

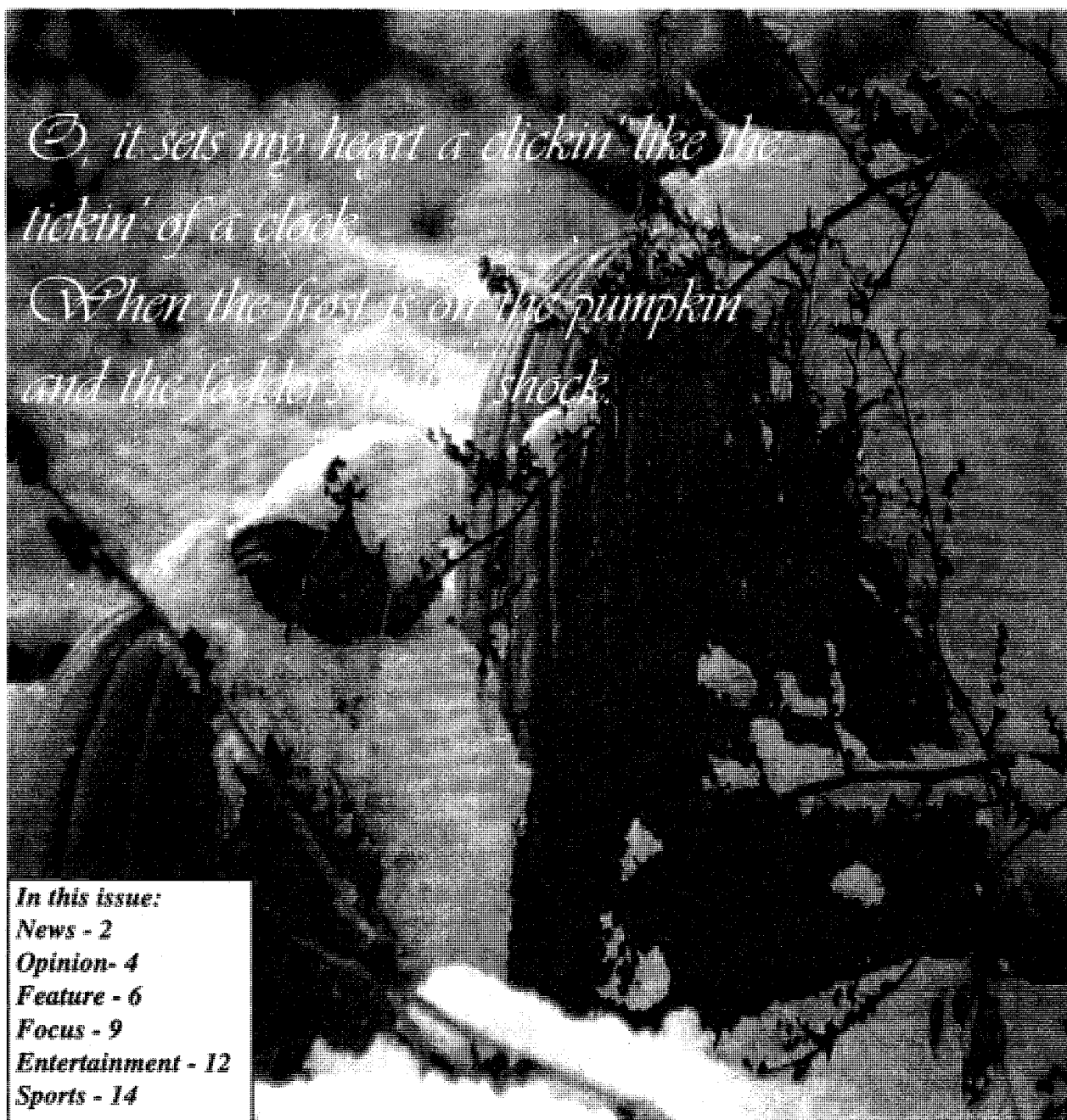
The Quaker

A High School Tradition for 85 Years

Volume 85, Number 2

Salem Senior High School

November 24, 1997



Club Highlights

by Deanna Thomas

Job Club

The Job Club will have a meeting on Dec. 4 at 7:15 p.m. in the Home Economics room. Job skills, portfolios, field trips, and, other activities will be planned.

TACT

There will be a Christmas party on Dec. 7 at 4:00 p.m. The place that it will be held is still being decided.

French Club

On Dec. 11 there will be a Christmas party, banquet, and gift exchange at 5:30 p.m. It will be held at Dana Milazzo's house, 462 South Lincoln.

German Club

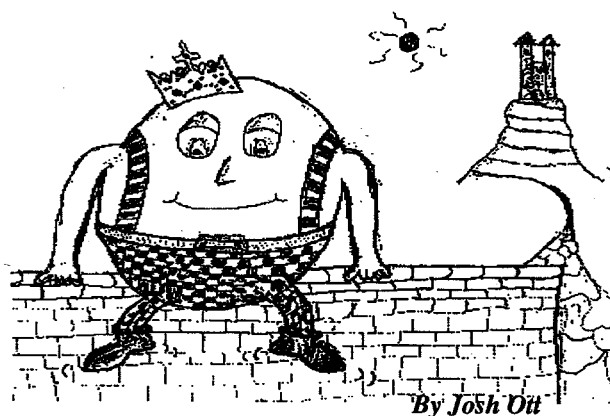
In November the German Club will be collecting non perishable items for our Food Drive for Thanksgiving.

Yearbook

Deadlines for layouts are due in December. The senior picture deadline has come and gone. These have been shipped to the publisher. The Sadie Hawkins dance was a success and we are looking forward to next year already.

December

- 12 Sophomore class dance
- 19 Last day of classes
- 22 Christmas break
- Dec. 22 - Jan. 2



By Josh Ott

All the Kings Men

by Deanna Thomas and Erica Raymond

A.C. McCullough brought outrageous roaring sounds to the school's cafeteria for the crowning of the 1997 Sadie Hawkins king, on November 14 at 8:00 to 11:00 p.m. This year's theme was Autumn Nights. The Sadie Hawkins court consisted of Phil Bedell, Eric Davis Ryan Fritz, Jared Linder, Mark Ostarchvic, and Aaror Weir. The 1997 Sadie Hawkins king was Eric Simon. His respond to his winning was "I was very surprised. I also am very flattered that I made it. But I think Weir is the man!"

I am thankful for...

by Erica Raymond

Thanksgiving will soon be here which, for most, means a time for family, friends and, of course, food. The family will gather around the table to give thanks and indulge in a huge turkey dinner. After everyone has finished eating and the table is cleared, there will be the traditional watching of the football game and nodding off to sleep. Every family will celebrate Thanksgiving in a different way. Many people are thankful for many different things. Let's see what some S.H.S. students are thankful for this year.

