

The Quaker

A high school tradition for years.

Volume 95, Number 4

Salem Senior High School

January 2008

The extra mile

By Brittney McCollum

Glenn Peison, Salem graduate of 2002, is making the journey from Winston-Salem to Salem, Ohio. He is running this incredible five hundred mile trek to raise money for MS. Multiple Sclerosis is a chronic neurological disease of the central nervous system. It affects the brain, spinal cord, and optic nerves. The cause of MS is currently unknown and there is no cure. There is, however, medical treatment to reduce the frequency and severity for most patients.

The amount that Peison is attempting to raise is \$20,000.00 to be donated to the Edward G. and Louise E. Mellen Center for Multiple Sclerosis treatment and research at the Cleveland Clinic.

Glenn is currently attending the North Carolina School of Arts and is in the middle of his senior year. His father is a victim of MS and is a big part of the reason that Glen is involved.

He is training heavily by running sixty miles a week and thirty miles on Saturdays. Peison wants to finish the five hundred miles to Salem in seventeen days which averages out to approximately 26-30 miles each day. "I have never attempted anything like this in my life, but I am extremely confident that I will succeed," says Glenn in his blog.

For more information regarding "Running for walking", contacting Glenn or to make a donation go to www.glennpeison.com/blog.

Destination: Brazil

By Bridget Szabat

Many of you may know Andrew Snyder, but did you know that he will be going to Brazil this coming summer? Andrew is a junior here at Salem but will be graduating with the class of 2008 in order to go to Brazil and continue his studies as a foreign exchange student. This trip will help him experience the cultures that other countries have. He will have the chance to experience how others live, different languages, and traditions that take place along with the way school and learning differ from our ways here in America.

When asking Andrew why of all places he chose Brazil to visit, he replied by saying, "I really wanted to go to Southern America, but I wanted to go somewhere that the native

language was not Spanish." I can only imagine the excitement that he must be feeling knowing that each day he is getting closer to experience the adventure of a lifetime. Andy will be leaving sometime between June and July but currently does not know where or with whom he will be residing. While overseas he knows he will be living with at least three host families in order to see the different home-lives of those in Brazil. "I've always been one to take what I'm doing at the time to the extreme," says Andy when asking what made him want to become a foreign exchange student.

After high school he said he would love to study chemistry and eventually become an anesthesiologist. We all wish him luck in Brazil and hope that he has a wonderful experience.



Brazil is the largest country in South America

How to make a snow day

By Erik Cibula

Around this time of year at Salem High School, you hear this phrase a great deal, "We shouldn't have had school today." This is always the one thing that all students have in common. When you wake up on a snowy morning and turn on your TV, you want to see "Salem" flash across the bottom of the screen. It's a big decision that is made by the superintendent of the school district. And whether we have school or not, he will always get criticized for the decision he makes. But have you ever wondered what goes into making that decision? A recent interview with interim superintendent, Mr. Louis Ramunno, provided a great deal of insight.

If Mr. Ramunno thinks that there is the threat of a snow or ice storm, he will wake up and begin his day at around 3:45 AM. In addition to driving around and seeing the road conditions for himself, he also works with the city's transportation director to stay up to date on the current road conditions around the city. There are also three or four superintendents from other school districts that he consults, based on the location of the storm, to see what decisions they have made regarding their schools. Upon hearing a response from them, he will look at radar maps to see where the storm is and base a major part of his decision on that. For example, if we are at the tail end of a storm, he makes an assessment as to whether the city road crews will be able to get the roads cleared in time for the buses to get out. If the transportation director says they need more time, then

a two hour delay would be necessary. He also said that a major part of the decision is based on making a prediction as to what direction a storm will take and if Salem is in the direct path. Based on all of that, the decision is usually made between 5:30 and 6:15.

The next part of the morning, after the decision is made, is getting the word out. If a one or two hour delay, or the entire day of school is called, all school employees will receive a phone call from an automated system. He must then make six calls to local television and radio stations using a secret code to report Salem's status. After he reports it to the media, then the students and parents will begin to see "Salem" on the bottom of the TV screen or hear it on the radio.

All of this is done within a two hour time span. What goes on during this busy period determines what students all over the city of Salem will be doing with their entire day. Whether it is sleeping in for a few extra hours, hanging out at home all day with their friends, or spending the day at school, only Mother Nature can tell what the answer to that will be.



Frost y hates two hour delays

Quaker babies

By Jordyn Hissom

Since last summer four teachers have welcomed new arrivals to their families. Three of the babies are little girls and one is a boy. Mrs. Bosheff, Mrs. Page, and Mr. Andres each had girls, and Mrs. Evans had a little boy.



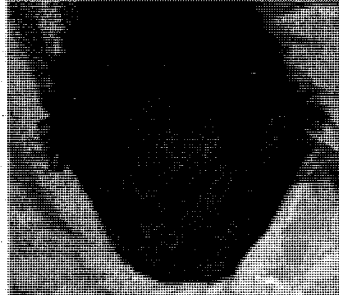
Mrs. Evans

Braydan (Brady) Scott Evans
January 7, 2008
12:54 p.m.
8lbs 15 oz.
21 1/2 inches long



Mrs. Page

Madison Rosaline Page
December 17, 2007
7:32 p.m.
7lbs 5oz.
33.3 cm



Mr. Andres

Madalynn Grace Andres
December 21, 2007
2:59 p.m.
8lbs 6oz
22 inches long



Mrs. Bosheff

Brooke Ann Bosheff
June 18, 2007
5lbs 8oz
18 1/2 inches long
Current: 14 lbs 10oz, 25 inches long

Opinion

Point Counter Point The energy drink wars

By Theo Keniston and Derek Hale

Theo: Well say there, great infallible Derek Hale, would you fancy yourself one of these deliiiiicious carbonated energy drink sodas that I have here with me in my pocket to my hoody near my lap on my person?

Derek: I thank you graciously, but I must decline. You see I am completely against energy drinks. I am an advocate for healthy eating and drinking. Partaking in energy drinks falls under neither of these, so I am completely and totally against it.

Theo: Are you insane? Why, for any sane reason, would someone turn down this fluffy, deliciously buttery and flaky, phosphoric-panthothenic-maltodextrin, god gifted Amp energy drink (brought to you by the proud makers of Mountain Dew)? It's arguably the best drink known to the population of man and woman. I think bill Clinton might've said so or something.

Derek: Please, let's not bring Willy into this one. The reason why I would turn it down is because it is completely unhealthy. I value my health above anything and everything else. You are asking me if I would like to decrease my health. I say nay. Energy drinks are filled with a ridiculous amount of caffeine, and most have manufactured caffeine which is terrible for you. I have it on good authority that those Amps you have there are one of these drinks. You are insulting my health. Plus energy drinks do -5 to my defense.

Theo: Well, as far as my research tells me (and my research is quite in-depth, consisting of googling "energy drinks") Amp, as well as most other energy drinks, really only has about as much caffeine as a small cup of coffee. A small price to pay for the ecstasy found in the can's elixir.

Derek: Your research talks of only one serving; you have two 'TALL BOY' Amps there. That is a whopping four servings. Everything is good in moderation, even energy drinks, but having four times the recommended serving is not healthy at all. You should be ashamed.

Theo: Ashamed? Man, you're deranged. Think about it, when you're all sleepy and dozing off during a lengthy lecture, what better than the equivalent of a donkey kick in a can to keep you attentive? Not to mention the taste is like... so good, it's way good, so awesome.

Derek: What better? I will tell you what is better: a full night's sleep. Nothing legal, can come close to the health benefits of getting a good night's sleep. If we just pump caffeine into our bodies we are delaying the inevitable and at a great cost too. Sleep will cure your ailments where caffeine will make you jumpy, jittery, and have to go to the bathroom.

Theo: One time I was tired and I drank an energy drink. I wasn't tired then. Plus, your argument still doesn't dispute the fact that most energy drinks taste a thousand one hundred fifty-five times better than average soda. I mean, heck, if energy drinks were really bad, don't you think there'd be some sort of movement against them? I don't see people protesting Monster's factory like they do on the anti-tobacco commercials, and we all know darn well that the television doesn't lie.

Derek: No movements? The energy drink Spike Shooter is banned in Colorado schools after hospitalizing two students. Red Bull is banned in France and other useless European countries because of its alarmingly high caffeine level. As for taste, I am sure a chocolate covered piece of deep fried bacon wrapped around a cut of pork's belly would taste good, but that is no reason to eat it. Energy drinks can taste good and be healthy if they just get rid of some of the caffeine.

