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A high school tradition for years.

70lume 97, Number 6

Salem Senior High School

April 2010

National Honor Society induction

By Brooke Skiba

By candlelight, his year's National Ionor Society inducon ceremony was held the SHS auditorium on Vednesday, March 24. lational Honor Society, r NHS, is a selective, ationwide society ounded in 1921 in earby Pittsburgh, ennsylvania. Mr. iencek says, "National lonor society is one of ne nation's foremost rganizations. It is an lite club that focuses

n academics, club affilitions, charity work, and character. hese values foster a lifetime comnitment." The NHS motto is No-lesse Oblige, which is French and reans, "Whoever claims to be noble ust conduct himself nobly.

The National Honor ociety's main purpose is to recogize students who have demonrated excellence in the areas of cholarship, leadership, service, and student must be a junior or senior ith at least a 3.5 grade point averge and also must be involved in exacurricular activities. Once inucted, students are required to folw specific guidelines to maintain



This year's inductees to National Honor Society

membership in the society. The club is also a service organization which participates in various community service activities throughout the year, and it is also the youth volunteer group for the Salem Storybook

The induction held late last month was a very sophisticated and elegant ceremony. Thirty-four new members were added to the

lem chapter of NHS. The induction began with a procession with each member carrying a lit candle to the stage in front of an audience of family and friends. This was then followed by the Pledge of Allegiance and the national anthem sung by Salem's own high school Encore. The current NHS officers next described to the audience the importance of scholarship, leadership, service, and character, and the inductees recited the induction pledge. After the inductees became official members of NHS, Connor Bezeredi preformed a vocal piece and also preformed a duet with Tyler Cosma. To conclude the ceremony, president of Salem City Council, Michele Weaver, spoke about her and her relatives' involvement in the community while encouraging others to become involved as well. Refreshments followed in the lobby, where the new members of National Honor Society were congratulated



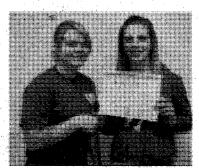
Above: National Honor Society's current president Derek Erskine, breakfast chairman Olivia Mitchley and vice president Tyler Cosma

Skiba wins club competition

By Monica Metts

During the majority of February, The Poets' Society held a contest only open to club members. Certain guidelines were to be followed for consideration, and those guidelines were available at meetings and from Mrs. Dye throughout the contest. The winner of this year's club contest was Brooke Skiba.

There was also a school contest for all students in grades nine through twelve, and guidelines were distributed in English classes. These guidelines had to be followed to be considered in this contest, and the deadline for submission was April 23.



The contest was held in April to promote National Poetry Month. The winner of the school contest will be announced on April 28, 2010.

Boys' and Girls' State

By Monica Metts

The delegates representing Salem for Buckeye Boys' State 2010 and Buckeye Girls' State 2010 have been selected. Buckeye Boys' State will take place at Bowling Green State University between June 12 and June 20. Buckeye Girls' State will take place BASHANA University between June 13 and June 19.

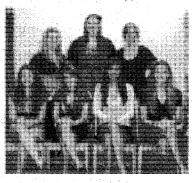
The students representing Salem for Buckeye Boys' State are juniors Patrick Anzevino, Kenny Saltsman, Andrew Skiba, and Madison While. The students representing Salem for Buckeye Girls State are juniors Katie Fife, Alex Hoopes,

Aimee Jones, Monica Metts, Abi Pasco, Danielle Perry, and Lacey **Thomas**

To qualify for Buckeye Boys' or Girls' State, students submitted an entry form to the office and Dr. Shivers had to approve the students. The American Legion Auxiliary then interviewed students at the Chamber of Commerce building on either Monday, March 1, 2010, or on Tuesday, March 2, 2010. Students received letters of acceptance on March 5, the following Friday.



Above from left: Andrew Skiba, Kenny Saltsman, Madison While, and Patrick Anzevino



Above from top left: Monica Metts, Katie Fife, Alex Hoopes, Seated: Aimee Jones, Abi Pasco, Lacey Thomas and Danielle Perry

Bella Luna: Prom 2010

By Aimee Jones

As you all know, prom is quickly approaching. This year's theme is Bella Luna.

The prom parade and prom are both on Friday, May 7. The prom parade starts at 5pm, and all couples ed to be at the auditorium promptly at 4:30. The parade should last about forty-five minutes to an hour. From ere, charter buses will pick everyone up at the high school in the circle behind the auditorium. No one will be lowed to drive to prom; everyone must ride the buses.

Prom is located in downtown Youngstown at the B&O Station Banquet Hall. The B&O is a renovated storic railroad station. The interior of the building is quite unique. The food will be served buffet style and will delicious, of course. Mr. Snow and his wife will be taking pictures when attendees first arrive at the door.

Prom will last until about 11:00 pm, and everyone will depart for Salem around that time. This year the ter prom will be on Saturday night, instead of the usual which would be directly following the dance. The after om will be held at Splash Lagoon in Erie, Pennsylvania, from 10 pm Saturday night until 2 am Sunday morning. veryone should be excited for this year's prom because it is going to be spectacular!



Left: Splash Lagoon in Erie, Pennsylvania. It should be a great after prom!

April Calendar

Prom--May 7 Freshman formal--May 8 Choir concert--**May 11** Sophomore social--May 15 Powder-puff football game----TBA Awards ceremony banquet--May 18 May 19 Band concert-Senior picnic May 25

May 27 Baccalaureate-Last day for seniors-May 28 Alumni Association banquet-May 29 Graduation--May 30 Last day for students--June 4

Point Counter Point

Dwyane Wade By Matt Oliphant

Who is the greatest NBA player from the 2003 draft class? The answer is obviously Dwyane Wade from the Miami Heat; however, there are a large amount of people who think that it's LeBron James. Hopefully this persuasion piece will help everyone understand the true meaning of being the "greatest."

First of all, Dwyane Wade went to college at Marquette University. That shows that Wade understands the importance of a higher education. He led his college team in scoring and led the conference with steals giving his school their best record since 1993 all during his first year. He also gave Marquette its first and only Conference USA championship and an appearance in the Final Four in the NCAA championship for the first time since 1977. His leadership was incredible during his college career and provided the starting blocks for his greatness in the NBA

By the time Dwyane Wade started in the NBA, he began to make a name for himself. His awards and honors in the NBA are as follows: 6×NBAAll-Star(2005-2010), NBA Scoring Champion (2009), All-NBAFirstTeam(2009), 2×All-NBA Second Team (2005–2006), All-NBA Third Team(2007), 2×All-Defensive Second Team(2005, 2009), NBAAll-Rookie First Team(2004), NBAAll-StarGameMVP(2010), 2×SkillsChallenge Champion (2006-2007), and Sports Illustrated Sportsman of the Year (2006). I feel the NBA overrates LeBron along with everyone who is a fan of the guy. I feel the MVP was awarded to the wrong player last year. From 2008-2009 Dwyane Wade averaged more points per a game, assists, blocks, and steals than LeBron James. So since the league gives the MVP to players who aren't the best in these statistical categories, I guess Dwyane Wade should easily get it this year since LeBron

has the better stats for 2009-2010. However, LeBron has a better team right now, too, which helps LeBron immensely with his high stats and Dwyane Wade has had numerous injuries recently.

