

The Quaker

A high school tradition for years.

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Salem Senior High School

March 2010

O. W.E. will miss him

By Abi Pasco

From band director to head of the football film crew, Mr. Jeckavitch has seemed to have done it all. He was once the band director for the high school band until he changed direction and became the O.W.E. teacher. All this was accomplished during his thirty-five years with Salem City Schools. The time well spent came to a halt on Friday, February 26 when he began his retirement.



Mr. Jeckavitch retired as the current O.W.E. teacher and taught in that position for the last thirteen years. Before he was involved in O.W.E., he was the director of the band for twenty-two years! Believe it or not he was also involved with seven musicals helping Mr. Viecek and Mrs. Jeckavitch in their productions.

He graduated with the class of 1969 from Lincoln High School in Ellwood City, PA. He also graduated from Indiana University of Pennsylvania with a Bachelors Degree in Music Education (minor

in English) and an eventual Masters degree in music.

Mr. Jeckavitch left behind some advice for both students and staff. He recommends that everyone read Robert Frost's "The Road Not Taken" and says to follow "the roads less traveled." His words of wisdom to students are, "Life is what happens while you are waiting for other opportunities. Live each day with joy and love; enjoy the present - the past is gone and the future can wait!!" Mr. Jeckavitch will surely be missed in the halls of Salem High School.

Mr. Jeckavitch's Top Seven Favorite Memories at SHS

1. Receiving 1st place band at NYC's St. Patrick's Day Parade
2. Winning Gold Medal at National competition in Florida
3. Working with my wife in the music department for eighteen years
4. Watching my sons and daughters grow into fine young adults
5. Watching O.W.E. students succeed - They Can!
6. Practical jokes!
7. Great people ☺

Have you ever been walking down the hallway just minding your own business and then bam! You hear the sound of buzzers ringing in your ear? Is there a fire or a tornado warning, you may ask yourself. Never fear this is only the sound of our academic challenge team practicing for the next big meet.

Academic challenge practices once a week learning possible questions, increasing speeds at the buzzer, and trying to answer the questions before the other team. Although we have a new team advisor this year, Ms. Habeger, she is doing a great job filling Dr. Shiver's old position. Just last month, the varsity team won county for the third year in a row and are now on their way to

Regionals in April. JV also won the preliminaries for county and will compete in the county competition March 23.

Besides participating in those meets, academic challenge also participates in the KMO (Knowledge Master Open) which ranks how high a team is compared to other teams around the world. There is also the Mount Union competition on March 14th and finally, the team will compete on TV against other local teams on channel WYTV.

This is the fast-paced exciting life of academic challenge. It is a great way to heighten your knowledge and meet new people. If you are interested in joining, all you have

to do is go to one of the practices or see Ms. Habeger.



Above from left: Juniors Alex Hoopes, Sarah Drake, Patrick Anzevino, and Andrew Skiba ponder a difficult question.

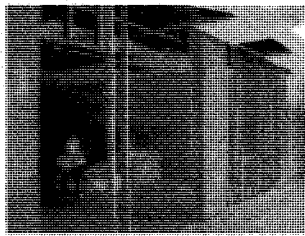
Academic Challenge takes county

By Rachel Fritzman

Two new classrooms added at SHS

By Mike King

If you have walked down the hallway leading to the English wing, then you have noticed all the construction going on there. If you didn't know, the two rooms currently under construction were once an alcove of lockers, much like the one across from the high school office, but maintenance had boarded it up and had used it for storage.



The new rooms on their way to completion.

Now SHS finds the need to reclaim that space for the construction of the two new classrooms.

When asked what classes would be offered in the two rooms, Dr. Shivers answered, "We know for sure that one of the new classes will serve as a new class in the medical bio field. The second, we're not so sure about, but hopefully in two years the second room will be an engineering class." He then went on to say, "We decided to add the rooms because we've been short of classrooms. It just made sense if we wanted to add more courses we would need more classrooms." The idea of turning this area into new classrooms wasn't any one person's idea. It emerged from many discussions between Mr. Hayes, Mr. Bratten, Mr. Kirkland, the mainte-

nance crew, and Dr. Shivers himself.

The format for the new program titled "Principles of the Biomedical Science" is outlined in the handbook students recently received from the guidance department during scheduling. Students will participate in the program on the recommendation of a current science teacher. It is a course that includes grades nine through twelve. As of now it is not known who the instructor will be, but Dr. Shivers is hoping that it will be somebody who is currently a teacher in the science department.

Dr. Shivers would also like to thank the Woods II and III students for their contributions in constructing the rooms.

Scholastic Art Awards

Tyler Hlavcak

The Scholastic Art & Writing Awards are coordinated by The Alliance for Young Artists & Writers, a not-for-profit organization. Since 1923 The Scholastic Art & Writing Awards program has heightened the creative development of teenagers across the country. This is done by identifying emerging artists for college scholarship consideration and by showing their work to a national audience.

Judging on originality, personal vision, and technical skill, teams of educators and artists in Massachusetts chose the works of four Salem High School Students, four silver keys and one gold key.

The single gold key was awarded to Cody Swartz, with Mike Lopez, Meg Bell, Donna Paparodis, and Eva Jackman all receiving silver keys.

Each year, students in grades 7 to 12 submit photographs, paintings, jewelry, and various art portfolios. This year the contest included a writing component, to which students could submit short stories, poetry, or journalistic pieces.

A panel of judges voted to award the Gold Keys, Silver Keys, and/or honorable mentions. All Gold Key winners from across the country compete in their category in New York. Additionally, the top five Gold Key winners in art participate in the American Vision competition, and the top five writers in the America Voices competition.

The awards ceremony for those that received the golden key was held on January 23rd, with the silver keys and honorable mentions

Teacher messages to Mr. Jeckavitch

Mrs. Crum

Jeff, you will always be the "best" band director Salem High School has ever had. When you introduced the "Script Ohio" into the band performances it was over the top! Happy retirement ☺

Mrs. Dye

Congratulations on your retirement. You don't have to answer the alarm clock, and you don't have to answer the bell. Relax and enjoy! ☺

Mr. Fawcett

The thing I remember most about Mr. Jeckavitch as a teacher was his sense of humor and his patience. As a teacher and colleague, his humor brightens any situation. Good luck and enjoy your retirement!

Mr. Goddard

Mr. Jeckavitch, Thanks for everything you have done for me both as my teacher in band and as my mentor when I became a teacher as well. The Social Studies wing won't be the same without you! Enjoy a well-deserved retirement, and don't drive Mrs. Jeckavitch crazy.

Mrs. Johnson

Jeff, it was my pleasure to not only teach with you but to get to know your lovely family also. The best of luck to you. We'll certainly miss your humor and wisdom.

Mr. Miller

Congratulations on your retirement. May the days be filled with rest, relaxation, and enjoyment. Know that your time at Salem left an impression on many, and your dedication and devotion will never be forgotten. Salem will miss you. Good luck and best wishes.

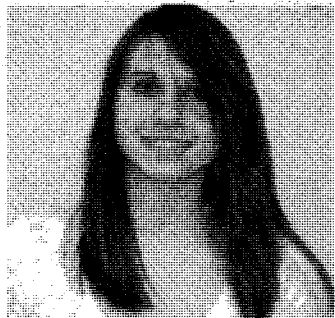
Opinion

War of Words

By Mike King

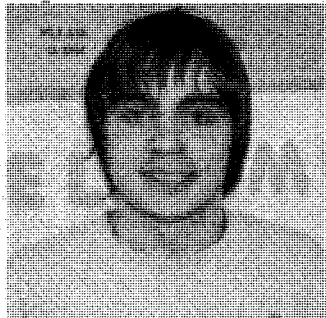
If you could have a room full of any one thing, what would it be and why?

