



# The Oak K

November 1991  
Issue 3  
Volume 51

Lone Oak High School  
225 College Ave.  
Paducah, KY 42001

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## Oakers Flash Into Playoffs

by GARLAND CRAWFORD

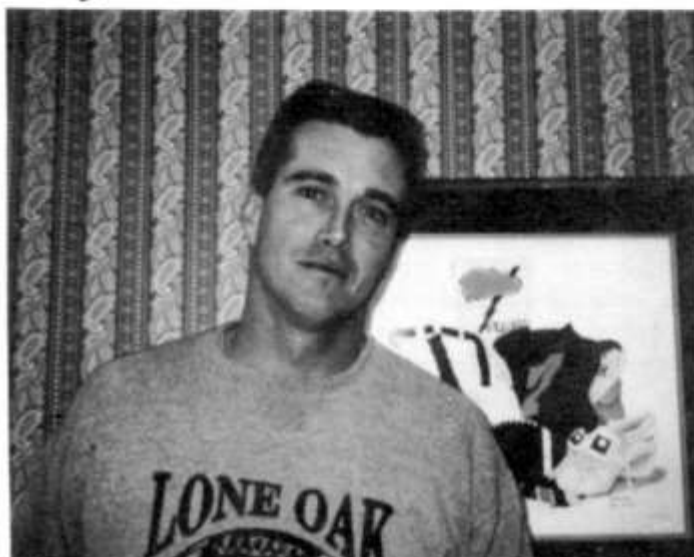
The LOHS football team made history this year. Twice!

On Thursday, Nov. 7, Lone Oak had its first post-season win against Owensboro Catholic High School in the first round of state playoffs. This is only the second time in history that Lone Oak has made it to the state playoff.

Things took on a positive note as senior quarterback Greg Shelton returned the opening kickoff 82 yards for a touchdown. Shelton scored

twice more during the game for 33 yards and 6 yards. These three touchdowns, one point by junior kicker Ricky Powers and two point conversion by junior tailback Tommy Massa gave the Flash the points they needed to defeat Owensboro Catholic, 21-14.

Secondly, on Friday, Nov. 15, the Lone Oak football team ended its season with a final record of 7-5. This did two things. It tied the school record for the most wins in a single season, and it gave Lone Oak its first See Playoffs Pg. 12



Coach Tony Roth is extremely proud of the Purple Flash Gridders who've fought their way to the playoffs.

## Mr. Light Awarded for a Job Well Done

by HOLLY HOLLAND

Congratulations are in order for our own Mr. James (Buddy) Light, director of the LOHS Kentucky Colonel Band. He has been chosen "First District Secondary Music Teacher of the Year."

Earlier this school year, a vote was taken by all of the band directors in First District and Mr. Light was selected to receive the award.

In response to his accomplishment he says, "I am very pleased to be respected enough by my peers that they would honor me by choosing me for this award. I hope I can

continue to live up to this special honor."

This award also enables Mr. Light to compete for the "Secondary Music Teacher Award" at the state level. He is in competition with 11 other district directors. The winner will be announced in February.



Mr. James (Buddy) Light  
Kentucky Colonels  
Band Director



Hear Ye!

## Inactive Student Government,

## Opportunities Knocking: Nobody Answers

by SCOTT COOVERT

LOHS has set a trend of inactive student government in the past couple of years. These examples have caused our student elections to become nothing more than jokes. This is hurting our school and makes us a joke to other schools.

Other schools' student governments are the major decision making body on matters that directly affect the school. Fulton County High School's class officers plan numerous activities for their classes. Mary Carol Harris, Senior Class President at Fulton High, says, "We are continuing our annual Beauty Pageant to raise money for our class trip. We are also

putting together a time capsule to be buried and dug up later at reunions." Fulton's Senior Class is also planning socials and Homecoming parades.

Villa Madonna Academy is a private school near Louisville. Their student council consists of a combination of all organizations. All clubs are committees formed within the council, and once leaders are selected, the clubs are opened up to all students. The council officers must go through an extensive training so they will be comfortable with the procedures used. There have been numerous accomplishments achieved by this group including a Peer Support Group that has just been recently formed!

These are just two examples of active student governments. You can see that Lone Oak has fallen way behind in this leadership. Student council and class officers have become nothing more than a picture in the yearbook at Lone Oak!

