



THE OAK K

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LOHS Students Attend State BETA Convention

By Tara Shelby
Opinion Editor

The Lone Oak High School Beta Club attended the State Beta Convention on December 1-3. The convention is an opportunity for Beta members all over the state to meet, mingle, and compete with one another in various events. Each year our school sends forty students to Louisville to represent LOHS.

The students left at 7:00 am on a Friday morning for Louisville and arrived shortly before 12:00 (eastern time). The convention was held at the Galt House Hotel. There, 3,000 Betas were unloading the buses and registering.

As a first event, the LOHS Beta Club competed in the group talent competition. The talent consisted of **Dallin Birch** playing and singing "Great Balls of Fire" while approximately 20 other members performed a well-choreographed dance. For the first time ever, Lone Oak qualified for the final competition to be held at the Third General Session.

That afternoon was free time used to explore nearby sights, including The Galeria mall. At 7:30 that evening the First General Session began. It was presided over by the State Beta President **Matthew Wireman**. Wireman gave an inspirational speech intitled "A Challenge for Tomorrow." In his speech, he stressed the importance of individuality in success. He also commented on the necessity of being true to oneself. Next, four students, including **Jason Snow** Lone Oak's talent choreographer from Paducah Tilghman, led the Beta Club anthem. Introductions were made of the State Beta Council members who made the convention possible and the school sponsors including Mrs. Sims, Mrs. Metzger, and Mrs. Thompson, were recognized for their hard work and dedication.

The highlight of the evening was the State Beta Club officer elections. Our very own **Chad Morreau**, a junior, ran for State Beta Club president. His skit was a combination of West Side Story and the cosmic battle of good vs. evil with **Craig Jackson** as Jesus and **Michael Powers** as the devil uniting at the end to say "Everybody wants **Chad Morreau** for president".

Saturday morning students reported to the Second General Session. Another inspirational speech, entitled "Goals," was given by State Secretary **Carson Thurman**, and guest speaker **Clayton King** reminded us them of the importance of performing community service and loving all people. Later, the LOHS Beta Club invited King to an appetizing lunch at the Spaghetti Factory.

That afternoon, competitions were held in various academic subjects. The LOHS students that competed are **Anu Manchikanti**, Spanish; **Julie Thrasher**, French; **Tara Shelby**, English; **Stephanie Getz**, math; **Wendy Wexler**, spelling; **Lee Titsworth**, ora-



Dancers surround **Dallin Birch** as he pounds out "Great Balls of Fire" at the Talent Competition. More Pictures on pg. 10

tory; and **Patrick Kaufman**, **Cliff Jenks**, and **Michael Powers**, quiz bowl. **Tara Shelby** and **Anu Manchikanti** also had a scrapbook displayed, although it was not available for competition.

The Third General Session consisted of four main parts. It began with a speech entitled "What's Positive About Being Positive?" given by **Kerri Richardson**, the Beta State Vice-President. In it she explained how and why she was such an optimistic person and encouraged us to participate in positive thinking. Next, the new state officers were installed. Dispite **Morreau's** energetic campaigners, he was defeated by **Dale McCarnish**, a student at Central Hardin High School. The most important event for LOHS was the finals for the talent competition. The group performed for an audience of 3,000 people and received a standing ovation. Last, the awards were distributed. Lone Oak placed 4th out of 15 places in the talent competition, the highest our school's group talent has ever achieved.

After the final meeting, Beta Club members had one last chance to celebrate. A dance was held each night, and a majority of the members attended them. The dance, referred to as "The Mixer" was described by students as being one of the best dances that they had attended. As the dance ended, Lone Oak Beta drifted back to the hotel rooms for one final get-together. When everyone arrived pizzas were ordered and the sponsors gave us an extended curfew so we could have a little while longer to socialize before we left the following morning.

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Lone Oak Artists Have Teen Spirit !!

by Ashley Small
Opinion Writer

Most students have become at least remotely aware of "Teen Spirit." For those of you who are not, "Teen Spirit" is a regional high school art competition, held at Yeiser Art Center. This year, the competition included nine counties and began on November 19 and will continue through December 30, 1995.

