



The

Oak K

Printed on 100% recycled paper with soybean ink.

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

Jan. 1993, Issue 5
Volume 52

Fifty-two years of continual Lone Oak pride and tradition.

No excuses (not jeans), but homework

LOHS implements new phone system for students' homework

by MARY ELLEN WEBER
Advertising Manager

"From now on there will be no excuse for students not to get their assignments," said Mr. Adams. That is because LOHS now has Homework Hotline which is one of the programs included in the PhoneMaster Computer Hotline System. Starting Jan. 11 students can call any time between 3 p.m. and 7 a.m. and get their assignments from a computer.

It only takes pushing some buttons on your telephone to find out your homework for the day. First dial 554-6822. The computer will pick up and you will hear an "Opening Message." This message will give

you numbers to dial to obtain the information you want, such as instructions for using the system, information regarding the opening and closing of

"I love it. Once we get the bugs worked out . . ."

school, and information for the Teacher Codes.

If you do not know your teacher's code dial, 3000 or 4000 depending on the alphabetical placement of your teacher's name, and the com-

puter will tell you the codes for that part of the alphabet.

Every day each teacher will tell the computer what his or her classes did. The computer will record it and then play it back when a student calls for it.

It will not take very much of the teachers' time and most of them like it. "I think it is great," said Mrs. Campbell.

"I love it! Once we get the bugs worked out, it will be even better!" said Coach McGroarty.

"I think it is a good opportunity if students will use it," said Mr. Buckner.

Hopefully students will use it. It should be very helpful if they do.



Mizell demonstrates how teachers leave a message on the new homework hotline. (What they don't tell you is, everyone clears out of the office when he's getting ready to yell the instructions.)

Seniors mentor with businesses, county students

by BETH CARMICHAEL
ASSISTANT EDITOR

The Mentorship Program is a beneficial opportunity for seniors in McCracken County. Selections have been made for the 1993 Mentorship Program. Begun last year, the program gives 92 seniors in the McCracken County School District the opportunity to work closely with professionals in a variety of careers. The students attend their "job" once a month for three months for two hours. Here they receive hands on experience.

The seniors from LOHS and their mentor are: Peoples Bank, **Stacy Perry**; West Kentucky Vocational School, **Casey Walker and Lisa Smith**; City Government, **Louis Tick**; Republic Bank, **Heather Meunier**; Lone Oak Animal Clinic, **Aaron Wilson**; WKYQ, **Chris Curtis**; Concord Elementary School, **Amanda Strickland**; Lone Oak Middle School, **Leah Garrett**; Rick Straub Law Office, **Shannon Robinson**; Lourdes Hospital, **Garland Crawford**; Jeans, **Beth Carmichael and Maria Sanchez**; Western Baptist Hospital, **Charity Johnson**; WPSD, **Sarah Williamson**; Allen, Rundle, and Golightly Accounting, **Jennifer Oster**; Les Ellis Public Accounting, **Rick Alexander**; Executive Inn, **David Trimble**; Reidland Elementary School, **Brandi Olson**; Heath Elementary School, **Julie Grogan**; Citizen's Bank, **Heather Williams**; Paducah Sun, **Todd Riley**; Payless Drugs, **Laura Holland**; True Value Hardware Accounting, **Johnna Waggoner**; Dr. Francis Abell Dentistry, **David Lynch**; Peck, Flannery, Gream, Warren, Architect, **Andy Stubblefield**; McCracken County Board Of Education Garage, **Ricky Box**; Midwest Aviation, **Jessica Kocsis**; City Police, **Chris Lovelace**; and Parkview Convalescent Center Nursing, **Kim Caron**.

Inside:

2,9 Editorials

3-4 News

5-8 Features

10-11 Sports

12 Homecoming 1993

Best Wishes to Pres. Clinton
and his staff for
four prosperous years

What is wrong with America's priorities?

Staff Editorial

Are America's priorities misplaced when \$30 million is spent on the Presidential Inauguration? Troops are in the Middle East fighting for America's principle beliefs while everyone in Washington's new offices parties down.

Couldn't something else have been done with that money? True, the Inauguration is an age-old tradition along with apple pie and blond hair.

The money donated was contributed by special inter-

est groups and private citizens. However, what about all the starving people in this country, not to mention millions around the world? Why couldn't some the money be donated to charity or scientific research?

Surely something else could have been done with that exorbitant amount of money. Symbolism can only go so far at this supposed critical time in America.

While the initiation of the President of the United States is a very special celebration, maybe America needs to re-

consider its priorities.

On a happier more close to home note, three cheers for the Varsity cheerleaders, girls and boys basketball players, Garland Crawford and everyone else involved for two awesome pep rallies. No one could concentrate for the rest of the day because of the explosive amount of school spirit. Keep up the good work. Maintaining that kind of spirit not only gives the sports' teams a confidence boost, but also unites the school as one unit.



The Oak K Staff

Editor-in-Chief: Sarah Williamson

Assistant Editor: Beth Carmichael

News Editor: Mary Kate Garrett

Features Editor: Jenny Sutor

Co-Sports Editors: Garland Crawford and Joel Kaunisto

Advertising Managers: Julie Shelton and Mary Ellen Weber

Circulation Managers: Gina Doughty and Shannon Hart

Beat/Opinion Editor: Jason Phelps

Chief Photographer: Ashley Dillworth

Advisor: Kay Campbell

The Oak K is produced monthly by publications students at Lone Oak High School, 225 College Ave., Paducah, Ky. 42001. Its purpose is to provide experience for journalism students expression. Letters to the editor must be signed and under 250 words in length. The Oak K reserves the right to edit letters. The Oak K is printed by The Benton Tribune Courier, and advertising is five dollars per column inch.

The Oak K General Policy

The Oak K is a newspaper produced by the Lone Oak High School journalism department. The entire student body, the primary audience of readers, receives the paper free of charge to encourage readership and to ensure the showcasing of student journalistic work.

Secondary audiences that receive the paper include faculty, local community, other school journalism programs throughout the country and organizations that promote the development of scholastic journalism.

The newspaper attempts to inform and entertain its audience in a broad, fair and accurate manner on all subjects that affect readers. The publication seeks also to provide a forum for the opinion of students, the staff of the paper and the faculty to encourage an exchange of ideas and opinions on issues of prominence to the readers.

Final authority for the content of the paper rests in the hands of journalism students and their advisor.

Letters

The staff encourages letters as they constitute a constructive avenue for student opinion, but the writer must sign the letter to be considered for publication. Due to space limitations, not all letters can be published, and the staff reserves the right to edit all letters for placement in the paper as long as the meaning is not altered.

Editorials

Each issue of The Oak K will contain at least one staff editorial. It is the consensus of the staff, therefore it will be unsigned.

Corrections

Only major mistakes will be corrected, not misspellings.

Society's views may have distorted opinions of the 90's teenagers

Smells Like a Gerbil by Beth Carmichael, Assistant Editor

These are the nineties. What will they bring? Will we turn with fashion to the hippie era? Will we all become marine biologists and ecologists? Will our kids wear poodle skirts? What will be remembered of us? Will they call it the golden 90's, the gay 90's, or I don't know what happened 90's?

