

## LOHS's Sandy Hayden wins KY Art Teacher of Year

By Chrystal Galloway

If you haven't heard by now, our very own Mrs. Sandy Hayden, LOHS's art teacher extraordinaire, recently won the award for Kentucky Art Teacher of the Year. We are all very proud of her. This is what she had to say about her wonderful award.

**Q:** Obviously, your award is a very high achievement. How do you feel about being made Kentucky Art Teacher of the Year?

**Hayden:** "I feel very honored to receive this award from my colleagues. It was a pleasant surprise."

**Q:** How long have you been teaching art?

**Hayden:** "I've taught for 17 years, including this year, and for 16 of those years I've taught high school art."

**Q:** What made you decide to become an art teacher in the first place?

**Hayden:** "Mrs. Jan Floyd, my 'Art Teacher

was one person who helped me decide I wanted to teach. I also had a teacher who inspired me-because I wanted to do things differently than she.

"I had a teacher who inspired me... I wanted to do things differently..."

**Q:** Do you plan to further your career in art, beyond high school instruction?

**Hayden:** "Yes, I eventually want to complete my doctorate and teach at the university level, many years from now."

**Q:** What did you receive for this award?

**Hayden:** "I'll receive the award on November 20th. I'm not quite sure in what form it will take. I've been nominated for the Southeastern Regional Art Educator of the Year,



Mrs. Sandy Hayden received Kentucky Art Teacher of the Year.

it's one of the four regions in the U.S."

**Q:** What are you interested in other than art, any hobbies?

**Hayden:** "Yes, I am interested in tennis, the 'Arts,' photography and sports in general."

**Q:** How do your family and students feel about your award?

**Hayden:** "Proud! Excited! Erika Humphrey said, 'I feel privileged to

have the Teacher of the Year teaching me.'"

**Q:** Did you ever consider any other kind of life other than teaching art?

**Hayden:** "I've wanted to be an art teacher since I was in high school. I also considered majoring in psychology."

**Q:** Did you ever attend any school which specialized in art instruction?

*cont. on pg. 16*

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## Students learn and have fun at tennis academy



Sophomore Jeremy Williams (Picture of Steele not available)

by **Mary Ellen Weber**  
Business Manager

Caroline Steele and Jeremy Williams spent the first part of this school year in Florida, but it wasn't just for fun. For eight weeks they attended the Harry Hoppman

Saddlebrook International Tennis Academy in Wesley Chapel.

The academy is very prestigious, and both students were very excited about going. Williams said that dur-

ing the time that he spent there he got "the best instruction in the world." They both think that the instruction they received improved their game in many areas.

On top of all the time they spent playing tennis, the students had to keep up with their school work. Instead of going to a regular school, they had a tutor that came for a couple of hours each night. That left most of their mornings free.

During those free mornings Steele said, "Most of the time I went to play tennis, and checked out the pros like Pete Sampras! Sometimes I went to the fitness center, or rode a bicycle through the resort. Sometimes we studied in the

morning."

Tennis started each day at 1 p.m. They played from one to three, took a break until 3:30, then came back and played more tennis until 5 p.m. From 5 p.m. to 6:30 p.m. they had fitness.

Every weekend they played tournaments in different cities. They played in Tampa, St. Petersburg, Orlando, Clearwater Beach, and Daytona Beach. They even went to Disney World one Sunday.

Both students had a very good time, and are glad that they got the chance to go. "It was a lot of fun," said Williams.

Steele said, "I didn't want to come home."

## College education guarantees better success

by **Jenny Suitor**  
Editor-in-Chief

You've graduated. A milestone in your life has been completed. Now you're off to bigger and better things. For most of us, a college education is the next step in our life. A college education to get your college diploma so you can climb the ladder of success. Sound pretty good? In today's economic downfall, maybe not.

*U.S. News and World Re-*

*port* ran a story in the Oct. 4, 1993 issue on "Does College Still Pay?" A college diploma no longer guarantees a job in your chosen career or a successful life. An average of 1.1 million students last spring received their baccalaureate degrees and less than 20 percent had found full-time jobs by graduation. According to the Bureau of Labor Statistics, 30 percent of college graduates entering the labor force between now

and the year 2005 will be unemployed or will be overqualified in the jobs they have found.

College does still pay, though. The chances of finding a job are much greater if you have a college diploma rather than just a high school education. The pay is much greater, also. The difference between the two pays is enough money to pay for a college education.

The chances and guarantees of finding jobs may look pretty slim for new graduates, but despite the statistics, it is still worth it to go to college. The more educated you are, the better the chances of finding a job, climbing the ladder and being successful in your life. While college may not be as great a guarantee of success as it used to be, it's still much better than stopping your education at high school.

## Court Decides What Justifies Harassment

by **Sandra Marshall**  
Staff Writer

In light of the story on sexual harassment in the most recent issue of *The Oak K*, it might be interesting to note that this month, in a pivotal case, the Supreme Court passed a ruling that makes it easier to prove sexual harassment on the job. Previously, a person had to prove extreme psychological duress; however, now, any action that a reasonable person feels keeps him or her from performing job duties constitutes harassment.

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## Choir members earn top honor in the state

by Jennifer Grimes



All State choir members are Ashley Gholson, Janey Collins, Susan Bongiolatti, Beth Collins, Audra Priddy, Jessica Miller, Sarah Wallis, Terri Dawes, David Douglas, Matt Cooper, Justin Durham, Clay Davis

Seventeen Lone Oak High School choir members will be participating in the 1993-1994 All-State Chorus. The choral festival will be held in Louisville, Kentucky on February 2nd, 3rd and 4th, and the Lone Oak group will be staying at the Hyatt Regency.

153 students out of 13 schools in the First District tried out, and only 79 students were selected. Lone Oak had the most students selected for the second year in a row.

Based on the scores they receive at auditions,

participants are placed into one of three different choral groups. SATB (soprano, alto, tenor and bass) is the top group that everyone strives to get into. The other two groups are SSA and TTBB. All three groups will perform seven pieces at the final concert which will be held at the Kentucky Center for the Arts.

This is the first year that it has been required for all music to be memorized. This memorization includes words, pitch, and breathing. Each member will be expected to sing part of one of the songs for the whole choir to hear. This will require much more preparation than in years past.

## Academic team competes at Murray

by Sandra Marshall  
Staff Writer

The Lone Oak High School varsity Academic Team competed at Murray State University in the President's Invitational on Tuesday, November 16.

This all-day match was one of the most important of the year. It was a double-elimination tournament and was open to all area schools.