So really what comes down to Dwyane Wade being better than LeBron is his Championship. The NBA Championship is given to the team that wins the best out of seven games. In 2006, the Miami Heat (Dwyane Wade's team) was down against the Dallas Mavericks by two games. Dallas needed to win only two more games causing the Heat to lose without a single win in the finals. However, the most amazing thing began to unfold. In game three, Miami was down by 13 points, but Wade wasn't going to let his team go down without a fight. Dwyane Wade scored 42 points and scrapped 13 rebounds giving the Heat their fist win in the championship series. After that win it allowed the Miami Heat to finish off the Mavericks winning three straight games giving Miami their claim as the NBA Champions. Just out of the Championship series, Dwyane Wade scored a total of 208 points. ESPN named Dwyane Wade with the number one greatest NBA Championship performance ever (beating out Michael Jordan and Shaquille O'Neal).

Dwyane Wade was the first player from the 2003 NBA draft class to win an NBA Championship and the MVP award of the NBA finals. LeBron came close in 2007, but LeBron and the Cavs couldn't handle the San Antonio Spurs and lost four straight games giving the Spurs their championship. This year the Cavs have another great chance of winning a championship. If by some chance they lose again, then two things are certain...Dwyane Wade is the greatest to come out of the 2003 draft class, and Cleveland truly is cursed. Ask Erskine

There's no argument that Lebron is the more popular player over Wade. And why do you think

Lebron James By Mike King

When you talk about the NBA Draft, it's nearly impossible to not talk about the 2003 draft class. The 2003 draft class is arguably the best in the history of the NBA. With players such as Lebron James, Carmelo Anthony, Chris Bosh, and Dwyane Wade the argument that comes about is this: Who is the best player of the '03 draft class?

Without a question the best player of this draft class is Lebron James. NBA scouts could have told you this seven years ago when Lebron went as the number one pick in the draft, straight out of high school. Wade was selected as the number five pick. Lebron was just eighteen years old and was already better than the twenty-one year-old Dwyane Wade,

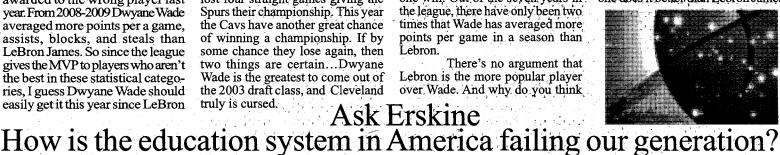
Since entering the league, Lebron has been averaging 27.8 points per game. Wade has been averaging just 25.4. Even though Wade plays the guard position where he should be getting more assists than Lebron, he's not. Lebron averages 6.9 assists per game compared to Wade's 6.6. On the boards Lebron is averaging 7 rebounds per game to Wade's 4.8.It looks like this year Lebron will come out on top of Wade again in many statistical fields. So far this season Lebron is averaging 29.9 points per game to go along with 8.6 assists and 7.3 rebounds. Wade's stats are not as impressive. He's scoring 26.6 points per game to go along with 6.5 assists and 4.6 rebounds. If these stats aren't enough to support my argument, then maybe this one will. Out of the seven years in the league, there have only been two times that Wade has averaged more points per game in a season than Lebron.

he is more popular? It's because he's better. Lebron's jersey ranks at number two in sales to Kobe Bryant. Dwyane's jersey comes in at number five behind both Kobe and Lebron, then also Dwight Howard and Derrick Rose.

The only half respectable argument that anyone could give as a reason Dwyane Wade is better than Lebron is that he has a championship ring. But a championship isn't won by just one player; it's a team effort. If Lebron would have had a team around him during those years, the Cavs would have won a championship also. Seeing how this argument isn't who's on the better team but who's the better player, statistically there is no reasoning to even think Wade is better than Lebron. Even the year the Heat won the championship, Lebron statistically had the better year. He averaged 31.4 points per game. Wade averaged 27.2 points per contest.

When you hear people talk about the best player in the NBA, it's always Kobe or Lebron. You never hear Wade's name in that argument. And Wade has never been compared to Michael Jordan by sports analysts.

So just to recap this, Lebron is statistically better than Dwyane Wade. Salem High School's biggest Wade fan, Matt Oliphant, has even agreed to this So what is your argument? Yes, Wade has a championship but that was a team effort. It wasn't an individual milestone. Out of seven years in the league, Wade has outscored Lebron in just two seasons. Statistically, in the league no one does it better than Lebron James.



War of Words By Aimee Jones

If you could make any invention what would it be?

Freshman Rocco Davanzo



A machine that breeds monkeys because monkeys are sweet and hard to find.

Sophomore Lauren Rupp



PB & I maker that puts the perfect amount of peanut butter and jelly on it for you so it doesn't get

Junior Cody Crawford



An invention generator, so I. don't have to choose

Senior Lauren Crowell



A jet pack, so I could fly with the birds.

Earlier in the school year I watched a video in History of Government that sparked my interest,

This video was titled "Stupid in America," and it was presented by John Stossel in affiliation with 20/ 20. This video was often misleading and exaggerated, but one basic fact did remain true. The American education system is failing our generation.

We are in the midst of a global economy now more so than ever. What happens in one country often greatly affects what will happen in another. Countries that were once world powers are now falling behind, and some will soon become obsolete. The countries that are currently excelling in a global economy are Asian countries. But is that honestly even surprising or something

By Derek Erskine that is to be unexpected? By looking at the education system in these countries, one can see the correlation between a good education and

For many students in other countries, the decision is to either become educated or fall behind. Many students take placement tests at a fairly young age that will determine the path for their future. Students study for these tests knowing that the success they will have in the future will be determined by the quality of education they receive. Many American students know that being educated will increase one's chances of being successful. But many of our students are not willing to put education before other extracurricular activities. Instead we spend our free time

watching television (15-20 hours a week), playing video games, and enjoying other activities that more than likely will not benefit us in life. do these things myself, and I'm not saying that one should completely give up these activities. Instead we should do them in moderation and place other things of importance such as education be-

The United States spends a ridiculous amount of money on education compared to many other countries. Based on the most recent per-pupil expenditure figures, the average student enrolled in public school the next 12 years can expect to have about \$100,000 spent. on his or her education" (Lips). According to Lips the U.S. spent more than \$500 billion in 2003-2004 on all

secondary and elementary education. This is about 4.7 percent of the entire economy measured by GDP. Yet according to the Department of Education, the high school graduation rate is only 73 percent. These statistics blatantly show that the education system in the U.S. is weak and inadequate.