The people who are now society's elderly were born in the 20's. Back then people made their living by farming the land with help from their teenagers. They wore clothes to protect themselves from the sun. Women wore gloves, hats, long sleeved shirts, long skirts and scarves in the middle of July. Most people from this area of Kentucky experienced this kind of life. It is difficult for us to imagine living in those days, but these people did and are experiencing the 90's right along with us.

Most of our parents grew up in the 50's and 60's. Rock and roll was born. The baby boom hit. JFK was in office. There were differences in prices from these days. A loaf of bread was 5 cents.

Considering today's circumstances and the things teenagers face today, our generation is doing quite well. We are not a bunch of hoodlums, (due to popular belief in 30 year olds plus.) We are perhaps the most environmentally concerned generation since the hippie era of the late 60's and 70's.

Sure, crime is on the rise, as well as teen pregnancy. But what about the remaining 70% of teens, what do they do? How many times does the media focus on this? Out of the millions of teens on this earth, a large percent are concerned, responsible, caring and educationally challenged young adults.

Many of us hold jobs, and continue making above average grades in school. We make car payments, have a budget and fill out tax returns. Many of us even take on the responsibility of finding financial aid of some form for furthering our education.

We are members of environmental, leadership, sports, and academic organizations. Compared to what the past two generations endured as teens, I believe we are doing well.

Teens can be stereotyped, and are by many of the earlier generations. Please do not assume that we are all the 30% on drugs, or the other 30% that are pregnant. Look at the positive.

We are the 70% that are leading our country to a bright, new future.

LOHS should consider honor code to stress ethics, fairness

Sarah Sez: by Sarah Williamson, Editor-in-Chief

Having just completed the seventh semester of my high school career, I realized the problems with students' ethics. Many discrepancies such as cheating occurred with exams throughout the year and at the end of the semester.

Why don't more high schools, especially LOHS, have an honor code similar to most higher learning institutions? Most United States colleges and universities have honor codes which ethically require students to report others for cheating, stealing and lying.

This code keeps cheating and other forms of dishonesty to a

minimum to make learning a valuable, ethical and fair process.

When students are caught cheating in high school, the ramifications are quite lax. In the university setting, a student can be expelled for cheating.

Unfortunately, though, students have been suing universities for such punishment. In many of these cases, the university and teacher end up with a raw deal, and the student gets off the hook because of posing such outrageous lawsuits.

Is society subconsciously teaching itself that cheating is acceptable? Are people afraid

to report others who cheat on an exam or project?

For America's future, society needs to think about what it is teaching today's children. Eventually cheaters will "get what they deserve," but until then, society needs to be willing to stand up for good morals.

It is sad to say that an honor code would be the only way to reduce unethical actions on the high school level. However, bad habits are hard to break.

With a research and cooperation from students and faculty, maybe an informal honor code can be implemented to make LOHS a more efficient learning center.

Spanish III students teach third graders Español

by JENNY SUITOR
Features Editor

An emphatic yes was hollered by Lone Oak Elementary third graders when Brent Page asked them, "Well do you guys want to learn Spanish?" Along with Brent Page, the rest of the Spanish III students also teach Spanish once a week to the kids. They are Justin Durham, Brent Weitlauf, Letia Miller, Adrienne Gleeson, Laura Denison, Michael McElrath and Chris Thompson.

They teach because it is a good opportunity for everybody involved and both learn from the experience. Mr. Buckner said that the Spanish III students get "a taste of what teaching is like."

The students prepare basically their own lesson. They go by a video series called "Saludos" where they get their ideas and materials from.

On the first day of teaching, Brent Page's class had learned how to count from one to ten in Spanish, the months, and various words. One student already had a head start because his mother, who is from Guatamala, had taught him the numbers. The other third graders weren't far behind, though. They learned quickly.

Another class, taught by Letia Miller and Adrienne Gleeson, learned how to say their new Spanish names and how to respond in Spanish what their name was when asked. They had board races to learn their numbers.

Both the third graders and Spanish III students were all energetic and enthusiastic about the experience.

"They (the third graders) had an interest at learning a language other than their own," Brent Page said.



Brent Page speaks with the third grade students at Lone Oak Elementary in Spanish.

FFA wins regional welding contest at Murray State University



1993 Purchase Region Welding Champions: The Lone Oak Regional Welding Team is Chris Sexton, Jamie Gross, Bobby Swain, Dustin Goode and David Blair.

Lone Oak Agriculture Department won every regional welding contest held recently at Murray State University.

Lone Oak won the Regional Arc Welding contest receiving Superior 1st place championship. Team members were: Chris Sexton, Jamie Gross, Bobby Swain, and Dustin Goode. The team scored 289 points out of possible 300.

The individual Arc Welding contest was won by Chris Sexton. Chris scored 98 points out of possible 100 top win the regional championship.

The Oxy-acetylene welding contest was also won by Lone Oak Agriculture Department member David Blair. This contest consists of welding plates using Oxygen and acetylene gases.

Lone Oak Agriculture Department will now represent Lone Oak High, McCracken Public Schools, and the Purchase region in the State finals to be held in August at the Kentucky State Fair, Louisville, Kentucky. Harold Wood serves as advisor to the team.

Support *The Oak K* Patrons

Clubs, departments prepare for busy semester

by: JASON PHELPS
Beat Editor
Co-Ed-Y

Last month Co-Ed-Y collected for a Christmas food basket that was delivered to a needy family in the area. Along with Beta Club they will be sponsoring the annual blood drive on April 16. More information will be given at a later date.

Art Club

Last club meeting members viewed a video tape on Kathy Robertson, a wood-working artist from Murray. Plans are being made for the Regional Art Competition.

The club is serving refreshments and acting as guides for registrations of artwork. The up-coming exhibit at Yeiser Art Center will be sponsored by the Art Club. Don't forget Youth Art Month coming up in March.

If your club has any announcements or information that you want published in the Oak K, send it to Mrs. Campbell.

Math Department

The math department is located in the C and B halls, downstairs. The department has no new news other than they wish all math students

would start a more serious look at completing their Math Portfolio's. Portfolios can still be improved or changed. Students should 'show their best work.' All portfolio's must be done by March 15.—

Mr. Hopper

If any member of a department wants the Oak K to publish any information send it to Mrs. Campbell.

Please notify Jason about your club's activities.

Mister Bob's Drive-In

2921 Lone Oak Rd.
Delicious Burgers and Shakes

Drive-In or Call In

554-7602

We appreciate your business!

Anesthesiology of Paducah

2610 Broadway
Paducah, KY 42001
Telephone (502)442-8228

Vratislav V. Kejzlar, M.D.

Joel Lillevig, M.D.

William J. Pitman, II, M.D.

Debbie A. Dragich, M.D.

Biology Club heads outdoors backpacking in Lusk Creek

by: MARY KATE GARROTT
News Editor

It began on Friday, the 13th of November. Even though some thought this might be the beginning of a long weekend, the Biology Club proved that this dreaded date sent no harm to them, this time.

