

# The Quaker

A high school tradition for years.

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Salem Senior High School

November 2006

## Girls' cross country team wins back to back State championships

By Chelsy Kaley

Teamwork is the key for a successful win in a cross country race. Winning has to be a goal for the whole team. They have to work together and believe in each other. Placing first might be a great accomplishment, but having no one else on the team that finishes near you isn't all that great. The Salem girls' ability to run in a pack helped them defeat their biggest threat, Kettering Archbishop Alter, 70-73. This gave them their second state championship in a row.

The Lady Quaker Cross Country team traveled to Columbus to defend their state championship title on Saturday, November 4. As a team, they wanted to win back to back titles. Nothing was going to stop the girls this year. They had prepared for this day during some of the hottest days and the coldest days.

Senior Erin Murphy had this to say, "As a team we always said we were going to take each practice and race day by day and not

get ahead of ourselves. However, we all knew the work we put in; therefore, in the end it paid off." Erin led the Lady Quakers to victory by placing 16<sup>th</sup> overall with a time of 19:23. "It was a great experience leading the team as a senior. However, I couldn't have done it without my team and coaches." But Erin didn't win it all for the girls. Her teammates pulled through and finished strong. Liz Shivers placed 21<sup>st</sup> while her younger sister Lauren finished at 24<sup>th</sup>. Freshman Bethany Huston made her first appearance at a state race and placed 29<sup>th</sup>. Rounding out the race was junior Sarah Yerkey at 46<sup>th</sup> and sophomore Alexis Thorne at 69<sup>th</sup>.

Senior Patrick Gorby traveled to Scioto Downs alone to race Saturday. "I don't think that being by myself affected my race that much, if at all. I am very experienced in running, and I trust myself in the races. I have learned a lot about running being a part of a team that won two state titles, and when I line up, I

have confidence." Patrick finished his last high school cross country meet on a high note. He placed 12<sup>th</sup> overall with a time of 16:16. "It feels awesome to end my senior year with a bang. In my opinion, I believe that I could have done better, but I always tell myself that. But, I can't complain because I ran my best race I've ever run at state and earned first team All-Ohio honors. I am happy with that." Patrick believes that he could have started out on a faster note. He ran his first mile in the time of five minutes and four seconds. "I think if I would have gone out faster, the competition would have pulled me to a higher place and a faster time."

Both the girls and Patrick reached their goals for the season. The girls will be losing only one girl next year, but that won't stop them from winning state again. A team which believes in each other will win together. Congratulations to all runners on a great season.



From left to right: Mary Wilson (coach), Alexis Thorne, Bethany Huston, Liz Shivers, Erin Murphy, Lauren Shivers, Sarah Yerkey, Samantha Leyman

## Sadie Hawkins court

By Courtney Mercer



ictured left to right: Doug Riley, Justin Skiba, Travis Smith, Michael Tyson, Adam Stone, Thomas Yahaniak. Front kneeling, Adam Swiger.

It's the girls asking the guys, the matching outfits, the outrageous dance offs that could only mean one thing - Sadie Hawkins. This year's Sadie Hawkins dance will be held by the yearbook staff on Friday, November 17. Luckily the dance was rescheduled to accommodate the fans of Ohio State and Michigan fans who didn't want to miss their game r Sadie Hawkins.

The dance will be at 7 PM in the high school cafeteria. The cost of a ticket is five dollars and ten dollars at the door. Pop, chips, and other enjoyable refreshments will be available to the students. Music will be provided by a D.J from K Star Entertainment. The Sadie Hawkins Court, which is always senior guys, will perform their traditional dance off. The court will bust their favorite and best moves in order to win the competition. The court consists of the following: Doug Riley, Justin Skiba, Travis Smith, Adam Stone, Adam Swiger, Michael Tyson, and Thomas Yuhaniak.

## Spanish trip set for June

By Kathy Ellis

There is a Spanish trip that will be taking place this summer. This trip will last ten days. Those taking the trip will be leaving either the June 12 or 13. The chaperones for this trip as of now are the Spanish teachers, Mrs. Hutson and Mrs. Neapolitan. Mrs. Ricker will also be attending. The number of students attending this trip so far is unknown, but there are unlimited slots open for any student who wants to attend. There are many places in Spain that this group will be visiting. These places include Madrid, Toledo, Sevilla, Granada, Costa del Sol, and some other places in Spain.

Those taking the trip will be participating in sight seeing, a day at the beach, Flamenco Dance shows, and they may also be attending a bullfight. This cost of this trip is \$2,500. The group will be flying out of the Pittsburgh International Airport. The tour company that the trip is being held through is Ameribest Tours. Mrs. Neapolitan said that she has planned trips through this company before. Previous trips have included tours to Chile and Argentina last summer with Ameribest, and it was a blast.

Anyone who is interested in going on the Spanish trip to Spain this summer should talk to Mrs. Neapolitan or Mrs. Hutson as soon as possible. The trip is open to all students, not just students who are taking Spanish. Students attending the trip to Spain are asked to make a deposit to hold their spot.

## N.H.S. hosts blood drive

By Sarah Conrad

National Honor Society hosted a blood drive on Tuesday, October 31. The blood drives are always held in the wrestling room. The leader who was in charge of this blood drive was David Beeson; next semester Emily Yoder will take charge.

In a phone conversation with Denise Brindle, a representative from American Red Cross, it was explained that if N.H.S. collected twenty-five pints of productive blood the student who was in charge of the blood drive committee would earn a \$250 scholarship. If N.H.S. collected fifty pints of productive blood they could receive a \$500 scholarship, and if N.H.S. collected one hundred pints of productive blood they would receive \$750. The scholarship is not offered unless the school hosts two blood drives, which Salem does. She also explained the requirements for the blood drive noting that a donor must be seventeen years of age, weigh a minimum of 110 pounds, and must have a photo I.D. Ms. Brindle stressed on the phone that donors must eat and drink plenty of foods and fluid.

According to Mr. Viecek, the advisor for N.H.S., "When we first heard that the date of our blood drive was to be on Halloween, there was that 'Oh, no' reaction because of the association of vampires and blood on Halloween." He continued, "But looking beyond the obvious

humor, we looked at the seriousness of the situation. This is my second year as advisor to these outstanding young men and women. They represent the finest that our school has to offer."

N.H.S. exceeded their goal and received sixty-five pints of blood throughout the day. Ms. Brindle explained that one pint of blood can help save three lives, that 5% of the population donates, and that 15% of those donors are high school students. Mr. Viecek remarked: "It is commendable that so many of our students support the blood drive; it is the very essence of life. We are doing something quite constructive in helping those less fortunate. It makes all of us feel that we are helping others in some way."



Mr. Trough takes time out of his busy day to give blood.

Give blood -  
give the gift of  
life.

# Opinion

## Point - Counterpoint: Issue 3

By Robert Hergenroder

One of the main reasons that Issue 3 did not pass is because that most voters in Ohio didn't fully understand the amendment. These perceived notions caused for a potentially very good thing not happening.

People who were against the passing of Issue 3 said that the casinos would have created over one hundred thousand new gambling addicts, a number with no basis in fact. We already have thousands of gambling addicts in Ohio without any state funded addiction programs. Although the percentage is low, if the casinos made one billion dollars revenue, at least ten million dollars would have gone toward gambling addiction programs.

