

# The Quaker

A high school tradition for years.

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Salem Senior High School

January 2006

## "Wrangling" the dropout rate with trades class project

By Desiree Wright

Students in Mr. Matt Peters junior and senior Machine Trades classes are in the process of fabricating a custom Jeep Wrangler vehicle, which will compete in the NEUROC rockcrawling series in April. The planning for this project began in September, but construction didn't start until October. Ian Johnson, host of the hit Spike TV series "Xtreme 4x4" has shown interest in making an appearance at the high school in the springtime, which will give students a chance to see one of his very own project vehicles. The main goal of this project is to help the students build professional relationships with industry which will provide job opportunities, training for the future, and exposure to new technology. At the completion of the project, the Machine Trades class will raise money to purchase a C.N.C. (computer numerically controlled) milling machine.

Funding for this assign-

ment has been provided by a number of businesses both regional and statewide. So far businesses from Salem involved are the following: Davey's Jeeps, Hickey Metal Fab., and Quaker City (B&E) Auto. Ohio compa-



nies include the following: 4Wheel Drive Hardware, Rockcrusher Manufacturing, Rossler Transmissions, Industrial Tube and Steel Corporation,

Mickey Thompson Performance, and Lincoln Electric.

In the past, Machine Trades' students built a custom motorcycle, but this tops previous projects as it is much more complex in design. When asked if he expects future shop courses to double in size, Mr. Peters stated, "With the popularity of American Chopper and Monster Garage, I would think we should see a big increase in students.

Many underclassmen and girls have shown a lot of interest."

Crawl Magazine plans to do a six to seven page article featuring the build. According to

Mr. Peters, "The article would make a nice attachment to any resume." Though this project will attract plenty of media publicity, perhaps the most beneficial aspect is the impact it has had on the students. When asked to provide details of the positive outcomes that will emerge from the development of this vehicle, Junior Travis Holbrook replied, "After working on this Jeep, I've learned a lot and am really interested in any type of [machinist] work. I never had the opportunity to work on anything until the beginning of this year. It kept me in school when I was thinking about dropping out." Certainly anything that curbs the dropout rate while providing a fun, hands-on experience for the students will end with constructive results.

Tickets for a chance to win the vehicle will be sold locally, at national events, and online after it is put to the test against world class professional competitors at the last event.

## Matt Bender's magnum opus

By Wesley Lindberg

Some of us listen to the announcements; some of us don't. For those who do, great things may lay ahead. Take Salem High School's Matt Bender, for example. Through listening to the announcements he discovered the Ohio Youth Digital Arts Festival; his entry came in first place in the music composition category.

There were five categories: artwork, movies, music composition, photography, and web based animation. There were finalists chosen for each category and a first, second, and third place chosen as well. All finalists received an iPod Shuffle, while third place would receive a digital camera, and first would receive a digital camcorder.

Salem High School can reap some of the awards as well. Along side a plaque, our high school has five online courses to give to selected students. The principal has been given the right to choose which students.

Matt Bender was competing with others all across Ohio, although it was limited down to three finalists. The other two finalists in music composition were Kyle Blackburn of Mount Vernon Academy and Jon Daly of Vermillion High School.

For his particular entry, Matt started out with a basic progression on keyboard or guitar and found his tempo. He then used a metronome on the computer to put all the instruments together in a synthesizer program. A synthesizer can create the sounds of an instrument virtually allowing him to be free to record the guitar and vocals himself.

"Just find what you like to do and have fun. That's all I did and I won," Matt Bender wrote. "Hard work pays off, but sometimes you just need to have a little fun."



Junior Matt Bender accepts his award as Mr. McDevitt, Principal, looks on.

## SHS blood drive

By Andy Thompson

This year National Honor Society hosted a blood drive in honor of Mr. Washinko, just as it was last year. It was held on Friday, January 20, 2006. The drive lasted from 8:30 am until 2:30 pm in the wrestling room adjacent to the gymnasium.

On January 5, 2006, Denis Brindle, a representative from the American Red Cross, came to the high school and talked to the juniors and the seniors about giving blood. The juniors were dismissed second period and the seniors were dismissed third.

They watched a video about the importance of giving blood and what it can do for other people. After the movie was over students were asked to complete cards regarding when they could give blood. Blood donor cards were then returned to students on Wednesday, January 18, informing them as to what time their appointment would be to give blood. "It's a very respectful thing to do, and I try to help people as much as I can," said senior Ashley Kaley on the is-



sue of giving blood. "It can save up to three people's lives. It's something to help others, and if I were in an accident or something I'd want blood so I'm giving," said senior Nikki Jackson. Other thoughts students had about giving blood were "I don't really think about it; I know what to expect since I donated last year," said Ashley Kaley. Nikki Jackson responded saying, "I'm a little nervous, but I think it's for a good cause so it'll be okay."

A blood drive such as this requires a great deal of organization. NHS senior member Deirdre Clary was in charge of the January drive. Other NHS members and students served in a variety of positions as they

volunteered their own time to help run the drive. Refreshments were provided for donors after the procedure. Pizza was donated by Pizza Joes, Papa Johns, and East of Chicago. The school cafeteria donated coffee. Community members donated drinks and snacks, and the Red Cross donated juice and cookies. The NHS advisor is Mr. Robert Viencek.

## SHS remembers Matt Lanning

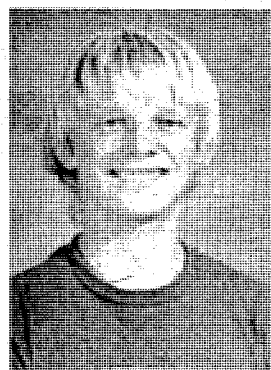
By Nikki Jackson

On December 9, 2005, a tragedy struck here at Salem High School. A young life was taken from among us. Many of you may already know who I'm talking about, Matthew Allen Lanning. He was killed in a car accident on December 9.

Matt was only sixteen years old with his entire life ahead of him, but tragedy struck and took him from us. I'm sure that most everyone in our school knows who he is or was friends with him. The school and the students took the news pretty hard. It was shocking at how young he was, and even now his family and friends don't understand why him? He still had his entire life ahead of him and future goals that will never happen.

I knew Matt, but not like some of his friends did. We talk of him all the time and it's hard, but it's nice to recollect all the old memories. Jeff Mellott, a junior here at SHS, said that he will miss "his b-bop skills, his goofy laugh, and just straight up him," recalling old memories. Jeff said that it has gotten a little bit easier for him to think about Matt, but he will never forget him or what happened.

According to Matt's parents, brother, and sister it



Sophomore Matt Lanning

wasn't fair for him to go; he still had his entire life to live. Now he won't be able to complete his dreams and grow up and get married. However, his family is taking it better than what I thought. They know that he is safe and in a good place now, and that has helped bring comfort to them.

None of us can ever forget Matt and his jokes or his bright smile that could make anyone's day better. He will forever be in our prayers and thoughts as will his family and friends.