Twenty-two students and three chaperone/sponsors set off after school at about 4 PM to ride a bus on the first leg of a backpacking trip. They rode to Eddyville Ill. and proceeded to "hike in the dark," destined for Lusk Creek Canyon in Shawnee National Forest, the group set up camp with equipment they had brought from home or borrowed from friends. Then, before it was time and everyone was ready to go to bed at 8:00, they sat around the campfire and talked or played games.

Saturday morning came along and the group arose to face a day that held hiking 9.3 miles. They arrived at Indian Kitchen, where they spent that night, according to Mr. McGroarty that was "the coldest night of the year." When they awoke Sunday morning, the campers awoke to find that "everything had frozen." After packing everything up, they left and arrived back in Lone Oak at approximately 1:00 p.m.

Along with McGroarty, Mrs. Christina Thurston and her husband Tim accompanied the group. McGroarty said, "Their behavior was fantastic, they were very supportive of each other. We had no injuries and we brought 'em back alive."

He said that the Biology Club has done this many times in years past, but thinks that this is the first year that an exchange student has been here to go with them. Anne Meyer-Heuser said, "It was so, so fun."

McGroarty hopes to go again around Mother's Day. Jessica Buchar summed it up best, saying, "It was awesome."



Those participating in the backpacking excursion were: Janey Collins, Brad Gordon, Lana Perry, Lauren Perry, Beth Collins, Jeremy Bacchus, Derek Brandt, Russ Hurley, Anne Meyer-Hauser, Drew Rudd, and Jessica Kocis.

Vandals strike teachers' cars in parking lots at LOHS

by: JASON PHELPS
Beat Editor

In 500 A.D. a barbaric group of people called the Vandals set up a kingdom in North Africa. They were so destructive that the word *vandal* now means someone who causes senseless destruction. In the past few years, a new group of vandals spread destruction on the teachers of LOHS.

Do you believe your car is safe on the teacher's parking lot? On November 6, while you were suffering through another pep rally, a vandal knifed the tires on Mr. Clark's white Honda. Then, at the mall on the following night, someone beat a 3 in. deep, 15 in. long dent into the door of the car with a manhole cover and broke a window. This vandalism will

cost Mr. Clark \$700 directly out of his own pocket. "It's aggravating to have to pay to

"At the time, I was furious."

fix something when someone else did it out of meanness." He is offering a reward for information leading to the arrest of

the vandals.

Several years ago a sculpture was stolen from Connie Champion's classroom and was later used to scrape the paint off of a section of her car. With a \$200 deductible Champion was left to pay the \$160 it took to repair the paint. "At the time, I was furious. It was a brand new car. I was pretty sure who did it, but I couldn't prove it."

Shortly after Don Baker bought a new 1988 Honda Accord, vandals beat in the trunk. When asked how he felt about being vandalized, Baker replied, "Badly, you're angered and you feel hostile toward whoever." All of these incidents took place in the teachers parking lot. Your cars may not be safe.

One LOHS teacher formerly taught in Missouri for 14

years. While there, he had his car spray painted on one occasion and turned over on its side on another. Repairing a crushed fender and door and repainting his entire car cost him over \$500. The problem is not limited to our area.

For reporting purposes, *The Oak K* would like to know if any student or other teachers have had their car vandalized.

Junior Rotarian



Jennifer Oster, senior

by Ashley Dillworth
Chief Photographer

Holding the office as president of FCA, being involved in CSU and Beta Club, Youth Salute participant, Honor Student and Outstanding Student are only a few of the responsibilities that senior Jennifer Oster has at LOHS. She has been selected for Jr. Rotarian during

the month of January.

Oster, who plans to study at either Liberty University or Union University, is also involved in the Mentorship program with accounting. She plans to study accounting during college. Psychology is also a subject she is interested in.

Her musical talents, being involved with All-State Piano programs and striving to become a singer in the Contemporary Christian group, "TRUTH" consume most of her time. She will be also be involved with music ensembles in college.

Oster resides at Way Lane with her parents Tom and Joan, her brother Jeremy and sister Jody. She attends Bible Baptist.

The following is a letter to LOHS student body from a soldier stationed in Somalia

314 Combat Control Sq
Little Rock AFB, AR 72099
December 26, 1992

Student Body of Lone Oak High School,

I want to thank ya'll for the cards and letters that were sent to us here in Africa. Your support is greatly appreciated. During the holidays many service men and womens' spirits were lifted by your letters.

It was interesting to here about your desires and wishes. I hope they all come to pass. You are doing the most important thing you can to insure your dreams come true. Going to school. I hope most of you are able to continue to college. The rewards are worth the sacrifices you will have to endure.

You might be interested in what I do in the Air Force. My career field is called combat control. I am a paratrooper, scuba diver, demolitions qualified and my primary duty is air traffic control. During my stay in Africa I have provided air traffic control services for the Army Special Forces controlling close air support while we evaluated air fields for the employment of the 10th Mountain Division and the Maine Corps into Baledogle, Somalia. My team then stayed at Baledogle and established airport services for the main airlift into that location. I just returned to Mombasa, Kenya where I was able to write you back.

I especially wanted to say hello to Eric, don't give up on that typing class. Sandra, I think its great your poem was published and I don't have a butter knife by the way. Suzanne hang in there school will get more interesting as time goes on. We always need good people to provide us quality medical care.

Thank you again and feel free to write anytime. Jack King's address in Somalia is: MSgt Jack A. King
JTF PR/UMREE
CCT APO AE 09899

Sincerely,
MSgt Jack A. King

DAIRYETTE

Located in Lone Oak at the
traffic light next to Peoples Bank
OLD FASHIONED COOKING
554-3617

Home Owned and Operated
by Dan Williamson

Acquired Immune Difficiency Syndrome: It's closer than one thinks

by GINA DOUGHTY
Circulation Manager

Sitting in a bare, white hospital room with his father, Randy Hill, age 11, watches the television up above his hospital bed. He listens intently as one of his favorite basketball stars, Magic Johnson, comes public with an announcement that he has the HIV virus.

All of his life he had been a sickly boy, being a hemophiliac. He had noticed lately that his

symptoms had changed.

Since birth, his family had been very careful not to cause Randy to bleed. A small abrasion could lead to his death. Randy was familiar with being sick, but he felt that there was much more wrong with him, much that his parents didn't have the heart to explain.

Sitting up with his pale, bluish skin against the white sheets of his bed, he turned to his father and said, "That's what I have,

isn't it?" With tears in his eyes, his father told him the

"That's what I have, isn't it?"

truth. "You attained this deadly disease while receiving a blood transfusion that was supposed to save your life."

Everyone in his family has accepted this cruelty and learned

to deal with it. People treat this

disease like it could never happen to them—only to people that they don't know or people distant from them.

In an interview with Randy's first cousin, Shane Beaubien, I have found that the victim is not

the only person majorly affected by this disease.