Our elections have become jokes rather than the correct selection of capable student leaders that are willing to work towards goals that would benefit everyone. What is sad is that we have just as much opportunity to be as great as some of these other schools, but due to our apathy and lack of direction (which is not our fault), we choose to overlook these opportunities.

Though many students may say they dislike Lone Oak because we do nothing, after analyzing and comparing, this reporter has found the fault in ourselves the students of Lone Oak. We are the ones to blame. Maybe if we spent a little less time complaining and a little more time getting involved and making a difference, we wouldn't have anything to complain about.

Student government elections result in the selection of leaders. These people have been chosen by you. Therefore it's up to you to push them, give them ideas, and support them. Why not begin now? Let's let 1991-92 be a great year.



## HAPPY THANKSGIVING

FROM THE OAK K STAFF

Editor: Sarah Williamson  
Beth Carmichael  
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Jennifer Wehrmeyer  
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Mary Weber  
Advisor: Mrs. Campbell

## AN OPEN LETTER

Dear Editor:

I read with interest the article in the October Oak K regarding elections and the inconvenience caused by voting at lunch.

I read this article just before the November general election in Kentucky. Regarding the general election, analysts were predicting that only 40% of the registered voters would make the effort to vote. Those that do vote will have been inconvenienced by registering, finding time to go to the polls, providing identification, signing the registration book, all before stepping into the voting booth.

An inconvenience? Hardly - rather an

opportunity to exercise one of our most precious freedoms. Ask some of the 15- or 16-year-olds in Tienamin Square how they were inconvenienced as tanks crushed their comrades - all for freedom!

LOHS is simply a microcosm of society. The voting here at school should be no less important or seen any differently than the precious right you get when you turn 18. Will you be an apathetic 18-year-old who thinks it's too much trouble to vote or will you appreciate the freedom and do whatever it takes to get the job done?

60% or 40% - The group you join is up to you.

Mr. Toy



# New Life Added to Noble Park

by SARAH WILLIAMSON

Congratulations, Shawn Burke, for trying to bring back an old part of Paducah. Burke, the general manager for Bert-Well Industries, has plans to reinstall the amusement rides in Noble Park.

It truly saddened me a few years ago when Noble Park's amusement rides were closed. I have fond memories of the park.

On my sixth birthday, my parents and grandparents took nine other children and me to the rides. I'll never forget it. My

friends all throughout my elementary school years had birthday parties there, too.

At the end of my seventh grade year, several LOMS clubs sponsored a picnic and ride extravaganza for club members. I got to know other people much better, and that was special to me since I was new at Lone Oak.

My generation had the chance to grow up with an amusement park in Paducah opened for at least six months out of the year. The children who are now See Noble Pg. 12



# Clean Up LOHS!

by MARY WEBER

All this talk about cleaning up the environment and saving the ozone layer is terrific and very encouraging, but cleaning up the world has to start somewhere. Why don't we start right here in our own environment at LOHS? It's a lot easier than saving the whole world.

Look at this place! It's a mess! There are candy wrappers, not to mention other papers,

everywhere. It really seems like we could make an effort to reduce waste and get it to the garbage can or recycle the stuff.

We get hysterical at the idea of garbage from New Jersey being brought to landfills in Kentucky, but sometimes it looks like we are trying to turn our school into a landfill!

The parking lot is a disgrace to the school and community. Bottles, cans and paper are all over it.

How much trouble can it be to recycle this trash or at least throw it away? This is a lot easier than saving the rain forests.

People don't dare touch underneath their desks for fear of getting their hands stuck in a gooey glob of gum. It's almost like the mess left by the Exxon Valdez. It is so easy to just properly throw the used gum away.

Another thing that is serious is the fact that

people can't go into the school restrooms without getting choked by the smoke. Smoking cigarettes in the restroom is truly inconsiderate. It really does make some people sick. It's as bad as the smog in California.

The pollution around the world needs to be cleaned up, and a good place to start is here - at LOHS!!

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# Take This Locker and Shove It!

by JENNIFER WEHRMEYER

THE SENIOR HALL! THE COOLEST HALL IN THE SCHOOL! This is where all of the Juniors and seniors have their lockers, not to mention it's where all the fun is. Most underclassmen can't wait till they finally get there. But once you get there, where are you supposed to put all of your belongings?!

