will cease to occur. The body temperature will go down. The person will sleep poorly. Even though the person lost the weight, the person will remain physically active because that person still believes he or she is fatter than he or she actually is.

Some people realize that they have a problem and recover from it. Actually, about half of all anorexia patients recover permanently. Ten percent die of self-starvation and the other 40 percent have relapses.

The symptoms that occur in the disorder anorexia nervosa suggest that it may be connected with the disorder of the hypothalamus. It is a region of the brain that regulates the body's temperature, eating habits, menstruation, and the sleep of the individual.

The other disorder is called bulimia. Bulimia is an eating disorder in which a person eats large quantities of food in one sitting. The person is over concerned with his/her shape and weight and leads to repeated bingeing. Bingeing is when an individual eats a large quantity of food in a short time. When people binge it may also be accompanied with vomiting. They may also use laxatives, fast, and/or, they may exercise excessively to control weight. This disorder occurs most commonly in adolescent females (same as anorexia nervosa).

Bulimia is also a result of various psycho-

logical pressures such as peer pressure on the desirability of slimness. Depression is common for this disorder. Some believe that the disorder stems from poor self-image, family relationships, and desire for perfection.

Bulimic behavior has been found in anorexia individuals. However, bulimia in itself does not result in severe weight loss. It can cause gastrointestinal problems and serious depletion of potassium. Due to the regurgitated food, the acid from vomiting may cause damage to the teeth.

Some students at SHS have these disorders. If you think you have one of these disorders you can talk to a physician or a school counselor. School counselors are here to help you. Don't hesitate to ask to talk to them.

Famous people also may have eating disorders. Elton John is just one example. During the 1980's, Elton John temporarily discontinued his writing and a partnership to battle bulimia.

There is also a combined disorder of anorexia and bulimia. This can be called Bulimorexia or bulimia nervosa. It can result in nutritional deficiencies and hormonal changes or irregularities. Metabolic imbalances and heart disorders may occur where bulimia nervosa has been present a long time.

Treatment is available for all the disorders. Psychotherapy is a good treatment for anorexia. Group and behavioral therapy and anti-depressant

College Corner

by Erica Godfrey

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drugs are good for treating bulimia. For treating bulimia nervosa, therapy and psychotherapy.

This year, while keeping New Year's resolutions, don't take it to the extremes. If it's weight you want to lose, lose it gradually. Do not try to lose it in weeks and do not become obsessed with your looks. Looks do not mean everything. It is the personality that really counts.

Got something to say?

THEN SAY IT!

Write a letter to the editor of *The Quaker* and put it in Mr. Ladner's mailbox.

Don't be shy!

Entertainment

The Grammy's to be awarded Feb. 26

by Angie Carlisle and Jennifer Weingart

One night out of every year the music community gathers to honor it's best, at the Grammy Awards. This year's awards will be held on February 26 in New York's Madison Square Garden.

Babyface leads the pack with twelve Grammy nominations. Of those twelve nominations he earned one for being a performer, seven for being a songwriter, and four for producing. Only one other person, Michael Jackson, was nominated twelve times. He ended up only winning eight. It doesn't look like Babyface can beat Jackson because he was nominated three times in two different categories.

Receiving seven nominations was Smashing Pumpkins for their album *Mellon Collie and the Infinite Sadness*. Vince Gill and Tracy Chapman both scored five nominations each.

Celine Dion suprisingly was only nominated for four awards but she is bound to win at least one after spending seventeen weeks at number one on the charts. Newcomer The Tony Rich Project was also nominated for four awards.

The Record of the Year nominations are *Give Me One Reason*, Tracy Chapman; *Change the World*, Eric Clapton; *Because You Loved Me*, Celine Dion; *Ironic*, Alanis Morissette; *1979*, The Smashing Pumpkins. After selling millions of copy's of her album *Morissette* is sure to win. Album of the year nominees are *Falling*



Into You, Celine Dion; *The Score*, Fugees; *Mellon Collie and the Infinite Sadness*, Smashing Pumpkins; and the *Waiting To Exhale Soundtrack*, various artists. Our pick of the year is a toss up between Celine Dion and the *Waiting To Exhale Soundtrack* - both have been very popular this year and either are likely to win. Garbage, Jewel, No Doubt, The Tony Rich Project, and LeAnn Rimes are all up for the honor of New Artist of the Year. Youth won't win out this time but there's always next year for newcomer LeAnn Rimes.

