

The Quaker

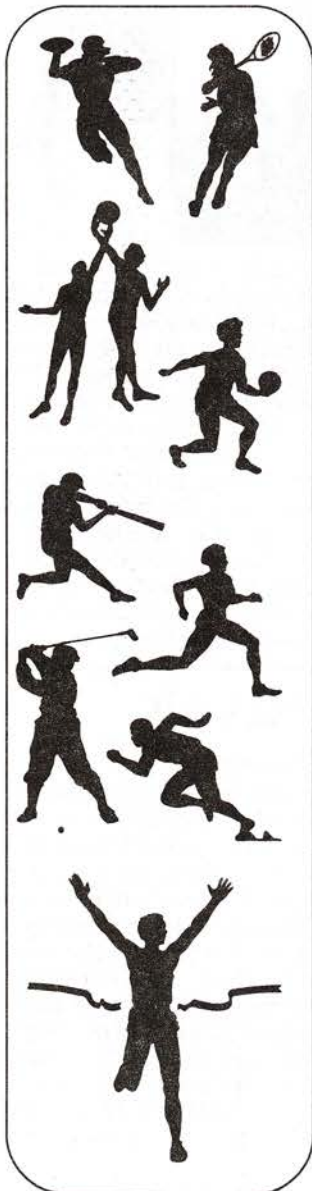
A High School Tradition for 85 Years

Volume 85, Number 6

Salem Senior High School

March 23, 1998

SPORTS EDITION



Sport: (spôrt) *n.* 1. That which amuses in general; diversion; pas-time. 2. A particular game or play pursued for diversion; especially, an outdoor or athletic game, as baseball, football, track, tennis, swimming, etc.

-Funk & Wagnalls Standard College Dictionary

This month, *The Quaker* presents a theme paper on "the wide world of sports." This issue features various articles on past SHS athletes and also a centerfold (pages 8-9) which includes photos of past Quaker teams and their members.

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Club Highlights

German Club

The German Club members will be going to Canton to play Laser Tag on March 27.

Job Club

There will be a Dress for Success meeting on March 24 from 7:00 p.m. to 9:00 p.m. at SHS. Dress for Success is divided into 8 sessions for the students and their parents. These sessions are how to dress for a job interview, helpful hints on hair styles, nails, and clothes. Business people from the area will help the students in learning to tie a tie, how to run a business, and tips on getting and keeping a job. Door prizes will be drawn during the meeting. Registration forms are available in the office.

Math Club

On February 28 at Canfield High School Math Club participated in the Ohio Council of Teachers of Mathematics Contest. Almost 208 students from 9 different schools in the area participated in the contest. Our Math team consisted of Sam Abdulasul, Annie Crowgey, Lori Cyrus, April DeMar, Jeremy Forsythe, Jen Lippiatt, Christina Miller, Gretchen Mueller, Bo Rottenborn, and Rob Welch. Congratulations to all the members in doing a great job.



On March 18 at 7:00 p.m. in the high school library 30 new members were inducted into the Salem High School National Honor Society. Mrs. Mary Horning, president of the Salem Board of Education, gave the address. Refreshments were served following the ceremony. The new members include the following: Wesam Abdulraul, Brent Altenhof, Adam Baker, Margaret Berthold, Jason Bricker, Lisa Butch, Joseph Chamberlain, Katherine Cleland, Elizabeth Cole, Brian Crouse, April Demar, Alicia Dumovic, Stephanie Godfrey, Tara Haddad, Stephanie Helms, Eric Hodgson, Jonathan Hill, Kristen Kenst, Melody Kolich, Tiffany Mosher, Gretchen Mueller, Rachael Protzman, Angela Rank, Robert Rottenborn, Alicia Stittle, Susan Tkatch, Jessica Weingart, Stephanie Woods, Pamela Williamson, and Robert Woolman.

A Blessing from Saint Patrick

*May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rains fall soft upon your fields and,
Until we meet again,
May God hold you in the palm of His hand.*

Irish Blessing



HAPPY ST. PATRICK'S DAY

Frostop

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44460
332-4458

- *Homemade Rootbeer
 - *Fresh Cut Fries
 - *Flavor-of-the-Month Ice Cream
- Open 7 Days -year round**



Local Rivals

By Erica Raymond

It seems as though every sporting event you attend these days has it's own rivalry. And SHS is no different. Whether you watch a varsity football game or a j.v. soccer game, you're bound to see them playing a rival team. One of the most popular of these rivalries is our football team against the West Branch Warriors. The boy's basketball team gathers large crowds to their two rival games with West Branch and Canfield. Even though the football and basketball games tend to draw greater attention, let's not forget the other great teams at SHS. Boy's soccer, baseball, softball, golf, and volleyball all have strong rivalries against the Canfield Cardinals. Girl's soccer gets fired up against the Poland Bulldog's. So whether you're an athlete or an adoring fan, get out there and support our Salem Quaker teams.

News

X marks the spot!

By Erica Raymond

For those of you who don't know what the Summer X Games are, read on to discover the world's best alternative, extreme sports.

The week long events gather more than four hundred of the best alternative athletes. They all compete for prize money and medals in either bicycle stunt riding, skateboarding, barefoot water-ski jumping, downhill and aggressive in-line skating, skysurfing, street luge, sportclimbing, wakeboarding, x-venture racing, or big air snowboarding.

The 1998 Summer X Games will be held in San Diego, California for the second year in a row. Last year, more than 225,000 spectators attended the Games and they were viewed in nearly 155 million homes in 180 countries around the world. One of the highlights of the '97 Games was the first ever Summer X Games snowboarding competition on the beaches of San Diego. The one day event, featuring man-made snow, attracted more than 9,000 spectators.

Although the X Games may never make the cover of Sports Illustrated, they have drawn great attention in the past four years. Sports enthusiasts who are fed up with overpaid athletes are finding these athletes refreshing and easy to cheer for. So tune into ESPN June 19-28 and join the crowds in cheering for your favorite extreme sports and athletes in the 1998 Summer X Games.

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April

6 Spring Recess-
(April 9-13)
NO SCHOOL
14 Classes Resume



Name that team...

by Deanna Thomas

Extra! Extra! Read all about it! Can you name the universities that you know by these nicknames? Submit your entry by **April 3** to Deanna Thomas or Mrs. Dye's mailbox. In the event of a tie a drawing will be held. The winner and the answers will appear in the April issue of The Quaker. (cut along the dotted line)

Teams	Universities		
1. Tar Heels	1. _____	16. Grizzlies	16. _____
2. Zips	2. _____	17. Lumberjacks	17. _____
3. Cyclones	3. _____	18. Ducks	18. _____
4. Nittany Lions	4. _____	19. Quakers	19. _____
5. Blue Devils	5. _____	20. Fighting Gamecocks	20. _____
6. Hurricanes	6. _____		
7. Sun Devils	7. _____		
8. Hawkeyes	8. _____		
9. Razorbacks	9. _____		
10. Spartans	10. _____		
11. (Fightin') Hoosiers	11. _____		
12. Shockers	12. _____		
13. Golden Flashes	13. _____		
14. Rattlers	14. _____		
15. Minutemen	15. _____		

**Don't get stumped
with the names,
use your brains!**



Name _____
Grade _____ Fifth period class _____
Favorite team _____

Favorite athletes

by Trisha May

Who's your favorite athlete? The following list cites a few of your fellow student's favorite athletes.