Good question! At other area schools, the logical answer is "in a locker." At LOHS, where you're a freshman and a sophomore

you usually have the locker to yourself. With careful planning and alot of luck, you should be able to fit all of your books, your gym bag plus your winter coat into your allotted space. But once you get into the all-wonderful SENIOR HALL, you only have half a locker because you are forced to share.

Now that winter is rolling around, it becomes necessary to wear winter coats. But once you get into the school, it's usually warm. (Now that's

a different editorial all together!)

Where are you supposed to put it? If you take it to class, it's in the way, it could get stomped on and therefore gets dirty. It's also too awkward to carry through the very crowded halls. But if you put the coats on top of the locker or leave them unattended, it's more than likely to be stolen, along with book bags and other belongings.

Although currently there is no solution to this problem, there are rumors

of remodeling LOHS in the future. I think the locker problem is one they need to give top priority to for the years and the students to come!



## From the Locker of Julie and Tracy

by JULIE SHELTON

I have a confession to make: I was completely, utterly, in all ways obsessed with the 10,000 Maniacs. To the people who are close to me, this is not a big secret. For months I talked about them incessantly. I collected everything I could find about them. I drove everyone nuts.

After eleven months of this behavior it cooled off a bit. I still love them. They're still my favorite group. It's just now I can go an entire day without listening to them or talking about them. My obsession has turned into more of an admiration for

their talent and for their stands on certain issues.

As strange as it may sound this is absolutely normal. People of all ages have favorite actors, singers, athletes and other well-known people they idolize. Little boys wear Bat Man capes everywhere they go. Teenagers have posters of their favorite groups and actors and shirts that say "I wanna be like Mike." Thousands of dollars each year go to fan clubs simply because people become obsessed.

There are many possible reasons for this. For instance, someone might become obsessed with

Matthew Broderick because he played the role of Ferris Bueller and they think Ferris is cool or they identify with him. A person could record a song that someone thinks was meant especially for them. They may think someone has the ideal life and therefore became obsessed with that person to fulfill their own longing to have that life or be part of it.

Tracy pointed out that the discussion in many classes always seems to turn to 90210. Several people sit and talk about Brenda, Dylan and Brandon like they live next door and they have known them all their lives. We suppose many celebrities do

become a part of our lives. This could be good in some cases. Some people become role models for us and influence us to stay in school or make us more socially aware. Yet at the same time, we need to keep in mind these celebrities are mortal. They, too, whether or not we want to admit it, have character flaws.

Maybe the key to obsessions with other people is believing that person to be more than mortal. When we see them as human, with normal human limitations and flaws, obsessions begin to fade and simple admiration and respect can take their place.

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# Art Class Hosts Art Show

by MARY KATE GARROTT

This year's Art club is "better than ever," says Mrs. Hayden, sponsor. To prove it, she and the group hosted an exhibition at the Yeiser Art Center entitled "Paducah '91" on November 6.

The Art Club was involved in the District Federation of Womens' Clubs Art Contest. Lone Oak was well represented by winners with Amy Scharlau, Skip Wilford, and Sarah Resnick all being awarded ribbons for their first place achievements. Shane Poole and Jason Kunsman each won

a second place title in their categories. Jason Neihoff finished off with a third place ribbon. First place winners will advance to State Competitions in the spring.

Mrs. Hayden is also encouraging students to enter the Sweet Sixteen Art Competition. Entries will be accepted after December 4. The Kentucky Governors School for the Arts (GSA) has also announced that it is accepting applications from tenth and eleventh graders for the GSA program in Louisville next summer. See Mrs. Hayden for details.



Sarah Resnick and Amy Scharlau display their award-winning art projects. They, along with Skip Wilford, will be competing on the state level with their pictures.

## The Ozone Needs Help Now!

by SARAH WILLIAMSON

The United Nations has recently released a report stating the ozone depletion is WORSE than once surmised. This is due to exhaust fumes from vehicles, CPC's and general population explosion.

The rapid depletion of the ozone will eventually affect organisms' immune systems (including humans), vegetation, global food chain and the way humans live.

For every 1% depletion of the ozone, there is a 1% increase of fatal skin cancer and 3% increase of non-fatal skin cancer.