Based on a study performed by the Programme for International Student Assessment (PISA), the U.S. is behind in math and science. The U.S. ranked 28 out of 41 countries in math and 22 out of 41 countries in science. These numbers are not exactly outstanding. The youth of America are consistently perceived to be lazy. I encourage you to become educated and disprove these misconceptions.

Entertainment

Salem's Seussical the Musical By Julie Ridgley;

Salem High School's prouction of Seussical the Musical nade its debut on Friday, April 16 in ne high school auditorium. Growng up with Dr. Seuss, as many of s have, it was interesting and exemely entertaining to see the faniliar rhymes on stage.

Seussical is a wacky blend f characters and events from many f the most famous writings of Dr. euss. The Cat in the Hat, a lead ole performed by senior Tyler Cosma, narrated and led the audince through the adventures and vents which took place during the erformance. However, the producon centers on the story of Horton ne elephant, played by junior Tyler touffer, from the much beloved ook, Horton Hears a Who. Horton as discovered the town of the Vhos, miniscule little people who ve on a speck of dust. The musical ollows Horton as he attempts to escue the little town and its tiniest esident JoJo, played by junior Abi

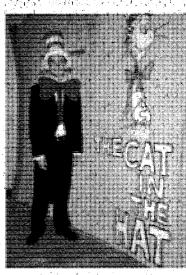
This show had a really arge cast. Other than those times when there were featured solos or uets, the stage seemed to always e full of activity that kept the audince captivated. There were charcters dancing, actors popping out f books with peep holes, birds strutting their stuff, a mayor and his wife leading the Whos, mischievous Wickersham Brothers chasing about, a sour kangaroo displaying one mighty fine attitude, cadets marching alongside their leader, acrobats tumbling, people walking on stilts, and even a boy riding a unicycle.

The musical numbers were all phenomenal. Each number told a story that advanced the action of the play. To single out any one în particular just can not be done. Those powerful voices had the audience laughing at times and near tears at others. The Salem musical and dramatic department is truly blessed with enor-

It was obvious that a great deal of "behind the scenes" time was devoted to props and costumes (even the make-up was outstanding). The special effects were awe, inspiring as well. Whether it was when the house lights dimmed to reveal a host of enormous hunch gloves illuminated by white light or when neoncolored fish swam magically across the stage complete with bubbles, theatre goers were given their moneys worth and then

If you missed the show,

you missed two hours of sheer delight and true entertainment. Congratulations to the entire cast - choreographer Carrie Mazzucco, director John Miller, and musical director, Salem's very own, Mr. Attila Samu. If you think high school musicals can't be fantastic, then think again because this one definitely was. Perhaps the ensemble said it best when they sang, "Oh, the Thinks You Can Think!"



Featured here are some members of the cast of Seussical.



What's in a name? Ask Thanks for Tonight

By Shauna Uptegraph

By Tyler Hlvacak The Crazies is not your un-of-the-mill horror movie. This espectfully updated version of the

DVR worthy or not

riginal is not about blowing stuff p or gore and frightening chills but bout surviving the errors that have een created by the US government. Viewers enjoy the visual

ramatizations and the change of protagonists dodge crazies" and the military. It works ut well and falls into place at the ight times. The Crazies is what a ood end-of-the-world zombie film hould be. With the exception of some

engthy scenes, the wit and intellience of the script gives the audince something to hang on to hroughout the movie. One of the est zombie films of this year and naybe the decade, anyone out there hat enjoys a great zombie film evry once in a while, this film is for

Another consideration is rom director Martin Scorsese and ased on the thriller by Dennis ehane. Shutter Island is a tale of aunting mystery and suspense hat unfolds entirely on a fortressike island housing a hospital for the riminally insane.

The year is 1954 when U.S. Marshal Teddy Daniels and his new artner Chuck Aule are summoned o Shutter Island to investigate the lisappearance of a brilliant multiple nurderess from a locked room vithin Ashecliffe Hospital.

Surrounded by psychiarists and psychopathic patients on he remote island, they arrive in a riolent atmosphere that suggests nothing is quite what it seems. With a hurricade bearing tlown on them, the investigation moves rapidly. As the storm escalates, the suspicions and mysteries multiply with each more thrilling and terrifying than the last.

There are hints and rumors of dark conspiraties, morbid medical experiments, repressive mind control, secret wards, and even the supernatural. Teddy begins to sense that the deeper he pursues the investigation the more he will be forced to confront some of his most devastating fears. And he realizes that he may never leave the Island ahve.

From Walt Disney Pictures and visionary director Tim Burton comes an epic 3D fantasy adventure Alice In Wonderland, a magical and imaginative twist on some of the most beloved stories

Johnny Depp stars as the Mad Hatter and Mia Wasikowska as Alice, who returns to the fantasy world she first encountered as a girl. She reunites with her childhood friends the White Rabbit, Tweedledee and Tweedledum, the Dormouse, the Caterpillar, the Cheshire Cat, and, of course, the Mad Hatter.

Alice embarks on a fantastical journey to find her true destiny and end the Red Queen's reign of terror. The all-star cast also includes Anne Hathaway, Helena Bonham Carter and Crispin Glover, cold reportant is in historius

Thanks for Tonight. This band was formerly known as Anomali and before that known as the sickest metal band without a name to break through the high school walls. The band can be summed up in three words, which vocalist Jake Irey says, 'Megaman Eats Dolphins." A million questions may come to mind when you see the group's picture, questions such as: What happens tonight that I need thanked for? Where did that kid find that amazing afro? Why do they change their names so often? Is that screamer really a lumberjack? All of these questions, and more, will be revealed in this article... hopefully.

Alternative names for this melodic masterpiece were Dead Rotting Flesh, Flesh Rotting Dead, Dead Flesh Rotting, and Destroy Everything at Dinner. How fortunate for both dinner and corpses, Thanks For Tonight stuck. Previously, the band was Anomali, an anomaly in itself because of the incorrect spelling. However, most people didn't know what that was. Theo Kenniston, lead vo-calist for TFT came up with the current name, originally using it as an acoustic project he started but ditched a few years ago. Anomali adopted it when the need for a name change arose.

