The Quaker

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A high school tradition for years.

January 2007

Keep on giving By Alyssa Nelson

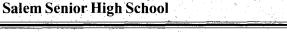
It's very easy to appreciate the generous effort made by other people. For instance, we all get a case of that warm, fuzzy feeling when we watch someone lend another person their coat, or when, as with the aforementioned case, we see someone organizing something like a holiday food drive. It makes us proud to know there are people out there willing to go the extra mile to be a Good Samaritan. For most people, that vicarious rush of pride is enough. It makes us feel like a good person just for being appreciative. But please, abandon your joyous standby for a moment and consider something:

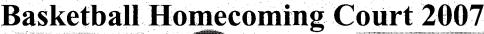
Wouldn't it be even better to participate in those efforts yourself? Anyone can sit around and watch as others go out of their way to be kind. It takes a special someone to actually offer their help. A group of these considerate individuals has banded together to organize the Cruisin' For Hunger food drive. Dan Kish, Patrick Gorby, Keaton Keefer, Brian Shivers, Josh Cosgrove, Tom Baker, Ryan Crowell, Brett Lee and project student advisor Tom Yuhanick are collecting food, clothing and money for the drive. They will also be raffling off handmade wooden cars – replicas of a 1934 MG – for money. The students have set a goal of 17,049 food itemsthat number representing the population of both Salem and Perry Township. Currently, the collection count is roughly 6,200, and the drive ends on February 28.

Why haven't more people contributed? The project was organized to help the needy when they need it most – when the winter is at its coldest, kitchens have been emptied because of holiday dinners, and the only things on sale are those stupid kinds of toys everyone returned on December 26. It seems as though, for all the heart-warming talk of goodwill toward men and wishing others the best during the holiday season, the gift of giving becomes irrelevant as soon as the Christmas lights go out. Correct me if I'm wrong, but it seems so hypocritical to speak of keeping one's heart open during November and December and then suddenly becoming miserly as January rounds the corner. It's about time someone saw the example these students are trying to set for community service and took Christmas spirit for a year-long ride.

Tom states that the motivation for the project was simply "to help out." He said he enjoyed working on this project and thinks they'll reach their goal. He hopes everything goes well and would like to ask the student body to help out as much as they can by donating food. If the group sells a good amount of raffle tickets as well, the drive should turn out fine. But there's still a need for regular food donations, so help is always appreciated.

The next time you happen to notice the kind efforts of another, don't turn a blind eye. Take the initiative and give a little. Give a lot. Give until it hurts. Give until you can't give anymore, and then sit back and know how wonderful it feels to actually help. Don't settle for waiting and watching. It's more fulfilling to get up, get out, and be helpful. Try it. You'll like it.







Emily Marie Bennett is the daughter of Fred and Yvonne Bennett. Her high school activities include Key Club, 4-H, Academic Challenge, Bells at United Methodist Church, and the Youngstown Youth Symphony Orchestra. Emily's future plans are to attend the University of Akron through Northeastern Ohio University's College of Medicine BS/MD program. Her escort is Ryan Crowell, the son of Barry and Marcie Crowell.



Alisha Jo Fata is the daughter of Louis Fata and Connie Poffenberger. Her high school activities include vice president of TACT, Project Support, Pep Club, and French Club. Alisha's future plans are to attend Youngtown State University. Her escort is Evan Webb, the son of Mark and Nancy Webb.



Brittany Johnson is the daughter of Bruce and Karen Johnson. Her high school activities include Interact, Tennis, Young Republicans, Big Brothers/ Big Sisters, and TACT (president). Brittany's future plans are to attend college. Her escort is JJ Johnson, the son of Dick and Devon Johnson.



Erin Michelle Murphy is the daughter of Mike Murphy and Linda Liggitt. Her high school activities include Varsity Track, Varsity Cross Country, and TACT. Erin's future plans are to attend Mount Union College and major in nutrition and compete in track as well as cross country. Her escort is Erik Bruderly, the son of Kurt Bruderly and Johnna Parke.



Kaitlin Schoch is the daughter of Jeff and Connie Schoch. Her high school activities include Spanish Club (president), Interact (vice president), National Honor Society (Secretary), Big Brothers/Big Sisters, and TACT. Kaitlin is also involved in singing (voice lessons) and has been taking dance for fifteen years. Kaitlin's future plans are to attend Baldwin-Wallace College and major in early childhood education. Her escort is Chad Cotter, the son of Dan and Abi Cotter.



Abigail Schuster is the daughter of Art and Kathleen Schuster. Her high school activities include junior and senior class officer, Young Republicans, Spanish Club, Big Brothers/ Big Sisters, and National Honor Society. Abby has also been involved in tennis since her freshman year. Abby's future plans are to attend Walsh University and major in nursing. Her escort is Travis Smith, son of Tim and Debbie Smith.

Evans wins Gold Key

By EJ Kataro

Salem High School's very own Alex Evans(junior) has recently won the Northeastern Ohio Regional Art Awards T-Shirt contest

His entry will be exhibited at the McDonough Museum during the 2007 Northeastern Ohio Regional Scholastic Art Awards Exhibition from January 20 through February 9, He will also be recognized at the Scholastic Awards Day on Saturday January 27 at the Bútler Institute of Art in Youngstown. There will also be a reception at the McDonough Museum of Art afterwards.

Scholastic has changed into the clothing line with this year's contest. The past five years it had been a billboard competition. The winner's art was exhibited on a local billboard. Salem has won this competition five years running. The two most recent winners were Sami Gano and Christopher Rhodeš. Alex Evans, who received inspiration from his daily sketches in his art journal, is to get the Gold Key Award at the school awards later this year.





Zahra Scullion is the daughter of Dennis and Aicha Scullion. Her high school activities include Spanish Club, Interact, Starfish, soccer (captain), and basketball (captain). Zahra's future plans are to attend Walsh University. Her escort is Cory Rickman, the son of Desi and Kit Rickman.



Basketball homecoming will be held in the high school cafeteria following the basketball game against East Liverpool. Tickets were sold previously for \$3 plus two cans of food, and \$5 at the door. Due to the fact that the dance is directly after the game; the students will be allowed to wear in formal clothing. The DJ for the dance is Matt Sabatino. Water and tacos will be provided for refreshments.

The homecoming court, which was announced on Thursday January 11, was voted on by the senior class on January 9. The winner of the 2007 basketball homecoming will be revealed at halftime of the game.

Opinion

War of the words

By Kaitlyn Fedyna and Anna Zimmerman

Q: What is your favorite winter outdoor activity?



Senior Alisha Fata 'Running around aimlessly in the snow with Kaitlyn and Anna."



