



The Oak K

Issue 3, Volume 50

November, 1990



Help Wanted

by David Beyer

On November 5, LOHS began a tutoring program for students. If a student is having trouble in English, social studies, science, foreign language or math, he or she can stop by one of the scheduled tutoring sessions after school from 2:30 to 3:30.

Students can come to the sessions during specific scheduled hours to receive help on the subjects offered for that day.

Students are not required to stay the entire hour and need only attend when they desire.

The schedules for the tutoring program are made available in homeroom each month.



EAT Updates Program

by Sarah Williamson

The Environmental Action Team has been accepting recyclable materials at LOHS. From October 1 to November 12, 163 pounds of plastic, 303 pounds of glass, 70 pounds of aluminium, 1185 pounds of newspaper and 300 pounds of paper have been recycled.

Any recyclable items may be taken to the entrance to the gym from the student parking lot or D-102, Mr. Toy's room.

Pictured at left are Julie Grogan, Wendi Newman, Laura Holland and Jennifer Clouser. They are stomping aluminium cans to be recycled.

Ryan Wood Wins Regional Contest



LOHS senior FFA member Ryan Wood won the Regional Farm Bureau Outstanding Youth Contest November 3.

Also from LOHS, freshman Jill Walker tied for fourth in the girls' Outstanding Youth contest.

Wood and Walker won the county contest in September to be eligible to compete in the district.

Wood will now represent the district in the state competition to be held in Louisville on December 6 and 7.

Basketball Schedule

- November -
 26 - St. Mary (H) - JVG, VG
- December -
 3 - Murray (H) - JVG, VG
 4 - Tilghman (H) - JVB, VB
 6 - Tilghman (A) - JVG, VG
 7 - Mayfield (H) - JVB, VB
 10 - Mayfield (H) - JVG, VG
 11 - Massac Co. (H) - JVB, VB
 14 - Reidland (A) - VG, VB
 17 - Massac Co. (H) - JVG, VG



Restaurants Agitate Stomachs

By Beth Carmichael

While sitting, enjoying dinner in a wonderful restaurant, all of the sudden a certain uneasiness comes over the stomach. What is wrong? Was it something that just did not agree? Sometimes that can be the case, but the majority of the time the fault is that of the restaurant.

Some may wonder, just how clean are those dishes and utensils? Many times workers are in a hurry to finish, so dishes and utensils are not properly cleaned. When noticing an unclean object, the customer should simply ask

the server for a new one. This will make the employees aware that someone is not properly doing his job.

What about restaurants with a buffet or salad bar? These are some of the best places to attain foreign germs. Many of these restaurants do not supply the customer with extra plates to return to the buffet. Leftovers from a plate can easily be knocked onto other food. Germs spread quickly through the food and can cause someone's stomach to literally turn.

It is a Kentucky State Law that such restaurants

should provide plates for anyone returning to a buffet or salad bar. If there are no extra plates at the buffet, the customer should ask the server for a plate and he is required to bring a new one.

Also at these types of restaurants the handling of food can cause germs to spread. Many workers do not have clean hands and are not required to wear gloves when restocking the buffet.

Some restaurants use chemicals such as sodium nitrate to preserve food, particularly raw vegetables. Many people are highly allergic to this

substance. Asking a manager if the food has been sprayed with such matter can save an unwanted trip to the bathroom.

My intention is not to cause a decline in any restaurant's business, but rather to inform the public of some of the causes of uneasiness after dinner.

Restaurants are required to abide by health and government laws. When seeing that they do not perform sanitary procedures, the customer should report the restaurant to the health inspector or notify the restaurant manager.

AN OPEN LETTER

Dear Editor:

When I hear people talk about Lone Oak, I hear wonderful things like how nice the people are and how accepting they are. I hear people say all the time that they want to spend the rest of their lives here because the people are so friendly. Yet, when one takes a good look at the way the people truly are, their opinions quickly change.

For instance, when one stops and takes a good look

at Lone Oak High School, it is easy to see how false this idea really is. Instead of the friendly, accepting atmosphere everyone thinks there is, one sees people constantly putting down, and excluding, others.