There are also a plethora things that people did not understand about the Learn and Earn program. For example, they said that home schooled students could not receive the scholarships as public students can. This isn't true. As long as the home schooled students pass certain standardized tests, they are fully eligible to receive money. These scholarships are much needed as Ohio has received an "F" in college affordability by the National Center for Public Policy and Higher Education. It is only logical that it would have taken a while for the program to be set up; that is why it wouldn't have taken effect until 2009. And because every student in Ohio would have received a personal scholarship account, not only the top five percent would have gotten money for college. Billions of dollars would have gone to scholarships, around three hundred million dollars a year.

It would not be as though every city would have run amuck with casinos. The amendment only allowed for 31,500 slot machines and nothing else. The location of the 31,500 would have been severely limited, only to seven already existing race tracks and two buildings in Cleveland's entertainment sector. These areas would have also experienced an economic boost, due both to the creation of new jobs and money given to their local government.

Billions and billions of dollars are being lost to other states every year. It's only logical that we keep this money in Ohio and that we help our children go on to higher education. Unfortunately the average voter did not share the same opinion.

## Bad rule of the month

Cell Phones

By Erik Cibula and Sarah Humphrey

This year at Salem High School it is almost impossible to run into a student who doesn't own a cell phone. It is not just a popular fad anymore; it's more like a necessity. It's very obvious that it would be ridiculous to attempt to make a rule banning cell phones. Luckily our school administrators have realized that there is no reason to try banning cell phones. Yet, what is this noise about students not being allowed to have them on during school. By "on" I mean the phones aren't allowed to be functioning.

Students like the thought of having a cell phone. This makes it easy to contact a relative in case of an emergency. It's also a handy little device when you need mommy to bring your homework or gym clothes. I know I have used my cell phone many times for calling home to tell my mother about last minute meetings after school, changed practice times for a sport, or just calling to tell her I made it to school when the weather was bad. The thought of a child having a cell phone is also comforting to a parent. The only problem is our parents can't contact us in case of an emergency because our phones are supposed to be turned off. What if something happened and we needed to leave imme-

diately but our parents couldn't find the number to the school just lying around the house? They are obviously going to call their child's cell phone.

Another thing that bothers me about this ridiculous rule is that I and some other students have witnessed some teachers have their phones on in class, and they have answered them. Sometimes it may be to keep them updated on a sick relative, or maybe it's for their child to be able to get a hold of them. No matter what the reason, we should be allowed to have our cell phones at least set on vibrate (even though most students have them on vibrate anyway). Obviously we can't talk on phones during class. However, if it rings and there is a possible emergency or something you need to know, then we should be excused to go in the hallway or somewhere else in the school to take the call.



By Victor Dufresne

If Issue Three would have passed, then Casinos would have been placed in designated places all over Ohio. Issue Three indicated that the casinos would have provided a vastly large sum of money for scholarships for high school graduates. However, in order for students to receive these scholarships, there were many qualifications. Various ads' supporting Issue Three stated that "Every Ohio student" which meant every student qualifies for a scholarship funded by the casinos. Home schooled students and students who are going private schools, were not permitted to have a chance at these scholarships. To qualify for a scholarship provided by the casinos, students must be in an advanced academic course, take a pre-college class, and volunteer in their community. Also, they must go to a public institution of higher education that is accepted by the Board of Regents. These scholarships would have only lasted twelve years. Students that graduate in 2007 and 2008 would have not benefited from these scholarships, even if they qualified because these scholarships would have not been available until 2009.

Another problem with Issue Three would have been more addicts to gambling. An estimate was calculated that about 109,000 people would have become addicted to the casinos, causing them to become bankrupt or placing their families in severe turmoil. One percent of the money made by the casinos would go to rehabilitation to the newly addicted gamblers that are created in Ohio.

All money made by the 31,000 slot machines in Ohio were estimated about fifty-four percent would have gone to slot and casino operators, thirty percent would have gone to Board of Regents for scholarships and grants, eight percent would have gone to local governments, six percent to the race tracks, one percent to gambling addiction services, and one percent to the Gaming Integrity Commission.

By passing Issue Three, we would be assuaging out-of-state operators to be operating these casinos and would cause Ohio to lose money. This would have resulted in lost jobs later on. Thanks to the voters, approximately 109,000 lives are saved.

## Totally Uncensored



By Anna Zimmerman



Let's be serious for one second. Does not saying something really just make it go away? Can we expect something to disappear by pretending it isn't there? The answer to both these questions is no. Things will still happen just as they always have if they are spoken about or not.

So why as students must we censor our newspaper when we want to say something that might be a little risky but is important to us? It happens to go deeper than many people think. It actually comes from a court case that went all the way to the Supreme Court! The court case was Hazelwood School District v. Cathy Kuhlmeier. The students of East High School in Hazelwood, Missouri wrote about divorce and student pregnancy and were not allowed to print their articles in the school newspaper, "The Spectrum" because they could not get Principal Robert Reynolds' approval. He said that though there were no names mentioned in the articles the students could still point fingers to who it pertained to. This turned into a big ordeal that dealt with freedom of speech for the students of the school. The reason that we are not allowed printing just anything in school today is because the Supreme Court ruled in favor of the Hazelwood school district. This all happened from 1983-1988, and yet we are still dealing with it now.

There is something called the forum theory that we need to take into consideration. The Forum theory says that we all have the right to free press, free speech, and free spirit. This Freedom Forum is based on the First Amendment. This is what the young journalists from the school thought would let them print their paper. Because this was a class during school hours the school was said to be allowed to pick what went in it. This made the argument interesting. But in the end the school still won the case.

Let's face the facts now. There are things out there that people may look down upon but they do happen, such as teen pregnancy and divorce. These topics are not allowed to be written about because they may offend somebody. But even if they are not written down they are still out there and no one can change that. Mistakes are part of life; our flaws make us who we are and hopefully someday even high school students will be allowed to write about anything too.

Until we can honestly write down anything we feel, our newspaper might as well have CENSORED written across the top. Welcome to reality people, where some find it easier to hide how they really feel than to upset somebody. Not facing this reality doesn't make it any less real.

The Quaker

## War of the words

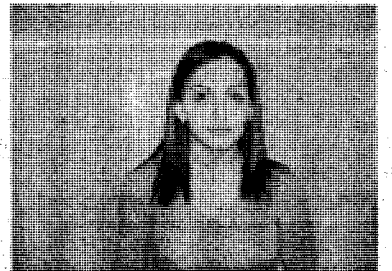
By Kaitlyn Fedyna  
and  
Anna Zimmerman

Q: For what are you most thankful?



Tom Yuhaniak  
Senior

"Good health and a great family."



Lindsey Smith  
Junior

"Friends and the fact that Soph Páparodis is graduating this year!"



Sophomore

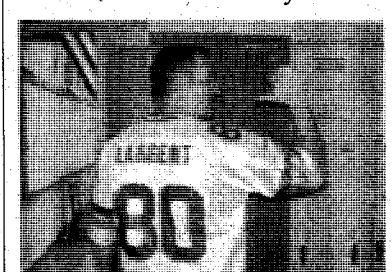
"My beautiful sister"



Taylor Kastenhuber & Ben Eisel

Freshmen

"Friends and family."



Mr. D'Angelo

"Refs that cheat in the Superbowl. (Otherwise there would be a lot of Steeler cry babies around here!)"