Days before the match, member Letia Miller expressed the team sentiment saying, "We're looking for-

ward to it and we stand a good chance of doing well."

The results of the competition are as follows: Lone Oak beat Fulton County and lost to Henderson High School. The next competition will be the West Kentucky Academic Bowl on December 1st.

### SSA Chorus

Susan Bongiolatti  
Sarah Wallis  
Audrea Priddy  
Jessica Miller

### TTBB Chorus

Justin Durham  
Matt Cooper  
David Douglas

### SATB Chorus

Janey Collins  
Amy Burnette  
Kelley Speer  
Ashley Gholson  
Adrienne Gleeson  
Terri Dawes  
Beth Collins

Chris Hayden  
Clay Davis  
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## Around Town

by Mary Kate Garrott  
Editorial Editor

The power of positive thinking. Do you realize the enormous impact thinking "you can" has on the outcome of whatever you're doing? Really and truly, this stuff is pretty amazing.

"Accentuate the positive, eliminate the negative, hold on to the affirmative...(I don't know the rest of the words). This is one of my favorite songs. It really has a lot to say if you think about it. If you actually take it word for word-accentuate the positive, eliminate the negative, hold on to the affirmative-this is really an uplifting, encouraging, supportive statement. I have tried to find who said this, but have been unsuccessful. I would, however, like to thank

this person for being so very helpful.

I recently had an experience with some people about positive thinking and the power of it. These persons thought that no matter how they thought of themselves, that they couldn't do any better. I disagreed, saying that if they thought and really believed that they would be ok, then things may not turn out absolutely wonderfully, but they would be better if they had some faith in themselves.

This holds true in everything that everybody does everyday. If you think you can, more than likely, you will. It helps, anyway so you won't be so down on yourself. My quote for this month is from Ruth Caroline Bragg, who, in 1870 wrote "The Pony Engine" (now known as "The Little Engine That Could"). "I think I can, I think I can, I think I can!" -30-



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## Ranting and raving is good for you!

by Gina Doughty  
Features Editor

Editorials. The readers of *The Oak K* live through nine months a year of our staff's whining and complaining in our editorials. It has been expressed to me by several *Oak K* readers that they are sick and tired of reading our complaints and oppositions

to everything. One person asked, "Is being obnoxiously opinionated a requirement for getting on the staff?" I simply replied, "No," and rolled my eyes.

After I thought about it for awhile, I decided that this person was justified in that question-to a small extent. Although I realize that we, as

writers, do let out frustrations and blow off steam through our editorials, I find nothing wrong with this. Everyone should enjoy such a privilege.

Not ALL editorials have been complaints, but it is a fact that most editorials consist mainly of the writer "mouthing off" about something. So what?!

If one of our readers would like to address this subject or get something off of his/her chest, I welcome that person to submit an editorial or letter to the editor. Join the rest of us "obnoxiously opinionated" staffers and sound off about something. Trust me, it will make you feel better.

## Ashley's Outburst: Get outta my way!

by Ashley Dillworth  
Chief Photographer

Every day it's the same. Every day after every class, every hall-it's the same. I walk through the hall and am pushed and knocked around so many times it's not even funny. I am not a little, short person so I don't understand this. It isn't like people can't see me. And it's worse when I carry my camera

case (for those of you who don't comprehend that statement, I am the photographer for the newspaper). Not only am I pushed and shoved, but my camera case is constantly jabbing into my side. Of course I am not the only one this unfortunate crime happens to.

Why is it that while walking through the halls, it's necessary to bang up against, push, shove and trample every single other

person in the hall? This is totally uncalled for. If people would slow down, walk calmly and say "excuse me" occasionally, the halls would be much safer. In all reality, if people would slow down, walk and act calmly and say "excuse me" in everything, then life itself would be much nicer and safer.

Actually, it isn't surprising that we act this way. Today, our society is a ME society. We

have completely lost all respect for everyone else. If someone is in our way, we simply trample them to get by. And it isn't just halls that this occurs in. It's in businesses, schools, driving, social ladders, etc. etc. If someone is standing in the way for something we want, we don't

*continued on page 5*

## LOHS students uninformed of college information

by Jenny Sultor  
Editor-in-Chief

High school students have a lot of decisions to make about their futures. What career, where to go to college, what tests to take, what courses to take in preparation for college, and many other questions are just some of the decisions students have to answer and decide on.

Students at LOHS are very

uninformed of many college prep tests, college information, representative meetings, etc. I think that any type of college representation, aptitude tests, and related information should be given to Juniors and Seniors and/or posted somewhere in the school in a uniform, dependable and organized way. Many students need and want to know of these

things so they can prepare for their college years. Colleges require certain SAT and ACT scores. Students should be made aware of these test dates and of deadlines for registration.

Students have a lot on their mind and are having to decide their future constantly. Most want to further their education and chances of getting accepted

in certain colleges by meeting with representatives, taking aptitude tests, etc. I hope that LOHS will help students in the future by making these things known to the students. It helps students and gives a fair chance in competing academically and in getting accepted into college with other schools.

## A new school and small fries to go, please!

by Jennifer Grimes  
Staff Writer

When you're sitting in a classroom and you spot a mouse running across the floor in front of you, something needs to be done. This wasn't uncommon last year in one of my classes. Our friendly classroom rodent hasn't visited yet this year,

but I'm sure he's around somewhere.

A school plagued with termite and rodent problems is not one that many people would want to attend. Something needs to be done about the holes in the floor in the second story classrooms. Are rooms with chipped paint and tiles missing from the

floor an appropriate, healthy study environment?

I know that there are committees looking into these problems, but this has been going on for quite a while. When are they actually going to do something about it? When I was a freshman, there was talk of a new high school. I'm a senior now,

and I've seen no movement toward change or improvement.

When a teacher has a hole in the floor of her classroom and you can see yellow and red wires that could possibly be dangerous when bothered, a committee shouldn't just look into it or study it...they should fix it.

## ACT, SAT seem impossible

by Mary Ellen Weber  
Business Manager

Stupid, oh so stupid. That's how I felt after taking the ACT. And to think that I actually thought that I could do well on it. Well! That shows how much I know.

In the middle of the math section, I got sick to my stomach. How in the world am I supposed to figure out thirty impossible math problems in thirty minutes with an upset stomach. Well let me tell you, it didn't happen. I'm lucky if I got any of them right.