Students from sixteen different schools in Kentucky were invited to participate in the competition. Three hundred and eighty-seven works of art were entered in "Teen

Spirit," but only forty-six artworks by thirty-six artists were chosen.

The art works were selected for their imaginative content, personal interpretation and individuality, as well as technical competence and skill in handling the media.

Four students from LOHS were chosen to show their art work in the exhibit. They were Angela Raines, Dallin Birch, Chris Hughes, and Missy Perry.

This is the fourth year for the "Teen Spirit" art exhibit. Over one thousand works of art have been submitted since the program began. The Yeiser Art Center has donated over \$4100 to area art programs.



Teen Spirit participants Dallin Birch, Missy Perry, Chris Hughes, and Angela Raines.



Western Kentucky All Star participants Jarred Lampe and Chris Richards. Not pictured, Zach Williamson.

Senior Oakers Play on All-Star Team

by Anu Manchikanti
News Writer/Photographer

The inaugural Western Kentucky All-Star game took place on November 25 at Murray State University. Players on the All-Star West team from Lone Oak were Jarred Lampe, Chris Richards, and Zach Williamson. They played mostly on the defensive teams for the West squad. Although the defense played a great game, the offense was not able to overcome the East's overpowering defense. The final score was 28-13. For a first year event, the game went extremely well, without any major problems. The game should become a yearly event. Coach Grimes said, "Western Kentucky athletes are not recognized in the state the way they should be, and this is an opportunity for colleges to see all the talent in Western Kentucky."

The teams that played consisted of senior football players from the 24 schools in the

Western Kentucky Conference. There were 12 schools represented on each of the West and East teams. The players on each of the teams were selected by the head coach of their respective school on a basis of work ethic, performance during the regular season, and potential to achieve. The game is strictly for seniors, and its purposes are to give recognition for hard work during a player's high school career and to allow colleges to view many players with college football potential. There was an estimated crowd of 2,000, with coaches from many schools represented. In addition to this, results from the games were sent to 50-60 colleges. It cost approximately \$20,000 to put the game on, and the West team, which players from Lone Oak played on, was sponsored by Taco John's. Lone Oak Head Football coach Randy Grimes served as an assistant coach, in charge of the game's program and other public relations.

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Academic Team Still Going Strong

by Chrystal Galloway
Editor-in-Chief

The Academic Team has been very busy of late even though the regular season is over, mainly because of tournaments around this time. On November 14th, members Anu Manchikanti, Lee Titsworth, Cliff Jenks, Patrick Kaufman, Paige Ruoff, and Brent Turner, accompanied by sponsor Mr. Toy, attended the Murray State University Presidents Invitational, a series of competitions among teams from all over Western Kentucky. In their first match, which was against Graves Co., they stomped the Eagles 34-18. However, they were later beaten by Madisonville North Hopkins with a painful score of 34-11.

On December 6th, the Academic Team participated in the Knowledge Master Open, a very unique competition

which is played on computer. Thousands of students from all 50 states and 25 countries took part in answering over 200 questions from fourteen different curriculum areas, such as government, current events, math, physics, fine arts, and literature. The team was given a computer program that can only be run once, and officials rely mostly on the integrity of the students and advisors to prevent cheating. The team used the Mac lab from 7 am to 10 am for their competition. After calling in their coded scores, they will be told their results by December 9th.

As for future tournaments, Mr. Toy said "I am looking forward to District Governor's Cup in February because I feel this team has really improved since the beginning of the season. I think they will be very effective in the next competition."

LOHS Students Help Illuminate the School

Shawna R Williams
Assistant Editor

Already around town you can see the festive spirit waking up and yawning with the lighting of Broadway, Santa Claus in the mall, and various and sundry home decorators who have already put up their red and green lights and Christmas ornaments. Here at Lone Oak High School the same spirit is evident in the prolific art department. Just having finished the Teen Spirit exhibit, these busy bees have worked hard and creatively on the traditional stained glass windows.

"We've had a lot of time for working on community service," said Mrs. Hayden. The students did eight 8' by 8' stained glass window decorations for the Kresgees building where Karen Mayer is representing the Family Services Society, Inc., on a charity drive giving out food baskets. Now they are working on the ones for the school. "People in the community said they missed it. Parents would drive by and wonder why we didn't have them," commented Mrs. Hayden on not having them last year and deciding to do them again this year. "I gave them a choice on going back to the textbooks or doing stained glass

windows. They actually showed a lot of enthusiasm for the project and really wanted to do it. I also really wanted to do them this year since this is supposed to be the last year we're going to have this particular school. With the new school we're going to have to think of new ways to decorate the school."

