

# The Quaker

A high school tradition for years.

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Salem Senior High School

October 2005

## Could l-e-v-y spell disaster for Salem City Schools future

BY DOUG MONDELL

The Salem City School Board has announced that a 4.3 mill levy which would generate 1.3 million dollars will be included on the city's November ballot. This decision was passed by the school board at their meeting in September. As of right now, the Salem City School System's financial situation is considered a fiscal watch. If this levy is not passed the school system will fall into a fiscal emergency. A fiscal emergency occurs when the state government must take over a school system because it is in such financial disaster they can not get out.

If the levy should fail and the state would take over the schools, there would be a lot less to do. Quite a few extra-curricular classes could possibly be cut due to the lack of teachers and the fact that these

classes aren't necessary for graduation. Many teachers or personnel that the state feels could be dismissed to keep more money in the school systems might be gone. Pay-to-play would be instated and cost approximately fifty dollars for each sport in which students want to participate. Full-day kindergarten would revert back to half-day, and the buses would only pick up students outside a two mile radius from the school they are attending.

On a more positive note, if the levy should pass it would generate enough money to get Salem City Schools out of fiscal watch! Some people in the Salem community have no idea there is a levy on the November ballot. The future of Salem City Schools is at stake!

## Bird flu a legitimate threat

BY PAUL SHIVERS

The H5N1 virus, commonly known as the "bird flu," has been devastating bird populations in Asia for several years now. But experts believe this virus could mutate and cause a flu pandemic that could rival the outbreak of the Spanish flu in 1918 that killed fifty million worldwide. Fortunately, there have been few cases reported in humans, but the mortality rate in those cases has caused much concern. Of the sixty-five people infected with the disease, 70% have died. That is significantly worse than the 9% death rate of the SARS outbreak in 2003. So far no vaccine has been produced for the Avian Flu, but several companies are hard at work on completing the vaccine in the near future.

According to the World Health Organization, the virus is prone to species jumping and the world must be prepared for the worst. A human contracting the bird flu and another human form of flu could result in gene swapping between the two viruses. Ultimately the new virus would have the deadly characteristics of the bird flu and the ability to be transmitted between humans with relative ease. In order to prevent such a mutation, the WHO is attempting to reduce the opportunities for humans to come into contact with infected birds. As the number of human cases mount, the chance that the virus will mutate greatly in-

creases. There is, however, a medicine effective in fighting the virus. The problem is that the U.S. has only enough Tamiflu to treat 2.3 million people, a fraction of the 90 million that would need the treatment in the event of a worldwide outbreak. To treat 20% of the world population, it would take ten years of drug stockpiling. But this virus could mutate within the next few months and be across the entire world in a matter of weeks. The virus would last about one year and infect nearly 30% of the population, killing millions worldwide.

Top officials agree that the world is not ready for such a pandemic. With the lack of a vaccine, a shortage of medicine, and the strain the virus would put on hospitals, the US and world have a lot of work ahead of them to prepare for the worst case scenario. The Secretary of Health and Human Services will release a detailed plan for dealing with the threat. Although he offered few details, the plan will outline stockpiling medicines, developing a vaccine, sending flu test kits to labs, and strengthening communications with Asia to detect outbreaks of the virus. For now, preventative measures will continue to be taken so the world might have more time to prepare for another flu pandemic.

## Hasty hiring in the high court

BY RYAN NEWELL

On July 1, 2005, Associate Justice Sandra Day O'Connor announced her retirement from the Supreme Court of the United States. Three weeks following her announcement President Bush nominated John Roberts to fill the now vacant seat. Roberts who was on the Circuit Court of Appeals for the District of Columbia was the first nominee to the Supreme Court since Stephen Breyer in 1994.

Only two months after O'Connor's retirement proclamation, Chief Justice William H. Rehnquist died. Rehnquist was fighting a long battle with thyroid cancer since last October. After Rehnquist's death Bush withdrew Roberts' nomination as O'Connor's replacement and nominated Roberts to Chief Justice on September 6. On September 29 John Roberts was sworn in as Chief Justice by long standing Associate Justice John Paul Stevens.

Following the inaugural ceremony of Chief Justice John Roberts, the seat of Associate Justice still needed to be filled. On October 3, 2005, Harriet

Miers was nominated to the Supreme Court by President Bush. For many years Miers has been a lawyer to the Bush administration and in 2001 she assumed the role as White House Counsel. Miers has long been a close friend of President Bush for many years. Several Republicans and Democrats have criticized Miers for not having enough judicial experience to her career. In the words of SHS social studies

teacher Mr. Brink, "History has shown, though, that not having experience as a jurist can be an advantage." She was appointed to the Texas Lottery Commission in 1995 by then Texas Governor George Bush. Miers resigned in 2000 only one year before her term would have ended.

One topic that is stirring up a great deal of controversy is the idea that the court will attempt to overturn Roe vs. Wade, which is the law that legalized abortion. It's already clear that the court has shifted towards a more pro-life stance. Many have speculated that Chief Justice Roberts has been eyeing the chance to overturn the case that was decided on January 22, 1973. At the time Rehnquist was an Associate Justice and was one of only two justices who dissented.

At the current time it seems uncertain of the approach Roberts will take as Chief Justice. On October 3 Roberts served his first day as Chief Justice during a series of oral arguments. Recently Roberts has presided over a case that is trying to tax all motor fuel sold on Indian reserves in Kansas.



John Roberts being sworn in as Chief Justice

## Salem school system braces for change

More changes are in store as the school district continues to face financial troubles

BY KELLIE STEWART

Due to school system financial problems, many changes are in store for the whole of Salem City Schools. From buildings closing to the possible proposal of pay-to-play sports, all students here at SHS will be affected in one way or another.

Currently the school is under fiscal watch, meaning that we've gotten ourselves into some major money trouble. If no moves are made to solve these problems, Salem schools will then fall into fiscal emergency, leading to the state taking over and cutting the school down to the bare minimums. Busing, extra curricular activities, and electives may be among the first things to be cut.

Of course, everyone seems to be trying very

hard to get us out of the hole we're in before we fall lower still. This November a 4.3 mil school levy will be voted on. If the levy does not pass, the school system will most likely drop into fiscal emergency. If this happens, some of the proposed resolutions include the implementation of a \$50.00 pay-to-play fee for extra curricular activities, restriction of bus routes to a two-mile radius, and the reduction of kindergarten programs from a full day to just half a day.

Perhaps the most important issue to students here has been the joining of the middle school to the high school. Although rumors have been floating around for months, our thoughts (or maybe even fears, depending on your mindset) have finally been confirmed. On Monday, September 26 2005, the school board approved the closings of Prospect Elementary School and the Salem Middle School. Starting next year, seventh and eighth graders will be incorporated into the high school. Exactly how this is going to be

made to work is still up in the air.

School secretary Mrs. Heineman recalls attending high school here at Salem with a much larger number of students. There were only four classes (ninth through twelfth), but she says that each of those classes were composed of about 325 students. That's 1,300 total people jammed into this one building, not even including staff! Compare that to the 757 who are enrolled this year. Adding in just two more grades shouldn't pose too much of a problem. Mrs. Heineman also mentioned that the high school wasn't as big then as it is now. The auditorium, band room, bathrooms across from the office, and end of the senior hallway have since been added on.

As of now, nothing is for sure. Where we go with some of these changes seems to be riding on the outcome of the November levy. No one will really know much more until then.

# News

## New classes in session

BY JOE SHIVERS

Salem High School is offering six all-new classes this year, and several old classes have been modified.