Junior Zach Crouse "Light saber fights at Phil's house with Anna and Alisha."



Sophomore Meg Maroscher 'Snowball fights and sled riding.'

Point - Counterpoint: Religion in school

By: Jessica Watson

Should students be allowed to express their religion in school? I personally don't think that we should. There are so many problems in society as it is, let alone with religion. There is also so much racism that only knowing everyone's beliefs will cause even more. If you think about it, the doctrine of separation of church and state is hon-estly keeping us safe. After September 11, 2001, many Muslims were harassed because of where they came from and what they believed.

narassed because of where they came from and what they believed. In high school kids already have enough problems to deal with. Why would you want to mix all of those problems together with the problems they already have. Teenagers have criticism from people about grades, college, their friends, their significant other, and work. That is just the criticism from school that teenagers get. That is a lot of judgment to deal with already, why be judged on our beliefs? I believe that it should be no one else's business what we believe in so therefore it should be kept to oneself.

- to be attacked because you simply have something in common with a terrorist? I don't think it is, that is why I disagree with students bringing religion in to the school.

Bad rule of the month Parking permits

By: Erik Cibula

If you drive a car to school, you know the rules about the parking permit. Every student must have one, and it must be dis-played at all times or else you will not be allowed to park on school property. Well, not quite. If the school had their way, that would be how it goes. The way things are set up currently is that they tell you that you are required to have one, but if you don't, they really don't do anything about it. They never check the parking lot, unless they have to do a search. In the past it has usually occurred once a year. Even during that check, they didn't check for the parking tags. It is a bad rule that isn't enforced. So why bother wasting the time and effort trying to get the students to sign up for one? When asked, Mr. Kirkland said that it wasn't as enforced as the administrators would like it to be, but he also stated that the reason for it not being enforced anymore is due to the recent consolidation of the schools and staff. They no longer have the amount of people they did in the past. Therefore, they do not have the time to check and enforce the rule anymore. Also, they say it's for safety reasons. If they spotted a car in the parking lot that was unfamiliar and didn't have a tag in the mirror, they could take the proper actions to solve the problem. With the way that it is set up now, that would be impossible. First of all, almost no one has a mirror tag, and second of all, who checks the parking lot? I could see this working if they actually sent someone out to scan all the cars and ARKIN 21.1212 their permits in the parking lot 124 everyday, but the chances of that happening are very slim. In 001 001 fact, I'm sure that there are some people in this school that aren't even aware of this rule.

By: Sarah Humphrey

Everyone in the United States of America has the right to practice whatever religion they choose. If someone wants to wear a religious t-shirt, wave a religious flag, or hold public speeches about

their religious beliefs, they are allowed. So what is the big deal with students expressing their religious beliefs in school? In my opinion, students should be allowed to express what-ever their religious beliefs are without getting in trouble by a teacher or a principal. If someone wants to wear a t-shirt with "I follow Buddha" on the front, they should be allowed without having some parent call the school saying that their child was offended by the t-shirt. If another student wants to walk around the hall humming Christ-mas carols he/she should be allowed. I think it is ridiculous that just about grades, college, their friends, their significant other, and work.
shuft. If another student wants to wark around the nath humming Christ-That is just the criticism from school that teenagers get. That is a lot of judgment to deal with already, why be judged on our beliefs? I believe that it should be no one else's business what we believe in so therefore it should be kept to oneself.
In schools there is a lot of drama. Many kids are down in the around the school district, then there will most likely be more kids down in those offices. School authority will almost be guaranteed to have problems with children because of being taunted because of their religion or for taunting other children about their religion. My main reason for being against the issue of religion in school is because of the separation of church and state. If teachers are not allowed to teach church in schools then why should we granted to throw our beliefs around the school? Some people could families may disagree about their child's friend's religious beliefs. Now, when you think of tragedies that have happened to America, think of all the different people in our country that were harassed because of the people that caused those tragedies just be-cause they were the same religion. Is that really fair to other people - to be attacked because oy usimply have something in common with a terrefiel? Lock thereful a cause drawer and with a state and sudent attacked because oy usimply have something in common with a terrefiel? Lock thereful a cause they were the same religion. Is that really fair to other people
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Is the dress code fair?

By: Jessica Watson

Are the limitations on the clothes we pay for really fair? I see kids all the time getting yelled at for their jeans because they have holes in them. Really now most of the pants that you're able to buy in stores come with holes in them. I also see girls getting in trouble for shirts showing their backs or chests too much. Well, I would re

ally like to see some of the adults who object, shop in the junior's section. You can either get cute clothes that are tight (because that is how everything is made), or you can buy clothes that are not really that cute

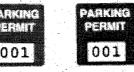


Freshman Zack Kenst "Riding my bike."



Teacher Mrs. McCracken Watching my daughter and hus band play outside while I eat chocolate!"

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is this shirt appropriate:

and huge on you. The one way that I have seen many girls get out of getting in trouble for how much their shirts are showing is band shirts.

That is when girls get in trouble for the pictures or words or anything on the band shirt.

It is the same situation with the guys. They get in trouble for wearing shirts that have two meanings. Really, who is the judge of the way we want it to be read. There may be a nasty way of reading it or a nice way of reading it; not every student wants it to be read in the nasty way. Some students want the shirt read in the

nice way. Really, my opinion is to let students spend their hard earned money on the clothes that they want to wear. I think until the school district pays for our clothes, we should be able to wear whatever we want. The clothes we wear should not offend anyone else, and if they do it really is not our priority to make everyone else happy. I think that as long as we're happy and we're not harming anyone, let us do it.



Would students enjoy school uniforms?

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Entertainment

Battle of the Bands Dry Kill Logic By Sarah Humphrey

It is not very often that a person comes across a heavy metal band that has actual deep meaning to their music. It is even less likely to come across a heavy band that also has many slower, sentimental, and meaningful songs. Both are found with the band Dry Kill Logic. This band is known for their heavy, unique, and interesting sound. The band holds the utmost pride in their fans. They also take great pride in their energetic shows. Unlike most hard hitting and heavy moshing bands, Dry Kill Logic also likes to come up with slower, relaxing songs. Whatever the tempo to their music is, each song holds meaning and shares a piece of life from the band.

The band originally formed under the name of Hinge in Westchester, New York, in 1993. The band consisted of Cliff Rigano on vocals, Dave Kewatch on bass, Scott Thomas on guitar, and Phil Arcuri on drums. In 1997 the band released their first EP album entitled "Cause Moshing is Good Fun." The album was released under the band's own label called Psychodrama Records. The record did okay. It brought many fans to the band, and the band got some higher class gigs. In 1999 the band received their big break. They released their second album called "Elemental Evil" un-der Psychodrama Records. The album did amazingly well allowing Hinge to open for such bands as Coal Chamber, Anthrax, Incubus, and System of a Down. Later in 1999 Scott Thomas, the guitarist, quit the band. Hinge decided to take some time off to get back on track.