The students were shown slides of various windows around town such as the Grace Episcopal, St. Francis, and Broadway Methodist Church. There

was no central theme decided on this year but the windows are going to be of a more traditional flare. The students have chosen ideas and styles varying from a Beatles theme to the Nutcracker to original ideas.

"Our stained glass windows reflect each individual personality combined in one, with hard work and love of art."-Amanda Ransom.

"And it's part of our grade, so we have to dig it."-Missy Perry.



Art students working fervently on their windows.



Picture of Amanda Ransom's design

Thespians Harken, School Play Forthcoming

by J.R. Young
Circulation Manager

As the fall semester ends and the spring semester approaches us, there is one thing that fills the minds of students (well, at least drama students) - the annual school play. This year Mr. Toy finishes his passing of the torch he began last year as Ms. Underhill takes over all aspects of the play. Many students at LOHS have expressed interest in being in or working on the play so here is the tentative plan for the play as it now stands.

Ms. Underhill has narrowed the field down to four potential plays. They are *The Off Track* by Felicia Metcalfe, *Her Kissin' Cousin* by Patricia Clapp, *Deadly Ernest* by Donald Payton, and *Second Time Around* by Donald R. Stieper. As of yet none of these plays has been decided upon, but Ms. Underhill hopes to have made a decision by the end of Christmas break.

Ms. Underhill has also announced a tentative

schedule for the auditions, rehearsals, and the actual production of the play. Auditions will be held the week of the twelfth in February. Rehearsals will begin the following week and continue through the rest of the month and until the weekend of the twenty-ninth of March which is being considered for the production of the play.

As far as auditions, anyone is welcome to try out for the play whether they have any previous stage experience or not. Ms. Underhill would also like to put out an invitation for anyone not interested in acting to help with other aspects of the play. Areas that require help include lighting, sound, props, stage decorations, costumes, and programs. "I can't do it without them," Ms. Underhill replied when asked about all the behind-the-scenes workers. So if you have a thirst for the stage, or just being involved in something productive at school, keep in mind that the school play will begin work sometime in February.

*England was merry England, when
Old Christmas brought his sports again.
'Twas Christmas told the merriest tale;
'Twas Christmas broach'd the mightiest ale;
A Christmas gambol oft good cheer
The poor man's heart through half the year.*

Sir Walter Scott

Band reaps success at all district

Cliff Jenks
Staff/Sports Writer

On November 16 a crack group of Kentucky Colonels traveled to Caldwell County High School in order to try out for the All-District Freshman and Senior High Bands. The Colonels returned hugely successful with a total of ten freshmen and seven upperclassmen making the First District Bands. In the Freshmen Band, Elizabeth Rigdon, Tracy Smith, Nola Goehman, Lorrie Keeling, William Mills, Josh McGuire, Angela DeJarnett, Jonathan Light, Sarah Walker, Estee Cheah will participate, and Carrie Sisto was chosen as alternate.

Jennifer Atherton (11), Jackie Allshouse (10), Autumn Pate (10), Erin Powell (11), Cliff Jenks (11), Scott Bryant (10), and Phil Sisto (10) were chosen for the Senior Band, with David Carmichael (10) and Greg Hosfield (11) named as alternates.

"I think that it's a great honor to be selected to a group of the best musicians in the area," said junior french horn player Erin Powell.

The All-District bands will rehearse on January 18-20, with the concert being held on January 20 at either Paducah Tilghman or Marshall County High Schools.



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To Adults, We're a Generation X-ed

Molly Harper
Assistant Editor

Trust. It's a fairly simple concept. You trust in a person because you have faith that he or she will do the right thing. Trust is built on past actions that prove a person's responsibility.