I didn't do any better on the science reasoning part. Do the people who make up the test actually think that I can read seven explanations of experiments, understand them

and then answer several questions after each passage all in thirty-five minutes? I don't think so. Give me an hour on each experiment, and maybe then I'd understand.

The SAT wasn't much better. I hadn't heard of several of the words on the verbal section. Sometimes I eliminated some of the answers, and maybe I guessed right. (Yeah, and I'm the Queen of Scotland.) While I was diligently working on those impossible math problems, I looked up to see that the genius sitting next to me was finished. UNBELIEVABLE! There was still fifteen minutes left, and I still had a million problems to do!

I've decided that the people who make up those

tests are cruel, lonely, sick people. They don't care about us. They like to make us feel stupid. They don't care if we don't get into college.

On the other hand, however, I think that the college admission people have a heart. The test scores are hardly the only thing they look at. They understand that students do get sick in the middle of the test. Most of the colleges I have talked to say they only pay attention to the test you do the best on. They also put a lot of emphasis on your grades and activities in high school. So maybe the B that I made in Pre-Calculus will counteract the low score I probably made on the math section on the ACT.

## Ashley's Outburst continued from pg. 4

say "excuse me," we just knock them down. The thing so sad about it is that no one cares any more what happens to other people. As long as everything goes well for ME then no one else matters.

Everyone needs to slow down and take things as they come. Don't rush. If you go at a moderate and continuous speed everything will fall into place. Stop thinking about yourself and begin considering how many people may be "falling down" because of YOU.

**Start preparing  
for the future.  
NOW!!**

# Fall Sports Banquet 1993

## Football Awards 1993

Most Valuable Player -- **SheRon Minter**  
 Captain -- **Josh Brown**  
 Outstanding Offensive Back -- **Scott Slankard**  
 Outstanding Offensive Lineman -- **Blake Thompson**  
 Outstanding Defensive Back -- **Brent Scowden**  
 Outstanding Defensive Lineman -- **Daniel Rushing**  
 Junior Cup -- **Scott Slankard**  
 Big Play Award -- **SheRon Minter and Josh Brown**  
 Academic Award -- **Daniel Rushing**  
 Richard E. Byrd Award -- **Clay Nichols**

## Golf Awards 1993

Senior Awards -- **Clay Davis and Brian Kinsey**  
 Low Score -- Boys: **Mark Moore**  
 Girls: **Rae Ann Ragland**  
 Letters -- Boys: **Mark Moore, Brandon Mullen, Jeremy Felker, Justin Gosa, Wes Ragland, Clay Davis and Brian Kinsey**  
 Girls: **Rae Ann Ragland, Allison Heath, Lisa Carlson and Teri Dawes**

## Way to Go Flash!

## Girls Soccer Awards

Overall MVP -- **Carrie Rushing**  
 Most Assists -- **Adrienne Gleeson**  
 Captain Award -- **Sarah Steele**  
 Most Improved -- **Mary Howard**  
 Defensive MVP -- **Maggie Largent**  
 Midfield MVP -- **Kelley Speer**  
 Offensive MVP -- **Wendy Reeder**  
 Goalkeeper MVP -- **Janey Collins**

## Boys Soccer Awards

Overall MVP -- **Patrick Hook**  
 Offensive MVP -- **Tony Englert**  
 Midfield MVP -- **Josh Miller**  
 Defensive MVP -- **Joel Kaunisto**  
 Tough Guy Award -- **Nate Hein**  
 911 Award -- **John Fusco**  
 Most Improved -- **Kyle Humphrey**

## Beta Club helps needy for Thanksgiving holiday



LOHS's Beta Club members prepared bags of non-perishable food items to distribute to needy people. Pictured left: Laura Averitt, Allison Heath and Paige Ruoff prepare bags. Pictured right: Craig Jackson, Kathy McDaniel and Heath later delivered the goods to families who needed them.

# Dissection: Helpful or just plain gross?

by Gina Doughty  
Feature Editor

Disgusting? Necessary? Like it or not, LOHS practices it. What is it, you may ask? This terrible necessity is dissection and the Science Department is now in the midst of it.

It all starts in Biology I with the earthworm and the mussel, it worsens in Advanced Biology with the dissection of a fetal pig and it reaches its culmination when the Anatomy and Physiology class turns its scalpels into tools for whittling madly on the corpse of a cat.

Some may argue that dissection is a grotesque and useless practice which should be discontinued. It could be said that the remains of these animals are not treated with respect, which would be true in some cases. Ironically enough, Biology I students know more today than the Father of Medicine, Hippocrates, knew in his time. This is partly due to the dissection of animals.

Some say that animals are bred only to have their remains treated cruelly by some oily, drooling high school punk who has seen too many "Friday the 13th" movies.

Just think, all of a cat's life it has been showered with fawning attentiveness sometimes just because someone feels a little guilty about the destiny of their pet. A sweet animal that has worshipped its master is now reduced to a cold, formaldehyde-dipped form that is the object of study.

There is, however, another faction that would disagree with these moral objectors. They would argue that the animals were to be destroyed regardless of whether or not they were to be dissected. They would also say that these animals donated their bodies for the sole purpose of the education of high school students who are interested in biological studies. Whether or not someone might actually believe that Frisky filled out the back of his driver's license or not,



Anatomy students Justin Durham, Daniel Abell, Josh Miller, and Laura Johnson dissect a cat. (Photo by Joel Kaunisto)

we'll never know.

Their last argument would be that the animals would not be abused by students. Students simply thrive on the opportunity to become better educated in many areas.

It is only a sick and twisted few that would perform atrocities on a dead animal. I, personally, have only read about one incident of a student molding a fetal pig into embarrassing positions and taking photographs.

Even still, dissection allows students to have a hands-on look at the inner workings of medicine. Whether for or against, dissection is at LOHS.

Dissection does aid in the educating process, but there are alternatives for learning this skill. Through the advancement of computers, even the most dedicated animal lover can receive the benefits of dissection without hacking up animal corpses.

## Lizzie Borden of Fall River excellent production

by Gina Doughty  
Feature Queen

When I was first asked to do the review for the play, I was a little apprehensive about sitting in a stuffy gym for two hours like I did last year. I knew how much the actors had rehearsed and watched them struggle to keep their eyes open in our classes together but I didn't expect the acting to be that good.

I walked into the gym Saturday night and sat down, put my glasses on and prepared to critique.

The set looked wonderful. I was very impressed by how real everything looked. The costumes were also very impressive. I could sink into the action and setting of the play and forget that I see these

people everyday wearing Guess? jeans and sweaters.

