

The Quaker

A High School Tradition for 85 Years

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Salem Senior High School

January 26, 1998



**"... a song
and cheer
for the glad
New Year,
While we
watch the
Old Year
die!"**

--George Cooper

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Club Highlights

AFS

In February the members are going to the Cav's basketball game in Cleveland. In March they are going to the Penguin's hockey game in Pittsburgh.

French Club

The French Club members are holding the Valentine's Day Flower sale on Feb. 4, 5, and 6. The flowers will be delivered on Feb. 11.

Academic Challenge

On Jan. 31 the members are going to a competition at United Local.

German Club

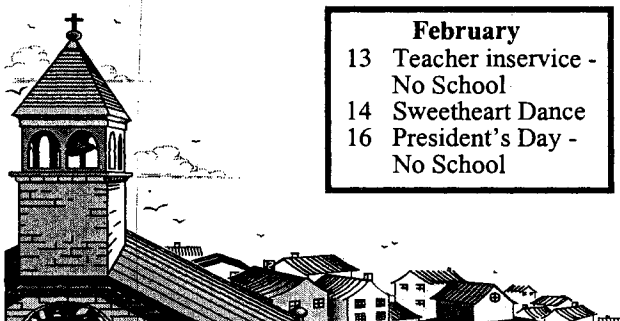
On Jan. 18 the members went to Ice Zone with the Spanish Club members for an all day skate. They are also joining Spanish Club members in an all day skiing trip to Peak -N- Peak on Feb. 13.

Spanish Club

On Jan. 18 the members went to Ice Zone with the members from German Club. They are also joining them at Peak -N- peak on Feb. 13. The deposits and permission slips were due on Jan. 16 to reserve seats on the bus. The balance of the ski money is due on Feb. 5.

Math Club

On Jan. 7 there was a meeting at 2:55 in room 221. There will be a O.C.T.M. Math Contest at Canfield on Feb. 28. The members that are going to the contest are Sam Abdlrasul, Annie Crowgey, Lori Cyrus, April DeMar, Arika Denton, Jeremy Forsythe, Jen Lippiatt, Christina Miller, Gretchen Mueller, Bo Rottenborn, and Rob Welch.



February

13 Teacher inservice - No School

14 Sweetheart Dance

16 President's Day - No School

National Good Teen Day

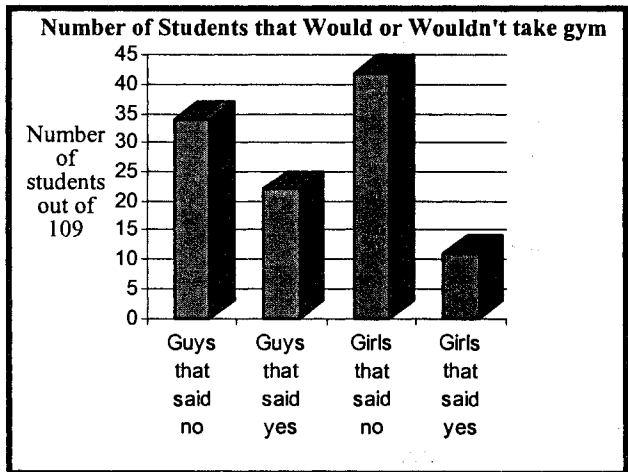
By Erica Raymond

The Butler Art Institute in Salem held the annual National Good Teen Day Awards Program on Friday, January 16 at 8:00 p.m. The topic for this year's essay was to select a person that the student felt contributed greatly to the world. The contest winners from Salem High School were Brian Rea, Tracy Stapf, Sarah Sacco, Sarah Lederle, Eric Hodgson, Brandon Sedgwick, Annie Crowgey, and April DeMar. Cathie DeFazio presented proclamations to the students. Each winner received either a cash prize or a certificate for their participation in this year's National Good Teen Day Contest. The National Good Teen Day Art Show was also held on January 16. The winners of this competition were Amy Chappell, Matt Swartz, Melissa Ramsayer, Margaret Berthold, Lance Bricker, Trevor Goering, Aaron Helmick, Katrina Paulin, Pisuttinee Tiamsate, Courtney Simpson and Allen Welch. Congratulations to all of the S.H.S students who participated in the National Good Teen Day Contest.

Gym for Everyone

by Deanna Thomas

Keeping fit is extremely important to some people and to others it is the last thing that they worry about. Mr. McShane states, "I believe students should have four semesters of P.E. We lack physical activity as a society and this could help everyone." Having a gym class in school helps the students stay in shape during their freshmen and sophomore year. But the junior and senior students have been deprived from taking their gym class. There are not enough class periods for all the students to take gym. Mr. Bennett states, "I believe students should take gym for four years." I did a survey on whether the students would or wouldn't take gym as a junior or senior. Here are the results.



AIDS in America

by Erica Raymond

Sixteen years after the first reports of AIDS surfaced, scientists and doctors have yet to discover a cure. More effective drugs and improved medical care now offer a greater chance for a longer, healthier life.

HIV, human immunodeficiency virus, is the virus that causes AIDS. This virus attacks the body immediately. A terrifying aspect of HIV is that it may take up to ten years for the first symptoms to appear. Eventually, the person's immune system will be destroyed which makes it easier for them to catch other illnesses. Now, the person is said to have "full-blown AIDS".

Although the rate of AIDS cases among Americans slowed last year for the first time ever, it is increasingly a disease of teenagers. One in four HIV infected people are under 22 years old. AIDS is the sixth leading cause of death among people between the ages of 15 and 24, according to the October 20 issue of Update magazine. Knowing these facts, teens still put themselves at risk for contracting HIV. Most teens don't think they can get AIDS or HIV because they think it is mainly a disease of older homosexuals. But the truth is that almost anyone can contract these diseases. HIV can pass from one person to another in three main ways. These are through unprotected sex with an infected person, by sharing hypodermic needles with an infected person, or by being born infected because your mother was infected. The best way for teens to avoid AIDS is to remain abstinent until marriage.

Today, much more is known about AIDS and new progress is being made to treat it. New drugs called "protease inhibitors" can keep the virus from growing and, in some cases, even remove it from the body. Since appearing in pharmacies a year and a half ago, thousands of people who were bedridden and near death have gotten out of bed and returned to nearly normal lives. Doctors say that patients who are given these drugs have to remain on a strict schedule. A stop-and-go regimen allows the HIV to mutate, which can make further treatment more difficult.