Naturally, this is just common human nature, and it goes on in every school. But instead of trying to help the situation, and working at including everyone, we have decided to go the other direction.

Lone Oak High School has an organization set out to exclude people. This organization is the sorority which, once a year, has a big meeting to decide who is good enough to be in and who just isn't acceptable. This practice is supported by the school, the students, and the community. It is hard for me to believe that this community has let such an outrage go on for so long.

I believe that people

have the right to clubs, and to associate with the people they enjoy being around, but it is not right for a group of high school students to sit around one day and say, "No, she's not good enough to be in our group," or "No, she's not pretty enough," or "She's not rich enough."

When we are children, we play these kinds of games, but as young adults, I should think that we would have the maturity and the common sense to know that this is wrong.

Signed,
Concerned Student



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HAPPY THANKSGIVING!



LOHS Students Attend TLC



by Sarah Williamson

On November 2-3, four LOHS students and one sponsor attended the Teen Leadership Conference (TLC) sponsored by Champions Against Drugs. The conference sight was the Kenlake State Park in Aurora, Kentucky. The students were Carrie Hopper, Matt Lovelace, John Sims and Sarah Williamson. The sponsor was Larry Hopper.

The students attended workshops on preventing

drug use, working with others on drug prevention, attaining goals and communicating ideas with others.

A Peer Intervention group will possibly be starting at LOHS to help prevent drug use and eventually to work with the other county schools.

Carrie Hopper, junior, said, "I really got a lot out of this conference, not only did I learn a lot about drugs and alcohol, but I met lots and lots of people."

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Congratulations to:

**** SCOTT CARON, KIM CARON, AND SCOTT COOVERT** for being selected to attend the 4-H Issues 90 Conference this fall.

**** CO-ED-Y and MRS. STEWART** for their outstanding efforts in organizing the Red Cross Blood Drive last spring. LOHS was recently awarded a plaque for the high level of participation

at the school. Plans are underway to make next spring's Drive even bigger!

**** THE CAFETERIA STAFF AND CREW** for making monthly menus available to students.

**** CO-ED-Y and MRS. STEWART** for their coordination of "We Support Operation Desert Shield Day."

**** THE ENVIRONMENTAL ACTION TEAM** for getting LOHS involved in recycling!!



Was Jeremy Lindsey auditioning for the school play Painted Face? No. He was showing his support for American Troops in Saudia Arabia

Word Up

By Chris Holland

QUESTION: "I have a freind who is playing Dungeons and Dragons. What should I do?"

WORD UP: As you probably know, Dungeons and Dragons is a very touchy subject at the moment. It has not been determined whether or not it is a factor in teen suicide. The best action to take is to try to interest your freind in

other activities such as sports, music, or just hanging out.

QUESTION: "How can I tell who my best friend is?"

WORD UP: It is not important to deduce who your best freind is. It may even be impossible because your feelings change constantly. The most difficult but important thing to know is who your true friends are.



Casey Mungle concentrates on his tennis match at the Lone Oak tennis courts.



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What Are You Most Thankful For?



JULIE SHELTON

"For my friends and family."



HOLLY RIGGS

"Having friends and family."



CLAY HUMPHREY

"I've never been bitten by a snake!"



KARA VANNOY

"My friends and family."



JULIE GROGAN

"My family. I didn't realize how important they were until my brother went off to college."



STACEY HICKEY

"For the close relationship I have with my 'look-alike' mother."



TODD WAGNER

"A mack truck has never rolled on top of me three times!"



LESLIE SEIFERT

"For my new nephew that was born on October 30!"

Hobbyists Honor Flags

by Robert Weber

In the years shortly following the Civil War, most states held ceremonies in which each of the state's volunteer units retired their tattered battle flags and enshrined them in the state capitol. Kentucky, however, did not conduct this ceremony, simply because she had sent so many men to both sides. But now, thanks to the initiative of the Kentucky Historical Society and the dedication of hundreds of re-enactors, the old wounds are healing.

