

# The **OakK**

Lone Oak High School

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The official  
publication  
of LOHS



Senior Band members are recognized Friday October 21, 1994.



Above: Senior Band members receive certificates and awards. Right: LOHS 1994 Senior Cheerleaders are also recognized.  
Photos by Mary Kate Garrott



## **SENIOR Recognition Night**

.....  
**Football  
Soccer  
Cheerleading  
Band**

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## LOHS students honored as AP Scholars

by Shawna Renee  
williams

Distribution Manager/  
Co-Beat Editor

Two students at Lone Oak High School have been named AP scholars by the College Board in recognition of their exceptional achievement on the college-level Advanced Placement (AP) Examinations. Approximately 10 percent of America's graduating seniors have taken one or more AP Examinations. Only about 12 percent of more than 459,000 students who took AP

Examinations in May 1994 performed at a sufficiently high level to merit such recognition.

The two AP Scholars are Shannan Sams and Laura Denison. They qualified for the AP Scholar Award by completing three or more AP Examinations, with grades of three or higher.

AP Examinations, which students take in May after completing challenging college-level courses at their high school, are graded on a five-point scale (five is the highest). Most of the nation's

colleges and universities award credit and/or placement for grades of 3 or higher, and more than 1,300 institutions award a year of credit to students with a sufficient number of qualifying grades. There are 29 AP Examinations offered in 16 disciplines, each consisting of multiple-choice and free-response (essay or problem-solving) questions.

The College Board is a national nonprofit association that champions educational excellence for all students through the

ongoing collaboration of nearly 2,900 member schools, colleges, universities, education systems, and organizations. The Board promotes-by means of responsive forums, research, programs, and policy development-universal access to high standards of learning, equity of opportunity, and sufficient financial support so that every student is prepared for success in college and work.

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# Students bogged down by tests: more to come!!

by Jenny Suitor  
Editor-in-Chief

Test - the four letter word no student likes to hear. However, there are certain tests that college-bound students need to take. Tests such as the ACT, SAT I, and Sat II are required by colleges. Students have many questions about the content of the tests, which ones should they take, and what colleges want which tests.

The first objective students have is to find out what tests most of the colleges they are considering ask for. Most colleges ask for the ACT scores, many will also accept the SAT scores. The SAT II is an achievement test usually

only required by more competitive schools such as Vanderbilt. At these type schools, students will be accepted by their ACT scores, but placed in certain level classes by their SAT II scores.

The ACT is a test based on reasoning and college subject matter that shows how well the student will do in college. It measures the student's skills in math, English, reading and science reasoning. The test is multiple choice and each section is timed. The overall time for the ACT is 2 hours and 55 minutes. Any student planning to go to college needs to take the ACT. Students may want to take it several times

to get their best score.

The SAT I also predicts how well the student will do in college. The test concentrates on verbal and math reasoning abilities. Students are allowed to use a calculator on this exam. The SAT I has seven sections and lasts three hours. The sections include three verbal sections, three math, and one equating sections. The questions are multiple choice, comparison, and student-produced responses. Students that score high on the PSAT should consider taking the SAT I.

The SAT II is an achievement test for placement in certain classes in college. This test has college subject

matter in sixteen different subjects. Colleges will accept the student by their ACT scores, then ask for SAT II scores to place them. This test lasts one to three hours. Students may take up to three different subject tests on a test date, each test lasting one hour. Questions are mostly multiple choice and a calculator may be used for math level IC and IIC.

Students need to look into these tests and figure out what tests they need to take, when to take them, and which test is best for them. The guidance counselors have all the information for the tests. Ask them if there are any questions about the tests.

# Jr. Rotarian focuses on Bongiolatti

by Sandra Marshall  
Business Manager/Beat  
Co-Editor

Susan Bongiolatti has been chosen Junior Rotarian for the month of October. At the dawn of her senior year, Susan has a 4.0 grade point average. She was a Governor's Scholar and a National Merit Semi-Finalist; she won two hundred dollars for her third place award in Youth Salute. This year she is president of the Lone Oak Key Club and co-president of BETA Club. She is also a

member of the physical science club. She was a member of a cappella choir for two years and she is currently involved in chamber choir. She also attended Girls State over the summer.

On a not-so-academic note, Susan has played on Lone Oak's soccer team for three years; she has lettered for two. Two recent interests that she has developed involve her current attempt to master the art of playing bass guitar and a fascination with art (her

favorite artists are Monet, Van Gogh and Dali) that has led her to a study of watercolor. Though her college plans are currently undecided, she hopes to begin a career in psychology or law. If Susan can keep up the boundless amounts of energy and enthusiasm that she has possessed throughout high school, she should be able to fulfill all of her ambitions and make all of her dreams come true.



Susan Bongiolatti, senior



**Michael A. Winters, D.C., P.S.C.**

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SEMO



# Peace, love, happiness and national apathy

by Sandra Marshall  
Business Manager/  
Beat Co-Editor

As Channel 1 continues to bombard us all with news of Kuwait and Haiti and whatever other little countries America will have invaded by the time this issue comes out, I wonder about certain things. Has pride in our country risen dramatically? Has discontent reached a level previously unseen since Vietnam? Or does everyone just not care?

Just this morning, my mother and I bridged the proverbial generation gap. As we sat gulping coffee, cringing at the morning's light and yet another news story about some war-related thing, I agreed with a statement made by the woman whose DNA has obviously influenced me so little—an event in and of itself.

My mother's words were these (slightly edited for publication purposes): "What are we doing over there anyway?