## Battle of the Bands

### Mushroomhead By Sarah Humphrey

CLEVELAND ROCKS!!! Cleveland is known for holding its own members of other local bands as a side project. To keep themselves different from other bands and to stand out in a crowd, they adopted different masks and costumes. The band's first show took place on a Saturday like any other in a local bar. To the band's surprise, three days later they were contacted by a more well-known band named Gwar. Less than one week after their first show, they were on stage at The Cleveland Agora in front of over 2,000 people. In 1995 Mushroomhead self-released its debut album entitled "Mushroomhead." The member's original bands became second priority and were slammed to the backburner so Mushroomhead could continue to grow and prosper.

A major turning point in the band's career came in 1999. Mushroomhead felt that their image was stolen by another band that had recently been signed to Roadrunner Records. This resulted in the "killing" of the Mushroomhead characters. Their colorful costumes and rubber masks were replaced with black uniforms and face paint consisting of large X's over their eyes to symbolize the "death" of their former characters. The X's turned into the "X Face" which is now the band's well-known logo. With this the band released their next album titled "M3." This album introduced the band's new harder and darker sound.

In 2003 Mushroomhead came out with the album "XIII" under Universal Records. The album went to number forty on The Top 200 Billboard and sold over 400,000 copies. Shortly after their album release, Mushroomhead left Universal Records to develop their own sound and work on funding themselves. Also, in 2004 vocalist J Mann stepped down because of an overloaded schedule and the declining health of his father. J Mann did not leave the band hanging. He handpicked a replacement vocalist named Waylon Reavis from a band out of North Carolina named 3 Quarters Dead. J Mann played his last show with Mushroomhead on August 7, 2004, and by early September 2004 the new vocalist was ready to tour with the band. The fans were very supportive of the new singer. Welcoming him to the band with open arms, Mushroomhead became just as popular as ever.

In August of 2005 the band released its first DVD titled "Volume 1" under its own Filthy Hands label. The DVD shows the band's rise in the early years with concerts, interviews, videos, and behind the scene footage. Waylon is not shown on the DVD, but he has stated many times that it does not bother him in the slightest. In December of 2005 Mushroomhead signed with Megaforce Records and started working on their new album. On September 19, 2006, the long-awaited album titled "Savior Sorrow" was released.

Mushroomhead is an amazing band and will continue to grow with adoring fans. If you ever have a chance, check them out in their hometown of Cleveland, Ohio. You are sure to experience a show like you have never seen before.

### A Life Once Lost By Katy Birtalin

A Life Once Lost is truly unique. This band has been described as deathcore, technical groove metal, and metalcore, along with bands like Killswitch Engage and God Forbid. While some people will say that all metalcore bands sound the same, this band's different. Vocalist Robert Meadows' voice is distinct, along with the awesome guitar solos by lead guitarist Doug Sabolick. "Nothing has ever slowed us down. We are a band that saw what we wanted and did what we wanted to do. We've never conformed to anything, and we'll never follow any rules," says vocalist Robert Meadows. So, if you haven't heard of this band, you need to check them out.

A Life Once Lost is a seven-year-old band from Philadelphia, Pennsylvania, with only two of the original band members. Recently, the band signed with Ferret Records which also records Every Time I Die and In Flames. A Life Once Lost played second stage at OZZFEST where they performed an amazing show, and I can say that because I was there. When they started playing the crowd went crazy! It seems like vocalist Robert Meadows puts all of his energy into that microphone. At the same time the guitars head bang in sync, and the drummer blasts you with powerful double-bass. It's awesome.

A Life Once Lost is an awesome band that is redefining metalcore music. I think that we can expect great things from this band, but they need your support! Writer Barry Scatton, for PunkROCK.net, made a comment about A Life Once Lost's album "Hunter" that I think is very accurate. "Hunter" displays what happens when you take an extremely boring niche of metal, and make it more dynamic."

made three months prior to the start of the show.

All the controversy should die down due to the fact that on the third episode, the tribes were separated into two separate tribes with two or three members of each race on each tribe.

CBS stated that the network was receiving complaints of having too many Caucasian contestants on the show. That's great, but I'm pretty sure there are plenty of other options to get other races on to the show instead of segregating the tribes.

## The film reviews

By Ryan Newell

### *The Departed* - A+

"I don't wanna be a product of my environment; I want my environment to be a product of me." These are the first lines of the film *The Departed* as spoken by Jack Nicholson. This is only one of several lines that illustrate the style of the film directed by Martin Scorsese. The script, adapted by William Monahan from the 2002 film *Infernal Affairs*, flies off the pages into a masterfully crafted work of art.

The film is a complex story that follows two cops named Billy Costigan and Colin Sullivan, who both unknowingly are moles. Costigan, played by Leonardo DiCaprio, is a cadet in the Boston Police who has been placed as a mole in the crime syndicate of mob boss Frank Costello. Little does Costigan know, Sullivan (Matt Damon) has been rising through the ranks of the Boston Police covering the fact that he is a mole for Costello.

The great cast also includes Martin Sheen as Queenan, the chief of the special unit, and Mark Wahlberg as Dignum, the first staff sergeant to Queenan. Despite all of these great performances and a brilliantly comedic Alec Baldwin as the police chief Ellerby, the standout performance comes from Jack Nicholson. As the crime boss Frank Costello, Nicholson steals the show. In the end, *The Departed* is an excellent film that deserves a place next to Scorsese's past films including *Taxi Driver*, *GoodFellas*, and *Gangs of New York*. Scorsese proves that he is still one of the greatest filmmakers of all time, with or without an Oscar.

### *Flags of Our Fathers* - A+

Masterpiece describes this film from director Clint Eastwood. Following 2003's *Mystic River* and 2004's Oscar winner *Million Dollar Baby*, Eastwood has solidified himself as the reigning king of directors. The script is phenomenally well written thanks to *Jarhead*'s William Broyles and *Crash* writer/director Paul Haggis.

*Flags of Our Fathers* follows the true story of the three surviving members of the six men who raised the flag at the Battle of Iwo Jima. The three soldiers are vividly portrayed by rising stars Ryan Phillippe, Jesse Bradford, and Adam Beach. Upon returning to America, the three men are paraded around the country in an effort to sell war bonds. Over a period of time, the men begin to reflect on who the real heroes of the war actually were.

Adding to the already exceptional film is the masterfully composed score by director Eastwood and the cinematography of Tom Stern. The stand out performance of the film is delivered by Adam Beach who plays the tragic life of Ira Hayes. Ultimately *Flags of Our Fathers* proves to be Dirty Harry's most powerfully emotional production to date.

## Actors spotlight

By Brandon Yarwood

From child actor to movie star, Leonardo DiCaprio has made the leap to star status in the short time he's had. Leo was born November 11, 1974, in Hollywood, California. He was born into a star world, meaning it was just a matter of time till he tried his shot at acting. He first starred in his favorite television show *Romper Room*. After almost getting kicked off the show, he started to do commercials, educational films, and some television appearances. He made his film debut in the third movie in the *Critters* series. Leo's first big film was *What's Eating Gilbert Grape* where he played Arnie Grape, a mentally challenged brother to Johnny Depp's character Gilbert Grape. He received his first Oscar nomination for the film but did not win. It took four years for his next big hit which was the box office smash *Titanic*. He played Jack Dawson, a low life that fell in love with the high life. Leo did not get an Oscar nomination for his role, and many think he was robbed. The movie has a box office

record of more than 600 million dollars.