AP Computer Science, AP Chemistry, History in Film, World Religion, World Geography, and Contemporary Issues were introduced (or re-introduced) to the school this year, and the student response has been favorable. Senior Josh Fast gave Contemporary Issues a distinctly contemporary endorsement, calling the elective "pretty sweet."

AP Computer Science provides "an understanding about programming a computer," and "an appreciation of writing code and making a program do what you want it to do," says Mr. Jeff Gill, the class's teacher. "The demand [for people with those skills] is high," says Gill, "and the starting salary is high." Not only does the content of the class prepare students for careers in computer science, the Advanced Placement format of the class means the students can put themselves ahead at college. "Students can save both time and money at college," explained Gill, because "they get college credit for a high AP exam score." AP Classes, which give weighted credit, prepare students for AP exams. School policy new to this year requires students taking an AP class to take the AP exam in that subject. The College Board, the company behind the SAT, writes the nationally administered exams.

Science Department Head Mr. Don Turner is teaching another AP class: AP Chemistry, which expands on the concepts introduced in Chemistry. Senior Bobby Rasul, who plans to major in Biochemistry, thinks the class will look good on his resume. But Rasul, who has taken two sciences every year at SHS, has a simpler reason for taking AP Chem: "I like taking science." He recommends the class to anyone of like mind.

The Social Studies Department offered four new semester-long classes this year. Mr. Brian D'Angelo, who teaches World Geography, likes that the department has introduced so many new courses. The classes sprung from a Social Studies teachers' discussion of "what we wanted to offer the kids as fun electives." D'Angelo said. Mr. George Spack, who has "a good background in religion," is teaching World Religion and Contemporary Issues. Mr. Will Klucinec is teaching History in Film, and D'Angelo himself, who has previously taught Geography at Hubbard and Ashtabula, is teaching World Geography. He summarized the course: "We go to one continent at a time, and learn about the continent: physical, social, economical..."

Fifteen students are currently enrolled.

Of course there are only so many students at SHS, and only so many classes each can take. Mr. Tony Martinelli's Design and Set Design classes have been dropped because not enough students signed up for them. On the bright side, Martinelli has roughly ninety students enrolled in his Photography classes, which now last all year. "We've combined Photo 1 and Advanced Photography," said Martinelli, to create "one of the highest electives this year." Sports Nutrition and Wellness, taught by Mr. Hank Brock, is a modification of Brock's Strength Training class, no longer offered.

Doubtless the list of classes the high school offers will change next year and for years to come. And while state law will determine the basic curriculum, and finances will always limit the course offerings, students will still have power to choose their classes. Students, when they decide whether or not to take an honors class or which elective they prefer, be able to endorse the honors classes and electives they want to take.

## Growing up and dealing with (Ohio's) issues

BY BRITTANY MERCER

As many students turn eighteen and become adults, one of their first and biggest privileges is voting. The school makes it very easy for them. Students can fill out voter registration forms in class, and the school will mail them. I could not believe how easy it actually was to register to vote! It took more time to fill out a driver's license application. Within five minutes, I was a registered voter. How much easier can it be? The only hard part is to know what you're voting on.

Talking to students and faculty, I found out the most popular local issue. The school board is what all eyes are on. The school system is trying to pass a 4.3 mill levy that would generate 1.3 million dollars. As most of you know, Salem City Schools is in financial danger. If this levy is not passed a fiscal emergency is declared, and the state can come in, take over the district, and make whatever changes they want.

State issues, on the other hand, affect not only our community but the whole state of Ohio. Choose wisely. Some advice - If you're not educated on an issue, don't vote on it.

The first state issue is Issue 1 - jobs for Ohio. It creates

and preserves jobs and stimulates economic growth in all areas of Ohio by improving local government infrastructure such as new roads and bridges and research. It also limits bonds for developing. This was created to get back the jobs lost in Ohio. The downside is that it would increase the state's deficit. Some opponents also note that the research money could fund controversial stem cell research.

The second state issue allows early voting. Thirty-five days before an election, if you are qualified, you can receive an election ballot by mail. It's just like an absentee ballot, but this law permits you not to receive it without being absent. You mail your completed ballot to the board of elections. If this is done properly, voters don't even need to leave their homes to vote for the election. What this issue is trying to do is increase the voting in the state.

Issue 3 relates to limiting political contributions and reforming campaign finance. It sets specific maximum contributions in the Ohio constitution. The only thing I see wrong with issue is the fact it's to be in the constitution, and money values change over the years. What is good with regard to today's cur-

rency, may not be in twenty years.

Issue 4 is titled independent redistricting process. It creates a new commission composed of five members and a mathematical formula the commission may consider when altering redistricting plans. Currently, the Ohio legislature itself controls redistricting. The issue also provides for open meetings and other public requirements regarding the activities of the commission.

The last issue is Issue 5 - independent election administration. According to smartvoter.com, the amendment would remove the responsibility of overseeing elections from the elected Ohio Secretary of State and create a bipartisan board of nine members to administer statewide elections and oversee county boards of election.

We need to be aware of what is going on around us. We as adults need to take part in the election process and not blindly at that. Once you get that paper in the mail saying you're a registered voter and telling you where your precinct is - go and vote. It can change someone's life; it can change your life.

## Red Ribbon Week

BY ASHLEY KALEY

Each October schools pass out red ribbons and hold activities throughout "Red Ribbon Week." Salem High School is once again continuing the tradition which dates back to one man's brave sacrifice.

Enrique "Kiki" Camarena served in the Marines and eventually became a police officer. After becoming a police officer he decided he wanted to join the U.S. Drug Enforcement Administration. He felt that even though he was only one person, he could still make a difference. Enrique was sent to Mexico as an undercover agent; while he was there he was tortured to death. After this, his friends and family began to wear badges of red satin. Other parents started to form coalitions. They used Camarena as their role model to prove to people that one person can make a difference. After time people began to adopt this tradition, which led to the first nationwide Red Ribbon Campaign in 1988. Now schools across America are taking part in the weeklong celebration.

The SHS TACT (Teens Against Chemical Taking) organization is a club for seniors only. It is in charge of Red Ribbon Week each year. This year it's October 24-28. The club advisor is Mrs. Heineman. Officers for this year are the following: Jake Pastore (President), Bunk Mull and Chelsey Heath (Vice Presidents), Jordan Nannah (Secretary), and Zac Dorn (Treasurer).

This year's Red Ribbon Week slogan was "Hugs, Not Drugs." Monday the students signed pledge cards to stay drug free, after which they received their ribbons. Tuesday's message was "Put a cap on alcohol/drugs," and the students wore hats. Wednesday's was "Turn your back on drugs," which they symbolized by wearing their clothes backwards. They wore crazy socks to "Sock it to drugs" on Thursday. The final theme was "Team up against drugs," so Friday was jersey day.

The middle school and elementary schools took part in this too. The middle school students signed pledge cards. The elementary students were given posters to color, and these posters are on display throughout the town. Students at all the schools were asked to participate in a "Find the Red Ribbon" scavenger hunt. One red ribbon was hidden each day throughout the school, and the student that found it got a prize after turning it in.

This weeklong celebration served an important purpose: to help keep all students aware of drug and alcohol abuse.



## Gym bare, banners in storage

BY ANDY THOMPSON

We have many objects in our school that represent our achievements and honors both academic and athletic. Some hang in senior hall and some hang around the school. Some have been around for only a couple years and others have been around for generations. We respect these honors.