Don't we have anything better to do with our time and money? It's none of our business in the first place. Let everybody in all those weird Middle-Eastern countries kill each other; we can move to Canada, where the governing parties aren't stupid enough to jump into every other country's problems! Let's go! Let's mutiny! Let's overthrow the entire United States government! Anarchy, anarchy, anarchy!"

With all that caffeine pulsing through our veins, and with a national crisis at hand, we got really fired up and started talking about getting people together in mass drives to express anti-war sentiments. My mother, who was never even a hippie, who never even went to Woodstock, who to this day is married to a man who claims the whole place should have been bombed and that American soldiers in Vietnam didn't *really* kill babies—she and I agreed on something. About

political stuff, even.

I came to school today all excited and ready to incite riots in the streets of our nation's capitol, after I gathered together thirty or so of my closest friends and rebuilt the engines of VW vans so we'd all have a way to drive up there. And then I mentioned the whole situation to some people and they all looked at me like I was nuts. No one ever even bothered to call me the Anti-christ of democracy, or to threaten to run me over with four-wheelers. It just seemed that my chaotic plan was met with complete and total apathy, as though nobody in the entire world even cares if the United States goes to war, or even if hundreds of thousands of people die in some codenamed "Operation."

I suppose that at least if the worst should happen and a real all-out war should occur, the folks back home will handle it well; they just won't notice.

## It may be too late

by Sarah Wallis  
Advertising Manager

I have been waiting patiently for my "senior year" since I started kindergarten. Of course, things were much easier then. We didn't worry about what was in store for our futures; we only worried about what crayon we were going to color with or what friend we were going to play with that day. You didn't have to worry about going off to college or about your classmates drinking and driving or any of the everyday problems we, as seniors, face.

I have always heard of the closeness and wild times of a senior class. We have all made promises to our friends whether great or small. I, myself, have promised to spend more time with my friends, to go on trips, and to never miss a ball game and

please see Too late  
page 5

## Around Town

by MK Garrott  
Editorial Editor

For some reason, I had a terrible time deciding what to write about for this issue. So much was going on that I couldn't narrow it down to anything—at least, anything you'd want to read. I tried serious matters and trivial things and all that in between. Finally, with deadline several days passed, I decided to put a little of everything in here. This is

what I came up with:

\*I went for my first college visit on that last in-service day. I was very nervous and I felt like a real, live freshman. I had to meet with all those important people that were going to decide if I could go there or not and it was intimidating. Nevertheless, I made it through without any major mess-ups. Thank goodness. Now all I do is wait.

\*With baseball season long gone, my love of sports had to be filled in with a little college and pro football. I like to watch Lone Oak play and everything, but I don't

like to watch past that level. Usually, I can go straight into basketball from baseball, but thanks to greedy players and the "this-is-a-business-not-a-game" owners, I had to suffer through a few weeks of nine football games on TV a day. But now basketball is here—high school and college—and I can be happy again. I look forward to another great season from the Purple Flash (girls and guys) and for Shannon's sake, I am pulling for Kentucky to hit the big time this year.

\*Recently, I have been putting myself under a lot of unneeded pressure. I was

worrying about things until I made myself sick. After almost having a nervous breakdown on night, I saw what I had done to myself. I was pitiful and none of it was necessary. My family helped take care of some of the stuff that was tugging at me and my friends were there to talk about stupid things and they helped get my mind off it even if they didn't know it. I appreciate you guys.

The quote for this month comes from the fans of Star Trek, "Beam me up Scotty. There's no intelligent life down here." -30-

# Vesuvius tacos spew milk

by Jason Phelps  
News Editor

Have you ever had one of those days where you think nothing else can go wrong and then you go to the cafeteria and get sprayed with Sunny D or get squirted with ketchup or slide your arm through some mystery substance or someone hits you on the back and forces you to spew milk out your nose or someone pegs you on the forehead with a crispy potatoe round or you sit in gum, but not a balled up peice of Trident, no, it has to be one of those huge smeared hunks of Bubble Yum! In this age of

political correctness, I feel it is essential for the administration to provide the proper facilities for those of us who, almost every day, have these problems. If you can identify with any of these situations then join me in the fight to make the lunch room neatness enhanced.

1. Bibs as well as rubber suits should be available for all students to rent before entering the lunchroom.
2. Ketchup, mustard, and salt as well as any other condiments that can mar hair be banned from the cafeteria.
3. All seats should be equipped with disposable seat

covers and trash can receptacles be placed near every table for easy waste disposal.

4. An area inside the cafeteria should be equipped with a water hose for major student cleanup.

5. All freshman should be given ritalin before lunch so as to control their behavior.

6. Taco Salad Day must be celebrated more often. Steaming clumps of taco meat swimming in beans being heaped upon portions of Fritos topped with vaguely familiar spaghetti sauce and shredded cheese mixed with lettuce and a red hunk of tomato. Potato rounds served

on the side with an iced brownie, GOD! I've died and I'm in the lunchroom.

It is my responsibility as a citizen of LOHS to react to the neanderthal mentality that has made the lunchroom into a warzone. Tater Tots are not projectiles, salt is not a supplement to the nutrient requirements of hair, ketchup is not a useful lubricant for text book pages, and gum is not needed to add support to the legs of chairs or to cover holes in pants. Remember, Sunny D doesn't make people sticky, people make people sticky.

## Nuff said: O.J. takes a spin

by Molly Harper  
Opinion Editor

Is it just me or does it seem like every couple of months there is some earth-shaking scandal? First there was the Amy Fischer / Joey Buttafuco / Mary Buttafuco-Bermuda-Love-Triangle from Hell. Then Lorena Bobbitt cuts her husband down to size and we have to hear about the corrective surgery. The Menendez brothers blow their parents' heads off and the public is subjected to watching that annoying blonde troll of a lawyer defend two confessed idiots, er, killers. Then Tonya whacks Nancy in the knee, 'nuff said.