Besides the plot being intriguing, the actors were equally so. I did not hear any of the actors mess up one time. Everything flowed so smoothly.

What I expected to be a normal high school play turned out to be very professional.

When Lizzie, played by Letia Miller, screamed and shook when she first found her father's body, my heart raced and a chill ran down my spine. The scream was so effective that I felt my boyfriend's hand shake in mine.

I would just like to say congratulations to everyone who worked on the play. The make-up and costumes made the cast look more

like the characters they were playing and the actors knew their lines perfectly and kept me attentive. I would say that all of their hard work paid off in the finished product. \*\*\*\*

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# CAUTION: 18 TEENS WILL

Maybe this wasn't such a great topic . . .

**Julie Shelton**  
Features Editor/Advertising Manager

When I first suggested the topic of suicide and depression for November's double page spread, I felt in no way hesitant to tackle the subject. We have dealt with several touchy issues in the past, and I was given no reason to believe that this one would be any more difficult than the others. Maybe that would have been the case had a staff member not thrown some of her own personal enlightenment on the subject.

I was writing my usual opinionated editorial on the subject when Mrs. Campbell handed me Sandra Marshall's editorial (pg 10). I read it once, and then a second time, and the more I read the guiltier I felt. For those of us who have never really had a seri-

ous run in with suicide, it is hard to understand exactly what's going on.

Now, I still have a strong faith in counseling and anti-depressant medication, but I see them a little differently. Only you know how you really feel. You know if you are depressed and you know if you are thinking about suicide. No one can tell you how you feel.

The ten warning signs of depression aren't obsolete, but when taken out of context, I believe they could do more harm than good. Teenagers are known for sleeping a lot, changing their appearance and friends, and having a lack of concentration. This is part of growing and changing.

I don't agree that suicide is the answer to any problem,

and I don't have much sympathy for those who commit suicide. All of us have problems. Most of us have contemplated taking our lives—this is considered "normal." Most of us don't take it further than that though. It's really sad that teens feel so helpless that the only way to deal with their problems is to die. Sad, but there *are* options.

Now for my advice. If you are considering suicide, there is help for you. No one is all alone. There are people who are willing to help—all you have to do is ask. Talk to your friends, a counselor, a teacher or another adult you feel close to, or call the Suicide Hotline (1-800-999-9999). Don't wait for someone to read your mind, because it'll never happen.

## Signs of Depressive Illness

### Thoughts of death

Mood is sad and unhappy; sometimes irritable and anxious;  
some deny mood change

Feelings of being worthless, of hopelessness, or self-reproach

Crying, or inability to cry

### Withdrawn

Loss of interest and of pleasure in things

Neglect of personal appearance and of self-care

Trouble thinking and concentrating

Difficulty with sleep, awakening too early, or sleeping too much

Change in appetite or weight

Physically slow and tired, or may be agitated and restless

Physical complaints of ill health, e.g. constipation or fast heartbeats

(Up Reach magazine)

Richard Cory  
by Edwin Arlington  
Robinson

Whenever Richard  
Cory went down town,

We people on the  
pavement looked at  
him:

He was a gentleman  
from soul to crown,  
Clean favored, and  
imperially slim.

And he was always  
quietly arrayed,

And he was always  
human when he talked;  
But still he fluttered  
pulses when he said,  
"Good morning," and  
he glittered when he  
walked.

And he was rich—yes,  
richer than a king—

And admirably  
schooled in every  
grace:

In fine, we thought that  
he was everything  
To make us wish that  
we were in his place.

So on we worked, and  
waited for the light,  
And went without the  
meat, and cursed the  
bread;

And Richard Cory, one  
calm summer night,  
Went home and put a  
bullet through his  
head.



# COMMIT SUICIDE TODAY.

## *Down the Drain*

**Down the Drain**  
a short story  
by Chrystal Galloway

Her glasses had now slipped down the bridge of her nose, even through her saturated vision she could absorb everything in its faded beauty. Under celestial fluorescent light, the unlikeliness of her scarlet life against the cracked, puke green ceramic tile appears to glow. The emptiness overwhelming, she crashes against the great wall of the public restroom. These walls surrounding her speak. The scrawls of dry pens everlasting, unlike herself. All aspects, everything from vulgarities, proclamations

of love, and the philosophies of our maidenhood have invaded the purity of this confinement. She knows she is dying, but they know she doesn't mind. They know that here

*One drop for the future mistakes that she would never be able to make . . .*

she is at ease. It is fitting that she spends her last moments not in paradise, but in a place as used and violated as she.

As her mind weakens, she seeks a body for blame. "WHO BROUGHT ME TO THIS CLIFF?" she screams to her own mind. There is no flash of light from the sky, she knows the answer. No one made her this way, she chose this ending to her life. She no longer had the strength.

She felt the life drain from her body. At least this time she let the blood run of her own free will, other than sacrificing it to the sadists who hurt her. Drip, drop. Drip, drop.

One drop for the foremothers who never knew, one for the daddy who never cared. One drop for lovers who on her love was lost, one drop for the others who on her lack of heart received only pain. One drop

falls for her undeniable addictions, another for what she could have become. One drop for the future mistakes that she would never be able to make, yet another for the strength she had lost along the way. The last drop, the last breath leaving her body, was for not knowing her own self well enough to find the right solution, one that would make everything clean.

The pain was gone when she died. You could see it in the frozen, ethereal smile on her now cold, stiff, dead body. Just another mark on this tainted wall.

## Have you met my friend Hannah? Are you sure?

**Julie Shelton**  
Features Editor/Advertising Manager

"I didn't want to get out of the bed in the morning. I didn't want to get out of the bed in the afternoon for that matter." These are the words of a friend of mine who suffers from clinical depression. She asked that we not use her real name, so for now we'll call her Hannah.

"I grew up like the average American kid. My dad's a doctor, I was in all of the accelerated classes, we spent our summers at our cabin on Current River. Nothing out of the ordinary. My parents are still happily married, my sister and I get along, I was never abused in any way. There was nothing in my childhood that gave the slightest hint that I had clinical depression." recalls Hannah.

"When I was a freshman, I began to party and drink with all of my friends. Even

though I made good grades, had a nice boyfriend, and was considered pretty, I still had a really low self-esteem. My drinking habits became worse and I spent most of my time puking. I did everything in my power to destroy my relationship with my parents." A tear starts to form in her eye.

"I remember when we were kids," she begins to reminisce, "everything was so carefree and happy. Our biggest concern was whether our parent's would let us spend the night with each other on the weekend or not. I had never heard of depression or Prozac. What I would give to go back to elementary school."