The decisions as to who gets the protease inhibitors create a kind of discrimination. Those who get the drugs are wealthy, professional people with stable lives. Another determining factor in who gets them is money. This treatment can cost up to \$20,000 a year. Only the extremely wealthy have the money needed for the drug treatments. Private health insurances pay a small amount of the cost. But most policies only pay about \$3,000 a year. So AIDS patients who are homeless, drug addicted, or mentally ill never get a chance.

HIV and AIDS patients often face many prejudices and discriminations. These people tend to be avoided by their friends, kicked out of schools, lose their jobs and are denied insurance and medical care. People with AIDS need to be given another chance in society to be given a better chance in life.

The choice is yours

By Erica Raymond

Abstinence is a choice nearly one half of all teenagers are making today. Several factors, emotional and physical, affect a person's choice to have sex. When teens consider the risks of having sex, many come to realize it is too much of a hassle. Every year, three million teenagers acquire a sexually transmitted disease. *In a single act of unprotected sex with an infected person, a teenager has a 30% chance of contracting herpes and a 50% chance of getting gonorrhea. Unplanned pregnancy is another main reason teens chose virginity. Becoming pregnant at an early age may force a teenage girl to drop out of high school or college, cause family and friends to reject her, and even force her into the real world before she is ready. The important thing is to gain knowledge about the risks of being sexually active. If you have questions or are unsure about your decision to abstain or not, talk to someone about it. Talk to a doctor, counselor, parent or any trusted adult. Make your choice clear and don't let peer pressure force you into something you aren't ready for. Be proud of your decisions. It is possible to have fun in a relationship without having sex.

*Information drawn from Teen Magazine February 1998 issue.

SAFE SEX

Stop it...

by Deanna Thomas

It can happen anywhere, anytime, and to anyone. Some people do not realize what it is until it happens to them. Sexual harassment is what it's called. It is a form of discrimination of sex that is illegal. It occurs between the same sex and/or different sexes. Sexual harassment also can happen to all ages. Some things that are examples of sexual harassment are repeated remarks and questions that pertain to sex, unwelcoming touching, and the demanding of sexual involvement.

If you are being sexually harassed or know someone who is, contact a parent, teacher, or counselor. Remember sexual harassment that happens in school is illegal and the harasser will be punished.

Procedures to take if you are being harassed.

1. **Tell the harasser to stop.**
2. **Send a letter to the harasser, but make copies of it first for evidence.**
3. **Make note of anything that makes you uncomfortable.**
4. **Keep note of times and dates of the incidents and witnesses.**
5. **Find help and advice as soon as possible.**
6. **Never put up with sexual harassment.**



Faculty Focus



From Ms. Carmello

WHAT YOU SHOULD KNOW ABOUT FINANCIAL AID

As you consider the cost of attending college these days, it's easy to let tuition prices frighten you. More students than ever are searching for financial assistance to help pay for college. First you need to realize that a college education is an investment in your future...an important investment. In your initial college search, do not eliminate schools based on cost alone. The price of a college is often very different than the actual cost you will pay. The difference is FINANCIAL AID!!

There are basically two types of financial aid:

1. **Gift Assistance (Free Money)** - Includes local/community scholarships, specific college scholarships, grants from the federal or state government or colleges. Gift Assistance does not require repayment. Students should begin to research local/community scholarships during their junior year. Specific college scholarships may be based on academics, leadership, athletic, financial need, service, religious affiliation, etc. It is never too early to begin searching for scholarship opportunities.
2. **Self-Help Assistance (Loaned/Earned Money)** - Includes work-study, student and parent loans, regular employment and military service time. This type of aid is usually based on financial need. Work-study is a federal program which enables you to work on campus part-time to help pay for college. Many colleges also offer regular employment for students who do not qualify for work-study. Loans can come from the federal government, local banks and even from colleges themselves. For most student loans repayment isn't required until after graduation. Branches of the military also have many college benefits available to students (ROTC, etc.).

How to Get Need Based Financial Aid:

First you need to apply. For high school seniors now is the time! If you are a high school senior you should already have the FAFSA (Free Application for Financial Aid). If not, be sure to request this form immediately from your school's guidance office. Nearly every college requires the FAFSA as its main financial aid application. The FAFSA requires much information from your family. It is important that you and your parents fill out the form and send it in by February 15 for consideration for need based financial aid. Be sure to list all colleges (up to six) that you are considering. It is a good idea to keep a copy of your completed FAFSA for your reference.

A few weeks after you have sent your completed FAFSA you should

- * Check with all colleges you are considering to see if any additional forms/information is required.
- * Receive a Student Aid Report (SAR) which is a computerized printout of your FAFSA information.
- * Read the SAR and verify that the information reported is correct. If not, be sure to make corrections and return the form to be updated.

In late March or April you should begin to receive offers of financial aid from the colleges to which you have applied.

- * After you receive all financial aid awards, you can compare actual costs. Use this method to calculate your expenses: $(\text{Tuition} + \text{Room\&Board} + \text{Fees}) - (\text{Financial Aid Award}) = \text{Your Out-of-Pocket Expense}$
- * Call the schools you are considering with questions about any unclear part of your financial aid package.
- * You have until May 1 to make a final decision on which college you will attend and to submit an enrollment deposit to that college. Be sure to notify the other schools you were considering of your final decision.

The Ohio Association for College Admission Counseling (OACAC) is the statewide organization serving high school guidance counselors, college admission representatives, and any other person or groups interacting with students regarding post-secondary education. OACAC seeks to assist students in the transition from secondary to post-secondary education through articulation among the counselors of these students.



LOANS



Opinion

Memory tests

by Rachael Protzman



Standardized tests are supposed to determine our level of intelligence, how much we know, and our ability to reason logically. Yet, it often seems that the only thing they actually measure is how well we can guess.

It is suggested that instead of studying we familiarize ourselves with the test. It makes more sense that a test supposedly measuring our intelligence be one that we can study for. What is the point of taking a test that we cannot prepare for?

Another factor that influences our performance on the tests is the pressure put on us by colleges, parents, and faculty members. When we are sitting in a classroom filling in bubbles and thinking that this test determines the rest of our future, we are obviously going to be slightly flustered if not downright nervous. This does not affect our scores positively.

Standardized tests seem not to measure our abilities, but our memory. Students have the ability to work hard and earn good grades, but the tests do not reflect this. They do not give us the opportunity to study and be rewarded with a high score. Instead, they give us a score based on how much we remember minute details from past years' courses. And this is supposed to measure our intelligence? It is a much better feeling of accomplishment to work hard and receive a good grade than to guess and receive a high score.