And now, we have the O.J. Simpson trial. I don't really care whether he killed his wife or not. It's not any of my buisness. At first, I

tried to ignore all the coverage. Then one night I was watching a murder mystery on CBS and right before they revealed the killer, a white Bronco pops up on the screen. After watching half an hour of watching "Mr. O.J.'s Wild Ride" in hopes of seeing the end of the show, I finally gave up and turned off the T.V.

I have a friend who worked at fast food restaurant during the summer. She was working the night that O.J. made a break for it and the restaurant had a T.V. in the dining area. She said that at least ten people wouldn't leave the restaurant at closing time because they wanted to see if O.J. got caught!

What is wrong with our society? Why are we so interested in other people's

pain that networks think we want to see the preliminary hearing in which Robert Shapiro beseeches the court to give O.J. an extra pillow? We've turned into walking talking tabloids. Each of us has his or her own theory on whether O.J. was really in the Bronco, whether Nicole was involved with Ronald, and whether O.J. has an evil twin that committed the murder.

I think that if we stopped buying the T-shirts, tabloids, trading cards, baseball caps, pins, gloves, posters, collectors' cups, bedsheets, and stationery with O.J.'s mug shot on them, then the manufacturers will lose interest and we can all forget about it and get on with our lives.

### Too late, continued from page 4

until now, I have not taken the promises seriously. We have all been through a lot as a class and whether you want to believe it or not, we only have eight more months together. Breaking promises and fighting with friends that you have been friends with since grade school is only going to be regretted after we graduate. You cannot sit around and wait for someone to call. You have to make things happen.

Your best friends are going to be gone before you know it. There is no time like the present to make memories that will last forever, because pretty soon that is all you will have left. Don't wait until tomorrow. It may be too late!

## What will you be for Halloween ?

Having trouble deciding which Power Ranger you're going to be? Are you thinking that the O.J. Simpson mask maybe a little too politically incorrect? Are the Teenage Mutant Ninja Turtles a little outdated? Well, to help you end your identity-picking woes, here are some costume ideas from the other students at LOHS.

Heather Woodley- Pocahontas

Lisa Jalkh- Cat woman. Meeeeeoowww!

Amy Mandrell- Twiggy

Tara Shelby- Myself. (For those of you who don't know her, that's scary enough.)

Patrick Kaufman- A chemistry teacher

David Carmicheal- Trey Swacker



## Costumes Not To Pick For Halloween

1. **Barney**, Either you will have little kids chasing you screaming and singing "I love you, You love me," or you will have Barney-hating parents chasing you screaming and chanting "Kill the Purple Piñata."
2. **A Cuban Refugee**, that's just incredibly tacky
3. **Lorena Bobbitt**, ladies, this will "sever" your social life completely.
4. **Beavis or Butthead**, you may inspire children to burn their trailers down.
5. **O.J. Simpson**, 'nuff said.

### Midnight Madness by Molly Harper

Darkened doorways , endless hallways,  
give me chills as I walk to my kitchen,  
to find something to help me,  
stop the heavy, slow creep of fear that grips my stomach,  
from some forgotten dream that has left its shadow of horror on my brain.

The carpet seems to slow my feet,  
increasing my terror step by step.  
My hands glide down the cool walls,  
slightly drying the sweat from my palms.  
I freeze as my nightgown brushes my calves,  
picturing shrunken, twisted goblins winding around my ankles.  
I fumble along the wall for the light switch,  
the bulb flashes and dins.  
My paranoia besets my brain,  
with images of cut power lines and killers hidden behind grotesque masks.

I run back to my room  
like Daniel from the Lion's Den,  
I cover my head with the still-warm blankets,  
feeling safe,  
until I think of the spiders that could have crawled under my covers in my absence.





# Halloween Horror stories of students and faculty

by Ashley Dillworth and Sarah Wallis

**Chief Photographer and Advertising Manager**  
 "Last Halloween, Jennifer and I threw dead animals in someone's yard! Two cats and one rabbit. We wore gloves though" -Erica Jones and Jennifer Hinchey

"When I was little I trick-or-treated for UNICEF and once Donnie and I dressed up and Raggedy Ann and Andy and went to a church party." -

Mrs. Harper

"When I was 5 years old, my mom had my sister." -Amy Johnson

"When I went trick-or-treating one time, there were two scarecrows and I thought they were fake. I went up to one and it was real and it scared me."

-Stacey Martin

"Last year some students teeped my house and threw

garbage in my yard. That was the first time in 21 yrs. of teaching. I thought it was interesting I escaped something bad happening for so long." -Mr. Baker

"Last year some of my friends and I had a 'Great Pumpkin Race' we ended up getting busted though." -Jason Hibbs

"When I was about your age some kids were going to roll a teachers house. We turned the car lights out about a half

a mile from his house and drove into his driveway. We got out and had everything ready. He was lying in a ditch with a gun and began chasing us. It scared me so bad I'd never do something like that again." -Mrs. Thompson

"In eighth grade, Rosie, Blake and I saw a hearse on Halloween night. It freaked us out and we ran the other way." -Jessie Moore

## Solitude

by Eric Free

Standing up my pinnacle  
 Of strength and pride,  
 I hold dear my solitude  
 A lonely, lonesome ride.

Holding myself responsible  
 For an action unaccus-  
 tomed.  
 I stumble along my path  
 of constant deliverance.

