



*Sea  
of Love*  
Junior/Senior  
Prom 1994

**Prom Queen:**  
*Rebecca Lovelace*  
**Prom King:**  
*Chris Bowling*



Prom King Chris Bowling and Queen Rebecca Lovelace celebrate after being named.

Photo by J.S.



LOHS students dance to the Prom theme *Sea of Love* after the coronation ceremony. Photo by J.S.

**What's  
Inside:**

Golightly wins awards, FBLA Regional Conference pg. 2 & 3

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## Garrott attends Washington Journalism Conference

by Jennifer Grimes  
Staff Writer

Mary Kate Garrott was one of approximately 370 students chosen to attend the Washington Journalism Conference. The conference was held in Washington D.C. from April sixth through the tenth. Garrott was told that she received an academic nomination to be considered for the program.

The anxiety of a first time airplane ride was added to by knowing that she would meet a variety of students from almost every state in the country. Garrott was relieved to pair up with another Kentuckian from Marshall County.

The Washington Journalism conference gave the students a chance to meet with key government figures

as well as some of the nation's top journalists. The journalism students interviewed district representatives and members of the congressional staff discussing issues concerning their communities and the nation as a whole.

Garrott also participated in a question and answer session with Senator Wendell Ford. Mock press conferences

were held at the Department of Education and at the Environmental Protection Agency.

Garrott was supported for the trip by funds raised by the Fountain Avenue United Methodist Church. She says of the trip, "I think this trip was very beneficial towards my future, and I'm glad I was given the opportunity."

## FBLA participates in Region I Conference

By Julie Shelton  
Advertising Manager/Feature Editor

The Lone Oak Chapter of Future Business Leaders of America (FBLA) attended the Region 1 Conference at Murray State University on March 28. Members competed in events ranging from Typing I to Mr. and Miss FBLA.

Angie Moore recieved Who's Who among Region 1 FBLA members; Ansley Hunter won first place in Impromptu Speaking; a dance team consisting of Tauzzia Meriwether, Kara Cook, Julie Burnett, Amber Walker, and Jennifer Renfroe placed first in Variety Show Competition; Julie Shelton received third place in Business Communications.

Mrs. Farmer and Mrs. Harper will be accompanying four delegates, Tonya Robbins, Jenny Sutor, Kelly Rowland, and Shannon Hart, and the winners to Louisville on April 21 for the FBLA State Conference. If any of the competitors place at state, they will attend the National Conference in Anaheim, California.



FBLA poses for a picture at Regionals at Murray State.

Photo contributed by Mrs. Farmer

**Congratulations  
FBLA  
Winners!**



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## Lady Flash visits fifth graders to show appreciation

by MK Garrott  
Editorial Editor

After a disappointing loss to Marshall County in the semifinals of the regional tournament, the Lady Flash thought their season and dreams were over. Then, a week later, Coach Cobb received ten letters in the mail from fifth grade teacher Mrs. Wallis and one of her English classes.

"Your girls have played 100% terrific," wrote Kim Scheer and Emily Lichtenberg. Their letter was signed as "Your fans forever..."

Another letter said, "I want to be a Lady Flash some day in high school. We are very sorry that you didn't win in the semifinals, but you worked very hard to get there and we all know you did your very best. Your wanna be's, Leah Koster and Casie Skeggs."

Cobb said the letters were "such a lift. It really brightened my day, to say the



least." He said the feelings of seeing other teams play in the state tournament really bothered him, because he thought the Lady Flash was as good or better than many teams in the Sweet Sixteen.

"Then I got back and these letters were waiting for me. They are tomorrow's Lady Flash, and in order to be a success, there has to be interest at that level," said Cobb.

Cobb then made arrangements for some mem-

bers of the team to go to the elementary school to visit the students.

"I think they were really surprised," said senior Lee Ann Larrison. "I was really honored to hear what the letters said. It was very encouraging for us to see them as the future teams."

Susan Knott, a senior, said the students seemed "really anxious and determined and in awe of us. I think it's because we're older and you

always look up to 'The Big High Schoolers'."

"Amber wants to be a Lady Flash," wrote two other students. "She said that if she doesn't make it, she wants to be a veterinarian like I do. Sincerely, Shelly Ross and Amber Lovelace."

This proves another point stressed by Cobb, "There is life after basketball. You should take things you learn in basketball and apply it to everyday life."

## Golightly awarded for basketball talents

by Shannon Hart  
Sports Co-Editor

Senior Chris Golightly recently had two honors bestowed upon him—he was named the Purchase Player of the Year and was invited to the Kentucky All-Star tryouts the weekend of April 16-18.

John Griffith was named Purchase Player last year. Coach Roy McKamey said, "Naturally, I'm proud of John and Chris, but I'm now looking for Lone Oak to have a three-peat next year."

Golightly was one of 32 players in the state invited to the Kentucky All-Star tryouts this year. In the past, McKamey

has had two players make the Kentucky All-Stars and one player make the Indiana All-Stars.

On the court, Golightly led the Flash this season in scoring and rebounding with averages of 18 and 12, respectively. McKamey said he is a "good scorer, good passer, and the best shot-blocker that I've ever coached in Kentucky."

