

Lone Oak
High School

Issue No. 5

Volume XLIII

THE OAK

Paducah, Kentucky

January 30, 1984

Lone Oak High School

Peshehonoff triumphant in receiving Air Force appointment

By Ken McKinney

Theodore Victor Peshehonoff has been appointed to the U. S. Air Force Academy located in Colorado Springs, Colorado. He was nominated by Kentucky's First District Congressman, Mr. Carroll Hubbard.

Theodore is 17 years old. He was born in Panarama City, California, on March 16, 1966. Theodore lives with his mother, Myrla K. Peshehonoff.

The traits that the Air Force Academy looks for in an applicant include being a generally well-rounded person, one who has leadership qualities and high academics, and one who has participated in extra-curricular activities.

Theodore said that an excellent physical condition is mandatory to survive in the Air Force Academy. The

first six to eight weeks' is Basic Cadet Training (BCT). This introductory course is meant to test a cadet's physical and mental stability. To prepare for BCT, Theodore plans to start running, swimming, and lifting weights in the spring. He said, "They will try their best to make me quit. I will have to be ready for that."

Academy life will be difficult, especially the first year. It is an environment based on competition. Every student at the Academy was in the top five percent of their high school class.

Each year approximately 25,000 people across the United States make inquiries about entering the Air Force Academy. Only about 8,000 meet the preliminary qualifications. An

estimated 3,000 may receive a nomination from some political source. Theodore received his nomination from Congressman Hubbard. Approximately 1,400 get an appointment,

Theodore plans to attend flight school the first year after graduating from the Academy. From there, he will fulfill his assignment in the Air Force, hopefully achieving a position in the Space Program.

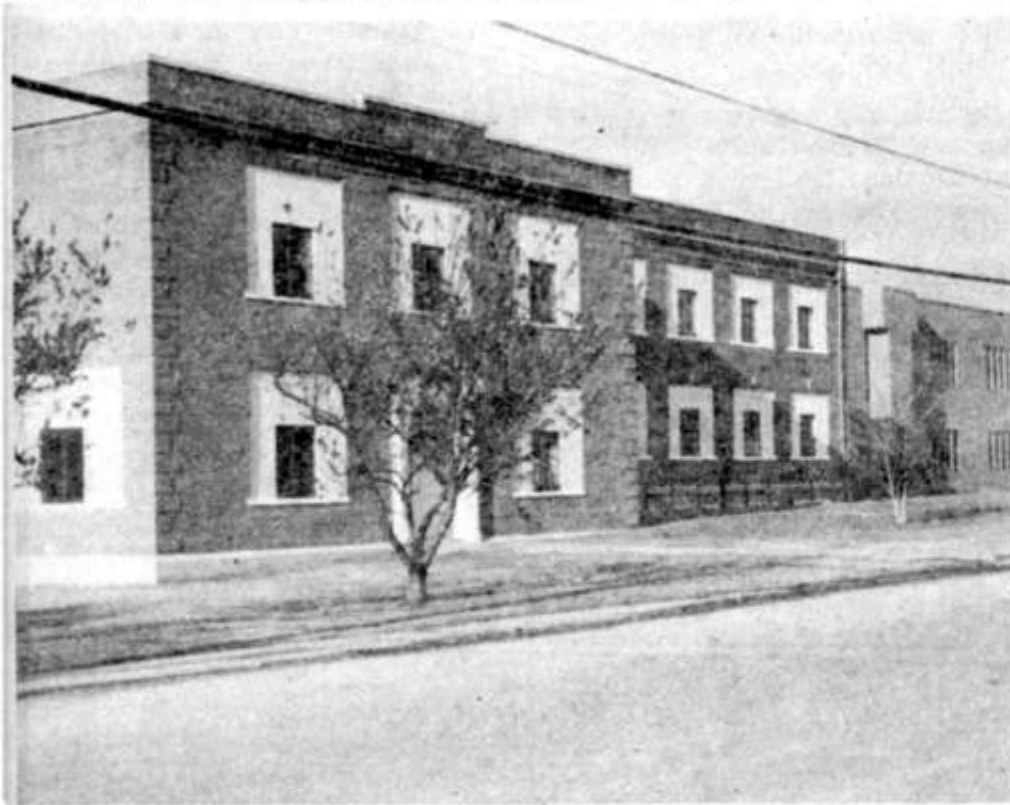
His grade point average (3.8) and his ACT score has made his admission into the Air Force Academy possible. His schedule for his senior year in high school includes advanced courses such as calculus, physics, and College Prep English.

Theodore had the following reaction after being asked how he felt about his acceptance to the Academy: "The Air Force Academy offers me a bright future. It will teach me qualities that will help in any aspect of life. I will receive an education that few people will have the chance to obtain."