"I have become much more educated and less discriminat-ing towards people with AIDS. My cousin was an innocent boy with a long life ahead of him. I am repulsed when I hear ignorant people making jokes about AIDS, they do not realize just how close it is to home. I saw him last summer and we went to the lake. I didn't treat him any differently. The worst part

is, that will be the last time I to see my cousin before he neral. There is no telling how many more cases of this disease will show up in people who know in the next ten years. I everyone who gets AIDS is skank!"

Very few people can be said say that they are 100% risk-

Home for Christmas: the story of a 36-year-old who comes home for her first Christmas in 11 years

by Shannon Hart
Circulation Manager

"This is just wonderful."

These words were spoken by my aunt Janie. We were having our traditional Christmas Eve get-together at my grandmother's. We eat a lot of turkey, open presents, and just enjoy visiting. Probably a lot like other families' Christ-mases. Except ours was special

for a certain reason.

Eleven years ago, when Janie was twenty-five, she was in a serious car accident caused by a woman in a truck crossing over the center line and hitting her. She suffered serious brain damage and fell into a coma. The doctors gave little hope for her survival.

She stayed in the coma for over a year. She had already

proved the doctors wrong, and she continued to astonish them as she improved.

Now she can talk, walk with assistance, write (she keeps a diary), and feed herself. She lives in a nursing home and is confined to a wheelchair, but she's happy and thankful to even be alive.

This year, my grandparents decided to bring her home for

Christmas, and she was ecstatic. She'd been wanting to come home for a long time, and finally now she was going to.

As family members drifted into the warm, brightly decorated home filled with the aromas from supper, Janie came to greet them. There wasn't anyone without shiny, damp eyes.

On Christmas morning, we always visit my great-grand-

mother, and my grandparents were planning to bring Janie. But with the unexpected snow and icy road conditions, no one was sure if they'd be able to come.

But, an hour or two after everyone else had arrived, the big van appeared in the driveway. Several men went out to help Janie. Instead of just pushing her wheelchair in the

snow and getting the wheelchair messy, they lifted the chair and carried her to the front door. It was an emotional scene.

Janie's being able to come home for Christmas proved to be far she'd come since the accident. And it also showed there are more important things at Christmastime than presents and Santa Claus.

Study guide: Homework suggestions from the Gifted Children Newsletter

by: JASON PHELPS
Beat Editor

Do you ever study for a test hours on end and then end up getting a F? Are you tired and drained when you complete homework? Does it take you hours sitting at a desk to accomplish what your friends can do in thirty minutes? If you can identify with any of these questions be sure to read the following information. It will give you suggestions on homework, studying, remembering, and note taking taken from the Gifted Children Newsletter.

HOMEWORK

1. Study the hardest subject first Your energy level will be high and it will take you less time to complete.

2. Plan to take breaks In a nationwide test on concentration, it was found that an average junior in high school can concentrate on homework for about twenty to twenty-five minutes. Your brain needs the break

to transfer information from short- to long- term memory.

STUDYING

3. Preview before you read Read the introduction, conclusion and questions first so that you will know what is important in the chapter.

4. Read in small chunks Read about five inches and ask yourself, "What

have I just read?" This will force the material into your long term memory.

REMEMBERING

5. Write things out.
6. Make study index cards for new words and ideas each night Write down each new word you encounter in the chapter on one side of an index card. On the other, side write its definition. The math formula/when

and how its used, the foreign word/English word, chemistry symbol/ what it stands for can all be put on the cards.

7. Study what you don't know.
8. Use association and mnemonic memory techniques.

NOTE TAKING

9. Write what the teacher says, things written on the board, and

textbook information on the right side of your paper. Write your teacher's questions on the left. If a teacher asks a question once, you can be pretty sure he will ask it again-on the test

Best wishes for a fast recovery to W.A. and Margaret Franklin



Kim Keelor as a weather man? She demonstrates to The Oak K staff what Cal's weather map really looks like.

An excerpt from Pres. Clinton's inauguration

"My fellow citizens. Today we celebrate the mystery of American renewal. This ceremony is held in the depth of Winter, but by the words we speak, and the faces we show the world we force the spring. A spring reborn in the world's oldest democracy that brings for the the vision and courage to re-invent America"

"When our founders boldly declared America's independence to the world and our proposes to the Almighty. They knew that America to endure would have to change. Not change for change sake, but change to preserve Americas

ideals, life, liberty, and the pursuit of happiness."

"Though we march to the music of our time, our mission is timeless. Each generation of Americans must define what it means to be an American."

"On behalf of our nation I salute my predecessor, President Bush, for his half century of service to America. And I

thank the millions of new men and women whose steadfastness and sacrifice triumphed over depression, facism, and communism."

"Today, a generation raised in the shadow of the Cold War assumes new responsibilities in a world warmed by the shine of freedom."

Brad S. Mills, D.M.D., M.S. Orthodontist

3435 Lone Oak Road
Paducah, Kentucky 42001
(502) 564-1999

202 South 6th Street
Murray, Kentucky 42071
(502) 753-7858

212 North 7th Street
Mayfield, Kentucky 42068
(502) 247-2747

Society Starves America's Youth of Necessary Self-Esteem

by Julie Shelton
Advertising Manager

I studied some about eating disorders for this edition of the *Oak K*. The more I studied, the more I began to believe that society plays a major role in the development of the diseases. With true beauty being portrayed through

models six feet tall and weighing an incredible 105-115 pounds, it's no wonder that so many people feel they must take such drastic measures as starving themselves and vomiting to achieve beauty.

I'm sorry, but all people being shaped like mannequins is far from reality. People come in all shapes

and sizes. It's sad to see someone's worth measured by the size of their Levis'. I'm dreaming of the day when personality means more than waist measurements. I'm afraid all it will ever be is a dream.

Just because someone's overweight doesn't mean they are weak or lack

willpower. Most of them don't sit on the couch all day stuffing themselves with rich, fattening, delicacies. Instead, many of these people are heavy because of heredity, slow metabolisms, or other medical reasons. Some of them, no matter how hard they try can't lose weight like naturally thin

people are able to do.

The key thing is that they are people just like everyone else. They have feelings too. Fat jokes aren't funny! They lower people's self-es-

teems and might be just enough to push that person to develop an eating disorder that could destroy their lives.



SYMPTOMS OF BULIMIA

- Episodes of binge eating occur.
- Self-induced vomiting.
- Excessive use of laxatives or diuretics.
- Exercising to extremes.
- Thoughts are on plans of the next binge.
- Obsessed with body weight.
- Feels lack of control when eating.
- Spends large amounts of money on food.
- Experiences guilty feelings.

Chooses to eat alone.

Condition persists for years.

SYMPTOMS OF ANOREXIA NERVOSA

- Loss of 25% of normal body weight.
- Refuses to maintain minimum body weight.
- Females encounter absence of at least three menstrual cycles.
- Fear of being fat even when underweight.
- Self view of appearance is unrealistic.
- Excessive dieting and fasting.
- Ritual behavior such as extreme exercising.
- Frequently weighing in.
- Cooks and shops for food but does not eat.
- Seeing normal folds in the skin as fat.