For those of you currently residing beneath rocks or in some strange suburb of a communist country, Thanks For Tonight is a posthardcore musical gathering of six people, both students and graduates of SHS. Derek "Shasty McNasty" Shasteen plays both kazoo and guitar for the band, though the need for the blissful styling of the kazoo isn't

often called for when writing the band's music, in which all of the members participate. Casey "Ben Franklin" Folds also plays guitar, and Marshall "Wheelbarrel" Sarginger plays bass. Theo Kenniston and Jake "Lumberjack Jake" Irey share the limelight of vocals, begging another question. Who's the front man?'Digression. Jake screams rawrs while Theo does pretty much everything else. Brian Shivers is Thanks For Tonight's drummer.

There is much talk of why the need for a name change happens often, though it is general knowledge that several individuals of this heavenly assembly would make fabulous candidates for an episode of Jerry Springer. It may be for having hair so beautiful that it offends the general public, shaving a certain band mate's chinstrap and thus getting rid of the only thing to keep his hair on, smashing another member's epic Gibson, or creating a love triangle between two Thanks For Tonight-er's and a squirrel tamer. Perhaps, if this is not the reason for this obvious attempt at concealing identity, then it could be one of the many secrets the band keeps from its terribly persistent tabloid writers. They were nice enough to share them with the school's newspaper, however. "Ben Franklin" Folds has a few actual skeletons in his closet and frequently practices sorcery. "Shasty McNasty" Shasteen sings to himself every moment he's alone and resembles a duck in the foot area. That is to sav that his second and third toes are

webbed. "Lumberjack" Jake would never want the hiding place of his compassion for life to be made pub-lic, and "Wheel Barrel" Sarginger wrestled a bear once, though he keeps the details quiet.

There is some debate as to what each person would do to become famous, as Derek would sacrifice all food save for Ramen Noodles and Taco Bell cinnamon twists, playing a show nearly every night, Casey would sell his soul, and Jake would simply be himself. Marshall, however, doesn't particularly care about being famous, though he'd do anything at all to get a record deal.

Thanks For Tonight writes music collaboratively, and, according to Derek Shasteen, a lot of this is done while whale watching, bird watching, star watching, cloud watching, and most of all D-War: Dragon Wars watching. Their biggest musical influence is D.E.A.D, and they'd love to play to a crowd of more than seven people, with zombies and Betsy Yuhaniak in the crowd. With such a broad spectrum of muse, it's no wonder that Thanks for Tonight's music holds such a wide variety. The band will most likely be remembered for the cute guitar player, bouncing curls, the woman-shirt wearing somersaulter, the mullet, the eternally bleeding percussionist, and the chin strap. If that isn't enough, Thanks For Tonight's music is unforgettable in itself.

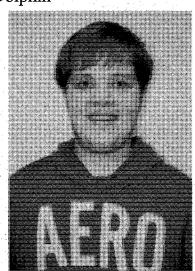
Feature

Artist of the Month By Allison Dolphin

Connor Bezeredi has been involved with theatre since he was eleven years old. His stage debut was in October 2004, at Salem Community Theatre where he played the part of Wilbur the Pig in Charlotte's Web. This talented junior at SHS has been in eighteen shows since then. He is currently playing a Wickersham Brother in the school

musical, Seussical. Connor is a voice student of Corinne Morini and takes dance lessons from Carrie Mazzucco. He has been on stage at Salem Community Theatre, The Oakland, Stage Left Trinity Playhouse, and Salem High School. He has performed such roles as Roger Davis in *Rent* (The Oakland), the title character in Jekyll & Hyde (SCT), Pish-Tush in The Mikado (SCT), Benvolio in Romeo & Juliet (SLP), The Cowardly Lion in The Wizard of Oz (SHS), Roger in Grease (SHS), and Sancho in Man of La Mancha (SHS). Although he has enjoyed being in each of these shows, his favorite role to date is a toss up between the title character in Jekyll & Hyde and Roger Davis in Rent.

Connor lists Norbert Leo Butz, and Coleen Sexton as his favorite actors. In regard to Sexton, he says, "I know no one knows her—I just think she's brilliant." His favorite show is *The Last Five* Years, and he has played two out of his three dream roles. "I would love to play Rodger in *Rent* or Jekyll/Hyde in *Jekyll & Hyde* again," says Connor, "but if Pobla Systems and part in the same of it would be Bobby Strong in Urinetown."



Besides theatre Connor enjoys reading, drawing, and hanging out with his friends. He has also been involved with the SCT Youth Chorus for four years. With the chorus Connor has traveled to and performed in Washington, D.C., Williamsburg, and New York City. In August of 2010, he plans to travel to Europe and tour with the chorus for two weeks.

Here at SHS Connor is involved with The Poet's Society, Choir, and Chamber Choir. He has also been involved with the school musical for four consecutive years. Equity Association.

What is the scoop? By Laura Brown

What is better than going to get ice-cream on a sunny day? In Salem we have two legit ice cream stores that stay open all year. Brusters is the newest of them all and could be argued to be one of the best ice cream stores around. Many of our high school students are employed there. Considering summer is just around the corner, it is known that Brusters will actually be hiring. Dairy Queen is another ice cream store that is popular all around the world. Our Dairy Queen is only opened during the summer months. The same goes for Dairy King. They are famous for their blue moon ice cream. If you haven't had it, I highly suggest trying it. The taste is a little bit sweeter than vanilla ice cream. It is easily my favorite ice cream of all time.

Random students were given the chance to pick their favorite ice cream stores in Salem only. The number one pick was Brusters. Although many of the students commented on how expensive their ice cream is, many thought that Brusters had the best variety of ice cream or milkshakes. Dairy Queen came in second place. The

majority of people agreed that Dairy Queen was cheaper. Junior Allison Dolphin stated, "I'd have to say Dairy Queen wins because their prices are fairly reasonable, and I always leave there happy," Since Dairy Queen is only opened for the summer months, people who favor it are restricted to three months of joy. Junior Lilli Daley is a worker at the local Dairy Queen. When she was asked when it will be opening, she said it will be sometime around Memorial Day weekend. She also informed us that they may be hiring a couple people for the summer. Another ice cream store the students had an option to pick was the Ice Cream Parlor on East State Street. The Ice Cream Parlor is often forgotten when it comes to going somewhere to get ice cream. They still have some great flavors to choose, and their prices are very fair.

As the weather around Salem, Ohio, gets better and you are having a craving for ice cream, take into consideration all four of these stores. All of them will be able to meet your own specific ice cream needs (via one open days of the

Clubs and Classes

By Jessica Brennan

Spanish Club: Spanish Club along with Key Club and members of NHS helped to serve dinners as well as set up and disassemble the cafeteria for The Storybook Museum's recent benefit dinner. Also, students in Spanish classes have been busy with their annual piñata projects.