Freshmen Lindsey Foster



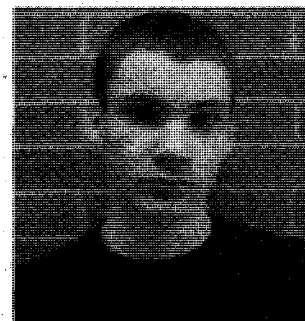
Trampolines because it would just be fun to jump around in.

Sophomore Isaiah Maher



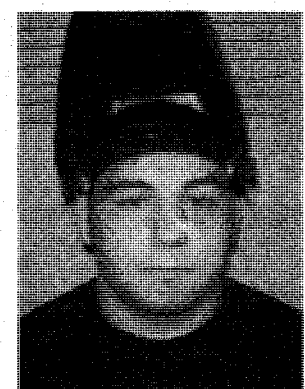
Yu-Gi-Oh cards because I've been playing with them since I was very, very young!

Junior Ehrlik Bush



Cheeseburgers because I'm too skinny, and I need to put some weight on.

Senior Jon Meissner



I would want a room full of money because if I had a room full of money I could buy whatever I wanted. Like say I wanted a room full of trampolines, I would go buy a bunch of trampolines.

The problem with padding percentages

By Brooke Skiba

Open your agenda to page seven, and you'll discover an interesting fact. Under the grading scale by the letter grade *F*, there is only a ten percent range, 54-64 percent. But what happened to the other 0-53 percent? Before this year, Salem did increase any low *F* to a 54 percent on semester grades and tests, but as of the start of this second semester, it has been decided that it is Board policy that no student can receive lower than a 54 percent on any assignment. This brings up several issues that many are taking under consideration.

The first problem posed by this policy is the fact that students can be rewarded half credit for none of the work. That means that a student who completes half of an assignment or a student who completes an assignment but loses points for some reason can receive the same grade as a student who does none of the work. With this policy, a student is more easily able to coast through school with little effort, as a 54 percent averages into a grade much nicer than a zero.

Teachers are also faced with adjusting the way they grade to accommodate the 54 percent. There is now more effort involved in giving a student with a low assignment grade the right amount of points to raise it to an exact 54. Also,

some teachers, like Senora Neapolitan, are now more likely to accept late work. She claims, "I would rather see the assignment completed than give 'something for nothing.'"

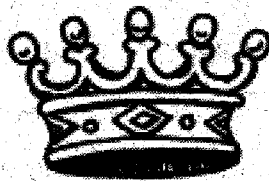
The final issue involved with "padding" a student's grade is the distorted impression it gives to parents. With the new Parent Assistant Page system, parents are able to view their child's grades on every assignment as soon as they are put into the computer. However, the difference between seeing several zeros rather than 54's is large.

Although a number of teachers would prefer to not add percentages to grades altogether, even just for the semester grades, the general consensus seems to be that this new policy of providing a minimum grade of 54 percent on every assignment is unfair. It raises the question, if the students that don't try get rewarded 54 percent, shouldn't the students that try be given an extra 54 as well? As unrealistic as that would seem to be, technically that would be the only way to make this a fair system.

A committee has been formed to discuss the issue with the Board. The first meeting was held on February 25, with the high school represented by Mr. Gill and Mrs. Neapolitan.

Let's share that crown

By Sarah Beagle



There has been some recent talk about the upcoming prom court. Seems as though some people want the fall and winter homecoming nominees to have another shot at being on top. We all know it's a popularity contest when it should be much more than that. My question to the public is this: do you think that it is fair for the prior nominees to get another chance to be on a court? I think not. "They should have thought about that when they were voting. It's their loss," said Brynn Crowgey.

The rules were changed in 2008 after senior Morgan Hiltbrand won both the homecoming court and the prom court. Now you are only allowed to be nominated for one court. Why should we change the rules back just to please a few people? "It's not fair. They already had the chance to be a queen. I think it's time for the other girls who haven't been nominated to have their chance," said Chelsea Stroka.

Rebecca Skiba, one of the former nominees for winter homecoming court, said, "No, I don't think it's fair that they want to be on court again when a lot of girls haven't had the chance." Rebecca agrees with the majority that letting them have another chance would not be fair.

Prom queen is just another title that makes you feel better, but

in reality it means nothing. Alison Thompson stated, "We shouldn't even have a prom/homecoming court. It doesn't really do anything except make the 'queen' look good for ten minutes. Years from now no one will care who won. The only thing that will matter is what kind of person you were in high school and how you treated others." This leads us to another question. What is the point of having a court at all? It doesn't do anything but make individuals who don't make it on court feel horrible about themselves. They will always wonder, "Why was I not good enough?" Is it right for us to put them through that?

Nothing has been decided yet, but I think if we are going to continue to have the courts then the rules should not be changed just because some people were not happy with the results.

Ask Erskine: Should I save my money or spend it?

By Derek Erskine

For those of us who do not have a job or lack money, the question regarding whether to spend money or save it is often an easy one. The answer would be... neither! But for those who have a job or some other source of income, this question may often arise. Many teens often save money for an array of objects they would like to have such as game systems, televisions, cameras, laptops, and even cars! Saving money is just accumulating a sum of money to spend at a later time. Regardless of whether you spend your money as soon as you get it or you save it for another time, you're still going to spend it. In my opinion it doesn't matter what one spends or saves their money for as long as it is a smart investment.

Many of the teens at SHS receive their money from jobs. But many of the kids who have jobs need them to pay for common expenses. This can include car insurance, phone bills, and, of course, gas money. Once all of this is taken into account, there is not much left to spend on social stuff like going to the movies, going out to eat, and going to sporting events to cheer on the Quakers. Sure, you don't have to do all of that stuff, but it sure does make high school more fun and enjoyable. After all of this there is practically nothing left to save, and one often asks, what's the point? But our elders always point to something that will probably be one of the biggest investments in many of our lives -- a college education.

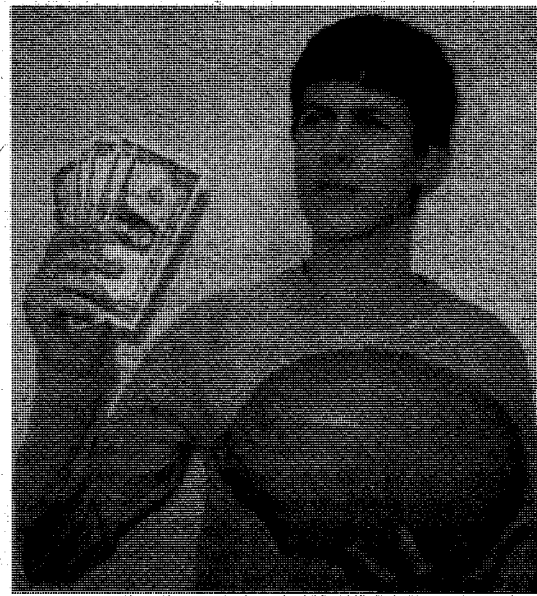
The average cost of college for a four-year degree is \$87,743 for a public in-state university and \$139,914 for a public out-of-state university.* The cost of attending a four-year private university is \$176,626 (note to reader: these figures are the cost of college prior to any scholarships, grants etc. that one may receive). A job is a great way to save money to help pay for college, but after all of the expenses mentioned earlier, there is not much left to save for a college education. A much easier way to ease the cost of college is applying for scholarships and grants.

Most students will have to take out student loans, but one will want to use these as a last resort.

When searching for students at SHS who currently hold jobs, I immediately found two seniors, one of them being Tyler Hlavcak who works at Arbys. "I work 20 hours or so every two weeks, and I have to pay for my cell phone and my Discover card. After paying for those, I put \$75 of what I make in the bank every month. The rest is spent on social stuff." As one can see Tyler doesn't have much money left to save. But what about another student who works twice as much as Tyler in a pay period? Jim King works at Pizza Hut. "I'm responsible to pay for car insurance and gas. After these expenses I have nearly \$200 left every month. I save none of it." Jim could be saving what seems to be a lot of money. But when one looks closer, the amount Jim makes in four years pales in comparison to the cost of a college education.