But it takes more than just good stats to be such a complete player. "I think Chris has handled his success without letting it go to his head," McKamey said. He also called Golightly "excellent with small



children," which was evident during the season by the many times he signed autographs

and talked to young boys hoping to be in his shoes someday.

## Around Town

by MK Garrott  
Editorial Editor

John Paul Poynter, a senior at Louisville's Central High School was suspended and then arrested for wearing a dress and then refusing to leave the school property. Poynter had been wearing a black, ankle-length dress with a side slit, black hose, women's shoes and a wig. He was told by the administration that he was disrupting the educational atmosphere (a violation of the school dress code) and told to either change clothes or leave. Poynter denied the request and was then suspended. He was arrested on charges of criminal tres-

passing and disorderly conduct.

His reasoning was that he was trying to show "another side" of his personality. Poynter said the issue was his right to express his homosexuality. Yes, it was a distraction. But I think that he got his point across, which is what, in my opinion, the administration had a problem with. They don't want a prominent display of gayness. I don't think that Poynter's purpose was to go into school and create a disturbance. I think that the administration may have been discriminating on the basis of sexual orientation.

I end on this note that someone wrote in my mom's high school's yearbook—"The greatest thing in the world to know is how to be yourself."-30-

## The Oak K Staff

The Oak K

225 College Ave.  
Paducah, KY 42001

The Oak K is a publication of Lone Oak High School, distributed monthly to all students, faculty and advertisers free of charge.

The newspaper is designed by staff members using the Macintosh desktop publishing system and is printed by the Benton Tribune-Courier, P.O. Box 410, Benton, KY, 42025.

Its purpose is to provide journalism students' expression. Letters to the Editor are to be under 250 words in length and signed by the writer. The Oak K reserves the right to edit all letters for placement as long as the meaning is not altered. The newspaper attempts to inform and entertain its readers in a broad, fair and accurate manner on all subjects that affect the audience. Final authority for the content of the newspaper rests in the hands of the principal.



Editor-in-Chief  
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Photographer/News Editor  
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## LOHS in desperate need of TP

by Jason Phelps  
Opinion Editor

I'm not asking for anything big like a stall in the men's bathroom or anything, just some toilet paper. You know what its like to need to blow your nose or god forbid anything else and you're stuck in the bathroom in a less than glamorous position, in desperate need of paper of any kind. The school board of McCracken county recently spent hundreds of thousands of dollars on new computers in the

business department. I'm not trying to be overly critical or anything—I just want a roll or two of toilet paper. I'm sorry to be so demanding.

For obvious reasons, I would never use the bathroom at LOHS for any but the most extreme of emergencies. Last week in third period class, I sensed a drip drop about to come from my nose. [sorry but the point must be made]. After noticing that it was blood, I was excused from my class. I walked

to the men's room sniffing like a death row inmate in a rose garden. I finally arrived to our school's, less than luxurious excretory facilities, and the only paper in the entire bathroom is the wadded up spit balls floating in unknown liquids at the bottom of the trash can which I must say was emitting slightly less than a country potpourri breeze. Soooooooooooooo . . .

I opened one of the paper wads and used it

to clean myself up. I love LOHS. Don't get me wrong—we have a great school [less than Grand Hilton building] and absolutely the best faculty of any school in the world, for the past, oh, 2000 years or so. All I politely and humbly request is a roll of toilet paper. Please. Thank You.



## Taking the AIDS test: one student's experience

by Staff Writer

There is little that competes with the nervewracking wait one goes through when you are about to receive the results of an AIDS test. It has been two weeks since I took the initial test, and I should get my results this afternoon. It's fifth hour, and let's just say concentration on school work hasn't been my greatest achievement today.

I first decided to get an AIDS test at the urgings of a dear friend. Teens who are involved in any form of sexual activity are potentially at risk for contracting HIV. Just because we live in Paducah doesn't mean that we aren't at risk of contracting AIDS. I have done too many research papers on AIDS and kept myself too aware to think that. However, I was taking

precautions and thought because of that I was safe. Then I realized there is more than one way to get it, and also, people really don't know how it's spread or much else about this killer disease. I was simply sick of that minor nagging in the back of my mind, wondering on occasion if it was possible that I, like the growing number of teenagers around the country, wouldn't live to see my twenty-first birthday.

Finally, a dear friend of mine talked me into going to get it done. He urged me to make an appointment at the McCracken Co. Health Center, a.k.a. "The Clinic," so I did. The woman I spoke to was very cooperative and nice. She offered me an anonymous appointment if I wanted it. I chose to do that. She made the appointment

for a few days later, which surprised me. I had always heard that it was impossible to get an appointment; I assumed I'd be waiting a few months. She set it for 3 p.m., so I didn't have to go until after school, which was handy.

I made the friend who talked me into to it accompany me to the clinic. Hey, I needed to freak out on someone. I went in after school and told them I had an appointment. A nice woman came out and led me back to a small, sunny room. She didn't ask my name, only my age and county for statistical purposes. She asked about my sexual history to see if I was indeed at risk for HIV. Some of the questions made me blush, but I knew it was in my best interest. She took a very small blood sample and

asked me to return in two weeks. It took about fifteen minutes.