Seeking an elixir to calm  
 My raging, screaming soul  
 In this black starlit hall  
 In this Deathly reeking hole

But light comes to me  
 A beauty all ages adore  
 To seek a hold of my heart  
 To step through my door

Emotion wells on high  
 As I seek to hold my soul  
 As I leave my prison cell  
 For a devil's den of a hole

Floating along the waves  
 To a scarlet-colored field  
 I seek that which I love  
 That which cures my ill

A bittersweet love affair  
 Of constant baffled pride  
 A coursing stream of  
 passion  
 I raft, I steer, I glide.

Times ending on the pin  
 In infinite wastes of space  
 No time to talk or love  
 No time to find my place

A casket-colored shroud  
 Holds my heart on a leash  
 I seek her hand in despera-  
 tion  
 In order to hold, to please.

My faults I see in the light  
 Of her flawless eyes  
 To see my soul on fire  
 To see her in the light.

**Results from a poll on alcoholism given by the media class: (some percentages don't add up to 100% because students could pick more than one answer)**

**Do you drink?**

- a) 11% said often
- b) 32% said occasionally
- c) 14% said seldom
- d) 40% said never

**Have you driven while under the influence of alcohol?**

- a) 24% said yes
- b) 76% said no

**Have you ridden with a driver who was under the influence of alcohol?**

- a) 47% said yes
- b) 53% said no

**Why do you drink?**

- a) 47% said to celebrate
- b) 22% said there was nothing else to do
- c) 19% said friends do it
- d) 10% said to escape problems
- e) 33% said to get drunk

**If you drink, do your parents know about it?**

- a) 28% said yes
- b) 72% said no

**If you drink, how do you get access to alcohol?**

- a) 10% said parents
- b) 68% said older friends
- c) 12% said they use fake ID's
- d) 31% said other

**If you don't drink, why not?**

- a) 69% said religious beliefs
- b) 39% said health reasons
- c) 21% said fear of being caught
- d) 65% said other

# Teenagers' experiments with "legal"

## Playing with inhalants is a dangerous game

By Chrystal Galloway  
Features Editor

Pot and alcohol are generally considered drugs that, if experimented with once, are not necessarily deadly. There is an even more dangerous drug growing popular on the horizon of teenage rebellion. The reason this new trend of inhaling household cleaners is so deadly is that teenagers don't realize that just one use can literally kill you.

Inhalants such as Air Duster, spray paint, glue, and gasoline are becoming the drug of choice for high school students. Among drugs teenagers report having used at least once, inhalants rank second only to marijuana. One in nine eighth grade students have admitted to trying inhalants at least once, and often it doesn't end there. Younger kids don't have access to hard drugs, so they go to any discount store and for two to seven dollars can party all night.

Why? "Oh, it's supposed to

be a great high," says Jerry Jackson, the Assessment Counselor at Charter Hospital of Paducah. "They do it for the same reasons other teenagers get high and drink, it's an escape, something to do when they are bored or a way to rebel."

The drug produces a false

**Inhalants such as Air Duster, spray paint, glue, and gasoline are becoming increasingly popular with teens who don't know the dangers of these "legal" drugs.**

sensation of well-being and freedom. It starts out as a weekend thing, a similar abuse pattern to most drugs, and can become an everyday addiction. A very popular drug to do at school, inhalants are easy to hide and consume, even in a crowded cafeteria. If only these kids knew just how deadly this drug is.

People who "huff" have

misconceptions about their addiction. Some may think that since they inhale and exhale air, they will exhale the toxins. But that's not true, these poisons are going directly to the target organs, and the lungs get it first. "It also kills all of your brain cells, which you know don't grow back," says Jackson. "If taken long enough, the user will experience irreversible brain damage. They are in a constant state of rage reaction, hating everything and remain on a 'psychotic threshold' indefinitely. The only way these people can function on a day to day basis is with medication."

Taking either small amounts over a long period of time or taking an excessive amount over one weekend can produce long term results. The other long term results include suffocation, seizure, or coma, as well as brain damage, liver damage, and kidney damage. Just a single use can cause any of these effects, even kill. A story in the December 1991 issue of *The Progressive* documented cases of kids who have sniffed glue for as little as two years and no longer have use of their legs. They can't walk.

Sniffing spray paint is very popular considering that it is much more available and cheaper than air duster. Anyone can buy a can of spray paint and sniff it. The side effects of sniffing include slowed reaction time,

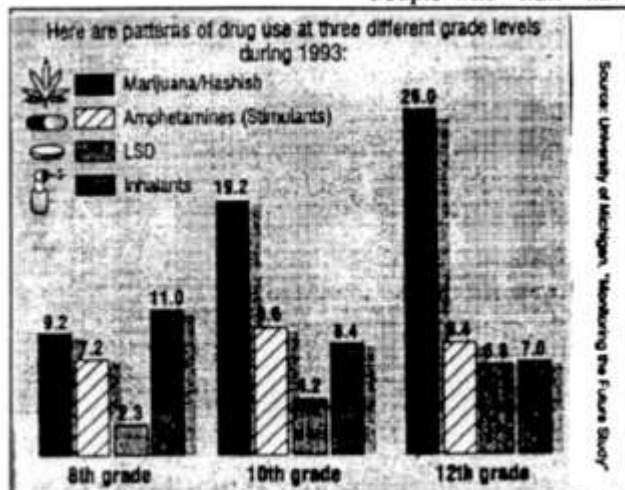
reduced attention span, slurred speech, and imbalance, and that doesn't even cover any long term effects. All of these drugs if



used in great amounts or over a long period of time can cause brain atrophy, which basically means your brain will rot.