To help lessen the rapid deterioration of the earth's protection, recycle as much as possible, buy recycled products, walk or ride bicycles when possible and urge other people (including businesses) to prohibit the use of CPC's and environmentally harmful chemicals.

## "A-Team" Visits Vandy

by GARLAND CRAWFORD

While most students are catching up on their sleep, four students were traveling to Nashville to represent LOHS at Vanderbilt University in a tournament of quick-recall of facts on Sat., Nov. 2. The questions represented all areas of study - from literature and the fine arts to physics and calculus.

Blair Tolar, Jason

Jones, Mike Keeney and Garland Crawford competed against 64 teams from six states. Mr. Toy also attended as coach, mentor and driver.

The team enjoyed leisure time eating at TGI Friday's and driving around Nashville.

"The experience was great," commented senior Blair Tolar, "but we were used to a quicker paced match than we expected."

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# Clubs Donate to Community

by BRITTIANY WALTER

**BETA CLUB-** During November and December, Beta Club will be collecting for Paducah Cooperative Ministry and giving presents for the Salvation Army Christmas Tree.

**CO-ED-Y-** For November CO-ED-Y will be supplying two Thanksgiving baskets for needy families. In December, they are having a Christmas party for Senior

Citizens at a nursing home, sponsoring a child for Christmas, filling stockings for the homeless, having a bake sale and having a Christmas party for the club members.

**DECA-** In November, DECA will collect food for the homeless at Morning Star Missions. In December, they will be providing refreshments for teachers in the teachers lounge.

**EAT-** The Environmental Action Team's officers are as follows: President, Tracy Linzy; Vice Pres., Sarah Williamson; Sec., Ashley Gholson. Also during December, they are going to have an entry in the parade and are planning to have a discussion with the school board about having a Rain Forest Education program this year with four elementary

schools.

**FHA-** In November FHA is going to march in the Christmas Parade with their adopted Brownie Troop. Also, they are going to decorate Thanksgiving baskets for the needy. FHA will be stuffing stockings for the Salvation Army and sing Christmas carols at a nursing home.

## Ramses the Great Lives

by LAURA DENISON

"The mummy's right arm was outstretched, the torn wrappings hanging from it, as the being stepped out of its gilded box! The scream froze in her throat. The thing was coming towards her - towards Henry, who stood with his back to it - moving with a weak, shuffling gait, that arm outstretched before it, the dust rising from the rotting linen that covered it, a great smell of dust and decay filling the room."

The Mummy or Ramses the Damned, Anne Rice's most recent novel, is the strange story of a great

Egyptian king who also just happens to be immortal. Right.

There are two major flaws, however, in the book: its length and the credibility of the protagonist. The story is too complicated, making the novel seem extremely long. Second, the character Ramses the Great/the mummy is not very believable because his behavior is inconsistent. In one scene he is choking a man, and in the next, romancing the man's cousin.

Despite its flaws, however, The Mummy is a fascinating novel. B-



John Cason, senior

by JENNIFER WEHRMEYER

November's Junior Rotarian is John Cason. Cason is president of the Beta Club and is a member of Key Club and Physical Science Club. Medical Explorers at Lourdes Hospital and Footlights at the Market House Theatre are outside interests in which Cason is actively

involved.

Cason was a Boys State and Governor's scholar participant, and was a semi finalist in the Golden 100 and Youth Leader of the Year, as well as finalist in the Governor's School for the Arts and a member of Who's Who Among High School Students.

Cason attends Broadway Methodist Church where he is president of the youth group and a member of the youth choir.

Emory University and becoming a physician are in Cason's future plans.

Cason commented, "I'm very happy to have been given this honor."

**Junior  
Rotarian**



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# Shocking Reality of Date Rape

DID YOU KNOW...

- \* One in four women will be raped in her lifetime.
- \* Only one out of ten rape victims reports the crime.
- \* Most victims of acquaintance or date rape are between the ages of 15 and 24.

by SARAH WILLIAMSON

Rape. It's a scary and embarrassing subject. But, probably the scariest part is the attacker is often someone the victim knows.

This is probably why many girls don't report the crime. Usually they personally know the victim and feel it was their own fault the guy took advantage of them.