Although standardized tests are only a fraction of what they consider, colleges regard the scores just as important as our GPA or an interview. Instead of judging us on one day's performance, colleges should be more concerned with a student's performance throughout their high school education and possibly even before high school.



Respect

by Melissa Sandoe

Respect- everyone wants it, but not everyone deserves it. All my school life I have met teachers who demanded respect from me. I have given it to teachers who haven't asked for it.

Do you give teachers respect? I asked some students if they thought there is a mutual respect between teachers and students. Here is what they had to say.

Leslie Rogers (10)- No it differs from class to class but teachers and students need to show more respect for each other.

Danielle Burt (10)- No there are different kinds. Some teachers respect their students and some don't.

Hannah Taylor (9)- Nobody cares. It depends.

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Drinking and driving

The story of Scott Cyran

by Mandi Jackson

Recently the staff and students at SHS had the privilege of hearing the story of Scott Cyran. Cyran spoke to students at an assembly on December 11 about his dangerous experience with drinking and driving and his sincere regret for taking the life of a young woman. He is currently serving a ten year sentence for aggravated vehicular homicide at the Corrections Medical Center in Ohio.

An ironic fact in Cyran's story was that he seemed to truly be an honest, kind, and admirable person. He graduated with honors from Baldwin Wallace College, earned a teaching degree, and had a true aspiration to make a difference in the world. However, he made one mistake. This was a mistake that has cost him some of the most valuable years of his life. Now, he will probably always be considered a criminal...some may even say a murderer.

During his six years in prison, Cyran, now 28 years old, has spoken at over 65 speaking engagements. Perhaps his story has helped to warn other people that drinking and driving is harmful to the drinker as well as fatal to other drivers on the road. Since the accident, Cyran has been denied twice for parole. If he completes his entire sentence, he will not be released from prison until January of 2002.

However, should Cyran be granted parole and be released early from prison or should he be forced to finish his entire prison sentence? Cyran may have taken the life of a young woman, but should he be rewarded for trying to save the lives of others? The controversy with granting parole is not only a legal issue, but also a moral issue in which both the rights and feelings of the victim's family as well as Cyran, himself, must be taken into account. However, what is the validity of incarcerating criminals? Is it to keep criminals away from society or to keep society away from criminals? By this, I am questioning whether prison is a place where convicts are placed to keep them from harming society, or is prison a place where criminals are placed as punishment to keep them from interacting with society?

Cyran did break the law by drinking and driving. He should be punished for this as well as for taking the life of an innocent woman. Perhaps the point that Cyran seemed to be trying to make in his speech here at SHS was that his drinking and driving was a mistake that he must pay for, not only in prison, but for the rest of his life. In a published letter by Cyran, he stated, "My life has been shattered. My remaining family lives with the memory and shame daily, the victim's family lives with the memory and loss daily, and finally, the victim does not live." Whether Cyran is in prison or not, he will be punished for his crime every day for the rest of his life.



College preparation

by Shannon Sutherin



This school year is half over and for the seniors this year is halfway to the end of high school altogether. Hopefully if you're a senior, you basically know what you want to do after you graduate. If you're a junior, sophomore, or even a freshman you should be thinking about your future. What do you want to do after you graduate? Do you want to go to college, join some branch of the armed forces, study at a vocational school, or get a job? If the answer is college, then you should have started preparing, which includes taking the SAT or ACT.

The SAT is composed of two tests: the SAT I Reasoning Test and the SAT II Subject Tests. You can either take the SAT I test or up to three of the SAT II tests in one day. Registration for the tests can take place through mail or online. The online address is <http://www.collegeboard.org>. They also suggest picking up a free copy of "Taking the SAT I: Reasoning Test" and "Taking the SAT II: Subject Tests" which should be located either in the office or in one of the counselors' offices. The packets provide sample questions and also some

helpful test-taking tips. If you missed the last test date, the next one is March 28 with a registration deadline of February 20. But this date only includes the SAT I Reasoning Test. The next date for the SAT II Subject Tests is May 2 with a registration deadline of March 26.

The ACT is divided into four different tests: English, Math, Reading, and Science. The ACT packet includes a practice self-test. You are encouraged to take it in preparation for the actual ACT test. There is also an ACT preparation class at KSU Salem campus. It takes place on Saturday, March 21 from 9 a.m. to 4 p.m. and the cost is \$45, to register call 537-4306. The next ACT test date is April 4 with a registration deadline of March 2.

Doing well on the ACT, SAT, or both can give you a better chance of getting into that college you want to go to. So, prepare in advance and remember you can take both tests as many times as you want.

An offbeat life

by Sarah Lederle

On January 5, America lost one of its own in a tragic skiing accident. A true Renaissance man, he achieved fame not only in music but also in politics, and will be remembered for the happiness that he brought to our lives.

Sonny Bono, singing partner and husband of the outlandishly glamorous Cher, is perhaps best known as the nasal male voice on 1965's musical masterpiece, "I Got You Babe." But he was a complex man with eclectic interests and in 1989 he remade his image from hippie to conservative, becoming Republican mayor of Palm Springs.

In the 1950's Bono dabbled in the recording business as a producer, songwriter, and general gofer for early rock n' roll star-maker Phil Spector. Although inspired by run-ins with rock pioneers like Little Richard and Sam Cooke, Bono never quite made it as a solo artist. But in 1963 he began a relationship with a talented sixteen-year-old runaway, Cherilyn Sarkisian, that would bring them both fame and fortune. Sonny and Cher's mid-sixties hits — notably the aforementioned, touchingly sentimental duet "I Got You Babe" and the catchy "And the Beat Goes On" — were followed by a late-decade decline in popularity. They revived their careers with a television show, *The Sonny and Cher Comedy Hour*. The show proved to be popular but their marriage could not withstand the pressures of their fame and they divorced in 1975. Bono continued as a songwriter, concocting tunes for the likes of Frank Sinatra, the Rolling Stones, and Tom Petty. He eventually opened a restaurant in Palm Springs, where he became interested in local politics and was elected mayor. In 1992 he was elected to Congress.

Sonny Bono had the talent to earn success in many different fields, from 60's rocker to television star to restaurant owner to consort of Newt Gingrich. With his death we have lost a very unique individual, the equal of whom will never be found.

