

FEBRUARY 2013

THE QUAKER

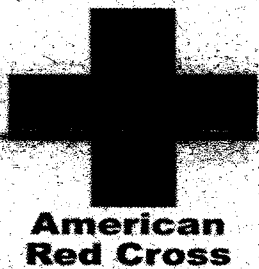
VOLUME 100, NUMBER 5

Red Cross Blood Drive

By Daniel Santarelli

On Friday, January 25th, the Red Cross held a blood drive at Salem High School outside of the auditorium. Some people might wonder where the blood goes after they donate it and what exactly will happen to it. First, the blood is taken to Red Cross's main office in Cleveland and separated into platelets, plasma, and red cells. Next, the blood will be distributed to local hospitals in the area. Each pint of blood that is donated can save up to three lives in Trauma, Cancer, and Burn victim patients. There are five types of blood that you can have with AB negative being the rarest and O positive being the most common of the five. The universal donor is O negative. In rare occasions, you're forearms can be too big to give blood and that was the case

for SHS student Zach Economus. Some initial reactions after giving blood Marcus Crittenden said, "I felt great" and Nick Larson added, "I'm happy for saving people's lives." Prior to giving blood, Rocco Davanzo admitted, "I'm anxious right now." While giving blood he became braver, "It doesn't hurt, nothing hurts the rock." Finally after giving blood Rocco explained, "I feel tired and my arms feel tingly." Overall, the blood drive was a success and should continue to run at Salem High School for years to come.



Lose Weight, Feel Great

by Chase Howard

Now that the holidays are behind us, many have been struggling to stick to our new year's resolutions of dropping a few pounds and becoming more fit. For many, the problem is that they don't know what is required to lose weight and build fitness. Ignore the hype surrounding any fad diet or exercise trend and stick to natural science for the most effective results. Weight loss is the result of one simple thing, consuming fewer calories than your body is burning off. Calories are a measurement of energy that is both in food and is used by your body. You can calculate your resting caloric burn rate using any number of online calculators but the average is 2000 calories a day for women and 2500 for men. To

track your caloric intake you simply need to read the nutrition labels on the food you eat and add those calories together as you eat throughout the day. For a healthy weight loss rate of about 1 pound per week, aim to be about 300 to 500 calories under your calories burned for the day. Calories aren't the only thing to watch though, it is important that you eat a diet of primarily natural, whole foods such as fruit, vegetables and grilled meat. Avoid eating fried and sugary foods on a regular basis as they are extremely bad for you in consistent doses. That doesn't mean you can't help yourself to the occasional treat. Eating healthy is only half of the puzzle of being healthy, it is also important that you maintain some sort of consis-

Fun In Thirty Minutes Or Less

By Allison Oshrock

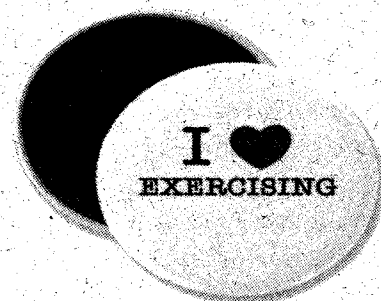
Have you ever sat around on a Saturday with your friends and wished there was something fun to do around this town? Well there are actually quite a few things to do with your friends very close to Salem. There are tons of places that are fun for both guys and girls.

If you and your girls are looking to have a relaxing spa day, the Hour Spa in Austintown is a great place to check out. They have a full working spa that is easy on the wallet. The Hour Spa offers services that include manicures, pedicures, massage, facials and different types of hair services. Full manicures start at \$11, pedicures start at \$20, massages start at \$25, facials start at \$20 and hair styling varies on what is being done. If you and your friends are feeling creative there is Hot Pots in Alliance. Hot Pots is a pottery place where you can decorate plain pottery however you please using paints and stamps. This is super fun because you can design your pot-

tery any way you please! Prices vary on what you decide to paint. The bigger the object the more expensive it will be.

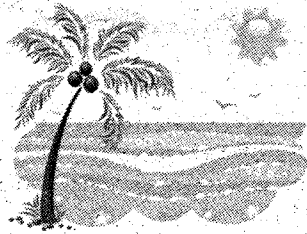
For the guys there is Woods Paintball in Leetonia. Woods Paintball has four separate fields and for one price you can play all day, on all the four fields, including equipment rental. All of this can be done for \$30 but if you already have equipment the price is only \$15 to play all day. If paintball isn't something for you, a cool place you could check out is Glow Fore It Golf in Boardman. Glow Fore It is an indoor mini golf course that has glow in the dark décor and black light décor. Games cost as little as \$6.50 and if you wanted to take a little brother or little sister that are ages 3-10 the cost is \$5 which is very affordable.

These are just some interesting places that you may not have known about in this area. All of these places are within a 30 minute or less drive of Salem. So the next time you're bored with your friends, you might think of checking out some of these places.