Hopefully, this wonderful informative article will make some teens realize that they aren't just playing around with this stuff. It is not harmless, in fact it is very deadly. This is not an isolated issue, the writer herself knows of two kids who lapsed into cardiac arrest and one who simply stopped breathing after just one or two hits of the stuff.

(cont. pg. 15)





# drugs could have fatal consequences

## True confessions of a teenage white cross addict

### Student Contributor

I am a student at Lone Oak High School and I am a habitual drug addict. No, I don't shoot heroin, or do any "bad" drugs, but my drug of



choice nearly killed me just the same. It's commonly called whitecross and is sold under the labels of "Max Alert" and "Mini-Thins" for the relief of asthma. It is also sold by mail through fashion magazines as an appetite suppressant/diet aid. It's not supposed to be available to minors, but I started taking it when I was in eighth grade—so much for those legal aspects.

The first few times I took it, it was because all of my friends took it and it gave us lots of energy. One tablet is 25 mg of Ephedrine HCL,

defined in the dictionary as a vasoconstrictor—that means when you take it, it makes your blood vessels tighten up and your heart has to beat harder and faster to pump the same amount of blood in the usual amount of time. If you happen to already have some sort of undetected heart problem, this can be really dangerous.

By the time I was a sophomore in high school, I was taking a minimum of ten of these pills everyday—sometimes as many as forty, depending on how stressed out I was. Around the middle of the year, I went into therapy because of the various other problems I was having. I was really depressed and I was all but going nuts trying to put up with school and a boyfriend who was making my life miserable. I started having chest pains more and more frequently, but I couldn't just stop. I had too much homework, too much to do—not enough time to sleep.

I mentioned all of this to the psychiatrist I was seeing, but he didn't seem to think I had a real problem. After all, it was only an over-the-counter medication; it couldn't really hurt me, right?

Wrong. I felt like my life was out of control, and in many ways it was. The pills made me really jittery and edgy; it was hard for me to calm down. I got in a lot of fights with my boyfriend, most of which were caused by the huge hurry I was in to get things done. Finally, one

night, he gave me an ultimatum. He didn't like to be around me when I was coming down off a 1,000 mg whitecross buzz, so he told me to choose between my two loves: Max Alert or him.

It had never occurred to me that I might not be able to quit. I knew I had to pop pills to stay awake at school and to

*"It was only an over-the-counter medication; it couldn't really hurt me, right?"*

be able to pay attention to anything, but I had no idea how hard it would actually be. I got headaches, I ran a fever of about 101, I threw up, I had cold sweats, I couldn't sleep, I couldn't eat. Sometimes I shook so badly I couldn't write. All of this lasted, to some degree, for about a month. All I'd done was take a few harmless caffeine pills and I went through withdrawal for a month.

Of course, I've learned since then that whitecross is nothing more than over-the-counter speed. It does the same things to your body that crystal meth does—that's the speed you buy on the street. If you take enough, whitecross can even kill you, whether all of the pre-adolescents (who think drugs are just awesomely cool and non-prescription drugs are better than no drugs at all) realize it or not.

When I finally managed to

recover from withdrawal, needless to say, I didn't go back to my psychiatrist anymore, and I was pretty OK for several months. Summer vacation came and went. I exercised, I got lots of sleep. But then, school started again and I was working two jobs. I had a lot of other school-related activities, too and around Christmas I was getting stuck at one job or the other cleaning up until at least 11:30 every night. Then I came home and wrote papers and did homework until 1:00 in the morning. If I had to type anything, I had to wake up at 4:00 so I could do so without waking my parents.

Obviously, I lapsed back into my former habits. Besides, at work we all passed around medications like they were after-dinner mints. "Are you having a bad day? Have some Valium," became a common greeting between those of us on break. And I never ate on break. I was too wired from all the drugs I was taking and the thought of food made me sick. I couldn't afford to get sick.

I came down with the flu in December, but I went to work anyway. I had to support my deadbeat boyfriend, after all. It became a vicious cycle: I was too sick to go to school, but I had to or my mother wouldn't let me go to work; if I didn't go to work, I had to have a doctor's excuse and I couldn't afford to go to the

(cont. pg. 15)

## Flash looks to younger players for future

by Andy Harris  
Sports Writer

This year's Lone Oak Purple Flash football team has had a disappointing season with a record of 1-8, but you would never know it by talking to head coach Randy Grimes. "As a coach, you have to talk about improvements, not wins or losses," he said. "We had many young players with little experience. Last year we were never in games, but this year we've

been in them. The next step is to win those games."

"We have worked hard to get where we are and everybody just has to know when we step out on the field we are going to win, and that's when it will make a difference on the scoreboard," sophomore Kyle Sanderson said of the season.

There have been many injuries this season, but as Coach Grimes would say, "No excuses!" The plus side

of these injuries has been how it has improved the team's depth. Younger players have come in, gotten playing time, and gained valuable experience that will help the team in the future.

With so many young players, this year's team was not very big or physical. But Coach Grimes plans on spending much more time in the weight room this offseason in order to improve

the team's physical strength.

Players who Grimes says to watch out for next year are Jarred Lampe at tight end and Marshall Van Hook at fullback. He also said to keep an eye on Craig Peeler and Chris Richards, plus the returning sophomores.

As far as predictions for next year, all Grimes had to say was, "We will show up for every game, with clean uniforms."