Getting an AIDS test is simple, confidential, free, and very important. Please, if you are involved in ANY form of sexual activity, you are at risk for HIV and should get tested. You just don't realize how scary this is. You don't realize that it's getting too close to home. Even if you test negative, take precautions when you have sex. In this day and age, it's just too risky. As Jeanne Garafalo's character said in *Reality Bites*, "The AIDS test: a right of passage for our generation." How true, how sadly true. Well, wish me luck, and for your own sake, if you think you are at risk for HIV, please get tested. Truthfully, the wait isn't that bad, it's the results that kill you.

## Miscommunication problem with KERA

by Jason Phelps  
Opinion Editor

HEY!!! IT'S NOT JUST A FUNNY WAY TO SPELL A WOMAN'S NAME!!! The annoying drip drop of KERA into our classrooms has this year become a steady pour. Students in P.E. are designing their own aerobic workout, students in chemistry are forming into testing groups with linked grades, and we are all turning out portfolios and taking tests with added essay questions. With KERA,

Kentucky has a chance to reform its educational system until it is among the nation's finest.

A large amount of what we dislike or even know about KERA is heresy. For decades Kentucky has had one of the highest illiteracy rate and the lowest percentage of population that graduated from high school in the nation. With that as a cause, Kentucky's unemployment and poverty forced the state legislature to do something about those problems. Im-

proved education seemed to be the only way to attack them all at once. KERA's development and final content has been controversial and I'm only attempting to say that much time and resources have been expended already. Is it must chance.

KERA makes students feel like they are the guinea pigs in a science experiment gone wrong. Student grumbling about KERA is mostly concern about group work and people who are too lazy to do

their part. Parental complaints have been limited to elementary school and is mostly miscommunication of goals. Teachers are involved in a philosophical debate; they're the experts. We have a chance to give our commonwealth an educational system that will bring industry into the area and provide jobs, to make Kentucky students respected and sought after by colleges, and that will bring respect to our state. Students have no reason to hate KERA.

### Shannon Speaks

Kentucky finished 27-7, a very good record, I think, especially for a team that started three sophomores. I really enjoyed the year, the heart-stopping wins, the agonizing overtimes. I personally endured much ridicule from numerous classmates after the Marquette game (and you know who you are), but I'm willing to take that. Because I've already started looking forward to next year, when the Wildcats will begin yet another quest for the national championship. Hopefully, this time their goal will be reached.

### Caroline Steele . . . Tennis

game." She has "strong leadership skills and is also very friendly and has a positive attitude toward her teammates," Heflin said.

Steele has gotten more mentally tough and has improved her volleys and forehand over the past year.

"In twenty years of coaching, Caroline is the best overall tennis player I have had," Heflin said. "Caroline is a great player and she is deserving of this recognition."

### Chris Golightly . . .

decision. "I like the campus, the students," said Golightly, "but most of all I like the education you can get there."

Education is also high on Lane's list. "The first thing I asked Coach McKamey about Chris was his grades." Lane said he watched Golightly closely in camp last summer and was impressed by his physique, running skills and work ethic. "Anytime you get a player that has worked under Coach McKamey, you know you're getting someone with an excellent work ethic," said Lane.

Aside from Lane, McKamey and Golightly, also present at the signing were Golightly's parents, Mike and Julie Golightly; Lane's wife, Mona; assistant principal Buddy Rushing and Golightly's teammates.

*correction*

### Extreme Attitudes

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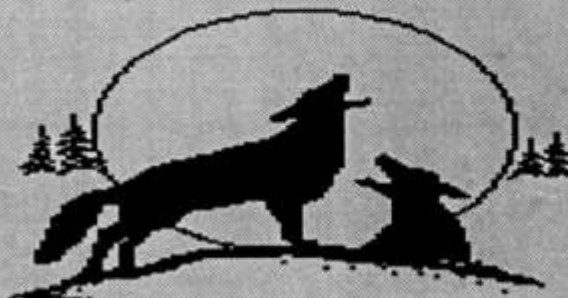
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## Junior Rotarian Laura Johnson



Laura Johnson

by Ashley Dillworth  
Chief Photographer

It was no April Fool's Day trick when Laura Johnson learned she had been chosen as Junior Rotarian for this month. Johnson, whose GPA is a 3.9, is also fourth in her class, a member of BETA Club and Physical Science Club.

This past summer, Johnson attended the Governor's Scholar Program. Johnson felt it was an incredible experience where she met dozens of friends that she thinks will someday change the

world. "It was a life-changing 5 weeks which taught me to stand up and be myself," Johnson said.

Johnson's future plans include attending University of Kentucky and majoring in pre-pharmacy. After the first two years she will go to Pharmacy School for another three years. She doesn't feel as if anyone in particular has inspired her although, "many have encouraged me in their own special ways."

In her spare time, which she has little of, she is captain of a bowling team which came in 2nd place last season. She attends Highland C.P. Church and works at Fazoli's.