German Club- In the month of April, German Club had its awards banquet and honor society induction. Members will be choosing a new president, vice president, secretary, and treasurer in May for the next school year.

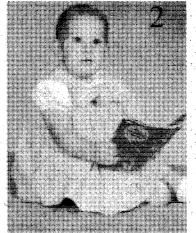
NHS- National Honor Society welcomed thirty-four new members this year. All current as well as new members worked to sell boxes of chocolate candy bars to raise money for their organization.

Delta Epsilon Phi- DEP is the National German Honor Society for high school students in the USA. The group of students at our high school is responsible for the recycling project with the help of the German Club. Membership is open to students who have at least three semesters of German and maintain at least a 3.6 GPA average in German and a 3.0 GPA overall.

Days left of school!! After high school Connor plans to 7th - Juniors Seniors attend college to pursue a BFA in Musical Theatre. Once he is done with school, he hopes to move to New York City and join the Actors' Traight to my art, money the way musical bith fillers and the sometime, that SVE attribute A

The Quaker presents teachers' baby pictures





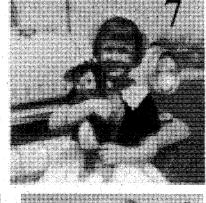


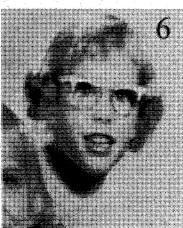
by Lexi Shivers

If someone saw your baby picture, would they know it was you? Well, these teachers allowed us to put their baby/childhood pictures in the school newspaper. You have the chance to guess which baby picture is which teacher in the high school. The answers are located in the sports section of The Quaker. Have fun and good luck!









SOMeone's awesome

By Brooke Skiba
Being that this month was seemingly se the last SOM competition open to all grades, the contest was on a whole new level. A great deal of courage, determination, and awesomeosity was required to illuminate the clear choice of SOM. Before I comment on the winner, I will first describe the process of the competition.

To become SOM, applicants had to pass the truth or dare challenge. Unfortunately, this month lacked a great deal of participation with only one application being mostly complete. However, several still turned in the truth section of the questionnaire offering some competition for the ultimate champion. The questions in the truth section aimed at determining the inner splendor of the SOM. Following the truths came eight dares which are what secured the victory for one lucky student. That superlative individual is none other than Lauren "La Loca" Rupp.



list with mellifluous dexterity. Her very first dare required her to enter Mr. Ziegler's classroom and perform a rendition of the chicken dance without saying anything first. Lauren had no problem completing this task, and Mr. Ziegler claimed, "It was outrageous." She also had to complete the task of bringing cheer to the students of SHS by getting Theressa to say a particular phrase on the morning announcements. Her phrase of choice was "Attention seniors, there are scholarships available in the guidance office." The cheerful mood of the school day that followed was undeniably a result of this phrase. The remainder of the dare list was difficult to complete and did involve torment from fellow students; some students even got violent, rocketing pencils and water bottles at Lauren. However, she did not even shed two tears, handling the situation like a true SOM.

Lauren's only major fear involves killing worms while running track (as most of us fear ourselves). She hates when they later dry to the track to remind her of what she has done to them. "It's haunting," she claimed, shaking slightly, with a hint of remorse glimmering in her eyes. While she does have a deep dark secret, Lauren wishes only to reveal this message: .uoy llik ot evah d'I ,uoy dlot I fI. Perhaps you would have to ask the encryption master herself to expose its meaning. Lauren does, however, have a seemingly secret talent she wishes to reveal because most students do not realize that she regularly sings at Greenford Christian Church in front of crowds nearing the thousands. Unlike many singers under similar conditions, Lauren is always willing to offer up autographs; she signs her name on homework practically every day when teachers ask for it. It's assumable that Lauren's first kiss has yet to happen because she told me she would never kiss a person. She asserted, "I may have my cootle shot, but I'm not going to risk it." We should all learn from this wise example. Lauren also sets an example in the classroom, as she assured me that she has never cheated on a test, and that cheaters do, in fact, make her sick. Normal, less SOM students generally get sick from germs, but it takes an exceptional being to catch a disease of immorality. Perhaps one day Lauren will be able to cure this disease because she plans to grow up to be "House" M.D. Not only would Lauren like to be him, she would also like to marry him and take him on her ideal romantic evening of walking down the beach at sunset eating goldfish crackers and drinking Kool-aid. It is unfortunate that Lauren does not show the same sympathy to the on-looking ocean fish as she does for worms on the

If Lauren could have anything in the world it would be this SOM title. She was able to tell me straight to my face, in one of the most hone or hame its other life, that she wants this and deserves it because, as she assured me, "I know how to play scales all the way up and down the piano." Her exceptional modesty also won me over.
When asked the sould be any one, she smiled humbly and said, "I'd say me, but that's a lil' conceited. So I'm gonna say Reptar." Lauren has just begun to build her own SOM legacy with an off the charts Brooke Level.

New York Bound

By Alli Dolphin

On Thursday, April 22, fifty-five people departed for New York City at approximately 4 PM. Those fifty-five people included chaperones, sophomores, juniors, and senior members of the Salem High School choir. Students have been participating in cheese and candy sales to raise money to go on the trip. The Boosters have had a bake sale, held basket raffles, and 50/50 raffles at the concerts this year to also help cover the cost of the trip.

Many activities were planned for this trip including a chance to sing at the Statue of Liberty, seeing a Broadway show, going to a history museum, and sightseeing. The choristers will be staying at the Hyatt Place in New Jersey. Approximately three to five people are assigned to each room.

The morning of Friday, April 23 the members of the choir took a ferry across the Hudson River to sing at the Statue of Liberty. Evervone in the choir will be singing "New York, New York" and "Give Me Your Tired, Your Poor," while the Chamber Choir will be singing the National Anthem. Once they are done singing, they will have the afternoon to go sightseeing in Little Italy and China Town. Friday evening a dinner is planned at Puglia's Italian Restaurant, and then the group is going to see the Broad-

way musical Billy Elliot at 8 PM.

Van Saturday, April 24, members of the choir are going to a history museum. After the tour is over, they will have more free time to go sightseeing, shopping, or do whatever else they would like to do. They plan to head home by 3 PM on Saturday, April 24. The students will return to Salem between 10-11 PM that evening. Good Luck in New York City, choir members!

Did you know?

By Sherri Merryman

There are more types of self-mutilation or self injury than just cutting. However, cutting is a serious problem in our world. If even only one person is hurting him or herself, it's one too many.