In four years Jim would be able to save \$9600, which is a rather large sum of money. If Jim were to save all of the money that he could in four years, he would be able to pay for 11% of public in-state schools, 7% of public out-of-state schools, and 5% of private schools. That's pretty ridiculous if one can work for four years and only manage to pay 11% of their school costs. So, I would advise you to try and balance saving and spending your money, but don't expect to pay a big chunk of college by working a part-time job. I believe that money spent on social activities and the like is not wasted because this money is contributing to memories. Which, not to sound morbid, is one of the few things we'll be left with when we come to die. I don't know about you, but on my deathbed I probably won't think, "Man, I really wish I could have paid 11% of my college expenses."

*www.collegeboard.com



Derek contemplates whether to save or spend his money.

A movie review: *Dear John*

By Sarah Beagle

Dear John is a movie about a young soldier who falls in love with an idealistic college student. However, just like every other love story, something beyond their control is keeping them apart.

Special Forces Army Sergeant John Tyree (Channing Tatum) is on leave from the Army and comes home to stay with his father where he meets Savannah Curtis (Amanda Seyfried), a spunky college student, and unexpectedly falls in love with her. They spend two weeks together before they go their separate ways. They promise to write letters back and forth to tell each other everything. John cannot wait for his term to be over so he can spend more time with Savannah. However, he decides to reenlist because of the 9/11 attack. The letters continue to come, but things are becoming harder for the both of them. The final letter that John receives put him

over the top. What did it say? Well, you have to watch it to find out.

Don't ever underestimate the power of teenage girls and their love for the hunky Channing Tatum. *Dear John* out did *Avatar* rolling in \$13.6 million on opening night.

According to rottentomatoes.com, "...built from many of the same ingredients as other Nicholas Sparks tear jerkers, *Dear John* suffers from its clichéd framework, as well as Lasse Hallstrom's curiously detached directing."

Personally, I loved the movie. The chemistry between Tatum and Seyfried was heartfelt. I definitely recommend seeing it if you haven't already. Also, bring a little packet of tissues. They may come in handy depending on how emotional you are.

Music flashback

By Lexi Shivers

All of us have our favorite bands, artists, and albums from when we were kids. For this issue of *The Quaker*, I distributed questionnaires to students and teachers from every grade to see what they enjoyed listening to when they were younger. Junior Allison Dolphin said, "When I was younger I listened to the beautiful sounds produced by the ever so popular N'Sync." She admits to being madly in love with Lance Bass, just like every other girl in the world. "I was very disappointed when I found out he was gay." Just like Allison Dolphin, fifteen other girls enjoyed the sounds of N'Sync when they were younger. Making it on the list of most popular music for students of SHS were N'Sync, Aaron Carter, The Spice Girls, The Backstreet Boys, Britney Spears, Celine Dion, No Secrets, 98 Degrees, O-Town, The Hanson Brothers, and Christina Aguilera.

As for the teachers of SHS, making it on the list were Elton John,

Fleetwood Mac, the album *Thriller*, AC/DC, The Beatles, ABBA, The 5th Dimension, The Temptations, The Supremes, Marvin Gaye, MOTOWN, and Martha and the Vandellas. Mr. Kibler said that he enjoys AC/DC's "Highway to Hell." "It was an album that I used to lift and study to." As for German teacher Frau Carter, she enjoyed listening to the classics and big band songs. "My dad would play them on our 'Hi-Fi!'" Today Frau Carter still enjoys a great number of different artists but mostly she enjoys the "Oldies!"

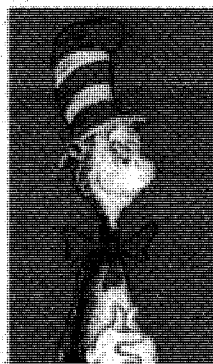
Kids today will also have their favorite music and be able to look back and tell people what their favorite music was. Some popular music choices for kids to look back on might be Carrie Underwood, Taylor Swift, Justin Bieber, Lady Gaga, Lil Wayne, Rihanna, and Black Eyed Peas. What music will you look back on twenty years from now?

Seussical Cast List

By Alli Dolphin

Seussical The Musical is going to be performed on the weekend of April 16 in the SHS auditorium. The cast list is as follows:

Cat in the Hat - Tyler Cosma
Horton the Elephant - Tyler Stouffer
JoJo - Abby Cull
Gertrude McFuzz - Rebecca Enlow
Mazie La Bird - Nicole Slaven
Sour Kangaroo - Alli Dolphin
Mr. Mayor - Justin Steele
Mrs. Mayor - Lindsay Winn
Bird Girls - Kaitlyn Culp, Katie Fife, Theresa Ieropoli, Jocelyne Samu, Karli Utt, Taralynn Williams
Wickersham Brothers - Connor Bezereji, Calvin Hardman, Gretchen Hallowell, Mitch Hendricks, Cody Holland
General Genghis Khan Schmitz - Mr. Pratt
Yertle The Turtle - Katie Fife
The Grinch - Breana McIntosh
Vlad Vladikoff - Breana McIntosh
Whos - Larissa Bender, Emily Cull, Zach Devine, Sarah Halstead, Tiffany Kekel, Brandi Knisley, Kaitlyn McKibben, Allison Moore, Anthony Price, Annie Saltzman, Mackenzie Steele, Jared Tacey, Kelsie Vrable, Emma Wilson, Kathryn Zeppernick



Five boys from Salem High School. Four Words. Three Consonants. Two shows. One totally brutal band... While You Were Sleeping. Composed of a handful of the most colorful musicians ever to walk the Earth, and one utopian versifier, the teenaged band is well on its way to doing big things. On bass there is Pete "Really Good Looking Guy" Anderson; guitars are Mike "Boss of Your Sauce" Lopez and David "Nighthawk" Carroll; vocals by Brentlyn "Tyrooone" Bosworth; and percussion by Evan "The Twelve-year-old" Boothe. If that doesn't sound like an absolutely epic line up, then you need to read it again!

When asked who came up with the band's name, it was apparent that only one musical expert was trusted for the job. Calvin Houpt. Salem High sophomore and While You Were Sleeping's voice, Brent Bosworth, were more than happy to provide the name of the man behind the name. However, when talk turned from the one to name the band to what the name meant, it was evident that the band held many terrible secrets. The mystery continued

Are you goo-goo for Lady GaGa?

By Alison Thompson



Stefani Joanne Angelina Germanotta is the name, but her clothes might say something else. When we hear or mention the name Lady GaGa, some of us might automatically think about her crazy, out-of-this-world outfits! Some of us would like to think that she was a small town girl trying to make it big when a top producer accidentally ran into her and said, "I think you're the next big thing!" Actually, it wasn't that way at all.

Lady Gaga was born and raised in New York City to Italian-American parents. She went to a Catholic all girl school in the Upper East Side where her classmates were Nicky and Paris Hilton. She was only seventeen when she went to New York University's Tisch of the Arts and later dropped out to focus on her music career. While working with a producer, the producer gave Stefani an entrance song called "Ra-

dio GaGa" by Queen. When he typed "Radio GaGa" into a text, it came up as Lady GaGa. From there on Lady GaGa was a name that nobody would forget.

Her single "Just Dance" was top of the charts in six different countries. Her second single "Poker Face" was top of the charts in twenty different countries, putting her songs on the top of Billboard Hot 100. While on tour in England, she had the chance to meet the Queen. Recently, at the 52nd Grammy Awards, Lady GaGa received two awards. One award was for Best Dance Recording, and the other was for Best Electronic and Dance Album.

She is known all around the world and is only twenty-three years old. Lady GaGa is going to have a promising career that will provide her with many new adventures.