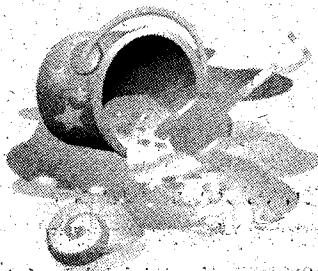


Guess what?! SENIOR TRIP IS HERE!!

By Zachary Devine



Every year the seniors get together and prepare themselves for a trip.



Time is flying and our year is almost up seniors. We are almost done with our four years of high school. Every year the seniors get together and prepare themselves for a trip. Some all go to the same place or others go and do their own thing. Senior trip is the exciting part of senior year! So go out with a bang and have a good time. Start saving!! Let's throw out some ideas! Let's start out with Virginia Beach, Virginia. Virginia Beach is 509 miles away from Salem or 8 hours and 17 minutes. Virginia Beach is a city of resorts with miles of beaches, hotels, motels and restaurants along its oceanfront's. The city is listed in the *Guinness Book of Records* as having the longest pleasure beach in the world. An attraction site is Mount Trashmore Park, Mount Trashmore Park is 165 acres,

60 feet high, over 800 feet long, and was created by compacting layers of solid waste and clean soil. Facilities include picnic shelters; playground areas, volleyball courts, parking, vending machines and restrooms, plus an extensive street course Skate Park which includes a seven-foot deep bowl and a massive 13.5 ft tall vert ramp. For a 2 bedroom vacation rental that sleeps 6 it ranges from \$90-\$350 per night. For a 3 bedroom vacation rental that sleeps 10 it ranges from \$150-\$500 per night. Most of the areas have a path way to the beach. Myrtle Beach, South Carolina seems to be a popular choice this year. Myrtle Beach is 509 miles away from Salem or 8 hours and 17 minutes. Myrtle Beach is one of the major centers of tourism in the United States because of the city's warm subtropical climate and extensive beaches, attracting an estimated 14 million visitors each spring/summer/

fall. An attraction site in Myrtle Beach is Club Karma. Club Karma is located just next to the new boardwalk and the sky wheel. It is the perfect venue for teens to dance, meet new friends and hang with your best friends. For a 2 bedroom vacation rental it ranges from \$82-\$209 per night, usually sleep 4-8 people. For a 3 bedroom vacation rental it is \$125-\$250 per night, usually sleep 8-10. Most of the vacation rentals are near the beach or even right in their backyard. Cancun, Mexico is going to be the little more pricey vacation spot but in the end it might just be worth it. Cancun is 3,101 miles from Salem. It takes 2 days and 4 hours to get to Cancun from Salem if you're driving. If you book a flight it takes 2 hours and 52 minutes. Cancun is a city in southeastern Mexico, located on the northeast coast of the Yucatán Peninsula in the Mexican state of Quintana Roo. It is a world-renowned tourist destination, as well as being

the seat of the municipality of Benito Juárez. A popular thing to do in Cancun is go on a jungle tour. There are many different operators that offer this type of tour. You take a wave runner down the lagoon, through a mangrove, then out into the ocean to a reef where you spend an hour snorkeling. For a 2 bedroom vacation rental that sleeps 6 it is \$140-\$350 per night. For a 3 bedroom vacation rental that sleeps 6 it is \$180-\$500 per night. Most of the vacation rental locations are around the beaches of clear waters. One thing to consider would maybe getting a passport which takes some time and money! Now that you got a little bit of a background on a couple of great vacation spots make some phone calls and start booking your condos, houses, or hotels. They will be going fast! Be safe, have fun and be smart! HAPPY SENIOR YEAR!!

Nickels for Nick by Chase Howard

Nick Reed, a 2011 graduate of SHS, lost his long battle with a rare and brutal form of cancer on January 31. He was the drum major for the band, a member of jazz band, a member of German Club and was involved in many other activities not only in our school, but our community as well. The loss of Nick is tragic to say the least. In order to honor Nick, a campaign called Nickels for Nick has been started to purchase a 2x2 plaque in his honor that will be built into the Reilly wall. The project is pending approval from the school

board but the odds of it passing are quite high. Nickels for Nick will be collected in the cafeteria during all lunch periods. If you would like to donate at a different time give the money to either Hobie Butcher or Frau Carter. The goal of the program is to raise 1000 dollars and any extra money that is collected will be donated to various charities such as the Make a Wish Foundation as requested by Nick's family.

Salem Restaurant Problems by Reagan Barnett

Are you tired of driving late nights to grab a plain taco bell feast or a Wendy's frosty? Don't you wish this town would bring something more diverse for you to chow down on? Yes, we have the standard subways, KFC, Taco Bell, Mickey D's, Arby's, and Wendy's, but these common fast foodies just don't satisfy the needs of everyone. So how in the world could we get some new restaurant to saunter its way into the little town of Salem? We deserve something better; I mean we have a Walmart, which must meet the criteria for big happenings, right? Why can't we pull in a Chipotle or

Panera? They'd get business from the people of Salem along with the surrounding cities that don't feel like venturing to Boardman or Alliance. The closest bigger restaurants are 20 to 30 minutes away! No bodies got time for that, or the money for gas. Everyone wants good food, and to have a good time. People would flock to new places, finally having somewhere to hang out with friends other than the local Taco Bell. How though, is the great question: How do we get a hold of these big companies and franchises? What would make them come to Salem? If you go to the website <http://www.chipotle.com/en-us/talk-to-us/development/>

[development.aspx](#) for Chipotle, scroll to the bottom and click development form". Fill out this form as best as you can, and send it in. If a vast amount of people fill one out for the Salem area, it may just turn their attention towards us.