Wes Johnson(12)-Larry Bird

Greg Ziegler(12)-Michael Johnson

Justin Hardy(12)-Jaromir Jagr

Brad Davis(12)-Alexi Lallas

Mr. Parks, Brad Devine(12), **Jen Lippiatt**(12)-Michael Jordan

Ryan Fritz(12), **Mark Ostarchvic**(12)-Jerome Bettis

Joe Eritz(11)-John Nord

Shannon Duko(12)-Eric Davis

Jennifer Phillips(12)-Albert Belle

Chris Rice(12)-Bill Goldberg

Rob Sinsley(12)-Dale Earnhart

Jason Moser(12)-Roger Bannister

Keith Menough(12)-Doug Graybeal

Andrea France(12), **Casey Ward**(12)-Jimmy Thome

Chrissy Geist(12)-Ryan Fritz

Gary Main(12)-Sandy Alomar

Sam Abdllrasul(12)-Randall Cunningham

Eric Davis(12)-Barry Sanders

Casey Rhodes(12)-Jared "Spindler" Linder

Aaron Weir(12)-Slick and the '59 Quakers (82%)

Kim Kilgore(12), **Alicia Stittle**(11)-Mia Hamm

Allison Burnett(12)-Putter

Matt O'Brian(11)-Melvin Levett

Mike Middleton(12)-Bill Goldberg

Tim Treleven(12)-Kurt Rambis

Joe Lecocq(12)-Danny Ferry (most under-rated player in the NBA!)

Josh Furlong(11)-A.C. Slater or the "Ice Man"

Ryan Goerig(11)-Mike Hank, a skateboarder

Greg Huzyak(11)-Rebecca Lobo, and Cheryl Swoops

Casey Crawford(11)-Michelle Kwan, Big John Stud, and Matt Geiger

Brian Bailey(11)-Anyone who curls in the Winter Olympics

Aaron Helmick(11)-male cheerleaders

Aileen Vogel(10)-Kordell Stewart, #10

Jon Paul Fritz(10)-Steve Goodman

Brian Bush(11)-Mr. Longanecker

Jason Fennema(11)-Candace Bates

Quinn Hazen(12)-Jaret Wright

Jake Cline(10)-Chad Muska

Kim Lucas(12)-Tonya Harding

Mr. Bennett-Bobbi Layne

Mrs. Jeckavitch-Franco

Harris

Rob Smith(11)-Mr. Spack

Ryan McKenzie(12)-Ken Griffey Jr.

Mr. Mucci-Cal Ripken Jr.

Brian Meheffey(12), **Eric Simon**(12), and **Matt Prokop**(11)-Stone Cold Steve Austin,

Megan Walsh(12), **Josh Furlong**(11), **Jared Linder**(12), and the senior girls table in lunch 5A-Casey Rhodes

Mr. Steffen, Athletic Director

Academic Eligibility for Athletes

A. Each student/athlete must earn four units of academic credit in the previous nine week grading period. PENALTY: ineligible to compete in games for the following nine week grading period. Participation in practice is permitted.

B. During the season, the student/athlete must maintain academic eligibility by having no more than one failing grade in his total class load per week.

Faculty Focus

from the office of Mr. Steffen, Athletic Director

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Jason Moser (12) - Roger Bannister



Jen Lippiatt (12) - Michael Jordan



Mrs. Jeckavitch-Franco

Sports figures and drugs

by Melissa Sandoe



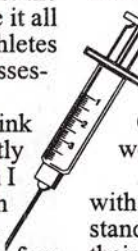
It's happened time and time again. We see our favorite sports heroes in trouble with the law because of drugs. It is so hard to believe our sports heroes could possibly do anything against the law. Although we don't like to think about it we see it all the time on television. Some of the most popular athletes have been arrested and convicted of illegal drug possession.

Why do they do it? They can't possibly think that little kids don't idolize them and think it's perfectly acceptable to do drugs. I admit I was shocked when I saw Dallas Cowboy star Michael Irving being taken into custody after police found drugs in his possession. There have been a lot of football stars arrested for drugs, but this problem is not just limited to football stars. More and more stars from all sports have been caught for illegal drugs.

According to a Current Health magazine article, the reason these athletes use drugs is because they look for ways to gain advantages or edges which are usually attained by using drugs. Len Bias, the Maryland basketball star, was

at a celebration party one night and a friend produced some cocaine. Bias took some. He died of a heart attack, and the friend who supplied it was put on trial. Other professional athletes who have been in trouble with the law because of drugs are Tony Collins from the Indianapolis Colts, Dexter Manley of the Washington Redskins, Kevin Gogan of the Dallas Cowboys, Doug DuBose of the San Francisco 49'ers, Richard Reeves of Denver, and Greg Townsend of the Los Angeles Raiders. All names were taken from a back issue of USA Today.

As you can see many pro athletes have been caught with drugs in their possession. A lot of people can't understand why they would do something so stupid and risk their careers over it. Some do it because it builds muscles in the case of steroids, but there are better ways of doing that without drugs. Some do it to party after a big win. I happen to think drinking is celebration enough, but it still is bad. Whatever the reason, it really doesn't matter because there is no excuse for destroying your body no matter who you are or what you've accomplished. If you ask me it's the dumbest thing anyone could do.



Opinion

All american girls play ball

by Rachael Protzman

In 1943 Philip K. Wrigley, owner of the Chicago Cubs, began the first ever girls professional baseball league. He planned on recruiting girls from amateur leagues and inviting them to try out at Wrigley Field. Over one hundred girls showed up. Four teams were created, each with fifteen players: the Rockford Peaches, the Racine Belles, the Kenosha Comets and the South Bend Blue Sox. The league quickly doubled in size during the following seasons. Each team consisted of the fifteen players plus a manager, a driver and a chaperone. The new players were paid \$50-\$150 a week. At that time the average salary a man received was \$40 a week.