While who was sleeping?

By Shauna Uptegraph

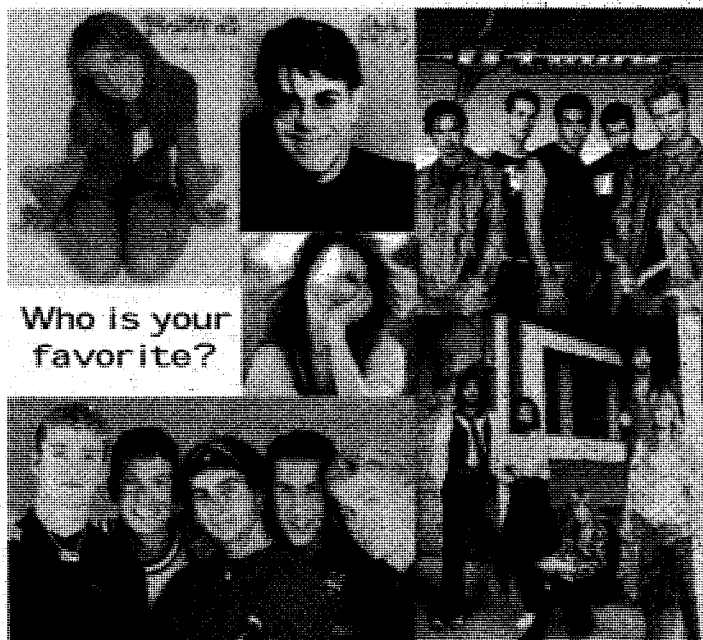
when Mr. "Tyrooone" refused to inform of just what he'd frequently request backstage upon becoming famous. Mike, however, said that he would want girls. As the oldest member of this stellar groove group, it's no wonder that David Carroll made a completely selfless request, saying he would want only guitar picks for his band mates. Shortly after, however, he wished to tell the youth of today, "I got blistahs on me fingahs." Fortunately for While You Were Sleeping, David's harmonious fingers will heal, making calluses a small price to pay for stardom.

Fame. Is there anything better? For "The Twelve-year-old" Boothe, he doesn't think it's all it's cracked up to be. He wouldn't make any major sacrifices because fame just isn't what he's all about. Salem Senior Pete Anderson disagrees, saying that he would like to be famous as well as in The Jackson Five.

Every member of the band has his own favorite music, and each thinks it would be absolutely ridiculously awesome to play in front of someone famous. Who it should be, however, is a dispute.

"Nighthawk" Carroll would love to look out into the crowd to see The Devil Wears Prada, a hot, right now metal core band. "The Twelve-year-old" would scream fanatically to perform in front of Jake Arbogast, while "Boss Of Your Sauce" Lopez wants to create some magical melodies in front of J.B. Brubaker, lead guitarist of August Burns Red. The band's overall influence is Motley Crue. That would be quite a crowd!

While You Were Sleeping practices three to four times a week, refusing to allow platform shoes or face paint on stage. "One of our band members did it, and he's not here anymore," volunteered Brent, who gets his inspiration to write songs from past relationships, experiences, and thoughts at the time. Just where that face paint-loving band member went, and what those thoughts are, are just a few of the many mysteries surrounding the enigmatic band. One thing is for certain, While You Were Sleeping is nothing like any other band around.



Feature

SOM

By Matt Oliphant



The lights go dim. A man enters the room wearing aviators and a strand of glow sticks around his neck. As he steps onto the dance floor, the perfect song comes blasting through the speakers. It's almost like a mixture of Kanye West and a chorus of angels. The crowd goes wild with the insanely awesome dance moves performed by this demigod. They begin chanting his name over and over again. They can't get enough of him. He is the true definition of the lyrics from Tik Tok, "the party don't start till I walk in."

This is what it's like for this particular individual every day. I'm surprised there isn't a facebook fan page for him yet. When I was lucky enough to sit down and interview the Student of the Month for March, I was a bit nervous. I did the best I could when it came to the interview, but when you're sitting beside this legend, it's hard to concentrate. We discussed a few very important topics such as Obama's healthcare plan and the heroism of Vietnam Tom, but

then the real issues started to surface. First off, I wondered what winter Olympic sport he would participate in. His answer was "polar bear wrestling." Wow, how can you even continue your interview with an answer like that? I had to persevere and continue the grueling questions. Next was about his looks. I wanted to know what made this character such an alpha male. He claimed it's his Amish looking beard. He doesn't even have to trim it; apparently the beard keeps the perfect shape and trims itself. My time was running out for the interview, and I only skimmed the surface of what was needed to be asked. If he could pick any exotic animal for a pet it would be a monkey. I figured it would be a white tiger or maybe a Black Panther, but heck, when you're this amazing, any animal will subdue. He calculated that his awesomeness began at a very early age. In fact his greatness was announced during his mother's sonogram. The doctors said, "Yep, that's one awesome baby." He is greatly influenced by influential figures such as the Techno Viking and Joseph Stalin.

My time finally came to an end with the interview. I stood up and was about to leave when a startling question popped into my mind. What is it like to be considered a Student of the Month? I figured it was fate that kept me lingering around, so I asked the man the question. He simply answered with this, "You may not know this, but I consider myself a bit of a loner. I tend to think of myself as a one man wolf pack. But after this, there is another wolf in my wolf pack, and it's you." I was deeply honored by the thought of being in a "wolf pack" with this stud. I along with the rest of the SOM council congratulate Scott Jones for being the SOM for March!

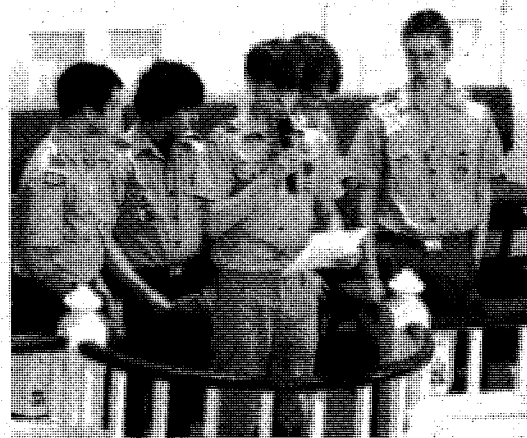
This place ROC - ks!

By Brooke Skiba

For those who find themselves at home bored or with friends and nothing to do on a Saturday night, the new ROC of Salem could be the solution. The ROC is open every Saturday from 7-10 PM to anybody fourteen to twenty-one years old. The ROC stands for the Representatives of Christ and is a youth ministry program that exists as a safe, supportive and fun place for youth to go.

Last year's graduate and Boy Scout Jeff Barton once had a dream of this new teenage hangout, and, after acting upon it, the project that is the ROC was created. The ROC is partly run by members of Boy Scout Troop 2, and although the ROC does have a Christian affiliation, the leaders Tyler Cosma, Kyle Costal, and Timmy Slason do not force religion. As Tyler says, "Our goal is not to be Bible thumpers; we just come to have fun and give kids a chance to talk to people they normally may not see outside of school." The ROC is funded through private donations and faith-based grants and is hoped to eventually be able to open every night after school.

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Members of the Roc of Salem including Jeff Barton who came up with the idea.

Many activities make the ROC an enjoyable place to be. They hold concerts and sports tournaments. They also have basketball, soccer, billiards, Wii, air hockey, and foosball, not to mention the great advantage that food is provided. Tyler states, "The ROC is truly a fun place to go and hang out. Get some friends and come on in — It's free." The ROC of Salem is located at the site of the previous

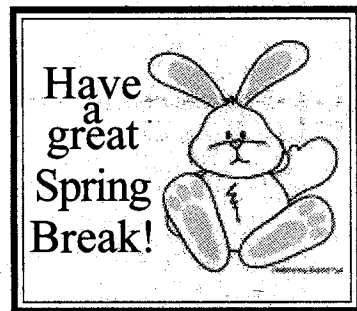
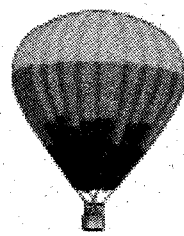
youth outreach known as the Phone Booth. This is on Lundy Avenue in a building owned by Salem's First United Methodist Church. For those who don't know, that is located down the hill from the post office. The Phone Booth was unsuccessful due to a variety of reasons, but the strong leadership and values behind the ROC should prove to make a successful teen program.