# News

## Students adapt to bus cuts

By Kellie Stewart

"Our District will experience many changes this year which are both exciting and may cause some trepidation at the same time." This is a quote taken from a handout by Superintendent Larcomb, which was given to students on January 6. Unfortunately, we've been seeing more trepidation than any excitement. Helping to compensate for the failure of last November's levy, school bus cuts came into full effect on January 3. Any student living within a two-mile radius of his or her school is not eligible for bussing, while students at the high school receive no transportation at all. Open enrollment, intra-district, and students being bussed to or from a daycare are also to be given no free transportation.

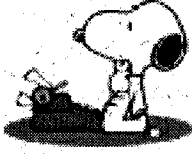
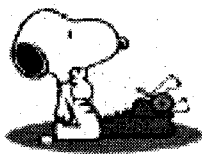
All in all, everyone seems to be coping very well with these new changes. "After the buses were canceled, my friend had to pick me up and drop me off," said sophomore Steve Yakovich. Doug Mondell, junior, commented, "My brother and I never rode the bus, so there's no problem."

Some who were caught in a bind after the cuts, however, are still having problems. Junior Maria Miller shares her story. "I take a 6-year-old boy home from school. His house is about 1.7 miles away from Reilly, so he's just inside the 2 mile limit. I live about a block away, so I walk up to the school, take him back to my house, and then drive him home. For him to get home, he would have to cross railroads and walk on a main road."

Kids who normally get dropped off early in the morning at Quaker Daycare in downtown Salem would usually get bussed to school together and would then be brought back to the daycare for their parents to pick them up after work. Because this transportation has been cut, the busses were replaced with a van. Now the daycare is going to contract with the schools to hire a school bus for \$30.00 an hour. In order to pay for this, it is going to begin charging the parents.

One problem brought up by several students is the crowdedness of the parking lot outside of the high school. With middle school students being incorporated into the school next year, the parking lot may pose a problem both in the morning and after school. "By the time you find a parking spot, it's almost time for the bell to ring, so you have to rush to your first class," mentioned Junior Keri Blackburn. With the new two-mile radius bus policy, many more middle school students will have to be brought into the school by their parents.

## Not quite news, but *always* close enough



### The proverbial blah

By Josh Bell

Okay folks, it is January 2006, and I as a writer have to say I have nothing. For the first part of January we have seen no snow but heard thunder. We have seen gas prices stay the same at a moderate \$2.30 a gallon. In our wonderful school the busing has been pulled completely from high school students, and younger kids have to live outside a two-mile radius of the school they are attending to get busing. The Board pulled our early dismissal (Friday, January 13, 2006) giving us that blank last day at the end of the semester. And, oh yes, we had exams. Anyone else think this month stinks completely?

Now I'm not complaining, but there has to be something to bring some excitement into the lives of SHS students in these bland months of winter (if you can even call this winter). I mean there is nothing to write about. The fact is that we as people need to find more things to do. It's like all the excitement has been sucked from the lives of students, which implies the question, "WHAT'S HAPPENING?"

I am sitting here in front of my computer monitor in my patch of temporary bliss within this decaying school; decaying in a sense for seniors because the days only just seem to drag on at this point. I sit here and type away each of these indescribably dull words to fulfill the blankness

of this dull and weak month to bring joy and merriment. Merriment, yeah that's it.

Yeah, by this point most of you who are reading this are possibly thinking to yourselves, "Where is he going with this article?" Honestly the answer I have to give you is at this point I have no idea. When you think about it, doesn't it actually feel nice just to write or to do something and know you're going absolutely nowhere with it? It does in my mind, anyhow. This article is stating the fact that in this dull and bland month of January, where the snow doesn't fall much and the spirits aren't as high as they were the months preceding, we all need to sit back and get into the swing of the New Year again. Put the proverbial car in first gear and take it slowly into second. If you rush, you'll miss a gear and end up getting yourself laughed at by a group of people who have absolutely no idea how a standard car works, or you'll damage that metaphorical car.

So my friends out there in reading land who have had the courage or spirit in this January to make it to this final paragraph in this article, I thank you. It hurt me just as much to write this as it probably did you to read it. In February we'll shoot for something a bit more on the exciting or halfway interesting side.

## Devastation in West Virginia

By Keri Blackburn

On January 2, 2006, in West Virginia, thirteen miners were trapped deep underground by an explosion in the Sago mine. Only one of the miners, twenty-six year-old Randal McCoy, survived.

Earlier in the day, before the deadly explosion, the mine was inspected. There were quite a few operation violations in the mine including undiluted coal dust, which in itself could cause an explosion. Also, the miners were not operating the machinery correctly. These are just a few of the many violations. For some reason, though, the mine still passed inspection. Although the exact cause of the explosion is currently unknown, these two factors could have been part of it.

After the news of the explosion was heard, there was a miscommunication from the command post and unfortunately the families were given the incorrect information that there was only one fatality and the other twelve miners were still alive. A few hours later, though, the news that they had been wrong was released. There, in fact, was only one survivor - the rest had died. Forty-two hours after the miners were trapped by the explosion, rescuers found the bodies. They were behind a barrier they had built in order to keep the carbon-monoxide out of the chamber in which they were trapped. Little did they know there was a safe haven just a few feet away from them.

Randal McCoy, the only survivor, was also found in the same area, unconscious but making light moaning noises. He was taken to the Morgantown Hospital. He was later moved to a hospital in Pennsylvania where he received special treatment for the carbon monoxide poisoning which his body was trying to deal with. After these special treatments, he was then moved back to a hospital closer to his home.

In an interview with his mother, it was explained that McCoy is responding more and more each day. When he is spoken to about his family and children he makes more effort to respond. The doctors are still looking for signs of brain damage. They are now saying that he is in a light coma, but there haven't been any further updates on that.

Since the time of this tragic event, an autopsy showed that one miner did die from the explosion. The other eleven died from carbon-monoxide poisoning.

## Cutting classes not just for playing hooky

By Tracey Milchick

As we all know by now, Salem City Schools is in a financial slump, one that could take years to conquer. Bussing has been eliminated for certain students, Prospect and the middle school will be shut down, teaching and faculty jobs may be eradicated, and the middle school students will be moving here, 1200 East Sixth Street, beginning next school year.

It is this last issue that has caused questions to arise among students here. Where will they put the middle school students? Will there still be bells? Will officials reinstate the eight-period-day to accommodate the middle school's nine-period-day? More important than any of these is the question of which classes will be cut.

It would be pretty horrible to sign up for Wood Shop, Photography, or an advanced class only to find out that it is not offered next August. When asked about possible cuts, Ms. Carmello replied, "We'll just have to wait and see." She was reluctant to give any information that may, in fact, turn out to be false, which is a smart move in the school system these days. She said she hoped the counselors

would be able to begin scheduling with the current freshmen, sophomores, and juniors in mid-to-late February. She also said that scheduling will be postponed until sufficient information is released.

Superintendent Larcomb held a meeting in the high school auditorium shortly after exams on January 12, 2006. Both middle school and high school teachers attended the meeting. He told the attendees that while the school system was not yet in fiscal emergency, it was not doing well. Decisions will be more critical for grades seven through twelve due to difficulties in scheduling classes for next year. He did not say whether any classes will be cut or which ones will be nearest the chopping block; however, he did comment that any plan the district might have is "not set in stone; it's set in Jell-o."