Johnson's advice to her fellow classmates is, "Be yourself and follow your heart in doing things that will make you proud of yourself."



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# Junior-Senior Prom 1994



Prom Queen Candidates 1994 were (from the left): Caroline Steele, Rebecca Lovelace, Lee Ann Larrison, Ansely Hunter, and Tiffany Clark.



Prom King and Queen, Chris Bowling and Ansely Hunter, performing a traditional King and Queen dance under the stars.



Jasmine Santiago dances the night away with friends.



Students and their dates enjoy a night of revelry, partying, and dancing.



# or Prom 1994

# Under the



iteele, Rebecca Lovelace, Lee Ann



From King and Queen, Chris Bowling and Rebecca Lovelace, share the traditional King and Queen dance under the "Sea of Love"- Prom 1994.



Maggie Largent, Justin Dur  
Tonya Robbins take time o



th friends.



Students and their dates enjoy a night of revelry, partying under metallic seahorses all evening long.



Craig P



# Under the "Sea of Love"



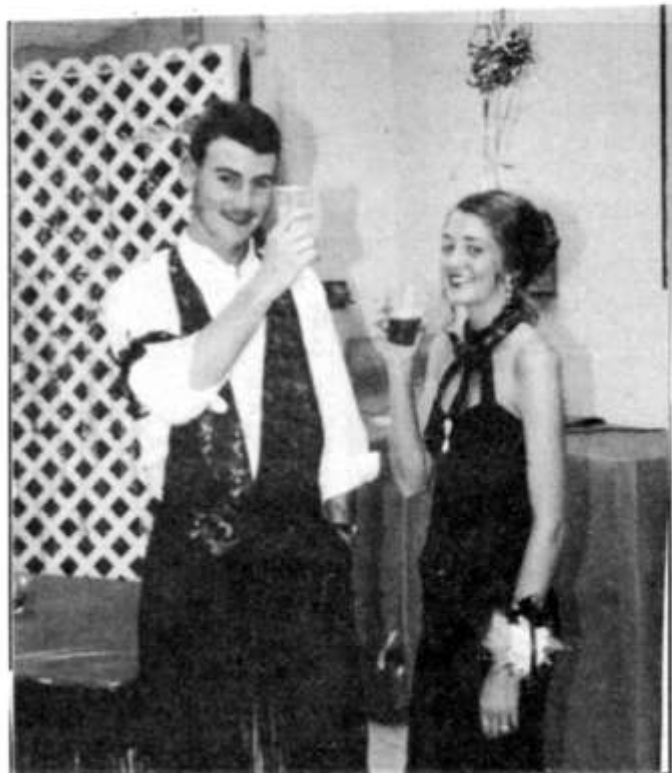
...wling and Rebecca Lovelace, share the  
nce under the "Sea of Love"- Prom 1994.



Maggie Largent, Justin Durham, Joel Kaunisto, Drew Rudd, Kathy McDaniel, James Perry, and  
Tonya Robbins take time out from partying to pose for the camera at Prom '94.



dry, partying under metallic seahorses all evening long.



Craig Peeler and Blake Parnell relax in the cafeteria with punch.

## LOHS softball tries to overcome inexperience with senior leadership

# Sports

by Shannon Hart  
Sports Co-Editor

The baseball and softball programs at LOHS have at least one similarity. According to head coach David Pope, the 1994 Lady Flash are "very young and have a lot of inexperience," which is the same obstacle baseball coach Jim Mizell faces.

Despite the team's youth, Pope says the girls are "a hard-working group" so far.

The four seniors on the team will be expected to provide leadership not only with their softball talents, but also with "cheering each other on to do their best," Pope said.

The seniors will play a large role for Pope. The players Pope said will be the most instrumental to the team's success this year are "Melanie Sims, Lee Ann Larrison, Susan Knott and Tiffany Clark," plus junior pitchers Kristie Wilkerson and Kristy Hopper.

Besides youth, one way this team doesn't measure up to past teams is that it has "much less power," said Pope.

Despite these weaknesses, Pope believes this year's Lady Flash "can be a good defensive team and will be a good base hit team."

## Baseball team hopes to gain experience for next year

by Shannon Hart  
Sports Co-Editor

With just two seniors, two position players back and two starting pitchers from last year's team, the Lone Oak baseball team's main focus this season is to gain experience.

Head coach Jim Mizell looks at this as an advantage. "We'll get a lot of young players experience who will be back next year," he said.

Compared to past teams, the 1994 Flash have "less power, more speed and a great work ethic, but less knowledge of the game," said Mizell. "You must remember last year's team had five players graduate that were three-year starters, and ten seniors in all."

Having played only eight games as of April 19, it's too early to tell which players will be most reliable for batting and fielding. "At this time it is hard to name names," Mizell said.



As for who will provide Lone Oak with team leadership, the two seniors will certainly be expected to do their share. Said Mizell, "We are presently a team with quiet leadership."

Mizell has never had such a young team. The only disadvantage to having so few seniors is "you get attached," he said. "It is very difficult to watch them play what could be their last game."