Bulimia

It may be c

Learn t



Kentucky Fried Chicken

3 LOCATIONS

2800 Lone Oak Road
2921 Irvin Cobb Drive
2725 Jackson Street

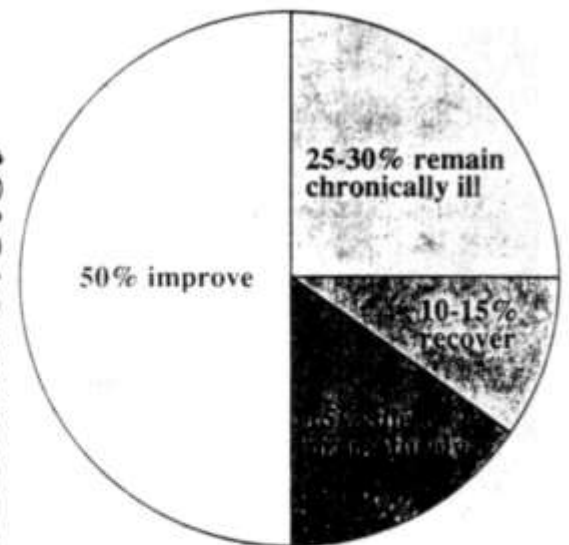
Sew What's New

By
JANICE LEATH



Prom Dresses
Made especially just for you to meet your personal specifications.
Choose your own color, style, and fabric (satin, taffeta, sequin, etc.)

4365 Clinton Road, Paducah • 554-9588



Listen up, Lone Oak, this is what you need to know

Did you know...

-10 to 15% of teenage girls have anorexia or bulimia
 -70 to 90% of American women are obsessed with their weight and appearance
 - 50% of normal weight women are

on a diet
 -1 in 6 underweight women is on a diet
 -7 million women have an eating disorder
 -An average person consumes 2,000 to 3,000 calories a day, a bulimic consumes 10,000 to 20,000, sometimes even

50,000, at a time
 -Girls are supposed to have at least 16% body fat
 -Results of a recent study in San Francisco report that 80% of 10-year-olds and 50% 9-year-olds are on a diet
 -Another study of 12-16-year-olds

showed that 1/3 used diuretics, laxatives, and vomiting to control their weight
 -National Association of Anorexia Nervosa and Associated Disorders reports that more than 1 in 5 people with anorexia die

from it.

Effects of eating disorders

-DiETING becomes an obsession when someone is preoccupied with her weight (constantly counting calories, exercising compulsively for hours each day, and endlessly examining her body)
 -Effects of extreme dieting and unchecked weight obsession: irritability, poor concentration, anxiety, depression, fatigue, emotionalism, binge eating, amenorrhea, and slowed metabolism.

-Effects of anorexia: cramps, cold-natured, loss of hair, constipation, irregular heartbeat, and even death.
 -Effects of bulimia: loss of potassium, headaches, nausea, stomach cramps, marks on the backs of the hands from forcing them down the throat, loss of tooth enamel and tooth decay, and involuntary vomiting
 -All eating disorders have severe physical and psychological results
 -National Anorexia Aid Society 1-614-436-1112

Bulimia and Anorexia
 may be closer than you think
 Learn the warning signs



Graphics by "Eating Disorders" by W. R. Spence, M.D.

Anorexia claims lives of men and women

by BETH CARMICHAEL ASSISTANT EDITOR
 Anorexia is an eating disorder where the victim starves himself to a weight that is 75% of their normal weight. The disorder is less common than bulimia, and they are often confused. But there are extremely different symptoms. Approximately 1 in

250 women fall prey to it each year. At least 90% of anorexics are female although men do develop the disorder. Researchers believe that it is more common these days to see anorexics from poorer families and a variety of races. Earlier in history, Caucasian women of wealthy families were the common developers. Anorexia has been reported since the early Middle Ages when women starved themselves to bet-

ter hear God. Fifteen percent of anorexic victims die with complications. Sixty percent of anorexics become bulimic following an anorexic phase. Outward signs of the illness include grayish skin, fine hair growth, and thinning hair on scalp. Inward problems include, loss of fertility, kidney damage,

heart shrinkage, potassium imbalances, liver damage, mental deterioration, change in metabolism and osteoporosis.



Bulimia appears in young children and teens

by BETH CARMICHAEL ASSISTANT EDITOR
 Bulimia is a eating disorder characterized by bingeing and purging. This disorder is completely distinct from the illness of anorexia. It is believed to have reached epidemic proportions in the United States. The disease ranges from 3% to 30% each year among all women. More reliable estimates place it at 8% for all women and 1% for all men - of approximately 10 million people.

women in this age group have experienced bulimia in some form.
 There are reasons that most bulimics develop their disorder. Many were teased about their weight as a child. Thus, they focus on sports where appearance and weight are important. Men, as well as women, sometimes become bulimic while recovering from another addiction such as alcoholism or drug abuse.
 Social pressure to be thin has effect on even young minds. At age eight it is reported 80% of girls are dieting to achieve this "beauty."
 It is possible to detect symp-

toms of this disorder. Some of the noticeable symptoms are mood swings, excessive interest in food, lying and extreme perfectionism.
 Bulimia can cause infertility, miscarriages, epilepsy, arthritis, stomach ruptures, tearing of the esophagus, kidney failure, liver damage and diabetes.

This illness may be closer than you think. Learn the warning signs.

The Flower
 GALLERY
 3021 Lone Oak Road
 Paducah, KY 42001
 (502) 554-7812

Mysteries of the unknown, (what can't one find in a book)?

by GINA DOUGHTY
Circulation Manager

Everybody reads something, sometime, somewhere; but through Mrs. Metzger's reader's poll, which was conducted at random times in the library, we now have an idea of what people read, why people read and how often different age groups and different sexes get lost in the mysterious realm of a good book.

When asked "Why do you read?", eighty-eight percent of the respondents said that they read for recreation. Only thirty-four percent selected work related/research as an answer to the question.

Fifty percent of all readers get their material from the library. Paperback books have led in sales since they were invented in the 1800's but seventy-three percent of all female respondents un-

der twenty prefer hardbacks over paperbacks.

Seventy-two percent would rather look at magazines than newspapers. Surprisingly enough, males, especially those under twenty, indicated a strong preference for newspapers.

Over eighty percent of all people surveyed below 49 years of age say that they were read to as a child. The average person only reads

approximately 10 books a year; however, one woman over 40 said that she read about 200 books a year!

Why do you READ?

Popular authors for males tend to be males such as Stephen King, Kurt

Vonnegut, Jr., Dean Kootz and Mark Twain. Females enjoy a much wider variety of authors with all of the same authors listed as men and many more such as John Steinbeck, Danielle Steele, Charles Dickens and Mary Higgins Clark.

Favorite fictional characters for women are Jane Eyre and Scarlett O'Hara. For men, Ethan Frome and

Huckleberry Finn are favorites.

The most often listed titles which respondents wish they had never read were *Lost Horizon* and *Moby Dick*. Over thirty percent of those surveyed selected the *Bible* as one of their choices to have with them if they were stranded on a deserted island.