Hinge found exactly what they were looking for in 2000. They meet a tattoo artist by the name of Jason Bozzi who also played guitar. It was a perfect fit. After naming Bozzi the new guitarist for Hinge, the music started to flow. Later in 2000 Hinge signed a record deal with Roadrunner Records. A few weeks later the band was forced to change their band name because it was already taken. Dry Kill Logic was born.

On June 5, 2001, DKL released "The Darker Side of Nonsense." In 2001 and most of 2002 the band had the privilege of touring with bands such as Fear Factory, Kittie, Ill Nino, Saliva, and Slayer. In October of 2002, DKL left Roadrunner Records. They then proceeded to do some relaxing work with putting together the idea of a new album. In October 2004, Dry Kill Logic signed with Repossession Records and released "The Dead and Dreaming." The album did very well. Dry Kill Logic now had a loyal army of followers

from all around the globe. In June 2006, the band released "The Magellan Com-plex." With this EP came the music video for their hit song "Paper Tiger." Later that year the band released their next full length album entitled "Of Ven-geance and Violence." The band has done very well for themselves and will continue touring for their new album through 2007. Their fans look forward to seeing their live, energetic shows and hearing their powerful music.

By Katy Birtalan

Keratoma

Keratoma is a five-piece band from Cleveland, Ohio, with a sound that is considered metal/industrial. The sound reminds me of Marilyn Manson, only with more powerful vocals. Often, Keratoma plays with Mushroomhead, and they have played with Dope and Lamb of God in the past. Seeing this band live is a great experience. Their presence on stage is astounding. When I saw them, they had at least two crowd surfers in the air at any given moment. The guitars were amazing, and their har-mony as a band, even though they are relatively new, was perfect.

In 2002 the band got its start with the primary focus to break free of what today's metal music was becoming, in their opinion "a force fed, format driven mind control, created by middle-aged record executives who's idea of artistic expression is limited to shag haircuts and the tightness of your pants." In February of 2005

Keratoma released its first full length album. The album was re-corded in Mushroomhead's studio, 'and "mastered" by Mushroomhead's own Steve (Skinny) Felton. Throughout the seventeen tracks, the music discusses problems with the government and everyday life. Currently Keratoma is working on their next masterpiece, with seventeen songs already done and plenty more to come.



Apocalypto – F Far and away one of the worst movies I have ever seen, plain and simple. Once again director Mel Gibson manages to make yet another violent slaughter film. His sick taste for con-stant gore and carnage is as displeasing as watching an execu-tion. Stick to acting Mr. Gibson, you can't kill innocent babies doing that.

The film reviews

By Ryan Newell

Blood Diamond – C-After a wonderful and Golden Globe nominated performance in The Departed, Leonardo DiCaprio managed to secure what has been called the best leading male performance of the year. Sadly he then starred in a film called *Blood Diamond*. Despite the stunning Globe nomination for this film as well, the film just falls flat halfway through thanks to the weak script of Charles Leavitt.

The Good Shepherd – A Excellent in almost every way, the Robert De Niro di-rected film starring Matt Damon leaps off the screen as one of the most entertaining movies of the year. Well written, superior direction and a great cast that includes De Niro, William Hurt, and Joe Pesci secure a spot as one of the best films of the year.

Little Children – A-

Kate Winslet, as always, steals the screen with this tragic masterpiece from director Todd Field. The wonderfully adapted screenplay and excellent acting on the part of Jackie Earle Haley add to the films appeal. Little Children is this year's independent gem, a must see.

Pan's Labyrinth – A+

A masterpiece says it all, simply one of the greatest films I have ever seen. The Spanish spoken film, with English subtitles, manages to capture the viewer and never let go. From the brilliant mind of writer/director Guillermo Del Toro, Pan's Labyrinth or El Laberinto del Fauno as linguistically translated, is the year's most enjoyable and original movie of the year. Young actress Ivana Baquero brings the wonderfully written character of Ofelia to life with breathtaking grace.

Snow Cake – A

Alan Rickman, one of the greatest English actors of all time, once again gives an amazing performance. This time, however, Rickman gives not only an amazing performance, he gives the best performance of his career. His performance as a man who survives a fatal car accident and later finds a friend in an autistic woman is simply majestic. This emotionally charged masterpiece is simply outstanding.

Actors Spotlight

By Ryan Newell

The Golden Globe Upset

The Golden Globes are over, and the clear winner was Dreamgirls. The musical, starring Beyonce Knowles and Jamie Foxx, won three Golden Globes including Best Picture Musical or Comedy. In addition to the top honor, Jennifer Hudson won Best Supporting Actress and Eddie Murphy pulled an unex-pected Best Supporting Actor victory. Despite being seen as the frontrunner, The Departed did not manage to capture the top honor. Director Martin Scorsese did, however, win Best Director, Babel, the multi-storyline drama co-starring Brad Pitt, won the highest honor for Best Picture Drama.

As predicted, Forest Whitaker and Helen Mirren won the top honors for Best Actor and Best Actress in a Drama for *The* Last King of Scotland and The Queen. Prior to winning for The Queen, Mirren won the Best

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Actress in a Television Movie or Miniseries for *Elizabeth I*. The HBO miniseries also won Best Miniseries and Best Supporting Actor in a Miniseries for Jeremy Irons.

Continuing her reign as the undisputed queen of Hollywood, Meryl Streep won Best Actress in a Motion Picture Musical or Comedy for The Devil Wears Prada. Sacha Baron Cohen, star of the hit film Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan, won the same honor as Best Actor.

As for television, Grey's Anatomy won Best Drama and Ugly Betty won for Best Comedy, as well as Best Actress in a Comedy for America Ferrera. Best Actor in a Drama Series went to Hugh Laurie for House and Kyra Sedgwick won Best Actress in a Drama for The



Martin Scorsese

Best Director winner for The Departed

Closer. Best Actor in a Comedy Series went to Alec Baldwin for the Saturday Night Live inspired comedy 30 Rock.

Next in line for the award season is the Screen Actors Guild Awards to be broadcast live January 28 on both TNT. and TBS. The nominations for the Academy Awards were announced on January 23 to be pre-sented on February 25.

The Quaker

By Brandon 1 al woou

Matthew Paige Damon is rising up in the world of movies. He is starting to get his name out there for big roles and great parts. Even though Matt won an Oscar for Best Original Screen-play for Good Will Hunting, he shares his award with his long time friend Ben Affleck, Matt and Ben also co-starred in the film along with Robin Williams who won a Best Supporting Actor Oscar. Matt is making his appearance in respected movies in the film world.