Right now, Salem City Schools must deal with problems as they come. It is hard to see very far into the future, and as Mr. Larcomb said, "I have 1000 unanswered questions that I just can't answer."

**The Quaker**  
Staff 2005-2006

Principal - Mr. Wayne McDevitt  
Advisor - Mrs. Melanie Dye  
Editor in chief - Paul Shivers

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## Point/Counterpoint: Why the change?

POINT

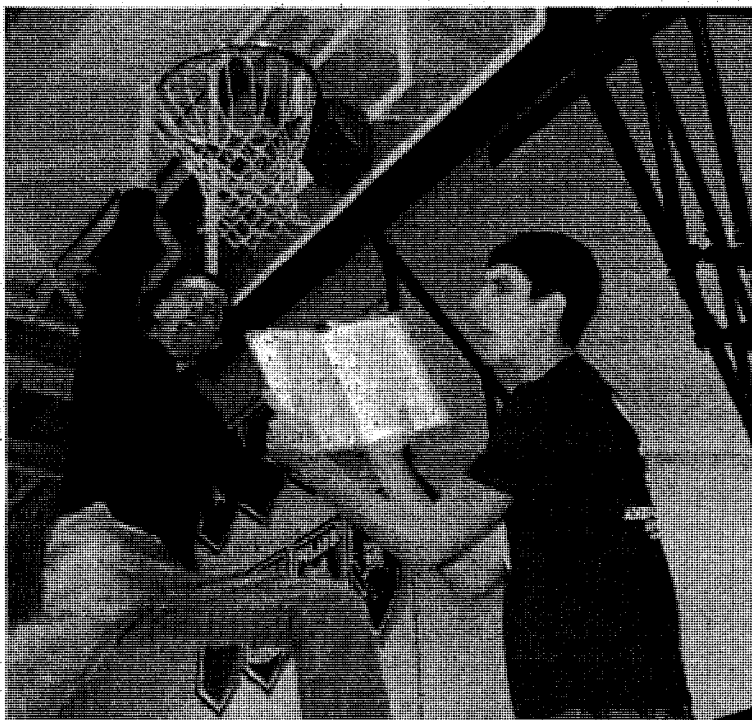
By Paul Shivers

Having semester exams on Wednesday and Thursday was not only a bad idea but for some students a disaster. The schedule reduced review time that was crucial for many advanced courses, and it provided freshmen with little chance to become oriented with the test before taking it. The plan also rendered the following Friday useless as semester classes were finishing, and many seniors decided to get some much needed rest instead of sitting through a day of movies and free time.

Another issue that was not taken into consideration was the sports teams. The boys' basketball team had a game on Tuesday night, abbreviating their studying time and forcing them to wake up the day after a big game to take exams. One must realize that school comes first, but when the schedule is flexible, why not allow student-athletes the opportunity to perform well both on and off the court? Salem's dedicated fans that cheered for the Quakers at the game faced the same consequences. The cross country teams were also negatively affected by the change as they traveled to the State House of Representatives in Columbus on Tuesday to be congratulated by the Congressmen and women. They missed the final day of reviews and crucial information as to what would comprise the following day's tests.

The truncation of review time lowered students' grades in two ways. The first is obvious: students had less time with their teachers to adequately prepare for the test. The second

is sleep. By providing students with one less day to study, they almost certainly had to have stayed up later to offset the lost night of studying. This was especially true for the basketball players and fans that didn't start studying until past 9:00 pm when the game ended. Studies have shown that a lack of sleep can lead to lower grades. Students shouldn't have to worry about getting a good night of sleep the day before an exam...cramming for math, history, science, English, and that tricky elective is plenty.



Seniors Ryan Benchwick and Buddy Cramer have trouble deciding whether to attack the basket or hit the books on the eve of semester exams.

COUNTERPOINT

By Paul Shivers

Moving the dates of the semester exams to Wednesday and Thursday is a much better plan. Wait...exams on Wednesday and Thursday!? That is the worst, most illogical, unreasonable idea ever. Eh, I've got nothing. I suppose we got the exams out of the way one day earlier, but the added stress from doing poorly on the exams from the lack of a third day of review countered that and made for an even worse Friday. I concede; point wins.

## Destination infestation

By Tiffany Jones

I'm sure you've all heard of the mouse sighting in the school cafeteria a few weeks ago, but did you know that that was not the only incident of a rodent being spotted in our school in this past year?

Earlier this year Mrs. Wilson spotted a mouse in her classroom. That is the same classroom that Mrs. Evans had last year and she also had mouse trouble there. A more current occurrence was when Mrs. Ellis spotted a mouse darting into Mr. Viencsek's room a couple weeks ago.

What is the problem here? Is it that hard to set a couple of mouse traps around the school? Just picture it, a tiny mouse running past a student's



Above seniors Josh Fast and Tiffany Jones scamper to the tabletop in the cafeteria while custodian, Mr. Mike Spiker tries to annihilate our furry little intruder

foot and them screaming in fright while the rest of the students jump on their desks; the entire class is in an uproar and before you know it the whole floor is out of their classrooms and chasing the little rodent through the halls. I'm positive this may put a damper on our learning for that day. The thing that I find most grotesque is the fact that we have mice in the cafeteria. Can you think of anything more disgusting than an animal running through our lunchroom where they make, serve, and we eat our food? I know it's hard to keep mice out of a building as large as ours, but there are measures the school could take to further prevent mice from appearing around the students.

## Miner media mishap

By Brittany Mercer

After local church bells rang in celebration and after families rejoiced and praised God, only after the papers went to press did we find out the truth. Sisters and brothers and daughters and wives were crammed in a small town church awaiting the judgment of their loved ones. When they found out they had been found alive, imagine the relief one would feel. Then imagine the horror experienced when the truth came out. It would be devastating to have that hope ripped away. Twelve miners alive? Lie! Twelve miners dead was more like it. The mistake the media made was an inexcusable mistake.

This makes people realize how important accuracy in the news is. The stories told affect who the stories are told about. If they are not told correctly, someone gets hurt. The idea of twelve families being told that their loved ones were still alive when, in fact, they weren't was a shock to our nation. It was an unbelievable feeling that for loved ones a miracle was "ripped away."

The excuse given was miscommunication, but to me I don't know how almost every newspaper in America including Salem's "miscommunicated" twelve alive from thirteen dead. The fact is all the newspapers went on faulty news. Rumors are what the editors heard, and rumors are what the newspapers printed.

At the Quaker we realize the importance of accuracy. Notice the promise we print every year. It reads as follows: 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 respect the rights of others when we gather and present news.

*The QUAKER* staff encourages input from our readers in the form of stories, essays, letters, or guest articles.