Unfortunately, most older people think that any one under the age of eighteen is a borderline criminal. (It's kind of reverse psychology from the sixties adage "Never trust anyone older than thirty.") Thanks to the derelict individuals who seem to

constantly catch the media's attention, "Generation X" has been characterized by selfishness, laziness, apathy, and whining. (Basically the seven deadly sins.) Adults who don't even know me assume that I'm some social deviant just because I can't vote yet. They don't want to take the time to get to know us, because it's easier to just write us off as juvenile delinquents.

Believe it or not, a lot of teenagers are reliable and (gasp) competent. Here's another newsflash. If a person is constantly being told that they are untrustworthy, they begin to act

irresponsibly. (It's called the Self-Fulfilling Prophecy, look it up.) A person who is not trusted to make his or her own decisions will never be able to make his or her own decisions. Take the time to get to know the teenagers around you. Don't draw your conclusions from the ratings-hungry, blood-thirsty, trying-to-cram-as-much-violence-into-their-program-as-Congress-will-allow newscasters. Judge for yourself on an individual basis whether or not we are trustworthy.

Generation

X

Modern Music Has Classic Rockers "All Shook Up."

by J.R. Young
Circulation Manager

The term "classic rock" is one that has come to be associated with music that our parents listen to. However, as a long time fan of classic rock, am I the only one who notices it's also the best rock? If you listen to the music and the artists of today they all have one thing in common—no lasting quality! People no longer care about what an artist is saying, it's the image that sells and that's sad.

First of all, music of today is no longer written by poets. John Lennon, Bob Dylan, and Roy Orbison all wrote

great music because all were poets. The lyrics of their music speak to different people on different levels. That's what makes their music great! However, music of today are lyrics that make little if no sense and listeners who don't care! Sure, I like to listen to music just for a great tune too, but I also like to listen to the words in a song and not be bewildered because I can't understand the singer! Recent studies showed that most American teens think "Born in the USA" by Bruce Springstein is a patriotic song! People no longer care about what a song has to say!

Second, most artists of today seem to have little idea what they are doing and seem more interested in the bottom dollar than in creating music. Take Kurt Cobain for instance, here's a guy who's revered for killing himself because he said he couldn't handle the pressure! My goodness, sorry Kurt, but you were never half as popular as the Beatles. They all managed to handle the stress without wimping out. What is really sad is that some people look at this guy as a hero! When a man, such as John Lennon, preaches for peace and is gunned down I shed more tears than when someone who

preaches wasting your life away, such as Kurt Cobain, gets stoned and shoots himself.

I could go on all day about the many differences in today's and yesteryear's music. The music of the past is in some ways like the music written by the great composers of the past. It can, however, be summed up into one sentence, two hundred years from now we'll still be listening to the music of Bob Dylan and the Beatles, but I doubt anyone will remember the names Nirvana or Hootie.

Give Mom a Break, Give Her a Call

Chrystal Galloway
Editor-In-Chief

There is a point in our adolescence when almost all teenagers feel that they are invincible. It's not that the majority of us drive around whacked out on cocaine taking curves at ninety miles an hour on mountainsides (though that may be what some people's weekends tend to resemble.) However, we do tend to make little mistakes every now and then. I used to get so defensive when my mother would ask where I was going to be or what I would be doing when I was on my way out for the evening. I told her I would be fine and could take care of

myself. Whenever calling from a friend's house had slipped my mind (on more than one occasion), I couldn't believe how she freaked out. A couple of times she even came and got me where I was when I hadn't called from a payphone because there wasn't a phone in the house. I couldn't believe how paranoid she was, and how unfair it was for me to have to "check in" with her.

As I grow older, I realize why she feels this way. We don't understand what it feels like to love someone so much and to know the dangers and accidents that could occur. As one mother explained the universal anxiety, she said there are a couple of reasons that parents worry so. First of all, they

remember all of the stupid things that they did when they were running around and young. Secondly, the older you get, the more aware you are of the world around you. Whereas a teenager driving generally feels like if she is careful then nothing bad will happen; parents think of all of the drunk drivers and collisions with semis that could kill their child.

I used to envy my friends whose parents didn't care about them, who let them run wild at all hours of the night, who could run off to Jamaica if they wanted to. Now I realize that I am so lucky to have a mother who loves me more than life itself, a mother who has made me strong and proud to be who I am. It can be hard, I remember

the screaming matches and accusations, but our parents are just as confused as we are. But for the most part, it's true that they are being protective because they love you. So next time you're out running around and think you will be a little late, give them a call, I know they would appreciate it.