There are many different reasons why people hurt themselves. One reason is simply because someone else is doing it; they want to fit in. It's cool, and everybody is carving their boyfriends name into their leg or friction burning their forearm with their pencil eraser. Self-injury performed for this reason is likely to cease with maturity, but it is still not okay. The person is causing permanent damage to his/her body

A second reason, and perhaps a more serious type of selfharm is because the person feels like his or her life is out of control and by hurting themselves they can at least control how much pain they feel. The person is experiencing overwhelming emotional pain, and the only way to cope is to turn it into physical pain. When someone gets hurt, the body produces natural painkillers called endorphins. Endorphins give the injured person positive feelings, which is why cutting- or any type of self-harm- can become addicting.

Sometimes a person cuts because he or she don't feel anything at all on an emotional level, only numbness. One self-injurer said, "I usually feel like I have a black hole in the pit of my stomach; at least if I feel pain it's better than feeling nothing." Another possible reason why someone would do this is that it is an outward expression of what he or she just can't put into words...

- Self-abuse stems from low self-esteem, some sort of abuse as a child, or extreme stress. I interviewed some teachers and guidance counselors at SHS, and they say they have not seen many people self-injuring this year. However, it could be happening as this isn't the type of thing people usually advertise. In fact, most self-injury is inflicted on the thighs, stomach, and arms – all places that can be easily

It is important to know that this is not just a girl thing. Although it is impossible to know exactly how many people are affected by self-injury, recent studies have shown that just about as many guys as girls do

All types of self-harm are dangerous and can lead to accidental death, fatal health conditions, or

Instead of judging these people harshly, try and think what would make you kill yourself. What could be the worst possible thing could happen in your life to make you not want to live it anymore? That is what these people are going through. For their own reasons, they don't want to be here anymore. You don't know what those reasons are, and you aren't them, and you have no right to look down on them and make fun. To sum it up, the Good Book says, "Judge not, lest ye be judged accordingly.'

If you know someone with a similar situation as those mentioned here, tell someone. They might hate you for it now, but after they have gotten help they won't feel that way anymore. And if you're the one doing it, there is help. There is a better way. There is hope. Listed below are just a few good organizations which can help.

S.A.F.E. Alternatives

DONTCUT

Rader Programs 800-841-1515 God—His line is always open

800-

The game is Ninja: Salem's next varsity sport

By Nathan Gilbert

We have all heard about the new game called Ninja that has swept through the high school. The game originated in a college and is played at Kent where tournaments are held that include cash prizes. Randall Baker learned the game in Kent and brought Ninja to Salem High School along with a few other students. He began teaching everyone like it was his job. It has been played in classrooms daily and is also quick enough for a game between classes in the hallway. If there are any students, faculty, or adults who do not know what Ninja is, here are the rules.

Ninja is played with a minimum of two players but has no maximum. The main objective of the game is to slap your opponent or any opponent's hand without getting your hand slapped much like you would slap a Jack card in the

game Slapjack. Ninja is started every time by the previous winner reciting, the words "Bow to your sense!," and then, "assume the position." The person to the right of the sensei always moves first and the movements are made in a clockwise fashion. Only one movement may be made at a time although if someone extends to slap your hand you may dodge or move your hand at any point. The game is played until one person is left who then becomes the sensei of the next round.

This game is mainly for people who enjoy having fun and have a sense of humor. So it might not be a varsity sport, but if people enjoy doing it, try it and see if you may also enjoy it. Salem High School is not the only place people play Ninja. Sadly, we are not permitted to play Ninja at school due

to the dangerous slapping of hands, and rumor has it that if you are caught playing Ninja at school Mr. Brock will issue you four detentions.

Boardman High School was one location at which a vast majority of the Salem student section went to the lobby to play ninja at halftime of the boys' first district basketball game. The popularity of the game was evident when so many students were in the lobby playing along with many spectators including police officers who found it quite entertaining to watch a crowd of people act like ninjas. Anyone can play the game. There is no equipment involved, very little physical demands, and overall provides a good time. It is by no means hard to learn. You can play it with your parents, friends, or even grandparents if they are willing to participate.





April Senior Spotlight

By Danielle Kruegel and Abi Pasco

United



Ashely Williams - Track

Who is your team's biggest rival? Anyone, depends on the person and event

How long have you been playing this sport?

Six years In what events do you participate? 4 x 4, 100 meter hurdles and 300 meter hurdles

What is your favorite memory of this sport?

Freshman year when we won



Alex Winnery - Baseball

What is your favorite song to warm-up to?

"Sweet Caroline" by DMB How long have you been playing this sport?

Twelve years How did you become interested in this sport?

It's baseball; everyone has to try

Who is your favorite athlete? Lance Armstrong



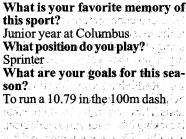
Cody Holland - Baseball

What is your favorite warm-up song?

"Sky is the Limit" by Lil Wayne How did you become interested in this sport?

Watching the Indians in the World Series when I was younger What is your favorite memory? Beating United on their Senior Night What is your goal for your season?

.500 winning percentage



Dustin Matak - Track

Who is your team's biggest rival?

Ross Mondell - Tennis

What is your favorite memory of this sport? this sport?

Coach's jokes that I never understand What are your goals for this sea-

State Championship, what else? How did you become interested in this sport?

Dan Gagnon - Baseball

My dad, Theodore What position do you play? Middle infield and pitcher



What is your favorite memory of

Beating Poland my junior year, How long have you been playing this sport?

Five years Who is your favorite athlete? In this sport, Roger Federer. Is this your favorite sport? Yes not quois le intenta hoiman



Nick Lesky - Baseball

What is your favorite memory of this sport?

When Coach Alejars starts a sentence with, "Your generation.." How did you become interested in

I was watching the tube one day and said, "Hey I wanna do that" What positions do you play?

Pitcher and first base What is your favorite warm-up

"A Blackman's Breakfast" by Foxy Shizman

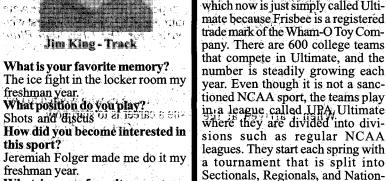


What is your favorite memory? The ice fight in the locker room my

How did you become interested in

Jeremiah Folger made me do it my freshman year.

What is your favorite warm-up song? "Over" by Drake sed www.



Another sport that is starting to get leagues of their own in high school is bowling. Bowling has had a pro league named the PBA for years, with most of their big tournaments and matches being aired on ESPN. There are many high school districts that have bowling teams, through which they compete in leagues between school districts, just like a basketball or football team would. Just look at the lanes on a Friday night during "Cosmic Bowling." How many students are there playing and how many are actually

als. Ultimate is already a game played

and widely enjoyed by the students

of the school, so why can't we get a league of our own with other

schools and compete in a regulated competition between schools?