Geoff Callahan (12)- "I'm thankful for leaving this school this year and going to college."

Jacki Wright(10)- "Metallica!"

Emily Wukotich(11)- "I'm thankful for the color blue and for being a junior (finally). Oh yeah and Adidas!"

Mandy Prendergast(11)- "I'm thankful for Winnie the Pooh and Dusty too. And of course T.C."

Reuben Dunlap(11)- "I'm thankful for my ability to

dunk on people (Jared Linder)."

Michelle Milliron-11: "I'm thankful for Nick Sweeteye."

Nick Swetye(11)- "Hooters in Niles, Ohio and Michelle Milliron who still can't spell my name."

Beth Sowers(11)- "I'm thankful for turkey!"

Joe Sisson(10)- "I'm thankful for Mr. Bennett and Mrs. Wilms being so kind to me and only suspending me one time."

Kelly Straub(11)- "I'm

thankful for Mr. Zimmerman's history class, basketball, volleyball and the Aries."

Ragan Thompson(11)- "I'm thankful for hope."

Ashley Votaw(10)- "I'm thankful for everything I have today."

Samantha Shasteen(11)- "I'm thankful for my BUDS."

Lisa Vickers(12)- Mr. Martinelli

Andrea France(12)- Mr. Readshaw

Brad Baillie(12)-knowing

Romeo

Tim Treleven(12)- "I'm thankful for my charm, suaveness, and overall abilities."

Aubree Jackson(12)- "I'm thankful for all of the teachers who are passing me, so I don't have to come back for another year of school."

Amanda Burt(12)- for guys (Sam Abdrasul, Craig Veon, and Mick Jagger).

Gretchen Mueller(12)- my own car, my friends, and Dan Fennema.

Do you see what is happening?

By Deanna Thomas

Many students in the high school have jobs that affect them personally and also affects their schooling in various ways. The students' sleep, grades, attitudes towards people, and their overall appearance is seriously affected.

A survey was done on a few students that are employed. The questions asked were the following: their name, name of place they work, hours they work per week, if their grades got better or worse, hours of sleep they get in a night, their attitude towards families and friends, and their age. Here are some of the students and their responses:

Name- Kyle Hagan
Work Place- Quaker Cones and Custard
Hours work- 6-9 week days, 6-10 weekends
Grades (better/worse)- better
Hours of sleep- 8
Attitude towards family and friends- good
Age- 16

Name- Jessica Janosik
Work Place- Taco Bell
Hours work- 20-25
Grades (better/worse)- worse, because by the time you get home from school and ready for work, you

don't have time do you homework and you only get a half an hour break, plus you get home late.
Hours of Sleep- 6
Attitude towards family and friends- It depends on how much sleep I get. I can be in a real good mood or I can be a grump. I am usually in a good mood.
Age- 16

Name- David Tomlin
Work Place- Marc's
Hours work- 7 1/2
Grades (better/worse)- better
Hours of sleep- 7

Attitude towards family and friends- good
Age- 16

Name- Sal Salvino
Work Place- Ponderosa Steakhouse
Hours work- 13
Grades (better/worse)- worse
Hours of sleep- 8
Attitude towards family and friends- positive
Age- 18

Name- Sarah Zamarelli
Work Place- Frostop
Hours work- 17
Grades (better/worse)- av-

erage
Hours of sleep- 7 or 8
Attitude towards family and friends- changeable sometimes moody and sometimes happy
Age- 17

Name- Cortez Montford
Work place- Giant Eagle
Hours work- 56
Grades (better/worse)- same
Hours of sleep- 6
Attitude towards family and friends- good
Age- 17

Express your opinion

by Deanna Thomas

Voice of Democracy is a writing program made for students to express their opinions for our country. The program is sponsored by the Veterans of Foreign Wars. This year's theme was My Voice In Our Democracy. Students in the tenth, eleventh, and the twelfth grade have the opportunity to participate in this event.

The winner was Nick said, "I owe to Sally Side-Eynon) and all full creative just happy that of so many The second was Ryan Fritz very surprised have won sec-essay contest. winner was April voiced, "prised when I first place. It unexpected. wouldn't have out Sir's inspiration and guidance.) It's an exciting opportunity.

Mr. Viencsek stated, "I'm always pleased to have my students affiliated with this important writing competition. It is an excellent way for them to reflect upon this great nation, and for the many opportunities we have as Americans."

third place win-Swetye. Nick my third place burns (Sarah of her wonder-ideas. We are we got third out good papers. place winner said," I was and happy to ond place in the The first place April DeMar. I was really sur-heard that I won was completely (Of course, it happened with-



1997-98 Quaker Staff

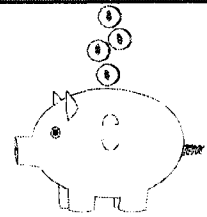
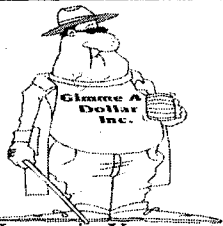
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Money madness

Whether in our pockets or not,
it's always on our minds.

by Trisha May



I want it. You want it. Everybody wants it. Stop your imaginations. I am referring to money. We desire money only to spend it. Then, once we spend it, we desire it again. It's a vicious cycle that most of us have been through.

What if something could end this money madness cycle? What if someone offered you a million dollars? What would you do in order to get that money? How far would you go? Believe it or not, most of you said that you would do just about anything.

Does doing anything include contracting AIDS or becoming physically disabled? Just curious. I would do about anything, but I do have some limitations. I guess that is pretty sad on my part. Most of us, myself included, would forget morals and values and say, "Show me the money!" This is simply because money is money. The more money you have, the better off you are—not in all cases, but in most. (Think Tonya Harding or O.J. Simpson)

Think about this too. Which is more important to you, self-respect and the respect of others or a nice, fat bank account? That is a question that you and you alone must answer for yourself. Not everyone agrees on that issue. There will always be debates on love vs. money.

Money cannot buy love. On the other hand, love cannot pay the bills. Maybe we all need both in moderation. Yet not all of us have that commodity. Some of us are in less fortunate families, and are showered in love and affection. Others have families that are filthy rich and lack necessary love. There are so many variations of rich and poor.

Rich or not, we all want money and feel the amount we have is never enough. As far as cashing in my dignity for a million bucks, I honestly think I would. I plan to go to college, and the prices...yikes! So sue me. With a million bucks, I could afford it.

Here are a few of the "publishable" responses to the question: What would you do for a million dollars?

Stepanie Schmid(12)—I would run around the school in my birthday suit.

Mrs. Schwartz—Have you seen *Indecent Proposal*?

Scott Beaver(12)—Hello Mrs. Schwartz!

Pete Berlin(10)—I would streak at a home football game.