As for a Panera, it's not that simple. You have to have experience in real estate and as a restaurant operator, as well as a net worth of 7.5 million dollars. Although that may eliminate the majority of the population, all these different efforts, may save our taste buds.

FEATURE

Are You Getting Enough Sleep? By Chase Howard

With only a brief glance at a high school classroom, it is likely that you will notice at least several students are either dozing off or are completely asleep while the teacher is trying to provide instruction. This is a problem that not only plagues Salem High School, but high schools across the nation according to Alina Saminsky, a journalist for "Student Pulse", an online academic student journal. "Most students need at least nine hours of sleep per night in order to function properly," say the authors of "Homeroom Zombies" Lawrence Epstein and Steven Mardon. Many students are getting by with only a fraction of their needed sleep and come to school incapable of learning as a result. The consequences of sleep deprivation on students can range from short term factors such as a lack of focus,

irritability and a deterioration in their learning to more severe long term problems including memory loss, increased anxiety and decreased amounts of socialization and humor according to Martha Hansen of USA Today. According to a number of studies, reasons for the lack of sleep among teens vary and can include poor diet and lack of exercise, overuse of electronics and busy schedules which occupy so much time that teens are only left with a handful of hours in the day to rest. Combating these issues is no easy task but most will require that a student make sleep a greater priority than other activities and simply make time for it. Some schools across the nation have even resorted to later start times to prevent students from having to wake up so early and have consistently seen positive results. In order to bet-

ter understand the problem in our school, a number of students were questioned about their sleep habits. Answers to these questions yielded some shocking results ranging from playing video games all night and only receiving a few hours of sleep on a regular basis to having too much homework. Despite the mounting evidence that sleep deprivation is a major issue among teens, little is being done to stop it, partially due to the fact that the reasons for it vary and leave the solution elusive. If you are a student lacking adequate sleep hours, it is extremely important that you find the source of your problem and do whatever it takes to resolve it before the consequences become too great.

Smoking Kills By Jansen Paurrier

Smoking has been around for thousands of years, but hasn't always been condoned as a healthy habit. All you smokers out there think before you take your next drag off that next cancer stick. That one cigarette may not kill you now or within the next five years, but the longer you smoke the worse the effects can become. Not only does your health become affected but smoking also causes a slur of beauty blemishes: thinning hair, yellow teeth and fingers, tooth decay, wrinkles, dark eyes, stretch marks, skin cancer and more. When cigarettes are inhaled, they put our bodies into a state of physical stress by sending literally

thousands of poisons, toxic metals and carcinogens coursing through our bloodstream with every puff we take. Lung cancer is the number one leading cause of cancer related deaths every year. Chemicals such as Benzene, formaldehyde, arsenic, mercury, radon, and many other pesticides and carcinogens are in each cigarette. For those who think that the organics are better think again too. Although most companies add fillers and other chemicals for your addiction a lot of the harmful chemicals are taken in by the plant from the ground during vegetation. The facts are clear: quitting smoking will pro-

tect your health. According to the Surgeon General, quitting smoking is the single most important step a smoker can take to improve the length and quality of her or her life.

Being Bullied? By Emily Cull

There are three types of bullying: verbal, physical, and emotional. Bullying is technically defined as "use of force or coercion to abuse or intimidate others." It happens in schools everywhere. You should never feel like you are out of options, especially if you've been assaulted or feel like you're in danger. The most important thing to do is tell someone. You can always go to an adult, either in your school, at work, or at home. You might not think it's important or see it as embarrassing, but it's the best thing you can do for yourself. Tell somebody, and they can talk you through it, help you, or get you help. If you ever need serious help or feel alone, call the suicide hotline (1-800-784-2433). It's never your fault. Even at Salem we have an anti-bullying group, called Starfish, that's open to anyone in the student body. Schools everywhere have become more aware of the bullying problems in recent years, so help is always just a conversation away. Never be afraid to ask for help, and just know that you are never alone.