A big problem Wrigley had to deal with was the image of women softball teams at the time. The players often had the reputation equal to that of a prostitute. The teams had names like "Bloomer Girls" and "Slapsie Maxie's Curvaceous Cuties." He knew that in order for the league to prosper the image had to be changed to that of the "All American Girl." The new team members were required to attend charm school at Helena Rubinstein Cosmetics Company in the evenings. They were taught how to enunciate clearly, how to put on makeup, and how to charm a date. The girls were even told to scratch a bar of soap before a game to avoid getting dirt underneath their fingernails. They were forbidden to drink, gamble, violate curfew or wear slacks or shorts in public. If they did not follow the rules they were fined or even kicked out of the league.

The chaperones had a large responsibility. They were responsible for keeping track of the uniforms and equipment and making sure the girls followed the rules of conduct. Regardless, they were the butt of many pranks. One chaperone of the Grand Rapid Chicks had a deathly phobia of fish. Player Pepper Paire Davis went fishing one afternoon. As their chaperone prepared for her evening bath one of the players mysteriously got a charley horse and screamed for help. When she

returned to her bath the team members anxiously waited. There was a scream and the chaperone ran out without a stitch on screaming about a fish in her bathtub.

Some of the chaperones knew the game and others did not. During a tense game situation Shirley Jameson was called back from the dugout by her chaperone because she forgot to put on her lipstick. The Fort Wayne Daisies had a chaperone famous for yelling things like "Hit a homerun, honey, and we win!" Except there were two outs, no runners on and it was the bottom of the ninth and the opposing team had a four run lead.

Regardless of all the setbacks Philip Wrigley's league prospered. Teams played six games a week and doubleheaders on Sundays from May to September. At first the fans came for a laugh, but once they saw the skill and talent of the girls they were hooked.

The players often played through harsh conditions. During a game in the championship series Pepper Paire Davis went for a fly ball, slipped, and sprained her ankle. For the rest of the series her ankle was froze before every game and then taped so she could play. At one point she fell about ten times while running the bases after she had hit a triple. Because of the short skirts they played in the girls often had painful "strawberries" and bruises after sliding. Yet the girls stuck it out for twelve seasons.

In the winter of 1954 the All American Girls Professional Baseball League was temporarily suspended. It never started up again. The invention of the television gave fans a reason to stay home and watch major league baseball. Also there were less new recruits to take the place of the retiring players. With the war now at an end the interest in men's baseball was renewed. Whatever the reason, the league was demolished and women have never played professional baseball since.



Code of conduct for the AAGPBL

(4 of the 15 rules ordained by the commissioners of the AAGPBL)

1. ALWAYS appear in feminine attire when not actively engaged in practice or playing ball. This regulation continues through the playoffs for all, even though your team is not participating. AT NO TIME MAY A PLAYER APPEAR IN THE STANDS IN HER UNIFORM, OR WEAR SLACKS OR SHORTS IN PUBLIC.
 2. Boyish bobs are not permissible and in general your hair should be well groomed at all times with longer hair preferable to short cuts. Lipstick should always be on.
 3. All social engagements must be approved by chaperone. Legitimate requests for dates can be allowed by chaperones.
 4. In order to sustain the complete spirit of rivalry between clubs, the members of different clubs must not fraternize at any time during the season. After the opening day of the season, fraternizing will be subject to heavy penalties. However, friendly discussions in lobbies with opposing players are permissible. Players should never approach the opposing manager or chaperone about being transferred.
 5. Players will not be allowed to drive their cars past their city's limits without the special permission of their manager. Each team will travel as a unit via method of travel provided for the league.
- FINES OF FIVE DOLLARS FOR FIRST OFFENSE, TEN DOLLARS FOR SECOND, AND SUSPENSION FOR THIRD, WILL AUTOMATICALLY BE IMPOSED FOR BREAKING ANY OF THE ABOVE RULES.



Another view

an editorial by Sarah Lederle

I, being the way I am, ranted and raved against this sports-themed issue of *The Quaker*. I hate sports. I detest sports. I abhor sports. I am giving the impression that I harbor a negative attitude towards sports, but I have no problem with friendly competition. My problem lies with what professional sports stand for, and what they have done to the American public.

Television sports, and television in general, is ruining the mentality of the modern man. Who needs to entertain himself, to read, to talk to his family, to *think*, when one can sit in front of a colorful little box and tune out the rest of the world? Sports has become the world of many people who are much more concerned with the wins and losses of their favorite teams than they are with politics, their children, and other loved ones. These people wrap themselves up in football, baseball, and basketball, and seem to think that these games are the most important things in the universe—the earth revolves around them and the world as we know it will end if the Jets/Cavs/Braves lose the big game.

Children look up to professional athletes because the media portray them to be one step away from gods. They are cool, they make millions of dollars, beautiful women fall all over them, they can break the law whenever they want and get away with it—small wonder that this lifestyle is idolized and sought after. Professional athletes have the unconditional admiration of a brainless public who base their opinions about the goodness of a person upon how much money that person makes.

The name of the game is cash. I find it disgust-

ing that professional athletes demand exorbitant salaries, and then whine when told that they will not get that multi-million dollar raise next season. And what do they do to earn that money? Perhaps they work to refine their skills, but they do little to benefit anybody else. Money like that should be going to the doctors, scientists, and teachers who devote themselves to raising the quality of life. These people shape and save our lives, they don't just run around on a playing field. Who really needs seven million dollars a year? A single working mother would be ecstatic to have just one percent of that. It is inconceivable to me how one could possibly find a way to spend all that money. Of course I am forgetting the little necessities of life such as Versace suits, private boats and airplanes, Ferraris, and extravagant parties. But then you have endorsements, and thank God for that! Without an extra million or two from the Gatorade people, they might have to give up the lifestyle to which they are accustomed. That would be a tragedy.

All I ask of those of you who spend your Sundays on the couch, shouting at the tiny referee on the television screen, is to realize that sports is not a way of life, it is not a life or death situation—it is not a situation that will affect the average Joe Schmoe in any way whatsoever. You are wasting your time. There are more important things in life. And to the athletes: get real. You are not gods. You do not deserve the money and the reputation that we give you. Your greed, narcissism, and total self-absorption is what has really ruined the true spirit of competition.

The wacky world of sumo wrestling

by Sarah Lederle

Sumo wrestling — I became fascinated with this ancient Japanese sport after I happened to see a feature about it during the recent winter olympics. What, after all, could be more fascinating than watching obese, half-naked men shoving each other around?

This sport is hugely popular in Japan; there, sumo wrestlers are the equivalents of our Michael Jordan. It is an ancient tradition; a form of the sport appears in prehistoric cave paintings. It was originally a ritual to pray for a good harvest. Legend has it that two gods held a sumo match to determine which one of them had the right to rule over the Japanese islands. The first documented evidence of sumo as a sport dates back to 23 BC. The object of the sport is for a *rikishi* (wrestler) either to force his opponent to the ground, or to push him out of a 15-foot ring, called a *dohyo*. *Rikishi* are ranked according to the number of *torikumi* (matches) they win in a year — they are required to fight at least 90 matches annually — from *maegashira* (lowest rank) to *yokozuna* (grand champion). *Torikumi* are organized into formal two-week affairs called *basho*.