He came back with the Steven Spielberg directed *Catch Me If You Can*. Leo played Frank Abagnale Jr. a real life check fraud mastermind. Leo hit it big when he met Martin Scorsese; they worked together on *Gangs of New York* in 2002, *The Aviator* in 2004, and the most recent *The Departed* in 2006. In *Gangs of New York*, Leo played Amsterdam Vallon, a young Irish boy that is trying to get revenge on the person that killed his father. In *The Aviator*, he played Howard Hughes in this biopic about the director of *Hell's Angels* and the inventor of the Hughes H-4 Hercules, the plane made mostly of wood. In the most recent film *The Departed*, Leo plays Billy Costigan, an undercover cop that takes an assignment to be a mole in a crew lead by Frank Costello, Jack Nicholson's character. Leo is going to be around for a while as long as he does not make another *The Beach*.

## Survivor survives the controversy

By Adam Swiger

The thirteenth edition of the popular reality show *Survivor* is back and already several weeks into the show. Many people complain about the show being fixed or about how their favorite castaway was voted off the day before. No one ever complained about how the tribes were split until this year.

In previous seasons, contestants were selected at random, separated by age, separated by gender, and by age and gender. In this season, *Survivor* separated the tribes by race. The tribes are the following: Caucasian (Rarotonga), African-American (Manihiki), Asian-American (Puka Puka), and

Latinos (Aitutaki). There are five members of each race in each tribe.

This has made several racial rights groups angry, particularly in New York. The black, Latino, and Asian caucus actually demanded that CBS drop *Survivor*. Sponsors didn't demand that CBS drop the show but instead dropped the show themselves.

*The New York Times* reported that sponsors such as General Motors, Coca-Cola, Home Depot, UPS, and Campbell Soup did drop the show but stated that their decisions had nothing to do with the racial format and that their decisions were

## Feature

### How to survive seasonal relatives

By Caitlin Costal

As the weather cools and signs of winter approach, thoughts of the holidays begin to fill our minds. Visions of snow covered rooftops and enchanted reindeer are remembered along with the soothing scents of cooked turkey and pumpkin pie. Of course, with Christmas and Thanksgiving around the corner, thoughts of annual get-togethers also begin to spark our imaginations. For a few blessed individuals, the phrase "family gathering" brings about thoughts of love and endearment. But for the rest of us, this phrase is often equated with family dysfunction at its finest.

Regardless of whether it is cousin Jed who can't seem to get a grasp on the word "utensil" or Grandma Jean who proudly announces every year that she's getting a divorce, there is sure to be some form of drama lingering in the air. Almost all of us can relate to the joy of hosting/visiting family on Thanksgiving and Christmas Day. So my question this month is "How do you survive the ever-so-loved seasonal relatives?"

During the years, I've learned that one of the best ways to deal with family gatherings is to maintain a positive attitude (though at this comment, my mother notes that I am taking complete advantage of my poetic license). Regardless of past attitudes, being optimistic *can* make the difference between having an awful time or a good time (or at least as close as it can get). Although this approach won't eliminate the drama completely, it *will* help to reduce the tension and make the get-together much more pleasant for everyone.

A wise woman once said, "You can pick your friends, but you can't pick your relatives." With this being said, it is important to remember that although you may not get along *all* the time, your family still remains your family. When push comes to shove, especially in a crisis, your relatives are sure to be there. The love and support of family is irreplaceable. Also remember that putting up with them now will eventually pay off in the long run (especially when wills are involved).

My final piece of advice is to always remember to laugh at the situation. Chances are, you'll eventually look back with humor, so why not make the most of the moment as it is happening? Some of the most cherished memories are made with your family, and it is well known that these memories can be neither replaced nor replicated. With this being said, I'll leave you with one last quote by Dan Wilcox who said, "I don't care how poor a man is; if he has family, he's rich."

### Attention freshmen

By Courtney Mercer

I think I should start off by saying to the entire freshman class, Welcome to Salem High School! While you are understandably excited to finally be a freshman, there are still some important rules that you should learn and follow. Not the "no flip flops or nose rings" kind of rules that the school itself enforces. However, the guideline kind of rules that upperclassmen expect you to obey. It's not that upperclassmen are trying to make you feel inferior; it's more along the lines of respect. And I am here to give you a few guidelines to follow in order to not make any of those upperclassmen upset at you in any way. After all, you just entered the high school, and you don't know just yet everything there is needed to know.

To begin, please remember while walking in the hallways to keep the traffic in lanes, and keep in mind there are people wanting to make it to class on time. So that means do not take your dear time and slow the people behind you because you are gossiping with your pal about the latest breakup. You will most likely get run over by those who are less patient than you. Most importantly you have four minutes to get to class; if you're late most teachers won't cut you any slack. You could even find yourself spending your weekend writing three hundreds sentences.

Lunch time is the time to socialize and have a great time. However, if you make one mistake like cutting in line you will quickly find out that high school students that are stricken with hunger become very cranky. Also while I'm mentioning mistakes, do not out of spite take someone else's table at lunch. Even if you do, the most you will get is dirty looks. It's not a way to get on someone's good side especially if the table you took was seniors. You might not know it but it's more than likely been their table for four years.

I think the last thing I should cover is just simple courtesy. If you accidentally push or bump someone in the halls, at least stop and say, "Hey, I'm sorry." I think if you follow these simple guidelines and try to avoid any pointless drama, you won't have any trouble for the year. I hope everyone has a wonderful first year in high school and many more to follow. And remember...Respect your upperclassmen.

### Dinner or idiotic feather duster?

By EJ Kataro

Do you even know what's on your dinner table at Thanksgiving? Its name is *Meleagris gallopavo* more commonly known to us as the "turkey." Did you also know that at one time, while our country was still in the process of forming, that Benjamin Franklin nominated the wild turkey to be our national bird? Well, now you do.

The wild turkey is a true trademark of the majority of the United States. Turkeys live in open areas like fields or livestock pastures where feeding and mating occur. Wild turkeys hide in or behind bushes. Open areas allow them to use their amazingly excellent eyesight to spot potential danger like hunters. Turkey's are also surprisingly omnivorous, eating mostly nuts, berries, seeds, and other such things but also making room in their diet for the occasional small snake, salamander, or frog. Being polygamists, they usually have five hens in their harem. Male wild turkeys display for the ladies by puffing out their feathers, spreading out their tails and dragging their wings on the ground. This behavior is most commonly referred to as "strutting." Their heads and necks are colored brilliantly with red, blue, and white. The color can change with the turkey's mood. They also use their gobble noises and make scrapes on the ground for territorial purposes. Turkey breeding season usually occurs in March or April. Turkeys are indigenous to North America and survive best in tem-

perate climates.

Turkey is a versatile food that is in highest demand around the holiday season when it becomes increasingly hard to buy a large turkey without preordering. It is tradition in Great Britain to cook turkeys with roast potatoes, brussel sprouts, and parsnips while in the U.S. it is more customary to serve turkey with cranberry sauce and gravy. Turkey is generally considered healthier and less fattening than red meat. It is also high in tryptophan and is commonly blamed for post consumption sleepiness; however, this is a misconception. Most times turkey dinners are large meals served with carbohydrates, fats, and alcohol in a relaxed atmosphere, all of which are bigger contributors to post-meal sleepiness than the tryptophan in turkey.