SHS bucket list

By Rachel Fritzman

As you all may have seen, MTV has a new show called "The Buried Life." It is basically a documentary on four guys doing everything that they want to do before they die. This show has posed a question for everyone watching and also may have inspired some bucket lists of our own. Here are some of the things people at SHS have on their bucket list.

- Mrs. Erath:** "My one wish on my bucket list would be a trip to Hawaii."
- Mr. Jeckavitch:** "Seeing the Cleveland fans win "one" major sports Championship — They are worthy of my pity!"
- Mr. Miller:** "Visit Ireland."
- Mr. Steffey:** "Visit Hawaii and not come back!"
- Mrs. Dye:** "To be Quaker Sam at one of the football games. This year I was offered the chance to wear the head for the tunnel at the beginning of the game but I said, 'No!' because that's not enough. I want it all!"
- Kate Tressler:** "Bungee jump."
- Danielle Kruegel:** "I want to go skydiving."
- Derek Erskine:** "I would like to spend a moderate amount of time in a foreign country."
- Jon Meissner:** "Skydive."
- Sallee Keniston:** "Paint a self portrait out of ketchup."
- Andrew Skiba:** "Become famous and remembered after I die."
- Abi Pasco:** "I want to meet Troy Polamalu and get a duck named Philbert."
- Rebecca Enlow:** "To visit all of Asia."
- Alli Dolphin:** "Become the best gypsy in the world!! (Better than Rachel Fritzman)"
- Marshal Sarginger:** "Operation Stevey Navatar."
- Aimee Jones:** "Join the Rams club."
- Ian Chandler:** "To actually kick a bucket right before I die."
- Kenna Bullard:** "Visit every continent and help people on the way."
- Becca Devlin:** "Travel the world. ☺"
- Matt Evans:** "Dive with Sharks!"
- Jared Barton:** "I want to go skydiving and go to the Bahamas."
- Zack Wukotich:** "Be in the NBA."
- Jon Archer:** "Move to California."
- Lizz Greathouse:** "Hot air balloon ride."



What is Video Games Live?

By Jessica Brennan

Many of the students here at SHS are big video gamers. But not many know what it takes to put a game together. It's not just hours of programming, creating graphics, and test after test to get every tiny detail right. It's about creating the mood for each character and setting. And a great mood means great music. Hours are spent creating the music to correlate to the scene in which it's played. And a group that brings people that music live is Video Games Live.

But what exactly is VGL? Co-creator and host Tommy Tallarico describes it as, "...an immersive concert event featuring music from the most popular video games of all time. Top orchestras & choirs perform along with exclusive video footage and music arrangements, synchronized lighting, solo performers, electronic percussionists, live action, and unique interactive segments to create an explosive entertainment experience." VGL performs music from video games such as Mario, Zelda, Halo, Final Fantasy, Warcraft, StarCraft, Diablo, Sonic, Kingdom Hearts, Chrono Trigger, Chrono Cross, Mega Man, Myst, Tron, Castlevania, Metroid, Frogger, Space Invaders, Guitar Hero, Donkey Kong, Medal of Honor, God of War, BioShock, Civilization IV, Tomb Raider, Mass Effect, Shadow of the Colossus, Silent Hill, Crisis, Monkey Island, Portal, Pac-Man, Gears of War, Need For Speed Underground, Harry Potter and the Order of the Phoenix, Pong, Dragon's Lair, Tetris, and

Duck Hunt.

Video Games Live played at Heinz Hall in Pittsburgh, Pennsylvania, on February 12, 2010. This writer had the opportunity to attend that concert. The Pittsburgh Symphony Orchestra, along with the Mendelssohn Choir of Pittsburgh, provided an excellent show. They performed the music from Sonic, Final Fantasy VIII, Halo 3: ODST, Mega Man, BioShock, Mass Effect, Shadow of the Colossus, Assassin's Creed II, and a brand new segment from StarCraft II, a game which hasn't been released yet! Although they can only play ten to twelve segments a night, they have over sixty to choose from. So the concert is never the same.

The concert also had a costume contest, live Skype interviews with famous game composers from around the world, and an interactive Guitar Hero segment where the orchestra played along with a member of the audience. Two members of the audience were also brought on stage to play the classic game Frogger, with the orchestra playing the theme song while they played.

Video Games Live travels all around the world to places such as London, Paris, Australia, Japan, and Brazil. They have released one CD at this point and are working to release more. VGL will be performing in Cleveland, Ohio, some time this year. The date and times are still to be announced.

Ten things girls wish they knew

By Laura Brown

We asked random students, from freshmen to seniors, what qualities they look for in their man or woman. We came up with the qualities, but the students numbered them from greatest or least in order of importance.

The list implies that girls look for a guy that will stay true to them throughout the relationship. This list also shows that being a bad guy isn't that important. But let's be real; girls tend to go for the guys with a rebel side. They don't always want to be with the guy that will treat them nicely and tend to every need. Girls feed off of knowing that they have to work for what they have. In our generation girls often don't have self respect. Giving a second chance may lead into too many chances. If you forgive too easily that shows the guy that they can walk all over you. As we get older and mature, girls will realize that it isn't about the guy you have to chase. It will be about the guy that has been there all along. Pete Wentz from Fall Out Boy stated, "Girls are like apples...the best ones are at the top of the trees. The boys don't want to reach for the good ones because they are afraid of falling and getting hurt. Instead, they just get the rotten apples that are on the ground that aren't as good, but easy. So the apples at the top think there is something wrong with them, when in reality, they are amazing. They just have to wait for the right boy to come along, the one who's brave enough to climb all the way to the top of the tree."

To my surprise this survey placed appearance as not a very important quality. Some guys' personalities change your whole outlook regarding if you're attracted to them. This is why I believe that appearance and sense of humor should be higher on the list. You don't want to spend time with a guy that has a horrible sense of humor. You want the guy that can make you laugh at any given time.

Girls' also want a guy that stays fit, not necessarily Hulk Hogan but the guys with a fit body. Some girls like the "teddy bear" kind of guy, but others will go for the skinny guys. Confidence also ranked low in this survey. There is a definite difference in confident and cocky. A boy that thinks he's on a higher level than everyone else is a total turn-off to me, but a boy that can carry himself but doesn't over do it is very attractive.

Later on down the road when you meet a guy that doesn't make you chase him and is always there for you, remember that that is the type of guy that you'll want to spend your life with. You don't want to spend your life chasing after someone. Everyone deserves to be carefree, but that decision is yours.

The Results

Qualities that girls look for in a guy

1. Loyalty
2. Sense of humor
3. Social skills
4. Active lifestyle
5. Appearance
6. Independence
7. Confidence
8. Good guy
9. Cooking skills
10. Bad guy



Qualities that guys look for in a girl

1. Confidence
2. Social Skills
3. Appearance
4. Sense of humor
5. Independence
6. Loyalty
7. Active lifestyle
8. Cooking
9. Good Girl
10. Bad Girl



Ten things guys wish they knew

By Nathan Gilbert

A survey was taken randomly at S.H.S. to acquire information on what guys and girls look for in the opposite sex when it comes to relationships. We gave students a list of ten qualities to put in order from greatest to least. One is the best and ten is the worst.