Some of the school's honors that we have are the banners and the Ohio shaped signs that once hung up in the gymnasium. But, as we have noticed, they aren't there anymore. Why is that? Well as we all know, two years ago the gym was repainted and everything was taken down including the high school fight song, "Quaker Pride." Now two years later they still aren't back up. Why? The banners that were up to start with had been up in the gym since the late 1970's. After all those years of hanging up in the gym, the banners started to get dusty, and the color started to fade away. Athletic Director Greg Steffey said that the ban-

ners didn't look good in the gym with them being faded and dusty. The athletic department is planning to get new banners (ones that will not fade) to hang up in the gym. As you have probably also noticed, the Ohio shaped signs with the names of people or teams on them were also taken down and never returned. The Ohio signs recognized either an athlete or an athletic team. The way these honors were distributed struck some as unfair. For example, a person who placed sixth at the state track meet got the same recognition as a team that won a state championship.

The Ohio signs will not be hung back up, though. We do plan on seeing new and nicer banners hung back up, along with the high school fight song and new banners of all the teams in the Metro Athletic Conference. We hope to see these objects returned to the gym soon.

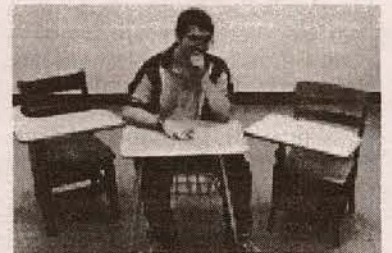


Quaker Sam angrily breaks through the gymnasium wall wondering where the banners have gone.

## Opinion

### Dastardly desks

BY WES LINDBERG



Author Wesley Lindberg contemplating while in one of the best desks in the school.

Day after day we all sit in desks, but unless you're one of the lucky few, you're spending too much of your time trying just to get comfortable. Among the many different types of desks in this school, only some are actually comfortable.

Many classrooms are filled with old, wooden desks, and they can be far from great. A couple books and binders are often enough to send them to the ground, and sometimes they're so far from being level that most books slide off of them. Then there are the metal/fake wooden seat ones. They, too, can be easily set off balance, but their biggest flaw is the metal pipe used to hold up the desk. This pipe is exactly where one would want to put their leg, and this creates the feeling of being half on, half off the desk.

If you're extremely unlucky, you may end up with the tiny steel desks. These are cramped and provide an extremely tiny working space. Some of them are so small that a whole textbook cannot be fully opened on them which is a fatal design flaw.

Many rooms have adopted the desks with the graph and algebra equations on them. These desks provide a few nice equations if you're in a jam and provide a large work space and no pipes sticking straight through the seat.

The large steel desks, however, are the very nicest. Their front legs keep them balanced, and they provide a nice, level work space. The extra leg room is great when trying to figure out what to do after a test or in study hall.

Unfortunately, there are few rooms with these large steel desks. We need to replace the old desks rather than try to put up with their flaws. It is obvious you can pay much more attention if you're not squirming around in your seat trying to decide which position is the least painful.

There's a safety issue too; some of the oldest desks have become unstable. It's clear. The desks in this school, for the majority, are awful, cumbersome, and uncomfortable. Some of you are lucky; others are not. Can't we just get a single kind of comfortable desk?

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## Point/Counterpoint

### School dances...To go or not to go, That is the question

BY KERI BLACKBURN

BY NIKKI JACKSON

What is everyone doing on Saturday nights? Our school puts on several dances every year, but the number of attendees is rather low. Why aren't the school dances as anticipated as they used to be? The excitement, the anticipation, the fun, and the love for school dances have been lost. Alyssa Nelson, a junior here at Salem, made this comment on dances, "As far as I can see, there's not a lot of reason to go. All anyone does is chat with friends, maybe dance if they aren't embarrassed. It's just sort of boring."

On top of boredom there are many other reasons that students do not attend dances. A big issue is the price that he or she has to pay for dresses and formal wear. For a plain black halter dress the going price is around \$50.00 and higher. On top of that cost, some may want to purchase shoes, a purse, and possibly jewelry. Also many girls like to get their hair and nails done. These can add up to be quite expensive for only one night and a few hours of "boredom." For our males here at Salem, on top of buying their clothing according to the color of the dates dress, they also have the expense of tickets and dinner. Many people would rather go to a dinner and a movie which is a lot less expensive if they were to go to a dance.

Another common complaint is the matter of actually finding a date. Honestly, how many people actually enjoy going stag to a high school dance? In high school it's all about whom you are with and what you are wearing, so most people would rather just not show. This poses an important question to ask yourself, why

not get out there and ask the cutie in your math class? Don't be afraid of rejection; you'll never know until you ask him or her.

What about the music selection? The variety of music really isn't open to all groups of people. Some people feel uncomfortable with certain music playing, and they just can't relax or dance to it. Although when students dance, pop and hip-hop music is easier to boogie to than head banging, hard rock music (Notice the known title "head banging."). And pop/hip-hop music is usually what you hear playing. Another factor to why certain music is selected for a dance is the availability of a D.J. and the amount of money our high school can pay the D.J.

Surprisingly, there are quite a few teenagers who really don't like to dance. Usually it's because they aren't comfortable or they really don't know how to dance. When I am at a dance I see so many people sitting around or standing in groups not dancing, and the majority of them have never tried it. If you are too shy to get out on the dance floor, go home and dance in front of the mirror. Then bring your moves to the next dance. You'll never break loose and have fun unless you try something new.

Personally, I love high school dances. These are the only four years we have to make high school memories, and the dances are great places to start. These dances offer wholesome fun and many memories. For those of you who don't go to the dances you really should start going. No matter what negative reason there is to not go to the dances you could always find reasons to go.

Dresses, shoes, jewelry, ties, dress pants, dinner... You all know what I'm talking about. Salem High School's dances! Who doesn't want to share in those many memories? But there has been a tremendous drop of attendees at the dances. Why is this?

High school dances are great for many reasons. For one, think of all the memories that are made at them. I'm a senior, and this is my last year here. Looking back at my high school memories, most of them come from the school dances. I've seen wonderful relationships start there, and I've also seen them end at a dance. Seriously, who could forget dancing the night away with your closest friends or that cutie that you've liked for a long time?

It's not just because of memories. Girls, who doesn't like to dress up from time to time and go out somewhere? If there's one thing about girls, we love to dress up and feel like a princess and what better time than the dances? I do realize that the cost of everything can add up. It almost seems like homecoming is a "mini prom."

I admit that buying everything for the dances can get pretty expensive. If you don't have several hundred dollars to pay for all this for homecoming there are other options. You could borrow a dress from a friend; it's a common thing and as for jewelry you don't need to buy the most expensive. For hair, do it yourself. As for nails, you don't have to pay thirty dollars for a full set of acrylics. Buy them at Wal\*Mart and do them yourself. Guys, you don't always have to go to some expensive place to impress your date. Come up with something unique, like a picnic or have a home-made dinner at

someone's house.

I hear so many students complaining about the music, having to dress up, and not having a date. I admit sometimes the music isn't the greatest, but why don't people request certain songs that they like? For those of you who don't like to dress up why not just go in normal clothes. It's so difficult to dance and have a good time in long, formal dresses. What happened to the semi-formal dresses? Has anyone ever thought of having a sock hop type dance right after the game? How about something a little less formal? When a dance is coming up it can put a lot of stress on someone to find a date. If all else fails, what about going with a bunch of friends? Besides, you can have a more enjoyable time by dancing the night away with a bunch of people instead of one person.