I decided to poll some people to discover their opinions about turkeys. Justin Seguin, a junior, had this to say "Turkeys are inferior animals and bacon is better anyways." Sophomore Richard Meijers said that he believes "turkey dinners are good but turkeys in general are evil." On a more serious note Sophomore Libbi Williams said that "Eating turkey is a symbol of American tradition. It symbolizes unity despite difference and overcoming hardships. It also tastes good." She also said that when she hears about turkeys she "thinks about making the hand turkeys in grade school."

### HOG inservice

By Will Fithian

Community service is something that juniors and seniors who take Mr. Spack's history of government class know all too well. Community service is defined as being: "Services volunteered by individuals or an organization to benefit a community or its institution." Also, "similar work performed by law offenders to serve a sentence in lieu of or in addition to jail time" is known as community service, according to answers.com.

The guidelines to Mr. Spack's requirement are simple. Students must complete five hours of community service each nine weeks. It is equivalent to a fifty point project. If students complete five hours, they earn fifty points. If they complete four hours, they receive forty points and so on. The service earned must be a non profit activity, and the activity cannot involve a students' own family.

Senior Chelsy Kaley earned her five hours of community service by working concessions during a volleyball tournament and volunteering time at The Courtyard in Lexington. Jess Howells completed her five hours of service in Lisbon and the Girl Scouts office. Senior Ryan Newell volunteered his time to help a political campaign. Other students shared their experiences as follows: helped neighbors with yard work, helped at a Christian service group, remodeled a youth room at church, worked at Essex Nursing home, and volunteered at Angels for Animals. These are just a few of the examples that were shared with this writer.

"The community service requirement not only benefits the community, but also us students because it can boost our grades," said Chelsy Kaley.

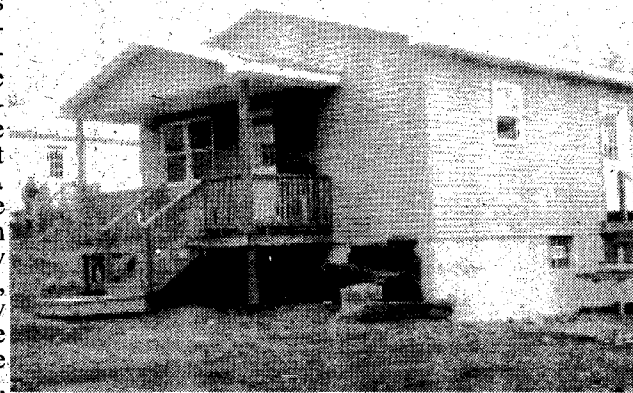
### Football team lends hand to teammate.

On September 16 the Salem varsity football team volunteered to help the Habitat for Humanity organization. They volunteered at 1440 Orchard Street in Salem. What made this experience even more special was that the house they began to build was going to a fellow Salem football teammate, Brad Weingart.

Perhaps there are those who are unaware of what Habitat for Humanity is. Habitat for Humanity is an organization that was founded in 1976. Its goal is to completely wash out homelessness and low income housing from today's society. Families who wish to have a home must complete "sweat equity hours" in order to build up enough credit to begin construction on their own home.

Although the football team's schedule was crammed full of practices, games, and JV activities, the team thought it was important to become involved because it dealt with a teammate, Brad Weingart. Weingart had missed a Saturday practice, but the team wasn't informed of exactly why. Once they heard, they wanted to help as much as possible. The team is always focused on football and what they have to do, but this was a situation that was more important. Brad and his family worked at the Northern Columbiana County chapter of Habitat for Humanity and also other construction sites to build up their sweat equity hours. All of the combined sweat hours earned by everyone involved on September 16 went toward the Weingart's total.

"When you spend time together like a football team does, a sense of family is established. Not only did we want to help, but the experience was simply amazing. To see so many people helping one family was truly uplifting," explained Coach Miller in response to a question about team camaraderie and how this experience affected it.



## A Thanksgiving tradition

By Erin Griehs

When you think of Thanksgiving, what crosses your mind? More than likely you think of turkey, stuffing, being surrounded by all of your family, and perhaps watching football on TV. Did you think of the Macy's Thanksgiving Day parade? Hopefully you did because it just wouldn't be Thanksgiving without it.

At the beginning of the 20<sup>th</sup> century, most of the employees at Macy's were immigrants. They wanted to find a way to celebrate being Americans but to still incorporate European customs. In 1924, the first ever Macy's Thanksgiving Day Parade took place in New York City. The employees marched in costume from 145<sup>th</sup> Street to 34<sup>th</sup> Street. There were a variety of floats and bands, plus animals from the Central Park Zoo. Over two hundred fifty thousand people attended. Since the event was obviously so popular, Macy's declared the parade to be an annual occurrence.

Every major event has its share of "firsts." Of course, the Macy's Thanksgiving Day Parade is definitely not lacking in them! In 1927, balloons were first used instead of the cuddly creatures from the zoo. The first balloon used was one of Felix the Cat. The first Mickey Mouse balloon was used in 1934. Also in the thirties, the parade was first broadcast on the radio. In 1952, the parade was first broadcast on TV by the members of *The*

### Today Show.

Of course no event can continue on as long as the Macy's Thanksgiving Day Parade has without its share of glitches. Unfortunately, the parade was temporarily canceled during World War II because the rubber and helium for the balloons were needed for the war effort. More recently in 1997, the Cat in the Hat balloon caught on a lamppost. Debris hit a bystander and gave the woman a skull fracture. Also the M&Ms balloon got caught on a streetlight in 2005. The debris hit two girls but did not cause any serious injuries.

There are many things that the average person doesn't know about this Thanksgiving tradition. Back in the 1930s, once the parade was over, the balloons were released. If you happened to find one, you could turn it in and get a reward. In 2003, NBC started to broadcast the parade in Spanish. The parade has won nine Emmys. Macy's is the world's second largest consumer of helium.

No matter what you are doing on Thanksgiving, whether it's helping Mom with dinner or entertaining your grandma, you should definitely watch the Macy's Thanksgiving Day Parade. From singing and dancing to appearances from Hollywood stars and outstanding floats, it's bound to entertain everyone!

## Thank goodness

By Alyssa Nelson

There are many things in life we take for granted. It's normal to do so; it's part of our busy way of life. It doesn't make you a criminal if you don't sit around every single day thanking everyone for everything. But it's always good to take a little time, every once in a while, to stop and think about all the good things in your life.