Matt's first film role was a one-line part in *Mystic Pizza*. Director Francis Ford Coppola noticed his performance as a Gulf War veteran turned heroin addict in Courage Under Fire and cast him in the lead role in The Rainmaker. Following The Rainmaker and Good Will Hunting, he landed the role of Private James Francis Ryan in Saving Private Ryan, a Steven Spielberg directed film. In the very controversial film Dogma, directed by Kevin Smith, he plays a mischievous angel who was laid off by God and given the boot.

Among his most recent hits are the Ocean's Eleven series, which follow a group of professional robbers. He also stars as Jason Bourne in the Bourne Trilogy, which has the final movie coming out sometime this year. In 2006 Damon played a crooked cop in the Martin Scorsese directed film The Departed. The movie pulled in six Golden Globe nominations and has solidified its stance as the frontrunner for the Oscars. Then his most recent release was The Good Shepherd, released December 22, in which he plays a CIA agent. As long as he keeps rolling in the good roles, Matt Damon will be here for a while.

Feature

Inner Nerd Linux By Wesley Lindberg

You're working in Microsoft Word, just putting the finishing touches on that newest masterpiece of an essay for your English class. You type your name and the date into the header and hit save. The arrow changes into the little hourglass and you wait...and wait...and wait. Then just when you've had enough of waiting, a dialogue box pops up with the following message, "Windows has caused an error in kernel32.dll. This program will now close." You stare gaping at the monitor without a single thought in your mind. That paper is due next period, and you had only just typed it. You had never saved.

Chances are that if you use a computer you're probably running some version of Windows on it. While Windows XP may be quite stable, the same cannot be said about any version of Windows before it including Windows 2000, the version of Windows the school uses. Often enough Windows will fail, and it will fail hard either leading to a program crashing, the computer freezing, or to the infamous "Blue Screen of Death," or BSOD for short. Almost all Windows users have experienced the BSOD, where the computer suddenly stops working, blanks out, then shows a blue screen with a bunch of white writing on it that most users do not understand.

It's one of those badly kept secrets that Microsoft and computer companies like Dell and Gateway don't want you to know. There are alternatives to Windows, and the best part is that most of them are cheaper if not absolutely free. The most popular alternatives are Linux and Mac OSX. Both alternatives are much more

stable and by their very nature offer protection against viruses and malware.

Linux is one of the easier to attain because the cost is more often then not \$0. All you need is a computer, internet access, and a CD burner (or in desperate cases floppy disk drive) to install Linux on a computer. Linux comes in many different forms called dis-



tributions which can be downloaded to a computer.

There are so many distributions to choose from that I can't possibly list them here. It can be a daunting task to choose a Linux distribution that suits your needs since they're all different. That's why you can take the Linux Distribution Test at <u>http://www.zegeniestudios.net/ldc/</u>. You'll be asked a couple questions, and at the end you'll be given links to several Linux distributions that suit your needs according to the answers you provided.

This journalist has moved over to Linux on several occasions, however, never stayed. Why? The computer runs virtually crash free. Viruses, adware, and spyware are all non-existant. But, why switch back to the ravages of Windows after such bliss? Because while most of Linux is blissful; there is that little bit that is not. It's like going to a beautiful beach resort and enjoying the scenery only to notice that there's this massive disgusting dumpster beside the eatery that's stinking up the joint.

'Tis the season By Kaitlyn Fedyna

The leaves start to fall, and soon after the temperature falls with it. The air becomes more crisp, and snow is on everyone's mind. However, there's more to the winter air than what meets the eye such as germs, microscopic viruses, and rhinoviruses. The dry air is what makes the germs and viruses more attainable. Rhinoviruses are droplets in the air that we, unfortunately, breathe in each day. Your nose can hold up to one hundred rhinoviruses before your immune system begins to react. So basically it's like there's a raging and wild party going on in your nostrils, and you aren't even aware of it.

The common cold or influenza has the typical symptoms of a runny nose, a scratchy or sore throat, headache, muscle aches, a stuffy nose, etc. Come on, you know the drill. Unfortunately, influenza can actually be contagious before you even show any signs or symptoms. This is what makes it spread so easily. There are many keys to killing this seasonal epidemic. The most effective way you can help reduce your risk of catching the flu is to just simply wash your hands. No, this does not mean dousing your hands in GermX or Purelle but actually washing your hands with good old fashioned soap and warm water. Obviously you should try and stay away from others that are infected, but if you do come in contact, wash your hands immediately. Other ways of prevention actually include eating healthy and exercising daily Also, always make sure you get the proper amount of sleep whether you're sick or not. If you are one of the

unfortunate ones that contract the flu this season, there isn' really much you can do to be cured faster. But don't fret; getting a cold isn't the end of the world. There are many over the counter medications that can help you survive a little more comfortably. Any sort of decongestant can help with that miserable stuffed up, disconnected feeling. Antihistamines can help shut off the water works in your eyes. Also a word to the wise, limit taking cough medicine during the day or even avoid it. It stops congestion from settling and can actually cause more infection. If you have the typical symptoms, just remember there is no actual cure for the common cold. A cold lasts seven days when you treat it with a prescription and lasts a week if you don't.

How to keep your New-Year's Resolution

y Cantlin Costal begins, ing the need to announce it to the

By Caitlin Costal As the new year begins, many of us engage in the annual, with-standing ritual of making a New Year's Resolution. Whether it's spending more time with family, adapting a more organized lifestyle, or simply shedding those few extra holiday pounds, the majority of us have made some type of goal with the coming of 2007. The staggering statistic, according to goalfree.com, is that only 8 percent of people across the country will stick with their resolutions this year. So, although fate

seems to be against us, there are the select few who will pull th r o u g h against the odds and maintain their goal. With this in mind, my focus this month is in regard to the

ever-so-common predicament of how to keep your New Year's Resolution.

My first piece of advice for you is this: <u>Set a realistic goal</u> for yourself. The underlying problem behind many failed resolutions is that many of us have a tendency to set unreasonable objectives. For instance, the obese 40-year old who decides to run eight miles every day to lose weight, or the hobo who decides that after his life of crime that he wants to becomes the next president. Remember to set a goal that you *know* you can follow through with.

My second piece of advice is to <u>tell others about your</u> <u>goal</u>. It is a well-known fact that people are more likely to follow through with their commitments if they have some type of accountability to hold them to it. If it's something personal, such as losing weight, try telling someone close to you (aka: a best friend or even a parent) instead of feeling the need to announce it to the whole student body. whole student body. Another word of advice I have for you is to <u>set a plan of</u> <u>action</u>. After deciding on your

action. After deciding on your goal, lay out a game plan of how you plan to achieve that goal. Also remember to *start small* and eventually *work up to* your objective. It can be very discouraging to attempt to keep a resolution if you jump head first into the water of ambition and find yourself drowning in the pool of failure.