"Along with the drinking came the drugs. I did everything from speed to acid to marijuana. My parents finally took me to a counselor and he put me into a rehab program in a St. Louis hospital. I stayed for a while and

when I got home I started back with the drugs. I was admitted to the hospital again the following fall, where I was diagnosed with clinical depression."

"I hated everyone at my school and so I just stopped going. My junior year I went to school about one day a week. My parents finally decided I should drop out and get my G.E.D. I scored in the 97 percentile on it and was accepted at the University of Missouri without even taking my ACT. I started classes at MIZZOU this past fall and things are going a lot better."

"Who knows where I would be if I hadn't gone in for counseling and started taking Prozac. It has helped tremendously. My life's not perfect, but I'm well on my way. The first counselor didn't work for me, nor did the second, or the third for that matter; I just had to keep trying. I knew that if I didn't

keep trying, I wouldn't live to see 20."

Her parents felt helpless for so long, but it turns out there was a light at the end of the tunnel.

"I'm much happier now. I'm doing really well in college." Hannah grins. "I think one of the main reasons I got in to the drinking and drug thing was because I didn't know how to handle the depression. I really screwed up my life for a while. It's just not worth it—none of it is worth the pain."

Hannah was my best friend growing up. None of you know her, but she's not very different from any one of us. One of the hardest things I have ever done was to watch her slip out of my grip and into something that was killing her. Luckily she's better now, but not everyone's so lucky. If you have a problem . . . get some help. You can be happy someday, too.

**Ten warning signs; and you've heard too many**

by Sandra Marshall  
Staff Writer

With all due respect to everyone who worked on this month's double-page spread on depression (see p. 8 and 9), I would just like to say that I don't want to hear it.

Several years ago, I was a relatively normal, semi-well-adjusted individual. In other words, I never gave much thought to my newly-discovered multitudes of problems. Until, that is, I read in some magazine, or newspaper, or somewhere, that lovely little article, "The 10 Warning Signs of Depression."

Needless to say, I had them all—the drop in grades, the drastic change in attitude/friends/appearance/sleeping habits. So I started to think, 'Oh no, maybe something's wrong with me,' and today, two years and a couple thousand dollars in therapy bills later, I'm still alive and well, doing the same standard

**Kappa Phi Sigma tries to include everyone**

by Sandra Marshall  
Staff Writer

A new sorority has recently sprung up at Lone Oak High.

Kappa Phi Sigma, organized by Lone Oak's Adrienne "Smiley" Mays, LaKetta Caldwell and Megan Fields, was born when Mays heard someone say, "I wish I was good enough to be in that sorority. Why didn't I get chosen?"

"I don't necessarily think that it was because they weren't good enough," Mays said. "To tell the truth, I don't know what the reason was. So I decided to come up

high school stuff, and my life is not, for my borderline psychosis diagnosis, all the more interesting.

Did I only mention borderline psychosis? Oh, I guess with my extremely low self esteem (my test results came back in the negative digits on a scale of 1 to 10), my short-term memory skills must have slipped; apparently I forgot to mention that I am also supposedly manic depressive, paranoid schizophrenic, psychologically dependent upon every drug that will ever be invented (which does not mean that I'm your typical nasty little junkie who grinds up and snorts caffeine pills; it just means that I am environmentally and genetically predisposed to become that way), and that I have subconscious memories from early childhood that are destroying the rest of my life, just like Freud predicted. According to my 'Suicide

with another sorority so that the people who felt like they were being left out could be given a chance to be in sorority, if that was their will."

Kappa Phi Sigma is intended to be a sorority that helps people meet people, but also to help the community. The members are currently collecting canned foods for the area Spouse Abuse Center for Thanksgiving. Donations will be accepted through November 23.

Member Cheri Rideout said, "The sorority is really cool. There's no racial, sex

Potential' test in *Seventeen* magazine, or one of those, I should have killed myself six years ago.

So what good do all of these awareness-type articles really do? Personally, I think my doctor was a quack. Every time I went back, he found something else drastically wrong with me. For all the stuff he dredged up from the depths of my mind through hypnosis, I should have been committed to an insane asylum and never permitted to see the light of day again. And yet my life is no different now that it was two years ago; I'm just somewhat more aware of why I behave, oh, maybe a little strangely, sometimes. I know countless numbers of people out there who are exhibitionists like myself, who just want the attention, or something to whine about, or whatever, and quite frankly, my phone number is not listed in the

or age discrimination. It's just a lot of cool people who like to have fun."

Mays went on to say, "I think we did a very great and successful job by creating a sorority that includes anyone that is interested."

Yellow Pages as Suicide Hotline. Go figure. I, for one, could have lived forever in ignorant bliss, not knowing how to spell 'schizophrenic' or what manic depression is. Perhaps somewhere on a psychiatrist's couch out there, somebody else could have as well.

### A Sales Associate's Nightmare

by Jennifer Grimes  
Staff Writer

The day after Thanksgiving is the only day that a sales associate could get a run in her hose, spill spaghetti on her favorite dress, and sprain her ankle while wearing heels. And why is this? It's because for some reason after people stuff themselves silly and gain five pounds, they feel the need to go out and buy clothes that will probably be too big in a couple of months after they lose all that weight anyway.

An associate can be on a break on the other side of the store, and not even wearing her name tag, and customers still feel the need to ask her questions. She could be sitting in MacDonald's after work in jeans and a sweatshirt, and perfect strangers will walk up and ask how long Levi's will be \$29.99.

A perfect solution would be shoppers, STAY HOME, watch t.v., play Scrabble. Just please don't come to the mall!



**Brad S. Mills.**

**D.M.D., M.S.**

Orthodontist

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# Perfecting Genetics *Are we playing God?*

by Gina Doughty  
Feature Queen/Circulation

Cloning. Another issue tossed into the bioethical swamp. How far will science go? Are we playing God? Think, for a moment, what the world would be like if society allowed cloning and other such "genetic legging" (i.e. scientists building the perfect human like a child builds a truck with leggos) to become a natural part of human life.

Genetics is the hottest area of research today. One must decide whether or not it is a good or a bad thing to be on the road to creating the perfect

human beings.