If you care to learn more about Sonny Bono, see his autobiography, And the Beat Goes On, which is available at the Salem Public Library.

Feature

The myths, the legends, the teachers

by Sarah Lederle & Rachael Protzman

A popular topic in the minds of Salem High School students seems to be, "What do teachers *do* when they're not at school?" Speculation runs rampant, and the authors of this article have heard many strange and exotic rumors on the subject. We decided to find the truth, once and for all, so we sent all faculty members a survey asking them questions about their lives.

As children, the SHS faculty had some surprising aspirations. While many said they'd always wanted to teach, their dreams were influenced by a variety of childhood heroes. For instance **Mr. Purrington**, inspired by Chuck Yeager, wished to be an airplane pilot when he grew up. **Mr. Sabo** had a wide variety of childhood role models, including Jonas Salk, the Green Hornet, Al Rosen of the Cleveland Indians, and Doris Cope, his biology teacher. John F. Kennedy was a hero of the young **Mr. Esposito**, who dreamed of one day being a sports reporter covering his beloved New York Mets and Jets. **Mrs. Marhefka** lists her hero as the Lone Ranger, and **Mr. Trough** looked up to John Wayne and Roy Rogers. **Mr. Janofa** also looked up to Wayne and aspired to become a cowboy. Actress Katharine Hepburn was a role model of **Mrs. Johnson**. As a little girl **Mrs. Dye** dreamed of being a balle-

rina, while **Mrs. Madison's** goal was to become a dentist. Many teachers also responded that their heroes were their parents or their teachers.

While in high school our teachers participated in many different activities. **Mr. Dixon** was active in his school's math, chemistry, and physics clubs, as well as basketball. **Mr. Esposito** lists his extracurricular activities as the Hester Prynne Defense League, Junior Grammar Police and the Nathaniel Hawthorne club, of which he was vice president. **Mr. Trough** was especially versatile in his activities — he was in football, basketball, and track, as well as being a member of his school's newspaper and yearbook staffs, acting in the school play, and being a hall monitor and library aide. **Mrs. Kress** played the french horn and was head majorette in her school's band. **Mrs. Close** was a cheerleader, cross-country runner, and member of AFS and NHS. **Mrs. Cozza** and **Mrs. Dye** were also cheerleaders, and **Mrs. Schwartz** was in the Girls' Athletic Association and Future Teachers of America. **Mr. Sabo** belonged to the biology club. In addition to playing in the band and being in the Music Study club, **Mr. Purrington** ran on the track team.

Salem High School teachers are very attached to their creatively-named pets. **Mr. Esposito**

named his two cats, Daisy and Margarita (Spanish for Daisy) after a major character in F. Scott Fitzgerald's *The Great Gatsby*. **Mr. Dixon** has two dogs he calls Sparky and Zorba. **Mrs. Dye** doesn't have a dog — her shih tzu, Jake, she claims is really a little guy in a fuzzy suit. The **Janofa** clan are the proud owners of a bird named Clarence. **Mrs. Marhefka** owns a dog, Moya, and a cat, Gato. As well as a miniature dachshund, Holly, **Mrs. Close** owns two horses, Gambi and Squizzy.

The teachers of Salem spend their valued free time in a wide range of activities. **Mrs. Cozza** enjoys racing and showing cars across the United States. When **Mrs. Wenderoth** has a free moment she relaxes by playing the piano and organ. You can often find **Mr. Purrington** in bed in his spare time (sleeping, that is) — his three little children run him ragged. Quite a few teachers at our school have green thumbs — **Mr. Trough**, **Mr. Sabo**, **Mrs. Kress**, and **Mrs. Dye** like to garden when they have the time. **Mrs. Close** often plays with her five-year-old brother, Ryan. **Mr. Janofa** can be seen hunting, golfing, or coaching when he is not teaching. When he's not in school **Mr. Esposito** can be found feeding horses, bicycling, traveling, or surfing the net for cheap airline tickets.

We also asked our educators to name their fa-



vorite foods, and we got several interesting responses. **Mrs. Dye** states that she could live on glazed donuts while **Mr. Sabo's** favorite is stuffed cabbage. **Mr. Purrington** likes his steak fajitas with lots of sour cream and guacamole. **Mr. Esposito** loves White Castle hamburgers (with a Yoohoo, of course), and **Mrs. Marhefka** thinks nothing can beat some tasty paella. **Mrs. Wenderoth** just prefers chocolate, and pizza is a favorite of **Mr. Allen**, **Mrs. Kress**, **Mr. Janofa**, and **Mr. Trough**.

Many teachers have a preference when it comes to movies, books, and music. **Mr. Trough** likes the easy listening of "Somewhere over the Rainbow" as well as the hippie anthem "For What it's Worth" by Buffalo Springfield. "My Girl" is a favorite of **Mr. Allen**, and **Mrs. Madison** likes to tune in to "Hotel California" by the Eagles. **Mrs. Kress** enjoys watching the comedy *Tommy Boy*, while **Mr. Dixon** prefers the science

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fiction trilogy *Star Wars*. Mr. Allen was less specific, saying that his favorite is any John Wayne cowboy movie. Mr. Purrington lists his favorite fiction as Stephen King's *It*, and *Space* by James Michener is enjoyed by Mr. Sabo. Mrs. Wenderoth loves the Steinbeck classic, *Of Mice and Men*.

Another question on our survey asked the teachers to tell us their most embarrassing moments. Many respondents chose to leave this space blank. Mr. Trough wrote that he "can't tell — it's still embarrassing!" Mr. Sabo tells us his most embarrassing moment is "every day." Some, however, actually gave legitimate responses, such as Mrs. Madison. "During a frustrating volleyball game, I angrily threw the ball over the net," she wrote, "...and the ball hit the referee in the head." Mr. Allen wrote that he fell off his chair while sliding it across the room — in front of a class. Mrs. Marhefka was humiliated when she tripped backwards and sat in a wastebasket. Mr. Janofa was horrified when he tore his pants at Camp Fitch as a senior.

As you can see, the teachers at SHS have many widely varied interests. We hope that this lets you, our dear readers, see our teachers as actual human beings, not just educational machines that never leave the school building.



Styles come and go over the years but what about your appearance? Can how your body looks be out of style too? Surprisingly, the average weight and appearance that was acceptable in the early nineteenth century may not be considered acceptable anymore.