Photo by Ken Thompson

Theodore Peshehonoff



Lone Oak High School has improved its physical plant in the past 10 years since the fire that destroyed much of the building. Recently new energy efficient windows were installed.

Photo by Ken Thompson

Lone Oak graduates 25 seniors

By Rhonda Lawrence

Twenty-five seniors graduated mid-term having fulfilled the required eighteen credits.

Of the mid-term graduates, the following students plan to further their education: Jennifer Cooper, who is presently employed at McDonalds, plans to become a nurse and is taking classes at PCC. Dan Jones is taking general courses at PCC and later plans to study commercial art at either the University of Kentucky or Arizona State. Lisa Eyer, also employed at McDonalds, plans to enroll at PCC this fall and then go to Murray State to study either journalism or fashion. Raphaella Richardson is presently at-

tending PCC for a degree in nursing. Curtis Pucket is doing construction work in Louisiana and plans to go to college to study electronics. Anthony Milam is studying welding at Tilghman Trade School and is working at the Coca-Cola Bottling Company. Jim Jones plans to join the army this summer or fall.

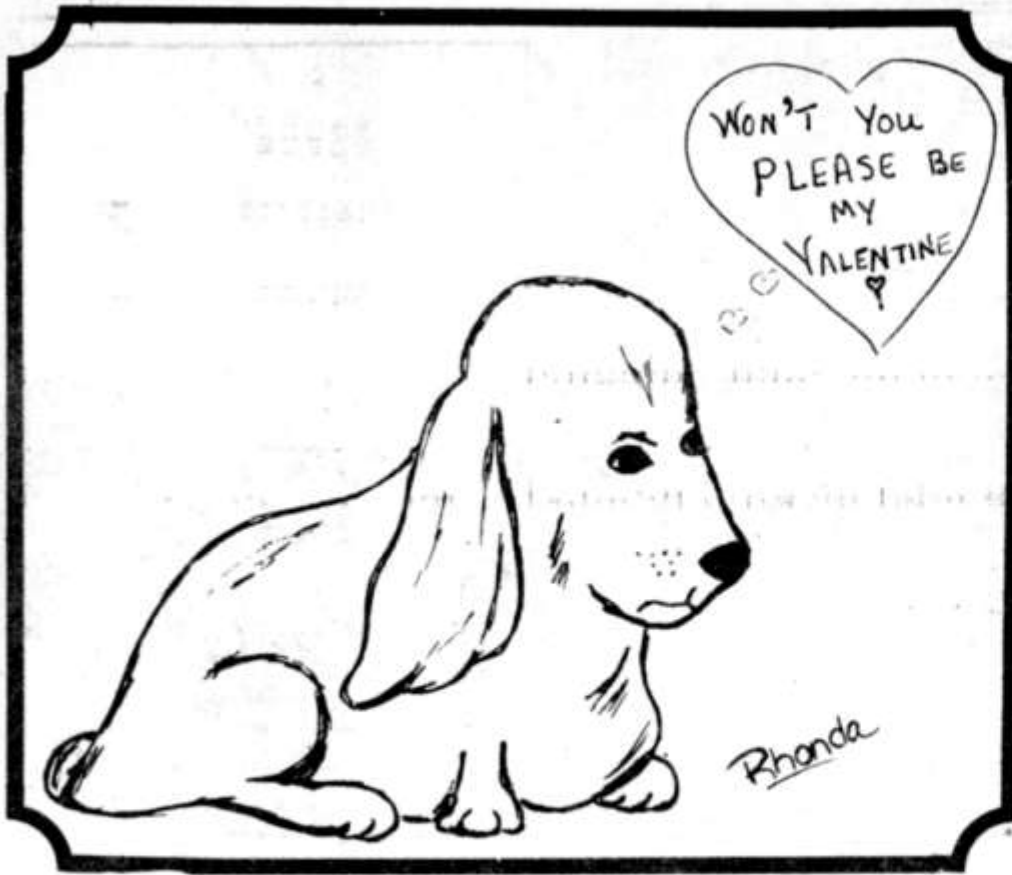
Other mid-term graduates include Peggy Adams, Mike Bechtold, Sheri Babb, Sami Craine Buchanan, Elizabeth Cope, Danny Cruse, Rodney Goodwin, Tammy Harris, LaDonna James, Samantha Lambert, Michael Lentz, Tena Milam, James Parish, Helen Rose, Tony Schmitt, Kandi Smith and Pam Smith.

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Homework- Gimme a break!

By Abigail Baker

I have reached the startling conclusion that if having my wisdom teeth extracted doesn't kill me in the long run, homework will.

Now don't get me wrong. I'm not blaspheming the idea of homework; I'm only criticizing the amount which is given daily to me and my fellow students. Sometimes I think teachers forget that we have FIVE classes to contend with, not just one.

And another thing. It never ceases to amaze me that every teacher gives a test on the same day. I've become convinced that faculty meetings are held specifically to plan these "school-wide test days."