LOHS students voice dislikes, likes

by: JASON PHELPS
Beat Editor

This survey does not necessarily reflect the views of any staff member. The opinions expressed here were simply taken and compiled.

19 THINGS STUDENTS SAY ARE WRONG WITH LOHS

1. No soap or towels in the filthy bathrooms
2. Not enough attention placed on athletics
3. No doors on girls bathrooms in E building
4. Not enough pep rallies
5. No open campus lunch policy
6. No field trips
7. Desks are too small
8. Writing these stupid surveys for the newspaper
9. I love this school, no complaints
10. Small lockers
11. Final exam scheduling

12. No class halls
13. Never at the right temperature
14. Not enough support for sports
15. Freshman
16. Graduation date is later
17. Bathroom stall graffiti
18. Not enough classes to choose from
19. Unenforced rules due to "I know your father"

19 THINGS STUDENTS SAY ARE RIGHT WITH LOHS

1. Nice faculty
2. Atmosphere of the school
3. We don't wear uniforms
4. Community activities
5. The teachers really do care
6. Mrs. Brugger
7. We have a lot more dances this year

8. Pep rallies are getting better
9. Mrs. Harper
10. Nice gym
11. We don't have a bad reputation
12. Location
13. Not a lot of violence or crime
14. *The Oak K*
15. Mrs. Campbell
16. Homework hotline
17. Co-oping
18. Not too many rivals between students
19. It's not Reidland or Tilghman

OK, Folks!

This is all in jest, so laugh a little!!!

OF THE MONTH

- | | | |
|--|--|--|
| <i>Gripe- guys peeking in girls bathrooms and no salad bar</i> | <i>pep rallies</i> | <i>Morbid teacher- Mrs. Campbell (i.e. vocabulary words)</i> |
| <i>Color- unnamed crayola crayons</i> | <i>Disappoint- ment- not enough snow days</i> | <i>Most Welcomed recovery- John Griffith's ankle</i> |
| <i>Fashion- Senior shirts</i> | <i>Shoes- boots</i> | <i>Biggest national event: Inauguration and Elvis Stamps</i> |
| <i>Movie- A Few Good Men</i> | <i>Best skipping excuse- Mentor program</i> | <i>Biggest wish: America's troops get home safely</i> |
| <i>Event- Home-coming and "real"</i> | <i>Most observed holiday- Martin Luther King Jr.'s</i> | |

Student's New Year's Resolutions

by: JASON PHELPS
Beat Editor

Student's New Year's Resolutions (taken in typing classes)

1. Lose weight
2. Be a better Christian
3. Get an attitude adjustment
4. Put up with my boyfriend for another year
5. Work harder
6. Stop drinking
Stop drinking
Stop drinking
7. Be a more positive person
8. Stop smoking
9. Be the best boyfriend that I can be
10. Get Help
Get Help
Get Help

Gina Vickrey School of Modeling

Classes start Jan. 1993
Modeling Classes and commercial acting for pre-teens (8-12).
Classes start Jan. 12- four month course
Call 554-4225



Desiree Vickrey

Did You Know . . .

* approximately 70,000 puppies and kitties are born in the U.S. each day?
* the national debt is \$4.1 trillion?

(Info from *Teen & Seventeen*)

ITALIAN VILLAGE PIZZA

COUPON
FREE DELIVERY!
2 MEDIUM PIZZAS

With cheese and one topping of your choice on each pizza.

Expires **\$6.99**
2-28-93

COUPON
FREE DELIVERY!
2 LARGE PIZZAS

With cheese and one topping of your choice on each pizza.

Expires **\$8.99**
2-28-93

125 S. 3rd Street

5845 Reidland Road, Reidland
898-7895

US Highway 641 (1 mile South of Kentucky Dam Marina)
362-7788

What's the purpose of portfolios?

by: JENNY SUITOR
Features Editor

Portfolios. Another one of those things that make you so stressed you are ready to scream. What exactly are they and what do they prove?

The Kentucky Department of Education issued a Kentucky Education Reform Act which has three parts. The first two parts are for fourth, eighth, and twelfth and consist of a multiple-choice and open-response questions assessment test and then group activity work performance event. The third part is for all high school grades. The portfolio, which for ninth through eleventh graders is a mathematical portion and then for seniors is a writing portion.

The purpose of these portfolios is so the student can judge their own work and achievements throughout the year. The main focus, writes Thomas C. Boysen, Commissioner of Kentucky Department of Education, is on

the students' strengths.

Teachers score the work as either novice, apprentice, proficient, or distinguished. The Kentucky Department of Education believes that when a student reaches the proficient level, he is capable of competing in the world.

There are several problems with portfolios. One of them is that teachers don't have enough time to work with every student individually to help them achieve their best. Another problem is that students don't know what they are scored as, so they don't know what type of work they are doing.

Kentucky expects too much from students. I admit they may help students do their best and learn to revise and edit their work, but so do research papers and reports that we're already writing. Portfolios could be changed to where they are just tests and papers we have already done for the state people to review. These show if we are

really learning something. Mrs. Campbell said, "If students were encouraged on all grade levels to keep their work in a folder, then by the target years (fourth, eighth, and twelfth grades), students would be more comfortable with the process."

Mrs. Campbell also said, "On another level, until students themselves begin to feel responsible for creating work they are proud to sign their name to (whether it's for a portfolio or any regular classroom assignment), then it will remain difficult to convince them that portfolios are worthwhile."

Kentucky Education Reformers need to get input from high schoolers. Most of them would tell you portfolios are definitely a stressing and boring thing we are required to do, no ifs, ands, or buts. Somebody should look at things from our point of view and see that we already have enough on our minds and workloads.

Editorially Speaking . . . Express Yourself

Wasted time spent during finals week

Make parking lot patrols a thing of the past. I'd rather be at Burger King.

by Shannon Hart
Circulation Manager

As I spent all day Friday sitting in class doing absolutely nothing of importance, with the exception of first and sixth hours, I thought about just how inconvenient LOHS's method of taking finals is.

It makes no sense to have to stay at school while not taking semester exams. The school goes to great lengths to insure students won't skip, even as far

as having teachers patrol the parking lot.

They say that teachers are to have something scheduled for the students to do. But they are busy grading tests already taken, and would rather not grade them during Christmas break.

So, students are forced to endure four classes each day being bored. Sure, they could study for exams coming up, but studying is not easy to do when half the class is talking, laughing,

and playing football with a paper triangle.

I think it would be easier to take two finals each morning for the three days, and then permit students to go home, where hopefully they won't just waste time. Tilghman and other schools do this, and I think it would be a much better situation for all students.

It is time to change and break away from old habits.

Mary's Not So Contrary -- Comments And Fears About College Life

by MARY ELLEN WEBER
Advertising Manager

College. I hate it already. It seems like every other day someone asks me, "Are you going to get a big scholarship to college?" and they do not ever finish their question. I can tell they are thinking, "like your brother?"

I say very politely, "I am trying to." Then it is my turn to hold back the rest of my thought, which is, "There are not very many non need-based scholarships that provide full tuition, room and board, a year abroad, money for summer travel, and leave enough to pay

fraternity dues." I mean my brother is practically getting paid to go to college. He got scholarship offers in the mail. I get offers to buy *Teen Magazine*.