One more tip that I have

for you is this: <u>Don't be</u> <u>discouraged</u> <u>if you get off</u> <u>to a bad start</u>. Keep in mind the old cliché "If at first you don't succeed, try, try again" as you attempt to follow through with

Can you keep that workout resolution?

your New Year's goals. Remember that altering your lifestyle can be very difficult, and it won't help to beat yourself up about it if things are going south. In some special cases, I've read of people starting their "New Year's Resolution" in the months to come. Starting in May or June can help to give many people a fresh motivation that the winter months simply don't provide.

As January comes to a close, keep in mind that although keeping your New Year's Resolution may prove to be difficult at times, the benefits reaped from keeping your goals will be far worth the obstacles. Before I close, I would like to leave you with a quote by Ellen Goodman. She once said in regard to the New Years holiday, "We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential."

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The problem, you ask? You will find no more troubling problem then installing programs onto a Linux machine. Everything else goes smoothly. From configuring your desktop, changing its appearance, changing tasks, and surfing the web everything runs smoothly except for installing new software. Most students have installed new software before, most likely an instant messenger such as AOL Instant Messenger.

The process on Linux begins very similarly to that of a Windows machine, you go to a website that offers the software and download the software package to the desktop or a folder of your choice. That's where it changes. Now, at this point, you can't just double click and hit install. No, on Linux it's a heck of a lot more difficult than that. Now that the program package is somewhere, you must open up a command line and enter in the commands to install it.

After everything else is so intuitive and graphic, why here must we must go back to the Stone Age and type in everything we want to do. Why? Why can't we just double click an installation file, enter a few details and have it install it for us? Part of this is security, but that could be fixed given some work. A built in application called YaST is offered in openSuse 10.2 that can take care of installing software in RPM format. But, RPM's can sometimes be tricky to find, and they are dependent on which distribution of Linux you're using.

Overall, if you can get past installing software you will absolutely love Linux. The security from viruses and malware, the low cost of entry, and the mostly user friendly interface will all add up to a very enjoyable experience. Linux is quite a change. And change can be tough, but change can be good too.



The Quaker

The Top Ten Reasons We're Glad We're Miss Johnson's Friends 10. She is NOT a "germaphobe"!

9. No matter the destination, her keen sense of direction will get us there, even if it means driving backwards on the freeway!

8. Broccoli chicken roll-"Is it okay to shrube the chicken?"

7. "Hey, are you going to the mall? Could you pick up ...? "

6. Symphony bar brownies- say no more.

Despite a recipe calling for 10,000 ingredients, a *dry* measuring cup, and 40 steps, she always assures us: "It's really easy- even YOU guys can do it."
 Without her, our gaggle would be incomplete. (It does take three witches to make a gaggle, right, Mr. Jeckavitch?)

We love that she is a kid at heart, and so do Angela, Emma, and Jack.
 During times of emotional overload we call to mind her motto: "Not Caring!"
 We admire her strength and ability to let go of the past and embrace the wonderful future that has only just begun.

HAPPY BIRTHDAY, MISS JOHNSON!!! Mrs. Wilson & Mrs. McCracken Personal ad

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Feature

Year of the Pig By Jenni Frederick

Although the Chinese follow a different calendar than we do, we still celebrate a similarly equal day. New Years is a holiday for everyone, although not everyone calls it the same thing. While we label the year using numbers, the Chinese have actual names for each year. I thought a further exploration of this couldn't hurt.

The Chinese have a set of twelve animals that represent the years in which we live. These include rat, ox, tiger, hare, dragon, snake, horse, sheep. monkey, rooster, dog, and boar that repeat in this cycle every time they come around. For us, 2006 was the year of the dog, and 2007 is the year of the pig The Chinese New Year's Day for 2007 is February 18 and by the Chinese calendar, it is the year 4703. The only other thing that I think will appeal to those working class folk is that on leap years, the Chinese not only tag on another day, but they tag on an entire month. Everyone loves an extra month of pay.

So on February 18, have a party and celebrate the New Year. If you happen upon any questioning souls, just let them know that it is the Chinese New Year. This way you can make new resolutions so you don't have to stick to your spur of the moment word vomit.

January2007

Top 10 New Years resolutions you never stick with By Kathy Ellis

1) Work out every day (reason why the community center is so busy during January).

2) Eat healthy- Do whoppers count?

3) Lose weight (get rid of those thunder thighs).

4) Be nicer to everyone.

5) Get to class on time this yearno tardies.

6) Get a job and get out of debt with your parents.

7) Improve your grades.

8) Quit smoking.

9) Drive slower and actually stop for the stop signs.

10) Do not wait until the day of your deadline to write your article.

Ah, the beginning of a new year! A chance to start again, to explore, to grow! I

Anew Congress

On January 4, the 110th United States Congress met for the first time after the November election when the Democrats took control of the House of Representatives. Nancy Pelosi was then sworn in as the first female Speaker of the House. Nancy Pelosi was also the first Californian and first Italian American in US history to hold that office. The thoughts on many minds are whether or not they will try to stop the funding toward the war in Iraq.

They also should have the upper hand in the Senate because the two independents are going to caucus with the Democrats. The President pro tempore is Senator Robert Byrd who is the third person in the line of succession for president. Ted Stevens is the current President pro tempore emeritus which makes him the most senior member of the minority party. The Senate is made up ofsixteen female senators, the highest number of females to date. There are thirteen of Jewish decent, three Hispanics, two Asian Americans, one of Arab decent and one African American. The average age of a senator is sixtytwo years old.

The House includes one Muslim and two Buddhists and thirty Jews. There are forty-two African-Americans and seventy-four female Representatives. There are also twentyseven Hispanics, four Asian and Pacific Islanders and one Native American. Keith Ellison became the first Muslim in Congress. Mazie Hironon and Hank Johnson were the first Buddhists. There were many changes in the 110th United States Congress: the Democrats took control of the house, Nancy Pelosi became Speaker, and finally new religions made it in to ongress.