## Lone Oak Purple Flash Highlights

### September 30

#### Webster County 54, Lone Oak 6

Webster County's Ryan Hill rushed for 216 yards on 20 carries with three touchdowns as the Trojans defeated Lone Oak.

"I'm not pleased with the score," said head coach Randy Grimes. "It was a good game, but you can't spot a good football team three touchdowns in the first quarter."

Quarterback Kyle Sanderson scored the lone touchdown for the Flash on a six yard run in the third quarter.

Webster County led in total yards 361 to 122. "They (Webster County) aren't #3 in the state for nothing," said Grimes.

### October 7

#### Mayfield 42, Lone Oak 0

The Mayfield Cardinals ran over the Lone Oak defense for 304 yards rushing, and their defense shut down the Flash offense en route to a 42-0 manhandling of Lone Oak.

Mike Bright led the rushing attack with 109 yards and two touchdowns. Jason Moore led Lone Oak with 73 yards rushing.

Despite the score, Grimes called this the most physical the team has played this year.

### October 14

#### Reidland 14, Lone Oak 0

The Reidland Greyhounds scored two touchdowns early in the first half and never looked back, while the Lone Oak offense was held scoreless for the second game in a row.

Reidland quarterback Kevin Pepler rushed for 77 yards and

threw for a touchdown. Marshall Van Hook led the Flash on the ground with 71 yards.

"We were physically beat up, as much as any football team I have ever coached," said Grimes.

### October 21

#### Caldwell County 26, Lone Oak 14

Caldwell County scored a touchdown in each quarter as they outlasted the Flash, who fell to 1-8.

"We played well," said Grimes. "We just made enough mistakes to hurt us. We moved the ball offensively, and made big defensive stands. We've just got to finish plays."

Kyle Sanderson accounted for all of Lone Oak's points with a five yard touchdown pass to Scott Stankard, a one yard touchdown run, and a two-point conversion.

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## Guys soccer team optimistic heading into districts

by Joel Kaunisto  
Sports Co-Editor

Despite a record of 5-10, head boys soccer coach, Gregg Vickrey, remains optimistic about the Flash's chances in the district tournament.

The Flash play St. Mary in the first round. Vickrey said that in order to win the team will have to control the midfield third of the field, utilize both sides of the field and load up the offense strong side and pass the ball over to the weak side.

In order to do well and advance in the post season, Vickrey thinks the keys are "believing we can win, keeping the game simple and by not trying to force the ball and play where it won't go."

Although he is still optimistic about the post season, Vickrey says the season has been "far below our expectations and I don't know



Ryan Payne receives a pass and controls the ball during the Reidland game.

why...We really haven't played up to our potential this year."

Vickrey felt that some of the highlights of the season were the second half of the game versus Marshall County and holding Murray scoreless in the second half during a game in Murray.

Although Vickrey didn't

name one M.V.P., he felt that some people who had performed well throughout the season were Tony Englert, Josh Miller, and Ryan Payne.

Englert leads the team in scoring with 19 and assists with 9. Vickrey said Miller's best attributes are his defensive ability, ball distribution and intelligent shot selection.

Miller is also second on the team in scoring with 8 goals. Vickrey said Payne's best abilities are his ball control and distribution.

Vickrey added, "I think it's time we crank up and really get together. This is the last week to prepare for the district tournament, and I still feel like we can win it all."

## Girls soccer team looks for regional berth



Senior soccer members are recognized. L-R: Maggie Largent, Tonya Robbins, Shannan Sams, Heather Stevenson, and Jenny Suitor.

by Joel Kaunisto  
Sports Co-Editor

This season has been a great success for the Lone Oak Lady Flash soccer team.

They improved from a 1-

10-1 team last year to an 8-6-1 record this year heading into the district tournament.

Besides the winning record, also new this year is coach Steve Angelly.

Angelly said this year "the team has developed well and now knows what it takes to win."

The Lady Flash play Heath in the first round of the district tournament with the winner earning a trip to the regional tournament. They have defeated the Pirates in both of their meetings so far this season.

In order to do well in the post season, Angelly said the team needs to "play together with good defensive effort, build attacks with good crisp passes and utilizing space."

Angelly said the highlights of the season have been "the development in the players,

especially their attitude toward team play and winning. The Calloway game was the high point-the Marshall game was the low."

Sophomore Windy Reeter has led the team in both scoring and assists this season. Freshman Brandy Gifford is second in scoring and senior Desiree Vickrey is third.

Angelly said, "The most valuable players this season are the seniors who play defense, Jenny Suitor, Susan Bongiolatti, Jessica Buchar and Maggie Largent. Their attitude in practice and the games set the tone for this winning season."



## Girls varsity builds on junior varsity's success

by MK Garrett  
Editorial Editor

"These kids are the hardest working group of young athletes I've ever been associated with," said Coach Cobb of his prospective 1994-95 Lady Flash. "I feel they know what it's going to take for us to be successful and they are willing to pay the price."

Even though the roster for this season wasn't complete at press time, Cobb looks for leadership out of seniors Eileen Johnston, Kelly Crawford and Angie Smith.

"Johnston has demonstrated outstanding leadership abilities with this young team. She's done a great job of helping them learn our system, as have Crawford and Smith."

Cobb also said that a leader doesn't have to be a senior,

though. "We are also getting great leadership out of underclassmen, like Kristie Garrett, Rae Ann Ragland, Sarah Steele, Sarah Beth Phelps, Kelly Sanders, Susan Burnett and Gina Halstead to name a few. You don't have to be a senior to lead. If you set the right example, others pick up on it and sometimes nothing needs to be said," said Cobb.