I understand that some people think that the dances are "boring," but we, the students, need to make them fun! I do know one reason that dances are becoming less popular. It's the same reason that White Christmas was done away with and prom could possibly be in danger. How many juniors and seniors do you see dating freshman or sophomores? However, White Christmas was and prom is strictly for juniors and seniors? What about those people who are dating underclassmen? Personally, I think that we should be allowed to bring them if they were asked by upperclassmen. Even if an upperclassman wants to go to the junior or senior prom and they are dating an underclassman, it will make him or her jealous and angry. I don't think that prom should be opened to all classes though, only if you are asked by a junior or senior.

## Keeping the Subway® on the down low

BY JOSH FAST

Is anybody sick of some of the POINTLESS school rules? I sure am. The other day I was called to the office out of AP English class for the sole reason of taking my delicious turkey sub out of its Subway® bag and putting it into a brown paper bag that had been lying around the office. Why are we allowed to have food from outside of the school but are not allowed to carry it in the bags in which we buy it?

Mr. McDevitt told me during an interview that it is not a school rule but a federal law. I could not find this law on the books, but it's supposedly there. The law says that "catering" is not allowed. Catering is the word that the government uses to describe parents bringing in a

double cheeseburger from McDonald's® or delivery of a Pizza Hut® pizza to your lunch table. It's basically a nice legal way of creating a monopoly on food in the cafeteria. I do agree that students should not be allowed to have food delivered from restaurants, but if a parent, sibling, or other family member tries to do something nice by bringing a scrumptious fast food sandwich I think it should not be a problem.

Mr. McDevitt is not heartless about it; he usually won't throw away your food, but he lets you eat it in the office or secretly take it to the cafeteria. Not to be ungrateful for this but who wants to sit alone in the office to eat lunch? Senior Aaron McLaughlin certainly doesn't, "They tried to make me eat in a

secluded room all by myself...they never cared before, and I don't know why they do now." The rule/law is basically to keep high school cafeterias in business. It's about money for the school cafeteria (in my opinion). I am not the only student who is upset with this rule. Senior Ryan Benchwick stated when asked his feelings on the rule, "I am ticked and outraged by this dumb rule!" Head of the cafeteria, Mr. Havelock, was not available for comment.

We are young adults (some of us are already adults), and I think we have the right to decide about small things like this for ourselves. Do our freedoms promised to us in the Bill of Rights get checked at the door when we enter school? Does

the government or the school board or the administration have a right to limit what we can and can not do (within reason)? You decide.



Sandwich Artist, Aaron McLaughlin, breaks the rule by bringing his work of turkey art to school for lunch and senior Josh Fast is shocked, but glad that someone is taking on this ridiculous rule.

# Feature

## Break free from stress

BY DESIREE WRIGHT

Whether you're a freshman in high school or a senior counting down the days until graduation, chances are you're feeling pressured by considerable amounts of stress. The majority of high school students in today's society are expected to have a job, do chores, participate in sports or other social activities, and above all, do well in school. Stress can be an excellent motivator and booster of our inner potential; however, too much of it can be damaging to our psyche and overall health. Though it may not seem like it, there are many helpful alternatives we as teens have when it comes to battling stress.

**Relaxation and a good night's sleep:** Take just fifteen minutes out of your busy schedule to try whatever relaxation methods work best for you. Consider techniques such as yoga or stretching to help with clearing your anxious mind. Teens our age should be getting anywhere from eight to ten hours of sleep a night; so, if you're experiencing difficulty waking up in the morning, inability to concentrate, feelings of moodiness, depression, or failure to stay awake in your classes, you should consider getting eight to ten hours of sleep a night.

**Exercise:** Recent studies in obesity have proven that the majority of us don't like this eight letter word, but those who exercise often seem to have less stress as opposed to their peers who do virtually nothing. Start taking walks about three times a week, and gradually move on toward more vigorous activities.

**Eat right:** Make sure you're eating three substantial meals a day, most of which should include plenty of fruits, vegetables, and filling foods such as bread, rice, or noodles. Avoid overindulging in fast food meals which are convenient culprits of increased weight gain, higher blood pressure, and a slew of other negative and potentially harmful effects. Those of us who wish to be more conscious of our health should become familiar with how to determine our Body Mass Index, more commonly referred to as BMI. Your BMI is calculated by dividing your body weight in kilograms by the square of your height in meters. Anyone with a BMI below 18.5 is underweight, those between 25.0-29.9 are overweight, and anyone within the 18.5-24.9 range are what is considered normal.

**Avoid alcohol and drugs:** It's true kids; you really don't need drugs to be dope. If you're feeling depressed, it's best to see a

doctor rather than masking your problems with substance. Contrary to popular belief, the use of alcohol and drugs will only make things worse.

**Decrease caffeine intake:** Some of the most popular soft drinks contain anywhere from 36-54 milligrams of caffeine. Maybe it's time to put down the colas and switch to a healthier alternative such as juice or water.

These are just five of several alternatives there are for reducing stress in our daily lives. Together, the pressures of school, work, future college plans, and everything in between can really take it's toll on how we feel but only if we let it.



Junior Hannah Johnson and senior Desiree Wright experience their own form of stress as they work hard to meet their deadline for the October issue of *The Quaker*.

## Around the school on stress

BY HANNAH JOHNSON

What stresses you the most? Seventy Salem High School students were given a poll on stress and the results were as follows: nineteen students stress most over getting good grades, eighteen students stress most over future and college plans ("Where next?" "What college?"), sixteen students are stressed about their friends and family ("Will Dad be mad about the big party I threw at the house?" or "Mom, I didn't mean to shave the cat's whiskers. I just thought they should be cut!"), and six students stress most over work and extracurricular activities. Junior Kelly Stewart states, "I'm involved in a lot of plays. It's very stressful." Another student stresses over peer pressure and social acceptance, so, fellow classmates, make an effort to be nice.

Josh Fast (senior) was interviewed on the stresses and questions that are posed regarding future plans and college applications. "All the stress I'm going through will eventually pay off," he says. As for the underclassmen, Josh suggests they start looking early. "There are way too many colleges to look at in one year." Senior Joe Shivers, who is completing an application to Harvard University in Boston, thinks just filling out the application is stressful. Otherwise, after it's in the mail he'll have "No worries!" Junior Keaton Keefer says he's "not stressed about anything in particular but soccer, grades, and future planning all can be worrisome." He says he sometimes stresses over the SAT and ACT exams. Senior Mason Schmidt is not the one to talk to about stress because he's "not that stressed." He does advise underclassmen to

"take school seriously and do well."

*"When students are under stress, they should make sure they get enough sleep, exercise, and have a good support system (family & friends)."*

Mrs.D. Johnson

Mrs. Devon Johnson, Home Ec. and Family Living, reports her stresses are mostly over her children but also work and house work because neither ever gets entirely completed. Mrs. Johnson advises, "When students are under stress, they should make sure they get enough sleep, exercise, and have a good support system (family and friends)."

Mr. Allen, health teacher, tries to eliminate stress in positive ways such as participating in athletics, eating healthy, talking to loved ones, and punching pillows (ha ha, just joking). Mr. Allen encourages all S.H.S. students to try these stress reducers.

Megan Getz, a senior, states, "I'm scared of taking the next step... moving out. Here with friends and family you have security; when you go to college you are all alone." She thinks the most stressful part of college preparations is choosing a major.

If you are under a lot of stress or have a problem and you would like to talk with someone, please contact a friend, relative, pastor, guidance counselor, or teacher. If you'd feel better talking to a stranger, there are many counselors to contact and phone numbers to call. In this area the "Help Hotline" is 1-800-427-3606.