This list seems a little sketchy - that was the consensus of several high school students. Would you believe that the third thing guys look for in a girl is their appearance? I don't think so. It should be the number one item on the list, and all guys know that. It is the first thing you notice and may in some cases be a deal closer or opener. That is not to say that every guy wants the hottest girl even if she has no personality or intelligence of her own.

Personality becomes one of the most important factors in a relationship and getting to know a person. Looks are the first attraction but also the weakest. Honestly, when you are in the mall and see a cute girl go by you say, "Wow, that is a great looking girl," and you want to talk to her. You would not see a semi-decent looking girl and say, "well, hey, maybe she has a great personality." It just does not happen.

The survey also indicated that loyalty is much more important to a girl, ranking number one on the list (see Laura Brown's article) than it is to a guy. Why do you think that is? Do you think this will change as high school students as a whole mature more and get older, or will it stay with the mindset that all guys only care about is one thing. Just like women, but not nearly as bad, men change their minds. We might want a girl that acts this way today and a different way tomorrow. Also, everyone is different. They have their own likes and dislikes, so it's impossible to say specifically what men and women look for in a significant other. There are always given attractions humans are naturally born with, and we cannot change it.

A guy wants a girl he can enjoy being around and not have to worry about being bored or having nothing to do. He also wants to be able to bring a girl around his friends without it being awkward. He wants a girl to get along with his friends and not just sit quietly as if she wants to go home as soon as she gets there.

Men will never understand women. Everyone as an individual is different and will prefer different things over others. If we were not all different and relationships were not so confusing, what would be the point.

Surviving a fiery nightmare

By Julie Ridgley

From a very early age, most of us learn all about fire safety. We're taught "stop, drop, and roll" and hear lessons from Smokey the Bear. However, we often don't pay much attention to what we are taught. For this reporter, these simple teachings would take on a whole new meaning.

On January 5 my older brother James received second and third degree burns on 35% of his body. It started as a midnight French fry craving and ended up being a moment that changed our family's lives. My brother had put a pot of oil on the stove to heat, and then ran upstairs to quickly check something on his laptop. I was unaware that he had even started cooking. When I noticed the smell of smoke and saw an orange light flickering in the kitchen, I was quite perplexed. I peeked into the kitchen and saw that James's pan had caught fire. I called him, and he quickly ran down the stairs, turned the burner off, and picked up the pot in an attempt to get it out of the house. "I knew if I burned the house down, I'd be dead," he said in reference to how our family would react if he didn't act quickly. As he made his way across the kitchen, the pan became too hot for him to handle. He set it down on a small table, and flames spilled out of the pan as the top of the table melted away. I gasped, and this is when James and I both knew

that this was serious. He picked the pan up once more, and made his way to the kitchen door. When the cool January air hit the burning oil it was like an explosion. Although I could not see the blaze, I could hear it and my brother's desperate screams.

He spent eighteen days in the Burn Center at Akron Children's Hospital, far less than the thirty he was expected to be there. He endured daily visits to the "tub room" where they would scrub his burned skin and bandage wrappings that lasted about an hour. He was placed on a feeding tube and had an intravenous line placed directly in his chest when the veins in his feet collapsed from the extensive amount of medicine being injected into them. It was unbearable to watch my big brother, my eternal protector, in so much physical and mental anguish and be helpless to alleviate it. All of this, simply because neither of us took the time to slow down and think logically about what we should do.

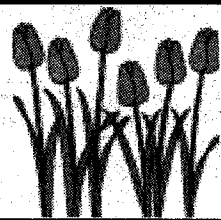
The lessons we learned about fire safety were taught to us for good reason. Never leave something cooking unattended. Never attempt to move a hot pan of oil, as it will become too hot to handle. If a pot of oil should catch fire,

never attempt to extinguish the flames with water; this will only spread the blaze. Baking soda will work, but it's not the most practical option. You must have more baking soda than oil in the pan to extinguish the fire. The best option is to simply turn off the burner, place a lid on the pan (not glass as it can heat up and shatter), and call the fire department.

"Being burned has changed the way I look at life," James said. My brother is lucky to be alive and lucky that the scars that cover his chest and arms miraculously left his face unblemished. My family had to learn about fire safety the hard way, but you don't have to. Be smart, think carefully, and remember what you've been taught.



4 weeks until Spring Break!



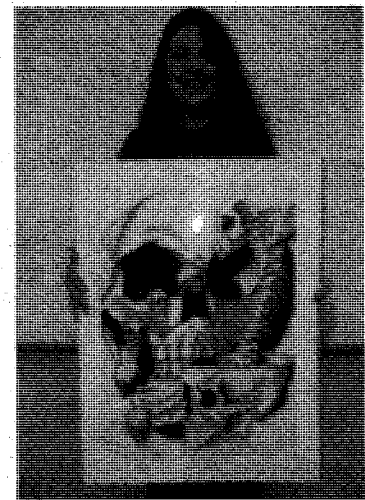
Artist of the month: Eva Jackman

By Alli Dolphin

Eva Jackman is a sophomore here at Salem High School. She has been interested in art for as long as she can remember, but besides art she enjoys canoeing and white water rafting. She also enjoys playing the piano, solving cryptograms, and reading a good mystery novel. Eva is in Mrs. Frederick's Art I class, but she probably won't pursue a career in art after high school. She says, "I love art, but I am interested in pursuing a career which involves earth science."

When Eva was younger, she says her grandmother would always bring a sketch book and a box of crayons anywhere they went to keep her occupied. Her mother is also an artist and says, "I've always loved to watch her paint." Eva's favorite artists are M.C. Escher, Tim Burton, and Lady GaGa. "GaGa is a living, walking, breathing, and singing piece of art," says Eva.

Eva lists surrealism, comic book art, and cartoons as her favorite styles of art. She says she has too many pieces of art to choose from to pick a favorite, but her personal favorite piece is an abstract water color painting that portrays the oncologic outcome of laparoscopic resection of malignant



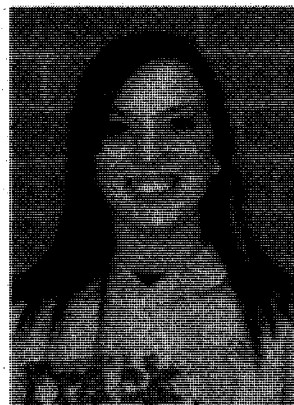
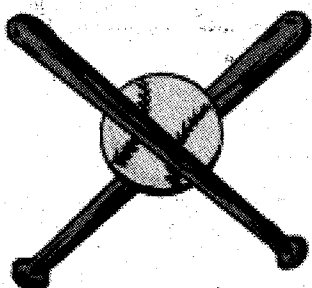
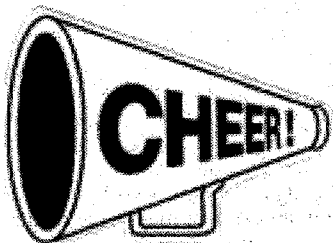
liver tumors. She won a red ribbon in the Cleveland Clinic Art Expressions Program for it. Eva also won a silver key in the Scholastics Art and Writing Awards for a scratch board called "Evening in the Summer."

As Eva's art teacher, Mrs. Frederick, says, "Eva is an extremely talented student. She has a very creative, imaginative mind. Her originality and technical ability surpass that of her peers. I hope that Eva continues to pursue her talent in the future."

Sports

Senior Spotlight

By Danielle Kruegel and Abi Pasco



Chelsa Stroka - Cheerleading

What is your favorite memory of this sport?

Singing Christmas carols on the bus on our way home from a basketball game

What are your goals for this season?

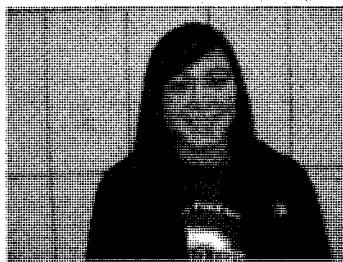
To have fun!