Theo: Blah blah blah, that's irrelevant. Those kids got themselves in that. You said it yourself; all things are fine in moderation. There are tons of things that destroy people that would have been fine had they just paced themselves a little. I say, if you can't take the heat, stay out of the kitchen: if you can't lift the weights, then do like Aerosmith and "walk this way."

Derek: Yes, but you can't offer me an obscene amount of energy drink and then talk about moderation. Heroin is illegal. Masochism is awkward. Clinton... Well, Bill is cool. These are all irrelevant. Energy drinks are plain out not good for you. You can argue and say it isn't bad but it isn't good and isn't healthy. Water is the best drink out there for anybody who is a healthy-type like me. If you don't care about irregular heart beats or putting a lot of stress on your system then go ahead - drink the drinks, but you have all the ill-effects coming.

Theo: Let us simply agree to disagree.

Derek: Alright, that sounds pleasant. Would you care for a Coke?

Theo: No way man, that stuff will kill you.

Editing what people hear and see

By EJ Kataro

Most students walking in the hallways don't really think about what they're saying at all. Most students don't really pay attention to news media, but we always hear in the hallways about how certain people "hate" edited music. And I suppose that brings up the question about how political correctness fits into this subject. Well here are some facts and details.

What really is censorship? The definition of censorship according to Wikipedia is the suppression or deletion of material, which may be considered objectionable, harmful or sensitive, as determined by a censor. This topic is a very touchy subject among a lot of Americans across the country because some believe it is unconstitutional to edit things. They fear that editing hides information from the general public that shouldn't be hidden.

Who censors the music, news, movies and other things we listen to? Religious and secular groups, corporations, and the media itself all censor things that they support, sponsor, release, and etc. Most people consider censorship to be the removal of controversial or inappropriate material from media. This is the censorship I'd like to address - the censorship of music, magazines, movies and other similar things. Music censorship can take many forms such as parental advisory labels, banned concerts, banned cover art, rating systems, legislative bills/laws, and banned clothing. Who is responsible for the censorship of the music we listen to? Organizations that are involved in music censorship are radio stations, MTV, companies such as Walmart, and organizations such as the Parents' Music Resource Center (PMRC) are responsible for censoring and labeling albums. After being forced into editing it's releases by the Parents Musical Resource Center (PMRC) and a series of Senate hearings, the Recording Industry Association of America (RIAA) deems music inappropriate and stamps albums or songs with the "dreaded" Parental Advisory sticker. Songs with explicit

language, racist views, and harmful references on them are stamped with this label. The Federal Communications Commission (FCC) which was established by the Communications Act of 1934 is the major government agency that censors music and other things like movies. They have a bureau specifically for the media that develops, recommends, and administers the policy and licensing programs relating to electronic media including cable television, broadcast television, and radio in the United States and its territories. The Media Bureau also handles post-licensing matters regarding direct broadcast satellite service. Amazingly there are no censorship laws regarding anything. I believe this truly does impede on our freedom of speech but tastelessness is an issue.

The first amendment was put in place to keep the government from controlling our media. This law does not apply to religious and community groups. Because record companies are not federally owned and operated their censoring is legal and constitutional. The censorship of music is only unconstitutional when it is being done by the government, its laws, or its agencies.

Along with the concept of censorship comes another very controversial subject, political correctness. As mentioned in previous issues of *The Quaker*, there are organizations throughout the United States that are trying to take down American institutions because they "can be taken in the wrong manner." Arising issues such as saying "Ho ho ho," being linked to prostitution is a good example of political correctness. It's amazing but political correctness actually affects our school paper as well.

Political correctness arose because of the idea that a person's speech and his or her writings and ideas reflect the mentality of whomever or whatever they are speaking about. For example, the name of the Washington Redskins is considered to be politically incorrect because it is diminishing to Native Americans to speak of them

as redskins. Political correctness not only covers the racial field but also religion and gender. One of the most humorous examples of political correctness found while researching was the attempt to convert the phrase French fries to Freedom fries because France failed to support the United States in the war in Iraq. One could argue that recent times have seen a decrease in political correctness. Tolerance for things such as interracial relationships, homosexuality, and political heterodoxy have increased. This has led to greater freedoms of thought and speech. Critics of political correctness have been accused of showing the same sensitivity to choice of words they claim to be opposing and of perceiving a political agenda where none exists. A nursery school supposedly altered the nursery rhyme "Baa Baa Black Sheep" to read "Baa Baa Rainbow Sheep." The nursery, run by Parents and Children Together (PACT), simply had the kids "turn the song into an action rhyme. ... They sing happy, sad, bouncing, hopping, pink, blue, black and white sheep etc. The claim about the nursery rhyme was widely circulated and later amplified into a suggestion that similar bans be applied to the terms "black coffee" and "blackboard."

Political correctness is a big deal in the world today. One should understand that one should be respectful toward new and different ideas. It's a typical human act to strongly dislike anything people don't understand or don't comprehend. Open-mindedness on both sides of the political correctness war needs to be achieved to truly resolve this drastic issue.

Political correctness and censorship are both major issues within the United States. They come hand in hand but are totally separate issues. People in general need to be aware of what is being done in our country. Help raise awareness and get involved. Make a choice to either stop or continue monitoring and suppressing what is seen and heard within the media in everyday life.



"The fact is that censorship always defeats its own purpose, for it creates, in the end, the kind of society that is incapable of exercising real discretion."

-Henry Steele Commager

Downplay rocks Salem

By Drew Jones

It all started with a 16-year-old teenager picking and selling strawberries to buy his first guitar to start the eventual rock band that is known as Downplay. The name Downplay really doesn't have a deep meaning says Dustin Bates leader singer and guitarist, "I wish there was some deeper meaning behind it, but there isn't. I guess it is better than have some profound band name and craptastic music. Nevertheless Downplay is still a fitting name because we struggled for a long time to get everyone in the band to take it seriously."

Downplay, a band based in Columbus, Ohio, started all the way back with Dustin Bates obsession with rock bands in high school. As for Downplay specifically, it originated while they were in college as a spin-off of an ongoing band called Scratch Resistant which they had been in since they were in this very high school, Salem High. Downplay formed eight years ago as a cover band. Two of the original members moved



to Athens, Ohio, for degrees at Ohio University, where the band quickly became a popular and talented cover band for outdoor festivals and street parties. Their first album "Saturday" began recording in April 2005 on a \$1,500 budget at Ohio University's audio production A-Studio; the recording and mixing processes were facilitated by the OU audio engineering students. "The Crystal Song" a "bonus track" on their first album was a spoof hip-hop song about the booze-driven social culture and the predominantly Greek/fraternal community. It proved to be a campus favorite on the album, frequently played in bars and at house parties on and off campus. Downplay then officially returned to the studio to begin recording the album that is now known as "A Day Without Gravity." Downplay then acquired nearly \$14,000 in investment money which would be used to fund the album production as well as its marketing. The album is set to be sold to the industry at \$12 each.

Downplay is a product of the style of music that the band likes and the specific emotion that they are trying to convey in a song. It's not as heavy as hardcore metal but definitely not pop-rock or emo either. Bates went on to say, "I try not to pigeonhole the band into some specific repetitive sound, but at the same time certain elements are consistent through our newest album... big rhythmic guitars, powerful drums, catchy hooks, and strong melodies and harmonies."

With their newest release, "A Day Without Gravity," came a plethora of meaning within their songs. One song in particular had a special meaning to the band and fans of the band. "The B-Side" addresses long time elementary school friend and college roommate Lantz Bricker, who died in a plane crash last year. Bates said, "The B-Side" is for him and his family and friends." The band said, "It's more or less about how you don't appreciate how good you have it until things change for the worse." If you want to find a copy of "A Day Without Gravity" the best way would be to visit www.downplayrock.com or www.myspace.com/downplaymusic. Other than that you could pick it up at an upcoming show. The band commented on the absence of their album in retail stores, "We aren't yet being sold in the chain stores like Wal-Mart and Best Buy, but we are working on it."