The 1993-94 squad graduated eight seniors, losing several All-Star players. Cobb said even though a team may suffer at the beginning of the next season after losing experienced players, the "departure has created a very competitive situation for positions, which is good for the program."

This year's varsity looks to build on the success that last season's junior varsity found.



Hopeful Lady Flashes do their best at tryouts. Photo by M. K. G.

The JV had their first winning season in several years and Cobb said the key to success this season "will be the development and continued improvement of the younger players. The future is very bright if they continue to work hard."

Although the team hasn't discussed its goals for this year, "It's safe to say that a second straight district

championship and a return trip to the regionals will be at the top of the list," said Cobb.

To tip off the new season, the prospective Lady Flash were invited to their own version of "Midnight Madness," held Friday, October 14. The evening consisted of basketball games, TV, movies, food and watching UK's Midnight Madness on TV.

## Dreher looking for productive first season



Perspective basketball players work hard at tryouts.

Photo by S. H. Felker and Eric Fox.  
by Shannon Hart  
Sports Co-Editor

In 1972, a basketball player named Steve Dreher graduated from Lone Oak High School. Twenty-two years later, he is back at LOHS as head coach of the Purple Flash.

Although the roster hadn't been decided at press time, there are four returning seniors—Ryan Bivin, Tony Englert, Jeremy

Felker and Eric Fox. "We'll be counting heavily on them," said Dreher, adding that Fox would be a returning starter.

"Anytime you change coaches, it's a major adjustment, especially to the senior class. It's a radical change," Dreher said. "But if they accept it, the younger players will as well."

Dreher said the first two weeks of practice "will be very physi-

cally demanding, with not quite as much teaching. We've got to try to stretch their goals and limitations to the max."

With the loss of three starters, including 6-7 Purchase Player of the Year Chris Golightly, some think Lone Oak won't measure up to the success of the past few years. "I've heard many complaints about our size, or lack of," Dreher said. "We'll probably be the shortest team in the region, maybe the smallest team Lone Oak's ever fielded. But the people are dwelling on the disadvantages, while I like to look at it as an advantage."

One advantage the Flash will have over opponents is they'll "be able to spread people out and use our quickness," said Dreher. "Another advantage is the crowd support we'll have. Everyone roots for David. Nobody roots for Goliath."

Crowd support is what Dreher is most looking forward to in the

upcoming season. "Every time we (Tilghman) came here, I looked at the student section with envy. Kids that work hard deserve that. It makes it a lot more meaningful for them."

Being a first-year coach does have its disadvantages. "The main disadvantage is being separated from the student body," said Dreher, who teaches at the alternative school all day. "It directly impacts the practices. Another is that no one's really familiar with the system."

In spite of that, Dreher said, "I'm happy to be here. I really enjoy this group of kids already. If they're as dedicated as they are intelligent, I think we're going to have a good year."

"Everybody looked at my first state team at Tilghman the same way Lone Oak's being looked at this year—seventh or eighth in the region. But I think we can accomplish a lot more than that."

# October Athletes of the Month

## FOOTBALL

by Shannon Hart  
Sports Co-Editor

Senior Scott Slankard is "an example of what hard work and dedication can do," according to head football coach Randy Grimes, and that is one reason he is football Athlete of the Month for October.

"Scott has been one of the leaders of the team," said Grimes. "He has as much heart as any player I've ever coached."

"I always try my best and play as hard as I can," said Slankard.

Grimes said that Slankard has been hurt a lot, but that hasn't stopped him. "Most kids just lay down and quit, but Scott is like that stupid bunny rabbit—he keeps going and going and going."

Slankard said his strong points as a player are his strength and quickness. Grimes also counts on his athleticism. "He starts de-

fense and offense, and makes very few mistakes. The other kids feel confident with him in there."

Slankard's plans after graduation are "to move on to college and either become an electrical engineer or a marine biologist."

## SOCCKER

by Joel Kaunisto  
Sports Co-Editor

Although junior Jason McIntosh is only in his first year of playing soccer for LOHS, his defense has made him the soccer Athlete of the Month for October.

Head coach Gregg Vickrey said McIntosh has "made many good saves on defense."

Unfortunately, McIntosh broke his arm during a soccer game on October 8 versus Owensboro Catholic and will miss the remainder of the season.

Vickrey said that McIntosh has good speed and has "probably been the only



Jason McIntosh, Scott Slankard and Jenny Suito. Photo by A.D.

bright spot on defense for us this season."

by Andy Harris  
Sports Writer

Jenny Suito leads the Lady Flash in minutes played and is an emotional leader on and off the field. That is why she was chosen as soccer Athlete of the Month for October.

In her second year, Suito feels that she has greatly improved since last season. "Last year I hardly played, this year I started," she said.

"I think we (the girls soc-

cer team) have done very good," said Suito. "We actually started playing like a team and wanting to win. We've practiced hard, and it has paid off."

Last year's team only won one game. This year, their record has drastically improved to 8-6-1. "We never dreamed we could win so many games and improve so much in one year," Suito said.

Besides soccer, Suito is involved in track and softball.

## Shannon Speaks: Mark Pope the ultimate role model

by Shannon Hart  
Sports Co-Editor

When the Kentucky Wildcats tip off their season against Tennessee-Martin, not only will the team be making their debut, but so will 6-9, 240-pound junior transfer Mark Pope.

Although Pope hasn't yet played one minute of Kentucky basketball, he is already making a difference. Not only was he unanimously voted by his teammates as one of the team's captains, based on his dedication and hard work in practice, but he is also already becoming a leader off the court as well.

Pope is active in the UK chapter of the Fellowship of Christian Athletes, and has spoken at different youth rallies

and meetings.