Casey Crawford(11)—I would go out with Big Al Burto' nets.

Allison Burtnett(12)—I would willingly let DeBarr stun me.

Jen Bell(12)—I would throw water balloons at Mr. Readshaw and Mr. McShane in sixth period study hall.

Brad Davis(12)—I would be Mrs. Wilms' personal slave for a year.

Lori Cyrus(12)—Nothing! It would destroy my dreams living in a trailer park.

Betsy Wrask(12)—I would take Casey Ward's place in school suspension.

Joe Lecocq(12)—I would stop going easy on Jenn Lipp and give her a stunner.

Mike Beck(11)—I would remove and eat rhino feces.

Kim Kilgore(12)—I would join a nudist colony.

Jason Moser(12)—I would supervise a nudist colony.

Sabrina Christofaris(12)—I would take chemistry again.

Josh Furlong(10)—I would run laps around Mrs. Wilms wearing only a headband and Voit sneakers.

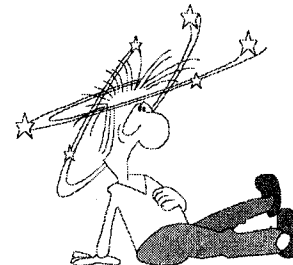
Aaron Helmick(11)—I would go head to head with Sto Cold Steve Austin.

Ben Michaels(12)—I would eat ten pounds of cheese in three minutes.

Doug Graybeal(12)—I would go on a date with Mr. Schwartz. (Just dinner, no dessert!)

The following people said they would do anything: **Shannon Duko, Stephanie Godfrey, Ca Sanchez, Tim Treleven, Ryan Nyardy, and Brad Baillie**

Note to the reader: Money is government printed funding nothing more and nothing less. Try to remember that.



Faculty Focus



Memo from Miss Carmello



December 2 — All sophomores will take the Armed Services Vocational Aptitude and Battery test (ASVAB)

December 3 — The ASVAB will be given to OWE classes and any additional junior or senior that has signed up with their counselor.

***Seniors are encouraged to get their college applications in before Christmas break. For further information listen to the announcements and watch the scholarship board.

Homework stress

by Melissa Sandoe

We all know when the school year begins to pick up the pace the teachers start giving out homework to their students. Homework is one of the biggest problems students have; that is they get too much.

In the past, I've heard students ask their teachers why they get homework. The teachers always respond by saying "students need homework so they'll learn." This may be true, but to me if a student gets too much "learning material", meaning homework, it can sometimes leave the student feeling stressed instead of educated.

Some students have after school jobs that they need to support themselves. If the same students also have a great deal of homework, it could affect their grades at school as well as performance at work. I myself would not like coming home from work and have a ton of homework to do.

I asked a few students if they thought teachers gave too much homework.

Julie Judge (11) - Yes. Sometimes they don't know when to stop giving it.

Becky Price (10) - Yes. Teachers are a pain in the rear.

Julie Bleckly (10) - Yes because teachers don't know when to stop giving homework.

Jim Evancho (10) - Yes because sometimes you have so much stuff to do you don't have time to do **all** the homework.

I also asked a few teachers if they thought they gave out too much homework.

Mrs. Conti - No I don't. I think the students need practice on what they're doing and that takes time.

Mrs. Arter - No. I think that there is a certain amount of homework the students should do at home to accent the work they do at school.

Mrs. Hays - No. I cut back on what the book assigns.

Also what happens is that students don't have time to get all of their homework done. The next day when they don't have their work done they get into trouble.

The teachers may think it's just laziness but how would they know? Some students might simply just forget to do it. A message to all teachers who think that students who don't have their homework done are lazy; it's not laziness, we forget sometimes, we **are** human you know! It's normal for **any** human, including students, to forget sometimes.

I'm not saying that all kids forget because some kids just don't care. Those students are easy to pick out. Teachers shouldn't punish a student that forgets his/ her homework sometimes as badly as they punish the ones who never have it done.

I think that all teachers at S.H.S. should take into consideration that the students have other subjects that are just as important. They shouldn't think that the one subject they teach is the most important one. That is unfair and possibly a little selfish. A final request to teachers — don't give out more homework than is really necessary. It's not fair to the students. They should have a free weeknight sometimes.

Quality education

by Rachael Protzman

At a top-rated school, such as Ivy League colleges, 10,000 to 15,000 applications can be expected for the 1,000 to 1,500 vacancies to be filled. With this ratio the slightest advantage can make one student more favorable than another. Believe it or not, Salem students are at a disadvantage.

Most of the students at Salem have the ability, and some, the desire to learn at a higher level of education. Yet most students do not apply themselves now, because it has not been expected of them in the past.

At an early age we are thrown together in classrooms with 20 to 30 other kids that each have their own abilities and willingness to learn. Is it fair to hold some students back or to force others ahead? Many believe that at the beginning of elementary school students need to be separated based on the pace at which they learn. This will enable students to succeed to their fullest capabilities.

Throughout elementary school we are not faced with many challenges. Because of our young age, teachers tend to take it easy on us. That does not do us any favors now, nor will it in the future. When we finally have a teacher that expects near perfection, it's a slap in the face. With this lack of expectations we do not always do the best we can. In college, professors expect our very best in every aspect of every assignment and they settle for no less. We cannot cheat our way through college or even through the rest of our lives. How can we expect to succeed in life if we do not always do the best possible from the very beginning?

Another thing that puts Salem students at a disadvantage is the lack of variety in the classes available to us. In a larger city a class such as debate or speech may have 30 to 50 students but in Salem only 10 students who are interested in taking that course. This class becomes unavailable to us resulting in a loss of a valuable learning experience that could lead to a later profession for 10 students. When filling out applications for college or standardized tests there are a multitude of conflicts between their questions and the classes offered to us. Many courses are just not available to us. We have to mark that we have not taken nor plan to take that class. Also, our school does not offer many accelerated classes. Although students may qualify for an advanced science, social studies, or foreign language class they must mark that they are not advanced in that area.

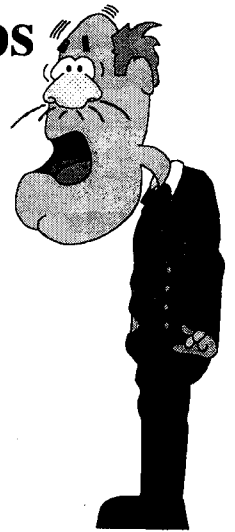
College admission people are not stupid. When it comes between two students, one who has been in an accelerated class and one who has not, they realize the accelerated one is more qualified for their school. It will not be a question as to who receives an acceptance letter and who does not.

Compared to other schools in the area, Salem may exceed. However, it is not enough. We need to be provided with better opportunities to excel in our high school education as well as the rest of our lives.