## Teen drug awareness

BY COURTNEY MERCER

If you look around you'll notice that more and more of America's youth are smoking marijuana; it is now the "cool" thing to do. In fact according to an NIDA (National Institute on Drug Abuse) study nearly 46% of high school seniors in 2004 had admitted to smoking marijuana at least once. Marijuana is the number one most used illicit drug in America. So why do teenagers find the need to experiment with such an illegal drug? Some teenagers start smoking pot because they see someone they know using also. Another reason might be simply because of peer pressure. So they're using it either for just the "high" or to fit in. However, teenagers might not be aware of the actual consequences that come along with using pot.

Marijuana is an illegal drug, and if you are caught in the possession of it and convicted you can get a criminal record. However, for your first conviction you can get the maximum penalty with a fine of \$1000 and/or six months in jail.

Marijuana is also known to affect the brain's limbic system. This eventually leads to loss of memory, coordination, and concentration. You might not believe this; however, marijuana use is linked to poorer grade averages. That's right. A teen that has a "D" average is more likely to have used pot than a teen with an "A" average. Stu-

dents that use heavily have a hard time studying and concentrating in class. Frequent users are more than five times more likely to cut or even drop out of school all together.

Athletes that decide to use marijuana eventually lose concentration and interest in a sport that they once had desire in. Marijuana affects the judgment, timing, and movement and coordination of an athlete. If you're high while playing a sport you could hurt or embarrass yourself.

Marijuana use doesn't just affect your school work or your sports; it can also affect your ability to work well with others. Workers that smoke pot are more likely to have problems with their job compared to a co-worker that doesn't use. Many studies show that employees that use marijuana have an increasing amount of tardies and absence.

Heart problems are proven to be a long term affect of using marijuana. Recent studies prove that the risk of a heart attack more than doubles in the first hour of using. It might occur from marijuana's affect on blood pressure and heart rate, but researchers aren't exactly sure. Marijuana can be a very addictive and dangerous drug; it was also proven to be a gateway to other and harder drugs. So teenagers should think twice before they light up.

## Dreams

BY KERI BLACKBURN

Drift away to a land of make believe  
Reality is fogged by our imagination  
Enveloping time to keep it contained  
Answering the questions that our minds produce  
Making a solution to what we long for  
Showing a path to bliss and thoughts.



**HALLOWEEN DANCE**  
SATURDAY  
OCTOBER 29TH!

Pay at the door  
Costumes: \$5  
No Costume: \$8

PRIZES AWARDED FOR  
THE  
SCARIEST OR  
FUNNIEST COSTUME!

Insomnium

Part 2

BY JOSH BELL

Spiral staircases, up and I up I felt my brain climbing higher and higher but getting nowhere. The rain pounded against the windows, and the thunder shook the entire house as I crept down the hall.

I walked passed my nephew's room first, and a thought occurred to me. The boy had to go first, there was no question of why. A smile came to my face, and I turned around and put my hand on their door.

Inside the dark room only the sound of rain could be heard, but slowly the door creaked open, inch-by-inch revealing the sinister lightning flashes that dominated the hallway windows. Casually I walked in with the door now completely open. My axe lay tightly locked within my hand; thunder struck and reset the power in the house turning on the radio beside the tainted bed. A soft lullaby was playing, one my brother's wife must have sung to ease him to sleep. The music pleased me, and with another step my hand raised the mighty tool above my head. My heart raced as the thought of death rolled through my mind. A flash of lightning ignited the once black room into a magnificent field of radical light. The boy that once lay asleep in the bed was now gone, and only the indentation of his small body lie within in the crinkled sheets disheveled from sound slumber.

I let the axe fall to my side and with wonder stood looking at the empty bed. From behind the boy crept with a knife that he had secretly stolen from his mother's kitchen. With a shock of ignorance I turned around to face him. My hand that once strongly held the axe fell numb. In his eyes the known thought of hate winked between the blue and black vortex of light infecting and polluting the body that he gazed at. A sudden fear penetrated me as he jolted the knife into my chest again and again AND AGAIN!

Silence.

An enormous crack of thunder shook me awake from my demented slumber. I sat up from my lack of awareness in my chair on the dock, the boathouse filled with noise from the pounding rain outside. I sighed heavily. "Just a dream." A smile came upon my face as I began to relax.

"WHAM!" The boat house doors slammed open with a gust from the wind, and a lone figure crept from the storm outside. With each step she took, a blast of fear shot through me. In her right hand, gripped with anger, a butcher's knife glittered with the blood and rain of its victims caught.

With abysmal fear I leapt to my feet and tried to move backwards, but my legs seemed almost paralyzed to the spot. My eyes fell to my feet. Long thick chains tied to a huge rectangular stone kept me motionless. I pulled with all my might trying to move as much as I could, but onward she walked with a steady pace towards me. I heard a loud crack below my feet. The boards shattered like ice, and I fell into the lake. Wickedly I splashed and bobbed up and down in the water, the stone still on the dock sliding closer and closer to falling in with me.

Silence. She stood in front of me with those orange burning eyes. SILENCE! She held the stone above her head, strength unlimited; behind her eyes I felt her soul a flame. SILENCE! She the stone in, and downward to the deep, dark lake I sank gasping, fighting for air as the waters saturated my lungs.

Gasping for oxygen I jolted awake, now sitting on my couch in the living room. I gave a heavy sigh. "Another dream." Distantly I chuckled and felt an itch on the back of my neck and slowly reached back. Sudden terror ran through me as I pulled from my neck an enormous leach. With egregious horror I stood up trying to shake them off, but they only slithered faster and faster. The room ignited with light, thousands of leaches and roaches crawled and slid their all over the room, my heart raced and jumped.

SILENCE!

Tightly I gripped the axe in both hands, my eyes flared with the terror as the events played out in front of me. I had no control over what was happening, I could only see and feel the cold blood as it stained my skin. Their faces all paralyzed with terror as I struck.

Silence.

Then all was quiet, and I felt myself unable to control my body as I walked forward, the axe cold in my hand. I was in my niece's room. The bloodied corpse of one of the twins lay on her bed, she had not even awoken before the axe hit. I headed to the closet where the light shown from under the door.

Slowly I opened the door. There she sat balled up in the corner, crying and weakly speaking the Lord's Prayer. But her face froze and caught my eye, and she without an ounce of fear spoke to me. "Andy..." she sobbed and wiped her eyes. "Why?"

I turned my head peering to the side. The man who had walked down my street, the dark figure, now stood behind her. His eyes burned like a raging fire, like his very soul was ablaze. A tear unknown to my current mind fell from my eye, and slowly I raised the axe above my head. The tear fell from my bloodstained face and hit the floor. Silence.

School bells make way for wedding bells

BY ALYSSA NELSON

Teenage romance has been around since the first group of primitive adolescents played spin-the-brontosaurus bone. A teenage fling usually entails nothing special, usually a small dinner with your sweetheart's parents, a trip to the movies, and a blushing kiss every now and then are the normal motions of youthful courtship leading to the inevitable, tear-filled and often angry split at the end of four blissful months. However, it seems that today's breed of puppy love is playing with the big dogs now. High school students are getting married all over the place, to people both in and out of the educational environment. In fact, there are at least three or four couples who are engaged at our very own Salem High School. And while it may appear a wonderful thing, you can never be too sure.

It was common during the Middle Ages for girls to marry as early as possible (usually as soon as they reached puberty). Men, on the other hand, saved the idea of marrying for a time in their life when they were more established in the community. As a result, it was not at all a strange thing for a man the age of thirty-five to be picking out baby names with a fourteen-year-old girl. One must remember, however, that these marriages were often arranged for beneficial reasons - namely money. In our modern world, free of plague and mud-huts, each partner must have parental consent if they wish to

be married under the age of eighteen.