A general scenario for a

typical rape to occur is as follows: The guy somehow tricks the girl into coming to his house, dorm or apartment. No one is there except the girl and guy. Sometimes the guy will lie and tell the girl someone else will be there soon. Then, this is when he attacks the girl. Many times he will gag the girl, turn on loud music so no neighbors can hear and put a "death grip" on the victim so she has to struggle. This results in bruises, scratches and scrapes.

But, how can these typical scenes be prevented? Here is a list that can possibly prevent

an unnecessary crime:

- 1) Whenever you go out alone with a guy, be sure someone else knows who you are with or where you are going.
- 2) If a guy invites you to his house, make sure someone else will be there, too.
- 3) If you are feeling uncomfortable around a guy, trust your instincts. Get out of a potentially dangerous situation.
- 4) If a guy starts coming on too strong, make it clear you are not interested. Don't make him think you are playing hard to get by giving mixed signals.
- 5) Using drugs and alcohol

can disturb your sense of judgement, so don't.

6) Learn how to protect yourself by taking self-defense classes.

If you did everything you could to prevent an acquaintance rape, but failed, first seek prompt medical attention. If charges are pressed, this evidence can be used against the attacker. Then, seek emotional help. Rape can be mentally damaging to a young woman.

For emergency counseling for rape victims, call (202)-333-RAPE. This line is open 24 hours a day, 7 days a week.

(Information for this article taken from TEEN magazine.)

## Andy's Recipe for the Holidays

by ANDY SANDERSON

We throw snowballs in the winter, scatter leaves in the fall and trick or treat on Halloween. There are occasions when you only eat a food at that time of the year or it doesn't taste right.

Since Thanksgiving is coming around and this is the pumpkin season, I thought I'd tell you what you can do with those left over pumpkin seeds.

Ingredients for this recipe are:

- pumpkin seeds      paprika
- garlic salt          salt
- baking sheet

Directions:

Place the washed pumpkin seeds in a single layer on a baking sheet and sprinkle with the salts and paprika. Then bake at 325 degrees for 45 minutes. Stir often. Tastes like corn nuts!!

# Yum Yum



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# HAPPY THANKSGIVING!

## ... Of The Month

by GARLAND CRAWFORD

Hang out- Anywhere the cops aren't

Overplayed song- Anything by Garth Brooks

T.V. station - C.M.T.

Teacher- Mr. Norris

Saying - "Ain't nothing but a thing"

Disappointment- No bomb threat yet

Song- "You Couldn't Get the Picture"

- Color- transparent
- Car- '57 Chevy BelAir (Brian Griffith's)
- Food- Twinkies
- Movie- Highlander II
- Book- (Yeah Right!)
- Article of Clothing- Insulated Underwear



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# November Mystery Students



Can you guess this mystery student?

by JENNIFER WEHRMEYER

This person - a Freshman

hangs around with: Tara Lain, Jennifer Renfroe, Tazulia Merriwether, Cheryl Cope, Sarah Wallis and more

favorite food - tacos

favorite movie - Ghost

favorite song - "Shameless"

by Garth Brooks

favorite class - English

favorite sport - tennis

favorite saying - "Shut up!"

This person - a Sophomore

hangs around with - Jana

Butler, Robin Watson,

LeeAnn Larrison, Amy

Schmidt and Brian Davis

favorite song - "The Search is Over"

favorite movie - Top Gun

favorite car - 1990 Camaro

favorite saying - "Don't go ballet."

This person - a Junior

hangs around with - Keili

Rudesill, Shellie Morris,

Shari Terry, Brittany

Rushing and Alicia Scott

favorite song - "Keep It

Between the Lines"

favorite food - tacos

favorite class - English

favorite saying - "I'm

saying."

favorite sport - baseball

This person - a Senior

hangs around with - Macie

Jones, Erin Steadham, Cory

Heise and "The Guys"

favorite movie - Stealing Home

favorite class - Yearbook

favorite song - "Sound of Silence"

favorite tv show - Life Goes On

favorite food - Rotel and

Veiveeta

favorite holiday -

Christmas

favorite saying - "I'm

going insane!"

favorite color - Teal

favorite car - '65 Mustang

convertible

See Mystery Pg. 12

## What's Hot, What's Not for the Holidays

by BRITIANNY WALTER

### TOYS

HOT: Quints

NOT: New Kid Barbies

### GAMES

HOT: Super Nintendo

NOT: Sega

### MUSIC

HOT: Country

NOT: Rock

### PERFUMES

HOT: Spellbound

NOT: Electric Youth

### COLOGNES

HOT: Obsession

NOT: Brut

### CARS

Hot: trucks, Trackers

Not: Yugo, Gremlins

### STEREO

Hot: Compact Disc players

Not: 8-tracks

### MAGAZINES

Hot, men's: Details,

Sports Illustrated

Not, men's: Newsweek, GO

Hot, women's: Sassy,

Allure

Not, women's: Boop, Teen

And, as always, money is hot and gift certificates are not!