A few weeks ago a large show was performed in Salem with both Made In Canada and Downplay taking the stage. On December 21, 2007, Downplay played in Salem in the main hall of Timberlanes. Bates went on to say, "It was probably our last stop in Salem for a long time since we are starting to play all over the place these days." Last time Downplay played in Salem the crowd was 300 strong and the December 21 performance was even a larger show this time around. It doesn't matter if you love them or hate them, you have to respect them for their love of the music and dedication through all these years.

This month's winner is, astoundingly to some, the Bad Guys. While the likes of Phil Collins have a much more vast and extensive repertour, The Devil Wears Prada brings such a different feel and excitement to a genre filled with cliches. In no way would I ever accuse Phil Collins of being anything less than unique, but TDWP is unique in a genre that finds it, time and time again, harder and harder to be so.



American Gladiator

By Emily Washam

The New Year always brings new shows to our TV's, and the beginning of 2008 is no exception. Among NBC's new shows surfaced one that immediately drew America's attention: *American Gladiator*. The first gladiators were from ancient Rome and exhibited incredible physical and mental strength. Romans loved blood sport and the gladiatorial games gave them all the action they could want. These early games usually consisted of gladiators either fighting other gladiators, wild animals (such as lions), and slaves. The games were only over when there was one man or animal left alive.

Today's show *American Gladiators* is different from ancient times; however, the concept is the same. All of the contestants are strong physically and mentally, but they strive for the same goal set in early times - to be the last gladiator standing. The show *American Gladiator* consists of twenty-five contestants and twelve gladiators. The contestants

face the gladiators in numerous challenges such as Assault, Earthquake, Power Ball, Gauntlet, Hang Tough, Wall, Joust, Pyramid, Hit and Run, and the final test, the Eliminator.

During the show contestants earn points based on their performance in each obstacle. Contestants muscle their way through several events and then face the Eliminator. By the end of the challenges, for each point that you are ahead of your opponent, you get half of a second's head start in the Eliminator.

The Eliminator puts the contestants through ten different challenges. The first person to break through the wall at the end of the course is named the winner and may move on to the final round. Overall this show is pretty good. It's cool to see the average, everyday American go up against a renowned gladiator and come out on top.

Battle of the Bands

By Theo Keniston

GOOD GUYS

Phil Collins

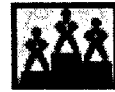
Perhaps one of the greatest musicians of the modern age, Phil Collins is illustrious in the most extensive sense of the word. Crawling from the slums of London in the late 70's, the buzz on the tip of everyone's tongue was "Genesis," a rock group whose creative genius was fueled by Collins' infallible sense of rhythm, timing, and experimenting.

Rising to fame with a slow but steady snowball effect, Genesis had propelled Collins to stardom as their front man, but it was his solo career that sealed his credibility in history. Though some may not realize it, they've all heard some of Collins' work, whether it be famous singles like "Sussudio" or "Another Day in Paradise" or his Grammy award winning works in the Disney Tarzan soundtrack.

If you haven't heard of Phil Collins, then you definitely need to hit up your nearest CD store or source of music downloading. You'll be amazed at the genius of Phil Collins as well as Genesis.

The Devil Wears Prada

BAD GUYS



It's understandable that if asked to describe a Christian rock band, they'd immediately jump to the likes of Relient K, a popular alternatively-influenced rock band whose message is primarily that of praising God or some other sort of Evangelistic nature. Some might even go as far as to describe the cliché tambourine and gospel singing folk sound attributed with many Christian groups.

Most, however, would never describe a band similar to The Devil Wears Prada. Arguably the most bizarrely named band in the Christian genre, TDWP borrowed their name from a popular book that recently became a popular movie, though having their own meaning behind doing so. Blossoming from Dayton, Ohio, TDWP is lead vocalist and supplier of the death growls/screams Mike Hranica, guitarist and supplier of the melodic singing Jeremy DePoyster, lead guitarist Chris Rubey, keyboardist James Baney, drummer Daniel Williams, and bassist Andy Trick.

TDWP falls under what would be considered either metal or hardcore, though they're so much more. Mixing the energy and emotion of hardcore and metal music with amazingly harmonic guitar and short singing parts, all the while blending them with the emotional ferocity of hard screaming vocals, they've developed a sound that bridges many genres. The most outstanding feature to TDWP's music is their overall positive message. All of their lyrics are of wholesome and good moral standing, if not directly a Christian message, which in my opinion is a good thing whether you're a Christian or not.

There are so many negatively influenced bands as competition; it's uplifting to see someone break the mode that their genre has been placed in. So give them a shot, though they aren't for the faint of heart, and maybe... just maybe... you'll be surprised.

The life of Will Smith

By Richard Myers



Will Smith was born in West Philly. His birth name is Willard Christopher Smith Jr. His dad was a refrigeration engineer. His mom was a part of the school board. He met DJ Jazzy Jeff while still in school. They got together and became known as DJ Jazzy Jeff and the Fresh Prince. They went on from 1985-1994. One of their most famous songs that they sang was "Parents Just Don't Understand." That was also the theme song to his hit television show *The Fresh Prince of Bel-Air*. While he was doing the show, Smith also did *Six Degrees of Separation*. His acting role took off when he starred in *Bad Boys* with Martin Lawrence.

After his television career ended he acted in two well known movies, *Men in Black* and *Independence Day*. He turned down the role of Neo in the *Matrix* for the role in the movie *Wild Wild West*. He looks back and, still after his movies failure, says that it may have not been the best choice but the *Matrix* was a big mistake. Later he starred in other great movies such as *Muhammad Ali* and in *The Pursuit of Happiness* in which he acted with his son, Jaden Christopher Syre. While making the movie *Men in Black*. He recorded two hits that went platinum. They were "Gettin' Jiggy Wit It" and "Just the Two of Us." The most recent movie that he made was *I Am Legend*. In this movie he acted with his daughter, Willow Camille Reign.

Will Smith married Jada Pinkett in 1997. They had their kids Jaden in 1998 and Willow in 2000. The Smiths own houses in Star Island Florida, Miami, L.A., Stockholm, Sweden, and Philadelphia. People think that since he is friends with Tom Cruise and Kaitie Holmes, who study Scientology, that Smith also studies it. He has neither agreed with the statement nor disagreed. Some of the shows and movies that he starred in were *Fresh Prince of Bel-Air* (1990), *Bad Boys* (1995), *Independence Day* (1996), *Men in Black* (1997), *Ali* (2001), *Jersey Girl*, *American Chopper*, *I, Robot*, and *Shark Tales* (all in 2004), *Hitch* (2005), and *I Am Legend* (2007). Two of the movies that he is going to star in this year are *Hancock* and *Time Share*. His records that he released were *Big Willie Style* (November 25, 1997), *Willennium* (November 16, 1999), *Born to Reign* (June 25, 2002), *Greatest Hits* (November 26, 2002), and *Lost and Found* (March 29, 2005).

Feature

Are tattoos an expression of self or a fad?

By Ciara Cicogna

Have you noticed all the tattoos we're seeing these days? I'm not just talking about in the world; I'm talking about in our school. I guess it's just another sign letting us know we're not in the sixth grade anymore. We are young adults, and there are no school rules against tattoos. When I think about getting a tattoo, I think of it representing something that has meaning to my life. For example, for my eighteenth birthday I'm getting a tattoo that is in memory of my dad. There are several students who I've seen with tattoos in memory of someone who has died, and I would consider that an expression of self. No offense to anyone with what appears to be meaningless tattoos, but when I see people with the Carebears or Dolphins tattooed on their bodies, I think to myself what could that possibly mean? Of course, I could be wrong, and that could have a very significant meaning, but for the majority of the time it's a fad. That person could have thought the design looked cool in a book or it was just a spur of the moment thing or it could have even been because everyone else was doing it. That's the reason we hear more often today.

I sent around five survey sheets asking the following six questions: Where is your tattoo? When did you get it? What does it mean? Do you regret getting it? How much did it cost? Did it hurt? The one question I was particularly looking at was do you regret it. Out of the five people I asked, not one of them regrets getting their tattoos. When asked how pricy the tattoos were, they ranged from \$30-\$300.

Senior Becky Mussler has three tattoos - one on her hip, ankle, and the back of her neck. When asked what they meant she replied, "The one on my hip is a dolphin, and I have been in love with dolphins ever since I was little. The one of my ankle is a Chinese horse sym-

bol. I have shown horses for seven years and recently quit this year. The one on the back of my neck is a moon and star." When describing the pain factor she said, "I'm not going to lie; it hurt *really* bad."