Downgrading The Gifted- Who's the Winner ?

by Anu Manchikanti
News Writer/Photographer

In today's fastpaced world, it's necessary for the thinkers, the writers, and the artists to excel in order to prevail. I was identified in the second grade as a "gifted" student and continued in the G.T. program through middle school. It was a great class, because the students whom I was with had ambitions and goals similar to mine. But when I got to high school, reality hit. At LOHS, it seems that there's just no desire or motivation to encourage able students to excel.

The truth came late last year. For years, there have been conflicting schedules at Lone Oak. Luckily, with the push of a group of persistent students, the schedules worked out. I was involved in this, and in the process, I found out many things that made me worry. For instance, many competitive colleges require every applicant to have two years of a foreign language, but really want three or four. There are schools that offer up to twenty Advanced Placement classes and other International Baccalaureate classes. At Lone Oak, there are three AP classes, and two others that require independent study. Now, I know that Kentucky is not exactly the most metropolitan area of the country, but we are definitely not the backwoods. The education department of Kentucky offers a special diploma, called the Commonwealth Diploma, for students who successfully complete four AP classes and receive a certain grade on three of those final tests. Okay, it is not that big of a deal to get the

"high" diploma, but this diploma is really worth it. Recipients of the Commonwealth Diploma are reimbursed for the cost of taking the three AP tests, about \$75 each. Colleges in Kentucky are especially fond of the diploma and consider this factor when offering scholarships. These setbacks in gifted education are nationwide, though. Two cents of every one hundred dollars for special education is spent on the gifted. (Special education consists of the education for gifted & talented students and special needs students.) It's just disheartening to know that there are so many people in this country, state, and school that have such ability and are not given the chance to utilize it.

Don't get me wrong. I feel like I have thus far gotten an excellent education because of wonderful teachers. I am a very motivated student, but I'm also extremely curious. There's so much out there in the world that I would love to know about, such as art history, law and justice, Italian, religion, computer science, and even journalism. The Kentucky law specifically states that students identified as gifted must have their needs fulfilled, and schools have an obligation to do so. The downgrading of the gifted program is a direct reason why this country is falling behind Japan. If it continues, students who aren't that motivated but who do have ability will never have the chance to meet their full potential. And that is a great disappointment in itself.

The Simplest Messages Have the Greatest Meaning

by David Carmichael
Business/Advertising Manager

I read something recently that made me think of people at this school. In all truthfulness, I found it while washing my hands. It was on a paper towel. The writing was as follows: "Warmth and joy abound where friends and family gather round." This phrase goes a long way. True, it was probably put there because it was Thanksgiving at the time, but it can be applied at anytime, something most have forgotten.

Upon reviewing the responses of a short survey I took, less than five percent of families at this high school eat supper around the dinner table together. The care and love surrounding a table cannot be compared to

anything else on this earth. It's a great feeling to know that you're loved by others. It is a real shame that most families don't want to sit down and share their feelings with each other.

Christmas is a fun season, and Thanksgiving has just left us. Most people are feeling the warmth of the season now, and most are a little more compassionate toward others. Let's be thankful for what we have year-round, not just at occasions when everyone is "supposed" to be happy and thankful. Why not let everyone know that you appreciate them for what they will do for you in the future? I would appreciate it, and so would your family. Have a good Christmas.

Editorial

Class Elections are not Democratic

By Tara Shelby
Opinion Editor

Class elections are an opportunity for high school students to gain experience in activities such as running for office. For most schools this consists of having candidates actually taking a stand on pertinent issues and explaining why they should be elected in a campaign speech. This is not the case at LOHS. While I would like to think that, as seniors, we are adult enough and responsible enough to make reasonable choices when voting for class officers, I am well aware that this is usually not the case. I often hear people complaining that elections are nothing more than a popularity contest, but no one seems to be able to change this event into a serious competition. I have only one suggestion, and that is to have each of the candidates make a speech to his class.