So far, according to Mizell, the only weaknesses that have

surfaced are the inexperience factor and the team's lack of playing time, while their main strength is their great attitude and work ethic.

With baseball season comes rain, and rain-outs become an annoying part of the game. Said Mizell, "If the rain will slow down and we get to play a lot, we will be a good Lone Oak team, like the community has come to expect."

"Believe in us," he said. "Realistically, every win we get this year is icing on the

cake. The schedule is really strong as it has been in the past . . . We try not to get too high off a win or too low off a loss. In this sport it is hard to win every game."

The rest of the region should beware because next year, Lone Oak will have a senior-dominated team that is loaded with experience and knowledge. "Watch for us next year to be a major regional contender," Mizell said.

## LOHS tennis team strives for continued success

by Joel Kaunisto  
Sports Co-Editor

With both the boys and girls undefeated in regional play, the Lone Oak tennis team has a good chance of repeating as regional champions.

Said head coach Larry Heflin, "We are once again very balanced in both the boys and girls this year. Our depth of talent should help to get us into position to do well."

All of this year's varsity players are ranked in the state with Robby Robertson ranked #1 and Caroline Steele at #2. Heflin also said Robertson and Steele are the leaders of the team.

As for expectations for this season, Heflin said, "Robby Robertson is the favorite to win the region and also the state singles title this year. Kyle Wallace and Greg Koch

are one of the best doubles teams in the region and if they win through to state could be among the top seeds. On the girls side Caroline Steele and Nicki Edwards are the favorites to take the regional doubles title

and if they advance to state should be one of the top seeds. Abby Brazzell and Dana Swann are a close second to Steele and Edwards and could push them for the regional



The '94 tennis team hopes to repeat the success of the '93 team, pictured here.

crowns. Rebecca Holland has an excellent chance to reach the finals of the regional singles competition."

Heflin also added, "This is the first year that the Regional

Tennis Tournament (May 18-21) will be held at Lone Oak. We would like to invite all students and teachers to come and support our teams!"

## Shannon Speaks: Kentucky's season full of ups and downs

by Shannon Hart  
Sports Co-Editor

Well, it's over. Kentucky's season ended prematurely, with a loss in the second round of the NCAA Tournament. As you all probably know, they lost to the Marquette Warriors by twelve points. But despite their early exit, UK's year still contained many highlights.

In a season which saw many stunning wins and some disappointing defeats, the 1993-94 Kentucky team was nicknamed the "Comeback 'Cats," for, obviously, the many victories they added to their record by coming back from, at times, huge deficits.

The most eye-catching being, of course, the LSU win. Down by 31 with 15 minutes to go, the Wildcats staged an

unforgettable rally. They won 99-95. There is nothing more satisfying than to come back and beat a team whose coach even thought they had it in the bag. Needless to say, Dale Brown didn't have that smirk on face anymore when the game was over.

Another high was the Maui Classic tournament. In the championship game against Arizona, senior Jeff Brassow tipped in a missed shot with under a second remaining, giving UK the one-point victory and the trophy. The celebration that ensued was one of the most memorable times of the year.

There was the Senior Night Game against Florida. Seniors Travis Ford and Jeff Brassow have been instrumental to UK's success the

past few years. Ford was the team's point guard and leader, always the one to look to for guidance. Brassow played the valuable role of "sixth man", consistently coming in and providing a spark. Rodney Dent, who suffered a season-ending knee injury in January, was also honored. After falling behind by 19 in the first half, the Wildcats once again came back, winning 80-77. Kentucky and Florida would end up sharing the SEC East division regular-season title.

Then there was the SEC Tournament, during which UK beat #1 Arkansas in the semifinals. Even more satisfying than stripping LSU and Dale Brown of their pride was beating the Hogs by 12 points. UK controlled the

whole game from start to finish, and the so-called "40 Minutes of Hell" never materialized. UK went on to win the championship for the third year in a row, beating Florida (again).

Obviously, one of the few lowlights this season was the Wildcats' (short) NCAA run. The fire in the eyes, typical of Rick Pitino teams at tournament time, had faded somewhat since winning the SEC title. Against the Warriors, another comeback almost pulled the Wildcats through, but this time it wasn't enough. Brassow, who is short on talent but long on heart, cried on the bench as the season, and his career, ended.

continued on page 6

## LOHS basketball players play for future

Seniors Kissha Peck and Melanie Sims sign Shawnee Junior College scholarships

by **MK Garrett**  
Editorial Editor

Warren Koch, head women's basketball coach at Shawnee Junior College, has signed LOHS seniors Kissha Peck and Melanie Sims to basketball and softball scholarships at the school. Peck and



Melanie Sims

Sims put their signatures on national letters of intent on April 15, with LOHS coach Steve Cobb and the players' parents present in the LOHS library.

The opportunity to play two sports in college is unusual at some schools, however at Shawnee, it is "customary."

"Many four year universities don't allow athletes to play in more than one sport, but here, since I'm the coach of both (basketball and softball) it's not a problem," said Koch.

"I love it (playing both). I'm glad I get the chance to continue my athletic career," said Sims.