I personally am beginning to experience serious side effects from long-term exposure to homework. For example: it's lately been brought to my at-

tention that my left arm (my book-carrying arm) is about three inches longer than my right arm. I attribute this to the fact that I carry home at least 15 pounds worth of books a night. I've also developed scoliosis as a result of extending my hip sideways to compensate for the added weight of my books. Homework has given me unsightly cosmetic flaws such as permanent bags under my eyes and dark circles stretching from one side of my face to the other.

I realize that "homework will be beneficial to me in my future years," but presently, I find it difficult to see the light at the end of the tunnel.

Origins of Valentines Day

Valentines Day originally honored Juno, the goddess of women and marriage, but today we honor our sweethearts, friends, and family.

A familiar phrase associated with Valentines Day is "Be My Valentine." In the early days, young people chose their Valentines by writing names of slips of paper, then drawing randomly from a vase.

Presently, we give flowers, candy and gifts to our favorite "Valentines," but previously men gave gloves to their Valentines, or held glamorous balls in their honor. The custom of sending sentimental messages gradually replaced that of giving fine gifts.

Valentines were usually handmade with lace, satin, feathers, mother-of-pearl, sea shells or dried flowers. Some cost up to \$10 each. Now the most elaborate card made has a picture of Garfield on it eating candy. How times and traditions change!

How to drive to the mall

By Cathy Williams

Here are a few suggestions that will certainly make you popular with all of the other motorists making the long trek to the mall.

You can start as soon as you hit the entrance ramp. Pretend that it's a drag strip; all of the other drivers will certainly enjoy avoiding you. Once you near the end of the ramp, speed up and look over at the scenery on the right. Let those drivers in the lane that you want to be in move over, it's your interstate too.

Once you get in traffic on the interstate, you can really show everyone what a hot shot you are. Speed along at 45 m.p.h. until someone tries to pass you. Remember, no matter what, no

one should pass you, so speed up to 70 and look over to those jerks who tried to pass you and laugh.

After those degenerates slow back down and get behind you, reduce your speed to 35 or 40 m.p.h. again just to show them.

About a mile before the exit to the mall, put on your blinker and start slowing down to prepare for the sharp turn onto the ramp. Unless someone tries to pass you, continue at this pace until the ramp is reached, then speed up and start singing along with the radio. Make all of the drivers stopped at the stop light wonder if you see them. About 5 inches away from the last car stopped, put on your brakes. Then rev your engine until the stop

light turns green. Now is the time to punish those weirdos who tried to pass you. Sit there for a few minutes, even better, kill your engine. Make sure, though, that you have just enough time to make the light.

Once you get through the light, stay in the inside lane until the last possible minute and regardless of traffic, whip into that parking lot.

Parking lots can be a fun place, especially if you drive diagonally through them pretending not to see shoppers, moving or parked cars. When you finally find your "space," try to get as close as you can to the cleanest car around. Bump their door if you can.

Orwell's predictions for 1984 are proven wrong

George Orwell predicted in his book 1984, that individuality, personal rights and humanism would be eroded by the year 1984.

Orwell felt this would result from the dictatorship of "Big Brother." The government, or "Party" members were the workers for "Big Brother's" democracy. Their job was to assure that the citizens obeyed the commands of "Big Brother." They observed the people's actions with the use of monitors which were placed in buildings, homes, and outdoors. They "bugged" the people's quarters in order to hear what they discussed, and to be sure they didn't blaspheme the

"Party."

"Newspeak" was the official language in 1984. It was a series of words designed to literally "brain wash" the people into thinking in the ways of the "Party." The words exhibited no sense of creativity or imagination: The people were not to call each other by their names, but by "comrade."

A person could be sent to prison with the charges ranging from murder to adultery. One form of torture was the use of a type of electric chair. One man, for instance, was strapped to this chair and questioned thoroughly. If he was

hesitant to answer a question, or did not give an answer the "Party" member wanted, the electrical currents would be turned on. As the questioning progressed, the currents became stronger. He said his bones and muscles felt as though they were being torn away from each other, and his bones pulled from the sockets.

Fortunately, this type of government has not developed. We are very fortunate to still have our freedom and rights which we too often take for granted.

But, think about the world of today. What will it be in twenty years?

THE OAK K

The Oak K, a Blue Banner newspaper, is edited and managed by a staff of Lone Oak High School students. Advertising space may be bought at the price of \$5 per column inch. Mail subscriptions may be purchased at the annual rate of \$2 plus postage.

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Glancing back at the highlights of '83

By Leigh Ann Akin

As we look ahead to 1983, let us not forget the year we left behind. 1983 was a banner year for Lone Oak High School.