The senior class elections are the most important because these are the people who will be planning our twentieth reunion someday, yet I wasn't even aware of who was running until I was handed the voting ballot. Students can't be expected to make

an informed decision under these circumstances. Putting up posters is a good way for candidates to let everyone know who is running, and to show how much each one actually cares about being elected, but it still isn't enough. If each candidate has to write a speech listing qualifications and telling why they should be elected, then the ones who want to be elected without sacrificing the time and effort to write a speech will be disqualified.

Many students know whether or not their friends are capable of handling the responsibilities of being a class officer, but when you have to decide between two candidates that you haven't spoken to since the fifth grade then there is nothing but reputation to base a decision on. This is what leads to elections turning into popularity contests. Also, the class officers often don't usually do anything worth mentioning while still attending high school. If candidates had to explain in a speech what they would do for the senior class when elected, then maybe some of them would sincerely attempt to carry out the campaign promises.

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'Tis the season to lend a helping hand

by **Shawna Williams**
Assistant Editor

Over the holiday season, we often have the right idea and give thanks for all we have and are gifted with. But how often do we really share the blessings we have been bestowed in life? I don't mean giving your mother a new bracelet or promising not to brutally harm your younger sibling for the day. I mean rolling your sleeves up and stepping into the real world to fight a real battle.

It has been said of society today that, even though our income, possessions, and standard of living has gone up, the overall happiness of the individual has gone down making crime rate, suicide, and alcoholism or drug abuse more common. I propose boredom and shallow living are some of the culprits in this mass dissatisfaction. Working for a social service organization can lighten that problem. It instills a sense of well being and not just a job well done but a meaningful and appreciated job well done. Think of it: you feel better and more at

peace-they (the helped) feel healthier and secure. Everyone loves one another and wishes each other a good morning. Wars and violence end, starvation and disease evaporate, and John Lennon's *Imagine* be-

echoes of your good deeds will grow louder and more magnanimous with each generation. So offer that blanket or that can of food; give a little of your time and a little of your compassion; offer a soothing word and

With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in: to bind up the nation's wounds; to care for him who shall have borne the battle, and for his widow and his orphan, to do all which may achieve and cherish a just and lasting peace among ourselves, and with all nations.

-Abraham Lincoln,

Second Inaugural Address, March 4, 1865

comes the world anthem all because more people got involved in charity organizations.

Alright, I admit it is a bit idealistic-okay, the phantasmagorical fantasy of a deluded, naive mind. But more people involved in helping their fellow-and less well off-brother can make a change for the better and the more peaceful. It may be just a minute difference now, but I'll promise you the

a sympathetic ear, a warm hand. Maybe if we all offer just a little bit more to a stranger or two we won't need a designated day to celebrate the Christmas spirit.

Here is a list of organizations to be contacted if anyone wishes to get involved with the community.

Social Service Organizations

- American Red Cross
300 Ella Dr.444-0005
- Paducah Community Center
505 S 8th444-6583
- Paducah Cooperative Ministry
1359 S 6th....442-6795
- West Kentucky Childrens Home
1118 Jefferson St....443-9754
- Child Watch Advocacy Center
1108 Jefferson St Paducah....443-1440
- Family Service Society
223 S 3rd Paducah....443-4838
- Habitat for Humanity
513 S 6th St Paducah...443-6150
- Lifeskills Education To Empower
People Program 4600 Buckner Ln
Paducah...443-5981
- P C M Shelter for the Homeless
300 Ella Dr.444-0005
- Paducah Community Center
505 S 8th444-6583
- Paducah Cooperative Ministry
1359 S 6th....442-6795
- Spouse Abuse Program...443-6001

Make those resolutions and stick with them

By **Ashley Small**
Opinion Writer

As 1995 comes to a close and we are embarking upon a new year, we all sit back and look at the year behind us and breath a sigh of relief that, that one is over and a new one is about to begin. A new year seems to symbolize a world of new possibilities, 365 days to not make the same mistakes that we made the last 365. It's a full year to try and achieve the goals we set for the year before and never accomplished and one way we are all familiar with is "New Year's Resolutions." Yes, we all make the, but how many of us really keep them? Oh sure, some of us manage to keep them for a few weeks and

maybe even a couple months, but the majority of us never do actually kick the old habits for good.