Will Fithian has one tattoo on his ribs. When asked what his said he explained, "Be strong and courageous. Do not be terrified. Do not be discouraged. For the Lord, your God, will be with you wherever you go." In response to did it hurt, Will replied, "Worse than anything I've ever felt."

Joe Hamilton has two tattoos - one on his left tricep and one on his right bicep. What do his tattoos mean? "The one on my tricep says Hammy. That's my nickname, and the other is a tribal design." When asked if they hurt he said, "No, not at all. People over exaggerate too much."

Seth Harding has one tattoo on his upper back. "It's my name," he explained. As to whether it hurt, Seth proclaimed, "Yes, immensely."

Curtis Crank has many tattoos, but only described one, I'm guessing the most important to him. This one is on his right forearm. What does it mean to him? "It's an 'in memory of' tattoo for my father." He said that the pain was "not too bad, just burned."

As you can see, no one is the same. They get tattoos with different meanings and for different reasons. As I stated before about the dolphin, it doesn't have meaning to me, but then in Becky's response it does to her. If your parents are hesitant to let you get a tattoo, it's because they are on your body forever. This is one issue where you don't want to just jump on the bandwagon and do it because everyone else is. If you are to get a tattoo, make it an expression of self, not a fad.

Settling in for second semester

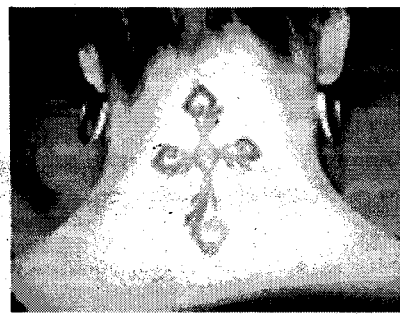
By Colton Jones

With the first half of the school year done and over with, kids don't have much more to look forward to other than the summer. Most of the seniors already have a basic idea about their future plans, but the year's not quite over yet.

After the first semester breezes by, I've noticed kids in the past pretty much kick it into cruise control. Students begin procrastinating, and some of their attendance slips. Just because summer is right around the corner doesn't mean it's time to be a slacker. Grades still count and finals are still coming up. Make sure to stay on track in 2008. All the teachers are still on top of things. Unless improvement is needed, you really don't have to change much at all; just keep doing what you do, and try not to let the thoughts of summer get to you.

Although you may not be thinking of them yet, finals are also on the way. One way to bypass these is to keep your attendance up and save your vouchers. If you're one of the many students that don't quite have your vouchers, then the best tip I can give you early on when it comes to finals is to stay organized. Any important things you went over in the first semester and throughout the second semester aren't just trash. You should save any papers in some sort of folder or notebook that you think will help with studying for finals.

So when it comes to the second half of the year, just stay focused. Keep doing what it takes to get by and you'll be fine. Don't get too stressed about finals, but keep them in mind throughout the semester and you'll be fine. Best of luck to everyone with the rest of the school year!



School is out for some juniors

By Jessica Watson

All year you hear seniors talk about how they are almost done with high school for good. This year it is a little bit different because it is not only seniors talking about it. This year there are three juniors talking about it - Joey LaFlemme, Justin Evancho, and Andrew Snyder. I'm almost positive that many kids from the school would love to graduate early along with them, but what would you be missing out on?

I know that the whole time I was an underclassman I couldn't wait to be a senior, to have the privileges, the "senior authority," and just senior experiences. With juniors graduating early they're not even considered seniors until the second semester. Any activities held for seniors during the first semester do not include juniors graduating early. During the second semester they are officially considered seniors.

If you plan on graduating early you have to be focused, disciplined, and ready to work hard. The juniors this year that are graduating say that you are not allowed to get into trouble one bit or it's done and over with. They also have to take correspondence classes giving them enough credits to graduate early. Joey LaFlemme says that you have to pass all of your classes with A's and B's.

There are a few different reasons why the juniors this year want to graduate high school early. Joey LaFlemme wants to graduate early to get on with college even earlier to start her life. Justin says that he wants to graduate early so he can start saving up money for college and other things. Andrew Snyder, who some may know is go-

ing to Brazil this summer, wants to graduate early because he wants to stay on track. He says, "I want to graduate early because if I don't graduate then, when I get back from Brazil I'll have to go back to high school for another year, losing precious time." I think it actually does make sense to just graduate early, travel, and then college. Get high school done and out of the way to continue onto bigger and better things, which is what I think is in all of the students' heads.

These juniors are not just graduating to get out of high school. They want to do something with their lives: Joey would like to attend Youngstown State University to become a high school math teacher, and Andrew wants to attend college also and earn a degree in chemistry to become an anesthesiologist. Justin plans to take a year off and save some money, go to the military, and then go to college to become a chef.

Graduating early seems like a lot of hard work but Justin says, "It wasn't too hard [I'm] not saying that it was easy, but I felt like just getting the approval was the hardest part. You need two approvals; the first one is the principal's approval, and the second approval you need is the superintendent's. To get the principal's approval I had to write a proposal stating why I wanted to graduate early."

I think these students deserve something for all of the hard work they have done. It is hard enough to graduate with your own class let alone a class one year ahead of you. So congratulations to the new students of the Class of 2008!

What is Muharram?

By Tim Howard

Muharram starts January 10, and it is the first month in the Islamic calendar. Ashura, which in the Arabic language means "tenth," is referring to the tenth day of Muharram.

This is also believed to be the day that Jesus rose to heaven and the same day that Noah's Ark landed at Mount Ararat. While this event doesn't exactly cause need for celebration, it is also one of the four Islamic months that fighting of any kind is prohibited. Muslims view these first ten days of Muharram as a time to fast, and the tenth day, or Ashura, is viewed as a day of voluntary fasting. An interesting fact about this day is that on the 7th day of Muharram, water is banned to everyone.

If you look deeper into the history of Muharram, you can see that not only is it an important month for the Islamic people, it is also a remembrance of Husayn ibn Ali, who was the grandson of the much important Muhammad. And if you didn't know, Muhammad was the founder of Islam. So while this Islamic holiday is not celebrated by most of us, across the Atlantic Ocean in the Middle East, it is viewed as a time for peace and a time to stop fighting and pray.

Post-holiday junk

By Bekah Dolan and

Savanna Klass

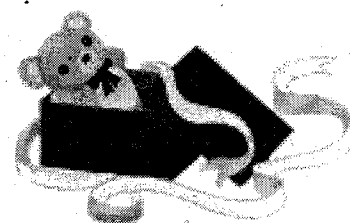
The holiday season creates a magical and jolly spirit, until it's time to clean up the mess. The bulk of this holiday after-math consists of unusual gifts, leftovers, and an assortment of holiday ribbon and paper. On January 2nd millions of people confront a familiar dilemma, "What do I do with this mess?" This particular question intrigued Miss Dolan and me, so we set out to find answers. We asked several high school teachers and students how they handle this dilemma, and we received a large variety of solutions.

We first asked whether or not they had received a gift that they were less than satisfied with and for the majority of the faculty and students the answer was, of course, yes. The one exception to this question was Mr. Viencek who insisted that everything he receives is a priceless treasure. He even devotes an entire room of his home to these gifts.

Mr. Viencek definitely offered a unique view of this holiday rush, but there were several other people who had something to offer also. We asked Mr. D'Angelo what he does with his undesirable gifts, and his response was more than colorful. He responded by saying that when his children aren't looking he snatches their older toys and drops them off at the YMCA. In order to curv any suspicion that his children may have, he is sure to drop the toys off at a YMCA many miles away from his home. When we asked Mr. D'Angelo why he chooses to donate his children's toys he said, "Well... I only take the annoying or loud ones."

When we asked about re-gifting everyone seemed to have the same response. Jay Bates had this to say about re-gifting, "Re-gifting is a fabled legend just like the Easter Bunny, so no I do not believe in it." Next, we asked what they do with their leftover gifts. Mr. Goddard had this to say, "I just push everything to the back of my closet, it is getting rather full." The last question that we asked was about food leftovers. Most said that they continue to eat their holiday leftovers days after, except David Price who said, "We just feed everything to my dad, he is our garbage disposal."

There is no doubt that the holiday season offers many fascinating tales. Throughout the interviewing process we were very entertained by many stories. We encourage you to ask your teachers or friends about their holiday traditions; you are bound to find a few amusing tales.