On November 10, a cold and gloomy day, a large

crowd gathered on the lawn of the Old Capitol in Frankfort to watch Union and Confederate re-enactors enshrine reproductions of their units' battle flags. The ceremony began with a speech by Nicky Hughes, who is the KHS's Museum Division Director. The speech was brief, but it brought tears to the eyes of many who huddled together to watch history. Then, cued by the roar of a cannon, each unit's color guard advanced at the slow cadence of three drummers as their original unit's battle honors were read. One unit at a time, Union



Members of the 3rd Kentucky Infantry and Cobb's Battery, dressed in their best uniforms, pause with ladyfriends to have their image "captured".

and Confederate re-enactors battle flags. Then, a color guard from the Kentucky National Guard marched solemnly up the sidewalk and into the Capitol. Inside, the advanced bearing the flag reproduction flags were of the United States of America, as the sun broke through the clouds.

Graduates Meet in the Sky

by Lori Spear

Recently, two LOHS graduates met for the first time in the cockpit of a Boeing 757 on the way from Louisville, Kentucky, to Jackson, Mississippi.

Bill Kight, a 1975 LOHS graduate, recently upgraded from 727 Flight Engineer to 757 First Officer for United Parcel Service. His first trip after completing training was Thursday, October 11.

UPS has over 1,100 pilots from all across the country. Kight happened to be flying with Captain Bill Ross, a 1957 LOHS graduate.

Kight and Ross discovered that, although they graduated 18 years apart, they still had some things in common.

Mrs. North and Mrs. Hicks were teachers while both Kight and Ross were in school. Kight lived across

the street from Ross' principal, the late John Robinson. Ross' cousin, Jennifer Ross, was in Kight's class and the parents of one of Kight's friends went to school with Ross.

The 1971 fire affected both Lone Oak grads, but in different ways. Many of the trophies that Ross' basketball team won during the 1950's were destroyed by the fire. Kight, who was a freshman in 1971, experienced the double school sessions at the middle school that were necessary because of the destruction of many classrooms.

Kight commented, "I have met many, many people in 12 years as a photojournalist and pilot and in those years I have met only one other Lone Oak grad."



Bill Kight and Captain Bill Ross

Turkey Talk

by Heather Bond

Ever wonder how other people prepare their Thanksgiving turkey?

Oprah Winfrey eats turkey stuffed with Ultra Slim.

Kitty Dukakis bastes her turkey with rubbing alcohol.

Saddam Hussein bastes his turkey with Drano.

Ronald Reagan stuffs his turkey with jelly beans.

Ed McMahon stuffs his turkey with Publisher's Clearinghouse money.

Mr. Hopper teaches his turkey to count.

Mr. Toy lets his turkey run wild and free and eats tofu instead.

Mrs. Brugger dyes her turkey purple.

Mrs. Campbell makes her turkey write essays.

Coach Mizell IS A TURKEY! (Just kidding)

Coach McGroarty makes his turkey do push ups for being late to Thanksgiving dinner.

Coach Heflin says, "YOU CHOSE to be my turkey!"

Coach Roth makes his turkey run laps.

Mr. Murphy and his turkey sing Thanksgiving songs.

Mrs. Foster teaches her turkey proper etiquette.

Mrs. Whitson cooks her turkey in the overhead projector!

Mr. Sensing stuffs his turkey with hydrochloric acid.

Coach Norris builds his own turkey but forgot one of the wings.

Mrs. Reed's turkey types the announcement sheet.

Coach McKamey wants a drug-free turkey.

Mr. Rushing sends his turkey to Saturday School.



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Perfect Senior Boy and Girl

by Heather Bond and
Christina McCune

PERFECT SENIOR GIRL

Hair of: Adrianna Lyles
Eyes of: Keri Pierce
Personality of: Angie Ames
Voice of: Kori Cooper
Brains of: Lori Spear
Clothes of: Christy Alderson
Complexion of: Monica Tinsley
Mouth of: Deanna Willett
Smile of: Jennifer Burnette
Walk of: Jennifer Moore
Legs of: Cindy Hooker
Figure of: Shannon Stroud

PERFECT SENIOR BOY

Hair of: Neil Pierce
Eyes of: Jeff James
Personality of: Michael Powell
Voice of: Darren Geary
Brains of: Aaron Meredith
Clothes of: Danny Dowell
Complexion of: Brian Austin
Mouth of: David Beyer
Smile of: Chris Keeling
Walk of: Dennis Gibson
Legs of: Steve Brown
Physique of: Tim Black

Junior Rotarian

by Lori Spear

Michael Foster was chosen as Junior Rotarian for the month of November. His interests include tennis team, band, guitar and church activities.