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Rikishi live together in *heyas*, buildings referred to as stables, where they eat together, practice together, and share the same sleeping quarters. Only married *rikishi* are permitted to live outside the *heya*. Tradition dictates that *rikishi* adopt Japanese names, regardless of their native country, and they must appear in public wearing a *yukata* (robe), *geta* (wooden sandals), and with their hair in a ceremonial topknot. In competition they wear *mawashi*, which are the ubiquitous sumo wrestlers' "diapers." Wrestlers put on weight by eating a high-protein stew called *chankonabe* (among other things) and sleeping for several hours after each meal. The heaviest sumo wrestler is Konishiki, who weighs 580 pounds and boasts the shapely measurements of 72-72-72. Akebono, a.k.a. Chad Rowan, is the first American to be declared *yokozuna*. He is the biggest *yokozuna* in sumo history (6'8", 467 pounds), and he lists his daily repast as 4 bowls of *chankonabe*, two dozen chicken nuggets, 4-5 raw or fried eggs, three pounds of rice, a package or two of hot dogs, and a gallon of iced tea.

The Quaker

Monday, March 23, 1998

Feature

Crazy sports

by Shannon Sutherin



Have you ever played squash, danball, korfbal, cricket, or how about pickleball? You think I'm making these up don't you? Sorry, they're all real sports. True, they aren't as popular as football, baseball, basketball, hockey, or tennis. In fact, most of them seem to be a spin-off of one of those sports.

Squash, which is like racquetball, is a competition between two players. This particular sport is played in an indoor court. The court is rectangular in shape with four vertical walls of varying heights: a front wall, side walls, and a back wall. It has a level floor and a clear height above the court area. This sport is played with a racquet and a small ball. To win a game, a player must score nine points. Points can only be scored by the server. If the server scores a point then he/she becomes the receiver. If the receiver wins a stroke then he/she becomes the server. To win a squash match the player must win the majority of three games or the majority of five games. The amount of games to be played is decided by the organizers.

The sport of danball is similar to hockey. Two teams of three or more players participate in danball. Only three of the team members are allowed on the field, unlike hockey which has six from each team on the ice at once. A ball the size of a volleyball is used, which the players hit with a danstick. Players say that short wooden or plastic oars make the best danstick. Instead of playing on the ice, danball is played in the street. The street should be level, paved and have a curb. The distance from goal to goal should be one-hundred feet. The center of the field, also called no man's land, should be twenty feet. Of course, the object of danball is to use the dansticks to drive the ball into the opposing team's goal. The first team to receive ten points wins the game. Danball is preferably played around 7:00 at night. Of course if there's not enough light then it will be postponed or played at an earlier time.

Korfbal is a Dutch sport. The field of play indoors is 40x20 meters. Outdoors it measures 60x30 meters. The field is divided into two equal zones, which can be shown by the marking of white tape. Penalty shots are marked 2 1/2 meters in front of the posts. One post is positioned on either end of the field. Cylindrical baskets are fitted to each post. They must be 3 1/2 meters above the ground. Scoring consists of a round ball going through the baskets. Each team consists of four male and four female players. Two males and two females are placed in each zone. One game lasts for one hour with five to fifteen minute intervals. But there are infringements in this game. Players can't touch the ball with their leg or foot, hit the ball with their fist, run with the ball, dribble, or shoot after cutting past another attacker.

The British have their own favorite sport-cricket. Cricket can be compared to baseball. The cricket bat is wide and flat - 4 1/4" wide, while a baseball bat is 2 3/4" in diameter. Instead of running bases, cricketers run between two wickets to score a run. A run in cricket is 66 feet compared to baseball's 360 feet. Cricket run totals can reach one hundred or more, even though the batsman must carry his bat when he runs. Cricket also has some crazy names for its fielding positions: gully, long off, silly point, silly mid off, short fine leg, short third man, deep square leg, and backward short leg. Some cricket games can go on for five or six hours! There are breaks in between for lunch and tea.

The sport of pickleball is basically played in the Pacific Northwest. The sport itself combines racket sports with wiffle ball. The players use a lightweight paddle and a wiffle ball and they compete on a hard surface which resembles a tennis court with a three-foot-high net. There is also a seven foot non volley zone on both sides of the net. Players are not allowed in this area unless they are retrieving short shots or "dinks". The player who reaches eleven points first wins the game.

Where do people come up with these crazy sports? I've been thinking. Maybe I should invent my own sport. I would call it Frugball. I'm not sure yet how people would play it. Maybe it would be a game of football or basketball, but you have to play it with a blindfold. Now that would be fun.

Gods of the game

by Trisha May

In my mind, gods of the game are the elite athletes. The athletes who are physically, athletically, and competitively superior to most others. They are masters of their game and often turn it into an art.

Our love of these players often exceeds our love of the game. We build shrines in their honor where we worship them, and also immortalize them. These shrines are the Halls of Fame.

The Halls of Fame are filled with the previous gods of the game. They were held as heroes of their time. They were showered in praise with the promise that they would deliver performances their fans would never forget.

Well, we will never forget their performances nor will we ever forget them. The legends they created will live on forever both in the Halls of Fame and in our hearts. To all the gods of the game everywhere, thanks for the memories.



Pele -- a true god of the game.



Boys Basketball 1915

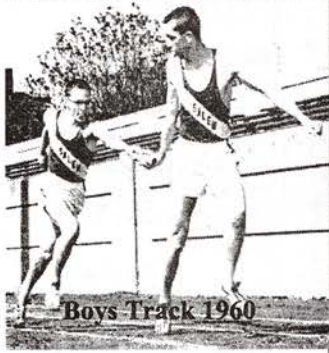


Football 1952



Football 1941

The Way



Boys Track 1960



Girls Soccer And Hockey 1929



Boys Basketball 1941

*Old Salem had a football team,
It was the best in town.
It traveled far and it became
Well known for miles around.
—1916*



SHS Pepsters 1951



Reilly Stadium 1930

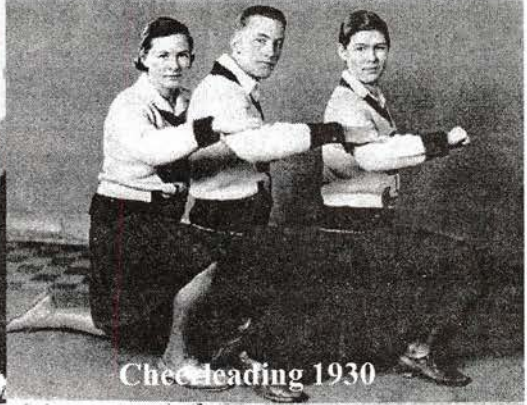
*Fight! Win!
Go!*
We Were...