Inventions: from potato chips to flogging machines

by Sarah Lederle



The human mind is always coming up with new ideas. The problem is that we generally think our ideas are stupid, and keep them to ourselves. But we shouldn't be afraid — hard to believe, but somebody probably even laughed at the guy who invented the Spork. And there had to be someone who invented paper, and the pen, and garbage bags, and Kleenex, and Spam, and pillows, and cat food, and flannel shirts, and socks... absolutely *everything* began as an idea in somebody's brain.

We take our everyday things for granted, but they often come with interesting tales. For instance, a chef in Saratoga Springs, New York, was irritated by complaints that his French fries were too thick, so he shaved the potatoes paper-thin. The potato chip was born! An English prisoner with nothing better to do conceived the toothbrush in the 1770s,

by boring holes in a small bone and tying stiff bristles into them. King Henry III of France invented the fork in the sixteenth century because his clothing tended to become stained when he ate with his hands. Donuts as we know them did not exist until Hanson Crockett Gregory, a ship's captain from Maine, revolutionized the pastry industry with the invention of the donut hole. And, unfortunately for him, Johann von Streunsee was executed in Denmark for the horrible, unspeakable crime of inventing a game called Bingo.

Many inventions are just plain weird, although they are created with the best intentions. The Ozophone was a device supposed to help the deaf hear — through their teeth. A lazy individual created a mechanical contraption designed to tip one's hat, without removing one's hands from one's pockets. Spiked metal collars were worn under the scarves of paranoid citizens of Victorian London, to prevent being strangled by a mugger.

Some other peculiar inventions:

* A rubber mustache protector, designed to keep one's facial hair in pristine condition while eating

* For beginning skiers with difficulty in staying upright: skis that fit on the derriere

* A miraculous device that provides us all with something that nature has given but few: dimples. Apparently the device actually imprints them on the face.

* Bat bombs: bats (the airborne rodents, not the baseball types) fitted with incendiary devices. They were developed by the US and intended to be released into enemy cities in World War II, where they would hopefully begin massive fires. Nothing was said about what would become of the poor bats, who would sacrifice their lives for their country. Surprisingly, they were never actually used.

* A flogging machine, having nine whips attached to a wheel. It revolved 150 times a minute and was proposed as a method of punishment for English prisoners. The machine could deliver 81,000 strokes an hour.

* Vegiforms: plastic molds that shape growing vegetables into the likenesses of celebrities. For those of you who enjoy cabbages in the form of Elvis or wish your melons to resemble Marv Albert.

* The perfect all-occasion gift for Mom: a combination grater/slicer and mouse

and fly trap (US Patent No. 586025).

According to a decision of the US Court of Customs and Patent Appeals, an invention can be "sometimes... simply the product of sheer stupidity." While it is inarguably true that inventors tend to be wacky folks, they never fail to provide us with new, improved, interesting, amusing, baffling, seemingly impossible, and often, incredibly obvious ideas. So, all you fine young potential geniuses, take these ideas as examples. Then go forth into the world and come up with some of your own. After all, the world always needs more mustache protectors and vegetable faces.

Information for this article obtained from Ripley's Believe It or Not! by Robert Ripley and What They Don't Teach You About History by Tim Wood and Ian Dicks

Giving thanks

by Shannon Sutherin

It's that special time of year again — a time for turkey, pumpkin pie, stuffing, giving thanks, and a four day weekend. You guessed it, it's Thanksgiving.

As you sit at the dinner table this year waiting to inhale as much food as you possibly can, take a minute to reflect on the history of the holiday. Yes, I do know that you've been hearing this

since the first grade, your teacher telling you about how the Pilgrims needed help from the Indians to survive their first winter at Plymouth. The Pilgrim settlers reaped their first harvest, shot wild turkeys, and feasted for three days with the Indians. But, you may not know that after the original 1621 Thanksgiving other dates were named



as a day of thanksgiving.

For instance, on November 26, 1789, President Washington declared that day a holiday of general Thanksgiving to honor the adoption of the Constitution. In 1815, President Madison held a Thanksgiving day to celebrate the end of the War of 1812. Finally in 1863, President Lincoln stated that the

celebration of Thanksgiving was to occur on the fourth Thursday in November. There actually is a multitude of reasons for the feast in your home.

So enjoy the food, family togetherness, and, of course, the extended weekend. And to all the shopaholics out there, remember that Thanksgiving is the beginning of the Christmas shopping season. Happy Thanksgiving!



Amaze your friends! Impress your teachers! Confuse your mom! with some of these strange manifestations of the English language

by Sarah R. Lederle, Esq.

Alopecia n. — Baldness
Ante-Jentacular a. — Pre-breakfast
Avuncular a. — in the manner of an uncle
Boondoggle v. — to carry out valueless, trivial work in order to convey the impression that one is busy
Bumblepuppy n. — a game played carelessly or contrary to rules
Chrematophobia n. — fear of money
Daffodowndilly n. — daffodil
Defenestration n. — the act of throwing something (or someone) out a window

Exungulate v. — to trim or cut the nails or hooves
Flapdoodle n. — nonsense
Fopdoodle n. — a fool
Gongoozler n. — one who stares for hours at anything out of the ordinary
Hebetate v. — to grow dull or stupid
Impeccable a. — flawless
Jackanapes n. — a smart aleck
Kinkajou n. — a furry, domesticatable mammal with a prehensile tail
Limaceous a. — sluglike
Lucifugous a. — avoiding daylight
Lucripetous a. — money-

hungry
Merrythought n. — wish-bone
Mucilage n. — glue
Napiform a. — in the shape of a turnip
Nocent a. — the opposite of innocent — that is, harmful
Ochlophobia n. — the fear of crowds
Pandiculation n. — stretching and yawning
Quisquous a. — perplexing, puzzling
Ranarium n. — frog farm
Slubberdegullion n. — a dirty, wretched slob
Temulency n. — drunkenness

Umbriferous a. — shady
Vapulation n. — flogging
Wordgrubber n. — one who is particular about fine points of verbal usage and who uses unusual words in everyday speech
Xanthippe n. — a bad-tempered woman
Yestreen n. — yesterday
Zzxjoanw n. — a Maori drum (sorry, I do not know how to pronounce this, but remember it next time you sit down to a rousing game of Scrabble)

* Source: *The Superior Person's Book of Words* by Peter Bowler

Scholarship Frenzy

by Stephanie Woods

It's never too early to start thinking about the future. With college just around the corner many seniors are already applying for scholarships. Scholarships are a good way to lower the cost of college tuition, as well as honor students for their academic and athletic strengths. There are more than 2,000 scholarships available in Ohio alone, you just have to know where to look. Many books are available filled with awards depending on everything from financial need to ethnic background, religion, or even geography.