My dad is constantly asking me if I have thought about what I am going to be. Of course I have thought about it! He has been asking me that question since I was five years old! I cannot look up adorably and say "a ballerina" anymore. I have to come up with something reasonable.

He says, "You really need to get a good job so you can have a nice house and take your kids

on trips and nice things like that." He is afraid I will end up on welfare and my children will be uncultured, uneducated brats.

The thing is, he wants me to get a magnificent job that I love and that pays well after only four years of college - no graduate school. He says he wants to retire eventually. At least he does not expect me to get a monster scholarship.

I am only 16 years old. How am I supposed to decide what I want to do the rest of my life? I have to have some idea of what I want to do to pick a major. And I have to know what kind of major I am interested to

choose the right college. I have no idea what I want to do!

I told my parents that I really want to go to the Agnes Scott, Georgia Tech, Emory, or Oglethorpe, but they caught on to that. They said that being close to the Braves and the 1996 Olympics is not a geel basis for choosing a college. I thought it was as good as any other basis!

My mom comes up with a new college and major every week. "I know! You can go to Purdue and be a physical therapist!"

I say, "I do not want to be a physical therapist, and I do not want to go to that college."

"Well what do you want to do?" she asks.

"I don't know. I will marry somebody rich."

"Well you had better start thinking about it," she says.

UGHHHH!

She has taken a map a drawn a circle with a 300 mile radius around Paducah. She says I cannot go to any college outside of that circle.

My choices are getting more and more limited.

I am only a Junior and still have over a year to choose a college, but the process is already beginning.

I went to "College Night" at

the Executive Inn in November. I signed up to get on the mailing lists of several colleges. I am already accumulating a small pile of college pamphlets. I did not know what to do with them all, so I stuck them in my closet.

I am planning on going to some colleges for interviews this spring. I have to decide which colleges, but I know I want to visit some.

I really need to get organized. It is all such a confused mess right now. I know it does not sound very "90's" or politically correct, but the more I think about it, the better marrying someone rich sounds.

Rock Skipping--A strange and unusual way of life!

by GINA DOUGHTY
Circulation Manager

There is something I want to know. Am I the only pupil at LOHS who thoroughly enjoys rock skipping?

I seem to be alone in my extreme love and devotion for this genuinely appreciated activity.

I believe that rock skipping is truly an art form. Nothing surpasses the exhilaration I have when I find the perfect rock. The smooth, satin surface, the flat, aerodynamic overtone of its mere presence is overwhelming.

I am not exaggerating. I find rock skipping to be a stress-free way to relax with one's thoughts.

Rock skipping is not just a hobby. It's a way of life.

Even if one doesn't like rocks, a tire could work, depending on your mood. Although rock skipping isn't for everyone, it can change the life of a select few.

Rock skipping takes more skill than one would realize. There are two simple techniques which many rock skippers use.

The ever popular "chuck that

rock with all your might" method can be done with one quick jerk of the wrist toward the glittering surface of the water. Calm water is best. Also, many find that rock skipping on a windy day can be very frustrating so I would not suggest subjecting yourself to a possible stressful situation. Rock skipping is aimed at being a soothing, fun thing to waste a day on. It is, of course, challenging at times; in my opinion, the good outweighs the bad.

Secondly, there is a method for cautious individuals with a

lot of time. One stands still and solid with the perfect rock in hand and determines all possible interruptions by outside forces (such as wind and circus midgets). Using balance, coordination and eye-level precision with the target, it is possible for one to skip his/her rock up to ten subsequent times!

Please, if anyone else is interested, contact me and we will fight to begin the Rock Skipping Association of America (RSAA) and making rock skipping a televised sport.



Gina Doughty exhibits expertise in rock skipping skills at Travis Pond.

Flash takes early falls in Christmas tournaments



John Griffith shoots a three pointer against the Deerfield Beach, Florida team.



Griffith goes up for a quick lay-up, while Deerfield players look on, and Tony Englert waits to assist.

by: GARLAND CRAWFORD
Co-Sports Editor

While most students took Christmas break as a time to wind down and relax away from the pressures of school, the Lone Oak boy's basketball team took on more pressure than usual as they headed to Florida and Eldorado to compete in tournaments.

Leaving school early on Thursday the 17th, the team loaded into vans and headed towards West Palm Beach, Florida. LOHS made their presence noticed as they took on and defeated John Leonard High School in the first round and entered into the final eight. Senior John Griffith put up 33 points of Lone Oak's 79 to 66 win. Senior Rick Alexander and junior Chris Golightly scored 18 and 16 respectively to secure the victory.

By luck, or Lone Oak's lack of, the second round brought on one of the strongest teams at the tournament. Deerfield High School, ranked in the top five of the top class of teams in Florida, challenged Lone Oak but walked away with only a seven point win. Griffith again led the team, this time with 28 points. Senior Jack Meece contributed 11 to the team total.

With this loss, LOHS entered the concilation bracket were they came up against Jupiter High School. This game brought with it another piece of bad luck for the Purple Flash. With about four minutes left in the third quarter, key player Griffith went down with an ankle injury. Lone Oak fell to Jupiter with a 49 to 60 loss.

Of the 16 teams that entered the tournament, the Purple Flash was the only team from out of state and ended by placing in the top eight.

The guys took a little time off for Christmas but got right back on the road as they headed for Eldorado. This year's tournament brought on alot of pressure to LOHS. Not only did they not have starter Griffith, but they were expected to be *the* team to beat as the returning champions from last year.

LOHS played Pope County High School for the first round of the tournament. At the onset, it appeared as if it was going to be one of those nights as Lone Oak went in at the half down by eight points. Head coach Roy McKamey must have given his boys an inspiring half-time speech. For the third quarter of play, the Purple Flash held Pope County to four points while they put in fourteen. The streak was kept up in the fourth quarter as another 21 points was amassed for Lone Oak. The boys won the first game, 59 to 51.

Second round of tournament play brought LOHS face to face with cross-county rivals, the Heath Pirates. Alexander scored 21 points and Meece scored 13, but this wasn't enough to pull out a victory. Lone Oak's defense held all Heath's players to single digit scores, except Cory Tilford who managed to score 33 points. LOHS lost by a final score of 54 to 77.

In the concilation bracket, LOHS came up against Carmi. The Purple Flash were up by five at the end of the first quarter and up by four at the half. Outscored in the second half by six, LOHS fell to Carmi, 52 to 54. Golightly led the team with 31 points.

"It [Florida] was a great experience," commented McKamey. "We got to see some good competition and I feel we competed strongly against some very good teams."

Lady Flash takes third in Christmas Tourney

by: JOEL KAUNISTO
Co-Sports Editor

While most of us were still finishing leftovers from

Christmas dinner and returning unwanted or missed gifts, the Lady Flash were playing basketball.

Monday, December 28 the team left at the crack of dawn or at least what seems like the crack of dawn during Christmas vacation to go to the Union County Christmas Tournament.

They finished third out of the eight teams there and only lost to the first place team by four points.