Different

sports

By Jim King

usually hear about being in high

schools, but some are even used in

the Olympics as sports competi-

tions. Consider table tennis, com-

monly known as ping pong. There

are Olympic competitions of table

tennis, even some of the bigger matches getting TV air time. Table

tennis is a sport of eye-hand coor-

dination and concentration, so why

not make an intramural league be-

tween schools through which stu-

dents can compete at table tennis.

If we have a U.S.A. team, why not

allow our kids that want to play to

be able to with a school selected instructor instead of allowing them to learn on their own and not learn-

The next sport that is becoming popular is Ultimate Frisbee,

ing the correct technique.

When you think of high school sports, what comes to mind? The usual answers would be football, soccer, basketball, and track. But what if the high school were to offer other sports, sports you don't

instruction? The thing it comes down to as to why these sports are not options in our school is money. It costs too much money to get a school team and league together. The schools would have to supply equipment, coaches, facilities, and referees. Maybe in the years to come Salem will see a new sport come to the districts that students will be excited to play and come out

decent at the sport without any real

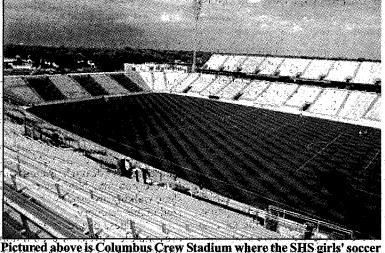
Crew vouchers

By Abi Pasco

As District Final runners up for the past two seasons, the an opportunity for which many teams would wish. On September 4, 2010, they will be playing Gilmour Academy, out of Gates Mill, OH, in the Columbus Crew Stadium. The Crew Stadium is home to the major league soccer team, the Columbus Crew. Over their 2009 season they finished with an overall record of 15-12-10. Watching their games is enjoyable because they are very quick paced, and the players of their own team connect with each other so well. The connection is more intense than that of a high school team. After being contacted by the Columbus Crew team, Salem's High School coach Tim Ewing states, "I am very proud of the girls; they have put so much time into the program that they are getting recognized nationwide. It's just unbelievable to have a professional team to call and ask you to play in their stadium. I am very proud of the girls."

However, in order to play, both the girls' varsity and junior varsity teams must sell Crew vouchers as a free entry for any regular season game excluding the final three matches for the MLS Crew team. The games run from March all the way through October. You can see their season's schedule www.mlsnet.com/schedule/ season jsp. The youchers have a \$30 face value but are being sold for \$20. The JV plays at 11:30 and the Varsity team makes their debut at 1:30 over Labor Day weekend. The high school games' admittance are free of charge; you only have to pay to park! As an ecstatic senior defensive starter for the 2010 season, Aimee Jones says, "I am excited to play at the Crew Stadium but probably most excited for the epic pregame bobbin' festivities that will take place in their locker room?" of the

To buy the tickets contact any of the girls' soccer team players or the coach. Do your part and buy your voucher to help the girls play in the Crews' Stadium.



with the state of the team will be playing on September 4, 2010.

Identity of teachers' pictures o mor box of ma**Mr.Kibler**e ode di maya parenow≢ico s Y LIDW 26 802 M Ms: Habeger val a kb as and final akk borone on the hand akk and akk akkans also since a 3.115 Miss McCracken atinogicalMasaMisorita they a bout on Mr. Alejaty and Jac6co MrscBaillie Jac aread the others who 7. Mrs. Dye entroit story and quent smilliple

Quaker Board

April Quaker Crazies

By Lydia Shivers

The spring athletic season already underway. The varsity aseball team has a record of 2-6, with wins against LaBrae and brookfield. They lost two close ames to Beaver Local with a score f 10-9 and Springfield with a score f 13-11. Head Coach Alejars has een coaching since 2007 alongside unior varsity Coach Andres who as also been coaching for four ears. Assistant coaches are Jimmy armeni and Tim Burton. The Godather of the team is Mr. Goddard who doubles as scorekeeper.

When students walk down ne halls of Salem High, they may otice studs with bleach-blonde hair.

These guys are members of the base-ball team. Dan Gagnon said the blonde hair is "just a tradition we started freshman year." I think it suits the team well. Maybe they could convince Mr. Goddard to go for a blonde look. Another tradition started by the student baseball fans is the "Leftfield Lunatics." This is a Quaker Crazy section that watches the games from leftfield, usually equipped with a truck and food for tailgating.

The varsity and junior varsity baseball teams want to have a winning season and "pull the string." Good luck, Quakers!

Full court press in Cleveland

By Alison Thompson

On March 21, I was choen as one of the fifteen lucky stuents in Northeast Ohio to be inited to the Quicken Loans Arena or "Media Day." This was a con-est for any student who was intersted in sports journalism. My day tarted with a tour around the arena. Ve talked to the media and the pubc relations staff members, we had discussion with the Cavaliers QTV eam members, we visited the broadasting people, and we got to go nside the television trucks. We nded the day by watching the Cavaliers beat the Pistons, and I njoyed a nice ride home eating a ree chalupa.

when Farrived at the trena, there I met fourteen other tudents who were chosen for this onor. We were introduced by Ryan colosky and his partner Jamie. They work in public relations for a rogram titled "In the Community" scholarships and education programs). Their job is no nine to five lock out and clock in the next day.

To begin the day we leaded downstairs to the court and ntered into the tunnel where the ress talks to the coach and playrs. There we saw Danny Green who is a rookie of the Cavaliers and fresh from UNC. I started asking him juestions like "How do you mainain your focus on the game during "V breaks and time-outs?"

Danny responsed by sayng, "I pay attention on the court, I isten to what is said in the huddle nd I want to be a coach someday, o I've become a lot smarter of what see and hear."

After the interview, we net Ted who is in cooperate comnunications; we talked to him, and e gave us a lot of advice for the uture. When we were done we vent back to the court where we ook pictures of the basketball playrs warming-up. Then we headed ack into the tunnel where we were oing to hear Coach Mike Brown alk. As we were waiting, I felt at hat moment time stood still. Anderon Varejao walked out of the locker oom so focused on the game that e didn't even look down at us and vonder why all of these munchkins' vere here and why were they looking at him? This was the first time I actually realized how tall he really was, and "WOW" he is tall!

Now back to earth. We listen to Mike Brown talking to the press when one journalist asked if Zydrunas Ilgauskas would be coming back?