January Student of the Month

By Luke Shivers

If you have found yourself depressed after the Ohio State loss (or congratulations on being a lifelong LSU fan!) and the cruel realization that for another month you have failed to win Student of the Month, I cannot blame you. January is a terrible month because everyone has seasonal affectionate disorder and the bitter cold confines everyone to the indoors. If you google "stuff to do in January" and use the "I'm Feeling Lucky" button you will be linked to a farmer's market in Bristol that claims "It'll make you feel healthy, and possibly more smug." Since farmer's markets are not very exciting, we need someone to help us keep our sanity during the winter months. That's where Tim Slason comes in.

Tim Slason is one of a kind and an ideal SOM to bring in the New Year. The Student of the Month Committee used an alternative format to nominate a person this month, and it involved a grueling competition. The questions ranged from kaolinite to Gilgamesh, and the contest was so daunting that only four students showed up. Tim shined in the contest, and after he was decided the winner he showed humility by saying "Nice try in the competition" to the other students present. Tim is not new to winning contests; he won the geography bee in fourth grade as a huge underdog. Even though the geography bee is a penny next to the gold nugget that is Student of the Month, Tim proudly said, "It was hard to beat sixth graders as a fourth grader."

Tim accomplished something much more bodacious than winning the geography bee in fourth grade. He learned to ride the unicycle. Tim admits that riding a six foot tall unicycle is "pretty scary" but he has not sustained any injuries beyond cuts or scrapes. He can get his gearless unicycle speeds upwards of fifteen miles per hour. Tim was not completely successful in fourth grade; he was unable to grow a Fu Manchu moustache.

Tim Slason is just an affable guy. His favorite color is snowman red, a color that I have not ever seen or heard. He says his last meal would be from Chipotle because "Chipotle has mean burritos." He hates creaky lamps and when people omit question marks in sentences that are questions. Now as an honored student, Tim said, "Keep on learning because that's why you're here, unless you're not here to learn." Leave it to a Student of the Month to say something Dostoevskian.

Presenting Vincent "Don Vito" Margera

By Drew Jones

Most of you reading have probably watched or at least heard of the popular MTV show "Viva La Bam." A wild and out of control twenty something "Bam" continues in his attempts to anger his parents, a carryover from the popular shock show "Jackass." Arguably the most popular character on the show, Vincent "Don Vito" Margera has recently come on hard times. Starting in 2003 he appeared in the television series "Viva La Bam" where he was known as "Don Vito," a nickname that was given to him by his nephew Bam. The nickname referred to his near meaningless speech habits, also exhibited by Don Vito Corleone, of *The Godfather*. The name also salutes the Margera family's Italian heritage. Margera is obese, and it's often difficult to understand when he is speaking (especially when frustrated or angry), forcing MTV to use subtitles for much of what he says in "Viva La Bam." Even then, much

of his dialogue is either gibberish or unintelligible. He has partial sight in one eye.

In recent years, Don Vito has been on the warpath of his rise to success. On August 18, 2006, Don Vito was arrested at the Colorado Mills Mall in Lakewood, Colorado for allegedly inappropriately groping three underage girls (two twelve-year-olds and one fourteen-year-old) at an autograph signing and was then held with bail set at \$50,000. He then followed to post bond at 10:00 PM. He is represented by Pamela Mackey, the same lawyer who defended Kobe Bryant in his sexual offender case. There was an arraignment hearing on March 5, 2007, at which he pleaded not guilty.

This brings up the following question: do celebrities get any royal treatment in the judicial system? Popular celebrities such as Mike Vick, Britney Spears, and Lindsey Lohan are all getting some

kind of "special" treatment at the facilities in which they have to serve their sentences. Can the judicial system bend for someone who plays a fake character on TV or throws touchdown passes for a football team? We all need to stand up and look into how our judicial system works and make not only the celebrities serve their sentence but also every other single law breaking American.

As for "Don Vito," he was sentenced to ten years of "serious" probation which he will be ordered to serve in Pennsylvania. He may not play the character of "Don Vito" in any way, shape, or form (appearing on television, writing books, autograph signings) while serving his sentence. He was also ordered to register as a sex offender in Colorado and possibly Pennsylvania; He must then receive an evaluation of his mental health and must also undergo alcohol addiction treatment.

School fun vs. Taco Bell

By Justin Evancho

During a brainstorming discussion in Media class, members of the class began discussing why students go to Taco Bell after every game but don't go to any of the school activities like the White Christmas Dance. I feel that people go to Taco Bell after games because of a tradition and school activities like dances are so strict with a dress code and what you can say or do. In regard to the music, not all students like the type the school plays or are allowed to play. At Taco Bell they just don't care because it's business. In an effort to find out how other students felt, I approached some and ask for their opinions. Their responses are the following:

"The school has never advertised a dance with a talking dog. They also have a poor turnout, coincidence? I submit it is not!"

-Derek Hale

"Excluding the fact that Taco Bell has possibly the best food ever, it's just a more relaxed environment that you don't have to dress up for." - Tim Howard

Taco bell has "good food" -Unknown student

"Taco Bell and school activities can not even start to compare. Choosing to go to a school function is like volunteering to go to prison. They are so strict and Taco Bell is the way to go." -Chad Dotson

"I think more people go to Taco Bell than school activities because it has become a tradition and you know people will be there, whereas a dance like White Christmas won't have a lot of people." -Unknown student

"Perhaps if we presented an alternative, people would be tricked. Like maybe tell them we got a Taco Bell built in the school. Or maybe meet them halfway, if Taco Bell is so important; have the dance/ sports events at the Bell" - Theo

We will probably continue to have the issue of Taco Bell vs. school dances. Over the years students went to Taco Bell after every game, no matter if the Quakers won or lost. It has become Salem's tradition.

January 2008

The Quaker

Fabulous dinner choices

By Sarah Conrad and Kasey Wolfgang

Do you ever want to go out for a good meal but don't know where to go locally? This article hopefully will give you some ideas on tasty places in town.

Pizza Joes is a local joint that just reopened in the form of a bistro. They have new items on their menu, and they provide a nice family and Italian atmosphere. You can eat in or order out.

Kasey: The new building for Pizza Joes is very nice. It has a very relaxing atmosphere and had great food. They have pasta, soups, sandwiches, salads, pizzas, and more. This is a good place to eat if you are craving Italian food.

Sarah: I've never been to the actual site of the new Pizza Joes, but I do love their pizza. Their pizza isn't too greasy and has enough cheese and sauce on it. And the absolute best part about the pizza, it's cheap!

Jaliscos is our only Mexican restaurant at this time. It has many traditional items on the menu. A feature at this restaurant is their Mariachi Band. They play on certain Wednesdays during each month.

Kasey: I love Mexican food, but I am not really a fan of Jaliscos. The food just doesn't impress me, and it has made me sick in the past. The atmosphere, though, is great especially on Mariachi Night. So if you wanted to just get together with some friends and eat chips and have a good time then this would be a good place to go.

Sarah: I love Jaliscos! Mariachi night is a hoot if you go out with some of your best friends. You can eat and enjoy the music and even get up and dance! Their chips and salsa are perfect while you wait for your meal. That's another good thing, the wait. You never have to wait for your food; they cook it so fast for you. The food is usually done about fifteen minutes after I order. Most sit down restaurants take twice the time if not more to

deliver your food. I recommend the chicken chimi changas; they're delicious!

BB Rooners is a classic in Salem. It is a sports bar and a great place to go to watch a big game. They recently remodeled because of a fire, but now they are back and business is booming.

Kasey: Rooners is a classic. I always enjoy going there to get a burger or some chicken fingers. They have every kind of food imaginable. I like the food at BB Rooners

Sarah: I'm not too fond of the food or atmosphere at BB Rooners. I only go there before or after games with my friends. If you go pre or post game, it's quite fun! The best thing about BB Rooners is the hoop-shoot game that you can play while you wait.

Alfredo's is the newest pizza joint in Salem. They have wings, pizza, salads, and much more. The neat thing about Alfredo's is that you don't have to order an entire pizza; they sell by the slice. So if you want to kick back and relax for the night, Alfredo's is the place for you.

Kasey: I must say that this is my new favorite pizza shop. Their pizzas are huge. They come in either New York thick crust or Chicago thin crust. Their wings are also phenomenal. Whenever I need to order a pizza, Alfredo's is first on my list. **Sarah:** I really enjoy Alfredo's. Their wings are enormous! I used to go other places for wings, but not after I tried theirs. Offering pizza by the slice is quite genius. Their slices are very big too; you get a lot for your money. Their pepperoni rolls are about a foot long, around \$3.00, and last but not least, very tasty.