I believe this media mishap scared every single reporter to death. Every article has to be 100% accurate because who knows who is reading it and who knows who it is affecting. Everyone knows of the small town TALLMANSVILLE, West Virginia, because of the "miscommunication." Whether it is in the wrong or the right, the media has the blame stamped on their forehead because they are the ones who printed the false truth. When we get the news, even if it is about the weather, we want the news to be accurate. No one wants to believe it will be sunny tomorrow, and then it turns out to be snowy. How do news reporters go from extremes such as from snow to sun and from life to death? I guess some just don't care. That is inexcusable. When a writer becomes a professional journalist they have certain ethics to consider...to be as accurate as possible.

## Bad rule of the month:

Bess can go there

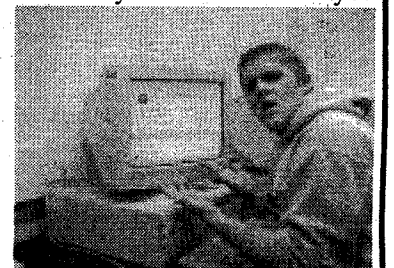
By Josh "The Liberty Protector" Fast

Have you been on the internet at school recently? Oh, and by recently I mean since about 1942 (sarcasm) when we were first introduced to the Bess Internet Security System. This fantastic sheltering device often gets in the way of research and other school work you might be doing on the school computers, and I, for one, am starting to get a bit sick of it.

While searching the net on some online search engines the other day I realized that Bess doesn't even serve the purpose it's meant for. Bess doesn't protect us against some of the real dangers of the internet.

I know our school has our best interest at heart, but seriously can we not find a security program that will actually filter bad things out while allowing us to go about our internet business without our canine friend Bess popping up every other click of the mouse? I realize this is not really a rule, but come on you know it makes you angry too.

Senior Josh Fast has a look of anger, desperation, and disgust as he attempts to complete research for his senior research paper.



# Feature

## Cancer - a devastating disease that affects us all Part I

By Alyssa Nelson

Few people in the world can say they don't know the feeling of being ill. Nearly everyone has experienced at least one cold or a swift bout of the flu. And everyone knows how lovely it feels to be well shortly afterward. Because as small as some sicknesses may be, it's never any fun to have to be bed-ridden against one's will for even the shortest amount of time. But not everyone is lucky enough to go through their lives without being very, very sick. There are many illnesses that can leave a person debilitated or sick for the rest of their lives if not treated or diagnosed properly. The most common of these is cancer.

Cancer is a disease that attacks a person's body. No one can safely declare they are incapable of having cancer, as there are several types that can occur, many of which are so subtle they aren't detected until it is too late.

Students have been exposed to the effects of cancer on others a few times including Mr. Washinko's diagnosis with leukemia and Mrs. Haddad's passing. To shed some light on any questions that some may have arisen due to past occurrences, here are some more common forms of cancer, as well as symptoms and ways of identifying said diseases.

**Breast cancer**, which occurs when the cells in a woman's breast begin to grow uncontrollably, usually causing lumps around the mammary gland, can spread away from the inside of the breast, infecting the rest of the body. Thankfully, this is very easy to detect. Having a mammogram done at the doctor's office every once in awhile is a good idea, as all women are at risk for breast cancer.

**Skin cancer** comes in three forms: squamous cell carcinoma, basal cell carcinoma, and melanoma, the most serious of the three. A person's skin is very

susceptible to things like heat and UV radiation, both of which affect the skin most exposed to sunlight without coverage (sun block, clothing, etc.). Skin cancer can be seen as a patch of leathery skin, a white nodule, or an open lesion on an area that has been exposed to a lot of sun.

**Lung cancer** is the most common cause of cancer deaths in the world. Anyone who smokes, be it cigarettes or marijuana, is especially at risk. However, secondhand smoke, heavy pollutants in the air and asbestos (a flame-proof substance that was once used in buildings) can increase the risk of non-smokers as well. This cancer inhibits breathing and can cause severe coughing fits.

**Leukemia**, the cause of which doctors have yet to discover, is a cancer caused by blood cells gone awry. A blood cell which has not yet matured fully escapes from a person's bone marrow (where all immature cells are kept). As a result, the bone marrow produces vast amounts of undeveloped blood cells in the confusion, filling the blood stream with useless cells. The treatment for this can be very painful, as it may require bone marrow transplants or chemotherapy, a series of medications that run the risk of damaging normal cells along with cancerous cells. It is also nearly imperceptible unless detected by a doctor during examination.

Again, everyone is at risk for cancer. There are not many things people can do to prevent the occurrence, but there are ways of reducing the risk itself. Getting regular physicals or other examinations and simply maintaining a healthy lifestyle can help immensely when it comes to protecting oneself against cancer. About 564,000 Americans die of cancer each year. But with prompt diagnosis and adequate treatment, it is very possible to pull through the tempest cancer unleashes and do so with flying colors.

## Carnations

Valentine's Day is February 14

French club will be selling carnations between Feb. 6 and Feb. 10 for a dollar each. Orders will be taken in the cafeteria during all three lunch periods.

Red carnation for love.

Pink carnation for secret admirer.

White carnation for friendship.

## Resolutions

By Ashley Kaley

New Year's Eve has been celebrated for over four thousand years; the only thing that has changed is the day that it is celebrated. The New Year's resolution was created by the Babylonians, and they believed that at the beginning of the New Year they would return something they borrowed from a friend over a number of years. The Romans believed that a good resolution would be to forgive any of their enemies that they may have created over the years.

Resolutions are set by a number of people every New Year; whether they keep them or not is a different question. Today the resolutions are usually related to health and behavior. The biggest resolution that tops the charts in New York every year is the health-related goals. Some of the most popular resolutions that deal with health care are the following: pledges to lose weight, to exercise more, and to quit smoking. Taking the second place mark on the chart is financial resolutions, which would be to increase savings, to conquer debt, and to avoid excessive spending. Resolutions dealing with relationships always appear on any chart at the beginning of every New Year. Some examples include making new friends, getting closer to old friends or family members, trying to be more patient with co-workers or people they are always around, and working on greater communication skills.

Most adults seem to have the same resolutions set year after year, and the same goes on with teenagers and younger people. If you were to ask anyone in the high school what their resolutions for the New Year are they would more than likely say they didn't make any, knowing that they wouldn't stick with them. Very few teens set resolutions, but the ones that do share similar ideas. The most popular resolutions were the following: stop drinking pop, drink more water, exercise more, get better grades or keep grades up, try to get along with family better, and eat healthier. They want these to last all year, but based on the past years and the resolutions they set and broke, chances of them lasting for the full year are probably not good.

The whole idea of a New Year's resolution has come a long way in the last four thousand years, but the meaning behind it has seemed to stay the same. The only difference is the different view points that people take on the idea of setting resolutions. Since it's an opinion, those are more likely to change from one year to the next.

## My bad

By Courtney Mercer

New Year's resolutions are a timely tradition that have been around for ages. A resolution is a promise to yourself to help make your year better. Some New Year's resolutions are to benefit one's education like getting better grades. Other New Year's resolutions may help benefit one's health such as losing weight or eating or drinking healthier. But how many people honestly kept their New Year's resolutions? This was a question I wondered about; after all I knew I could never keep my resolutions. So, I asked a few of our very own SHS students: Did you break your New Year's resolutions?