Coach Brown responded, "I don't know if 'Z' is coming back. I hope he does." After that we were introduced by Brain Windhorst who writes for *The Cleveland Plain Dealer* and Joe Gabriele who is the lead writer for the play-by-play. Fred McLeod came in and talked to us about broadcasting. The advice they gave to us who wanted to pursue a career is to start powers.

start getting into the business."For the seniors who are heading to college this fall, their advice was "Internships, plenty of them."

When we got done talking to them, we headed down to the broadcasting room where we saw the people who work the Jumbo Tron. The game was starting, and they showed the players as giants walking on to Cleveland and LeBron James coming out of his WITNESS photo. According to them, that took months and months of preparation. Then we went into the television trucks where they had a whole wall filled with television boxes. These people are the technicians that give you the game at home.

Finally, after the whole experience seeing what a public relations person does for the Cays, we were seated at the media tables where we could watch the game. While I was watching the game, I was thinking that there's so much work that goes on behind the scenes that we, the fans, don't know about. Jamie, who was helping out Ryan, said, "It doesn't feel like work to me. I love what I do here. The hours are long but it pays off."

I believe that if you find something you love to do, even if you have some hard days, they won't feel like hard days because you love the work so much. That's the case for the public relations people like Jamie and the others who are fortunate enough to work for the Cavaliers organization.

Sleep deprivation

By Sarah Beagle

A great number of people-do not realize that they have a sleeping disorder. They let this go untreated for years which puts them in danger of permanently damaging their health. There are many reasons why we are tired. It's due to our hectic lives that keep us on our feet for hours at a time with no slowing down. Too much sleep is also not healthy.

Lifestyle, health complications, medication side effects and clinical disorders are the main focus of sleep deprivation. Drinking caffeine or alcohol before falling asleep is the most common reason for not being able to sleep. Sometimes having a job that keeps you up late hours into the night is another reason. Rethinking your lifestyle will help in solving your sleeping problems. However, if it's medicine that is making it hard for you to fall asleep at night, talk to your doctor, and see if it's possible to get you on another treatment. Some people take sleeping pills that they think are helping, but after a while they lose their effect, and they interfere with the body's normal sleeping patterns. A chronic lack of sleep can trigger the development of heart disease, depression, and hypertension. The common symptoms include fatigue, blurry vision, and irritability.

Teenagers are stressed because they have several things that they worry about including friends, school, social activities, work, etc. They also spend hours on end watching television, talking on the phone, and playing video games. About 30% of teens have sleeping disorders, and 85% of teens are not getting the recommended amount of sleep. Teenagers should be getting eight and a half to nine hours of sleep a night.

Sleep apnea is a serious sleep disorder. This is a disorder in which a person stops breathing during sleep for a short amount of time. This is caused by a blockage from the throat, nose, or mouth. Obese and overweight teenagers are usually the ones most common to be diagnosed with this disorder. Another sleeping disorder relating to teens is called narcolepsy. This disorder causes one to fall into a deep sleep anywhere at anytime. Parasomnia is a disorder dealing with muscle activity. Nightmares and sleep walking are usually characterized in this category.

These disorders are easily preventable. Stress is a common problem linked to the lack of sleep. Finding someone to talk to such as a friend, family member, or counselor can be extremely helpful. Avoid alcohol, nicotine, and caffeinated drinks before going to sleep. Limit the activities you do and your extracurricular activities as well. You can also try practicing some relaxation techniques. Once you figure out why you're so tired, it will be easier to find treatment.

Do it yourself gifts for Mother's Day

By Rachel Fritzman

As the year progresses, more and more people are running out of money and giving up on finding a job. Although right at the end of the school year is a great time to look for a job, Mother's Day is before that (May 9). It is hard enough to find money to fill your gas tank, let alone buy an awesome present for your mom. This year if you are in a pinch and need an idea for an inexpensive gift, or you just prefer giving presents that you made yourself, take a look at these recipes and ideas for great Mother's Day presents.

Headache Relief Pots

You will need: 2 oz (55g) Bee's wax 3 oz (85g) Shea Butter 4 oz (115g) Olive Oil

10-15 drops of lavender essential oil

Lip Balm containers or small jars
Start by melting down the beeswax and Shea Butter in a double boiler method. Once the bee's wax is melted, add all the oils together including the lavender oil. Now add the mixture to small lip balm pots or miniature jam jars. To use just apply the balm to your temples. Time: approximately thirty minutes.

Walnut Brownie Mix In a Jar

You will need: Quart size jar plastic bags tags, ribbon, bowl 2 1/4 cups of sugar

3/4 cups of walnuts or chocolate chips or both

1 1/4 cups of flour 1 teaspoon of salt

Put all ingredients into their own bag. Put nicely in the jar. On tag record the following directions: 1. Empty into large bowl; stir to combine ingredients. 2. Add 3/4 melted butter and 4 eggs slightly beaten; mix until well blended, then add walnut or choc. chip or both. 3. Spread batter in a grease pan (9x13 inch pan). 4. Bake at 350 degrees for 30 min. Time: approximately 30 minutes to an hour.

Orange Cloves Ball

You will need: Large orange Whole cloves Ribbon for hanging Toothpick

Use the toothpick to make holes in the orange. These holes will be used for placing the cloves. Keep adding the cloves until the whole orange is covered. Use some ribbon to tie a large bow around the orange for hanging. Time: It only takes about 30 minutes to make and makes any house smell amazing.

Bath Salt

You will need:
1 cup Epsom Salts
4-5 drops food coloring
For a sports relief bath add 2 drops
of wintergreen essential oil, 2 drops
of eucalytpus essential oil, and 1 drop
of peppermint essential oil.
For a vanilla bath add 3-5 drops vanilla
essential oil or fragrant oil.

For a pina colda bath add 1 tablespoon of coconut oil, 5 drops of pineapple fragrant oil, and 5 drops of coconut fragrant oil

fragrant oil, and 5 drops of coconut fragrant oil.

Add all the ingredients together and mix well. Make sure the food color blends in to the salt, or it won't look very inviting. You can do this by tossing the salt over and over again. Add dried rose petals or lavender sprigs for a natural presentation. Add your bath salts to a decorative jar and place a small spoon inside. Time: approximately 30 minutes.

Lavender & Honey Soap

You will need: 4 oz. Melt and Pour soap or soap flakes

1 Tbs of beeswax

1 Tbs of honey

10 drops of lavender essential oil Purple dye (optional)

Mold to pour soap into

Melt the beeswax down using a double boiler. Melt the soap down and add the melted beeswax and honey. Keep stirring until completely mixed and add the lavender oil. Pour into soap molds. If you don't have Melt and Pour soap or soap flakes, which you can buy at a health food store, you can use pure soap bars and grate them down. Time: approximately 30 minutes to complete.



Quaker Clips