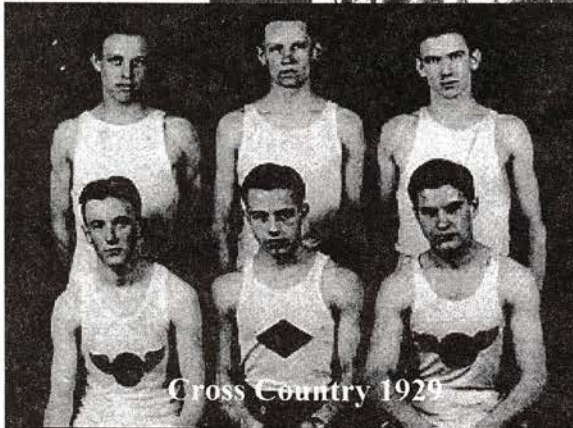
Football 1979



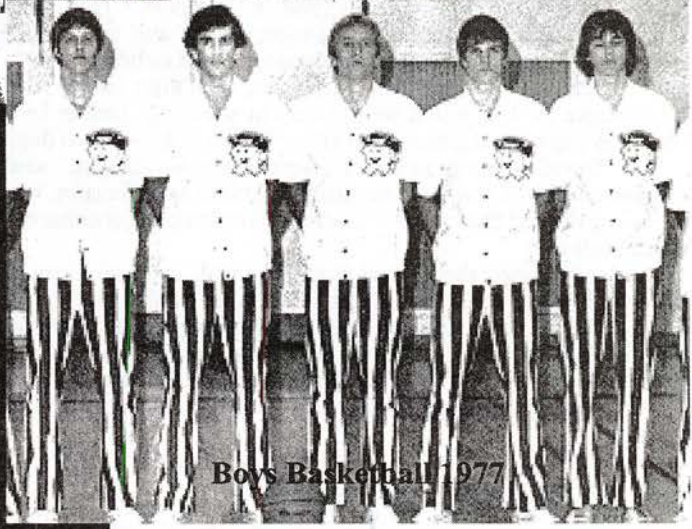
Cheerleading 1960



Cheerleading 1930



Cross Country 1929



Boys Basketball 1977

Salem Quakers



Girls Basketball 1916



Golf 1977

Weighing the competition

by Brandi Gibson

Eating disorders are a serious problem for athletes. Sixty-two percent of females in sports are affected by eating disorders and ten percent of all eating disorders affect males.

Cathy Rigby, a great gymnast who was in the 1972 Olympics, suffered from anorexia and bulimia for twelve years. She went into cardiac arrest twice because of her condition.

At a gymnastics meet in 1988 in Budapest, a U.S. judge told Christy Henrich "she was too fat and needed to lose weight if she hoped to make the Olympic squad." She died at age twenty-two as a result of anorexia and bulimia.

Jeff Reese, a junior at Michigan, died after losing seventeen pounds in three days to make the 150 pound weight class in wrestling. Before he died, he spent two hours dressed in plastic and riding an exercise bike in a ninety-two degree room.

David Fleming, author of "Wrestling's Dirty Secret," said "During my four years at Miami of Ohio, I saw wrestlers using laxatives and diuretics, while others suffered from bulimia or starved themselves. It was not uncommon for some of them to work out to the point of delirium.

It has been shown that skipping meals can make you gain weight. C. Wayne Callaway of the George Washington School of Medicine's Center for Clinical Nutrition says that if you skip a couple of meals your body thinks that you're starving and slows your metabolism. People who eat one large meal a day gain more weight than people who eat the same amount of food spread throughout the day.

More importance should be placed on perseverance and attitude than looks and weight.

Sources: Athletes and Eating Disorders www.Mirror-mirror.org, Health Magazine March-April 1993, Sports Illustrated Dec. 29 1997



Eight ways to wrestle your weight to the ground

1. Eat lots of small meals
2. Don't skip breakfast
3. Never starve yourself
4. Eat your biggest portions early in the day
5. Get most of your calories from starchy foods
6. Don't exercise on an empty stomach
7. Make your workouts slow and steady, not fast and frenetic
8. Watch your appetite when dining with family and friends

*Source: Health Magazine March-April 1993

Sports Administration

Cleveland State University
Baldwin-Wallace College
Mount Union College

Cleveland State University

Address: East 24th and Euclid Avenue Cleveland, OH 44115

Phone: (216) 687-3763

Population: 14723

Required tests: Recommend ACT

Requirements: 3 years of math, 3 years of science, some foreign language

Application deadline: August 1

Tuition and Fees: \$3510

Room and Board: \$4000

Baldwin-Wallace College

Address: 275 Eastland Road Berea, OH 44017-2088

Phone: (216) 826-2222

Population: 4653

Required tests: ACT or SAT I

Requirements: 3 years of math, 3 years of science, some foreign language

Tuition and Fees: \$12765

Room and Board: \$5000

Mount Union College

Address: 1972 Clark Avenue Alliance, OH 44601-3993

Phone: (330) 823-2590 or (800) 992-6682

Population: 1731

Required tests: ACT

Requirements: 3 years of math, 3 years of science, some foreign language

Tuition and Fees: \$13880

Sports Medicine

Malone College
Ohio Northern University
Xavier University

Room and Board: \$4000

Malone College

Address: 515 25th Street NW Canton, OH 44709-3897

Phone: (330) 471-8145

Population: 1997

Required tests: ACT or SAT I

Requirements: 3 years of math, science, and some foreign language

Application deadline: July 1

Tuition and Fees: \$10765

Room and Board: \$4000

Ohio Northern University

Address: 525 South Main Ada, OH 45810-1599

Phone: (419) 772-2260

Population: 2942

Required tests: ACT or

SAT I

Requirements: 3 years of math, science, and some foreign language

Application deadline:

August 15

Tuition and Fees: \$17970

Room and Board: \$5000

Xavier University

Address: 3800 Victory Parkway Cincinnati, OH 45207-5311

Phone: (513) 745-3301 or (800) 344-4698

Population: 5871

Required tests: ACT or SAT I

Requirements: 3 years of math, science, and some foreign language

Tuition and Fees: \$13650

Room and Board: \$5000

Mascots

by Renee Loutzenhiser & Connie Morris

As the half-time band plays, the cheerleaders dance, and the mascot rouses the crowd's excitement with his silly antics. He brings the crowd to its feet keeping school spirit alive. That's what a mascot is "a person, animal, or object believed to bring good luck; especially one kept as the symbol of an athletic team or organization," says *The American Heritage Dictionary of the English Language*.