Statistics show that half of the teen couples who get married will be divorced within fifteen years. An early marriage also decreases the independence, potential education, and day-by-day social experience for life and work for the wife especially. Many young adults are not ready for the set of responsibilities a marriage entails. This is made even worse by the fact that many teens marry because the girl is pregnant and for some reason is unable to support herself or be supported by her family. This, and the desire by one or both teens for quick freedom, is the most common reason for marriage among young people. It all goes back to the basic idea of premature matrimony for personal gain.

Some young adults, however, choose to marry solely on the basis of love and commitment, the way most adults justify a marriage. When interviewed, several students who are engaged had that very same opinion. They choose to validate their relationship in this form in spite of the views of others.

Debbie Reymond, a junior, says she feels "like Corey is the right person for me, despite what some people may say. He is just very special to me, and he makes me very happy."

Her fiancé, a sophomore by the name of Corey Hartshorne, believes "Marriage is a good thing for two people

who love each other and want to spend their lives together."

"I choose to be engaged or 'married' because I feel that we love each other," says Courtney Gibb, a junior. "We wanted to take [our] love one more step forward and make it a little more permanent."

But what of the choice of wedding dates? Many students wait until they're out of high school before marrying, though sometimes not very long afterward. Others say their vows mere months after the proposal.

Krista Evancho, a senior, is one of the few who wants to tie the knot as soon as possible. She plans to be wed in "December of this year. The reason being is my fiancé and I have been through so much; we live together, and it already feels like marriage, why wait any longer? We want to do it now."

Debbie and Corey don't have any definite plan in place as of yet.

"Well, considering Corey is a year below me, we'll have to wait until he graduates. But, even after that we'll probably have to wait a year or so. Corey and I talked about it when he first proposed, but that was a long time ago!"



Inherit the Wind

BY TIM COLIAN

This year's fall play is *Inherit the Wind* written by Jerome Lawrence and Robert E. Lee. It is directed by Mr. Robert Viencek and produced by Mr. Anthony Martinelli.

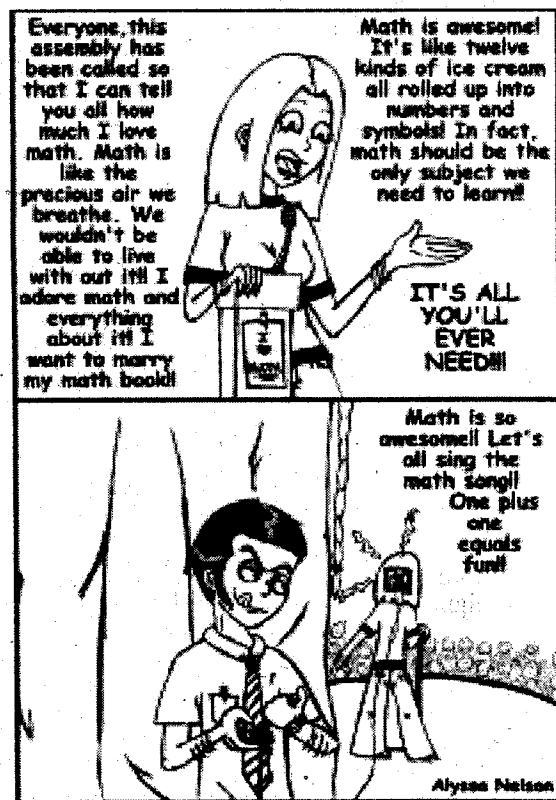
Long before this drama was brought to Salem, *Inherit the Wind* was first presented at the Dallas Theater on January 10, 1955. The New York Times then reported, "The portrait it draws of an explosive episode in American culture, vigorously written by Jerome Lawrence and Robert E. Lee, remains as fresh as it ever was. One of the most stirring plays in recent years retains its folk flavor and spiritual awareness in an arena stage production. Bursting with vitality... literature of the stage!"

The play is about a teacher who was arrested for teaching Darwin's theories. Famous lawyer Henry Drummond defends him, while politician Matthew Brady prosecutes him. The play will be set in the 1955 era although it may happen anywhere, anytime.

After three days of auditions, Mr. Viencek and Mr. Martinelli chose a cast. This year the leads are the following: Joseph Shivers playing Henry Drummond, Kellie Stewart playing Rachel Brown, Eddie Wrask playing E.K. Hornbeck, Jon Williams playing Bertman Cates, and Tim Darrah playing Matthew Harrison Brady. There are forty-four total parts plus the jurors, townspeople, and choir members.

The dates for the play performances are November 11 and 12 in the school auditorium at 8:00 pm.

Cartoon Corner



Alyssa Nelson

# Entertainment

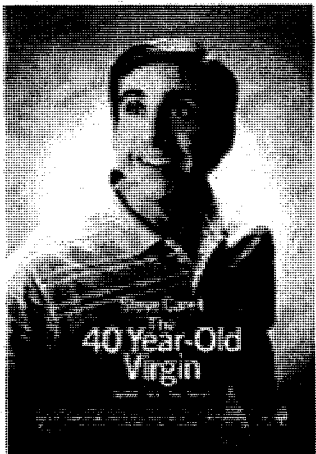
## Silver screen reviews

BY BRYAN SEBRELL

### *The 40 Year-Old Virgin*

Andy Stitzer (Steve Carell) is a 40 year-old version of the cliché high school nerd. He lives by himself in an apartment with a monstrous collection of comic books, action figures, video games, and high-tech equipment. He doesn't have his own car and instead rides to his work at an electronics store on a fold-up bike. As the title of the film implies, Andy has never had sex. After finding out about his virginity, Andy's raunchy friends take it upon themselves to end Andy's "losing streak" by taking him to bars, clubs, and speed-date services. After being promoted to salesperson by his eccentric boss Paula (Jane Lynch) who often makes passes at him, he meets Trish (Catherine Keener), owner of an eBay store across the street. The two fall for each other but are too shy to initiate anything. After repeated failures at clubs and bars, Andy finally decides to call Trish, and the two begin dating. At first it seems to Andy's friends his virginity will finally end, but Andy and Trish form a chastity pact and plan not to have sex until their twentieth date.

Those who are easily offended by profanity or nudity



*The 40 Year-Old Virgin* movie poster

should do their best to avoid this movie. *The 40 Year Old Virgin* easily earns its R rating by relying heavily on toilet humor to entertain viewers, and it does so very well. Hilarious lines are spoken in such rapid succession that there are times where you won't be given a chance to recover from laughing before you crack up again. One of the best and most side-splitting scenes is one in which Andy gets his very thick chest hair waxed, as advised by his friends. Even more hilarious is the fact that Steve Carell had an actual waxing, making it as painful as possible for his acting to be more believable. Putting the rather unsophisticated humor aside, there is an underlying moral to the film. The relationship between Andy and Trish seems like a sanctuary from the

immoral life Andy's friends are trying to make for him, and it shows that sex is not necessary for a healthy relationship. Because of the careful balance between toilet humor and sincere morals, *The 40 Year Old Virgin* earns an A.

### *Tim Burton's Corpse Bride*

When Victor Van Dort (Johnny Depp) runs away from his arranged wedding to Victoria Everglot (Emily Watson), he practices his vows while walking through the woods. Unfortunately for Victor, what appeared to be a stick he placed the ring on while reciting his vows was the finger of a dead woman (Helena Bonham Carter) who comes back to life to greet her new husband. Victor is torn from his world to a strange land where order and peace is thrown to the wind and the mischievous dead run amok. Although the corpse bride is delighted to be with Victor, he still yearns to return to Victoria to marry her. To make matters worse, Lord Barkis Bittern (Richard Grant) takes advantage of Victor's absence and persuades Victoria's parents to allow him to marry her, only motivated by her parent's fortune, when in reality her parents are actually destitute and need to marry off Victoria to a rich man.