A scenario such as this seems to be the main concern and debate among all people: A couple planning to have children visit a genetic engineer to decide whether or not to conceive a child. All tests show that the child would be healthy, beautiful and intelligent. The child's would-be parents are loving, nurturing people who are sure to raise a wonderfully well-adjusted child. There is, however, one problem: the future child has a 50-50 chance of having Huntington's disease. If they were to wait two years to

conceive, they could enroll into a program that enables them to "screen" a child before it grows inside its mother. The embryo begins its life on a petri dish and the scientist withdraws a single cell from its membrane to study the DNA. If the gene for Huntington's disease is present, the scientist would simply leave it uncovered for a couple of hours and allow room temperature to take its deadly toll upon the embryo. Is this just another type of abortion?

Plastic surgeons working miracles on deformities, computers airbrushing

models' complexions to perfection, and now, before a person is even born, their DNA can be molded into their ideals by experts who chisel babies out of DNA much like an artist sculpts beauty from a lump of clay. Where would our standards go? Who would be exceptional? In our lifetime, the perfect society will probably not exist, but just as George Orwell predicted in his book *1984*, an emotionally empty and terrifying world filled with perfect people could be just around the corner.

## Genetic Altering: Pro or con?

by Jenny Suito  
Editor-in-Chief

Next time you bite into an apple, it may look and taste the same, but in reality it's not. The genetic structure of fruits and vegetables is being altered. New biotechnology discoveries have found that genetic material from animals can be combined into the genetic structure of fruits and vegetables.

What is the pro of this new discovery? The products stay fresh and don't bruise as easily. The con? Scientists are not exactly sure if this is

safe. Labels would not be required on altered vegetables and fruits. Vegetarians could be eating these vegetables with certain materials in them from animals.

Is this right or wrong? The Pure Food Campaign asks that students from high schools petition this act of altering the genetics of fruits and vegetables. If you disagree to this act, then write to the PFC at 1130 Seventeenth Street NW, Suite 630, Washington, D.C., 20036.

## Jr. Rotarian



Clay Davis, Senior  
by Jason Phelps  
Opinion Editor

The Junior Rotarian for the month of November is senior, Clay Davis. Davis is the son of Mike and Milly Davis. He names his parents among the most influential people in his life.

Davis has attended Boy's State, is a member of All-State Choir, and has been honored with Youth Salute. He has been named in Who's Who Among American High School Students' annual publication.

His extracurricular activities include being on the LOHS basketball team, golf team and choir. Davis is an FBLA member and is on the Student Council.

"It was an honor to be named Junior Rotarian. I got to meet a lot of different people at the Rotary Luncheons."

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# Flash intend to be regional contender

by Shannon Hart  
Sports Co-Editor

Since the middle of October, familiar sounds have echoed in the LOHS gym—squeaking shoes, swishing jumpshots, panting after running up and down the court. The Lone Oak basketball team is hard at work once again.

A lot is expected of this team, not only by head coach Roy McKamey, but by the players as well.

"We have constantly been trying to become a regional contender," said McKamey. "We have been close and I hope this may be the breakthrough year."

Senior Chris Golightly, without question, will be the leader of the team. Said McKamey, "Chris is the heart and soul of our team. I have watched him grow as both a player and a person during his four-year high school career. He has high expectations of himself and his teammates."

"It takes a team effort to be a success," said Golightly, "but every good team has leadership. I do accept the responsibility of being a leader on this team."

Golightly is ready to meet the high expectations of him this year. "I feel that if I play every game and give my best that everything will fall into place," said Golightly. "If I take each game one at a time, my expectations will be met and this team will be a success."

"Our team has the players to be very successful, if we will all work together. But there is still a lot of hard work to do before we can challenge for the regional title. I believe we can accomplish anything, if we just stick together and keep our heads up."



Sophomores Jeremy Felker and Ryan Bivin work on a drill during practice. Photo by S.H.

Senior SheRon Minter is also expected to help guide the team throughout the season.

John Griffith, who graduated last year, has been one of Lone Oak's leading scorers the past few years. Some have questioned whether or not the Flash can do win without him. "It will be a team effort," McKamey said of filling Griffith's shoes. "We have more depth at every position. Time will tell!"

Many of last year's players feel they have gained much experience during this past summer. "I played a lot of basketball since last season and went to the Murray State and Transylvania basketball camps last summer," said junior Eric Fox.

On the achievements Fox hopes to make this year, he said, "As a player I hope to be able to contribute what it takes to win. As a team I would like to make it to the regional tournament and make a good showing."

Junior Ryan Bivin is another

player who feels he has made improvement. "Physically, I've gained a lot of strength since last year," said Bivin. "Mentally, I'm more determined and aggressive."

Junior Tony Englert and sophomore Brandon Moore have also stepped up their game along with Fox and Bivin. Since three Lone Oak starters graduated last year, these four players will be depended on to help replace those lost.

Both of the starting guard positions are left open by John Griffith and Jack Meece. "Brandon Moore has the capabilities to become an outstanding point guard," said McKamey. McKamey also commented on Englert's outstanding quickness at point guard. "The two guard will be manned by Fox, Bivin and Kinsey, who are all good shooters."

New faces on the team will be seniors Clay Davis, who is a Lone Oak native, and Kent Guthrie, who transferred from Graves County. "Both are

doing a very good job this fall," McKamey said.

"I hope to provide depth in the post position," said Davis. "I'm just going to work hard in practice and try to get better, and I'll be ready to come off the bench whenever I'm needed."

Davis decided to play this year because "I love basketball and I just wanted to be a part of the team again."

Guthrie has had to make many adjustments since transferring from Graves County. "The hardest adjustment that I made was learning Coach McKamey's system of play. I feel that the players and coaches have accepted me as part of their basketball family."

No doubt the Flash will have a good season. With determined players and an equally determined coach, as well as optimistic attitudes, they will have all the formulas for success.

## GO FLASH

## Lady Flash anticipate excellent season

by Joel Kaunisto  
Sports Co-Editor

With three returning starters from last year's team, which had an impressive run in the regional tournament last year, many people are expecting great things of the Lone Oak Lady Flash this year, including first year head coach Steve Cobb.

Cobb who is the third head coach in as many years is extremely optimistic of the team's potential. Says Cobb, "I think our potential is unlimited at this point. This group is capable of doing some things at LOHS that haven't been done here in a long time, perhaps ever. We're looking forward to the opportunity to maximize that potential and turn it into something more tangible...like hardware."