Plans for Michael's future include studying pre-med or computer science at Samford or Transylvania. Michael said, "I'm excited about getting to go to Rotary. My dad and several of our friends are members so it'll be exciting to be there and see what it's all about. Since there are many businessmen who are members, I'll get to meet the community's leaders. I understand the speakers are interesting also."

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Fifteen students attended the Region I DECA Fall Workshop at MSU. They will be competing in a Regional Contest in January.

First Row: Ellen Sweatt, Ashley Ellis, Rhonda Reid, Carrie Hopper and Shanna Wurth.

Second Row: Todd Wagner, Natalie Meadows, Leigh Ann Alderson, Shannon Wallis, Krystal Cox, Mary Nanney and Faith Peeler.

Third Row: Jason Jackson, Scott Coovert and Derrick Wilson.

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McKamey Strives For the Best



Coach Roy McKamey

by David Beyer

Mr. Roy McKamey is Lone Oak's new combination student assistant and head basketball coach. As a student assistant, McKamey will be talking to students to help them deal with teen problems such as drugs, alcohol and pregnancy. McKamey will visit grades seven through twelve in the county schools.

McKamey sets the best possible example for students. He doesn't drink or smoke and never does drugs. He says that by being "clean," he can better state his message to teenagers. He wants to

help students avoid the "pitfalls" of life and he tells them to "strive to be the best you can be."

As basketball coach, McKamey says he has a "tremendous rebuilding job" this year. McKamey has coached high school basketball for seventeen years. His teams have won 296 games at the varsity level with only 131 losses. This year he looks forward to his 300th win.

Coach McKamey emphasizes that this will be a year of rebuilding. He says he realizes that it will take great effort from the team and outstanding support

from students, band, cheerleaders, faculty and the administration. If he and the team receive the support they need, McKamey says, "We will be back on the rise again and the school will be even prouder of its program."

Mr. McKamey came to Lone Oak from Hazard, Kentucky, where he taught and coached for six years. He has taught and coached for 18 years at one college and various high schools.

Coach McKamey's wife Sherry teaches first grade at Lone Oak Elementary. Some of his hobbies include basketball, tennis and music.

Club Capsule

by Chris Holland

This year many clubs at LOHS are celebrating the holiday season with various activities.

FBLA

The Future Business Leaders of America are planning on contributing money to the March of Dimes with a "Save or Shave" fundraiser beginning in December. It is a chance for students to pledge 25 cents and cast a vote to determine whether Mr. Hopper will shave off his beard or not.

Art Club

The Art Club is going to create bulletin boards for the holiday season. They are also going to construct stained glass windows out of plastic and paper to hang in the school's front windows. The club will paint windows at various businesses in Paducah.

Co-Ed-Y

The Co-Ed-Y will help the needy through many special efforts. They are

Clubs Plan Winter Activities

going to prepare Thanksgiving baskets for two particular families, and one child has been selected to be "adopted" this Christmas. The child will receive clothing and gifts from the Co-Ed-Y members who will dress as Mrs. Claus and elves and will go to the child's home to give the gifts.

Throughout the months of November and December they

will be collecting food to take to a church where the food will be distributed to the poor. Also, the Co-Ed-Y will travel to a nursing home to sing carols, distribute food and gifts, and to visit with senior citizens. During a week of school, each member will become a teacher's pal and give a small gift to the teacher each day.



Fresh Prince Takes Bel Air

by David Beyer

Will Smith is the vocal half of the rap group D.J. Jazzy Jeff and the Fresh Prince. Smith stars in the new Monday night sit-com Fresh Prince of Bel Air. This is an updated Beverly Hills type show in which Smith's character moves in with his filthy rich relatives in Bel Air, California after living all his life on the streets of west Philadelphia.