Lone Oak started out 1983 with a touch from a foreign country. On January 25, Isa Ferec, a foreign exchange student from Brazil, arrived in the United States. Five days later, she was in Paducah and soon became a familiar face around L.O.H.S. During the month of February, Carol Habeck was chosen '83's Basketball Homecoming Queen, the Biology Club members went on a winter ski trip in Blowing Rock, North Carolina, several band and choir members were chosen for various honor bands and chorus, and the senior cheerleaders and basketball players were recognized. In March, the L.O.H.S. choir presented its second annual Showtime, and tryouts for the newly formed girls softball team

began. April came and along with it came prom. Tamara Tucker and John Davis were chosen Prom King and Queen by their fellow seniors. April also marked the kick-off of spring sports.

The summer months were full of accomplishments. The girls tennis team won regionals and placed among the top ten in state competition. The varsity and junior varsity cheerleaders won numerous awards during cheerleading camp at Vanderbilt University. The junior varsity won the Grand Champion title. Carla Sweatt represented Kentucky at the national DECA competition in New Orleans. The Kentucky Colonel Band began preparation for their upcoming marching season and members of the FFA won numerous honors at state.

In August, the students flocked reluctantly back to school.

In September, Lone Oak received another foreign exchange student. Lars Ribbefjord came to us from Stockholm, Sweden. October brought us many things. Cindy Debow was crowned 1983 Football Homecoming Queen. The Academic Team won its first competition. The band ended a very successful marching season and the football team won the McCracken County Championship in November, video art began being taught here at Lone Oak. Randy Scheer, Ethan Taylor, Brian Bell, and Brent Jones were honored at the annual football banquet.

During the last month of 1983, the Madrigal Dinner was held on December 9-10. The Art Club painted a window at Tommy Blair Pontiac and Michael Wood broke the territory magazine sales record.

Let us not forget our victories and lessons learned during 1983, but let us also hope for a bigger and better tomorrow.

Safety tips for driving on ice

When your car starts to skid on an icy road, you'll have to react fast—and know what you're doing. Here, from the National Safety Council and the AAA, are instructions easy to remember in an emergency.

If you skid...

Remain calm. Skidding—in which the front, back, or all wheels move sideways—is made worse by sudden, jerky movements. So don't overreact. **Don't brake.** Braking can cause complete spin. Ease your foot off the accelerator and let the car slow down.

Turn the wheel in the direction you want the FRONT of the car to travel (see illustration). This is much easier to remember than the old instructions, which told you to turn into a skid or to try to steer in the same direction that the rear of the car is moving. This new directive is less confusing and has the same result.

Be prepared for a second skid. If you turn the wheel too far, you can cause a skid in the opposite direction. Again,

gently steer the car in the direction you want it to travel.

Avoiding skids

Steering, stopping, or braking on ice and snow is always difficult. To compensate, drive more slowly than usual, look as far ahead as possible, and leave more distance between your car and others. Skidding is caused by too much speed, turning the wheel too quickly, or

sudden braking. Never slam on the brake. If you need to brake, use a slow squeezing motion. **Roads wet from rain can be just as slippery.** Water mixed with dirt and oil that collected when the road was dry can make it slick and cause you to skid. But the road is the most slippery at 32°F. when water may not freeze completely and the surface is covered with a mixture of water and ice.

Check tires and brakes. Before winter driving, check tires, brakes, lights; recharge or replace a weak battery. Keep your gas tank at least half full in case of an emergency and to avoid freezing.



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Cheerleaders to enter competition at St. Mary High

By Abigail Baker

On February 9 at 9 a.m., Lone Oak High School cheerleaders will be vying for the top position in the cheerleading competition to be held in the St. Mary High School gymnasium.

The cheerleaders have been practicing since the beginning of December, and have been attending gymnastics classes on Saturday mornings to improve their acrobatic ability.

During the competition, each squad is required to perform a three minute pom-pom routine, two sideline cheers no longer than 15 seconds each, a non-gymnastic cheer, and a gymnastic cheer.

The cheerleaders will be judged on execution of the cheers, along with their appearance, spirit, precision and timing.

First and second place will be awarded and these two winners will advance to the regional competition to be held later in the spring.

Lone Oak will be competing against cheerleaders from Reidland and Heath.

There will be an admission fee of \$1.00.

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It's never too late to order your class ring.

Lone Oak gains student teachers in music, history/French and Physical Education for third nine weeks

By Abigail Baker

Lone Oak High School received three student teachers during the month of January. They are Mark West, Tony Threatt, and Ron Green.

Mark West, age 22, is from Murray, Kentucky and is attending Murray State University. Mr. West is majoring in history and French, and will be graduating this summer. After graduation, he is planning a trip to Europe, but his primary concern will be searching for a teaching position.

When asked what he thought of Lone Oak, Mr. West replied, "I've been pretty impressed with the students. They are much more attentive during class than what I expected. Discipline problems are less than I anticipated."