Cobb says of his starting line-up, "We return three senior starters from last year's team: Melanie Sims and Caroline Steele are guards



Seniors Lee Ann Larrison, Robyn Midyett, Susan Knott, Kissha Peck, Melanie Sims, Tara Wilkinson, Jennifer Bristoe and Caroline Steele take a break from an excruciating practice.

and Robyn Midyett, who played forward last season, but will play a lot at center for us this year. The other two forward spots, if we were playing tonight, would probably be filled by junior Eileen Johnston and senior Kissha Peck. This is our most experienced line-up. I feel it must be pointed out, however, that who starts a game is irrelevant. In our system it's not who starts a game but

who finishes it."

As for their style of play this year, Cobb says, "We want to be very aggressive, hard-nosed and intelligent both offensively and defensively. We'll fast break every opportunity we get and seek to control the tempo of each game. We want teams to play our style, not theirs. We should be a very exciting team to watch."

To keep up the pace without losing speed or ability, many people will have to see playing time. "Ideally, we want to develop a nucleus of 9-10 players who will be ready so we can keep fresh players coming at the opponents and rest the starters. Some players... who also will be contributing are: Sarah Steele, Carrie Anderson, Kelly Crawford, Rebecca Holland, Kristie Garrett and Rae Ann Ragland. How much playing time everyone gets will be directly related to the dedication and commitment to improvement they make

during the course of the season."

Cobb looks to this year's seniors for leadership. "This team has eight seniors on it, including Jennifer Bristoe, Susan Knott, Tara Wilkinson and Lee Ann Larrison besides the ones mentioned before. I expect each of these ladies, regardless of how much they get to play, to be an effective leader."

The Lady Flash tip-off their season at the Ballard County McDonald's Classic on December 2-4.

According to Cobb, all the district games will be important this year, along with several others. "The ones that will prepare us for what lies ahead are Calloway County (Jan. 24 at home), Marshall County (Feb. 4 away) and Graves County (Feb. 24 away). They've all been where we're going (state tournament). It's like the old saying goes, 'You must play the best if you want to be the best.'"

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## Letter to the Editor M.J. is Greatest Ever

M.J. Is Greatest Ever

Dear Shannon,

If you choose not to be like Mike that's your prerogative. If you choose to denounce the greatness of Mike, that's OK, too. However, if you are going to discourage the portrayal of Mike, you ought to at least give him the credit he is due.

First of all, Jordan is the greatest athlete ever. Forget Babe Ruth. Do you think he could jump from behind the free throw line and dunk? Jordan has, however, hit many balls out of New Comiskey Park while taking batting practice with the Sox. He has already surpassed many of Wilt "The Stilt" Chamberlain's records. I don't think we even should discuss Arnold Palmer and John Daly.

Jordan transcended the game of basketball. He is bigger than basketball. Why is he so great? Because he combined the skills of Monroe, Baylor, Erving, Magic, and Bird all into one package. You even said he was great offensively and defensively, what else is there? He may not be God, but he probably plays golf with him.

Every great team has a "go-to guy" who takes over when the team is in trouble. The Bulls are a great team with the greatest go to guy ever. This is why he often uses the word "I" when speaking of the entire team. After three championships in a row, "I" must work.

Just because a sports writer is relatively young doesn't mean he is ignorant of the past greats of the N.B.A. We have stats on them just as we do on Jordan, which makes it possible for us to compare them. If you look at the statistics and consider what Jordan has done for the game, it is impossible to consider anyone else better, excuse me, greater. How many times does CNN cover the retirement of a professional athlete? How many times does the White House issue a statement on an athlete's retirement?

We, Josh and I, just couldn't help but to give you some insight on "The Man" because you obviously had not heard the entire story. If you don't want to be like Mike, that is your prerogative. Everybody doesn't want to be the most famous man in the world, next to Muhammed Ali, and be very, very, VERY rich, with a spouse and three children. However, I do see your point, a six foot six bald girl would be kind of strange.

Thank you,  
Jeremy Smith  
and Josh Brown

Dear Jeremy and Josh,  
I appreciate your input. You made some good points and you have a good argument. I appreciate your giving me an opinion that contrasts to my own.

Thankyou,  
ShannonHart

## What's wrong with you people?!

by Joel Kaunisto  
Sports Co-Editor

What has happened to sports fans lately? It seems the big thing to do now is endanger human life.

The recent trend began when some German idiot decided to stab Monica Seles so that his favorite player, Steffi Graf, would regain the number one ranking in the world. He supposedly wasn't doing this to get attention, but how could he think, "Probably no one would notice if I go in in front of a big huge crowd and a bunch of television cameras and stab this woman everyone is looking at?"

Then people were crushed in Wisconsin while trying to rush to celebrate a win over Michigan. Being a "die hard" (no pun intended) Michigan fan, I think they got what they deserved and the Michigan loss should be taken away along with their other losses up to this point.

But other people think that

college students should be smart enough to figure out that the entire crowd cannot fit through one little gate at once, so why push so hard that people end up in the hospital?

And the last one, my personal favorite, some moron, who, tests have shown, does not have any form of a brain, flies into the ring with a parachute and a fan.

What was this man thinking? "Heh, heh, heh, it'd be so cool if, like, if I jumped out of like, heh, heh, heh, a plane and parachuted right into the middle of a boxing match, heh, heh, heh, and everyone would think I was cool, heh, heh, heh."

This man had a very rude awakening when he actually landed in the first few rows and people started punching him.

And Shannon Hart thought she was a big fan because everything she owns says University of Kentucky on it.

# Congratulations

to

Joel Kaunisto for  
making second team  
All-Region in soccer

## UK Wildcats look for repeat of last year's successful season

by Shannon Hart  
Sports Co-Editor

It's that time of year again. The air is getting chilly, the college football season is winding down, and the Kentucky Wildcat basketball team is getting ready to begin its season.

In this, Rick Pitino's fifth year as head coach, the 'Cats are again expected to be very successful. Despite the departure of Jamal Mashburn, Mr. Reliable the past three years, Kentucky will have plenty of talented players.

Returning is senior point guard Travis Ford, who will no doubt hit an abundance of three-pointers this winter. He will be depended on the most for leadership and his scoring and passing skills.

He hit a phenomenal 53.5% from three-point range and averaged almost five assists last season, and will be expected to maintain, or better yet, improve those numbers.

"There's not another guard in the country I'd rather have," said Pitino in an interview with *The Cat's Pause*. "I think Travis will become the best leader I have ever coached."

Seniors Gimel Martinez, Jeff Brassow and Rodney Dent will also be familiar faces. Martinez, Dent and junior Andre Riddick will battle for the starting role at the center position.

"I think our fans will see the real Rodney Dent," said Pitino. "I know that

we will have two of the best centers in college basketball [Riddick and Dent]."