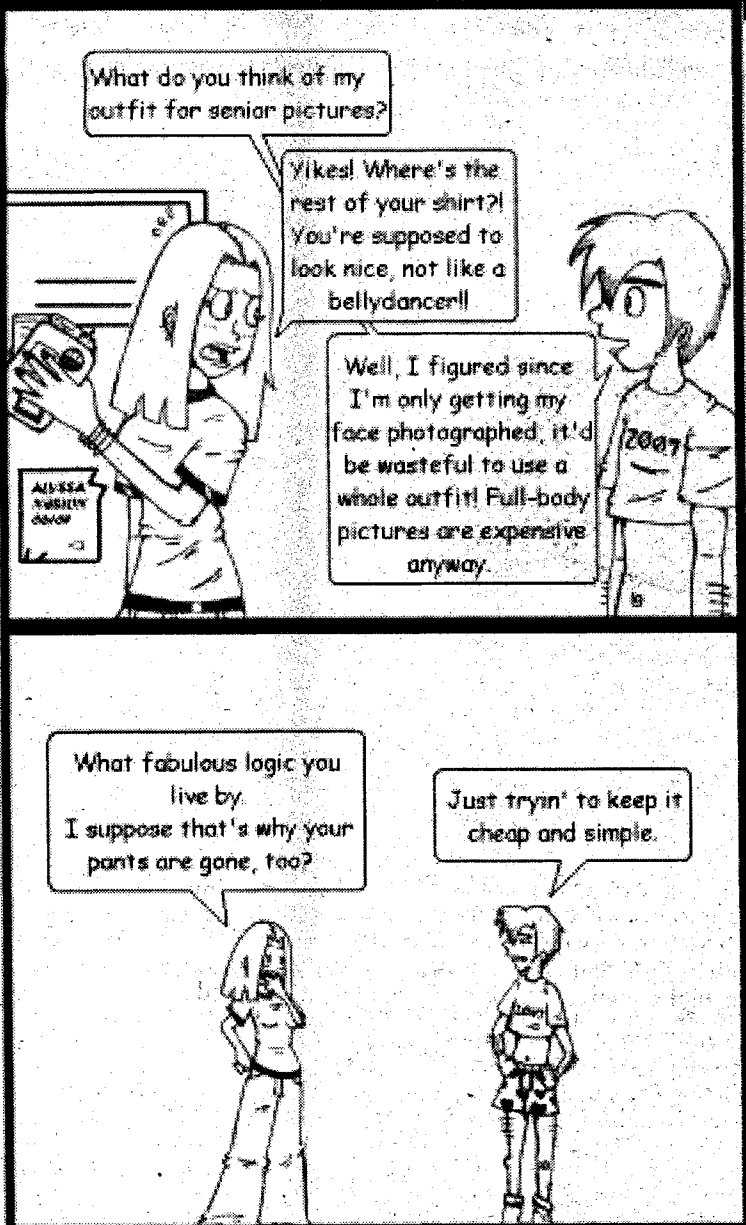
Enter Thanksgiving - the time of year where no one can help but to give thanks for all that is bright and shiny in their world. We sit around the table with all the people we care about, surrounded by amiable chatter and the smell of delicious homemade food. With heads bowed and eyes sneaking longing peeks at the loaded dinner plates before us, we count off our blessings, one by one. It's the perfect depiction of peace, gratitude, and family togetherness. And yet, some people, when their turn arrives, sit and grasp desperately for mundane things to ramble off. They fear seeming ungrateful and try to give the appearance of humble appreciation by naming off their material possessions. They say they're thankful for things like their television or their new car instead of going for the obvious choices of life, family and simple freedoms. How anyone can sit with their closest relatives before a painstakingly-prepared banquet in a cozy home, and then thank who-knows-whom for their latest videogame system because they can't think of anything else, is beyond me. There are even people who claim to have nothing to be thankful for at all.

People forget entirely our basic, lifelong gifts - those things we take for granted all the rest of the year - on the day that's supposed to celebrate simply being alive. When the first Thanksgiving feast was held by the Pilgrims, I'm pretty sure they didn't offer thanks for their wonderful new rifles and expanded log cabins. They were thankful to simply be alive, to be able to eat and to talk to their loved ones.

Why can't we learn from this modest example of gratitude? The next time you find yourself wracking your brain for something to be thankful for, glance at your mother or father or at the food on your plate (cold though it may be by the time you finally eat it), or simply look down at the shirt you're wearing. You don't have to start trying to list all the things in your room; just say that you're thankful for those few little things that, when you get right down to it, you can't live without but never really notice: food, water, shelter, friends and family, and the goodness that one can find in mankind. Then let Auntie Sue have her turn telling the family how grateful she is for all ten of her cats and know that you have a great life. Never forget it, especially not on Thanksgiving.

## Cartoon Corner

By Alyssa Nelson



## Happy Thanksgiving

### Food for your inner nerd: 1337 |-4><0r

By Wesley Lindberg

When you think of hacking, what comes to mind? Computer viruses, FBI agents coming out of nowhere, and that one friend of yours who has unlimited free cell-phone minutes? Those are classified as hackers, but that definition is too vague. It's a stereotypical term that defines anyone who is a hacker as a villain when in reality that's not how it goes. There are different kinds of hackers - the ones portrayed constantly by the media as the Black Hat hackers and those often shoved off to the side, the White Hat hackers.

Black Hat hackers are the ones you instantly think of as the thieving, destructive, software, pirating hackers that are publicized in the news and movies. White Hat hackers, however, are less publicized. White Hat hackers try to make computers more secure and efficient rather than break into them and do harm. The names Black Hat and White Hat come from the classic western movies of old where the good guy would wear a white hat, and the villain would don a black hat. The line drawn between them seems obvious, but it's harder to distinguish than most realize.

Take for example a hacker breaking into a computer system and finding illegal material. Upon finding this material, he turns the individual responsible into the police. Is that a Black Hat activity or a White Hat? In these situations the action is often referred to as Grey Hat.

Hackers are responsible for a polymorphic language commonly found online called 1337 or leet speak. The language 1337 was designed to keep ones' actions online concealed from prying eyes. On early message boards, illegal activity was quickly dealt with; however, 1337 makes it harder to determine what somebody is even writing about.

The name 1337, or leet, means "elite" or better than you, stemming from hackers using it to beat the administrators of the message boards. Using 1337 involves replacing letters and words with various other letters and symbols. "1337 |-4><0r," means "Elite Hacker" or "How are you?"

It has been adapted by the computer gamer for use in games where some things might take too long to type normally which might cause problems in

playing the game. For this use it has been simplified and reduced to something like "Wher ru," and "Whuts ur warz?" for "How are you?" and "What are your wares?" This variation when used in general chat rooms is commonly referred to as n00b speak, or "Newb" speak and is generally looked down upon.

Given some of this information, has your view on hacking changed? We all know that there are those that will use whatever powers given to them to cause harm, but there are also those who would use it to benefit others. We should not just throw everyone who hacks into one category as hacker, or it will become muddled with the media stereotype. Remember, not all nerds are created equal.

Nerdy Note:  
 71^3 4 a |N3rdy |N073!  
 lf ur 71r3d 0f a 14^3  
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# Sports

## Senior Spotlight

By Chelsy Kaley



Sarah Humphrey

**How long have you played your sport?**

—Six years.  
**What influenced you to start playing?**

— My cousin played through high school, so I decided to play. Plus it was fun watching them play.

**What is your most memorable moment while playing this sport?**

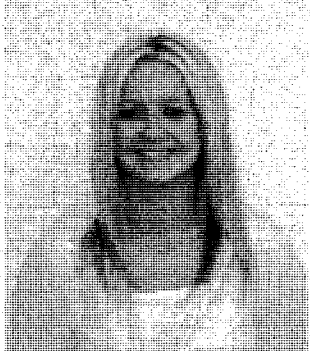
— I've enjoyed being able to meet girls who I wouldn't normally have much in common with. It's a real honor to be on a team with them.

**Do you want to continue playing after high school?**

— I will play for fun, but not on an actual team. I need to focus on school more than volleyball, even though I love it.

**How does it feel to be a senior leader?**

— It feels great. It's sad sometimes to think this is my last year, but I've gotten some great memories along the way.



Makenzie Zocolo

**How long have you played your sport?**

— Six years.  
**What influenced you to start playing?**

— I've always liked watching the sport, and I thought it would be fun to play so I tried out.