Rock song of the Year nominees are: *Cry Love*, John Hiatt; *Give me One Reason*, Tracy Chapman; *6th Avenue Heartache*, Jakob Dylan; *Stupid Girl*, Garbage; *Too Much*, Dave Matthews Band; *Wonderwall*, Noel Gallagher. Look for Garbage to reign in this category. Sheryl Crow, Dave Matthews Band, No Doubt, Bonnie Raitt, and Neil Young with *Crazy Horse* are all up for the nomination for best rock album of the year. We have no doubt that No Doubt will catch

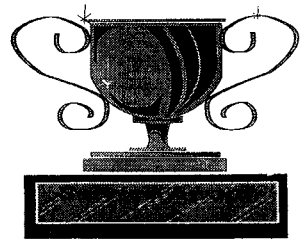
this award.

For all you country music lovers, the top picks for Country Song of the Year are *Believe Me Baby I Lied*, *Blue Bill Mack*, *High Lonesome Sound*, *My Wife Thinks You're Dead*, and *Strawberry Wine*. Our favorite is *Strawberry Wine*, so good luck to Matraca Berg and Gary Harrison. The top albums are *Borderline*, Brooks and Dunn; *High Lonesome Sound*, Vince Gill; *The Trouble With the Truth*, Patty Loveless; *The Road to Ensenada*, Lyle Lovett. Last year was good for Vince Gill at the Grammys and this year looks to be no different.

Up for Producer of the Year are Babyface, David Foster, Don Gehman, Brendan O'Brian, and Don Was. Odds are in favor of

Babyface. Nominations for a Song Written for Television or Movie are *Because You Loved Me* ('Up Close and Personal'), Diane Warren; *Count on Me* (Waiting To Exhale), Babyface, Michael Houston and Whitney Houston; *Exhale* (Shoop Shoop) (Waiting To Exhale), Babyface; *It Hurts Like Hell* (Waiting To Exhale), Babyface; and *Moonlight* (Sabrina), Alan Bergman, Marilyn Bergman and John Williams. Our personal choice would be the theme from *Up Close and Personal* but one of the choices from *Waiting To Exhale* may surprise us and come up with the win.

There are a wide variety of artists and songs up for Grammys this year. There are several categories that look to be a toss ups, so it should be a interesting show. Be sure to watch February 26 and see if your favorite musician will win.



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Sports

Jan.-Feb. Sports Calender

Boys Basketball



Friday Jan. 24	Niles	Away
Friday Jan. 31	Howland	Away
Tuesday Feb. 4	Struthers	Home
Friday Feb. 7	Girard	Away
Tuesday Feb. 11	Marlington	Away
Friday Feb. 14	Canfield	Home
Tuesday Feb. 18	Poland	Away
Friday Feb. 21	West Branch	Home

Girls Basketball



Saturday Jan. 25	Poland	Home
Wednesday Jan. 29	Struthers	Away
Saturday Feb. 1	Niles	Home
Wednesday Feb. 5	Howland	Away
Wednesday Feb. 12	Girard	Home

Wrestling



Friday Jan. 24	Howland	Away
Wednesday Jan. 29	Boardman	Away
Saturday Feb. 1	Beaver Local	Away
Friday Feb. 7	EOWL (Fitch)	Away
Saturday Feb. 8	EOWL (Fitch)	Away
Saturday Feb. 15	Madison	Away



Quakers' hard work paying off

The Salem Quaker wrestling team has made steady improvement since the beginning of the season

They lost their first match against West Branch 36-27 to open their season. Brian Rea, Jack Pasco and Josh Mendez all won their matches. Keith Menough, Nick Bourne, and Ben Stickney were pinned.

In their second match, Salem defeated Girard 56-23. Wins included Jason Castlow, Brian Rea, Wayne Benner, Jack Pasco, Ralph Smalley, Josh Mendez, Keith Menough, Nate Aldrich, Doug Graybeal, and Nick Bourne.

Salem lost to Ravenna on December 21. Making their overall record 1-2. Doug Graybeal won by points and Nick Bourne won by forfeit.

Salem was also downed by Canfield 52-17. Wins included Brian Rea, Josh Mendez, and Nick

Bourne.

On January 9, the Quakers beat Hubbard 43-34 improving their team record to 2-3. Shane Hostetter, Brian Rea, Jack Pasco, Steve Chengalis, Jon Paul Fritz, Josh Mendez, Keith Menough, and Nick Bourne all won their individual matches.