Mr. West says that he feels as long as he fulfills his responsibilities to the students, that the students will fulfill theirs.

During his spare time, Mr. West enjoys a movie now and then, reading novels, and as soon as the weather breaks, he will begin running.

He is studying under the supervision of Mr. Don Baker and Mr. Dennis Buckner.

Tony Threatt is from Reidland, and is also attending Murray State University. Mr. Threatt is 25 years old and is majoring in physical education and health.

He had originally intended on playing baseball, but after getting a stress fracture in his elbow, he went back to school to get his degree. He is still undecided about his future plans.

Mr. Threatt works at the Executive Inn, and in his spare time he enjoys seeing his girlfriend.

Mr. Threatt says, "Lone Oak seems to be a pretty good school. The people are pretty friendly." He is studying under Mr. Albert Norris.

Ron Green is from Martin, Tennessee, and is attending the University of Tennessee at Martin. Mr. Green, age 22, is majoring in vocal music, and will be graduating this summer.

After graduation, he is getting married in June, and plans on teaching in the fall.

Mr. Green thinks Lone Oak has a very unique situation in the music department, and that Mr. Beard is doing an excellent job with the music students.

In his spare time, Mr. Green enjoys tennis, racquetball, swimming, and jogging.

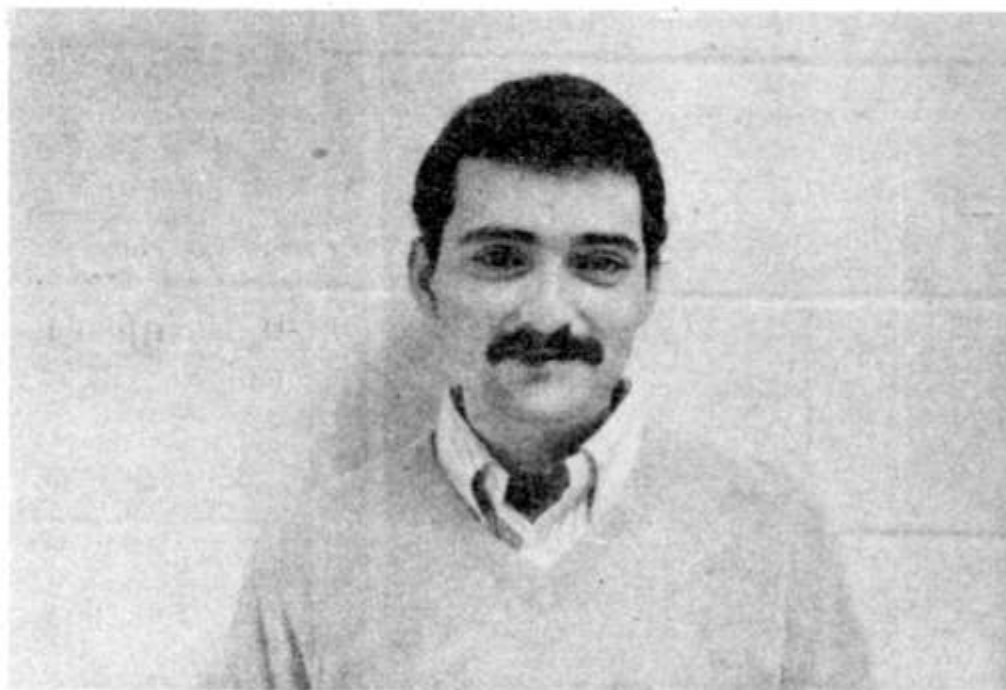
He says, "The school has been very cooperative. I really appreciate the opportunity to come to Lone Oak and do my student teaching."



Photo by Ken Thompson

New student teachers

Pictured above Mr. Mark West, who is student teaching in history and French. Left, is Mr. Tony Threatt, student in physical education. Below, is Mr. Ron Green, student teaching in music.



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Seniors, four months from now!



Photo by Rhonda Lawrence

Pictured above is 'Beowulf' who's members include, from left to right, Daryl Tubbs, Paul Rikel, Mike Handegan, Kevin Yance.

Lone Oak Students form Rock band

By Cathy Williams

Four Lone Oak students have combined their talents to form a rock-n-roll band. They call themselves "Beowulf," after the only epic poem written originally in English. The current line-up is: Kevin Yancy (lead guitar), Mike Handegan (drums), Paul Rikel (bass guitar), and Darall Tubbs (vocals).

Currently, they have completed a "video" in cooperation with the video art class at Lone Oak High School and the PCC television department. The "video" will be shown on channel 2. They have had requests to play at parties and some dances, also.

ties and some dances, also.

The band, according to Kevin Yancy, practices at Mike Handegan's house. In the future, however, the plan to practice at other "studio."