Scholarships come from three separate sources. Corporations or businesses at which your parents are employed, colleges themselves, and local organizations. Any scholarship information involving a corporation is always posted here at S.H.S. Any of the counselors have this information. Scholarships given by independent colleges are often filled out with but separate from the admission forms. Sometimes you don't even need to apply but can still be awarded based on G.P.A. and ACT/SAT test scores. Local scholarships are usually awarded in the spring. These come from local organizations and are only available to Salem students.

When applying for sports scholarships contact colleges by mail, describing in detail sports achievement, and the need for financial aid. To those colleges who respond send more information as well as letters of recommendation. Another hint in the scholarship hunt is to be sure to follow directions carefully. If you have to write an essay be sure to do the simple things, like margins and

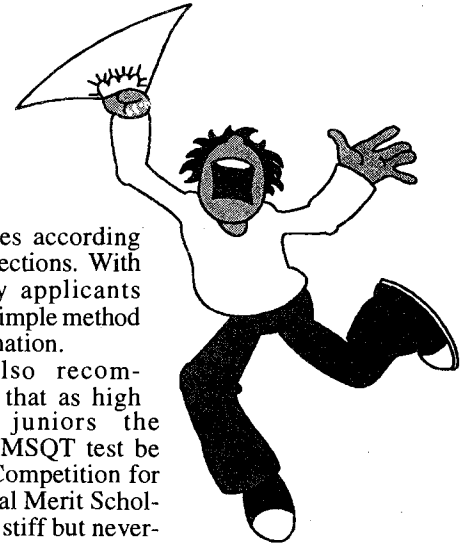
title pages according to the directions. With so many applicants this is a simple method of elimination.

It is also recommended that as high school juniors the PSAT/NMSQT test be taken. Competition for a National Merit Scholarship is stiff but nevertheless 1,800 college sponsored scholarships are awarded each year.

Contrary to popular belief you don't have to be the star athlete or class brain to receive a scholarship. Here are some strange but true scholarships that apply to the average person.

- ***LEFTY MONEY**- Frederick & Mary F. Beckley Scholarship at Juanita College. Call 814-643-4310.
- ***MIDGET MONEY**- If you're 4 foot 10 and under apply for Evelyn Barty Scholarship at 818-953-5410.
- ***FAT MONEY**- National Association to Advance Fat Acceptance. Write Box 1820, Boston, MA, 02205.

*sources: *ARCO College Scholarships and Financial Aid* by John Schwartz, and *YM* magazine



College fairs, like the one held at SHS in October, can be an important source of financial aid information. Pictured here, Bo Rottenborn, Craig Veon, and Lisa Butch chat with a college representative.

The Quaker 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.

The Quaker staff encourages input from our readers in the form of stories, essays, letters, etc.

Excellent Healthy

Snacks

- Carrots
- Celery
- Strawberries
- bananas
- apples
- green beans
- plain cookies
- whole grain bread
- oatmeal
- dried beans or peas
- oranges
- potatoes

Other good foods:

- Nuts
- pasta

Non healthy foods:

- Cornflakes
- Chocolate
- Chips

Female chart:

4'10	100-131
4'11	101-134
5'0	103-137
5'1	105-140
5'2	108-144
5'3	111-148
5'4	114-152
5'5	117-156
5'6	120-160
5'7	123-164
5'8	126-167
5'9	129-170
5'10	132-173
5'11	135-176

Male chart:

5'1	123-145
5'2	125-148
5'3	127-151
5'4	129-155
5'5	131-159
5'6	133-163
5'7	135-167
5'8	137-171
5'9	139-175
5'10	141-179
5'11	144-183
6'0	147-187
6'1	150-192
6'2	153-197
6'3	157-202

Healthy ways to lose weight

by Connie Morris



As young adults in high school it is sometimes hard to portray an image that is liked by everyone. Walking down the hallways you hear people who are making fun of others. They make fun of them for being too skinny, too fat, no figure, or just the way they wear their clothes (too baggy or too tight). Why should people care what you look like or how you dress. That does not create your personality. All it does is give an image of what people see. Weight, rather it is being too skinny or overweight, is on the minds of many teenagers. It may be on their minds around dances, big dates, or just trying to get that certain someone to notice you. It could also be on your mind if you play in a weight demanding sport.

Out of fifty-six high school girls 28 are overweight, 20 are normal in weight, and 8 are under weight. After speaking with some of the S.H.S. students many are not pleased with the way they look. Some are too pleased and tend to brag about it, but others are so disappointed it is depressing them. On the average a person needs to have a certain amount of exercise to remain healthy and fit. Children under the age of 18 they should receive one hour of exercise each day of the week, and 3 hours a day of exercise on the weekends. They should also eat healthy foods and take care of themselves. It is important if and when you go on diets not to set your diet too high so that you are not able to reach your goal.

When setting your diet, the first thing you need to do is to have a plan. If you find yourself always being tempted by other things to keep you away from your goal you need to do something so you can stick with it. For example, if you are tempted by foods in the refrigerator, then get rid of the unhealthy foods. If you live with your parents and are unable to do that then try putting up pictures of positive influences, like what you have lost and how much further you need to go to reach it.

Drug and fad diets do reduce weight quickly and fairly easy but the truth is that it does not keep the pounds off permanently. Your final weight often becomes more than your original weight. When you gain weight you increase the size of your fat cells. You don't really make more fat cells like some myths or rumors say. The key to reducing the size of the cells is drinking ample amounts of water, eating less, and exercising more. Exercising is important to one's health. Just by exercising it helps tune your metabolism, preserve muscles, meet the fat-muscle ratio, gain oxygen for burning fat, regulates your appetite, reduces stress, fights anxiety, and fights depression.

To correspond calories to pounds it takes about 3,500 calories to burn off one pound. When going on a diet, the intake of calories for a man should never be less than 1,500 and for a woman it should be no less than 1,200.

The following are hints to help a dieter: record the calories and fat intake during a day, eat only in the dining room, delay eating until you really hungry, eat preferred foods first, eat slow, put eating utensil down after each bite, chew thoroughly, give away the leftovers, and clean up immediately after eating.

The pressure on a person when on a diet is strong no matter what the cause. The main thing to refrain from is not to become obsessed with food, eating it or not. Do not allow your appearance to make up your life because that can not develop or be your personality. The obsession of any of these can lead to bulimia and anorexia. Diet pills, laxatives, and water pills are supplements taken but they are not good for your health. So before dedicating yourself to a diet plan check with your doctor and do it the right way. It will benefit you in the end.

The sources used were, *Diet & Nutrition - a hostile approach*, *The fat to muscle diet*, and *A diet for the living*.

Are they starving themselves?

by Renee Loutzenhiser

Thanksgiving is almost here and most students are thinking about the wonderful Thanksgiving vacation and all the fun they'll have or all the food they'll eat. But for people who have a serious eating disorder the holiday season is a time full of shame, depression, and loneliness.