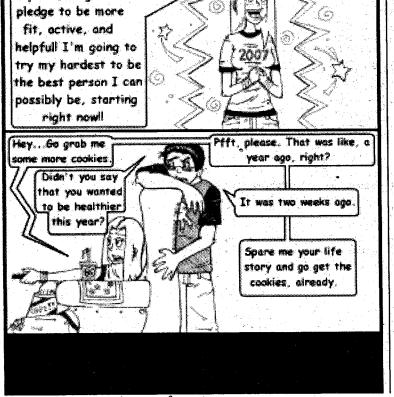
So what the heck? By Bridget Szabat

As we all know it is now the year 2007. Many things that were "cool" in the 70's, 80's or even the 90's may have gone out of date. One thing that seems to be popular in this century is piercing, gauging, crazy hair dying, and tattooing. Many times it seems as if the schools don't seem to accept this. Why not though? Could it just be our school system? If you look around at schools that have a bigger population of students, it seems that they seem to accept a wider variety of self-expression. Yes, all schools must have a dress code, but many things included in our rules don't seem fair.

One thing that is hard to understand is why some of these things are allowed but others aren't. For example, you are allowed to have tattoos and gauged ears, yet you are not allowed to have a facial piercing or hair dyed whatever color you want. Don't some of these things contradict each other? Instead of having your nose pierced, which is just a tiny hole, students are allowed to have gauged out ears, which are enlarged, stretched holes, many times making it possible to see through or stick pencils or other objects in. Why is it that you are not allowed to dye your hair whatever color you want because it may "distract students," but you are allowed to have colored dye injected on your skin that is permanent? Don't you think that a big tattoo with a design is more distracting to look at rather than somebody's hair? When people get tattoos, at first you may want to look at them, but over time you eventually stop taking interest in it and may forget it's there. Why would it matter if you had green hair then? Wouldn't people soon adapt to people having different colored hair too? Just because they are "unnatural" colors, this shouldn't stop people from being able to dye their hair these colors. Isn't all hair dying unnatural?

Rules are rules, but don't you think that someday they need to be updated? Whether people want to admit it or not, things are going to keep changing and so are self-expressions. If all the time you get limited to what you can do, then one day you are going to be surprised when you see more and more people doing this. Instead of being so conservative, it seems like people need to start being more accepting of the ways people want to express themselves. Not only do schools need to awaken to the way people want to have their bodies but so do employers. Don't you always learn that you aren't supposed to judge a book by its cover or that you aren't supposed to look at the outside of somebody, but see what's inside? Why do schools and other places have such a limitation to how you must look then?

Will things ever change? Will one day everyone realize that it doesn't matter what you do to yourself or how you look? Will society ever accept this and stop making all these silly rules about it? In my opinion, I don't think it will ever be accepted because no matter what people tell you, you get judged on how you look, and that will never change. Sometimes it is hard to understand why there are all these rules about what you are allowed to look like. What your image looks like shouldn't affect how you act as a person, but that's what people will always tend to think. A hole in your face or bright pink hair will not, or at least should not, affect how you think. A person's style shouldn't stop someone else from being able to concentrate, but who knows when someone will finally wake up and realize this.



High school never ends By Anna Zimmerman

"The whole...world is just as obsessed with who's the best dressed and...Who's got the money, who gets the honeys, Who's kinda cute and who's just a mess. And you still don't have the right look. And you don't have the right friends. Nothing changes but the faces, the names, and the trends. High school never ends." This is exactly how Bowling for Soup says it in their popular song "High School Never Ends." It just seems that we don't realize this until we get out of high school. Just when we think we're about to get out of "the most dramatic place on earth," you look around and see that everything is the same.

I will just say that I, for one, am sick of hearing people say "High school is all drama, I can't wait to get out of here." In all reality this drama will never end. We all know that you can't like everyone and everyone can't like you. So what makes us think that our drama filled lives are going to change out of high school? It won't. We will go work in an office, a salon, or a fast food restaurant and there will be people there that get on your nerves or wear last year's Nike shocks. You can't control what other people do. So, we should just start by first controlling our own actions.

The Quaker

So is there any cure for this disease that we call drama? No, I'm afraid there is not. We all create it and join in it for fun. It really is a vicious circle that seems to never end. Let's face it though, life just wouldn't be the same without the gossip and the trash talking people. Really, what would we do in our spare time? I'm sure we'd find something. If you need a drama fix turn on a soap opera, General Hospital anyone?

Don't worry, I'm not trying to waste your time, there is a moral to this story. Here it is: you will never be happy with anyone else until you are happy with yourself. So, when you think about saying something ignorant about someone, stop and think if that's one of the things you don't like about yourself, and then you will think twice about saying it. The second moral: money can't buy happiness and just because you have all the hottest new things doesn't make you better than anyone else. But if ,after you read this article and you look up and can't get over how ridiculous the hair of the person sitting across from you looks, you're doomed. Welcome to the never ending cycle of high school!

Sports



Leah Perry Basketball How long have you played basketball? Six years.

What influenced you to

start playing? - My parents both played sports in college so I thought I would try it because they had a lot of memories and enjoyed it. What is your most memorable moment while playing basketball?

- Playing basketball with a great group of girls who strive to do their best. Do you want to con-tinue playing after high

school? Not too sure yet. How does it feel to be a

senior leader? the respect I receive - It feels pretty good to the underclassmen. know that you're a leader of a group of very talented girls. You want all your goals reached being the

last year you're playing.



Erin Drotleff Cheerleading

cheering?

- Five years. What influenced you to What influenced you to become a cheerleader?

me. What is your most memorable moment while cheering?

- Cheerleading camp and winning the banana. cheer after high school? Absolutely.

How does it feel to be a senior leader?

played basketball?

start playing?

ball?

playing school?

- Michael Jordan.

Do you want to continue

enjoy every moment of it!

after high

Zahra Scullion Basketball

How long have you been How long have

Mrs. Hrvatin influenced

What is your most memorable moment while playing basket-- Beating Canfield last year at their place.

Do you want to continue

- No, not really. How does it feel to be a - It feels good because of senior leader?

- Oh, being a senior leader feels absolutely amazing. I the respect I receive from



Steve Durham

Wrestling

wrestling?

- Well, I wrestled in third grade, but I broke my elbow and I haven't wrestled you since. So this is my first

> What influenced you to start wrestling?

I don't know. I have wanted to ever since third

grade. What is your most memorable moment while wrestling?

would have to say when I broke my elbow in third grade.

Do you want to continue to wrestle after high school?

- Maybe if I stick with it. I mean I don't really know much, but I'm picking up things here and there. How does it feel to be a

senior leader? - I feels great because you

get to make the decisions, and you get to be a team leader.

Cleaning out our closets...

By Adam Swiger

On December 16 the Salem Athletic Office held a garage sale consisting of old athletic apparel from almost every single sport that Salem has. There were two reasons for holding this garage sale. One reason was to get rid of equipment that was severely outdated. Some of the girls' basketball jerseys that were sold were at least thirty years old. The second reason for the garage sale was to give students and parents alike the opportunity to wear Salem apparel.