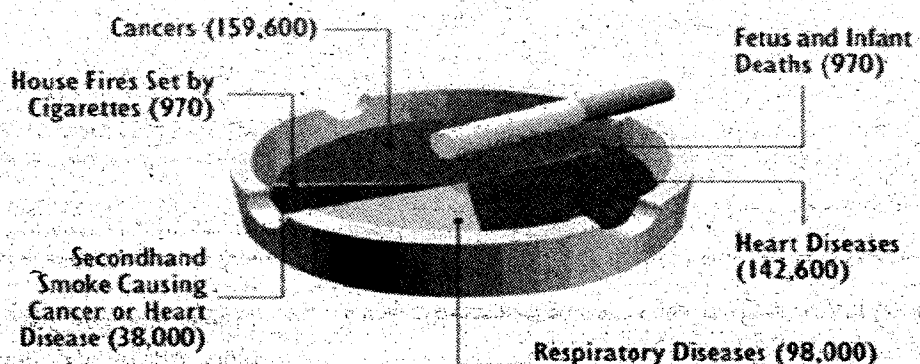
Checking Out Cheddar's By Morgan Roberts



Next time you take the trip up to Boardman you should check out the new casual restaurant called Cheddar's. The prices are unbelievable. It's cheap, quality food in a casual setting. Their popular honey buttered

croissants are to die for. This All-American cuisine restaurant is the perfect place to get a great steak for a decent price. A center cut top sirloin steak for \$9.99 - you really can't beat that. Cheddar's is very inviting. The service isn't up to par yet but that's usually expected with new restaurants. The drinks took awhile to come to us when I ate there. Our server didn't check up on us either to see if we needed anything or to see how our food was. Once the staff gets into the groove of things I'm sure the service will be better. Cheddar's is definitely recommended if you are looking to get a bang for your buck.

440,000 Deaths Each Year Caused by Smoking



All numbers are rounded.

PEOPLE & ENTERTAINMENT

Quakers Share Their Biggest Fears

Hailey Moffett: Letting people down. I like making people proud and hate making people upset.

Garrett Ring: My biggest fear is the thought of losing my family and close friends. I wouldn't be able to go a day without them.

Aphdin Cadile: Losing my license. That explains everything.

Jeffrey Brownlee: Ryan S. He made me write this.

Nicole Goontz: Worms, they are gross and never die.

Kyle Luketic: Snakes, because the way they move and feel scares me.

Alisha House: Driving with Aphdin. I mean who wouldn't be.

Emma Janofa: To not go anywhere in life and not live up to my sisters.

Karleen Dole: Dying young. There is so much I want to do in life before I die.

Mike Popa: Spiders. They have always freaked me out.

Zac McKibben: Burning alive because you feel every horrible moment.

Nicholas Larson: Spiders. They are just creepy looking.

Abraham Zugelj: Not pleasing people.

Austin Frank: Flying. It's the scariest thing going through turbulence after watching 9/11 the day before in HOG.

Brandon Dustman: Snakes... I hate snakes, they are creepy and weird.

C.J. Bloor: Not living up to my potential. If I don't live up to my potential I will feel like a failure even if I live a successful life.

Alex Brant: My biggest fear is my future. Living on your own is just a scary thought to me.

Ryan Benson: Not being successful in life. I want to make things happen for me.

Missy Muniz: Fish. They're creepy and icky and will eat me alive if I go near one. Don't ask..

Amanda Reiter: My biggest fear is clowns! They're so creepy!

Hobie Butcher: Cleveland

Sports....

Michael Anzevino: Fear itself.

Hannah Carner: Clowns. They are the creepiest most vile creatures I've ever seen.

Carson Herron: Matt Shrontz forgetting Brittany Skiba's birthday; and getting into a fight again.

Brittany Skiba: Max Wolf-gang and Carson Herron breaking up and never getting married and having really tall children :(

Trace Jenkins: Mike Ciotti, 1,500 pound lifter.

Dominic Righetti: The velociraptors in my woods... I'm not kidding.

Joy Rouse: My brother Josiah dying while he's overseas with the Army right now.

Brad Dustman: Burning to death. Painful.

Jacob Cawthorn: That Trace Jenkins the best quarterback in the world will get sacked in the upcoming season.

Lucas Green: Being paralyzed because not moving would be terrible.

Ivy Rose: Going through paranormal torture and becoming possessed and the dark. ZOMBIES.

Chasity Buckius: Falling because if you fall you could either die or live and be paralyzed.

Dylan Whaley: To not be understood, to be-misunderstood or to be unable to communicate.

Marty Roth: Fighting Dikembe Mutombo

Meghan Fortune: Bees, I am allergic to them so when I get stung I swell up and need to get a shot to make it heal.

T.J. Leyman: Losing my family because that's everything to me.

Lacey Shasteen: Losing the support of my brother. He helps me whenever I need to talk!

Natalie Ellis: Chainsaws. Because they are loud and can kill you.

Krista Yorty: Walking alone at night because I really don't trust anybody in town.

Klarysa Green: Demons and ghosts and spirits because I dream about them all the time! :(

Kelly Hough: Clowns! Because I got tackled by one at a parade when I was little.

Billie Ingledue: Death, Because I am too young to die.

Lauren Stalnaker: The dark. Can't see.

Tyler Holenchick: Getting dunked on, it is scary.

Vince Belleggia: Getting into an accident.

Kelly Barley: Bees! I hate bees! They sting!

Jesse Slocum: Coach Brock when he yells at me for screwing around.

Erica Kyser: Swimming in a lake because fish might attack your feet and eat them off.

Megan Daley: Getting a coat hanger stuck in my eye!