Did you know that 1 out of 5 people suffer from a serious eating disorder?

It is believed that people develop eating disorders because they can't cope with things happening in their lives. They feel they have to be in control and when they cannot control their environment they try to control the only thing left totally to them.... their weight.

Over 4 million teenagers suffer from either Anorexia Nervosa or Bulimia. People who have

these diseases have an obsessive desire to lose weight or stay thin and many go to drastic lengths to remain that way. They ultimately end up starving themselves to death or causing serious health problems that could affect them for the rest of their lives.

Anorexia Nervosa (often called the eating disease) —what is it really? Anorexics believe that they are fat so through self-starvation they reach for their goal of the perfect body. For some young women, after they lower their weight to a certain level they trigger a biological vulnerability which can cause an obsessive compulsive disorder, depression, or an anxiety disorder. The sad thing is that it's becoming more common mainly among young women from the ages of 12 through 18.

Bulimia Nervosa (the self-stuffing disease) is

more common than anorexia, and the numbers are still growing. Unlike anorexics, bulimics love food and love to eat. Because of this they form a very dangerous habit called "binging and purging." They consume large amounts of food then they feel they must rid themselves of it by causing themselves to vomit or using laxatives or diuretics (water pills designed to rid your body of the fluids you digest faster than you usually would.)

How can you tell if anyone you know has either of these diseases? Here are some warning signs to watch out for:

**IF you notice a loss of at least 15% of the persons body weight.*

**IF you notice a change in eating habits.*

**IF you notice compulsive or excessive exercising.*

**IF the person is vomiting after consuming food.*

**IF you notice hair loss.*

**IF you notice someone using laxatives, diet pills, or diuretics.*

**Or if the person in question has a preoccupation with weight and body image.*

If you notice any of these symptoms in someone you know remember that this does not necessarily mean they have a disorder but you may want to talk with them to find out if there is a problem. For more information about these disorders or for help contact the National Association of Anorexia Nervosa and Associated Disorders P.O. box 7 Highland Park, Illinois 60035 (847)831-3438

Information obtained from: Eating Disorders by Ellen Erlanger and Why Are They Starving Themselves? by Elaine Landau

Open campus for seniors

By Brandi Gibson

Should Salem seniors be able to leave school for lunch? Many people think we should, but the school board doesn't agree. A very long time ago the school board adopted the policy of closed lunch periods and are not planning on changing their policy anytime soon.

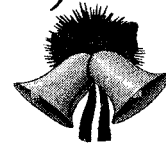
I asked Mr. McShane what his view was on this issue and he said, "I think that it's a wonderful idea for seniors, but unfortunately the Board of Education many years ago decided on a closed lunch." Mr. Bennett also said he would be for it if the students wouldn't have discipline problems. Mr. Bennett thinks that the seniors should have to earn the right to leave during their lunch periods.

According to Mr. McShane and Mr. Bennett, the downtown merchants don't want the students out of school and in their stores causing problems.

David Everly, a new senior here at SHS last attended a school with the open campus policy for juniors and seniors. David attended University High School in Morgantown, West Virginia. Many teachers are concerned that if Salem adopted this policy there would be problems with students not coming back after lunch and with tardiness. David said that at University High, they didn't have problems with that. He said the problems with the system were: 1. Freshmen and sophomores were leaving the school to smoke, and 2. Freshmen and sophomores were leaving the school to fight one another. If you did cause problems, you would have three days of out of school suspension. At University High the lunch periods were 30 minutes long, the same length as ours, and they had time to get their food, eat, and get back on time. David said that the student body was happier because they felt that they were being treated more like adults. They also liked that they are given the privilege and are trusted.

Do you think Salem seniors should have the privilege of open campus? If you want to attempt to change the school board's policy you could write a letter to the board of education and have seniors sign it and try to get a meeting with the board.

Show your Christmas cheer, be a volunteer



by Mandi Jackson

Now is the time of year when giving, caring, and sharing makes its finest appearance. The holiday season just seems to bring about this cheer and generosity in people. Many organizations at SHS and in the Salem community are showing their generosity through various volunteer activities. SHS students are welcomed and encouraged to participate in the following organizations, especially during this special time of year.

The *Salem Salvation Army* supports needy families in the community. To attain money and donations this Christmas, the

Salvation Army has many activities in progress. These include bell ringing, packing food boxes, unloading food from trucks, shopping for children's clothing, writing names on angel tree tags, and dress-a-live-doll.

Another volunteer organization known nationally is *Habitat for Humanity*. *Habitat* consists of volunteers that help build houses for needy families in the community that don't own or live in a house. The lumber and fixtures for these houses are donated by businesses. *Habitat* builds about three to four houses each year in Columbiana county alone.

Angels for Animals is an volunteer organization located in the Washingtonville area that not only takes in stray dogs and cats, but also sees that the animal is adopted into a good home. *Angels for Animals* welcomes volunteers willing to help take care of these pets.

Even if you don't want to devote your time to one of these organizations, there are many other ways to participate during the holidays. You could donate clothes to *Goodwill*, visit nursing homes, or be a candy striper in the hospital. Also, many church groups and clubs at SHS do

volunteer work during the holiday season. For instance, the *Salem Key Club* is collecting non-perishable, canned food items to donate to the *Salvation Army*. Collection boxes will be located in the high school office and cafeteria until November 24.

At the very least this holiday season, donate your pocket change to an organization that supports needy families in the Salem community. A little generosity from you goes a long way in making someone's Christmas a happy time of year and a wonderful memory!

Salem Salvation Army
332-5624
Habitat for Humanity
337-1003
Angels for Animals
533-5577

Happy 
Thanksgiving

God forbid life goes on to numbness
Night and needle-wind creep slowly on
A chill passes over me as I gaze at the
next few months
Unrelenting Hell that will be in the
whiteness of these days
Happiness dries up and falls to the
earth

The crescendo reaches its finale and
leaves bare thousands upon
Now frozen and dormant hands twist
and turn toward the sky
They have lost their mouths and
coats, their skin revealed
Our mother cries as she flies through
the wispy fingers
This the seventeenth time the sun I
have seen anew

by *Jeremy Halverstadt*

Looking Backwards

The answer to October's issue was (as if you couldn't guess) George Spack of Salem's 1969 graduating class. November's issue features a 1971 graduate. See if you can guess both her first and last name! Good luck!!



Graduation Year: 1971

Activities:

Gym Aide

Hi-Tri Secretary

Achievements:

Class

Valedictorian

Toons

by Mike Stuckey

While channel surfing recently, I noticed all of the lame shows for kids on television these days. I remember awakening early on Saturday mornings to watch quality TV. After much turmoil, *The Quaker* staff has come up with some shows that they watched as tikes. Some you may have not heard of before. How many of the old children's shows can you remember?