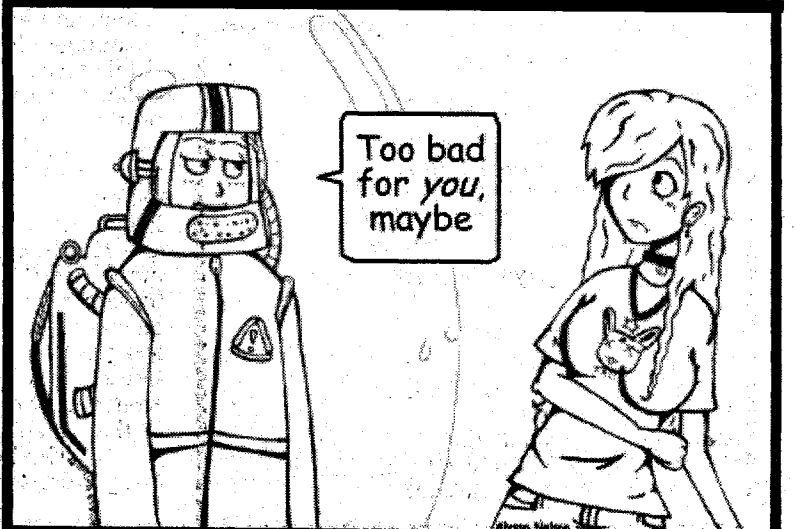
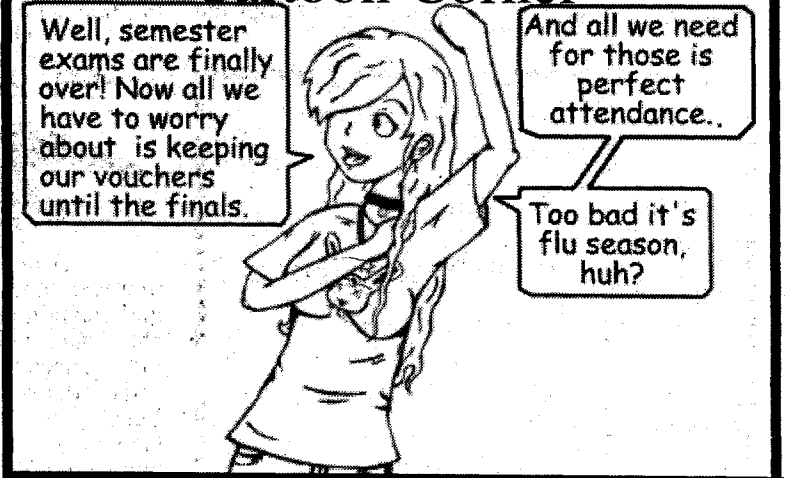
Freshman Erin Nottingham's New Year's resolution was to stop drinking caffeine. However, she admitted a week later she broke that by drinking some tea and pop. Junior Victor Dufresne's resolution was to eat less sugar. In taking on too many pixie sticks and other tempting sugars, he broke that. Another freshman, Aubrey Moore, made the resolution to get good grades. Unfortunately, she broke her resolution by getting low grades on her mid-terms. Junior Marian Spack's resolution was to be a nicer person. However, she broke her resolution by not treating her family as well as she could have, as we all might do.

To help not break your New Year's resolutions, it might be good to set realistic goals for yourself. For instance, if you drink caffeine or eat sweets often your goal might be better to state, "I will cut back on caffeine and sugar" instead of getting rid of it altogether. That way you can still have your caffeine intake, knowing how it's so addictive. Or if you want better grades your goal might be reachable by saying, "I will do my best on all my midterm exams." You can still do a bit poorly on your midterms, but at least you know you tried your best and didn't break your resolution.

Making a resolution at the last minute, I know how many do that including myself. I know I tend to procrastinate, thinking only of a resolution right as the ball drops. This only makes your resolution seem less important, and you're careless if you break it the next day.

Keep in mind, the best way to not break your resolutions is by making ones which you know you can keep. It also helps sometimes if you write down your resolution, that way it seems more official, and you are less likely to break that commitment. Even so, New Year's resolutions aren't something that serious, and if you break them, remember - it's not the end of the world.

## Cartoon Corner



## Cell phone mania

By Hannah Johnson

Cell phones have been a growing trend since 1984 when they were put on the market. Think of the importance and necessity of cell phones today. New phones are coming out with internet access, fitted camera/recorder, text messaging, and music downloads. They have pretty much anything that can fit into a device about the size of your pinky.

Many individuals are concerned with the distraction the phones cause. Either when driving, at school, or at work, cell phones are constantly diverting people's attention. Think about driving - what happens when a driver takes his or her eyes off of the road to dial a number? Are they then too absorbed in conversation to be able to deal with a situation such as a car pulling out in front of them? It is proven that a driver's reaction time is dramatically affected when driving and talking both at once. Researchers from the University of Utah found that a twenty year old has a reaction time of a seventy year old while talking on the phone and driving. Sixty-two percent of high school students talk on cell phones while driving.

Teachers and Salem High staff also think cell phones can be disruptive and distracting. Salem High School rules regarding cell phones are as follows: first offense with cell phone, warning; second offense, four detentions; and third offense, two Saturday sessions. A topic brought up by Mrs. Wilson is the problem with inconsistency with the rules. Some teachers have different rules than others. You don't want to be the bad guy because other teachers allow it. She says she will take the phone off of students after a fair warning.

A lot of staff know the possible necessity of cell phones and understand good use when met with emergencies. Mr. McDevitt knows cell phones can be helpful, but, on the other hand, he knows it can be easy to take a picture of a test or text answers to a peer. Mr. Martinelli brought up another topic; cell phones can cause students to be rude to each other, either with speaking too loudly or interrupting conversations when using cell phones. Mr. M. Peters doesn't understand why students would sit in class and text through the whole class. It's like why even be there.

If you had to guess what the world's most popular dessert is, what would you say? Chocolate cake, maybe? Ice cream? Cookies? Well, they're all wrong. The answer is Jell-o. Yes, that wiggly, jiggly stuff that amounts to nothing more than gelatinous Kool-Aid is "...the world's most popular prepared dessert" according to kraftfoods.com. They sell approximately 300,000,000 boxes per year - pretty impressive for something so simple.

I found some pretty interesting myths as well as facts while I was researching. The most recurring one was that it's made with horse and cow hooves...ewww. This is not true. Jell-o is, however, made out of some, uh, interesting things though. It's basically just processed collagen that is found in animals' connective tissues, bones, and skin. Don't worry, these things aren't put directly into the box and sold to you. The collagen (which is colorless, odorless, and tasteless) is extracted and processed before going into the finished product. Hopefully this does not deter you from enjoying Jell-o; it sure doesn't affect me. Another strange thing that I heard about Jell-o is that it was the cause of the dinosaur's death, but that's another story entirely.