What is your favorite warm up song?

"Tik Tok" by Keisha

How did you become interested in this sport?

When I was little I would always go to football games and watch the cheerleaders



Shay Pittman - Softball

What is your favorite memory of this sport?

TK throwing duck poop in her glove at Marissa at Warren Harding.

How long have you been playing this sport?

Ten years

Who is your favorite athlete?

Crt Osterman

How did you become interested in this sport?

I was lazy when I was younger, so my mom made me go out for softball, and I have loved it ever since.



Nick Balsley - Baseball

Who is your team's biggest rival?

Poland

How did you become interested in this sport?

My grandpa

What position do you play?

Pitcher

What is your favorite memory of this sport?

Forgetting the helmets on our way up to a game



Kaitlyn Kibler - Softball

Who is your team's biggest rival?

Struthers

What position do you play?

Outfield and first base

What are your goals for this season?

To have a winning record

Is this your favorite sport?

Definitely



Taylor Kastenhuber - Softball

What position do you play?

Second base and shortstop

How did you become interested in this sport?

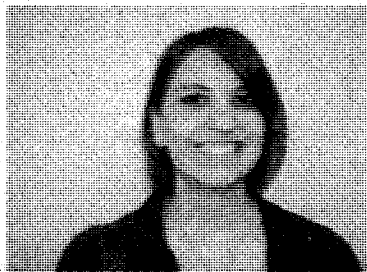
Shay forced me to go to practice with her when we were little.

Is this your favorite sport?

Yes

Who is your team's biggest rival?

Any girls with attitude on the opposing team.



Brynn Crowgey - Swimming

Who is your team's biggest rival?

Whoever is in the lane next to you!

What position do you play?

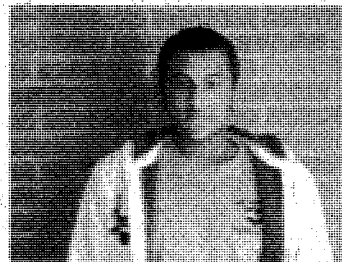
I swim the 50 yard freestyle and 100 yard breast stroke

Who is your favorite athlete?

Michael Phelps ☺

What is your favorite warm up song?

"I Don't Wanna Be" by Gavin Degraw



Randy Wyand - Baseball

Who is your team's biggest rival?

Poland

What is your favorite warm-up song?

"Teach Me How to Jerk" by Audio Push.

How did you become interested in this sport?

My grandpa used to play minor league ball for the Pittsburgh Pirates, so he got me interested.

What is your favorite memory of this sport?

When we lost Coach Alejars' keys, and he made us run forever.

Wait, we have female athletics?

By Danielle Kruegel

There is no secret that the stands are somewhat empty during girls' basketball and soccer games. Some of my fellow female athletes may agree that attendance at our games is extremely different than that of the boys' games. Why? Should we not acquire the same respect in return that we show to them? Our Quaker Crazy's section during the football season was insane. We painted our bodies in thirty degree weather for crying out loud! We tailgated for almost two hours in advance of the games on Friday nights. The truth of this situation is that the girls are not receiving the same respect and support that we give.

For boys' basketball games, there are more students in

the student section than the girls' games times ten. Also, at girls' soccer games there are practically only parents. I don't know about other female athletes, but speaking for the girls' basketball team, we think we deserve the same spirit that the boys' athletics receive. It makes a huge difference in the way teams perform when they have loud, obnoxious students hooting and hollering their team to victory. The Quaker Crazy's are one of the craziest sections this school has seen in years, and we should want to hold our reputation at a high standard.

The spirit has definitely decreased going into the winter sports, and this should not be. However, it does not show nearly as much at the boys' basketball games. Most

fans go to these games because it is a Friday night, and what is there to do in Salem on a Friday night besides cruise around and maybe hit up the Taco Bell? If this is, in fact, the case, then why not go to the girls' games on Saturday nights? There still isn't anything to do!

I give credit to the fans that show up for our games on a regular basis no matter what, and I know that we female athletes appreciate you all. It really does make a difference during those big games to have a great student section showing their support. So please, show some respect to our women athletes as well as our men, and get out to watch our Salem Lady Quakers!

SHS up in smoke

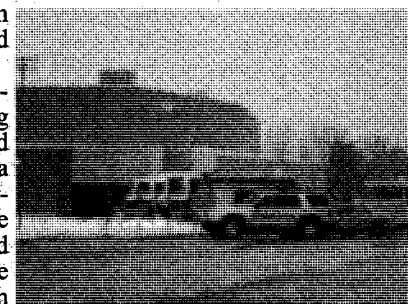
By Monica Metts

On Monday, February 22, 2010, students were dismissed early from school due to a water leak hitting a wire in the gymnasium causing the wire to overheat and smoke.

Students in the seventh period strength training class stated to teachers and peers that they were noticing a funny smell in the gym. The curtains above the bleachers were closed, and the students could not see anything at first. The smoke became worse and began to project through the sides of the curtain.

Mrs. Ritchie, gym aide, then went to get a janitor to help. The janitor contacted maintenance, and the fire department was called. All students were evacuated from

the gym, and school was then dismissed early.



The Salem Fire Department remained on the scene in an effort to find the source of the problem. Fans were used to rid the area of smoke. School resumed the next day as regularly scheduled.

Quaker Board

Theme nights for Quaker Crazies

By Lydia Shivers

Theme nights are inevitably why the Quaker Crazies are so well known. Compared to "The Virus" (Leetonia's cheering section) and "Eagle Crazies" (United's cheering section) among others, the Quaker Crazies are unstoppable. Head Coach Klucinec agrees, "[The crazies] are one of the best student sections in the area." The Crazies have original themes that keep the fans wanting more.

B.J. Lisko night was the original idea of the seniors. The theme was to thank B.J. Lisko for always getting the Quaker Crazies in the Salem news and because he has unique style. Everyone wore fedoras, blazers, kicks, and to finish off the look, cameras. B.J. almost didn't make it to his own theme night because he slipped into a ditch on the way to the game. Thankfully the apocalypse hadn't yet occurred, so B.J. was there and he even jumped in a picture, which made front page

Did you know?

By Cheri Merryman

We all know that pop is everywhere in our culture. In every store, gas station, and vending machines in schools and hospitals, it can also be seen in movies and advertised on TV. The pop with the highest sales each year is Coca-Cola, not a surprise, right?

But did you know that coke was actually designed as a medicine? Yep, a medicine. Creator, John Pemberton, first made the drink as a coca wine in 1885. A year later when prohibition was passed, Pemberton made some changes to his formula, removed the alcohol, and created the version of the drink we know today, renaming it Coca-Cola. This version was first sold at a pharmacy in Atlanta, Georgia, in 1886. Pemberton claimed Coca-Cola could cure morphine addiction, dyspepsia, neurasthenia, headaches, and impotence. Coke concentrate was, and still is today, sold at pharmacies for nausea and upset stomach.

Though the formula used

Project Prom offers free gowns

By Ali Thompson

It's only March but already people are talking about prom. Girls are finding the perfect dress and buying five inch heels and jewelry that match their outfit. Everyone can go to prom, but everyone doesn't have to spend the usual amount for it. Project Prom is all about providing dresses and shoes to girls that find the financial burden of prom a bit overwhelming.

Project Prom will be held on March 13 at the Holy Trinity Lutheran Church from 12:00-4:00 pm. This year the committee has been getting prom dresses from, among other sources, sororities from different colleges in the area. They also have been getting dresses from different stores. Currently available are approximately two hundred dresses, which are in style.

Other than dresses, some

of the Salem News. Other themes included black out, red out, white out, camo night, Christmas sweater night and classic Quaker Crazie. Theme nights entertain, but they are not solely for the Quaker Crazies.