- 1) **The Smurfs** 2) **The Pound Puppies**
- 3) **Beuford** 4) **The Flintstones Kids** 5) **He-man** 6) **She-ra** 7) **Fraggle Rock** 8) **Heathcliff** 9) **Inspector Gadget** 10) **Speed Racer** 11) **Wuzzles** 12) **Care Bears** 13) **The Littles** 14) **Rainbow Bright** 15) **Strawberry Shortcake** 16) **Popples** 17) **Go Bots** 18) **Dinosaucers** 19) **The Jim Henson Hour** 20) **Chip & Dale-Rescue Rangers** 21) **Ducktales** 22) **Tailspin** 23) **Darkwing Duck** 24) **Might Mouse** 25) **Gummi Bears** 26) **The Cowboys of Moo Mesa** 27) **Fat Albert** 28) **The Jacksons** 29) **The Snorkels** 30) **My Little Pony** 31) **Yogi Bear** 32) **Captain Planet** 33) **The Bearenstein Bears** 34) **Shirtales** 35) **Tom & Jerry** 36) **Pinwheel** 37) **Woody Woodpecker** 38) **Anne** 39) **Land of the Lost** 40) **Denver the Last Dinosaur** 41) **Rose-petal Place** 42) **Long Ago & Far Away** 43) **Superted** 44) **Little Mermaid** 45) **Fish Police** 46) **Voltron** 47) **Zoobilee Zoo** 48) **Scooby Doo** 49) **Thundercats** 50) **The A Team**

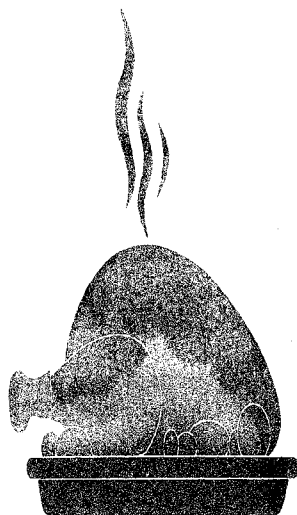


Movie of the month

To be in ... of the month there must be special qualities or circumstances, and the topic of this month definitely meets the requirements. To be ... of the month is an honor. The honor this month goes to the movie *Mr. Bean*. *Mr. Bean* meets all criteria and sets new standards to say the least.

Rowan Atkinson portrays Mr. Bean hysterically as a middle-aged "art watcher." Mr. Bean lives in England and works for an art gallery. His job is to sit in a corner and watch the art. The other employees do not care for Mr. Bean and try to eradicate him. This plan goes terribly wrong and Mr. Bean is sent to America to review a newly purchased portrait. The Whistlers' Mother is a major purchase that is to be reviewed by "Dr. Bean". As not to give the whole movie away, the plot is about what happens when Mr. Bean is given too much responsibility.

This movie is hysterical. It keeps you rolling with laughter the whole time. I definitely recommend this movie to everyone.



The haunting mysteries of Salem true or not?

by Tanna Handwork

Upon the passing of Halloween, I am sure many of you have heard the haunting tales of Salem. Some of these stories have been around since our parents were in school. Many of these stories are just that, stories past on from generations. With each person that tells one of Salem's tales something new has probably been added. The main question is are any of these stories true or not, and that is exactly what I am going to address.

The Mystery of Goldie Bell Taylor

The mystery of Goldie Bell Taylor is as follows. Her father and mother have both been dead for some time now and her grave has seldom been seen without flowers. Goldie Bell Taylor was born on August 28, 1884, and died September 8, 1888. Her parents Jacob and Lizzie Taylor owned a farm in Sebring. When Goldie Bell died her dad was so devastated that he sent away to Italy to have a statue built of her. The statue was made of marble and cost a total of \$4,000. To pay for this he sold a good part of his farm. He had always kept either fresh or silk flowers at her grave. The weird thing is his wife had died a couple years before his death in 1896 and even after his death there were fresh or silk flowers at her grave. So, this mystery is still a mystery.

Cry-Baby Bridge

Cry-Baby Bridge located on Egypt Road, is probably one of the best known stories in Salem. The curious way the bridge has been closed off adds to the mystery by building your curiosity. Many teenagers say that if you go there at midnight you can hear the baby cry. Supposedly the baby was thrown over the bridge by the mother at midnight. Records, however, say otherwise. There are no reports of any baby ever dying there. This mystery has been solved. It was just a case of kids telling stories and passing them among each other.

The "57" Chevy

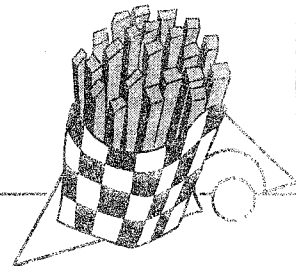
The story of the "57" Chevy that crashed while drag-racing is also a very hair-raising story. If you want to see the "57" Chevy you must park your car on the tracks where the car went off the road, turn off your car and your lights, then honk your horn three times. The car will appear out of the woods and you have to race the car through the turns of Egypt Road. If you win you live, but if you lose you wreck your car and die. As drastic as it seems that is the story. In researching the legend, this reporter found no evidence of the "57" Chevy crashing according to the *Salem News*, 1952-1975 issues. This mystery has been solved.

In reading this article the truth comes out. According to my research these stories are just that stories. Although sometimes stories are more fun to believe than the truth.



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left: Goldie Bell Taylor 1884-1888

Cross Country, #3 in the state

by Lisa Butch

The girls cross country team finished an exciting season Saturday, November 1 as they competed in the Division 2 state meet at Scioto Downs in Columbus. The girls placed third, one place better than last year. This was the second trip in two years for this girls team.

Freshman Mary Bauman, who was named to the All-Ohio team, placed 18th overall with a time of

19:34. Sophomore Sarah Loudon placed 30th in the 156 runner field. Sandy Sauerbrey, also a sophomore, placed 48th, with junior Angie Rank coming in 54th. Junior Kristen Kenst placed 91st. Sophomores Jill Bestic and Kristen Marroulis placed 123rd and 138th respectively.

Congratulations to the team and the coaches Mr. and Mrs. Parks on a wonderful season.

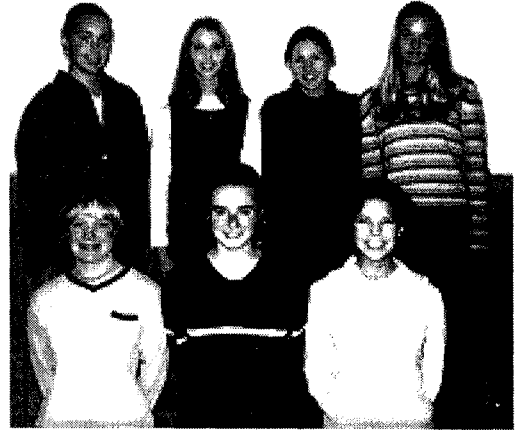


Photo by Tanna Handwork
State cross country team: Mary Bauman, Kristen Kenst, Sandy Sauerbrey, Kristen Marroulis, Sarah Loudon, Angie Rank, and Jill Bestic.