Cobb said that both the girls have worked extremely hard to get to this point, and it has paid off.

"As a coach, it is always a thrill to see athletes work year round to achieve something very few can. These girls are getting their education from something they love," said Cobb. "It will be tough for them at first, playing against other stars from other schools, but if Melanie and Kissha accept the challenge to work on the areas of their games that need work, and if they never back down, they'll be all right."

"I think these girls will benefit our team because



Kissha Peck

they come from a good program that won a lot of games. Their style of play is run and shoot, which is like ours, except more so, because in college, we have a thirty second shot clock, which I think will only improve the girls' games," said Koch.

## Senior Chris Golightly receives scholarship from Transylvania University



Chris Golightly signs his scholarship.

Photo by A.D.

by **Shannon Hart**  
Sports Co-Editor

6-6 senior Chris Golightly took care of his future on April 19, signing a scholarship to play basketball for

Transylvania University in Lexington.

Golightly, who averaged 18 points, 12 rebounds and 4 blocked shots this past year for Lone Oak, was named

Purchase Player of the Year and was named to the third team All-State. He was the eighth-leading rebounder in Kentucky.

Golightly has started at center for Lone Oak the past two years, and with his help the Flash compiled a two-year record of 48-14 under head coach Roy McKamey.

Golightly led the 1993-94 team to its first district championship since 1978, the regional tournament semifinals and a 28-5 record, the best in school history. Lone Oak was seventh in the state this year in team scoring defense, due in large part to Golightly's presence in the middle.

Golightly is McKamey's 30th player to sign a basketball scholarship in his 20-

year high school coaching career. In addition, he is the third Lone Oak player to receive a scholarship in the past three years.

Transylvania, an NAIA school, has enjoyed much success in its basketball program. Last year, they were ranked in the Top 25 and compiled a 25-8 record. The head coach is Don Lane, who foresees Golightly to be a big part of next year's team.

"He'll fit in really nicely," Lane said. "He'll either start at the four or five position, or provide back-up support at either slot. Even as a freshman, we expect him to come in and help."

The basketball program wasn't the only factor that played a role in Golightly's **continued on page 6**

# Athletes of the Month

## Tennis



senior Robby Robertson  
by Jenny Suitor  
Editor-in-Chief

"Robby is the most accomplished athlete that I have seen in any sport at Lone Oak High School in the 20+ years I have taught," said Coach Larry Heflin of Robby Robertson. Robertson has been chosen as Tennis Athlete of the Month. He is ranked number one in Kentucky in Boys 18 and under, number one on the LOHS tennis team, holds high sectional ranking and a national ranking.

The strongest asset

Robertson gives to the team is his leadership. "He leads the team by setting a proper example of hard work, dedication and mental toughness," Heflin said. "Robby loves to play tennis and to compete. He is friendly and helpful with other members of his team. As for other competitors, he just like to beat them!"

Robertson plays an aggressive, all court game. His forehand is "his main weapon." Heflin said, "Robertson has improved most in his mental game. He has learned to be patient and set points up before going for winners."

"Robby has been an integral part in four consecutive regional titles and third and fifth place finishes in state competition in the last two years, respectively," Heflin said of Robertson's achievements in LOHS tennis. "He is an outstanding representation of LOHS."

Girls 18 and under singles and doubles, and ranked sectionally, Caroline Steele deserves recognition for Tennis Athlete of the Month. "Caroline has been the leader for the girls team for the past four years in which she has led the team to four consecutive regional titles and an unprecedented two straight state championships," Coach Heflin said of Steele's achievements at LOHS.

"Steele is an aggressive all courtier with an excellent net

## Track

by Joel Kaunisto  
Sports Co-Editor

Senior Neil Dawes, the state indoor long jump champion, is the male Athlete of the Month for track.

Besides the long jump, Dawes also participates in the high jump, 100 meter dash and the 4x100 meter relay.

Dawes said of a schol record, "That is a goal I have yet to reach."

Along with track, Dawes also plays soccer and runs in local races.

According to head coach track Tony McGroarty, Dawes' strong points are "great jumping ability and ability to transfer horizontal speed into vertical height."

As for what he expects of Dawes, McGroarty said, "leadership. Neil is a senior, and I expect him to win the state title."

Dawes said of the track team this year, "We have some depth in the relays and individual events."

by Joel Kaunisto  
Sports Co-Editor

As in every other sport she participates in, Sarah Steele is outstanding in track. Steele is also captain of the soccer team and recieved the sixth man award for the girls basketball team.

Steele holds the school record in the 800 meter run with a time of 2:27 and was the anchor leg of the 3200 meter relay team that holds the record of 11:29.

Said head track coach Tony McGroarty of her strong points, "works hard all the time, easily coached, strength of body and conviction."

Besides the 800 meters and the 3200 relay, Steele also runs in the 400 meters, 1600 meters and the 1600 meter relay.

McGroarty said he also expected of Steele "leadership because of her work ethic and winning the state meet."