Possibly, "Beowulf" and other local bands like it will revive the popularity of high school bands that reached it's peak a few years ago. Kevin stated that since "Beowulf" was formed, several musicians have expressed interest in forming their own bands.

When asked about the ambitions of the group, Kevin replied, "To become the next Led Zeppelin!"

Clark Serves as Junior Rotarian

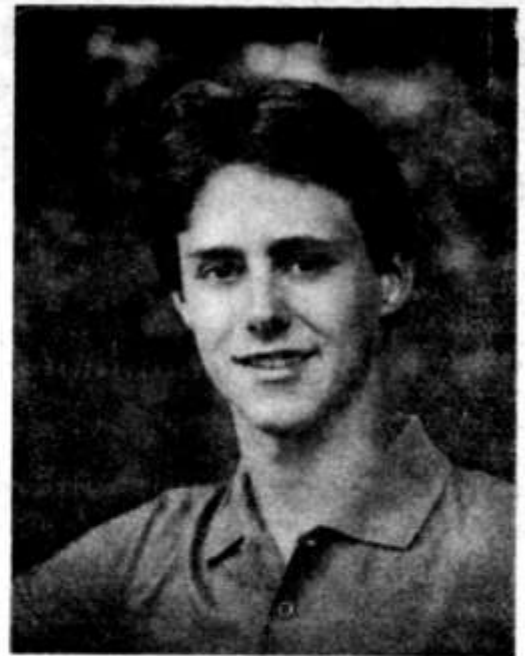
By Ken Thompson

Senior Kevin Clark has been chosen for the January Junior Rotarian by the Lone Oak High School faculty.

Kevin is the son of Mr. & Mrs. Larry Clark. He attends the Rotarian meetings at the Irvin Cobb Hotel every Wednesday.

Kevin's major classes this year consist of Calculus, physics and Advanced Biology. He is planning to attend Murray State or Western Kentucky University.

His other activities include Beta Club, Key Club, and he is also first Vice President of the Physical Science Club, and he is captain of the academic team.



Kevin Clark

Students express Valentine wishes

What do you want most for Valentines Day?

Tiffin Beck-Ferrari w/red ribbon
Becky Kitchen-Graduation
Regena Wilkins-Nothing, I've got everything I want
Melody Smith-A Porsche
Rhonda McGregor-Mike Reno

What will you give your favorite Valentine?

Mark Ingram-A Ken McKinney voodoo doll.
Jimmy Bowland-A funky good time
Stephanie Dodd-Ozzy Osborne and Motley Crue concert tickets
Mr. Crisp-I'll never tell
Jim Hart-Nothing, she doesn't need anything

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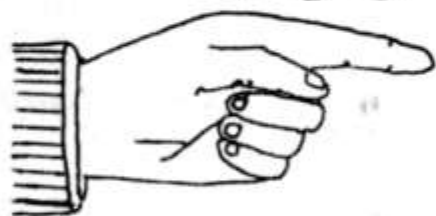
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Last month's kid: Ken McKinney

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KEN'S RECORD REVIEW

Ken rates Madonna over Van Halen



By Ken McKinney
Van Halen's latest escapade in stupidity is on the market and is entitled "1984."

"1984" is almost certainly the biggest pile of nonsense I have ever heard. The songs all sound stupid, as if the entire band recorded the album while at the same time suffering from massive brain tumors. The only commendable aspect of "1984" is the presence of synthesizers, which signifies the band is heading in the right direction. Unfortunately it failed miserably.

The album is stunningly bland and lacks originality. I wouldn't buy "1984" if my life depended on it.

Madonna, a relatively new female vocalist, has recorded her debut album of the same name. I approached the album expecting to be berated with

awful lyrics and low-talent music. Surprisingly, Madonna has compiled a group of songs with mature lyrics and excellent music.

Madonna provides a welcome alternative to all the garbage that is heard on the radio. She is imaginative and talented, which separates her from a lot of singers in the music industry today.

Listen to Madonna and dance your legs off.

Art Department creates backdrops for Miss Kentucky - USA Pageant

By Cathy Williams
"It took a lot of work, but the final result was worth it," stated Janice Floyd, art teacher at Lone Oak High School, about the backdrop painted by several art students over a period of two weeks. The backdrop provided the setting for the Miss Kentucky USA pageant, Saturday night, January 7. The group worked during school,

afternoons, and during Christmas vacation. Although many people contributed, Dan Jones, Melinda Rodgers, Tori Rust, Melinda Smith, Cathy Williams and Mike LaFave saw that the project was completed. For their efforts, each was given a complimentary ticket. The Art department was given \$100 which, according to Mrs. Floyd, will be spent on art supplies.



Pictured at left are Art Club students Kent Lawson, Cathy Williams, Tori Rust, Melinda Smith, and Melinda Rodgers.

Clubs plan activities for New Year

FHA

With Valentine's Day only a few weeks away, the FHA will be selling Candy Grams again this year.