"This is not a sacrifice," Pope told *The Cats' Pause*. "I see it as a blessing to come share time with kids. I'm not a preacher. I don't have all the answers. I struggle with my faith in a lot of ways. But I do enjoy talking about the Lord."

Pope's faith helped guide him through peer pressure growing up. "My friends started drinking (alcohol)," he said. "Some smoked. They were hooked on girls. I thought, 'Am I messed up? Why am I different?'"

"I'm a UK ballplayer and I'm a virgin," said Pope. "I'm a college basketball player, but I don't swear or drink."

Pope apparently is not alone in his beliefs. Teammates Jeff

Sheppard and Walter McCarty, both also active in FCA, feel the same way about swearing and drinking. McCarty, offered a drink at a fraternity party, simply said no.

"Walter just told them no thanks because he didn't drink," said Pope. "That's having an influence."

Pope said that sometimes people forget about what's really important, and focus on the insignificant. He pointed to one girl's obsession with former UK point guard Travis Ford as an example.

"Travis is a great player and a good person," he said. "People here in Kentucky get so excited over UK players. But how excited do they get over the Lord?"

He does heroic feats every day, yet people get more excited over Travis because he can put the ball in the hoop.

"The Lord is the greatest hero there is. He should be the role model for kids and that's a message I like to share all I can. "Basketball is fun, but it's only a game," said Pope. "The Lord gave me the ability to play, but it's more important that I use the ability He gave me to tell others about Him."

In the world of sports, where good role models are few and far between, Pope is the exception to every rule. His ability to take a stand and make a difference is something everyone should admire.

## The Oak K Staff



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

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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.

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The 1994 Oak K staff.

## BEATS

### CO-ED-Y

During the month of October, the CO-ED-Y club will be making a trip on the 31st to Lourdes Hospital for their annual Halloween Festivities. This project is the first for this club this year. At the last meeting, plans were made for fundraisers, starting in November. They also discussed the plans for possibly attending the regional conference in the spring.

### BETA CLUB

The Beta Club will be sponsoring the Sadie Hawkins dance on November 4th. The dance will be from 9:00pm- 12:00am.

### KEY CLUB

The Key Club will be trick-or-treating for canned goods.

### FCA

FCA will be promoting drug awareness through Red Ribbon Week.

## Artist of the Month

by Jenny Suitor  
Editor-in-Chief

With amazing artistic talent, Abey Martin has "a unique style that is all her own." Martin has been named the Artist of the Month. Mrs. Hayden said Martin's "best work is the three-dimensional ceramic pieces. Her style reflects her thought and sense of humor. Her characters are highly imaginative and appealing."

Martin, a junior, has taken art for three years in high school and is taking two

classes this year. She placed first in regionals last year. Her art teacher in the sixth grade inspired her to become interested in art. Martin likes to create ceramic pieces and she puts "little people doing different things" on them. She has made around 15 ceramic pieces. Martin also works on photography, different forms of drawing, ceramics, animation, etc. throughout the year.

"Abey is highly motivated to work independently. She established her own form of expression and she constantly

works to improve each work," Hayden said.

Martin is not sure what she's going to do as far as her artistic talent goes in the future. "I always plan to do something even if I don't make a living off of it."

Hayden said, "Abey always knows what she wants and she works to express these ideas in her artwork. I believe all students have a great artistic ability; art is a learned activity. Some people, like Abey, work harder to develop their skills."



Abey Martin poses with some of her ceramic creations.



**continued**

whitecross (cont. pg. 9)  
doctor.

I didn't eat or sleep at all for two weeks. During that time, I absolutely lived off of various pills, Vitamin C tablets and nicotine. About a week before Christmas, I collapsed. I was finally forced to seek medical attention. It seemed that my flu had turned into pneumonia, I was suffering an exhaustive collapse and I was so anemic that my doctor was afraid to take any blood from me to test. She wanted to put me in the hospital, but I wouldn't go, so she ordered me to go home and stay in bed for at least a week. "And by all means, don't go to work!"

At this point, I was too sick to go anywhere and my mother called into work for me for the entire week before Christmas. It didn't come as any big shock to me that I didn't have a job anymore by the time I got better. Of course, I still had my other job and I probably needed some time off anyway.

I'd like to say that things got better, that I stopped popping pills and smoking and that I never drink carbonated beverages anymore. But I can't. I still get stressed out. I finally broke up with my boyfriend and I still cry for no reason. I still feel like I'm going nuts sometimes. And when I get like that, I still occasionally find myself reaching for that little bottle in the bottom of my purse. But on the brighter side, that little bottle has lasted for about six months, where it

used to last less than a week. Things could be better, but they could also be worse. Today whenever I feel as though my sanity is being chewed, swallowed and regurgitated inside the bowels of the fast food revolution, I take a deep breath, gulp some coffee and plan to endure until the end of the current work schedule—at which point I demand a week off!

\*\*\*\*\*

**continued**

Huff, (continued pg. 8)

Everyone knows that for the people that really want to do it, scare tactics aren't going to work. Jerry Jackson's final statement was, "All these kids need is to see one old huffer, drooling, staring into space, clutching that can as if it were all they needed...and I tell you they would never do it again. It just isn't worth it." It isn't worth dying for.



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# Senior Recognition 1994



Approximately 70 seniors line up to be recognized during halftime of the last home football game.

photos by MK Garrott



Above left: Seniors Greg Cannon and Desiree Vickrey are honored. Above right: Tonya Robbins and family go to their place on the field.

Courtney Moore receives a hug from band director Mr. Light.



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