Now more than ever society concentrates on women's weight and overall appearance. Women are expected to look like the stick-figure models and actresses portrayed on T.V. The fact is television doesn't paint a realistic picture of the average woman. Most women are around five-feet four inches, weigh one-hundred and forty-four pounds, and wear a size twelve. The average female model is five-feet nine and a half inches tall, weighs one-hundred twenty-three pounds and can fit into a size six! The early nineteen hundreds sex symbol Lillian Russell weighed two-hundred pounds, but today's sex symbol Courtney Cox weighs around one-hundred and five pounds! There is a

The weight debate

by Stephanie Woods

huge difference in what people find attractive as the years change. Even Marilyn Monroe, the beautiful actress popular in the 1950's, wore a size sixteen compared to Heather Locklear's size two!

Due to the pressure that women face to look their best, it can often lead to serious eating disorders like anorexia and bulimia, to name a few. Over half the women in the world are dissatisfied with their overall appearance. To try to look skinny many young teens and adults alike turn to dieting. They all want to lose the weight fast and are willing to pay any price. The diet industry makes thirty-three billion every year on real and scam diets. The truth of the matter is ninety-eight percent of the dieters regain their original weight lost. Maybe society should stop telling young women what they should look like and instead focus on a person's mind and what they have to offer as a human being.



Let's face it, some people can't help it if they're overweight. Genetics, and a hormone imbalance can be the cause. It is wrong to assume that all fat people are lazy and eat too much. On the other hand skinny doesn't always mean healthy. Skinny people can be in worse shape, and more unhealthy than overweight people. Another common misconception is that thin people are anorexic. Naturally thin people usually have a high metabolism, meaning their bodies break down food faster than others.

The truth of the matter is less than a fourth of American youth is overweight. The rest of society is needlessly obsessing over weight. With 1998 just beginning we're on the verge of a new century. No one can predict what body type will be in style but let's hope it's one that accepts everyone for who they are not what they look like.

*Source: *Seventeen*, January 1998

MR. ZIP'S DRIVING SCHOOL

332-1020

2368C East State Street,
Salem



"My life has been profoundly influenced by my experiences at the big Zip-a-roo." -- Lisa Butch



The Deathmobile, as Sarah Lederle affectionately refers to her trusty 1987 Suzuki.

Weight Watchers

By Trisha May

The solutions to your problems are not in the bottom of a Slim Fast shake. Happiness is not wearing size zero jeans. Beauty is not necessarily 105 pounds. Popularity does not come from being thin.

A fulfilling life does not lie within bulimia or anorexia. Weighing ten pounds less will not make you more attractive.

Yet, I am guessing that many people's New Years resolution was to lose weight. Why is that?

Are you immobile or experiencing poor health due to being over weight? I am assuming with about ninety-nine percent of you, that is not the case. People usually lose weight because of image concerns. You or someone you know may be weight obsessed.

We have all known someone that con-

stantly says, "I'm so fat." We usually tell them how ridiculous they are and just give them a disturbed look. Some people say they are fat just to get attention.

Others do it because there is an underlying problem. Seldom, from what I know of eating disorders, is weight usually the issue.

Bulimia and anorexia often arise in a person's life due to things like depression. They are a cry for help. Any person who would either starve themselves or vomit everything they eat, has a problem beyond weight. Yet, the eating disorder consumes the person inflicted with it. The suffering, anguish, and shame are overwhelming. Most people are too ashamed or proud to get help.

Friends and family are critical of eating disorders. They do not understand, nine times out of ten,

why the person cannot just stop. Bulimia and anorexia does not happen overnight and they will not go away overnight either. People who suffer from eating disorders need help. If they do not receive help, their bodies or even their lives may be ruined.

Helping someone who you think has an eating disorder is something you should do, because once the person is reveling in the disorder, they often cannot get help themselves. Many people who suffer from bulimia or anorexia will get defensive or distant to the people who accuse them of having a disorder or try to get them help. Though, if you truly care about the person you will endure it.

Bulimia and anorexia are disorders that the person will probably always suffer from, yet if they

receive help, the dilemma can be faced with much more confidence. There are hospitals and support groups for people who have eating disorders. Sometimes, strength is found in numbers. It is usually comforting to know that you are not alone in your suffering. Eating disorders are very serious and more people suffer from them than who are realized.

If your New Years resolution was to lose weight, it does not necessarily mean you have an eating disorder. Also, you should not accuse all of your friends of having an eating disorder either. If you are a few pounds overweight, so what! There are worse things that could happen.

****Note to the reader:** Eating is vital for life. Eating is not a lifestyle.

Martin Luther King Day

by Brandi Gibson

Martin Luther King Jr. was born on January 15, 1929, in Atlanta, Georgia. When King was twenty-five he became a pastor at the Dexter Avenue Baptist Church in Montgomery, Alabama. He was also president of a civil rights group called the Southern Christian Leadership Conference. Between 1955 and 1956 he lead a year long boycott to protest segregation on city busses. King was also a leader of the Freedom March to Washington D. C. He said that he based his philosophy on the teachings of Jesus and Gandhi.

Martin Luther King Jr. shunned violence yet he was jailed, threatened, and beaten. In 1964 King was awarded the Nobel Peace Prize. Only four years later, on April 4, 1968, King was assassinated.

Last year in Denver, President Clinton told the second largest crowd assembled on Martin Luther King Day that "the martyred hero of the civil rights struggle believed in helping the hungry, homeless, and helpless." Clinton urged people to honor Martin Luther King Day by volunteering for some community service.

This year Martin Luther King Day was on January 20. The Martin Luther King Jr. Center for Non-Violent and Social Change, Inc. hosted three functions this year. The Salute to Greatness Dinner in Atlanta, A commemorative service at Ebenezer Baptist Church, and a citywide Day of Service Program were all held in King's honor. Last year President Clinton participated in the service at Ebenezer Baptist Church, but this year January 20 was the date of his inaugural. At the Smithsonian Institution's National Museum of American History there was a concert, and a discussion with Anne Braden and C. T. Vivian, civil rights activists. Also, Martin Luther King Jr.'s youngest daughter, Rev. Bernice A. King was the speaker during D. C.'s Ward 8 Martin Luther King Jr. Week.

You may not have realized that Martin Luther King Day is such a celebrated holiday. In the eyes of many, Martin Luther King Jr. was a hero that deserves recognition every year around his birthday.