How much do you really know about our mascot? Prior to 1951 the only symbol Salem had was the profile of Quaker Lady, but during that year the basketball coach John Cabas decided to develop a symbol

people could relate to. He asked Perry Calvin, who was an artist working for the Salem News, to draw a new mascot. Calvin had never drawn a cartoon before, but took on the job and created Quaker Sam. Cabas was pleased and came up with the slogan "Love those Quakers!" after seeing the slogan "Love those Cats!" for the Hamilton Tiger Cats.

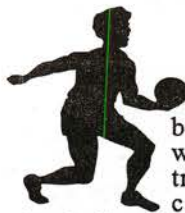
At the games a twenty foot plywood "Sam" was put up and the football or basketball teams would run between Sam's legs going to and from the locker rooms. This took place until the 1960's when students started taking over the role of mascot and dressing as Quaker Sam and Quaker Lady.



Renee Loutzenhiser (Quaker lady) & Ryan Hagan (Quaker Sam)

Boys' Volleyball

By Renee Loutzenhiser



Soccer, football, basketball, wrestling, track, cross country, baseball, and.... Boys' Volleyball?

Of all the sports guys participate and compete in at this school this is the least acknowledged. Salem has had a boy's volleyball team for nine years as of this year. But technically our volleyball team is a club sport because it is not recognized by the OHSAA, (Ohio High School Athletic Association). You see it is up to the school boards to make the decisions about whether each sport should be a varsity recognized organization. So far our school board hasn't made the decision but they have agreed to award letters to the players this year. Mr. Conser (the coach of the boys' volleyball team) believes it will be at least two more years until the OHSAA accepts boy's volleyball as a recognized varsity sport and offers a state championship

playoff equal to the boy's sports mentioned above.

There are a lot of people who put time and effort into keeping this sport alive at SHS and they deserve a great deal of thanks. Also the returning players Curt Smith, and John O'Dell in the middle hitter/ blocker position; Kevin Sheehan and Sean Chappell in the setting position; and Jeff Smith and Rob Smith who saw action as outside hitters. Some other returning players are D.J. Stover, Brad Baillie, Matt Stockman and Jon Heckert.

The number of new players joining the team this year was rather small being about nine total new freshman and sophomores. In order to keep the fine quality of volleyball teams in this school we need interested young guys to try out and for everyone to show support for the team. As Mr. Conser says, "If you are subject to addiction don't start playing volleyball because volleyball is addictive. You just can't get enough of it once you are hooked."

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.

Sports 'lingo'

by Mike Stuckey

The world of sports is a wide and confusing one. While some bookstores and libraries carry foreign language dictionaries, they should also offer a translation text on some of the phrases and jargon of sports. For example, if you are a coxswain in a scull-what are you? The answer is the head oarsman in a boating competition (the guy that yells "STROKE-STROKE"). Upon completion of a very difficult and tedious (at least for me) worksheet, in my journalism class, on trite sports phrases, I have composed a few fictional news castings using this very interesting, yet somewhat useless, information.

*The Boilermakers dominated the Nittany Lions in the gridiron yesterday. The Boilermakers' wideout snagged the aerial to become a mailcarrier and soon after hit pay-dirt. Following the TD, they got great hangtime following the splitting of the uprights. After calling an audible, the Nittany Lions QB was soon sacked before launching the pigskin. The blue chipper from the Boilermakers jetted down the turf to cash in another score to win the game.

*In a hoop-battle, the Demon-Deacons annihilated the Fighting Gamecocks. A Demon-Deacon cager was in the paint and attempted a 3-point play but the Gamecock's coach got a T while on D. The action on the maples was intense as the hoopsters dashed to the boards. Barely avoiding a score-less tie, the Demon-Deacons burned the nets to win 21-0 in the final canto.

*During the Pirates-Cubs game the Pirates pilfered a few sacks and knocked a few bingles. The Cubs on the other hand cracked four circuit clouts and past the hot corner more often. After a few rounds of playing pepper, a Cubs batter mistakenly took a sign to end the 8th chapter. Finally after exiting the bullpen, the Pirates pitcher whipped a few knuckles across the plate to end it 8-6 in favor of the Cubs.

In writing this article I would like to clarify that I have no prejudice to the above mentioned teams or their sports; the teams were picked at random.

If anyone can correctly decipher these articles I commend you on your efforts and your vast sports knowledge. If anyone has any questions regarding the meaning behind one or more of the phrases contained in the article please place your inquiry in Mrs. Dye's mailbox or give it directly to me.

Salem *School nylon and*
port *wool jackets,*
hop *lettered to your*
 110 West State Street
 Salem, Ohio 44460
 337-6402

Most outrageous sports player of the month

by Tanna Handwork

Dennis Rodman as you all know is a basketball player for the Chicago Bulls. Dennis Rodman is very well known, but not just for basketball. He constantly seeks attention and does what it takes to achieve this. He fights with refs., dresses in drag, and is trying showbiz.

Dennis tries anything to keep the crowd focused on him. His outrageous hairstyles are always noticed, that and his nose ring are his calling cards. His temper on the court is also another attention grabber, that I'd just as soon ignore.

His movie "Double Team" with Jean Claude wasn't worth an Oscar but for Rodman it wasn't to shabby! It wasn't great acting but it was full of action.

His most outrageous attention getter is however his taste in clothes. Whether it is gym shorts, a tee, and tennies or black leather pants and a mesh shirt, or the more traditional wedding dress. That's a real sight! (These dolls are sold in Spencer's for about \$20.) If you like seeing grown men in wedding dresses.

Looking backwards

March is finally here and spring will soon be upon us. Basketball season is finished while track, baseball, softball, and volleyball are yet to come. In honor of this month's issue which is dedicated to sports, I have decided to choose a candidate worthy of being included in the "sports issue" of *The Quaker*. Below is information for the teacher that has been selected for *The Quaker: Sports Edition*.

February's issue included a teacher who is now part of the math department in SHS. Mrs. Tina Hays was the chosen educator for last month's issue. For those of you who correctly guessed the teacher, I congratulate you.