**What is your most memorable moment while playing this sport?**

— My most memorable moment is playing with my teammates this year and so far being undefeated.

**Do you want to continue playing after high school?**

— I wouldn't mind it.  
**How does it feel to be a senior leader?**

— Being a senior leader is a really great experience. You get to share your knowledge with the new players and give them the help that they need.



Jonathan Kane

**How long have you played your sport?**

— Twelve years.  
**What influenced you to start playing?**

— Watching my older brother play.

**What is your most memorable moment while playing this sport?**

— When we tied Poland this year.

**Do you want to continue playing after high school?**

— Yes, I would like to continue to play, but I don't know if I can.

**How does it feel to be a senior leader?**

— It feels great to be a senior leader. You get to make team decisions and call the shots.



Derek Cosma

**How long have you played your sport?**

— A long time. I started in a junior league in third grade.

**What influenced you to start playing?**

— My dad always played, and when I was little I used to grab his clubs and swing them.

**What is your most memorable moment while playing this sport?**

— My first varsity match when I was a sophomore. I was really nervous but did alright.

**Do you want to continue playing after high school?**

— Yeah, just for fun.

**How does it feel to be a senior leader?**

— It's cool. All the younger kids on the team look up to you.



Cory Rickman

**How long have you played your sport?**

— Six years.  
**What influenced you to start playing?**

— I always wanted to play but wasn't allowed until seventh grade.

**What is your most memorable moment while playing this sport?**

— Last year's 19-27 victory over West Branch. First time we beat them at their place since 1980.

**Do you want to continue playing after high school?**

— Probably.

**How does it feel to be a senior leader?**

— It never felt like my senior year would come, but now that it's here, I'm trying my best to show the underclassmen how the game should be played.



Cally Mason

**How long have you played your sport?**

— Three years.  
**What influenced you to start playing?**

— My brother started playing and he taught me.

**What is your most memorable moment while playing this sport?**

— Winning the rubber chicken and playing with Happy.

**Do you want to continue playing after high school?**

— Yes

**How does it feel to be a senior leader?**

— It feels great. It's nice to be able to help the younger players and watch them make progress.



## Athletic favoritism or not

By David Price

Are you that person who does anything and everything to not be in trouble or are you that person who always gets written up? In this school there is a fine line between getting into trouble and getting out of trouble. For example, let's consider dress codes. If I wear short shorts would I be able to make it through the whole day without getting sent to the office at least one time? No! Here is the real question - can a girl on the volleyball team be able to wear a pair of short shorts and get away with it? Can playing a sport mean the difference between getting a Saturday school or getting away with a mere warning?

I had the chance to poll some students on this controversial issue, and the results are as follows: five out of ten student athletes said yes, that they get treated differently when it comes to disciplinary issues in the high school; nine out of ten students said yes, the athletes do get treated differently than the non athletes. One student athlete who said no they do not get treated differently gave me the additional comment "we do not get treated differently, but we should." In some of my experiences with getting deten-

tion, I have been treated differently than say a first string member of the football team would on game night for doing something he shouldn't have.

But wait haven't we all heard of the dreaded "I had to run extra laps at practice, and I had to do more pushups than anyone else." Could this be the punishment that keeps them from getting detention? Is it any worse than sitting in a room for thirty-five minutes? To me both options are a bad choice, so this could end the problem right here - instead of getting detention, practice will be miserable for you. Most student athletes really never get detention because maybe it is the fear of the practice which awaits them later in the day. Does this make them lose vouchers in the long run so they don't have to take any of their finals? No! This can also help the player on the field by giving them training to make them better. Last time I looked detention never gave any of us anything in return.

Perhaps in some of our eyes, student athletes do deserve special treatment. They help our school look good in sports. I, my-

self, do not agree with this issue because I believe the favoritism is there. It is happening and nothing is being done to solve the problem. Well, whatever the outcome may be we can never really figure out what is happening, or if one group of students is better than the other. Don't get me wrong. I have pride for my school, but I also believe in the phrase "If you do the crime, you do the time."

**Good luck to all winter athletes!**

The Quaker

## Pass the pigskin please?

By Adam Swiger

When most families get together on Thanksgiving Day, they usually sit around the dinner table and talk about their families and enjoy a nice meal with all their loved ones. Anyway you look at it every family has the own tradition they follow on this day. This is also true among the teams in the NFL. Since 1934 (except 1939 - 1944 due to World War II) the Detroit Lions have played a game on Thanksgiving Day. The Dallas Cowboys have also played on this day, but only for not nearly as long as they have only been playing on Thanksgiving since 1966, although they did not play in 1975 and 1977.

Many people wonder why this tradition gets carried on every year with the same two teams every year, regardless of how good or bad the teams are. The reason is that NFL views the towns of Detroit and Dallas as their franchise cities. The NFL is breaking a tradition this year though, by putting a third game on the NFL Network. Usually the games are played on either CBS or FOX.

This year's games are the following: Tampa Bay at Dallas, Miami at Detroit, and Denver at Kansas City. This is the first time a game not involving at least one of the two teams has been played on Thanksgiving. Also, for the first time, the NFL is having at least one game on Thursday's for every week after Thanksgiving, one of which is Cleveland vs. Pittsburgh.

The NFL has changed a lot of traditions this year, such as moving Monday Night Football to ESPN, moving Sunday Night Football to NBC to allow flexible scheduling for better games to be on Sunday night games later in the year. Whether or not the NFL ever decides to change to take Detroit or Dallas off of Thanksgiving Day is a thing we will have to wait and see.

Nerdy translation from page 5:

Time for a Nerdy Note. If you're tired of a lame Windows pc, check out registry hacking! A fully legal form of hacking. Be careful though, registry hacking can be dangerous for your computer.



# The Quaker Board

## He can walk through walls

By Jessi Howells

He's a new face around Salem High. Some may have seen him and just assumed him to be a new student. But to hear him speak, he is not just the boy-next-door. His name is Diego DeLaRivera, and he is our exchange student this year. I was fortunate enough to sit down with Diego and talk with him. With a smile he graciously agrees to humor me and answer my questions. This proved somewhat difficult. My Spanish is limited to an eighth grade level, and his adorably broken English on top of the accent makes him hard to understand sometimes. However, we got through it well enough.

A senior, seventeen-year-old Diego hails from Santiago, Chile, the country's capitol and a bustling metropolis of nearly six million. He came to our own little town, where he lives with the Mingus family, to attend Salem High School and graduate with the class of 2007. So far he likes living in the U.S. and has no complaints. One of the things he likes about being here, he says, is the people. Diego will have a busy year this year. He is currently playing soccer, has joined Interact, and is part of the Rotary Club with the other exchange students in our area, plus he plans on playing basketball and tennis when those seasons roll around.



Diego pauses to smile for the camera.

Here at Salem High, we have had our share of exchange students over the years, and all of them say the same thing if you ask them what they miss about home. Diego is no exception. More than anything, he misses his friends and family. While on the subject of home, we talked about what is different between Santiago and Salem. The two cities are like night and day mostly because of the size. "This must be like farm country to you," I said, teasing. He laughs a little and nods. He also says school is different. At the private school he attended in Santiago, the classes were harder than they are here.

As reluctant as I was for our session to end, I had one final question. "Now that you're here," I asked, "do you think the decision to come here was a good one and would you do it again?"

With a big smile and a nod he simply replies, "Yes."