The real comedy of this show comes from watching this juvenile delinquent from Philly living with vases and paintings instead of cops and car alarms.

So watch Fresh Prince of Bel Air, Mondays at 7:00 P.M. on WPSD. Homework can always be done during the commercials.

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Expect Excellence

Basketball Readies for Tip-Off

by Robert Weber

Yep, it's basketball season again, sports fans! On November 28, the LOHS boys' varsity squad will play its first game of the season in the St. Mary Tournament. And this year, there is a new man at the helm, Coach Roy McKamey.

Coach McKamey, who will be looking for his 300th win, said he has been well received at Lone Oak by players as well as by students. He also said he is pleased with the talent he has to work with and he hopes he and his players can give Oaker fans the winning season they are so hungry for.

The young varsity team consists of five sophomores, four juniors, and only two seniors. The squad should be steadied in the early going by experienced players such as seniors Pierre Middleton (5'9") and Mark Chumbler (6'3"), and also junior Matt Wallis (6'2"), who boasted an average of 16 points per game last year. Coach McKamey also has high hopes for 6'7" sophomore Paul Thurman, who, McKamey said, is quick off his feet.

Lone Oak's apparent lack of size is deceiving

according to McKamey. He says the team is blessed with good jumpers to crash the boards. Aggressive rebounders such as Wallis, Chumbler, Thurman, junior Chris Williams (6'0"), and sophomore John Griffith (6'1") should make up for the size disadvantage Lone Oak may have against some opponents.

The hard work ethic and team spirit are the Oaker's biggest assets. McKamey praised his players for "putting the team before the individual," and for knowing "they all have to work for the good of the

team - not for individual glory."

This season will prove to be a rebuilding year for LOHS boys basketball. The varsity faces a tough opening to its schedule, with the St. Mary Tournament and then its home opener against Tilghman. Coach McKamey said it will take time to rebuild the program. He asks for the support of "the band, the football players, the cheerleaders, the student body and the entire community to help bring the young team around."

BIKEWORLD



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Martha Emmons
Hutch Smith

Round Robin Results

- | | |
|------------------------|----------------------|
| 1. Caroline Steele | 1. Tim Black |
| 2. Nicki Edwards | 2. Robby Robertson |
| 3. Julie Grogan | 3. Chad Seabaugh |
| 4. Renee Hollingsworth | 4. Johnny Johnson |
| 5. Cherie Little | 5. Jeremy Smith |
| 6. Millie Lynn | 6. Rob Wagner |
| 7. Kerri Roach | 7. John LeFevre |
| 8. Rebecca Holland | 8. Andy Stubblefield |
| 9. Melissa Otey | 9. Clay Wagner |
| 10. Laura Borders | 10. Casey Mungie |
| 11. Sara Steele | 11. Michael Foster |
| 12. Dana Swann | 12. Greg Koch |
| 13. Abbey Brazzell | 13. Robbie Chopra |
| 14. Jennifer Clouser | 14. Jamie Moore |
| 15. Beth Joiner | 16. Louis Tick |
| 16. Melanie Brazzell | 17. Brandon Shumaker |
| 17. Jessica Maddox | 18. Craig Jackson |
| 18. Ashley Gholson | 19. Jeremy Williams |
| 19. Michelle Edwards | 19. Sean Henley |
| 20. Nicole Powell | 21. Ryan Bivans |
| 21. Kara Vannoy | 22. Josh Hicks |

SPORTS

LOHS Golf Team Competes

in Regionals

by Robert Weber

The LOHS boys' golf team finished 10th in the Regional Tournament on October 9 in Mayfield.

This impressive performance in a field of over 20 teams capped off the best season LOHS golf has had in four years. Finishing with a 12-11 record, the team had a match average of 182.6.

Only the top four players were allowed to participate in the tournament. These four,

Brian Austin, Bryan Ricks, Jeff James and Scott Lutin, compiled a score of 355. The host team, Mayfield, won the tournament, finishing well ahead of all other competitors.

Several of the top players will graduate this spring, which will hurt the team somewhat. But Coach David Pope feels the younger players will be able to step up and get the job done.



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