Future vocations...

by Renee Loutzenhiser

Have any of you ever looked toward the future and wondered what it has in store for you? For most juniors and seniors the path is already taking shape, but what about you younger people? Have you thought about what you want to do with your life? Maybe you should consider vocational schooling? It is an opportunity that is available to everyone but few people actually take the time to look into it and see if it's for them. Vocational schooling allows you the opportunity to learn and become a recognized, skilled trade's person. You can be placed in a job and start building your

career while still in high school. You would be ensuring your future now. "These classes have brought much success to a great majority of it's students." Says Mr. Citino about his vocational machine courses for juniors and seniors. Steady employment, above average wages, and comfortable working conditions are all benefits of the programs.

Here are some people who have gone through the program, and what they are doing now. Ed Stone- Co-owner of Quaker manufacturing in Salem
Ted Yuhaniak- Corporate

manager at Lincoln Machine in Salem
Wayne Hilliard- Shop superintendent at Hunt Valve in Salem
Eugene Veon- Shop foreman at R.A.G. Tooling in Salem
Gary Sebrell- Co-owner of Accu Tech. Tool and Die in Boardman

All of the people listed above went through the machine courses offered here at the Salem High school taught by Mr. Citino. Current students enrolled in the program and serving a co-op are the following:
Jason Reichle who works at W-T Tool and Die.
Wesley Johnson who works

at Mideast Machine Co.
Brad Witherstine who works at Ametech
Jason Rice who works at Mideast Machine Co
Nick Rothbrust who works at Fletcher Machine

These people are on the road to making a life for themselves in the outside world, and there are many other fields in the vocational study to explore. Some of these may be offered here at the high school and of course there are a great number of programs offered at the Alliance vocational school.

College Corner

To go with our information on vocational schooling we thought that it might be helpful to give you some information on some technical schools in the area. All the following colleges offer financial aid and to get more information about obtaining this consult your guidance counselor.

Akron Machining Institute Inc.

Address: 2959 Barber Rd. Norton, OH 44203

Phone: (330) 745-1111

Population: 125 students

Requirements: Entrance examination- interview required

High School Preparation: must have diploma or equivalency

Tuition: \$7,246-\$7,494

Application Fee: none

Career Blazers Learn-

ing Center

Address: 525 Vine St. Suite 1820 Cincinnati, Oh 45202

Phone: (513) 241-5200

fax: (513) 241-8305

Requirements: High school diploma or equivalency

Preparation: Keyboarding and computer assessment

Tuition: \$185-\$7,000

Application Fee: \$25-\$100

ITT Technical Institute

Address: 14955 Sprague Rd. Strongsville, Oh 44136

Phone: (317) 594-9477

Population: 66

Requirements: none

Preparation: diploma, interview required

Tuition: \$21,030

Application Fee: \$100



Mr. Citino- "The man behind the machine."

The best and the worst of Valentine's Day past

by Connie Morris

Valentine's day is just around the corner, and some people will be spending time with the person they care about. Most people want to buy something for that person to show a sign of their affections (secretly or not). As the time comes near let us look at how Valentine's Day in the past has gone for some of the students and faculty around Salem High School.

- Aileen Vogel (10)** - Worst- being dumped. Best- A Teddy bear
Angie Marroulis (12)- Worst- A dozen red roses that died the next day. Best- A new dozen of YELLOW roses!!! Hugs & Kisses from Kevin.
Dan Shellenberger (9)- Best- Kisses & Hugs Worst- nothing
Jenn Grubaugh (11)- Best- roses, it was the first time I ever got flowers. Worst-going to school.
Danielle Hill (10)- Best- Earrings and a box of Candy. Worst- just a card
Mrs. Heinaman- Worst- wilted flowers. Best- Chocolate Chip cookie cake (heart shaped)
Kayla Phillips (9)- Best- Chocolate kiss. Worst- a T-shirt.
Aaron Helmick (11)- Best- Pantera tickets!! Worst- An Everclear CD (yeah, that's right pro's everclear).
Andrea France (12)- Best- a teddy bear Worst- A pair of SOCKS!!
Megan Winkler (9) Worst-a pair of underwear with "Bloomies" on the butt.
Joe Lecocq (12)- Best- putting Jenn Lipp to shame in front of the entire student body. Worst- what happens after she gets out of the hospital.
Brian Bailey (11)- Worst-videof tape of Luke and Leigh in the hallways.
Lindsay Willis (10)- Best- roses, and a huge balloon. Worst- box of candy.
Stacey Gardner (12)- Best- 6 dozen roses sent over e-mail (pictures) then finding 6 real roses at my front door. Worst- getting my car shoe polished.
Heather Earl (12)- Best-will be being with Don this upcoming year. Worst- receiving nothing.
Melissa Ramsayer (11)- Best- A dinner cooked by your loved one and roses to go with that. Worst- A plain old card.
Jen Lippiatt (12)- Best- a gold locket with pictures inside.
Aubree Jackson (12)- Worst- nothing. Best- a teddy bear.
Don Haueter (12)- Best- A single rose and a small I love you! Worst- Getting nothing unless you're single
 So if you are looking for the very best gift to get the one you care for, maybe this list will help you. Keep in mind that the one that comes from your heart is always the best.

One step ahead

by Brandi Gibson

To most of us getting out of high school a year early would be a dream come true, but it requires a lot of extra work. Audra Everett, a junior here at S.H.S., has made the decision to work hard taking extra classes to graduate this year.

Audra says she wants to graduate early because she feels that she is ready to go to college. Audra will attend either Bradford or Kent to become a nurse. In order for Audra to graduate early she had to take an extra math course and take P.O.D. in summer school. She is taking both junior English and senior English in the same year. To graduate early she also had to have parental approval. She feels that she hasn't had to give up anything to accomplish her goal of graduating early. Audra thinks that it is hard but she hopes that next semester won't be quite as hard. Audra said that she won't feel out of place graduating with a different class because she has a lot of friends who are seniors this year and will be graduating with her. Audra seems happy with her decision to graduate a year ahead.

This choice is not for everyone, but if you think that you would benefit from graduating early, talk to your guidance counselor.

Player of the Month

The month of January is a big month for football, the championships and, of course, the Super Bowl is held. So the topic for this month is football. The ...of the month goes to one of the most valuable players on the NFL, Brett Favre.

Brett Lorenzo Favre was born on November 10, 1969, in Gulfport, Mississippi. Brett was a big time jock even when he was younger. He not only played high school football, but baseball. He was the team's leading hitter. He and his father shared a good relationship. His father coached him throughout his career, not only in football, but in life. Brett went to college at Southern Mississippi to play football and major in business. Although his life looks picture perfect, he has had to overcome a major obstacle. Brett Favre had an addiction to pain killers. Brett Favre is now married to his wife Deanna with one daughter, Brittany.