This amazingly popular food is used in dozens

and dozens of recipes. There's everything from plain old Jell-o to some really bizarre combinations. There are enough recipes to make whole meals with Jell-o including meats. There are a number of contests organized each year in honor of Jell-o. People will create displays using Jell-o or create new recipes. It's even the official state snack of Utah.

Another part of my "research" for this article was actually making and eating Jell-o. After mixing everything and letting it sit in the refrigerator, I found myself looking (poking, actually) at a perfect dish of jiggly-goodness. My dad wandered in to find me poking and shaking a plate of it and laughing to myself.

He just shook his head and walked away. When Mom came in, she questioned my age. My reply to their reactions: It's Jell-o and no matter whom you are or how old you are, you can't help but play with it a little while you eat it.

Jell-o: It's the only food that you can play with and get away with it. So, go ahead and take advantage.

## OMG I <3 Jell-O

By Jessica Moser



Salem staff and students cannot resist their Jell-O urges

## An all-natural cure that no one in his right mind should use

By Joe Shivers

A new year is dawning, and our eyes are opening to a wealth of medical insights. Of special note are new understandings about substances such as coffee and dark chocolate, which were once thought harmful. But these indulgences are now known to be rich in antioxidants, naturally occurring chemicals that may ward off cancer. Leeches, those bloodsucking hermaphrodites nobody likes, have also recently gotten a better reputation. Science has uncovered a wealth of uses for chemicals found in their saliva, and leeches themselves are sometimes attached to encourage blood flow in patients after transplant surgery. While these advances in human knowledge are not new to 2006, January is a good time to reflect on the changes and promises of our world.

People also like to spend the early part of each year trying to make changes in their own lives. Perhaps the most common New Year's resolution involves dieting. People try all sorts of ways to lose weight, get in shape, and feel better about their bodies. Some folks exercise more, some eat less, and some even remove excess weight by surgery. Ultimately, these people tend to fail in their diet attempts; only to begin once more next January 1<sup>st</sup>. Here, too, leeches offer new insight and promise. This may seem like a bizarre and counterintuitive solution to our American epidemic of obesity but only to those who have not heard of the Leech Diet.

The Leech Diet combines all three prongs of dieting—exercise, weight removal, and controlled eating—in

one holistic approach to a skinnier self. First, dieters exercise by digging a moat around their houses. During this period, they can eat whatever they want guilt-free. Next comes stage two in which they fill this moat with water.

Stage three, the "attrition stage," is when the diet really starts rolling. Dieters must swim through the moat to leave their houses every morning, thereby promoting circulation with a quick bout of aerobic exercise. They emerge from the moat covered in leeches, which cling to them and suck their blood for the rest of the day. Even sitting still, the dieters are losing weight. At lunch the dieters are allowed to shake the leeches from themselves and eat as many as they want (which probably won't be many, since leeches don't taste very good). They consume nothing (besides water and iron supplements) for the rest of the day and then return home through the moat. A new batch of leeches attaches itself, and the dieters can remove (and, if they so desire, swallow) the annelids just before bed. Each day the cycle begins anew.

Conventional diets rarely work because their practitioners return to their normal lifestyles once they have met their goals. Not so with the Leech Diet; there is no stage four. Once moats have been dug around their houses, dieters are "locked in." Of course, they could theoretically fill the moat in with dirt. But after a few days on the Leech Diet, they probably won't have the energy. The Leech Diet stands poised to change the world of fitness as we know it. The thrill of progress is enough to stir my blood.

### Poets' Corner

HAIKU

Mountains

Restful guardians,  
Changeless and proud through the years,  
Noble and composed.

Alyssa Nelson

Ice

Perilous glass floor  
Heed this: tread not upon it  
Or taste its chilled face.

Bryan Sebrell

TANKA

The Oak

Here falls a soft rain  
Here, too, burns a ruby flame.  
The torch of leaves glows  
Touched by tiny earth-bound drops  
Drenched, yet blazing so brightly.

Alyssa Nelson

Sand

A vast stretch of gold  
Countless crystals flood the land  
With no end in sight  
Blazing climate hot as fire  
Yet some life still survives here.

Bryan Sebrell

# Entertainment

## No surprises at the Golden Globes

By Ryan Newell

On January 16, the Hollywood Foreign Press Association awarded the best in film and television at the 63<sup>rd</sup> Annual Golden Globe Awards. The big winner, as expected, was *Brokeback Mountain* which earned the top award for Best Picture (drama). Ang Lee picked up his second Best Director award and the film's screenwriters Larry McMurtry and Diana Ossana won for Best Screenplay.

Following in Jamie Foxx's footsteps is Joaquin Phoenix who won Best Actor (musical or comedy) for *Walk the Line*, a film far superior to *Ray*. Reese Witherspoon stole the Best Actress (musical or comedy) award from Keira Knightley's far greater performance in *Pride & Prejudice*. The least shocking win of the night was when the Best Picture (musical or comedy) award was given to *Walk the Line*.

The well known character actor Philip Seymour Hoffman won his first Golden Globe for Best Actor (drama) for his dead-on portrayal of *In Cold Blood* author Truman Capote in the film *Capote*. Felicity Huffman won Best Actress (drama) for her critically hailed performance in *Transamerica*.

The supporting acting categories appeared to be two greatly predictable categories;

that was until the supporting actress trophy was awarded. The unexpected win was that of Rachel Weisz for the outstanding film *The Constant Gardener*. Weisz beat out critic favorite Michelle Williams for *Brokeback Mountain*, although Amy Adams from the film *Junebug* still appears to be the candidate with the strongest critical support to win the Oscar. George Clooney picked up a well deserved second Globe for his work as a CIA agent who is discovering the alarming truth about his career in *Syriana*.

With the Globes at an end, the spotlight is now being shined on the Academy Awards. *Brokeback Mountain* is the favorite for Best Picture, and its director Ang Lee is the favorite for Best Director. Philip Seymour Hoffman is greatly leading the Best Actor category, but the Best Actress category could be split between Reese Witherspoon and Felicity Huffman who both have strong support. The supporting acting categories look to be a battle to the finish line. Clooney has Paul Giamatti and Matt Dillon fighting for the lead, while Rachel Weisz will have the competition of Amy Adams and Michelle Williams.

The Academy Award nominations will be announced on January 31, at the Samuel Goldwyn Theater.



Philip Seymour Hoffman accepts his award for Best Actor in a Drama



The award for Best Director was given to Ang Lee

## Drama, drama, drama

By Doug Mondell

Only a few people know of the many different shows with which students here at SHS are currently involved. *You're a Good Man, Charlie Brown*, *Damn Yankees*, and *Spitfire Grill* just name a few of the many shows in which SHS students act, in and around the community.

*You're a Good Man, Charlie Brown* performed by the Stage Left Players was shown at the Outreach Center in Lisbon the second and third weekends of this month. Mrs. Kandy Cleland was the artistic director for this show, and Mrs. Jodine Pilmer was the musical director. Two students from SHS had lead roles in this production - Carly Ellis was the ever-crabby Lucy, and Dan Huston played the always happy Snoopy.