So as you can see there are many local joints to go to for a good meal. Whether you are craving Italian, Mexican, or just a good old American cheeseburger there is definitely somewhere for you.

P CORNER E T S

It's Almost the Day

By Ciara Cicogna

We're finally here, the time is now
It's our senior year, and I don't know how

...these years passed us by.

We grew together, and some apart,
Left with tragedies and broken hearts.
There has been good, the memories' won't fade,

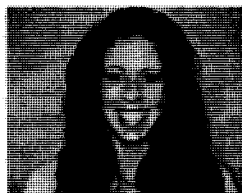
One thing's for sure, it's almost the day.

The time will come; we'll walk down the aisle,

Look at each other, all with smiles.

This is the day; we've been waiting for...

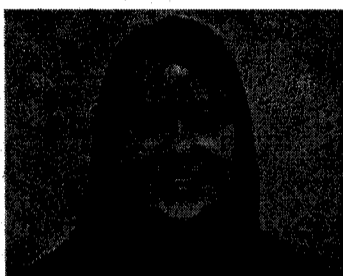
Now it's time to strive for more.



Sports

January Senior Spotlight

Emily Washam- Basketball



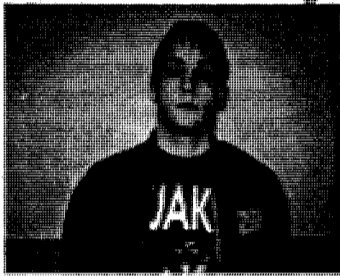
How long have you been playing this sport?
Since first grade

Is this your favorite sport?
Yes

Do have a favorite warm-up song?
Pretty much any rap gets us pumped up

Who is your team's biggest rival?
Canfield and Howland

Joe Hamilton- Wrestling



How long have you been playing this sport?
Five years

What is your favorite sports memory?
My freshman year getting the Coaches Award for commitment/dedication

What position do you play?
Weight class 160

What is your goal for the season?
To make it to state

By Lauren Stone

Mike Baun- Wrestling



How long have you been playing this sport?
Eight or nine years

Do you have a favorite warm-up song?
Michael Jackson-"Thriller"

Do you play any other sports?
No

How did you become interested in this sport?
When I was in first grade Matt Galchick told me to wrestle so I did.

Josh Pittman- Wrestling



How long have you been playing this sport?
This will be my fourth year.

What is your favorite sports memory?
Upsetting after wrestlers at sectionals sophomore year and being a district alternate

How did you become interested in this sport?
I moved to Salem freshman year and my dad told me to try it. Ever since I've loved it.

What is your goal for the season?
Make it to state

Katie Scullion- Basketball



How long have you been playing this sport?
Ten years

Is this your favorite sport?
I love playing both volleyball and basketball. I don't like one any more than the other.

Do you play any other sports?
Yes, volleyball

What is your favorite sports memory?
Every time we beat West Branch

National Championship game: OSU vs. LSU

By Matthew Faulkner

The championship game was played in New Orleans on January 7, 2008. For the LSU Tigers, this was a home game. Even though the home crowd was an advantage, it also had its disadvantages for the home team. The experts said that noise was a factor in the game for OSU, but OSU is no stranger to big games like the National Championship. Some experts said that OSU would give the ball to Chris "Beanie" Wells to establish the power running game. LSU had two very talented quarterbacks in Matt Flynn and Ryan Perrillaux. Matt Flynn would give LSU the passing attack that LSU needed.

This game gave OSU its chance at avenging its loss to Florida last year. Unfortunately for OSU, the final score of the national championship game was 38-24 with LSU winning. For you sports fans, here are some stats on both the teams. The information was obtained from www.espn.com.

Total yards/game:
LSU- 463.1 OSU- 405.4

Passing yards/game:
LSU- 244.2 OSU- 204.8

Rushing yards/game:
LSU- 218.9 OSU- 200.7

Points scored/game:
LSU- 38.7 OSU- 32.0

Total rushing TDs:
LSU- 34 OSU- 20

Total passing TDs:
LSU- 25 OSU- 24

Passing rating for all QBs:
LSU- 131.5 OSU- 147.8

Wrestling update

By Joe Hamilton

So far this year Coach Smalley and Coach Beck have coached their way to a 4-1 dual-meet record. They are very strict, tough coaches that demand nothing but your best and expect to see it every day in the wrestling room and outside of the wrestling room. They push harder and harder each and every day just so they can see the wrestlers excel on the mat.

They have overcome Wellsville, Ursuline, Boardman B, and Alliance in a dual-meet before falling to West Branch. They coached their way to an eleventh place finish as a team at Smithville with 83 points. Five wrestlers placed in the finals. Those who placed were Patrick Simpson, Josh Pittman, Joe Hamilton, Will Shutler, and Greg Lambert.

The wrestling team is not too far into the season yet, but it has done a good job overall. It can't be satisfied yet because it has a long way to go. The wrestlers should finish the season with an almost perfect dual-meet record.

It's 'roids, it's rage, it's wrong

By Chad Dotson

Steroids are becoming a major issue within major league sports as well as the minor leagues. But there are also athletes using steroids at the high school level. These athletes know that the major league players take them, and they figure that it is alright to take them. They think that if they ever want to go to the big leagues they must take steroids to get big.

Statistics show that out of all high school students about 3.5 of them admitted to taking steroids at least once in their high school careers. That is 67 percent more than in 1991. It does not matter how much you warn

the kids about the negative side effects of steroids, there are always going to be the ones who don't care about anything but getting-ripped.

Today numerous schools have begun testing their athletes for steroids. I am sure as time passes there are going to be a lot more joining in on this. Texas is currently one of the states testing its athletes. Texas passed a law last October to enable the state to test more than 23,000 public school athletes. California is also another state that is testing athletes for steroids. There are 700,000 high school students in California, and

it is estimated 20,000 are using or have used steroids.

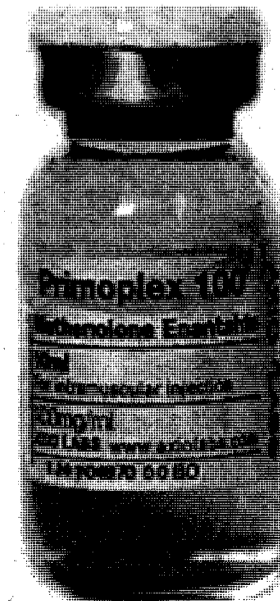
Steroids are a growing problem within high schools across the United States. Schools nationwide are trying their best to prevent their students from using steroids, but I believe there will always be those few students that will take steroids and escape being tested. I asked some students what they thought about steroids in high schools and received the following responses:

Shane Endicott - "Steroids in high schools, I'm all for it. I don't think it's cheating in anyway. Everyone has access to the drug.

It just puts an edge on the sport. I would rather see broken records rather than broken bones."

Seth Harding - "Steroids in high school, I am against steroids in high school because we are just kids. An eighteen-year-old taking them would make the fourteen-year-old freshman have to resort to them just to be able to compete."

Justin Evancho - "I could care less if people take steroids or not. It does not affect my life in one way or the other."



Quaker Board

Ten ways to lose weight after the holidays

By Shane Endicott

After the New Year people are very concerned with the weight they have gained from the holiday season. That's when they all start looking for ways to lose weight. Starving or not eating are not effective ways to go about losing weight. Some tips for losing weight are the following:

Drink Water. People often mistake thirst for hunger. When craving food grab for a glass of water; experts say drinking water before a meal will make you full and that will help downsize your meal.

Count to 10. Most experts say a craving only lasts about ten minutes, so set a mental timer for ten minutes and a time-out period. Find something to do to get your mind off the craving and get yourself out of the kitchen, so you don't grab the food that you don't need.

Make weekly resolutions. Don't try to squeeze your diet into one night. Make weekly goals and have some self-control. Strive to reach your goals and if you get frustrated don't throw in the towel. Make changes if needed such as trying to eat fruit for a snack or one piece daily.

Ask questions. Ask yourself this question when reaching for food you're about to consume. Do I need this? Be honest with yourself; it will help you in the weight you're trying to lose.