Facts

Nickname- Country

Weight 225

Golf

5 year contract for \$ 19 million

tive games

7 years in the NFL

Stats

G/S

81/71

Yards

18724

Rating

88.7

CG

99t

Height 6'2"

Has his own restau-

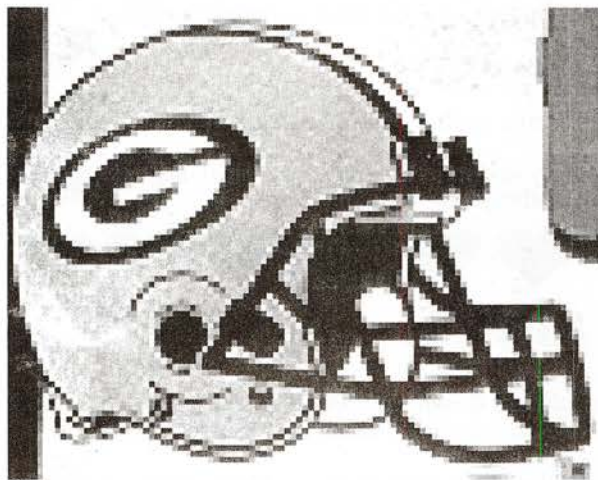
Hobbies- basketball,

Free Agent

Started 77 consecu-

NFL MVP 3 times

Started in Pro Bowl



Respect, continued

Emily Gibson (10)- It seems most people in this school can't define respect.

Jackie Wright (10)- I agree with Emily.

Amy French (11)-Does it matter?

Kristen Graham (11)- Sometimes it depends on the teacher and student.

Rebecca Davis (9)- Most teachers have respect for most students but some students don't respect teachers at all.

Jackie Jordan (11)- Depends on the teachers and students. I agree with Kristen.

Patty Huffer (11)- I agree with Emily Gibson.

I have had some teachers that I despise and treated me so badly it was virtually impossible to give them any respect.

It's not that I didn't like every teacher that demanded respect; just a few have gotten under my skin but that was enough. It seems to me that all my life I've had at least one teacher that really disliked me to say the least. I know I'm not the only student that has had this problem.

Don't get me wrong there are some teachers who are super nice and I have no problem giving them respect. There is always at least one teacher that is special to someone. Some teachers like their students and they show it by giving them the respect they deserve.

Respect between teachers and students isn't always possible, however, most of the time it is. Maybe this article will help with that.

Entertainment

Looking backwards

As the entertainment editor for *The Quaker*, I apologize for the absence of this article in last month's issue (December). Here is Looking Backwards for the January, 1998 issue. The answer to the November '97 issue was Mrs. Esposito, then Jean Kiliman. This issue's candidate is very easy to identify.



Graduation Year: 1983

Sports and Activities:

Varsity Football

Varsity Wrestling



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.

Everything and Anything An Ode to Tom Cruise

by Tanna Handwork



Try to remember back to your childhood when you were around the ages of nine or ten. Think of your favorite actor and it was probably Tom Cruise. Tom Cruise has been a favorite in the movies for quite a long time. Perhaps it is his charming personality or his good looks, but my guess is his unforgettable smile. No matter what it is that makes him irresistible, he has definitely proven himself a worthy actor. Time and again he has been in movies where he has shown his great acting ability. The paragraphs to follow will prove all of the above, and inform you of some interesting facts.

Thomas Cruise Mapother, IV was born on July 3, 1962, in Syracuse, New York. Tom dropped out of high school and debated to take up the priesthood or wrestling. Obviously, he chose neither. Tom has had several relationships with Hollywood actresses. He has dated some very famous people such as Cher, Rebecca DeMornay, Heather Locklear, and ex-wife Mimi Rogers. Tom Cruise is married to Nicole Kidman with whom he has two children, Isabelle and Conner. Tom and his wife met on the set of *Far and Away*. They have a very close and loving relationship. They try to keep out of the public's eye as much as possible.

Tom is not only an actor, but a director and a producer as well. He has acted in twenty movies so far. *Jerry Maguire* won him a Golden Globe for best performance by an actor/producer in a motion picture. *Interview with the Vampire* got rave reviews from the creator Anne Rice. She had once protested his filling the role of Lastat. Here is a list of his movies.

Eyes Wide Shut (not yet released)

Jerry Maguire-96

Mission Impossible-96

Interview with the Vampire-94

The Firm-93

Far and Away-92

A Few Good Men-92

Days of Thunder-90

Born on the Fourth of July-89

Cocktail-88

Rainman-88

The Color of Money-86

All the Right Moves-86

Top Gun-85

Legend-85

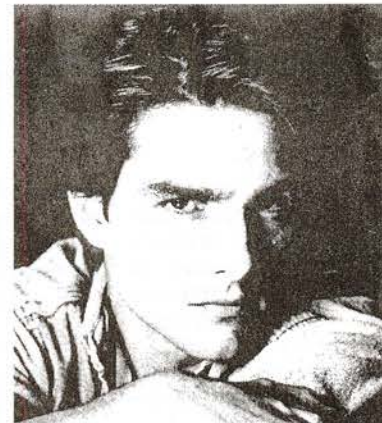
Losin It-83

The Outsiders-83

Risky Business-83

Endless Love-81

Taps-81



Boys basketball progressing

by Chris Williams

The boys basketball team had an overall record of 3-3 as of January 8th. They were 1-1 in MAC conference games and were tied for second place in the conference." We hope to contend for the conference championship," said coach Longanecker on his expectations for this year."