*Damn Yankees* is currently in rehearsal and scheduled to be performed on the 24<sup>th</sup> and 25<sup>th</sup> of March at the SHS auditorium. The show is directed by Mrs. Marlene Strollo, and musically directed by Mrs. Carol Jeckavitch, who both have very high hopes for the production.

*Spitfire Grill* has just finished rehearsals and has begun performing the musical at Salem Community Theater. It will run

the weekends of January 20<sup>th</sup> and 29<sup>th</sup> and is directed by Craig Snay. Junior Kellie Stewart is currently helping out with this production and highly recommends this show, although it is more suited for adults.

Kasey Wolfgang, sophomore, says, "I love doing theatre; you never know what is going to happen. It's full of surprises! It's a way I can get away from the outside world and express myself how I want to through my characters." Kellie Stewart says, "I love to act and have since I was little. It's so much fun, and you meet a bunch of great people." Kaitlin Schoch, who has also taken to the stage, plays the inquisitive Gloria Thorpe in *Damn Yankees*. When asked why she liked to act Kaitlin replied, "I enjoy acting because it allows you to pretend to be something or someone you're not. It takes you to a time and place you may never get a chance to experience."

So much time and effort goes in to putting on a play or musical, and a large audience is always appreciated. For a great night out, go see a performance. Be there to support the actors you know!

## Battle of the bands

### Explosions in the Sky

By Desiree Wright

Not many bands have the ability to develop a quality fan base without meaningful lyrics, but Explosions in the Sky doesn't need words to convey their powerful message because it echoes loud and clear through the ears of each of its listeners, much like an explosion in the sky. It's whatever you want it to be. Formed in 1999 in Austin, Texas, Mark Smith, Michael James, Munaf Rayani, and Christopher Hraskey came together to create one of the most passionate, instrumental bands around. In June of 2001, the last copies of their first album "How Strange, Innocence" were sold during their tour. Their other albums include, "Those Who Tell the Truth Shall Die, Those Who Tell the Truth Shall Live Forever," "The Earth is Not a Cold Dead Place," and "The Rescue." Explosions in the Sky have also been featured on the *Friday Night Lights* soundtrack and in a movie trailer for the film *Shopgirl*. Give them a listen at [www.myspace.com/texasband](http://www.myspace.com/texasband).

### Jack's Mannequin

By Tiffany Jones

Jack's Mannequin was started when Andrew McMahon broke from his band members in Something Corporate and started his own project. He decided he wanted to go further into the depths of music and try different styles and also write about some serious moments in his life. He then joined up with guitarist Bobby Anderson, pianist Patrick Warren, and with drummers Tommy Lee and CJ Ericksson alternating parts. They then came out with their debut album "Everything in Transit" in July of 2005, and it has been proven to be a great success. The band was hit with a tragedy in the late summer of 2005 when McMahon was diagnosed with leukemia while on the Warped Tour. However, he made an extremely speedy recovery and was able to create a track for the Christmas season. It's been a rumor that the band will be going on a spring tour, but nothing is official at this time. Check their website [www.jacksmannequin.com](http://www.jacksmannequin.com) for tour updates and listen to a few of their tracks from "Everything in Transit" on their pure volume page [www.purevolume.com/jacksmannequin](http://www.purevolume.com/jacksmannequin).

## January silver screen reviews

By Bryan Sebrell

### Hostel

Being a student in high school can be stressful. But there are plenty of remedies for a stressed-out psyche: sports, video games, hanging out with friends, or even a day at the spa. But if these activities aren't relaxing enough, take a trip to eastern Europe. For a nominal fee of five thousand to fifty thousand dollars, you can have your very own human being chained to a chair in a dingy room with tables covered in power tools, medical instruments, and weapons! What could be more relaxing than having your own torture victim?

Of course, I do not condone the practice of torture, nor do I encourage any of you to torture a fellow human being for any reason, including stress relief. But such is the basis of the film *Hostel*. Two American college students and their Icelandic friend take a trip to the morally corrupt countries in eastern Europe for the primary purpose of partying: drinking alcohol, legally smoking marijuana, and flirting with the exotic locals. And, in the entire

first half of the movie, that's all they do. Some parts of their mischievous and careless acts during these parts at bars and clubs end up being quite hilarious. There's also quite a bit of full nudity, so much that the first half of *Hostel* could be confused with pornography.

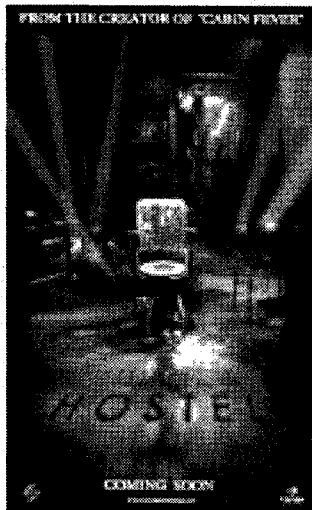
The guys meet a local pimp who promises them a hostel in a remote Slovakian town full of young, beautiful women desperate for male attention. With barely any hesitation they eagerly head out to the distant town. After checking in to the hostel, they go to their room to unpack only to stumble upon their roommates, two of the local beauties. It only took one trip to the local nude spa with them before they hook up. But these women aren't what they appear, and soon they all find themselves locked in the dungeon I mentioned earlier. Bound to chairs, they meet face to face the men who paid a hefty fee to do whatever they want with them using the crude tools provided, leading to horror scenes comparable

only to those found in the Saw movies.

Pros: Incredibly brutal and gory, Saw-style horror, satisfying ending

Cons: Sudden ending, unlikable characters, way too much nudity for an R-rated movie

Rating: B-



Hostel movie poster

The Quaker

## Indoor track off to fast start

By Joe Shivers

The boys and girls recline on a green football field, shifting their weight on the artificial grass. Runners sail by them on the blue track that makes a 292-meter perimeter around them. Unnatural light glows from the pale rafters that arch over it all. January 21 is the day of the year's first High School Indoor Track Meet at the Kent State Field House, and hundreds of kids have come to compete. Indoor track is not an OHSAA-sanctioned sport, and it is a club—not a sport—at SHS. But as in all high school sports, success in running requires a year-round commitment.

Salem's contingent is set up in front of a vendor selling shoes, T-shirts, and energy bars, a few dozen yards away from the roped-off area where throwers fling discuses and put shots. Freshman Alexis Thorne and Sophomore Sarah Yerkey, wearing the matching black jackets they received at the basketball game the night before, talk to Coach Mary Wilson. Wilson coached the girls to the State Cross Country Championship their jackets announce, and she has continued to train with them unofficially through the winter. Between Kenny Chesney and Keith Urban, Alexis pulls off her MP3 player headphones and talks to me about indoor track. While it's technically the off-season for her and other runners, she doesn't want to miss the chance to improve herself for track and cross country. "They know what they're doing," says Alexis of Coach Wilson and her husband, Rick, the boys' cross country coach, "and that pretty much tells me who I should be training with."

Junior Matt Moffett lies on his back with his arms folded across his chest, apparently having found the one comfortable position for resting on the abrasive turf. Moffett is the only Quaker sprinter here, but his intentions are the same as Salem's other runners: "To try to get

faster, try to get ready for the [track] season." He will finish the day having run the 55-meter dash in 7.37 seconds and the 400m in 54.36.