Said Steele of how the team has done so far, "We are doing great. Everyone on the team has totally improved. Coach McGroarty and coach Humphrey put in lots of extra time to help each one of us. Their help is definitely paying off."



senior Caroline Steele  
by Jenny Suitor  
Editor-in-Chief

Ranked number one on the LOHS Girls Tennis Team, number two in Kentucky in

continued on p6

## Cool people from Lone Oak High School



by Ashley Dillworth  
Chief Photographer

Another student selected as a student spotlight for the month of April is junior Brent Adams. Adams has been a member of a variety of clubs throughout his three years at LOHS. In ninth grade, he was a member of Biology Club, in tenth a member of FBLA and this year he participates with

the Art Club.

Adams has many prestigious awards from the past three years. He placed first in the Women's Club Regionals. In December of 1993, he won the Post Office Contest to design a cancellation stamp for Lone Oak at the Post Office Holiday Station and he placed second at the Regional Art Competition at Murray. He also received a superior rating at the Foreign Language Festival.

Adams outside hobbies include swimming and snow and water skiing. His future plans include attending college after graduating.

**I'm utterly  
amazed by  
our  
hipness!!**



By Chrystal Galloway  
Beat Editor

Sometimes it seems his face is made of some kind of alien-elastic material, he is a very animated person. Those flared nostrils are a gift from God. Yes, having the ability to make great funny faces and as many crazy voices are just a few of sophomore Steven Craig Jackson's many talents. His many other passions involve visual art, music, and academics. Oh, there is also his *undying* devotion to his

girlfriend, Susan Bongiolatti. Like most high school students, Craig's future plans read, "go to college, get married, and have kids." From what most see from his present, however, few believe that his life will be as cut and dried as that.

Craig is actively involved in visual art and guitar. "My mom is an artist and I was exposed to that all of my life. In middle school art class, I really got interested in it." As far as guitar is concerned, he's always had an interest in rock music and the sound of guitars. "In sixth grade I bought a guitar and have been playing regularly for about two years." He plans to pursue this hobby, but not as a career. That is, if the Wandering Bobs, his ultra-cool, two-man band, doesn't take off. You've probably seen their T-shirts around the school.. "The Wandering Bobs are just Dan Bailey and me. We just really like to write music and play. He's a great singer." With only a couple of guitars, those who have heard them play are pleasantly surprised at how well they sound. "I think it's really hard to categorize our music. We like to write about social problems and personal feelings, or just be stupid." His musical influences include Led Zeppelin, The Lemonheads, U2, and Teenage Fanclub. Music makes him happy, along with being in love.

Behind the goofiness, there definitely lies a serious academic student there. Craig was on the 93-94 LOHS Academic Team and takes high level classes. His perfect GPA is the envy of most students. He is a very intelligent young man with a lot of ambition. He values education. "The United States is lagging behind internationally and at home when it comes to our school systems; education lies at the base of our country's power and standard



by Mary Ellen Weber  
Business Manager

For three years now Drew Rudd has gone back in time and fought old wars - specifically the French and Indian War and the Civil War. Rudd has been able to do this because he is a re-enactor of these time periods. He is a member of re-enacting groups that go to battles and encampments of these wars.

Obviously, he is not really time travelling. It is, however the closest thing to it. Re-enactors keep their equipment and clothing as accurate as possible, and they

even eat "historically correct food," according to Rudd.

Rudd enjoys re-enacting because, "It gives me the opportunity to be a different person. It also gives me the opportunity to experience the lives of different people." When asked why it is important to him and others, he said, "It gives us a chance to teach other people about a different time period."

Besides re-enacting, Rudd is also an Eagle Scout, on the track team, president of Biology Club, on the academic team, and in the band.

## More cool people from LOHS



by Jenny Suitor  
Editor-in-Chief

The Oak K recognizes Junior Kristen Seabaugh as a student spotlight for her talent and extremely busy life. Seabaugh is involved in many school activities, as well as outside activities. Her hard work and dedication to do all she can at LOHS create a busy life for Seabaugh.

Seabaugh has been involved in the Pep Club for three years, the Beta Club for

two years, and FBLA for three years, in which she is the reporter this year. She has been a varsity cheerleader for two years and is a student council representative for her junior class. Outside of school, she takes dance and gymnastics. Seabaugh is vice-president of the Phi Alpha Delta sorority.

Many awards have been given to Seabaugh throughout her high school career. She has been a football homecoming attendant her freshman year and a basketball homecoming attendant the sophomore year. She was also an outstanding student for ninth and tenth grades. During her junior year, she has received the 110% Cheerleader Award and has been nominated for All-American Scholar and for the U.S. Business Education Award.

Why is Kristen Seabaugh so involved? "I like to stay busy," she said. Her life certainly proves it. In 1990, her dance troupe went to perform in the Soviet Union

for two weeks. "It was a lifetime experience that allowed me to see how other cultures are different from ours. I came back appreciating what we have in the USA a lot more." She recognizes her dance and gymnastics teachers as having encouraged her and made her talented in dance and cheerleading. "They are both always very encouraging." Seabaugh's parents have also encouraged her. They take me places, pay for trips, etc. that will benefit me; they are always positive and want me to succeed in all things I do."