"This year's wrestling team is lead by a hard-working talented group of seniors including Josh Mendez, Nick Bourne, Wayne Benner and Jack Pasco," said coach Mehno. Also included in the team roster are the following: juniors Keith Menough, Nate Aldrich, Josh Heim, Doug Graybeal, and Ben Stickney; sophomores Eric Davidson and Shane Hostetter; and freshman Jason Costlow, Brian Rea, Steve Chengalis, Jon Paul Fritz, Ray Burger.



photo by Megan Vazzo

Senior Nick Bourne goes for a pin in a recent match.

Friday January 25, 1996

Sports

Quaker Notes

Varsity Boys Basketball

The boys continued their season with a loss against Howland on December 20. The final score was 83-49. Jason Rice led the Quakers with 14 points. Casey Crawford contributed nine points and three assists. While Casey Rhodes added 8 points.

They lost to Mooney 88-57 on December 21. Casey Crawford had 18 points and seven rebounds. Rick Straub had 12 points and six assists. Casey Rhodes contributed 11 points.

The Quakers had a win over Youngstown Ursuline December 27. They had to go into overtime, but the final score was 75-66. Casey Rhodes led the Quakers with 18 points and seven rebounds. Casey Crawford added 16 points. Jason Rice posted 12 points. Matt O'Brian added 10 points, and the shot to put the game into overtime.

January 3 they played Struthers away and lost by one point, 57-56. Casey Rhodes had 19 points, seven rebounds. Jason Fennema added 11 points, four rebounds, and Rick Straub contributed seven points, six rebounds.

Their record became 3-6 as they lost to Girard 68-60 Friday, January 8. Casey Rhodes and Matt O'Brian led Salem with 11 points a piece. Casey Crawford added 10 and Jason Rice had 8.

After losing to rival Canfield, the Quakers came back to beat Beaver Local on Tuesday January 14. The win improved the Quakers' record to 4-7.

Boys J.V. Basketball

The J.V. Boys basketball team dropped to

Howland 47-41 on Friday, December 20. High scorers of the game were Steve Conrad with 16 points, Aaron Weir with points, and Joe Sox with 7.

They also lost to Mooney 40-20. Sam Abdulrasu was the high scorer with 10 points.

Youngstown Ursuline beat the Quakers 32-27. Aaron Weir led all scorers with 8 points.

Salem also lost 52-54 to Struthers on Friday, January 3. Joe Sox had 14 points. Chad Copacia contributed 12 points, while Aaron Weir contributed 11 points, three steals, and seven rebounds.

Salem fell to Girard 54-62 on Tuesday, January 7.



photo by Megan Vazzo

Shelby Perry, left, drives to the basket against Howland. The Lady Quakers defeated the Tigers. They host Poland on Saturday Jan. 25. The Junior Varsity plays at 6:00 p.m., with the Varsity following.

Varsity girls pass midway point of season

The Lady Quakers have rebounded from injuries and a pair of losses that have made this an interesting season.

On December 18, the Lady Quakers played the Struthers Wildcats. The final score was 59-38 with another win added to their record, being 8-0. On Saturday December 21, they played at Niles. The Lady Quakers won with the score of 79-39. This improved their record to 9-0 and 4-0 in the M.A.C.

On December 26 and 28, the Salem Holiday classic was held at the Salem High School. Salem, West Branch, Hubbard, and Youngstown East were the teams that were included in the tournament. Salem's first game was against Hubbard on the 26th. The Lady Quakers won with the score of 76-45 improving their record to 10-0. Shelby Perry had a game high of 21 points. Amy Englert contributed 14 and Kelly Paxson 8. The girl's second game was against West Branch on the 28th. It was a close game all the way through coming down to the last shot out of a play made for Jana Stewart which didn't fall. The ladies suffered their first loss of the season with a score of 39-41 moving their record to 10-1. The high scorers of the game were Shelby Perry with 12, Kelly Paxson with 9, and Jana Stewart with 8.

The next game on the Lady Quakers schedule was against Howland on January 8. They won with a score of 71-50 to improve their record to 11-1 and 5-0 in the M.A.C.. High scorers

for the game were Shelby Perry with 17 points, and Amy Englert with 16.

The Lady Quakers played a strong Jefferson Area team on January 11. With steals by Sarah Sommers and Jana Stewart, the Quakers tied the game at 47 to send it into overtime. With many chances to score in the 4 minute overtime, the Quakers only came out with a three pointer by Kelly Paxson.

Foul trouble hurt the Quakers as the two starting guards (Sarah Sommers and Jana Stewart) both fouled out. Jefferson Area's Kiki McNair was too much for the Quakers to handle scoring all six of Jefferson Area's points in overtime and having a final of 23 points in the game.