## Teachers Go "Back to School"

by KIM CARON

Can teachers also be students? Of course they can! In fact, two LOHS faculty members are attending Murray State University this year, working on higher degrees.

Mrs. Julie Farmer, business teacher, is presently working on a Masters Degree in Secondary Education. She was motivated to go back to school because she needed to maintain her certification in her field. Farmer stated, "The only problem with going to school is I have too much

to do and not enough time to do it in!" Mrs. Farmer plans to complete her degree next spring.

Mr. Craig Wallace, science teacher, is completing a Masters Degree in Biology. He commented, "My interest in biological sciences and the increase in salary has motivated me to go back to school."

Due to his busy schedule, he finds summer classes to be convenient.

**Smart Cookie**

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The senior class officers from left are: Scott Coovert, president; Ellen Sweatt, vice-president; Holly Riggs, secretary; Leigh Ann Alderson, treasurer and Leslie Larrison, reporter.



The junior class officers from left are: Garland Crawford, president; Aaron Wilson, vice-president; Melanie Williams, secretary; Lori Adams, reporter and Julie Grogan, treasurer (not pictured).

1991-1992

# Announcing...

CLASS OFFICERS



The sophomore class officers from left are: Aaron Harper, president; Clay Davis, vice-president; Angie Moore, treasurer; Stacey Spence, reporter and Rebecca Lovelace, secretary (not pictured).



The freshman class officers from left are: Tazuzia Meriwether, president; Kristen Seabaugh, vice-president; Cheryl Cope, secretary; Kenya Atherton, treasurer and Heather Barnhill, reporter.

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# Mudd Shatters Records



Brian Mudd, senior

by JOEL KAUNISTO

Brian Mudd gets the ball, dribbles around a defender, shoots, and scores. This scene is something that opposing defenses were all too familiar with this past soccer season.

Along with leading the Lone Oak soccer team to its best season in three years, Mudd set several individual records as well.

He set the record early in the season for most career goals at LOHS. He ended up with 55 varsity goals and set the record for the most goals scored in a single season with 25. He also set the single game scoring record with six goals against Caldwell County.

Mudd also holds the record for the most varsity letters in a career with

five. He was the first and only eighth grader to earn a letter. He set the record for the most playing time in a season as well.

A prolific scorer and quite possibly Lone Oak's best soccer player ever, Mudd has certainly etched his name in the record books at LOHS with stats that will be hard to surpass.

## Returning Players Mean Great Expectations

by GARLAND CRAWFORD

With four seniors and two underclassmen starters from last year, and with two players well over six feet tall, second-year head coach Roy McKamey has great expectations for the upcoming basketball season.

These expectations will rest largely with the leadership of the four seniors: Matt Wallis, Keith Byrd, Greg Shelton and transfer student Matt Johnson. With an arsenal of underclassmen such as the team has, however, the job of winning district will be a lot easier.

John Griffith and Jack Meece, both returning with playing time from last year, will be expected to take a place on the team. Six foot, seven inch Paul Thurman and six foot, four

inch Chris Golightly will make an intimidating showing. Other players fighting for one of the spots on the seven man starting roster will be Ricky Alexander, Mike Ceglinski and Brady Thompson.

Coach McKamey comments, "Our biggest assets are our self-improvement and the ability of the team to get along with each other."

All these factors should lead to a winning season for the Purple Flash.