A Candy Gram is a message you can send to special someone. The cost for this is 25¢, and the FHA is including a tasty treat plus a poem, which will be promptly delivered on Valentine's Day.

Physical Science Club

At the last meeting of the Physical Science Club many members worked with the computers and learned to do simple programs.

Art Club

At the January Art Club meeting, the members elected Mike Handegan as their new reporter.

Tennis Club

At the most recent Tennis Club meeting, the members decided to purchase letter jackets for all senior and junior members of the varsity teams. Windbreaker jackets have been ordered for the top ten players on both boys and girls teams. They are expected to be delivered sometime in February.

Basketball Homecoming to be held February 10. Following the game, there will be a dance in the school cafeteria. A local disc jockey will provide the music. Refreshments will be available.

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Changes in line-up improve Lady Flash record

By Gregg Jones

Prior to Christmas break, the Lone Oak Lady Flash posted a dismal 1-7 record, losing seven straight games. After the holiday break, the tune didn't change. The Lady Flash were looking at a 12-game losing streak; however, the team has won its last two-out-of-three games and things seem to be looking up.

One reason for the recent victories over St. Mary and Heath is the return of senior captain Marie O'Nan, who is recovering from torn knee ligaments. She came back to score a game high 19 points against the Lowes Blue Devils.

Another reason for team improvement is a change in the starting line-up. Head coach Cliff Owen gave consistent bench scorers Cynthia Neihoff and Genny Schaffer a spot in the starting line-up and together they combined for 42 points in the St. Mary and Heath games.

With these new changes, the 3-13 Lady Flash may see a brighter future.

December 13
Lone Oak 54
Calloway County 66.

Scoring: A. Grimes 12, D. Johnson 22, C. Neihoff 11, M. Smith 3, L. Spillman 6.

January 6
Lone Oak 36,
Lowes 47.

Scoring: B. Bell 3, A. Grimes 2, D. Johnson 2, C. Neihoff 4, M. O'Nan 19, M. Smith 4, L. Spillman 2.

January 9
Lone Oak 42,
Lyon County 48.

Scoring: A. Grimes 5, D. Johnson 10, C. Neihoff 14, M. O'Nan 2, G. Schaffer 2, M. Smith 3, L. Spillman 6.

December 8,
Lone Oak 32,
Livingston 71

January 13,
Lone Oak 42,
Heath 23.

Scoring: B. Bell 4, D. Johnson 2, L. Lee 3, S. Livada 2, C. Neihoff 6, M. Smith 8, L. Spillman 7.

Scoring: A. Grimes 6, D. Johnson 7, C. Neihoff 9, M. O'Nan 6, G. Schaffer 10, L. Spillman 4.

December 9
Lone Oak 35,
Lyon County 43.

January 17,
Lone Oak 55,
St. Mary

Scoring: B. Bell 1, A. Grimes 5, D. Johnson 14, S. Livada 1, C. Neihoff 6, G. Schaffer 4, L. Spillman 4.

Scoring: A. Grimes 6, D. Johnson 6, C. Neihoff 15, M. O'Nan 9, G. Schaffer 8, L. Spillman 11.

January 24,
Lone Oak 33,
Reidland 76.

Scoring: M. Burns 2, A. Grimes 2, D. Johnson 5, S. Livada 4, C. Neihoff 4, M. O'Nan 6, L. Spillman 10.



Photo Courtesy of Paducah Sun

Cynthia Neihoff, Lori Spillman, and Shelly Livada battle for a rebound in earlier game.

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WPSD-TV News Beat



Boys basketball stands at 4-11

By Joey Fosko

Inconsistency has plagued the varsity boys' basketball team all season long. On numerous occasions, the Flash has combined one good-to-excellent half with a mediocre-to-poor one. This can probably be attributed to inexperience. As of January 24, the Oakers carried a 4-11 record. Following are boxscores of games played since the last issue of the Oak K.

December 16

Lone Oak 59, Hickman 55 Scoring: Clark, Dowdy 11, Lawrence 13, Norris 21, Overton 8, Seay 6.

December 20

Lone Oak 57, Massac County 58; Scoring: Clark 1, Dowdy 2, Lawrence 10, Norris 18, Overton 16, Seay 10.

December 29

Lone Oak 57, Livingston 88, Scoring: Clark, Dowdy, Holland, Howard 2, Lawrence 9, Norris 18, Overton 8, Pierce 2, Seay 16, Yerberaere, Wilson 2.

January 3

Lone Oak 50, Fulton County 62, Scoring: Clark 2, Dowdy 6, Holland, Lawrence 10, Norris 15, Overton 11, Pierce, Seay 6.

January 6

Lone Oak 63, Lowes 55, Scoring: Clark 5, Dowdy 10, Lawrence 4, Norris 26, Overton 10, Pierce, Seay 8.