Riddick, who warmed up during the 1993 SEC Tournament, and Brassow, who comes off a year of making adjustments following knee surgery, figure to be players who could really step up and have exceptional years.

Last year's freshman class, under tremendous expectations, sometimes lived up to them and other times did not. The trio of Rodrick Rhodes, Jared Prickett and Tony Delk should be fun to watch and improved from nine months ago. Prickett will prove to be the most consistent, while Rhodes will have flashes of brilliance and Delk will follow in Ford's footsteps, in terms of being a sharp-shooting guard.

New faces in the crowd will be sophomore Walter McCarty and freshmen Jeff Sheppard and Anthony

Epps. McCarty should be able to help fill Mashburn's shoes on the inside, and Epps will learn, under Ford's guidance, how to be an excellent point guard.

The 1993-94 Wildcats don't really have a premier player, but they will be able to go 10 deep without having to rely on subpar players. "I think we can be the deepest team in college basketball," said Pitino.

Kentucky will also have an extremely balanced squad that will surprise everyone who has said, "They can't do it without Mashburn." By March, the 'Cats will again be in the hunt.

"This team will be special," said analyst Dick Vitale. "They will press, run and have good athletes. They are a good choice to win the national title because they have depth, emotion and belief that they can win."

### Student spotlight: Tony Englert

by Joel Kaunisto  
Sports Co-Editor

With the basketball season starting, people are looking for Junior Tony Englert to be a part of the Flash's success this year.

However, that is not the only sport in which he is a big contributor. Besides basketball, Englert also plays football, soccer and baseball here at LOHS.

He is coming off of a busy season, with double duty as the kicker for the football team and the leading scorer for the soccer team with 17 goals and 10 assists. For his efforts he was named to the All-District Team.

Most people would be exhausted without any real off-season. Says Englert of the constant sporting activity,

"Sometimes it bothers me, but it's not that bad."

Boys head basketball coach Roy McKamey says, "Being a good student, responsible and his never quit attitude are what Tony Englert is all about and that's what makes him a special person."

Englert, who hopes to make a career out of sports, says some of the pros of being involved year-round are developing self-discipline and staying in shape while some of the cons are losing study time and all of one's free time is spent playing sports.

Choosing only one sport would be difficult for Englert and he says his favorite is "probably whatever sport I'm playing at that time. I don't really have a favorite."



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## beats

By Chrystal Galloway  
Beat Editor

## Democracy Works at LOHS

By Chrystal Galloway  
Beat Editor

Here is a novel idea: what if, in a school system, students actually had a say and power in their educational environment? Seems rather far-fetched, eh? Well, you will never believe this, but at LOHS, it can often be true.

Recently, my faith in the school administration was semi-restored. No doubt most female members of LOHS have noticed the new addition to the cafeteria bathroom. Everyone thought that there was no way we would ever see them again at Lone Oak. Should we let the guys in on our triumph? We, the estrogen-producing population of LOHS, are proud to admit that we now have a "feminine protection"

machine in the ladies' restroom in the cafeteria hall. For the guys who are chuckling, if it weren't for our ovaries, the entire human race wouldn't be here. For the women who are blushing, don't, it's natural and accept it.

Anyway, back to my original story. A lot of my friends, male and female, were planning to start a petition against the school to get machines. We figured that in a school of this size with almost four-hundred and fifty women that they would at least have the facilities to provide for them. I went to see Mrs. Jones for a few statistics, such as what percent of this school was female. She asked me what the statistics were for, so I told her

about the planned petition. She suggested that I tell Mr. Adams about my problem first. She thought that he had a right to know there was a petition being circulated. She proposed that I speak to Mr. Adams right at that moment. I had planned on getting a few hundred signatures first, but I don't think I had much of a choice. I was a little nervous, but when you really believe that your cause is deserving of a voice, it makes it a lot easier. I sat down and had a talk with him. He then told me, "Well, usually when I get a petition I usually just throw it in the trash. I think if the person doesn't have the guts to face me in person then their cause isn't worthy of my time." That slightly upset me, but I could see his point. We both had a few good points, but in the end I convinced him that these machines were badly needed. Just because they were torn

down six years ago doesn't mean that something like that would happen now. (Hint: **Leave the things alone.**)

I had this talk with him on Friday, and on Monday I was called to the office for the good news. Mrs. Jones told me that the machines had now been installed. YEAH! See, if you go about it the right way, we as students really can get things done at our school. Gee, I feel like such an activist. I would keep our complaints to a minimum. Asking on a daily basis for a hot tub in the cafeteria, we may just jade him.

Bumpersticker of  
the Month:

"If you don't like the way  
I drive,  
stay off the sidewalk."

Any creative stuff that you  
want on this page? Give to  
either Mrs. Campbell or me  
and we will try to print it.

## Clubs

## FBLA

The FBLA Club collected money for the Telethon of the Stars, which benefits the Easter Seals. Thirty students and one advisor volunteered to work at the Great Pumpkin Race on Oct. 23. Some were road marshalls and others helped with registration. FBLA members also hosted the 4-H Demonstration on Nov. 13. They introduced the participants.

## FHA

Lone Oak High FHA installed new members at the November meeting. Plans

were made for chapter projects and various committees were appointed. As in the past, personal care and baby items will be collected for the Spouse Abuse Center. Plans for a Christmas party are being made and Christmas stockings for children will be filled and delivered to the Salvation Army. Christmas cards will be sent to our area nursing homes.

## CO-ED Y

The CO-ED Y club is a community service club. They deliver food to needy families in our community, plus they help create employment for the less

fortunate. They rule out and despise racism. They believe everyone is equal. CO-ED Y is in association with YMCAs all over the globe.

Traditionally, the YMCAs around the world have welcomed people of different races and religious beliefs. CO-ED Y at LOHS tries to do the same. They always try to do their best to help build a more just society.

The YMCA is active in over one-hundred countries of the world, involved in local communities, made up of people of all races, ages, and religious beliefs. CO-ED Y makes an impact by working together with all sorts of people to make a humane and just community.

(cont. from pg. 1)

**Hayden: I majored in Art at Murray State and then the University of Tennessee and majored in Art Education."**

**Q: Final Comments?**  
**Hayden: "I encourage art students to attend a four year college. The study of the sciences, history, English and music are very important to the creation of art."**

Mrs. Hayden concluded the interview by saying that she hopes that by exposing her students to many different aspects of art they will gain a strong enough background to carry them through college or the rest of their lives.