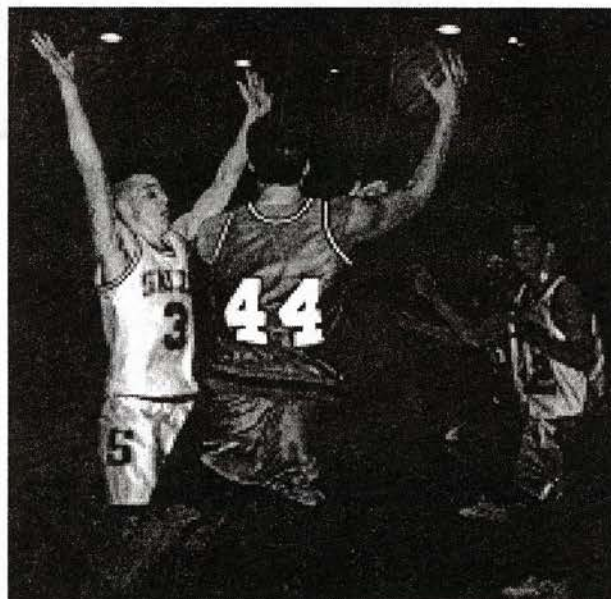


Jason Rice leads the team in field goal percentage with 58.3% (28-48). Leading the Quakers in free throw percentage is Lou Angelo with 87.5% (7-8). Angelo also has 3.3 assists per game to lead the team. Rebounds are led by Jason Fennema who has 6.7 boards per game. Casey Rhodes is tops on the Quakers

in a number of categories, including scoring (13.3 points per game), steals (3.2 per game), and three-point percentage (29.2 %, 7-24 total).

Casey Rhodes also had a great performance on January 3rd against Springfield with a career high 26 points. Also having a career high in points was Lou Angelo with 16 on Jan. 6th against Howland.

"We're getting into the thick of our schedule right now," commented coach Longanecker. "We'll find out alot real soon. We're taking it one at a time."



Salem's Casey Rhodes in action against Canfield

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So far, so good

by Chris Williams

As of January 8, 1998, the wrestling team has a record of 2-1 in match play. Over Christmas vacation, the team competed in the Kenston Tournament. Salem ranked eleventh out of seventeen teams. Doug Graybeal came in first in the 215 pound weight-class with a 7-0 record. Finishing third in the 125 pound

page 14

class was Brian Rea with a record of 8-1. Matt Galchick finished sixth in the 112 pound class with a 5-3 record.

"I was pretty pleased with [their] finishes in the three places," said Coach Carrion. "We're right in the



The Quaker

heart of our schedule. We go to Canfield Friday."

Coach Carrion has high expectations for this year's team. He commented, "For the size of the team we have right now, I'm very pleased. As the whole of this team,

it's got good senior leadership and sixteen of the hardest working wrestlers a coach could ask for. All those qualities there make a winner."



Monday, January 26, 1998

Sports



THE WAR ON THE Wooden Floor

by Lisa Butch

For a young team with only one senior, this year's girls' varsity basketball team is doing well with a record of 4-5.

In the first eight games for the Quakers they have been averaging 45 points per game with the opposition averaging 48. Their rebound average has been just above the competition with 27 per game while the competition is at 26.

The leading scorer and rebounder is Kelly Paxon with an average of 14.9 points per game and 9.3 rebounds.

Junior Kelly Straub and sophomore Robyn Wright average 5.5 points per game, with

Wright also rebounding an average of 6.1 rebounds per game. There are eight other players on the team that average between 2 and 5 points per game, making it a total team effort.

Coach Zeigler would like to say that "this is a young team, both in years and experience. Only one player had extensive varsity experience entering this season. They work hard and are improving each game. They

must learn how to win and this will happen as they gain experience. They are a great group of young ladies

who are a joy to be around. We need to have someone step up and take over leadership of this team. When this happens, and they come together as a team, they will be in contention and will be successful this remainder of the season. It is also nice to be back coaching with Coach Allen. We coached together several years ago when we both coached boys basketball at the varsity level. Coach Allen is doing a fine job and has made an excellent addition to the girl's basketball program."



Picture at left:
Kelly Straub shoots against Niles

1997-98 Quaker Staff

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Brandi Gibson

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ATTENTION SPORTS

FANS:

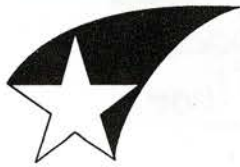
It has been brought to our attention that many of you out there did not agree with Chris Williams' picks for the best and worst sports movies of all time. Since you did not like these choices we have decided to see what SHS thinks the best and worst sports movies of all time are. Please give your choices to your first period teacher so they can put them in Mrs. Dye's mailbox. The form is included below.

5 BEST MOVIES

- 1)
- 2)
- 3)
- 4)
- 5)

5 WORST MOVIES

- 1)
- 2)
- 3)
- 4)
- 5)



Senior Spotlight



Name

Position

Coaches Comment

Courtney Pilch

3 and 4

Courtney plays the 3 and 4 position for us. She is capable of playing the 3 position because she can square up and take the shot in her range. Her height and ability also enable her to go inside at the 4 spot. Courtney works hard and is one of our captains. During the year, and will be a factor in our success.

Remaining games:

Varsity Boys Basketball

all times are 6:00 pm

Jan. 23 at Poland

Jan. 27 at Hubbard

Jan. 30 at Niles

Feb. 3 Marlinton

Feb. 6 Howland

Feb. 10 at Struthers

Feb. 13 Girard

Feb. 17 at Beaver Local

Feb. 20 at Canfield

Feb. 24 Poland

Feb. 27 at West Branch

Varsity Girls Basketball

all times 6:00 pm

unless

otherwise noted

Jan. 27 at St. Thomas

Aquinas

Jan. 31 Struthers

Feb. 4 at Niles

Feb. 7 Howland

Feb. 11 at Cardinal

Mooney

Feb. 14 Jefferson Area

1:00

Feb. 18 at Girard

9th Girls Basketball

Jan. 26 at Struthers 7:30

Jan. 29 Niles (SE) 7:30

Feb. 2 at Howland 7:00

Feb. 5 West Branch (SE) 7:30

Feb. 7 Stanton 4:00

Feb. 10 at Beaver Local 4:30

(SE)-played at Southeast School

Wrestling

Jan. 28 Boardman 6:00

Jan. 31 Beaver Local Tournament 9:00

Feb. 6 EOWL Tournament 4:30

Feb. 7 at Hubbard 9:00

Feb. 14 Ursuline 6:00

Feb. 18 at Hubbard 5:00

9th Boys Basketball

all times are 7:30 pm

unless otherwise

noted

Jan. 22 at Poland

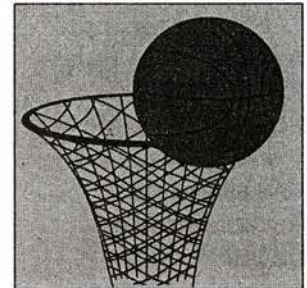
Jan. 26 Struthers (SE)

Jan. 29 at Niles

Feb. 2 Howland (SE)

Feb. 9 at Girard 7:00

(SE)-game played at Southeast School



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