Hannah Halstead: Going to Hell. Who would want to be submerged in flames of agony for all of eternity?

Austin Caylor: My biggest fear is there being no girls in the world.

Caleb Quinn: Heights because if I fall, I'll die.

Shane Metzgar: People knowing. I. AM... THE BATMAN

Kyle Jennings: Spontaneously catching on fire.

Sonya Lesh: Losing my boyfriend Matt or dying alone.

Lexi Benavides: Something bad happening to Aiden.

Nathan Eisel: Emma Wilson because she has bigger muscles than me.

Emma Wilson: Running out of A1 sauce.

Andy Giffin: Getting stuck in a lathe in Machine Shop.

Terry Carson: I have a fear of doing something wrong or messing something up.

Hanna Brooks: My biggest fear is getting mauled by zombies. That's sketchy biz.

Kelli Little: None, Bryce makes me fearless, and he always will.

Sierra Null: I'm scared of talking in front of a lot of people since I'm very shy.

Oh Mama!

By Ethan Peppel

Mama has received a lot of hype and in less than a week it has gained \$33,656,605 in box office. The movie rushes you into a storyline which most likely caused some confusion with the viewers, because the intro of the movie really has no significance to the movie at all. The movie then slows down and is running on a smooth storyline pace. It picks up with a man whose brother is now deceased. The brother and his wife decide to adopt the children of their deceased father. The children have a lot of problems mentally and physically for a few different reasons. The movie is a fictional movie, so expect the bizarre. It has its fair share of parts that will make you jump. Some people have said it was one of the scariest movies they've seen, and others say they didn't really find it all that scary. I personally enjoyed it until the ending, which was pretty disappointing. I've seen plenty of better scary movies. When it comes down to it, the movie has its fair share of jumpy parts, but there's no ridiculously scary parts or gruesome scenes. If you're looking for a movie that's a mild scare then this is a movie for you. If you enjoy a more extreme kind of movie, or a movie with a great plot, this is not your movie.

The Unquiet

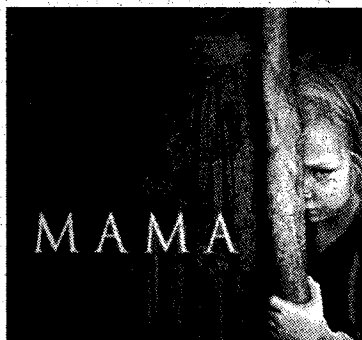
By Nicole Coontz

The novel *The Unquiet* was written by Jeannine Garsee. She grew up in Cleveland, Ohio and went to a school similar to River Hills. She also works as a psychiatric nurse in an inner-city hospital. Jeannine also has a family and still lives in Cleveland. She had her thought for this book by going through a similar tunnel that was supposedly haunted, because somebody had died just as in the book. After reading this novel, I can see how she felt and her thought process.

The Unquiet was a very interesting and suspenseful novel. When a troubled teen named Corinne moves back to her mother's hometown in Ohio with her, leaving her stepdad back in California things reconnected from the past. Also Corinne already has the bipolar disorder. So this story takes you on the path of what had actually happened with her mother's past. Secrets are opened and only Annaliese wants to get revenge. Annaliese was just an average quiet high school girl that was surprisingly shocked when she found out that the most popular high school guy Luke likes her. Although she didn't mean to hurt Monica in any way, she did. Now twenty years into the future she just wants revenge even if that means on their children who are now at River Hills High School.

When I first read the inside cover of this book I wouldn't think I would like it, but by the end I did. I think it had a great story line to it, and not hard to understand at all. It for sure is not what I expected, it's better.

Continued on Page 8



ADVICE

Ask Jansen



Q: Dear Jansen, I am in quite the pickle. As you know, Prom is coming up. I really want to go but I can't find a date. I took a shower, brushed my teeth, and tamed my hair; yet still no

luck. I was looking on Facebook and an ad said girls like swag. Where can I obtain such swag???

A: *Hmm well personal hygiene does make a difference, but sometimes that just doesn't cut it. "Swag" is B.S. in my opinion. Swag is a mindset bud. Get it in your brain that you have swag and it will come. Girls aren't looking for someone who's looking. Like I always say "Good People find Good People". Any guy can dress to impress and get girls; it's about learning the rules of courtship. Anyways, I say it's all about how you ask. The more creative you get the more they can't refuse. Try asking when they least expect it.*

Q: Dear Jansen - I'm typing this with gloves on so you don't know who this is from. I want to ask you a question about my fellow students without insulting anyone. Mind you, I was raised in Salem just like most of the student body, but I cannot understand how people treat each other and their elders. I hear terrible language in the halls and people saying terrible things to their friends or classmates. My mom would wash my mouth out with soap if she heard me repeat any of those words. Sometimes I hear students talking really rudely to their teachers too. I think this is really sad and I feel sorry for some of these teachers. Okay Jansen, what do you think?