The Lady Quakers came back on Jan. 18 and defeated Canfield 67-52. The Quakers also defeated St. Thomas Aquinas this past Wednesday. These wins gave the Quakers a 12-3 record, 6-1 in the MAC.

J.V.'s undefeated

J.V. girls improved their record to 7-0 with their win over Struthers 38-8, on December 18. All of the girls contributed to the scoring.

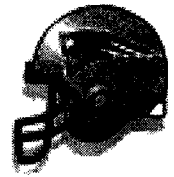
They also had a win against Niles on December 21. The final score being 47-24. Again all of the whole team contributed to the scoring.

Their next game was played at home against Howland. They won 54-25. This win improved their record to 10-0.

They also downed Jefferson Area on Saturday, January 11, Canfield on Jan. 18, and St. Thomas Aquinas on Jan. 22. Their overall record is 14-0, 7-0 in the MAC

Sports

An American tradition continues this weekend



This weekend, perhaps the most anticipated sports event every year takes place. The Super Bowl easily draws the greatest television ratings each year. Millions of people from around the world will tune in to watch the game, which begins at 6:18 p.m. on Fox Channel 8 in Cleveland. Advertisers use this event to launch advertising campaigns. They will pay 1.2 million dollars for a 30 second television commercial. Many Americans will have Super Bowl parties. This has practically become a holiday, a happening that people plan their day and weekend around. The teams who play in this game generally will not affect whether people tune in to the game or not. It is safe to say that if you are a

fan of the Green Bay Packers or New England Patriots you'll have a special rooting interest in Super Bowl XXXI.

The Packers return to this game for the first time in 29 years. Green Bay defeated Kansas City and Oakland in 1967 and 1968. Back then, the game was not called the Super Bowl. The return of Green Bay has stimulated interest from all over the country. They have one of the most loyal followings of any team in professional sports. This a fran-

chise that is literally owned by the people who live in the city of Green Bay, a city with a population of between 90,000 and 100,000. This makes it the smallest city who owns a professional sports team. It is a team that has a waiting list of around 29,000 for season tickets, and had only three no-shows in their first playoff game against San Francisco. It is also a team with the NFL's most valuable player, Brett Favre, and maybe the most respected player, Reggie

White.

Their opponent, the AFC champion New England Patriots, have perhaps the league's most talented young quarterback in Drew Bledsoe. They also have the best young receiver in football (Terry Glenn) and a coach who already has two Super Bowl rings, Bill Parcells. They also are hungry. They feel that they have been ignored and are being treated as the "other" in this game. They are also 14 point underdogs. It has been 10 years since the Patriots made their one and only appearance in the Super Bowl, losing to the Chicago Bears 46-10 in 1986.

Students at Salem High School have their own opinions about what will happen in Super Bowl XXXI.

Craig Veon(11)- "Patriots, because I like the tuna Bill Parcells!"

Jeff Forsythe(10)- "Packers, because New England stinks."

Sarah Guappone(12)- "Patriots, they have pretty colors."

Jenelle Agee(12)- "Packers, because they worked hard to get there."

Jana Stewart(12)- "Patriots, because they beat the Steelers."

Chris Stearns(12)- "Green Bay, because I've got 50 bucks on it!"

Sarah Sommers(12)- "Green Bay, because I like the color green."

Marie Wilson(9)- "New

England, they are good and they beat the Steelers."

Bob Warner(9)- "Green Bay, I like them."

Travis Swedko(12)- "Go Packers because they have the craziest fans next to the dog pound!"

Courtney Pilch(11)- "Green Bay but I hate both teams."

Nick Swetye(10)- "Packers because Favre is da bomb!"

Kelly Paxson(9)- "Green Bay, they are better."

Robin Wright(9)- "Green Bay, because they have had a strong year."

Tina Kastanek(9)- "Green Bay because they are tough."

Dustin Bates(10)- "Packers because they are my team."

Did You Know?

The first NFL champion was the Akron Pros in 1920, when the league was called the American Professional Football Association (APFA) and the title went to the team with the best regular season record. The APFA changed its name to the National Football League in 1922.

The first playoff game with the championship at stake was 1932, when the Chicago Bears (6-1-6) and the Portsmouth (Ohio) Spartans ended the regular season tied for first place. The Bears won the game 9-0. Due to a snowstorm, the game was moved from Wrigley Field to an improvised 80 yard dirt field at Chicago Stadium (former home of the Bulls), making it the first indoor playoff game as well.

The NFL Championship Game decided the league title until the NFL merged with the AFL. The first Super Bowl was played following the 1966 season.

Source: 1995 Information Please Sports Almanac