Many different outfits were sold during this How long have you been event. When I asked athletic director Greg Steffey what was sold, he responded, "We had goof-ups of our football jerseys, old basketball and soccer jerseys. We also had warm-ups from track and basketball. We brought up about three truck loads of equipment from the middle school." At the end of the sale, they had raised a total of around \$1,600.

Any of the clothes that were not sold were then donated to the Salvation Army. Mr. Steffey added, "It's really nice to see students going to the events and being covered in Salem apparel. It's nice to see the students and public supporting their schools.

Manning vs. Grossman

By Chelsy Kaley

The Super Bowl is like a holiday to humans of all ages. It comes once a year and most people count down to this passionate day annually. Everyone gets together, hangs out, eats a lot of junk food, and parties just to watch the two best football teams face off to see who will be the next Super Bowl champion. Howeverto many people, it's even more than just a game. It gives • them bragging rights to their friends about their team being the absolute best team in the NFL. To others watch-ing the Super bowl is all about the astonishing commercials. But in the end, it's all about who wins. Super bowl XLI will be played in South Florida

on Sunday, February 4, 2007. At the beginning of postseason, there were only eight teams in the running to become the next title holder. The eight teams are the Chicago Bears, Seattle Seahawks, New England Patriots, San Diego Chargers, Philadelphia Eagles, New Orleans Saints, Indianapolis Colts, and the Baltimore Ravens. Being on top does have its advantages in the NFL. Both the Bears and Chargers clinched a first-round bye, the division title and home field advantage for their successful records. The Saints and Ravens only sealed their division title and a first-round bye.

Troy Smith-a Heisman dream come true

By Will Fithian

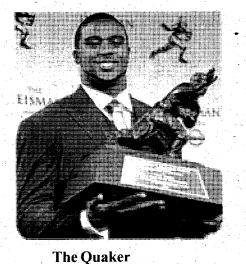
The Heisman Trophy is a college football player's ultimate dream. Its legacy lives in the previous winners starting year, the Buckeyes 2006 MVP, and the Big 10 offensive player of the year. Troy, the son of Tracy Smith and Kenneth Delaney, has three siblings. He attended Glenville High School in his peewee days. His senior year of high school he threw for 969 yards, and completed 12 touchdowns. In the winter of 2002, he was the last person to sign with the Buckeyes. Troy Smith is 25-2 as The Ohio State University Buckeye's starting quarterback. He has thrown for four or more touchdowns, four different times in his career. In three wins against Michigan, Troy has thrown for seven touchdowns and run for one, giving him 1051 yards against Michigan in his career. Smith's season this year was a great one. Only O.J. Simpson's Heisman victory was more one-sided than Smith's this year. Troy threw 297 passes this year, completing 199 of them for 2507 yards. He scored 30 touchdowns,

while throwing a mere 5 interceptions on the year. During the Heisman Trophy Presenta-tion Troy Smith was moved, saying "Normally,

from the 1930's and on until today. It is awarded to the most outstanding football player from that particular season by the Downtown Athletic Club, located to the southern end of Manhattan: The 2006-2007 season brought much competition in the Heisman run, but Troy Smith of The Ohio State University Buckeyes took the crown, hands down. Troy Smith joins seven other Buckeyes as Heisman Trophy winners. Previous OSU winners include the following: Les Horvath - 1944, Vic Janowics – 1950, Howard Cassidy – 1955, Archie Griffin – 1974 and 1975, and Eddie George 1995. Besides winning the Heisman this year. Troy Smith won the Davey O'Brien award, given the top quarterback of that season. He brought in many other awards including first team all-American by the AFCA and FWAA. He was named the "Sporting News" player of the

I'm pretty cool in pressure situations, but my heart is pounding so fast right now. I am at a loss for words. I just can't believe this is happening. It means everything. Just to be here in this situation. I love everybody back home in Columbus.

Here's to you, Troy. Thanks for car-rying the Buckeyes to a perfect 12-0 regular season. Thanks for your greatness, inspiration, and insight.



The NFL Championship game will be between two teams - the Indianapolis Colts and the Chicago Bears. Rex Grossman and Peyton Manning have had struggling seasons in pressured games. Peyton, along with the Colts, has had a successful winning season taking the crown in twelve of their sixteen regular season games. Peyton threw for a whopping 4,397 yards and threw for 31 touchdowns this season, the most out of all NFL quarterbacks. As for the Bears, Rex Grossman led the team to a thirteen and three regular season. Grossman threw for 3,193 yards in the regular season, completing 262 passes, with 23 for touchdowns. The Bears have been the underdog throughout all of the post-season but have somehow managed to fight through the turmoil and come out victors.

With two weeks away from the Super Bowl, we will sit tight and wonder who will be the next world champs. Start the countdown and prepare for an unforgettable bout between two underdog-quarterbacks.





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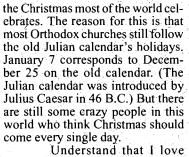
Too much holiday spirit? By Jessi Howells

We've all seen them, the eople who leave their Christmas lecorations up well into January if ot all year 'round. Christmas decoations, at least on the outside where veryone can see them, should be aboo starting the weekend after New Years and not permitted again intil the weekend after Thanksgivng. But after that, they should be aken down. Am I a Scrooge for hinking so? Is there such a thing

is too much ıoliday pirit? Or is here perlaps an enirely differnt reason ıll together? The only way to ind out for ertain is to isk people why they eave their ights up so ong. But wo of the nost comnon rea-

sons are (1) wishing Christmas lasted onger and (2) practicing Eastern Orhodox Christianity.

Eastern Orthodox Chrisians get an extra couple of weeks o take down their decorations because their holiday comes later. Orhodox Christmas is celebrated on January 7, thirteen days later than



Christmas as much as the next person. Having too much holiday spirit is utterly impossible. Yes, the lights are pretty, the spicy scent of pine from the tree is intoxicating, and nothing

Apparently someone hasn't realized its puts a smile almost February. on anyone's face more

> than seeing Frosty-wave at them when they pull in the driveway. But I believe the special feelings and warmth of Christmas should be left to the season and not abused all vear.

Yes, call me Scrooge. But please, Mr. Cratchit, take down your decorations before they overstay their welcome.