## BASKETBALL PREVIEW

*THE Flower GALLERY*

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## Box Scores

### SOCCER SCORES

Lone Oak	0
Marshall Co.	6
Lone Oak	3
Heath	2
Lone Oak	5
Calloway Co.	5 (OT)

### FOOTBALL SCORES

Lone Oak	19
Mayfield	64
Lone Oak	40
Reidland	22
Lone Oak	8
Caldwell	40
Lone Oak	36
Trigg County	6
Lone Oak	21
Owensboro	14
Lone Oak	13
Fort Campbell	35
Overall Record	7-5

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# Cut Back Food Intake for Holidays

by BETH CARMICHAEL

Turkey, baked beans, stuffing, green beans, mashed potatoes, cranberry sauce and seconds of everything!! We all know how heavily we eat during the holidays. It's alright to eat to your heart's desire, but try to change that to your stomach's desire! Don't blow your diet during the holidays. Learn how to eat right and lose weight, even during this tempting time of the year. Follow this plan and enjoy Thanksgiving leftovers!

\* Do not ignore hunger. Everybody gets hungry, even skinny people. Eat as though you do not have a weight problem. The hint is to eat well-balanced meals when you're hungry and STOP eating when you are full. Naturally, you

may gain a few pounds at first, but you will finally be able to avoid overeating.

\* Eat a hearty breakfast. Many of us say we don't like breakfast, but eating breakfast doesn't necessarily mean eating eggs, sausage and biscuits. Eat something your body wants - a peanut butter sandwich, anything. When you sleep, your body has a hard time digesting a huge supper from the night before. Go to sleep on an empty stomach. You'll be hungry for breakfast and you will sleep better! The key here is that if you eat breakfast, you will have more energy and will eat less during the course of the day.

\* Eat only when you are hungry. Think about it. You get home from school,

you plop onto the couch, turn on the soaps and stuff your face. Not wise. Are you really hungry, or are you just bored as soon as you step foot into the house? Eating when there is "nothing better to do" is **OVEREATING!** Learn to recognize hunger and distinguish it from fatigue or loneliness. When you are hungry, eat until you're full and then stop. When you eat according to your body's signals, you'll be helping yourself because you won't need or want to binge.

\* Limit all those "pleasure" foods. Mostly these are made of high fat and sugar amounts. Eat what looks good and what your body needs. Ice cream and cookies are alright every once in a while, but don't rush for them

everytime you're hungry. If it's a "snack," try crackers and cheese or a small sandwich. The basis is to compromise with your body.

\* Throw out the bathroom scales. They are not a necessity, rather they are a depression agent. Your weight depends on your height and size. If you start eating right, you won't need to weigh in.

\* Eat what your body needs. As you learn better eating habits, food that is good for you will become appealing, thus leading to slimness. You will experience natural hunger. Eliminating over-hunger and over-eating will eliminate those extra pounds.

(Information taken from "Get Thin, Stay Thin," Jean Antonello, Reader's Digest, May, 1991; How To Become Naturally Thin By Eating More by Jean Antonello.)

## Did You Know...

by JENNY SUITOR

\*You can save at least two gallons of water by turning off the tap while you brush your teeth.

\*The average American produces 1,314 lbs. of garbage a year; 3.43 lbs.

dally.

\*McCracken County produces 209,230 pounds of garbage daily; 86,368,950 pounds yearly.

\*Second-hand smoke causes 50,000 deaths each year.

\*56 percent of teenagers begin drinking before high school.

\*Americans eat 90 acres worth of pizza each day.

\*157,276 trees were used to box the CD's sold in America (200 million) in 1990

\*Recycling one aluminum can will save enough energy to power a television set for 3 hours.

\*Everyday around three animal species disappear; if we don't do something about it, it could be three every hour.



**STUDIO CITY**  
Hair Center

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## Court News

- 1992 Round Robin results
- Boys
1. Robby Robertson
  2. Jeremy Smith
  3. John LePevre
  4. John Johnson
  5. Thais Mouw
  6. Casey Mungie
  7. Jeremy Case
  8. Andy Stubblefield
  9. Greg Koch
  10. Clay Wagner
  11. Rick Stubblefield
  12. Jeremy Williams
  13. Josh Hicks
  14. Michael Flood
  15. Justin Durham
  16. Hunter Housman
  17. Jamie Moore
  18. Robbie Chopra
  19. Ben Upshaw
  20. Andy Chopra
  21. Louis Tick
- Girls
1. Caroline Steele
  2. Nicki Edwards
  3. Julie Grogan
  4. Cherie Little
  5. Rebecca Holland
  6. Millie Lynn
  7. Dana Swann
  8. Abby Brazzell
  9. Laura Borders
  10. Sara Steele
  11. Beth Joiner
  12. Melanie Brazzell
  13. Ashley Gholson
  14. Jennifer Clouser