Stay away from soda. Soft drinks are a major source of empty calories in the American diet. People in the United States drink twice as much soda as we drink milk and about six times more soda than fruit drinks. Soda is sugar and a bad way to gain weight without noticing it. When you're thirsty grab for water.

Don't just eat—dine. Eating on the run or in front of the tube invites mindless munching. Instead, set the table every time you eat. Make a wise choice to sit down and savor every bite. Placing a portion of chips on your plate helps focus your attention so you don't eat the whole bag.

Write notes to yourself. To help you stay on track, post notes to yourself on the fridge and the pantry. Put up a little stop sign or make tags with questions like "Do you want this food enough to wear it?" and "Are the calories worth the consequences?"

Don't just eat, dine. Eating on the run or in front of the TV is Americans big problem. Instead of grabbing something through the drive-thru or watching TV at dinner time, set your table sit down and have a good meal. When watching TV and snacking with a bag of chips, put a portion of chips in a bowl instead of eating the whole bag.

Make smart substitutions. Anything you can substitute try to make the best choice, look for low calories and something a little nutritional. For example instead of sucking on a hard piece of sugar filled candy, freeze some grapes, those will be better for the diet and also your teeth.

Give yourself a break. No one says you have to reach your goal without making mistakes along the way. Tell yourself you can succeed in losing weight by taking things one step at a time and starting fresh whenever you slip up. If you overeat one night, just get back on track in the morning by focusing on what's worked for you in the past.

There are some good tips and the correct way to diet after the holiday season or you can very well use these methods anytime during the year when you feel like dieting. These dieting skills won't only improve the physical appearance of your well-being but also improve your health.

<http://www.rd.com/content/20-ways-to-lose-weight-after-the-holidays/>

Bizarre but true

By Louis Scott

Throughout the years there have been some crazy stories. Most of them are works of fiction. In other cases, bizarre things just happen. This story, which took place in Baltimore, Maryland, really happened, and there are pictures on the website to back it up.

"BGE (Baltimore Gas and Electric) received a call from a customer saying: 'My power is out. When you come to fix it be sure to bring a truck with a tall enough bucket to remove the deer.'" The customer service rep prudently trying to gather helpful information to help diagnose the problem asked, "What deer?" The customer replied, "There is a deer on top of one of the electric poles on Wilkes Rd about 1/2 mile west of Perimeter Rd." The customer service rep tried desperately to pull herself together and not laugh in front of the customer and replied, "We will dispatch someone right away to investigate the power outage. Thank you for the call". Upon completion of the call, the customer service rep proceeded to share the funny story with her coworkers in the office, and they all had a good laugh. Well, low and behold, the serviceman who repaired the problem stopped by the customer service office the following day with the attached pictures. Sure enough, the poor deer had been hit by a train & landed on top of distribution feeder pole!"

(<http://www.ultimatesportsmen.com/weird/powerdeer.html>)

The blues

By Erin Griehs

You go to class, sit through a lesson, and get homework or maybe here the news that you have an upcoming test. Of course this involves you taking the time to do the homework and study for the test. The work piles up and you feel yourself not caring at all. Most seniors experience it right around Christmastime and the start of the second semester. That's right folks-senioritis has probably already set in.

Laziness, procrastination, and being apathetic are all typical symptoms. Even more so is being unable to concentrate. Senior Emily Washam adds, "It just seems like this school year has been dragging on forever." The most probable cause is the fact that most seniors know what they want to do after they graduate, so they feel that the time between then and now is pointless. Another cause is that you are just plain bored! You've been with the same people, doing the same things for seven hours a day for the last twelve years.

No matter what you're feeling, the most important thing is to not let your grades drop. You don't want to be regretting it later, wishing that you had put more time into your studies when you were too busy "not caring."

Unfortunately there's not some magic cure for senioritis. There's not some magical pill that will all of a sudden make you be able to pay attention all the time and care about your work. It all comes down to disciplining yourself because the truth of the matter is that unless you truly care, you won't apply yourself the way you are capable of.

The Salem Community Center

By Randy Woods

The Salem Community Center is a fun place and a great environment for the family. The hours are Monday-Thursday, 6AM-9PM; Friday 6AM-7PM; Saturday 8AM-7PM; and Sunday 11AM-5PM

The Center has lots of activities for adults and children. There is a daycare center available for those who need somebody to watch their kids. The facilities include an Olympic size pool, two gymnasiums, a fitness center, an indoor track, and there is also a new indoor soccer field. There is also a game room including a pool table, air hockey table, three cable TV's, and two pinball machines.

It is a great place to exercise and loose those extra pounds. You can attend spin class or cardio circuit class. They also have martial arts and kickboxing if you want to learn how to protect yourself. A lot of college and high school students attend the Community Center and go to play basketball.

The Quaker

Aussie Day

By Rosalyn Washam

Muharrarh starts January 10, and no one knows what it is. While it may not contain any relevance to anyone reading this article, Muharam is the first month in the Islamic calendar. Ashura, which in the Arabic language means "tenth," is referring to the tenth day of Muharrarh.

This is also believed to be the day that Jesus rose to heaven and the same day that Noah's Ark landed at Mount Ararat. While this event doesn't exactly cause need for celebration, it is also one of the four Islamic months that fighting of any kind is prohibited. Muslims view these first ten days of Muharrarh as a time to fast, and the

tenth day, or Ashura, is viewed as a day of voluntary fasting. An interesting fact about this day is that on the 7th day of Muharrarh, water is banned to everyone.

If you look deeper into the history of Muharrarh, you can see that not only is it an important month for the Islamic people, it is also a remembrance of Husayn ibn Ali, who was the grandson of the much important Muhammad. And if you didn't know, Muhammad was the founder of Islam. So while this Islamic month may not cause a need for concern for most of us, across the Atlantic Ocean in the Middle East, it is viewed as a time for peace and a time to stop fighting and pray.



australia day

Student health - second in a series

Help prevent a cold this winter.

By Kathy Ellis

Everyone hates the yearly winter colds that they get but find them extremely hard to avoid. There are some ways to help prevent a cold this year or lower the risk of getting one or more colds. Many students and adults do not take enough of these preventative measures.*

The number one thing that everyone says to do is wash your hands. Everyone knows to do this, but a lot of people don't do it enough. Hand sanitizers are nice if someone is on the go, but ordinary soap is much more successful in clearing away germs. Everything that someone touches can and probably is contaminated with germs. Many people don't realize this and don't think that their hands are as dirty as they are. If you buy a lunch, you have to punch in your pin number in order to pay for your food. There are so many students that buy a lunch and punch in their pin number before you do. Many of these students are probably sick, giving you the open opportunity to get whatever it is they have, most likely a cold.

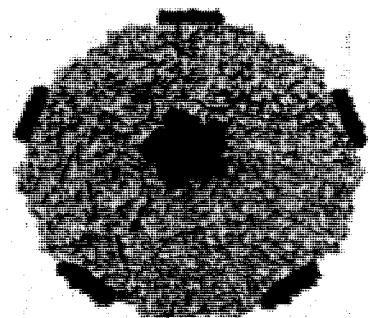
There are also many active students in our school who are going to practice after school every day and on the weekends. Then there are also students that probably don't step a foot into the gym or outside to walk or run. Exercise is one of the best ways to help prevent a cold if it is done in moderation.

Another way to help pre-

vent sickness and colds would be to get the right amount of sleep every night. Everyone has nights where they stay up late watching television or talk to their friends online. If the body doesn't get the right amount of sleep that it needs, it is harder for it to fight off infection, and it is easier for someone to get sick. Sleep also makes the day much less of a drag, so everyone should get the right amount of sleep because they want to anyway.