Theme nights get the crowd pumped up as well as the players. "The crazies provide energy and enthusiasm [for the players]," Klucinec said. Coach Klucinec does not mind what theme the Crazies use as long as we "bring the noise." The boys' final season game was against longtime rival West Branch. Students wore super hero attire and Dustin Huffman shirts. It was an unbelievable game that ended in four overtimes with West Branch as the victor. The first tournament game for the guys is Tuesday March 2 at Boardman High School. Come out and support the Quakers, do not forget to dress according to the theme (yet to be announced), and, most importantly, cheer!

now differs greatly, the original called for five ounces of coca leaf per every one gallon of syrup. At one point Coca-Cola contained nine milligrams of cocaine per glass. In 1903 cocaine was removed from the drink, though coca flavoring is still added. The use of cocaine gave the drink the first part of its name, Coca.

The second part of the name comes from its other main ingredient, kola nuts. Kola nuts give the drink its caffeine. Coca-Cola contains forty-six milligrams of caffeine per twelve fluid ounces. In 1911 the U.S. government tried to force the company to stop using caffeine; however, the case was decided in favor of the Coca-Cola Company.

So, now you know a bunch of useless facts about a soft drink. It will most likely never come in handy in your life unless you go on "Jeopardy," but the next time you have a headache see if Pemberton was right. Try drinking a nice cold Coke and find out if it works.

shoes also will be made available. They can be dyed to match any gown. Casal's is donating fifty gift certificates; these will be divided between free hair-dos, nails, and facials. Girls may enter their names for a raffle to get any of these. The Lemon Tree is donating flowers and Quaker Corner has donated a corsage and a boutonniere for one lucky couple. Again there will be a raffle for this.

Salem's advisor for Project Prom, Mrs. Bosheff, said, "More and more people are finally starting to recognize that we're doing Project Prom every year. Now, we're getting dresses from people out of the city; hopefully, we'll get a lot more dresses in the next year or two."

If you have any questions or would like to donate a dress, please contact Mrs. Bosheff.

College of the month

By Monica Metts

Are you the type of student who wants to attend a smaller campus but not be limited to just a few opportunities? Maybe you don't want to travel very far from home, and you'd like to stay in Ohio. That may not be you at all. If it is, consider Oberlin College. Oberlin College was founded in 1833, and there are two distinct schools within the college. These are the College of Arts and Sciences (CAS) and the Conservatory of Music. Great musicians from all around the world are attracted to Oberlin College, and Oberlin's voice program is one of the best in the United States.

Oberlin offers forty-seven majors and forty-two minors to students, and many students have the opportunity to participate in a study abroad program throughout their education at Oberlin. There are optional academic programs available to students, and there are also ways to earn alternative credits. Oberlin's campus is beautiful, but those of you who want the excitement that you would find in a large city might not find it. Fortunately, Cleveland is only thirty-five miles away from Oberlin and offers anything a large city can.

Oberlin College offers 142 organizations for Oberlin students to join, and community service is encouraged by the school as a way for the students to reach out. Two operas and at least four hundred concerts and recitals happen each year at Oberlin; that should be no surprise since the Conservatory of Music is a large element of Oberlin College. On top of a strong musical program, Oberlin also has a very active athletic program. Oberlin has twenty-two varsity teams and numerous other club and intramural sports in which to be involved.

Acceptance rates for Oberlin College are very difficult, and about 60% of students that apply are accepted. There is a \$35 application fee, and you must submit your high school transcript or GED certificate, two letters of recommendation, and a written essay or personal statement. An interview is also required for all students. The factors that Oberlin considers are very important when evaluating applicants and include GPAs, the difficulty of high school courses, standardized test scores, class ranks, recommendations, and application essays. Certificates, Master's, Bachelor's, and other advanced degrees are offered at Oberlin College; 112 credit hours are the required amount of credits for a Bachelor's degree.

If you would like to contact Oberlin College, the main telephone numbers are 440-775-8411 and 800-622-6243. Oberlin's website is <http://www.oberlin.edu/>, and if you would like to receive more information you can visit <https://hera.cc.oberlin.edu/coladm/requestinfo/>.

Let's all eat healthy snacks

By Aimee Jones

Snacking with a purpose reinforces healthy eating habits, keeps your metabolism high, and boosts your mood. The most obvious and healthiest snacks are fruits and veggies. Both are considered power foods and are packed with important vitamins. Coating veggies in high calorie dressings and dips, however, defeats the purpose. It's not hard to find low-fat and fat-free dressings that taste almost exactly the same while saving the calories and fat.

When the word "snacks" comes to mind, many people think of the cliché TV watching munchies... chips. There are many ways around the bad ones while still enjoying the taste. Lay's offers many of their regular flavors in the baked version. The baked line from Lay's is the way to go, hence the name "baked" instead of the usual fried and fat-filled. Another option is Sunchips; the whole grains keep blood sugar stable and the belly full. Salsa should be in the fridge at home, not just at the local Mexican joint. This delicious jumble is packed with antioxidants and is merely fat-free and very low in calories. You can load salsa on to more than just tortilla chips. It's delicious in tacos, baked potatoes, and whatever else the palate is daring to try.

There are some hidden dangers to watch out for when picking snacks. Probably the number one thing overlooked is the serving size. Instead of companies changing the ingredients in their products, they simply change the calorie con-

tent and put the serving size in small print below. It's very deceiving. Consumers may think they're eating a low calorie snack, but in reality what they think is the total calories should be multiplied by three. Another ingredient people tend to overlook is the sugar content. Even juices and fruit shakes that may seem healthy are loaded with sugar, even if it's all natural. Sugary foods aren't good snacks because they raise the blood sugar level and give snackers a jolt, but this is only temporary and then they crash. Shy away from energy drinks and pop. These are empty calories and supply zero nutritional value. The best drinks are natural juices in moderation, tea, black coffee, and, of course, the one and only water.

When a doctor tells a patient that they should be drinking at least eight glasses a day, he isn't joking. As incredible as it may seem, water is possibly the single most important catalyst in losing weight and keeping it off. Water suppresses the appetite naturally and helps the body metabolize stored fat. A body will not function properly without water. It helps maintain proper muscle tone, clear the body of waste, and is essential to weight loss.

Snacks can be delicious but at the same time unhealthy. Individuals should be careful and choose them wisely to assure having a healthy body and to be held over until the next just-as-healthy meal.

The latest in technology: iPad

By Jim King

On January 27 Steve Jobs, the CEO of Apple Inc., gave a keynote speech regarding the next big thing from Apple, this item being one that will fill the missing gap between cell phones and laptops. This item is the anticipated, touch screen tablet which was named the iPad.

Now before I go on to rant about why the iPad is not worth buying, I'll give you some specifics regarding this oversized iTouch. The iPad comes in with a screen size of 9.7 inches, a .5 in thickness, and the overall weight of this is only 1.5 lbs. The prices vary depending on the memory size and whether consumers want AT&T's criticized 3G coverage. The lowest price is \$499 for 16 GB and no 3G coverage, and the highest price being the 64GB model with 3G for \$829.

The iPad will be compatible with all apps currently in the App Store, and supposedly have a ten-hour battery which is great for a device of this nature. Two new features that Apple introduced were iBooks and iWork, iBooks being the answer to the Kindles' Amazon Store and iWork being the answer to Microsoft's Office.

The idea behind the iPad is amazing, but I believe Apple dropped the ball on this product. The two biggest flaws of Apples latest product are the absence of a

camera and flash. Flash in this case is not the light that "flashes" when a picture is taken but is instead the flash of which the majority of the websites on the internet run. This tablet is supposed to be the next big thing, but it is missing very key features that other devices have already.



We all know that over the next few years Apple will release better versions of the iPad, with a camera, with flash, and maybe other technology that we do not even know about at this moment. So for now, I'm going to save my money and wait to see where Apple takes the iPad in years to come.

Quaker Clips