Graduation year: 1983

Sports/Activities:

Football
 Wrestling

Mu Alpha Theta
 Gym Aide
 Journalism
 Spanish Club
 Track

Entertainment

Players or heroes?

by Tanna Handwork

When most people think of a hero, they think of somebody that has saved a life or overcome an obstacle. Most people do not consider a hero someone who spits in a mans face or swears at a fellow team mate. Constantly sports figures are being considered heroes. The definition of the word hero is a person of courage and accomplishment. Perhaps some of these sports figures have overcome an obstacle. Their accomplishment is being were they are, but are they heroes? That is probably a matter of opinion. When you look at their lives and their lifestyles are there characteristics associated with that of a hero? In my opinion no. I feel that a hero is one who has achieved their goals, overcome tragedies, saved a life, or just made a difference. Maybe to some these sports figures meet these requirements, but I do not. When a grown man spits in anothers face that shows immaturity and lack of respect. Also, these sports players are idolized and looked upon as role models and they continually act this way. These sports figures should be looked upon as what they are sports figures. I would like to clarify myself. I am not saying all sports figures act this way. Not all people are the same. Just because they are sports figures does not mean that they could not be a very good person or even a hero. Society has pretty much grouped this small well known group of people into a god like category. Is this because of who they are or what they have done in their life? Idolizing these figures is okay if you respect their achievements and how they act. They should not be idolized because they can play a sport. Especially those who are constantly in trouble or have no respect for themselves or others. All I am saying is pay attention to what people say and do before you put them on a pedestal.

What would you do?!

by Tanna Handwork

How far would you go for tickets if your team was on the way to the World Series, the Super Bowl, the Big Four, etc... Many people say that they would do just about anything. On the radio station Hot 101 you might have heard of the contest they were running to see who would eat the most goldfish. The winner got two tickets for the World Series. Also there was s guy who ate live worm sandwiches for tickets to the Stanley cup. These might sound very repulsive to some, but then some say it would be worth it. I wondered, how far would the average person go? So I took a survey and here is what you said.

Jackie Mong- I would be Dave Bungard's slave for a week
Cory Blankenship- go bungee cord jumping without a cord
Jenn Hart- eat White Castle hamburgers an drink Yoo Hoos
Pam Getz- a whole bunch of stuff

Crumbling pedestals

by Connie Morris

The fame of being an athlete is an admirable position to hold. Not only is it an honor it is a lucrative job. There are some down falls though. If you have a short temper or emotionally unstable this may not be the profession for you. If you are you are risking losing your job or possibly paying very high fines. Let's take a look at some of the athletes whose careers have never been the same because of an occurrences that may or may not have happened.

Roberta Alomar- A Orioles baseball player that spit on an Umpire during a game

Toral Sprewell- A basketball player who choked his coach. He was fined and suspended, both of which were reduced.

Tonya Harding- She was an Olympic athlete who was accused in the involvement of the battering of Nancy Karigan before a competition. She was not permitted to ice skate anymore. She still denies the knowledge of the attack and is sticking to her story.

Dennis Rodman- A basketball player who kicked a camera man in the groin during a game.

Mike Tyson- A boxer who bit off his opponents ear during a match. He was fined and banned from boxing.

O.J. Simpson- A former football player who was accused of killing his ex-wife and her boyfriend. He was found innocent in a criminal trial, but was found guilty in a civil trial.

Pete Rose- Baseball player caught of gambling. He is not eligible of being in the Hall of Fame.

Fuzzy Zoeller- A golfer who made racial comments towards Tiger Woods. He was severely criticized by the media.

Albert Belle- An Indian's baseball player who threw a baseball at a reporter and verbally assaulted another reporter.

Jeff Ruple- anything humanly possible to see the Indians play in the World Series

Mike Beck- I would comb my hair

Emily Gibson I would dress up as Barney

Matt Swartz- I would eat live worms

Steve Keen- streak across the field

Scott Simons- I have no idea

Jeremy Stenagle- I would wear a plate of nachos on my head with guacamole dip for the Indians

Joshua Smith- donate a kidney to science

As you can see some people would do just about anything for tickets. Some of them you might not live to use the tickets. If it is worth it in the end, why not!





Quakers in the pros

by Chris Williams



Salem High School has had an athletic history dating back to 1853. Since that time there have been three football players in the National Football League that graduated from Salem. They are Lou Slaby, Kirk Lowdermilk, and Rich Karlis. "The Quaker" would like to honor these

men. Lou Slaby was a graduate of Salem in 1959. He was a linebacker. In addition to high school football, Slaby also played basketball. He was a member of the 1957 team that went to the state championship game against East Tech High School. Slaby at-

tended the University of Pittsburgh. After college, he played for the Detroit Lions from 1963-1965 and played the last year of his career with the New York Giants in 1966.

Kirk Lowdermilk graduated with the Salem class of 1981. He played the center position for Salem after playing Pop Warner (Pee Wee) football. Lowdermilk also participated in wrestling. He was a state champion in wrestling in his senior year. He was recruited to Ohio State University and started his professional career with the Minnesota Vikings in 1985. He joined the Indianapolis Colts in 1993 and was a member of the 1995 Colts team that was just one win away from playing in the Super Bowl. Lowdermilk now lives in Kensington, Ohio and owns a tree farm and cattle farm.

Rich Karlis was a 1977 Salem graduate. He was a high jumper in track until he became the kicker for the Quakers his senior year. Karlis was in the vocational training program and had originally planned

on not going to college. However, he decided to go to the University of Cincinnati as a walk-on player. Karlis entered the NFL with the Denver Broncos in 1981. He will be remembered throughout football history as the kicker who kicked the overtime field goal to beat the Cleveland Browns after John Elway's legendary fourth quarter drive in the 1986 AFC Championship game. He ended his career with the Minnesota Vikings and Atlanta Falcons. Karlis was the president of the Colorado Foxes soccer team until it was sold. He is now working with a computer company while living in Denver.

Salem is proud of these players. This pride is displayed in the hallway next to the gymnasium where their pictures are posted. Each spring Salem also hosts the Karlis-Lowdermilk Golf Classic at the Salem Golf Club. Proceeds from this event help fund the Salem Hall of Fame Foundation.

Interview with Mrs. Helen Karlis

by Chris Williams

This is an interview with Mrs. Helen Karlis, the mother of Rich Karlis and mother-in-law of Kirk Lowdermilk.

Q. What sports did they play in high school?

A. Rich: football (as a senior only), track (mainly high jumper)

Kirk: baseball, football, wrestling (state champion as a senior)

Q. How did they get involved with football?

A. Rich: didn't start until he became a kicker as a senior

Kirk: played Pee Wee football

Q. What were some of their accomplishments in high school?

A. Rich: involved in vocational training, didn't plan on going to college

Kirk: state champion in wrestling in 1981

Q. Did they get a scholarship to Cincinnati? Ohio State?

A. Rich: was a walk-on at Cincinnati, got scholarship during senior year only

Kirk: recruited to Ohio State

Q. What memory do you have of their involvement in sports?

A. Rich: the field goal he kicked to beat the Cleveland Browns in the AFC championship game

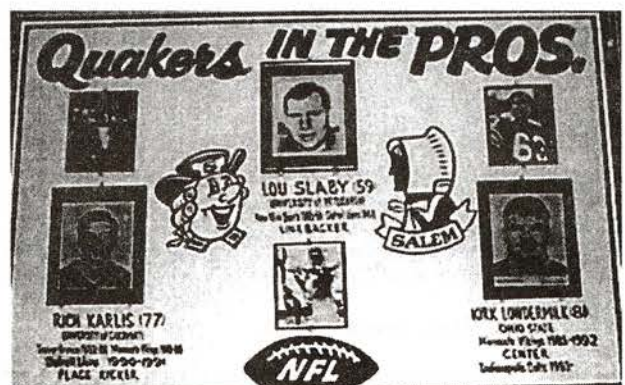
Q. Where are they living and what are they doing now?