By now Sarah and Alexis are getting ready for their first race, the mile. The long-distance boys are warming up, too. Seniors Aiman Scullion and Mike Overholser jog outside in the wet, gray parking lot alongside sophomore Luke Shivers. Then they re-enter the building and strip off their coats and pants to reveal the bright red uniforms they'll wear to race. They lace up their racing shoes, devoid of metal spikes that could damage the track.

After over three hours of waiting, the mile race finally begins, and the first several heats pass progressively faster as the Quakers anticipate their own races. Luke runs a 5:03 in his long-distance debut, and then it's time for the sixth and final heat. Aiman takes second despite a blistering 4:26, Mike places seventh with 4:53, and I take last (twelfth) place in the heat with 5:18. Everyone is pleased or disappointed to varying degrees, but Mike has played sports long enough to know how to handle failure. "I just need to work harder," he resolves, "and run a lot faster."

Sarah (6:01) and Alexis (5:51) use the race as a workout, but they still take first and second in their heat, and Sarah says she's happy with her performance. The girls both go on to run 2:45 in the 800m, at which distance Aiman (2:02) again takes second and Mike (2:19) approaches his personal best. "It's exciting," says indoor track coach Todd Huda, who has watched and cheered from the corner of the field house. Sarah, Alexis, Matt, Mike, Luke and I have never run indoor track before, and Aiman has improved significantly since this time last year. Huda, also the boys' track head coach, anticipates a lot of success this spring: "Expectations are higher than they've ever been."

## Cross country resolution

By Veronica Waite

The cross country team's journey is never ending. On Tuesday, January 10 members of the cross country team were honored in Columbus. They were honored with a congratulatory Ohio House of Representatives resolution presented by State Representative Chuck Blasdel. Both boys' and girls' teams were acknowledged with a resolution. "Each of these teams had remarkable seasons and established themselves as two truly exceptional squads," said Blasdel.

Blasdel invited both coaches to the podium to comment on their team's season. Assistant Coach Mary Wilson praised the teams. "Both teams believed in their coaches, believed in the program their coaches provided, believed in each other, believed in a goal set by one another, and believed in themselves which led to triumph," commented Mary Wilson.

Upon their recognition, the team toured the House. Also, they took an unscheduled ride up and down the elevator of the Representative's office.

The cross country members greatly appreciate the acknowledgement and are honored to have received such an award as a resolution. Unfortunately, the whole team was unable to attend. Five girls and nine boys attended along with both coaches. The cross country team has had an unforgettable season, and it doesn't seem to be stopping at that. On January 20<sup>th</sup> at the boys' basketball game, the cross country team was recognized and presented with both boys' and girls' podium pictures to place outside the gym. The team's motto "Can't Stop! Won't Stop!" is becoming reality.

Upon leaving the House, the team witnessed political life at its best. Outside the House a woman dressed as a queen preached about common battles between Republicans and Democrats. She approached Salem's team and presented a skit favoring her opinion. Unfortunately for her, the team didn't take her too seriously. Rather than listen to her, they insisted on getting a photograph with her. However, some team members enjoyed arguing back until finally the queen removed her crown and informed everyone that she was joking.

## Sport shorts A review of winter sports

By Tim Colian



**Boys' Basketball**- The boys are out to a quick start at 10-1 overall and 3-0 in the MAC. They are ranked 14<sup>th</sup> in Division 2. Tommy Jesko is averaging 16.9 points a game while Ryan Benchwick is shooting around 75 percent. Adam Hickey had a terrific defensive game against Poland in a 38-34 win. Tommy Jesko has already set a new single game record with 8 three-pointers against Chaney. We can't forget about Jarin Heath's game winning three-pointer at the buzzer against East Liverpool.

**Girls' Basketball**- The girls are also out to a good start at 10-3 overall and 4-2 in the MAC. The girls are ranked 10<sup>th</sup> in Division 2 (as of 1/23/06). The girls are led by the following four seniors: Amanda Thorne, Booie Ravelli, Laci Meals, and Charity Montford. Junior Natalie Davidson scored an impressive 21 points against Rayen. Amanda Thorne scored 14 points against MAC opponent Niles while teammate Zahra Scullion added 12.

**Wrestling**- Senior Matt Jenkins placed eighth at the Alliance Top Gun tournament. It is one of the toughest tournaments in Ohio with approximately forty schools represented. The wrestlers also participated in the 45<sup>th</sup> annual Howland Invitational Tournament. Salem finished eighth at the tournament. The wrestling team is led by seniors Steve Brown, Matt Jenkins, Mike Manypenny, Mason Schmidt, and Bunk Mull. All seniors have ten or more wins on the season so far.

## Basketball homecoming



Basketball homecoming will be held on Friday, February 10. The Quakers will be playing Struthers at home. Following tradition, the girls on the court will be honored during halftime of the varsity game. At that time the queen will also be crowned. The pep club is sponsoring a post game dance in the cafeteria (casual attire - yeah, wear those Quaker Crazy's!). It will run from 9-11 P.M. Cost for the dance is \$3.00 advance ticket sale and \$5.00 at the door. There will be a D.J. So...after the game come and celebrate another Quaker victory, honor the court, and have some fun dancin' to your favorite tunes!

## Baseball field has improved infield

By Tim Colian

Until last October the baseball field wasn't in top condition. A player never knew what could happen if a ball was hit to them. The ball could have gone any direction after it hit in the infield. Now thanks to the work done in October, the baseball field has a newly redone infield.

When asking Coach Kirkland about the situation, he replied by saying, "It was something that needed to be done." Over the years due to rain, puddles formed and had to be filled in with clay which caused the base paths to be uneven with the rest of the infield. Since the base paths were too high, there would be a little pond forming in between the pitcher's mound and home plate. Coach Kirkland also explained, "It was becoming too dangerous with the lip that formed around the infield." With the lip that formed, a player never knew what kind of bounce they were going to receive as an infielder.

The grass is settling in really well and is coming in very soft. Coach Kirkland commented, while smiling, "Although the grass is coming in well, it is also growing in on the base paths so the team is going to have a nice field day come spring."

"Overall I am very glad that we got it done," Kirkland said. He also stated he was impressed with how quickly and full and thick the grass had come in. He jokingly stated, "No excuses for any errors by the middle infielders now." It won't be long now until the team can get out there and start playing.



## Super Bowl XL

By Veronica Waite and Tim Colian

Super Bowl XL will be played in Detroit at Ford Stadium on February 5, 2006. The game will start at 6:30 PM. This year it will be a match up between the Pittsburgh Steelers (14-5) versus the Seattle Seahawks (15-3). The Steelers have won four previous Super Bowls. A victory this year would give them "one for the thumb." The Seahawks will be making their first appearance. Both clubs rolled to victory in the championship games with Pittsburgh winning its third straight road playoff game beating Denver 34-17. The Seattle Seahawks defeated the Panthers with a 34-14 victory.