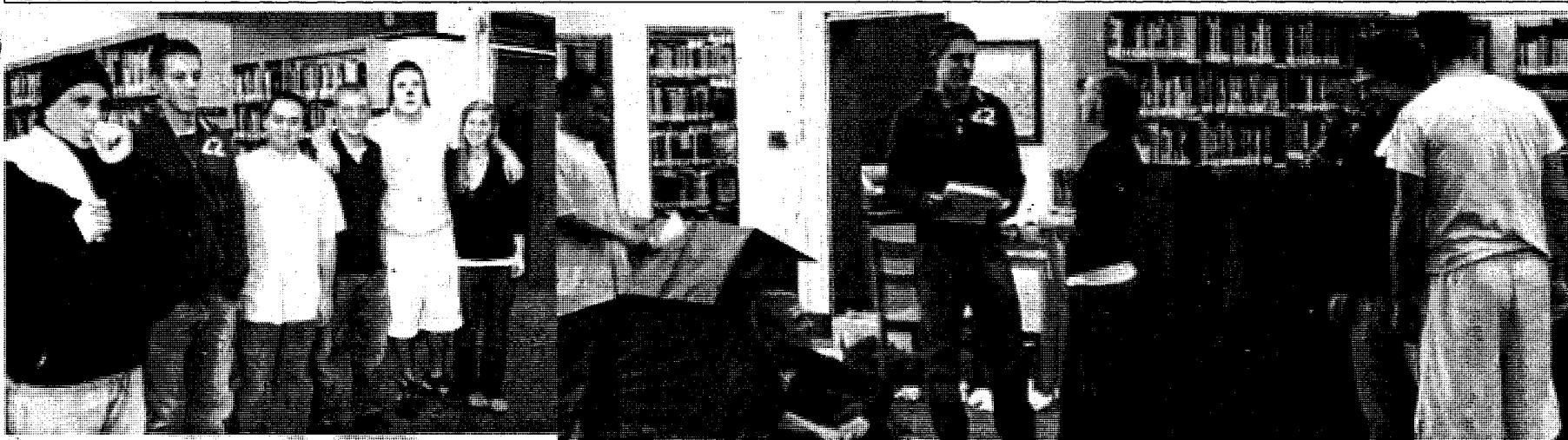
There are many other ways to help prevent colds this winter, but these are the best ways that most people know about, but some don't do enough. Having a cold during the winter is no fun, so wash the hands, exercise, and sleep some more!

<http://www.readingeagle.com/article.aspx?id=75270>



This is the molecule surface of a rhinovirus

Quaker Clips



The Quaker

A high school tradition for years.

Volume 95, Number 5

Salem Senior High School

February 2008

Academic Challenge

By Rosalyn Washam

Academic Challenge is a club that puts your knowledge of subjects such as literature, math, sciences, history and, of course, random trivia to the test. The team meets once a week after school to practice questions. The questions used to practice have been in previous competitions, found online, or ones that Dr. Shivers has constructed. Twice a year the team meets on a Sunday to do a Knowledge Master Open or KMO.

Lead by Dr. Shivers, the Varsity team consists of five seniors: Derek Hale, Caitlin Roberts, Luke Shivers, Ian Penix, and Peter Dufrense. There are also five juniors: Dan Kish, Brian Shivers, Rick Samu, Max While, and Rosalyn Washam. On January 19, the Varsity Salem Academic Challenge team was victorious over area teams in East Palestine. Teams competing in the Columbiana County Varsity Academic Challenge Competition included Beaver Local, Crestview, Leetonia, Lisbon,

Southern Local, East Liverpool, East Palestine and United. Both the Lisbon and East Palestine matches were especially close and came down to the last few questions, but Salem proved to be the better team and finished in first place. Salem Academic Challenge also appeared on WYTV. They were victorious over Champion on October 20, and to see how they did against Boardman in the second round, tune in to WYTV on March 15 at 7:30pm.

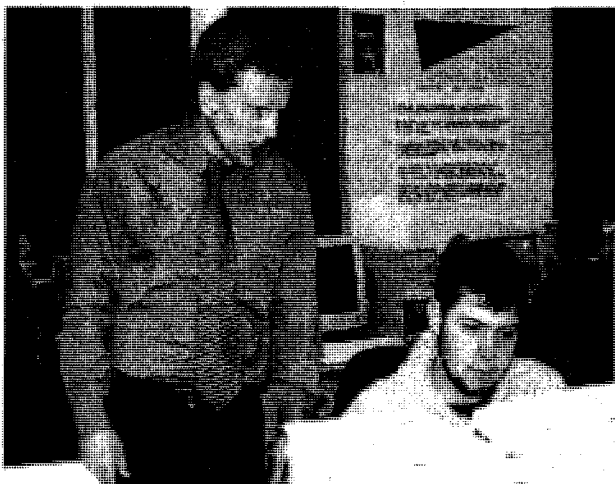
The next step for the team is to compete in Steubenville at the Regional Competition. Teams competing are from the East Central Region including schools from Columbiana, Stark, Mahoning, Tuscarawas and Jefferson counties. After Steubenville, teams will compete in Columbus for the state title. Dr. Shivers said, "It has been a good year and I hope it continues for a while."

Mr. Gill wins award

By Kathy Ellis

Mr. Gill recently received the Industrial Information Institute for Education Outstanding Educators Award. He received this award due to the success of his AP Calculus and AP Computer Science students on the AP exams. Mr. Gill was nominated for this award by Dr. Shivers. The requirements to receive this award were some type of evidence of successful instruction and/or intervention. The number of teachers that are nominated to receive this award are thirty in the five county area. Miss Mary Beth Shivers, who teaches at Southeast Elementary School, also received this award.

The ceremony that Mr. Gill attended was held at Mr. Anthony's in Boardman. He received a very nice dinner and a brass and silver bowl. Mr. Gill commented by saying, "Salem High School has some very capable and hard-working students who can compete well against other students throughout the country."



Mr. Gill answers a question for the puzzled Justin Seguin.



Jess Matthews is the daughter of Dr. Eric and Mrs. Sharon Matthews. Her high school activities include Spanish Club, National Honor Society, Varsity soccer, softball, and track. Jess plans on attending Mount Union College and majoring in Business and Health Care Administration and to continue playing soccer. Her escort was Josh Cosgrove, son of Michael and Wendy Cosgrove.

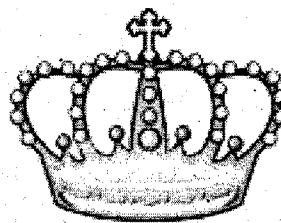


Paige Kenreigh is the daughter of Tim and Tricia Kenreigh. Her high school activities include Spanish Club, TACT, Choir, Varsity volleyball, and Softball. Paige plans on attending Mount Union College and majoring in Athletic Training. Her escort was Will Shutler, son of Bill and Tami Shutler.



Emily Winn is the daughter of Mark and Julie Winn. Her high school activities include Student Council, National Honor Society, Varsity volleyball, Interact, and TACT. Emily plans on attending college and majoring in chemistry. Her escort was Jim Armeni, son of Jim and Lorrie Armeni.

Like a rolling Stone



Lauren Stone is the daughter of Ed and Beckie Stone. Her high school activities include National Honor Society, Interact, Spanish Club, Girls' Varsity tennis, and Boys' Varsity tennis. Lauren plans on attending Miami of Ohio and majoring in International Studies. Her escort was Mike Adamson, son of Dan and Cathy Adamson.

Homecoming 2008

By Sarah Conrad

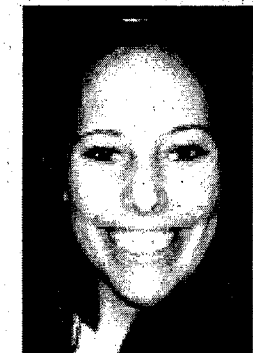
On Friday, February 8 senior Lauren Stone was crowned winter homecoming queen. Stone was escorted by fellow senior Mike Adamson. Crowning took place at halftime during the varsity basketball game against the East Liverpool Poters. the Salem Quakers were victorious. The crowning was performed by last year's winter homecoming queen, Alisha Fata. Lauren was also presented with a basketball signed by all varsity members, and she also received a necklace.



Erika Smith is the daughter of Shelly Smith. Her high school activities include CHEM Club, TACT, Interact, Computer Club, and Varsity volleyball. Erika plans on attending college and majoring in biology. Her escort was Luke Kastenhuber, son of Steve and Kim Kastenhuber.



Kasey Wolfgang is the daughter of Clyde and Susan Wolfgang. Her high school activities include National Honor Society, Interact, Varsity basketball, Varsity soccer, and Varsity cheerleading. Kasey plans on attending Ohio State University with a double major in Medicine and Musical Theatre. Her escort was Austin Fredrickson, son of Lee and Lauren Fredrickson.



Heather Ann Hergenroder is the daughter of Henry Hergenroder. Her high school activities include Varsity cheerleading, Interact, National Honor Society, Pep Club, and Spanish Club. She is also a member of the TGS Shocks All-Star Cheerleading squad. Heather plans on attending college to major in pre-med. Her escort was Tyler Evans, son of Gary and Gina Evans.