It's hard being an exchange student. It's a complete culture shock, not to mention being so far away from home. For Diego, home is 5,183 miles away (that's 8,341 kilometers for those of you who think in metric). I commend all the teenagers over the years who have given up a year of their lives to leave their family, friends, homes, and everything they knew to go to another country to attend a new school, learn a new language, live with a new family, and make new friends. They have more courage than I could ever dream of having.

So Diego, this one's for you. Welcome to America. We're glad to have you!

## The pressure of tomorrow

By Jenni Federick

Senior year is a time for enjoying the last of the high school experience. It is a time to just let go and be an individual. It is also a time for choosing the path that will define the life you choose. In the back of your mind is that little voice talking about what is to come. That voice makes it very clear that the rest of your life is just around the corner. If college is your choice for the future, consider all the possibilities carefully.

When picking the college of your dreams there are a few things to consider. First and foremost is what type of institution is the school? The school of your dreams may not be where you want to end up. Knowing the type of institution helps you see how colleges organize their academic departments. Types of institutions include liberal arts colleges, community and junior colleges, agricultural colleges, technical schools, professional institutes, and universities.

Liberal arts colleges are mostly private and focus on undergraduate students in natural science, social science, and humanities. Community and junior colleges offer two year full study degrees. Usually these offer technical programs that get you immediate entry into the working world. Agricultural colleges, technical schools, and professional institutes get you prepared for specific careers such as schools of health and science, seminaries, and business colleges. Universities offer more majors and research facilities than colleges, and they are usually bigger. State universities sometimes contain all of these institutions in one.

The second thing is the size and location of the institution. Size has a big effect on the way the school appeals to people and experiences within the school. For instance, the academic majors that are offered, the athletics and extracurricular activities, personal attention, and the space available in labs and studios are things that depend on the size of the school. Location is also a big part of the school's environment. Being close to home or being far away dictates to your feelings.

The third thing to mention is the school's campus life. The ideal school would be one with a good balance between academics, activities, and social life. When looking at schools you want to check for certain things. These include the extracurricular activities and special activities which are offered. Also, consider the surrounding community's outlets for students. The culture of the school is big if you end up going to a school where you don't fit in. You want to make sure the school has groups you fit into. Religious affiliation can also change the school's atmosphere because requirements might change for dorm life. Are there guarantees on housing and how dorms are assigned? Being compatible with the person you will be living with is a big deal!

Finally, it is crucial to consider if you can afford the college you are considering. I know you've heard this for the past four years, but work with me. Figuring out the available money and the available loans is vital. Starting soon is a great way to ensure you see all the options you can. Missing out at the last minute would be a big blow to take. College is expensive, and it is a big step in the rest of your life. Think about being stuck and undecided. Then you never take the opportunity to secure financial aid. Then what happens? Well, you pay too much for too little.

Finding the college that is right for you is only the beginning of this important process. You also have to get into that school. You know it's the right fit for you, but you have to convince the admissions reviewers that you are right for that school. This is the rest of your life that hangs in the balance; let's see if you can't love the outcome.

## What are you eating?

By Jenni Federick

Advertisements tell you all about how good food is and how it tastes and who likes it, but what are they really pitching to you? For instance what is in all of these candies and cookies that everyone seems to be in love with? Why do we enjoy them and are they addicting?

The breakdown for a Snickers candy bar is ridiculous. There are 24.4g of fat in one 100g bar, which is 38% of your total daily fat intake. Of those grams there are 8.9g of saturated fat; this is 45% of your average intake. That to me is disgusting and totally unnecessary, but hey I'm just the un-American chocolate hater. The point is not just the fat content but also the fact that chocolate contains caffeine which is a drug. Society backs you up in the mass consumption of chocolate goods. However, it doesn't tell you the negatives; it just tells you the way it tastes. I'll be fair and mention the fact that chocolate has antioxidants and flavonoids that are good for you.

Okay, no more bagging on chocolate; it's unfair. What about something I eat too. Let's talk about French fries. I love French fries, but they don't love me. One large order of fries has 339 calories, and a regular sized fry has 210 calories. Now let's say you got a burger too. A burger without cheese has 225 calories and with cheese has 280 calories. So with a large fry and a cheese burger, we have 618 calories. That doesn't end it, though, we've got to wash it down, so let's get a Coke. With the cola's 156 calories, we now have 774 calories for one meal. That is gross, and I do it all the time.

We need to be eating fruits and veggies and good stuff. The world is trying to make you fail. They show you all this good looking stuff and trap you in an addiction of taste buds. Why does the media torture us? Why must we be sucked in? Eat fruit, eat veggies, cook for yourself, and use natural ingredients. You control your destiny. Your health depends on it.

## The play's the thing

By Jessi Howells

Everyone knows that every year the high school drama department puts on a fall play. But how many people know exactly what it involves?

It's not like the director just picks a random play out of a book and that's that. He or she must put careful thought into what type of play it is, what is needed for the play, the overall cost, and whether or not the School Board will approve it. After the School Board approves the play, it's time to fill the roles.

The shows aren't performed by experienced thespians; they are performed by students, and not just anyone may participate. Auditions are held a month or so prior to the show date to find the best actor for the part. Auditions are generally little more than a reading with the directors so they may get a feel for the student's strengths, weaknesses, and abilities. Once the parts are

cast, the real work begins.

Almost immediately the students are expected to begin memorizing their lines. This includes reading and re-reading the scripts over and over until the words are like second nature. The scripts are only one out of many costs that must be covered, and costs can get pretty hefty. Not only must all the script books be bought, but royalties must be paid to the author for each performance, sets must be built, props made, and costumes designed. Whatever the treasury can't cover must be made in ticket sales. Often there just isn't enough money and the students involved must be responsible for one costume. Learning lines is the hardest part of the play. But then the players must learn their blocking.

Blocking is where the actors are on stage, where they must

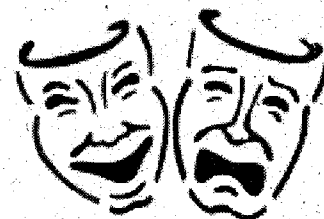
move to, and when they move. Blocking is constructed so that the speaking characters are facing the audience as well as acting to each other, the characters who are not currently speaking aren't in the way, and the scene still looks somewhat natural. Once the lines and blocking are finished, it's just a matter of putting it all together. This is, until tech week.

Tech week (the week before the production) is a rigorous and grueling schedule of practices working with the microphones and lighting to work out any bugs before the show goes on. Once tech week is reached and completed, the worst is over and the performances begin.

Putting on a play is not as easy and effortless as it seems. A great deal of hard work and cooperation is involved. Perhaps now

there is a better understanding of what exactly goes into a play and maybe now the actors, players, thespians, or whatever name is used for them, will get a little more respect.

\*This year's play, *A Wedding in Pittsburgh*, is an original 3-act play written by our very own Mr. Viencek. It will be presented the weekend of December 1 and 2 in the Salem High School cafeteria.



Comedy and tragedy masks, often a representation for theatre.

## Event Calendar

- Nov 17 - Sadie Hawkins Dance
- Nov 18 - Christmas Parade
- Nov 22 - 24 - Thanksgiving
- Nov 29 - ASVAB Test
- Dec 1 & 2 - Winter Play
- Dec 2 - SAT
- Dec 7 - Christmas Choir Concert
- Dec 9 - ACT
- Dec 12 - Senior Parents Financial Aid Night
- Dec 18 - Band Concert