January 10

Lone Oak 39, Carlisle Co. 71, Scoring: Clark 2, Dowdy 1, Edwards 2, Holland 1, Howard, Lawrence 3, Norris 19, Overton 3, Pierce 2, Seay 4, Verbaere 2, Wilson.

January 13

Lone Oak 68, Heath 55, Scoring: Clark, Dowdy 7, Lawrence 14, Norris 14, Overton 19, Pierce, Seay 14.

January 17

Lone Oak 73, St. Mary 82, Scoring: Clark 9, Dowdy 2, Lawrence 9, Norris 20, Overton 12, Pierce, Seay 18, Wilson 2.

January 24

Lone Oak 45, Reidland 47, Scoring: Clark 6, Dowdy, Lawrence 1, Norris 24, Overton 6, Seay 8.

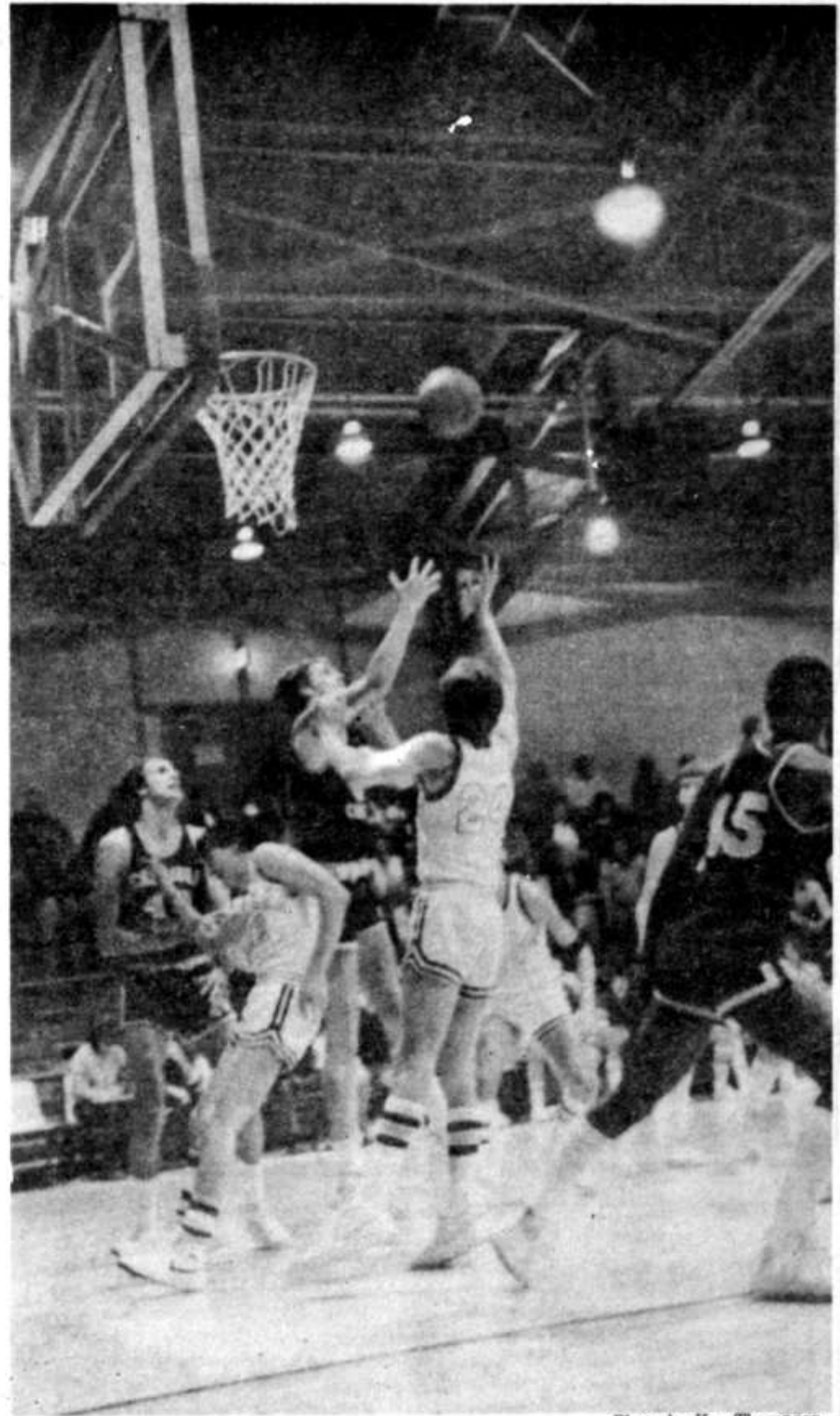


Photo by Ken Thompson

Pictured above, Junior Mike Clark battles a Carlisle County Comet in a recent game. Lone Oak lost the game 71-39.

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