A. Rich: lives in Denver, working with a computer company, was the president of the Colorado Foxes

Kirk: lives in Kensington, owns a cattle farm and tree farm

Q. Anything else you would like to say?

A. "It was a dream come true for them."



Sports



Great Sports Schools

by Lisa Butch



Are you someone who wants to go to a college not for its academic value but for its great sports program? Whether you want to play a conventional sport, or something more interesting such as broomball, flag floopball, or even inner-tube water polo, you need to go to a sports school.

Many colleges center around sports, some more than others. If you are looking for the best school for say-surfing, try the university of California San Diego. If you are shooting for a school with a good riflery reputation try West Virginia which has won ten of the past twelve NCAA riflery titles. Georgia boasts the best sports recreation center with its three swimming pools, five gymnasiums, ten racquetball courts, two squash courts, and even a 44 foot climbing wall.

Below is listed the top 20 "jock" schools in the country, and for the first five, some of the reasons why they have been named a jock school.

- 1) **UCLA**- This is a great school for athletes from 94 nation team titles in varying sports to the 22 medals taken home by 49 current or former athletes at the Atlanta Olympics to its 11 acre intramural field.
 - 2) **Notre Dame**- Besides being known for football with 11 National Championships and seven Heisman Trophy winners among other things, 90% of its students participate in some sport or another from the intramural to varsity level.
 - 3) **Stanford**- Known as being a very rich school and it houses a new \$22 million Arrillaga Family Sports Center, the Stanford (horse) Polo Club, and their very own Ski Chalet in the Tahoe area.
 - 4) **Texas**- Their football team has three national titles and thirty-seven All-Americans. They also have 35 NCAA titles in eleven different sports.
 - 5) **Florida**- Their Ben Hill Griffin Stadium (The Swamp) is "the loudest, most obnoxious and notorious piece of real estate in all of college football." They have placed in the top 10 in the NCAA all-sports rankings since 1984, and have built two new multi-million dollar recreation centers since 1992.
- | | | |
|-------------------|----------------|----------------|
| 6) Michigan | 11) U.S.C. | 16) Tennessee |
| 7) North Carolina | 12) Arizona | 17) Iowa |
| 8) Penn State | 13) Ohio State | 18) California |
| 9) Nebraska | 14) Virginia | 19) Indiana |
| 10) Princeton | 15) Wisconsin | 20) Alabama |

Information for this article was taken from Time magazine

Trivia contest results

by Chris Williams

Congratulations to junior Luke Simon for winning "The Quaker" sports trivia contest. Simon was the only person to get every question right. Simon will receive ten dollars as a prize.

Here are the answers to the questions:

Baseball

- 1) B. League Park
- 2) C. 1980
- 3) B. George Brett

Football

- 1) B. St. Louis Rams
- 2) A. New York Jets
- 3) A. Scott Norwood

Basketball

- 1) C. Indiana State
- 2) B. Brad Daugherty
- 3) B. Butterbean

Hockey

- 1) A. Henri Richard
- 2) C. Montreal Wanderers
- 3) B. Vancouver Canucks

The end of a good year

by Chris Williams

The wrestling team finished with a record of 7-13. Despite having more losses than wins, the Quakers finished first in the Eastern Ohio Wrestling League's Division II. Although Salem will lose seniors Keith Menough, Brad Baillie, Nate Aldrich, Doug Graybeal, and Eric Swiger, the future looks good for them as they will be very experienced with many juniors and sophomores expected to return.

"It was great having a winning season for a change," commented Eric Swiger on his senior year.

"We made a lot of improvements," said junior Aaron Helmick. "We did better then people said we would."

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Great food and a great family
atmosphere!



Sports

Girls Basketball has winning season

by Lisa Butch

The Lady Quakers basketball team recently finished a winning season of 13-9, including two tournament games, against Girard (51-42) and Poland (50-66).

The Quaker's average scoring per game was 44.9 points, while their opponents scored 42.2. The teams total points for the season were 987 against the oppositions 928. Their rebounding average was also above the opposition with Salem averaging 27.5 and the opposition averaging 23.4.

The leading scorer for the team was Kelly Paxon with 289 total points and an average of 13.1 points per game. Kelly Straub and Julie Manis were also in the triple digits with their total season scoring. Paxon was also the leading rebounder with 207 for her total, and an average of 9.4 per game.

For a young team having only one senior, the team had an excellent season.

Things are looking up

by Chris Williams

With a record of 12-9, the Salem boys basketball team enjoyed their first winning season since 1991-92. They finished second in the Metro Athletic Conference, which was the best they have finished since the MAC was formed.

We improved on what we had done last

year," said coach Longanecker. "Anytime you've improved, you consider yourself somewhat successful."

In addition to the success of the team, there were many individual achievements as well. Casey Rhodes was selected to the MAC all-conference first

team while Lou Angelo was chosen for the MAC all-conference second team. Casey Rhodes received an honorable mention for the MAC all-conference teams.

"We're hoping to continue to improve in wins and losses and to be able to move up another

step," commented coach

Longanecker on the team's future.

"We're looking to get to the top of the

conference and stay at the top."



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.

Boys Basketball

Name

Casey Rhodes

Drew Theiss

Jason Rice



Position

Guard

Center

Center



Coaches comments

good offensive player, shoots the three point shot well, one of our quicker defensive players
first year Drew's played basketball, Drew gives us good size in the middle, rebounds well, plays solid post defense
good offensive player in the post, one of our hardest working players

Wrestling

Wrestler

Doug Graybeal

Keith Menough

Eric Swiger
Nate Aldrich
Brad Baillie

page 16

Weight Class

215 lbs.

152 lbs.

160 lbs.

171 lbs.

160 lbs.



Coach's Comments

18-2, Kenston Tournament champion, third at Howland Tournament, 1st at Hoppel Tournament
13-6, 2nd at Howland Tournament, 3rd at Hoppel Tournament
5-11, 4th at Howland Tournament
4-15, no places at tournaments
3 wins, ill with mono for most of season

The Quaker

Monday, March 23, 1998