A: *Alright it's understandable that every once in a while you hear someone say something a little too raunchy and just a little too loud besides you in the hall. I can't help but chuckle at these moments and I've seen some teachers' chuckle too. Teachers have eyes and ears that are better than your parents and most see and hear all. Students back talking teachers though is not accepted and condoned at all. It's rude, disrespectful, and bad character. If you have problems with a teacher see them after or before class and don't make a*

scene. School is a student's job so be courteous to your colleagues and mentors and act professional.

Q: Jansen — Tradition or no tradition? Should The National Honor Society still continue "Senior Jeans"? Do you think the senior are still interested in the tradition of the senior jeans?

-Mrs. Frederick

A: *For those of you who don't know what the senior jeans are; they're a pair of jeans custom decorated by the senior class art students. The Jeans are then raffled away to the senior class and the proceeds go to a charitable organization, and this has been a Salem tradition for over 20 years. I've always thought the senior jeans were something quite fun and unique for Salem graduates. I've been asking fellow students about this rumor and most replied with shock to the question of not continuing the tradition. I did some "Investigative Journalism" and got the scoop. I declare that this rumor is dead; Senior Jeans will still be available for raffle this year and more to come.*

Recipe of the Month

By Enyza Perick

Sugar Cookie Cut-Outs

If you are looking for some yummy treats for St Patrick's Day, you could make some (what I call) Sugaaaa Cookies. They are a delicious treats that you could share with anyone.

Ingredients:

- 1 cup of butter
- 1 cup of sugar
- 2 eggs
- 1 teaspoon of vanilla
- 3 ¾ of flour
- 2 teaspoons of baking powder
- ¼ cup of heavy whipping cream

Directions:

1. Mix together the butter and sugar then stir in the eggs and vanilla.
2. In a separate bowl mix together the baking powder and the flour with the heavy whipping cream.
3. Then mix everything together.
4. Refrigerate dough for 2 or 3 hours.

5. Preheat oven to 350 degrees. Grease cookie sheet with butter.
6. Lightly put flour on a surface and roll out dough. Cut out your cookies. Space cookies 1 inch apart on cookie sheet.
7. Cook for 12-14 minutes or until edges are light brown. When cooked leave on rack to cool down to decorate.

Need a Tux for Prom?

By Zachary Devine

Prom season is here! Time to start looking for tuxes gents. Elizabeth Renea's Bridal and Yuhanick's Cleaners is a couple of local places around Salem to get a tux. This year's tuxes come in black, light gray, dark gray, brown, tan and white. There are new slim fit tuxes. Ties and vest come in a multitude of colors. You can mix and match the ties and vest if you want. The neon colors are hot this year. Some places, like Elizabeth Renea's Bridal will be selling neon suspenders and bow ties that the guys can buy to wear with a tux or something they already have. Camo vests and ties for the outdoor lovers are available too. Also, gold and silver dresses are hot this year. To match the dresses there are gold and silver vests available. The budget usually varies from \$89- \$169 depending on what you want. I recommend finding the final price of the whole outfit before committing yourself to a tux. Have fun and be careful!

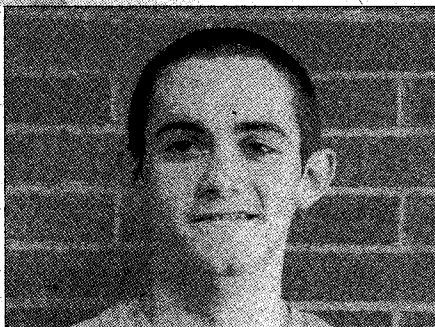
Contacts:

Elizabeth Renea's Bridal
240 E State St, Salem, OH 44460
(234) 567-4416

Yuhanick's Cleaners
2341 E State St, Salem
(330) 337-6372
OR
121 E State St, Salem
(330) 332-4463



SENIOR SPOTLIGHTS



Jake Carner—Baseball

What is your favorite pump up song?

Float On by Modest Mouse

Who is your biggest rival?

West Branch

Who is your favorite athlete?

Yogi Berra

Do you play any other sports?

Hockey, Football

What is your favorite memory?

Dancing during a rain delay with Storm under a rainbow



Angela Woods

What do you like to do for fun?

I like to collect bottle caps and listen to Lionel Richie and Nicki Minaj.

What is your favorite song?

Super Bass by Nicki Minaj because it makes me want to shake my WHOO WHOO!!

Where do you see yourself in 10 years?

I see myself working on crime scenes and solving murder mysteries.

What's your favorite food?

I like eggs!



Aaron Vorkapich

What do you like to do for fun?

Making Andrew do funny things. It's an Ace thing!

What is your favorite song? And Why?

Sound of Winter by Bush. It really has a meaning to it and I like the rhythm.

Where do you see yourself in 10 years?

In an "Ohio State Highway Patrol" uniform.

What's your favorite food?

Spaghetti. Now I'm hungry!



Sam Standing Soldier—Football

What is your favorite pump up song?

Thunderstruck AC/DC

Who is your biggest rival?

West Branch

Do you play any other sports?

Track and Field

What is your favorite memory?

Beating West Branch 27-7 in 2011.