One of the biggest problems "New Year's Resoluters" encounter is that their resolution's are sometimes a bit too drastic. A good way to keep your resolutions is to keep them simple, meaning don't start with swearing off chocolate or trying to run ten miles a day. Set a goal that is achievable such as, if you want to get in shape start off by trying to take a one or two mile walk three times a week and build on that. If you want to not be as stressed this year make your goals practical like, getting a planner and going to bed an hour earlier.

Keeping your resolutions practical and reachable will most likely improve your odds of achieving them and not to mention make you feel much better in the end.

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(502) 554-8373

Ten Things Not To Get Your Significant Other

By **Tara Shelby**
Opinion Editor



Not for boyfriends

1. a gift certificate for two to your favorite restraunt.....Wouldn't you feel bad if he took someone else?
2. baby clothes..... He'd have a heart attack.
3. socks.....Your grandfather will be more appreciative.
4. suspenders.....You need a reason?
5. computer game.....He'd be too busy to see you for at least a week.

Not for girlfriends

1. Chia Pet.....You wanted to see her again, right?
2. fake jewelry.....We know it's not real.
3. tickets to a basketball game.....You know better!
4. a video of *The Ref*.....Not exactly a Christmas kind of movie.
5. fire arms.....Hunting isn't most girls idea of fun.

GALLOWAY PLUMBING

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Christmas Polls

by Chrystal Galloway and Molly Harper
Editor-in-Chief and Assistant Editor

Do you or do you not believe in Santa Claus?

Craig Jackson (12): Yes, because I'm afraid that he will get mad if I don't have faith and not bring me stuff.

Lee Titsworth (11): No, but I truly wish I did. Why should one give up something so loved, so deep, and so magical?

Emily Williams (10): No, my parents shattered that illusion long ago.

Jessie Ballowe (12): I believe in the spirit of Santa Claus and in the feeling it brings.

Jeremy Modglin (12): Who else eats the cookies by the fireplace?

Chris Peeler (10): I do not believe in Santa, no one that fat can be that jolly. He scares me.

Alisha Looper (11): Like the saying goes- "If it's too good to be true, it probably is." Santa is too good to be true.



If you could wish for one thing for Christmas, what would it be?

Paige Ruoff (12): That's easy. Do the words "full ride" mean anything to you?

Dallin Birch (12): A cool chain for my billfold in case it falls out of my pocket.

Jeremy Modglin (12): A letter from Washington University begging me to go to their school and offering to pay for everything.

Doug James (10): A new guitar (Fender Stratocaster).

What is your New Year's resolution?

Lee Titsworth (11): To be not quite so bossy.

Chad Kirk (12): To do no schoolwork after January 1st.

Emily Williams (10): To be a better citizen, drink lots of milk, and smile a lot.

Jessie Ballowe (12): To survive and earn money.

Stephanie Getz (12): To stop procrastinating sometime before I leave for college - even if it is the day before.

Dallin Birch (12): Resist authority.

Casey Powell (11): To actually pass all of my classes in the 2nd semester.

The laugh that lasted a little bit longer

by Shawna R Williams
Assistant Editor

The fifteen spoiled, cross-eyed cousins, all under twelve, go tearing through the house whooping and hollering Lone Ranger repertoires-using your best silk slip for their Jolly Rogers flag. Uncle Ralph and Uncle Jerome are reliving old war days with complete animation and sound effects. Aunt Tweedledee and Aunt Tweedledum will not quit pestering you as to why you don't have some nice, clean, Christian boyfriend (never believing you when you tell them they don't exist). Grandfather asks you yet again what grade you are in. Your cheeks are sore from grandma's Lanolin-lotion-smelling, pinching-happy fingers. Your usually eternally sweet and patient mother is lurking around the corner with a wild gleam in her eye and a serving spoon in her raised arm, just waiting for the next little #@&*!%\$?! Indian to come running through the kitchen. And every K-mart, Super Wally-World, department store, Ventures, Sears & Roebuck, and grocery store is blaring some mutant, synthesized, keyboard version of It's Beginning To Look A Lot Like Christmas. Mmmmm, holiday memories-how they do put a warm glow into thy reminiscing heart.