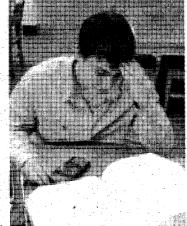
As students, we all have to take tests. When you're in high school you also need to be aware of the standardized tests you need to take. There are tests you need to graduate high school and to be accepted into college. All of the different ones can be quite confusing when it comes down to what tests you need to take and why. Hopefully by the time you're done reading, you'll know exactly what you

need to do. The ACT is for the collegebound student. It tests students in English, math, reading, and science. You can also take an optional writing section, but you only need to do this if the college you want to attend requires it. The test is all multiple choice, excluding the writing section, with 215 questions. A perfect score per section and overall is a 36. Your scores from the four sections are averaged, and your accumulative score is what colleges look at. The ACT is available for testing in October, December, February, April, and June. It is recommended that students take this test their junior year because the material covered goes up to the average students' junior year. It is accepted at most colleges including Ivy League schools. One nice thing about the ACT is that you can choose which score gets sent to the college you want to attend if you take the test more than once. There are a lot of ways that you can prepare for the ACT. Believe it or not, you should prepare for it because it's amazing everything that you'll forget once you sit down to take the test. You

Tests, tests, and more tests By Erin Griehs

The Quaker Board

can go online and take practice tests or buy a book that focuses on testtaking strategies just for the ACT. (From personal experience, the Princeton Review's Cracking the ACT is a really good book to use.) To get more information and to regonline, ister go to www.actstudent.org.



Adam Swiger studies for his next ACT.

An alternative to the ACT is the SAT. It tests you in reading, math, and writing. This test could be better for you if you aren't strong in science. It has multiple choice questions and some grid-in answers in the math portions. Each section is graded on a scale of 200-800. Each of your three scores is added together for your total score, so a perfect score overall would be a 2400. It takes three hours and forty-five

Mid-term crisis By Sarah Conrad

A regular day of classes during midterms and no ten minute breaks in between the tests? Inconceivable. If you are a sophomore, junior, or senior, I'm sure you were a little bit upset by the new mid-term schedule.

We had more time off school in our old mid-term schedule. What and teacher couldn't get upset by the thought of that free time

minutes to complete. The SAT is offered in October, November, December, January, March, May, and June. The one downfall of the SAT is that all of your scores are sent to the colleges you want to apply to if you take it multiple times. If you didn't do as well as you planned and you take the test again and do well, both of your scores will be sent to the college of your choice. There are multiple ways to prepare for the SAT. You can buy a study book, use all of the many resources offered at www.collegeboard.com, even receive e-mails or buy a calendar that asks you an SAT-type of question every day.

Another popular way to prepare for the SAT is by taking the PSAT. This test isn't as long as the regular SAT, but it prepares you for typical things that you can expect to find on the real test. It tests your abilities in reading, writing, and math. It is normally offered in October, and it costs \$12.00. It takes two hours and ten minutes to complete. One bonus of taking this test is that as a junior you can qualify for schol-arships offered by the National Merit Scholarship Corporation. Also, if you love to receive mail, by taking this test and filling out the required paperwork, you can get mail from colleges all over the country. Just like the SAT, there are resources available to you at www.collegeboard.com to help you prepare for taking the PSAT.

The Ohio Graduation Test, otherwise known as the OGT, is a test that the current sophomores will have to take this spring. In order to graduate you need to pass this test. The state of Ohio finds it necessary to test your knowledge in reading, writing, math, science, and social studies to see if you deserve a diploma. The OGT consists of multiple choice questions, short answer, and extended response essays. This test is really nothing to totally stress out about; however, if you think it's necessary you can buy a study book or

New year, new wonders By Emily Washam

The New Year has begun, and many people are starting the year fresh. Some have convinced themselves that they will stick to their diet this year, some are ready to go back to work with a new computer, or some may be listening to their new iPod. This year a course

has ever seen, there are still other ancient structures that have not yet been discovered or that have either been destroyed by time or our own ignorance.

This year an organization called New OpenWorld is hosting a website that sports twenty-one different structures

tures will become

NewOpenWorld

of history will be starting fresh too. People worldwide can now vote on what they want the New Seven Ancient Wonders to be. For those that don't know, the Seven Ancient Wonders that we recognize today are The Great Pyra-

mids, The Hanging Gardens, Zeus, The Temple of Artemis, The Mausoleum, Colossus, and The Lighthouse in Alexandria. All of the Seven Ancient Wonders were centrally located in the Middle East because of the distribution of the ancient civilizations. Of all these structures, only the Great Pyramids are still standing. All of these structures have been around for thousands of years and are considered some of the greatest structures on earth. Even though we consider the Seven Ancient Wonders some of the greatest architecture the world

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The last surviving Ancient Wonder of the World.

is encouraging people worldwide to vote for seven of the twenty-one structures. Anyone can vote on their website. new7wonders.com. Mr. D'angelo said that he believes that this topic is important because, "Since the recognition of the current Ancient Wonders, our world has become more technologically advanced. The world is familiar with the Ancient Wonders, so it's time to vote The results will be anagain." nounced in an Official Declaration Ceremony in Lisbon, Portugal, on July 7, 2007. So take part in changing a course of history. Log on to vote!!

getting robbed from them? Mr.D'Angelo, a teacher in the social studies department, stated, "I don't like the new schedule. I prefer to give onehundred questions and can not do this in fifty minutes. The time only allows me to do three questions per unit. It also is too much for kids that have a test during periods 1-3-5-7 on the first day with a short week to prepare.

There was a somewhat-decent explanation behind this administrative madness which was the concern for the eleven teachers who teach not only high school students but also middle school students. The other reason was the bells and how the bells would have had to be on a different time schedule...which is impossible. Senior Chelsy Kaley said, "I really don't think it's fair that we get the shaft because of the middle-school kids." Junior Kathy Ellis stated, "The shorter days for midterms make it easier to concentrate on your tests. Having to have 'study periods' for the periods we don't have to be there makes the day drag and the tests harder to concentrate on.'

I asked Mrs. Heineman (Dr.Shivers was not in and Mr. Kirkland was busy) if the teachers could verbally dismiss us, and she just replied with a simple "No." Dr. Shivers supported teachers who were testing on Wednesday and also their assigned midterm day. He believes that long tests are based more on stamina and concentration rather than knowledge. Sophomore Suzanne Waterbeck said, "I think the schedule is very inconvenient because of the time shortage, and it'll be hard to focus with little time to finish the exams. We shouldn't have to change for the middle school students.

Due to all of this negativity toward the new schedule, there must be at least one positive outlook on this situation which is the fact that all high school students on Friday came second period and left right after sixth period.

The Quaker

take a practice test online.

Tests are a typical part of the everyday high school student's life. However, they're nothing that you need to stress out about. By simply taking the time to review what you know and maybe take a few practice tests, more than likely you'll do just fine. It will all be worth it when you get your results in the mail, and you see that you did even better than you expected.

Event Calendar Jan 26 - Winter Homecoming Jan 30 & 31 - FAFSA speaker February-2007-2008 scheduling Feb 10 – ACT testing Feb 12 - Choir Pops Concert Feb 15-Conference Night