Perhaps nostalgia is affecting my opinion, but I feel that *Corpse Bride* pales in comparison to Tim Burton's earlier stop-motion film, *The Nightmare Before Christmas*. The main difference between the two films is this: the dead characters in TNBC were very dark and sadistically comical. The characters in *Corpse Bride*, even the deceased ones, lack the disturbing traits TNBC's characters had, and instead are just "family funny." Even the setting, though detailed and colorful, isn't disturbing and dark like TNBC's setting. Despite these drawbacks, *Corpse Bride* is still a good family movie. There is a colorful variety of characters, and the animation is very smooth and more attractive than most computer generated movies. The love triangle between Victor, Victoria, and the corpse bride is very sorrowful, and until the bittersweet end I had no clue which relationship would prevail. Overall, *Corpse Bride* gets a B-.

### *Lord of War*

*Lord of War* is a film about Yuri Orlov (Nicholas Cage), an arms dealer, who travels to the far parts of the world to sell his merchandise to whoever has the money to pay for it, not caring for the shortest moment what his customers need guns for. From this business he becomes rich, and when he's not

peddling guns, he's relaxing in his luxurious home in New York with model Ava Fontaine (Bridget Moynahan), who is convinced that Yuri is in the international shipping business. Liberian dictator Baptiste Senior (Eamonn Walker) takes a liking to Yuri's sadistic sense of humor, and he and his son Baptiste Junior (Sammi Rotibi) become two of Yuri's best clients. During the course of the film, Yuri plays a game of cat and mouse with Interpol agent Jack Valentine (Ethan Hawke), who knows of Yuri's illegal profession and is after evidence to convict him. Many exciting events happen because of this conflict, such as Yuri's hurried attempt to disguise his ship as a Dutch cargo ship with the help of brother Vitaly (Jared Leto).

*Lord of War* begins with an attention-grabbing technique. The opening credits roll while the point of view of a single bullet is shown. From its production in a factory, through transport ships, to a battleground, into a gun, and finally into the head of a young African teenager, it is a very creative and enthralling beginning. *Lord of War* has comedy in it, but not the sort of comedy most would expect. The humor in this film can best be described as morbid and grim. This can be proven by such lines as "Back then, I didn't sell to Osama Bin Laden. Not because of moral reasons, but because he was always bouncing checks." "There are over 550 million firearms in worldwide circulation. That's one firearm for every twelve people on the planet. The only question is: How do we arm the other eleven?" and "The first and most important rule of gun-running is, never get shot with your own merchandise." Cage is the perfect actor for such a stoic character as Yuri. To put it simply: he is chillingly brilliant. Yuri will often times narrate, and although in most cases narration ruins a good movie, it only strengthens the satirical impact of *Lord of War*. This movie gets a well deserved A-.



Hellogoodbye



Panic! At the disco

## Reality TV: How real is it?

BY JESSICA MOSER

We all watch them whether we admit it or not, but just how real are all these so-called "reality" shows? I decided to look into it and found a surprising amount of reliable information suggesting that they aren't all what we think they are.

Take "Laguna Beach" for example. The show claims to be "The real OC." According to an interview conducted by E!Online with Kristin from the show "the cast members only work Thursday through Sunday, so important scenes are often delayed and then set up by producers to make sure they're caught on film." The producers also interfere with the cast's lives, not only by having cameras in their faces but also by doing things like adjusting lighting for hours before they can even begin to interact with each other. There's also "off-camera coaching" where the producers tell the cast what they want them to talk about, making situations less natural.

When it comes to other shows, many of them write segments of script for their cast and then end-up re-doing scenes several times, so much for being real and spontaneous. In order

to boost ratings, storylines are often devised as well as creating or enhancing characters' personalities. For shows like "The Real World" or "Big Brother" producers purposely cast people that will cause conflicts or other interesting situations. These people are often asked to play up their personalities, or they edit the video a certain way. It's very easy to portray a person as good or bad just in the way they edit the raw footage.

As always, there are exceptions. Shows that revolve around sports are usually much less scripted (if at all). The athletes are generally trying to establish themselves in the real world, and therefore it is more interesting to start. On "The Contender" one participant actually committed suicide after being kicked off the show. It's so real that it doesn't need to be changed.

Next time you're watching your favorite "reality" show, keep in mind that it isn't all as real as you'd like to think.

## Battle of the bands

### Hellogoodbye

BY TIFFANY JONES

No they're not a Beatles cover band, they actually decided on the name because Screech once said it on an episode of *Saved by the Bell*. Hellogoodbye is really a powerpop/indie band from Huntington Beach, California. The group consists of four wacky boys with amazing musical talent. The guys came up with the idea to create the band in lead singer/lead guitarist Forrest Kline's bedroom. *Hellogoodbye (EP)* was released in November 2004 and is their first and only album so far but the guys have been working hard on their next one. But don't let the one cd thing fool you. These guys are full of funny covers. They even have their own rap that consists of a part of Sir Mix A lot's famous song "Baby Got Back". Everything is recorded in Kline's home recording studio. Along with creating their own albums the guys from Hellogoodbye also make their own merchandise from t-shirts to buttons. They even find time to maintain their own website. To check them out go to [www.hellogoodbye.net](http://www.hellogoodbye.net) or [www.drivethurerecords.com](http://www.drivethurerecords.com).

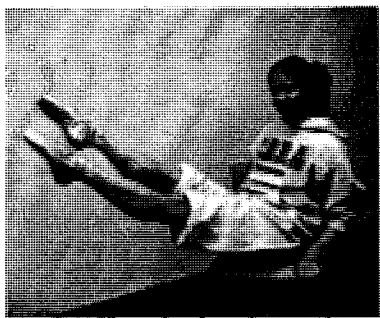
### Panic! At the disco

BY DESIREE WRIGHT

It's time to dance, because Panic! At The Disco's debut album "A Fever You Can't Sweat Out" has just made its appearance in store's everywhere. Half of their album was recorded using drum machines and synthesizers, while the other half utilized Vaudevillian piano, strings and an accordion. High pitched guitar melodies, simple drum beats and rolling basslines are just a few of the futuristic qualities you can expect to hear from these four Las Vegas musicians. In early October, Panic! made their way onto four Billboard charts, rising to #1 on both the Billboard Heartseekers chart and the New Alternative Artist chart, which is quite an accomplishment for newly discovered performers. As of now, Panic! is touring with Fall Out Boy, The Starting Line, Motion City Soundtrack, and Boys Nights Out at this year's Nintendo Fusion Tour, which will be making its way through the U.S. until Thanksgiving. If you're interested in Nintendo games, upbeat music, or both, be sure to check out the Nintendo Fusion Tour website at: <http://www.nintendofusiontour.com/>. Oh, and don't forget your dancing shoes!

## Dance to the music

BY TRACY MILCHICK



Kristin Hom displays her agility, taking a moment to pose for the camera.

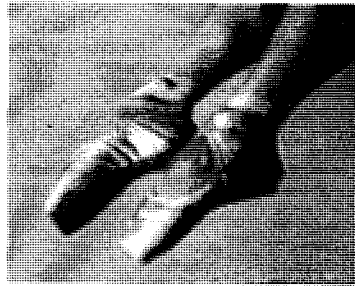
"The art of dancing stands at the source of all the arts that express themselves first in the human person." – Mason Cooley, US aphorist, 1986

Kristin Hom, a seventeen-year-old senior at Salem High School, is an extremely talented young woman who is highly devoted to her craft. It all began when Kristin was a small girl in elementary school. The Hom family went to a production of Tchaikovsky's *The Nutcracker* featuring the Pittsburgh Ballet. This performance would ultimately awaken the dancer within Kristin.