Jon Archer

What do you like to do for fun?

Getting swoll!

What is your favorite song?

Clique by TFC

Where do you see yourself in 10 years?

Successful hopefully

What's your favorite food?

Bloody steak



Storm Haueter—Wrestling

What is your favorite pump up song?

Can't Back Down Bad Rabbits

Who is your biggest rival?

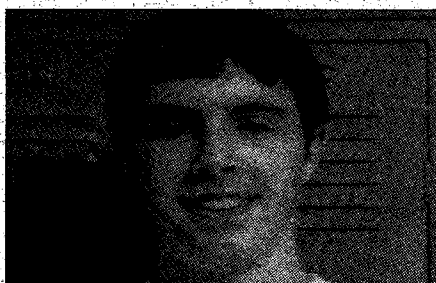
The Branch

Do you play any other sports?

Soccer, Baseball, Racketball

What is your favorite memory?

Weekend at Adidas National Tournament



Ryan Benson—Soccer

What is your favorite pump up song?

Thrift Shop

Who is your biggest rival?

West Branch

Who is your favorite athlete?

Ronaldo

What is your craziest sports moment?

30 yard goal against Canton South

What is your favorite memory?

AAC Champs in 2010



Mike Crittenden—Football

What is your favorite pump up song?

Molly

Who is your biggest rival?

West Branch

Who is your favorite athlete?

Lebron James

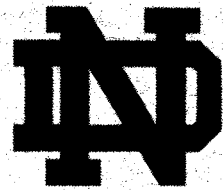
What is your favorite memory?

Meeting Austin Frank ;)

SPORTS

Shivers to Notre Dame By Alex Short

Anthony (Tony) Shivers is going to attend the University of Notre Dame to be a discus thrower. He received a 50% scholarship and that could go to 100% if Shivers wins the Big East Conference or scores at Nationals. Many people around the city of Salem were under the misconception that Ohio St. offered Shivers a full scholarship when in reality it was only a 35% scholarship. On his commitment to Notre Dame, Shivers said, "I originally had no interest in attending Notre Dame, but that all changed when their coach emailed me last spring." Shivers went on his first visit in mid-October and he fell in love with every aspect of the school. Ironically, Shivers took up track as a way to keep busy and in shape during the basketball off-season. Shivers added, "Four years ago I had no idea that I would be able to take my throwing ability to the next level." Shivers feels very thankful to the track and field coaching staff along with Coach Brock. Shivers drew inspiration to win state from the 4x200 relay team that won state several years ago. Tony is in elite company, as he was the first athlete to win state in discus since 1931. Afterwards, he felt overwhelmed and humbled—very proud to represent the city of Salem on that kind of stage. Shivers is not only an MVP for the track team, he's also the 2nd leading scorer for our Salem basketball team averaging 16.3 points a game. Regarding gearing up for the upcoming track season as the hoops season concludes he notes, "I'm still lifting a few times a week. I also practice my footwork so that stays fresh." In 2013, Tony will attempt to defend his state title.

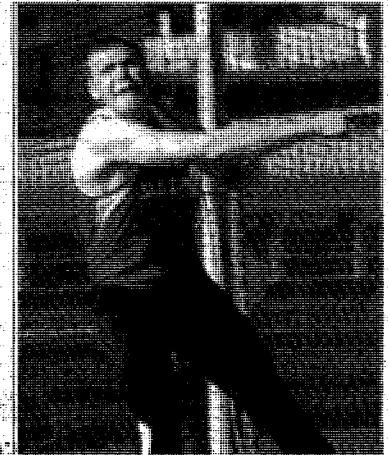


"Four years ago I had no idea that I would be able to take my throwing ability to the next level."

Tony Shivers



(Left) Tony's signing day photo with his family and coaches. Top Row: Mrs. Neapolitan, Dr. Joe Shivers, Coach Huda, Coach Brock. Bottom: Mrs. Shivers, Anthony, Dr. Paul Shivers, and Maria Shivers. (Right) A determined Shivers completes a throw at a meet last season.

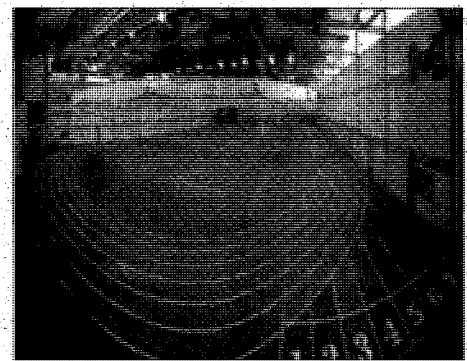


Gearing Up For Track Season By Sarah Harsh

Winter Indoor Track is beneficial to student athletes because they are able to compete and work their way into shape in the spring track offseason. Competing and qualifying for the state indoor meet is the ultimate goal for those who compete. Coach Huda says it gives the athletes a chance to see where they stand in certain events before the spring season starts.