New faces on the field

by Lisa Butch

There are four new coaches for Salem's fall and winter sports programs. They are the following: Miss Sandy Nitch, Mr. Craig Anderson, Mr. Jeff Gill, and Mr. Lenny Carrion.

Miss Nitch was the new girls' head soccer

coach, working with her new assistant Craig Anderson. Anderson is also a member of Salem City School's music department. They led the team to a 5-18 season.

Gill was the new offensive line coach for the 6-4 football team. He said

the players were a "great bunch of players," and it was a "very good coaching experience, and I am looking forward to next year." Gill is also a member of the S.H.S. math department.

The new head wrestling coach, Lenny Carrion, was hired by the

Board last spring. November 14 marked the official beginning of wrestling season.

The Quaker staff welcomes all new coaches to S.H.S. sports.

Football, breaking the records

by Chris Williams

The Quakers finished the season with a 6-4 record that was third in the MAC. It was their first winning season since 1994 when they were co-champions of the MAC.

Quarterback Lou Angelo threw for 1,496 yards, 18 touchdowns, and 11 interceptions. Leading

the team in rushing was Eric Davis with 496 yards and 5 touchdowns. Mike Debarr led the team in receiving with 25 receptions, 614 yards, and 7 touchdowns. Matt O'Brian had the most total touchdowns with 13. He also led them in scoring with 78 points and interceptions with 2.

"Whenever you

have a winning season, it's a positive note," said coach Dave Janofa. "We had a young team this year. We're going to miss the seniors, but we should have good teams coming up."



Winter Previews:

Girls Basketball

by Lisa Butch

This year's girl's basketball team is hoping to have a season that is as exciting and rewarding as last season.

The team lost five seniors, four of which were starters, after their 18-4 season.

The team does have four returning letterman, one of which is a senior, and coach Zeigler remarks that the team is a "great group of young ladies that are dedicated and can play the game of basketball. There is great leadership on the floor, and they have the desire which will make them successful. It is going to be a very exciting team and one you should come out and watch."

The first game for the Lady Quakers will be Saturday, November 29th against Canton Central Catholic.

Wrestling

by Chris Williams

This year's wrestling team will be led by their new coach, Mr. Lenny Carrion. Returning lettermen from last year are seniors Eric Swiger and Doug Graybeal and sophomores Shane Hostetter, Brian Rea, Ralph Smalley, and Manuel Figueroa. Salem loses last year's seniors Josh Mendez, Jack Pasco, Wayne Benner, and state qualifier Nick Bourne.

"I'm expecting a solid team this year," said Mr. Carrion.

Coach Carrion wrestled for Salem from 1969-72 and was a 1972 Salem High School graduate.

Boys Basketball

by Chris Williams

The boys basketball team finished with a record of 10-10 last season. They were tied for third in the MAC with Poland. "Our season last year could be broken into two halves. The first half we were 3-7, the second we were 7-3," said coach Kevin Longanecker. "It was a complete turnaround. It reflected the youth of our team."

The Quakers only lost one senior last year, Rick Straub. Straub led the team with 26 3-pointers, 7 blocked shots, and a free-throw percentage of 72.

Four of last year's starters return, Casey Rhodes, Casey Crawford, Jason Rice, and Jason Fennema. Rhodes had 15.3 points per game and 2.6 steals per game to lead the team. Rice had the highest field goal percentage with 51.5. Fennema had 6 rebounds per game, highest on the Quakers. Crawford led the team in assists with 3 per game. Returning from the bench are Matt O'Brian, Chad Copacia, Lou Angelo, Aaron Weir, Reuben Dunlap, and Brian Bush.

"We're hoping to pick up where we left off," commented coach Longanecker. "We have three new opponents this year, Hubbard, Springfield, and Western Reserve. We'll see how we do against these new faces and everyone else."

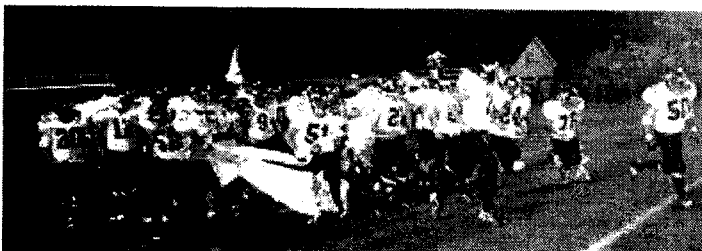
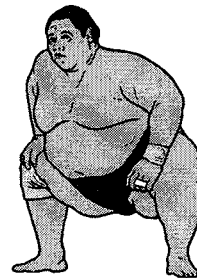
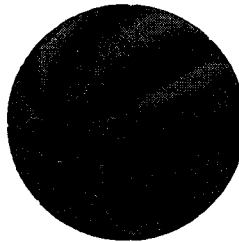


Photo by Erica Raymond

The football team runs out onto the field before the Howland game.

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port wool jackets,
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Senior Spotlight



This year in *The Quaker* we are having a senior spotlight which will list the seniors of each sport and include a brief comment from the coach about them. A few sports are listed in this issue, and the rest will be included throughout the year.

Cross Country

Name

Position

Coaches comment

Desiree Maxon

outstanding job this year as runner and team captain

Ryan Hagan

injured early in season but continued to support team

Phil Knipp

very determined

Jason Moser

demanding, wants the team to do well

Nick Peters

great attitude, hard worker

Joe Sauerbrey

had outstanding year

Kevin Smith

never quits, great attitude

Josh Sowers

hard worker, great attitude

Greg Zeigler

great support, came through when team needed him to
great attitude this year

Mike Zornick



Girls Soccer

Jen Fawcett

Goalkeeper

great hands and knowledge of position, good attitude and has improved greatly, team player

Jan Peters

Midfielder

excellent attitude, distributes the ball well, team captain, good foot skills

Kim Kilgore

Midfielder/forward

great attitude and team leader, captain, leads team for all time assists and steals, aggressive and smart

Abby Stevenson

midfielder

strong on the right side, distributes ball well, can deliver, long cross, aggressive and fast

Cheerleaders

Aubree Jackson

3rd year varsity, co-captain, selected as an all-star by UCA and will participate as a cheerleader in the Macy's Thanksgiving Day Parade in November

Christi Paxson

3rd year varsity, co-captain, always enthusiastic

Lisa Eckhart

responsible, flexible, a pleasure to coach

Mandi Jackson

positive attitude all the time, very responsible, determined to be successful