Said Head Coach Larry

Hopper, "The girls missed getting into the finals by four points. I'm very proud of their efforts and direction."

In the first game, the Lady Flash took on South Hopkins at 11:45 in the morning and won 53-51. Caroline Steele 17 points to lead the team. Melanie Sims and Robin Midyett finished with 12 and

9, respectively.

That same night they played host Union County and fell just short, 37-33. Sims scored 20 points in the losing cause.

The next afternoon the team battled Todd County in the third place game. They were once again victorious, 51-45. Sims led all scorers with 24 and Steele had 11 to claim third place for Lone Oak.

As of the writing of this article, they had won two in a row over Heath and Fulton City to give them a 5-8 record overall.

Hopper seems optimistic about winning four of their last five games, "This team if continues will be able to compete for a regional berth."

He also gives the players

much of credit. "All the girls from the 9-12(grades) have worked hard and have learned a lot about my system of basketball. We feel that all the X's and O's are in place and it is now time for the girls to execute and have fun playing."

For more than a century, Citizens Bank has been dedicated to the highest standards of performance. And for equally as long, we have acknowledged that same level of achievement in education. So to all of those who give their heart and soul to the performance of excellence, we salute you.

Citizens
BANK AND TRUST COMPANY

MEMBER FDIC

Expect Excellence

DAIRYETTE

Located in Lone Oak at the traffic light next to Peoples Bank
OLD FASHIONED COOKING
554-3617

Home Owned and Operated
by Dan Williamson

Go
Big
Flash

Boys stomp Reidland for Homecoming, girls fight hard

by: **JOEL KAUNISTO**
Co-Sports editor

The homecoming game against district rival Reidland didn't look to be a typical homecoming game where the home team wins easily.

They had to go up against the area's leading scorer, John Riley, in order to beat Reidland for the third time this season.

The Flash jumped out to a 10-2 lead early and

never looked back. At the end of the first quarter, they were up 22-13.

In the second period Reidland got to within three but the lead was back up to eight by halftime, 33-25.

The Purple Flash pulled away in the third quarter, leading by 12 going into the final frame, 54-42.

The lead grew in the fourth quarter and the

Flash went on to win 79-63.

Rick Alexander led the team with 26 points and Chris Golightly added 18 to improve their record to 12-6 for the season.

Earlier the Lady Flash lost a close game to the Lady Greyhounds 48-45. Caroline Steele, Melanie Sims and Robin Midyett led the team with 13 points apiece.



John Griffith and SheRon Minter wait for therebound during the Homecoming game

New column featured by Oak K Sports Editors: Athletes of the Month



Athletes of the Month for January: Junior Melanie Sims and Senior Rick Alexander

Flash win big over Fulton City

by: **JOEL KAUNISTO**
Co-Sports Editor

Coming off a loss the night before to Heath and still without senior star John Griffith, Saturday, Jan. 9th's game against Fulton City looked as if it would be a tough game for the Purple Flash.

It was tough for most of the

game. At the end of the first quarter it was tied at 10.

The game was close in the second quarter with Fulton City taking a two point lead into the locker room at halftime.

The third quarter turned the tables, though, with the Flashes building a four point lead going into the fourth

quarter. In the fourth quarter Lone Oak turned it up a notch and pulled away to win by 21, 79-58.

Sophomore Ryan Bivin led all scorers with 20 points. Rick Alexander tossed in 16 and Chris Golightly added 12 to up their record to 9-5.

Girls Box Scores

Lone Oak 50
Murray 58
scoring: Melanie Sims 22, Heather Krebs 10, Caroline Steele 8, Robin Midyett 7, Tracy Jones 2, Eileen Johnston 1

Lone Oak 75

Fulton City 48
scoring: Melanie Sims 24, Caroline Steele 20, Kisha Peck 6, Tracy Jones 6, Eileen Johnston 5, Robin Midyett 5, Holly Holland 5, Jennifer Bristoe 2, Heather Krebs 2

Lone Oak 45

Reidland 48
scoring: Caroline Steele 13, Melanie Sims 13, Robin Midyett 13, Heather Krebs 3, Eileen Johnston 2, Kisha Peck 1

by: **GARLAND CRAWFORD**
Co-Sports Editor

With John Griffith out of play for the Purple Flash, Coach Roy McKamey has had to rely on several other players to step up and fill the vacancy. January's Player of the Month, Rick Alexander has done just that.

Alexander has helped to hold the team together by scoring an average of 14.6 points per game, second highest on the team. Averaging 50% from two point land and pulling down 60 rebounds, Alexander has proven quite the offensive player.

However, more important to the Flash is Alexander's defensive skills. Alexander leads the team with 20 steals and trails junior Chris

Golightly in blocks and charges taken. His number of deflection is also in double figures.

"Sure the team misses Griffith," commented Alexander, "but in the long run it's helped us to create the depth we had been needing."

by: **ASHLEY DILLWORTH**
Chief Photographer

Junior Melanie Sims has a lot going for her in the third year of her varsity basketball career. An important member of the Lady Flash Basketball team, "Sims is a scoring threat. As she develops mentally and physically for the game she'll become an All-Purchase candidate. Her defense and leadership potential is still growing," said Coach Hopper.

Basketball is not the only sport Sims plays. Khoury League and high school softball are also on her athletic agenda.

Sims is involved in DECA during the school year and works at Super-Valu during the summer.

"I think we've (Lady Flash) improved a lot over last year and we have more fun. We're more like a family," said Sims.

**Yea
Rah
Lone
Oak!**

R. Donald Heine, D.M.D.

Oral and Maxillofacial Surgery

Telephone
(502) 554-2026



Bayley Square
suite #5
2850 Lone Oak Road
Paducah, Kentucky 42003

KEY NOTE MUSIC
MUSIC ENRICHES LIFE!

118 EAST MAIN ST.
PRINCETON, KY 42445-1698
(502) 365-3558

607 BROADWAY
PADUCAH, KY 42001-1174
(502) 443-4353



Serving your musical needs since 1969
PIANOS - ORGANS
BAND INSTRUMENTS
DIGITAL AND ELECTRONIC KEYBOARDS
MUSIC - ACCESSORIES

1993 Basketball Homecoming

Co-Queens: Kelly Roberts & Christie Skaggs

"A Whole New World"

Opponent: Reidland

Girls: 45-48 (Them)

Boys: 79-63 (Us)



Homecoming went well for the co-queens, Kelly Roberts and Christie Skaggs.



Josh Brown won the Slam Dunk contest for the Junior class at the Homecoming rally by demolishing the backboard.



The 1993 homecoming attendants were: Freshman, Sarah Steele; Sophomore, Kristen Scabough; and Junior, Shannon Hayes. The queens court consisted of, Jennifer Oster, Marcie Lewis, Wendy Newman, Julie Grogan, Melissa Burnett, Christie Skaggs, Kelly Roberts, and Kaseen Laird.



Tony Englert and Clay Davis spin around in circles for the BAT SPIN.



Robyn Midyett shoots a successful foul shot in the Varsity girls Homecoming game against Reidland.