A handful of Salem students are doing quite well in the rankings of the Division II state competition. High jumper Zach Wukotich is currently in 2nd with a jump of 6'6.74. The relay 4x200 relay team is 3rd with a time of 1:36.82. Runners on this relay team include: Haeden Panezott, Logan Taylor, Blake Veglia, and Marcus Crittenden. Two senior girls who are also doing very well are Ciera Trybend and Mallory Maher. Ciera is 3rd in shot put with a throw of 37'. Mallory is excelling in two different events. She is 6th in the 3200 meters with a time of 12:13.33 and 5th in 1600 meters with a time of 5:44.52.

The indoor track team achieved success by competing at several different places. The meets they attended were at Youngstown State, Mount Union, Kent State, and Akron.



Trybend Commits to Youngstown State By Reagan Barnett

Recently, Ciera Trybend committed to Youngstown State University for Track and Field. Several schools were after her services, including Bowling Green State University, the University of Cincinnati, and Lake Erie College. Last season, Trybend placed tenth overall in the state in Division II. She will throw shot, discus, and a new event—the hammer, as a Penguin. On why she felt YSU was her top choice, Trybend felt it's location as well as the facilities were the top factors. She was also impressed that the coach was interested in her as a student, not just an athlete, which will help keep her focused on maintaining her grades. That being said, Trybend isn't sweating about juggling the commitments she will have starting this fall. In speaking on the many people who have helped her get to where she is today, Ciera said, "I'm blessed to have had such great and supportive coaches and teammates. I would never have believed in myself if it wasn't for people like Mallory Maher, Megan Lehwald, and Blake Veglia. No matter what meet we were at, I always knew those three would be watching me throw. It never mattered how I did. They were just always there with a hug and a smile to let me know how proud they were of me."



Ciera throws the discus last year at a practice.

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Intruder Update

by Chase Howard

This past August, our school administration began to work on improving the security in our school to help ensure the safety of our students and staff. They learned that schools are community based and as a result require public access. However, not all members of the public are welcome. Those that don't belong need to be identified and removed from the building quickly. On Thursday, February 14, our new security measures were put into practice when an intruder entered the building with a group of students and failed to check in with the office. The intruder was

quickly identified and the police were called to the scene. Staff members followed the intruder until the police arrived and the 26 year old man was arrested. He was charged with criminal trespassing and sentenced to 30 days in jail. Thanks to the security measures employed by our school, the matter was resolved quickly and efficiently before the safety of those meant to be in the building was compromised.

2013 Prom Fashion

by Lauren Atkinson

Sheer dresses are a popular prom trend throughout stores this season. Mini dresses with tulle overlay are also in style. These are the right dresses if you're looking to make a statement at this year's prom. For an edgier look, you could also try cutout dresses or a dress with a low cut back. If you're going for a more ele-

gant look, try a whimsical dress in nude, gold, or champagne. Starting back in January, prom dresses were and currently are surprisingly easy to find. Almost every bridal shop has a full selection. A wonderful place right here in Salem is Elizabeth Renea's. The owner is very personable and makes it an enjoyable experience. Other places around our area include Henri's Cloud Nine in Minerva and The Winner in Sharon, PA. Regardless of which dress you choose, prom is all about feeling beautiful. So have fun and dance the night away!



The Unquiet...continued from Page 4.

I think it's better because throughout the book it made you think and it was a good book. I'm not such a big fan of ghost stories, but if it has an excellent plot I would keep reading it, as I did this one. The biggest theme for this novel would be don't always trust people with what they say because they might have done something else. One of my most favorite parts of the book that made me interested was when we were told that Rinn had the bipolar disorder and we couldn't tell if there was an actual ghost or something else she thinks is there but not actually there. So overall my opinion for *The Unquiet* would be good and that it gets you wanting to read more and more.

If you like thrillers or dramatic books I would for sure recommend this book to you. Also if you think that it will just be ghosts you're wrong. There are so many different situations that happen throughout that you just want to be with them in the book to help them out. When all is said and done I think you should at least give this book a try because once you get into it you won't be disappointed, or be able to put it down.

St. Patrick's Day Word Search by Zachary Devine

S	H	A	M	R	O	C	K	Q	W	E	R	T	Y	U	I	O	P	K	L	H	F	D	S	A
Z	X	S	D	F	G	H	S	E	W	A	S	D	F	G	H	J	K	L	M	N	B	V	F	S
S	D	F	G	H	Y	U	T	I	O	P	L	K	J	N	J	K	Q	W	E	R	T	Y	D	D
H	U	M	B	L	E	C	P	I	N	C	H	Z	X	C	V	B	N	M	J	K	I	V	T	F
F	Q	W	E	R	T	Y	A	Y	U	I	A	C	H	A	R	M	I	N	G	S	D	V	Y	G
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Q	F	S	D	H	J	K	L	C	L	O	V	E	R	X	C	D	F	T	Y	U	I	Y	P	B

Word Bank: shamrock, St. Patrick's day, luck, green, charming, corned beef, Celtic, clover, whiskey, tweeds, nimble, knight, jolly, humble, foolishness. Four leaf, pinch, feast, heritage, fiddle