Not long after this life-changing experience, Kristin was enrolled at Center Stage Dance Academy in Canfield. The academy is not only a wonderful place to pick up some smooth dance moves it is also the perfect environment to gain confidence and skill. Of its six primary program objectives, "develop[ing] dance skills" is its last. The instructors and directors focus more on giving encouragement and a positive self-image to its students through dance.

Dancing is not as easy to learn as Kevin Bacon would have us believe in *Footloose*. No one can master the art in just under a week. It takes years of hard work and die-hard dedication to perform with dexterity and grace. To stay flexible and in top physical condition, Kristin must attend lessons four days per week. She crams thirteen hours of practice into each week on top of spending time with friends and family, high school, and post-secondary education studies. And she doesn't even learn one type of dance either. Jazz, tap, lyrical, ballet, and pointe – Kristin's favorite styles – were all taught to her at Center Stage. You must learn one to fully appreciate another; each provides a benefit that can be used elsewhere.

When asked, "What are the biggest benefits of taking dance lessons?" Kristin responded: "It keeps me in shape, and it helps with my technique. I had to get used to learning choreography quickly and taking constructive criticism." She also mentioned that she has the opportunity to travel to various



competitions. At these competitions, where all dancers compete against a point system, everyone receives some type of award. She explained to me that the dancers with the highest scores are presented with "overall awards" (first overall, second overall, etc.). The awards that mean the most to Kristin "are [her] overall awards, special judges' awards, and [her] Platinums."

As with everything else, there are negatives to taking dance lessons. Because of the time it consumes, especially when preparing for an upcoming competition, Kristin doesn't have much time to spend with family or friends. There are no "off seasons" in dancing; it is a year round activity. But when she gets to occasionally act as a substitute and every practice is full of friends, laughter and fond memories, the negatives are usually shoved to the background. Kristin tells of one memory that stands out in her mind: "Two years ago, I performed a duet with one of the girls on my line. Unfortunately, she was unable to attend our last competition of the season, so I had to perform our duet as a solo. In the middle of the dance, I totally forgot the choreography...I had to improvise part of the dance until I finally remembered. It wasn't bad though. I got a special judges' award out of it."

With roughly ten years of dancing under her belt, one question remains: Will dancing be a part of Kristin's future? She tells me that she plans on majoring in pre-med for biomedical humanities but will "definitely keep dancing in college." She'd also love to audition for Royal Caribbean International Cruise Lines in the future.

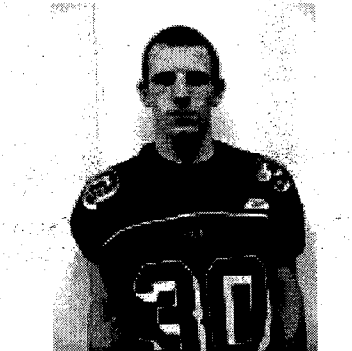
Don't think that you have had to dance since you were a tyke to do it. It's never too late. Center Stage Dance Academy proudly serves Columbiana, Trumbull, and Mahoning counties whether you're three, an adult, or somewhere in between. If you're interested, visit their website at [www.centerstagedanceacademy.net](http://www.centerstagedanceacademy.net) for prices and class schedules. If you don't think you can afford the lessons or find enough time to go, buy an instructional video and learn with a friend. You might only need to watch *Dirty Dancing: Havana Nights* to feel motivated enough to dance in your living room!

## Sport shorts: a summary of fall sports at SHS

BY TIM COLIAN



**Girls' Golf:** Senior Von Goll has had an impressive season capping it by finishing 9<sup>th</sup> at the Districts match. The team's record stands at 6-10.



**Football:** Their overall record is 6-3 so far. J.J. Johnson has 1,508 rushing yards so far which set a new school record. Bryan Wright set a new school record with a 57 yard field goal against Poland.

**Girls' Cross Country:** The team is ranked 2<sup>nd</sup> in the state. They scored a winning 16 (one shy of perfect) in the MAC meet. The team placed 2<sup>nd</sup> overall in the Great American Meet while in North Carolina. They are District Champions.



**Boys' Golf:** The team finished the season with an 8-10 record, and they went 4-6 in the MAC.



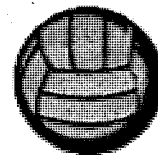
**Girls' Tennis:** The team had a good record overall that stands at 12-8. Their record in the MAC was 2-8.



**Girls' Soccer:** Led by only four seniors, the hard working young squad is 5-8-2.



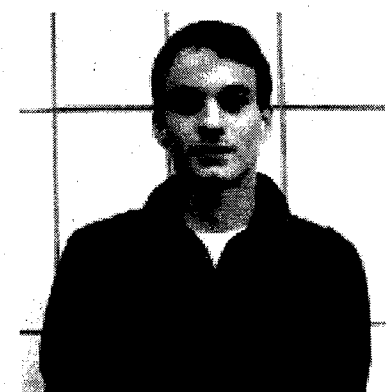
**Volleyball:** WOW! The ladies have won the MAC title going undefeated in the conference. This is their 11<sup>th</sup> consecutive MAC championship. Their overall record is 16-6 (10-0).



**Fab Four**  
BY VERONICA WAITE



**Boys' Cross Country:** The team is ranked 4<sup>th</sup> in the state. They also won the MAC meet in Salem. The team's top runner, Aiman Scullion placed 12<sup>th</sup> in the Great American Meet in North Carolina. They are District Champions.



**Boys' Soccer:** The boys had a great, hard, physical battle against Canfield that ended in a tie. Goal keeper, Justice Pash is ranked 16<sup>th</sup> in the state with 111 saves.



The Salem girls' soccer team is led by seniors Laci Meals, Sam Yeager, Carly Duckworth and Aurora Leguard, also known as the Fab Four. When asked why they consider themselves Fab, Carly Duckworth replied, "Because we have been playing together for so long."

Since senior is a synonym for leader, I questioned the girls regarding how they show leadership on and off the field. Carly Duckworth said, "On the field I cheer for the girls, and I let them know how they are doing and what they need to improve on." Laci Meals added, "I tell the team that I am there for them whether it's about soccer or not."

The girls' record is 5-8-2. "I believe we have done a good job for as young as we are. We've had our ups and downs, but for the most part we have had a good season," responded Laci Meals when asked how she felt about the season. Along with Laci's comment, the other three girls agree that although they are a young team they are doing well.

The girls work hard to win, but they did admit to having some fun. "At practice we mostly do drills or play keep away, but the day we played kick ball was by far the best practice ever," said Carly Duckworth.

All work and no play is an uncommon phrase during practice. "We work hard for upcoming games, and Coach will sometimes let us play some fun games at the end of practice if we worked hard," commented Laci Meals. Fun is a common word used off the field. "We're all friends off the field and hang out," said Aurora Leguard. The same goes for games; the ladies loosen up to their favorite CD in the locker room. "We have fun and jam to Laci's Journey CD," explained Sam Yeager.

The girls agreed that senior night was one their favorite games. They tied Niles 0-0. "It was a really well played game. The girls really stepped up and played great," commented Sam Yeager.

The Fab Four advise their younger teammates to keep working on their skills, always give their best, and have fun. Laci Meals advises, "Cherish every moment; it goes fast."

# Quaker Clips