## Tennis

- Boys
1. Robby Robertson
  2. Jeremy Smith
  3. John LePevre
  4. John Johnson
  5. Thais Mouw
  6. Casey Mungie
  7. Jeremy Case
  8. Andy Stubblefield
  9. Greg Koch
  10. Clay Wagner
  11. Rick Stubblefield
  12. Jeremy Williams
  13. Josh Hicks
  14. Michael Flood
  15. Justin Durham
  16. Hunter Housman
  17. Jamie Moore
  18. Robbie Chopra
  19. Ben Upshaw
  20. Andy Chopra
  21. Louis Tick

### Calendar of Events-December

- 2,3,4-Girls Varsity Reidland BB Tourn. A
- 2-Freshman boys vs. Calloway Co. H
- 3-Freshman and JV boys vs. Ballard Mem. A
- 6-Tennis Chili Supper
- 6,7-Lone Oak McDonalds Invitational H
- 7-Freshman boys vs. Murray H
- 9-Girls Varsity and JV vs. Murray H
- 10-JV boys vs. Massac Co. A
- 10-Choir Concert
- 10-Freshman boys vs. Tilghman A
- 12-Varsity and JV girls vs. Tilghman H
- 13-JV boys vs. Crittendon H
- 14-Freshman boys and girls vs. Reidland H
- 14-JV boys vs. Reidland H
- 15-Band Contest
- 16-Varsity and JV girls vs. Mayfield A
- 17-Freshman girls vs. Calloway H
- 17-Varsity and JV boys vs. Fulton City A
- 20-Varsity boys and girls vs. Reidland H
- 21-Freshman and JV boys vs. St. Mary's A
- 23-Freshman and JV boys vs. Carlisle Co. A
- 26-30-Eldorado IL Christmas Tourn.(boys) A

## HANG TOUGH! STAY IN SCHOOL.

Maybe you think school is too hard. Or too boring. But don't quit! If you walk away this time, chances are you'll be ducking challenges for the rest of your life.

If you want to prove something, stay in school.



SSG JOHNATHAN HOFFMAN  
442-2949

**ARMY. BE ALL YOU CAN BE.**

### Betas Prepare for Convention

by ASHLEY DILLWORTH

Aspirations are high for another successful BETA Club convention. The LOHS delegation will be involved in competitions and elections Dec. 6, 7 and 8 in Louisville, Ky.

Competitions will be held in English, math, social studies, spelling, creative writing, speaking

and talent. New state officers will also be chosen.

Members will be staying at the historic Galt House. Mr. Rushing and Mrs. Brugger are sponsors of the trip.

A full report of the Beta Club's participation in their state convention will be in next month's paper.



### Noble

six to ten years old haven't had a chance to go to an amusement park close to home whenever they wish. Instead of parents hauling a mini-van full of squirming kids to Nashville, St. Louis or Cincinnati, they can possibly make a ten minute trip across town for good wholesome fun once the new park is established.

April 1, 1992, is the target date for installing paddle boats on the park's

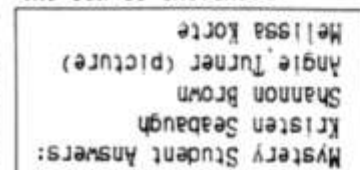
lake, bicycle rentals, a go-cart track and concession stands. Within the next two years, an 18-hole miniature golf course and kiddie cars will be added.

One of the more attractive points of the plan is the source of money.

"There would be no tax money or tax incentives from the city," stated Burke. "We (Bert-Well Industries) will finance it

ourselves and pay the city a percentage of the gross sales."

The park would be a great addition to Paducah. It will provide a new place for the new generation of children and their families and for those of older generations alike to enjoy the fun of childhood.



## LOW DOWN

### Playoffs

winning season in about ten years.

Coach Tony Roth commented about the team. "At the beginning of the year, we set two goals: a winning season and a trip to the playoffs. We accomplished both of these, plus a win in the playoffs. I'm proud of what we've done this year, and I feel we've given our seniors something to remember."