Seabaugh's long range plans include attending UK and becoming an accountant. She gives the following advice to people who want to get as involved as she is: "I think everybody needs to get involved during their high school years because you're only in high school once!"

chosen for the 93-94 LOHS Academic Team, and finishing practically every school year with an almost perfect GPA. Paige feels that she has the ambition and intelligence to make it life. "Making it", to her, means that hopefully in ten years or so she will be graduating veterinary school and beginning her own practice in Mississippi.

"Probably the most important aspect in my life is the number of great friends I have. I don't know if I did anything to get them, or if God just blessed me with them. Either way, I love them very much," she said. Paige describes herself as

"patient, loving, and kind of a worry-wart, considering how much I worry about my friends." She is concerned about everyone and everything, and very involved with national issues. "I have formed very strong opinions on almost every political issue I've been exposed to, and I stick with what I feel. Violence among children is a very pressing issue with me. It makes me sad that kids my little brother's age are killing each other."

Aside from scholarly and worldly aspects, Paige is a normal teenager. She has taken piano lessons for eight years and dance for ten years. Does she plan to pursue her artistic talent? "Dance is pretty cool, but I'll probably stop after high school. I think I'll keep studying and playing piano forever, even if it's only for therapeutic value," she said. In her other happy time, Paige enjoys spending time with friends, finishing a really long book, and talking to her cat, Tigger. Watching "Northern Exposure" on Monday nights is also a favorite pastime.

As the days pass and time moves on, Paige continues to hug people and fantasize about her car, a 1972 peach Volkswagen Superbeetle, which will hopefully be restored soon. Though most teenagers have dreams and thoughts of the future to come, Paige has the creativity and passion to do what she wants to do. It's easy for everyone's best friend to be overlooked in the rat race for success, but sometimes the quiet ones are the people who blow us all away.



by Chrystal Galloway  
Beat Editor

Paige Kristen Ruoff is most likely the girl you will see running through the halls of LOHS hugging various people and giggling wildly. She is a sophomore at this lovely haven of a high school and is considered in most respects by her friends a smart, friendly, good-karma kind of person. "My academic life is stressful, but I feel pretty good about my achievements and all of the work I put into getting them," said Paige. Achievements which include being chosen Honor Student a number of times, being

Who knew Lone  
Oak  
had such cool  
inhabitants?!



# Athletes of the Month

## Softball



junior Kristy Hopper

by Mary Ellen Weber  
Business Manager

Kristy Hopper is a softball player who "works hard" and "doesn't like to lose," according to Coach Pope, varsity softball coach. That, and an on base percentage of .737 and a batting average of .579, makes her the softball athlete of the month.

Hopper, a pitcher, has played varsity softball for Lone Oak for two years. Her pitching record for the year is two wins and two losses.

When asked about the start the Lady Flashes have gotten off to she said, "So far, we have gotten off to a slow start,

but I believe that as the season continues, with each game we will become better and better. . . . Being in a game situation everyday helps us do that."

Hopper thinks her strongest point is staying focused. She said, "When I step onto the mound to pitch the ball, I have the capability of staying focused. I usually don't hear the things around me." Obviously, batting is also a very strong point for her.

Hopper also plays on the Girls Varsity Basketball team, and during the summer she plays for the Lone Oak Kourey League.

When asked how she feels about being chosen as athlete of the month, Hopper said, "I'll have to say that I am shocked, and at the same time I'm very honored."

## Baseball

by Mary Ellen Weber  
Business Manager

Leading the varsity baseball team in hitting with a .428 batting average, first baseman Josh Brown is the baseball athlete of the month. Brown played junior varsity for one year and has played varsity for three years now.

In this, his senior year, Brown is a team leader. Coach Mizell, LOHS baseball coach, said Brown's best aspects as a player are "his leadership on the field, and the knowledge of the game that he is picking up."

Brown gives a favorable prognosis for the team this year. He said, "This team is young but very talented. The level of play in the first region is way down compared to previous years, so we have a really good shot at the district



senior Josh Brown

and regional crowns."

Besides baseball, Brown also plays football. He plans to play football at Murray State next fall.

As for his feelings about being chosen as athlete of the month, Brown is humble. He feels "honored, but my teammates deserve all the credit."

# Lone Oak

# Purple Flash

## Sports Highlights

### Track

The boys 3200 meter relay set a school record of

- 9.01. Shae Houser set a school record in the 300 meter hurdles with a time of 51.03. Justin Durham
- set a school record of 6'6" in the high jump. Sarah
- Steele set a record in the 1600 meters with a time of 5.46.

### Tennis

- The girls won the Chadwell Invitational. The
- boys beat Tilghman 8-1. Robby Robertson won the
- #1 singles at the Carter Invitational in Nashville.

### Baseball

The team went on a seven-game winning streak.

Junior Ryan Bivin has a batting average of .400.

Junior pitcher Jason Hibbs and sophomore pitcher Richard Collins both have records of 3-1.

### Softball

In a game vs. Murray, senior Melanie Sims had two triples, sophomore Kristie Garrett had two homeruns, and sophomore Sarah Phelps had two doubles.