The proverbial They have been telling me for all my seventeen years that the

holiday season was intended so that people could spend time with the family, seeing those you don't usually get to see, for good cheer with the fellow neighbor and goodwill to all men. I still don't buy it. At least I don't believe them wholeheartedly, unblinkingly, and unquestioningly. Eighteen hours a day, seven days a week I spend subjected to a large amount of people that I don't like very much. Regardless of the fact that I happen to be more anti-social than most, I think this curse is true for many of you, also. For those people who just get all sorts of tickled having to be around so many people every-single-day ignore this article and go be annoyingly happy somewhere else. I can live with all the Christmas spirit gone commercial and the exploitation of a sacred and secular festivity. I can live with the horrible parodies, jingles, tacky plastic decorations, and irritable, insincere shoppers that have come to symbolize the holidays. But the one thing I can't stand anymore is the familial obligations. Every year people grunt and groan because they have to go see so-and-so, who-and-who, and then over to what's-her-face. I have a mahhvelous idea. Don't. Imagine a world where everybody spent the holidays with only those people they wanted to see, and nobody felt angered or neglected because their third cousin thrice removed didn't show up. Or, if your'e feeling especially hum-buggish, become a hermit for a

few days. Refuse to see anyone and do nothing but watch a lot of old horror and suspense movies and eat a lot of Chinese and chocolate. Wear only pajamas-the kind Bill Cosby always wore. Revolutionary thought, isn't it?

This year I was sitting around with my family, on one of my few spare moments, and realized I had not heard a word about Thanksgiving plans. When I brought the touchy subject up, I received a barrage of irritable remarks. So I recommended a sit-out, sit-down protest where the four occupants of our house stay put, refusing to take part in the begrudged liveries elsewhere. The vote was unanimous. On the 23rd of November we didn't go anywhere and we relished every blissful second of our sedentary holiday. Of course we didn't completely forget our relations. We made a ton of food, set it all out buffet-style, and invited anyone who wanted to share fine food in our humble abode. But we were not leaving the comforts of our own home.

The results...were great. Instead of receiving the blood-related ire, everyone (almost) commended us on our audacity and practicality. We were the envy of the family, not the despised. More importantly, the mood seemed a little more lighter, more festive. People drifted in and out of our house all day long. No one was expected to show; no one was expected to stay long.

Those who didn't come by were just as appreciated (and at times more so) as those that did. We were comfortable, free of any pretenses that usually surface when surrounded by strangers we are supposed to like, such as that overweight curly headed guy who is supposed to be your brother-in-law's, second cousin's, great uncle's nephew, whose name no one can ever remember. The one thing that I was grateful for on this balmy Thanksgiving: the laugh that lasted a little bit longer.



3401 Lone Oak Rd.
Paducah, Ky 42001

Jenks Named Band Member of the Month

by David Carmichael
Business/Advertising Editor

Cliff Jenks, a junior in the Lone Oak Kentucky Colonel Marching Band and the concert band, has been named as this month's "Band Member of the Month." Jenks plays the euphonium in the marching band, as well as the percussion in the concert band. Mr. Light, director, stated that he felt, "Cliff is an outstanding player who devotes a lot of him time to making himself a better player."

Jenks, through hard work and dedication, has accomplished many things. His freshman year, Jenks was accepted into All-District Band, and obtained the first chair position in band. His sophomore year, Jenks made Symphonic Band in the Quad-State Band Festival. He once again made All-

District Band, placing second, and was recommended for All-State.

This year, Jenks was Low Brass co-section leader, the other being Patrick Kaufman, senior. He has once again made All-District (1st chair), and been recommended for All-State. He says, "I'm very appreciative of the opportunities for success that I've been given through the band program and by the band staff. I hope I'm given more and different opportunities for success in the future. It also really helps that I've got a great section. They listen well and do an outstanding job."

Jenks says his idols in life are: Michael Jordan, and band-wise: Don Presley, Drew Rudd, James Perry, and Patrick Kaufman. **Congratulations, Cliff!**

Student Spotlight Shines on Brian Howard

Molly Harper
Assistant Editor

You'd never guess that there is a high-ranking martial artist lurking in the hallways of LOHS, would you? Brian Howard has been training in martial arts since he was five. He started in Malibu, California where he learned Isshyin Ryu and Kenpo. Howard is currently training at a Shotokan school in Mayfield and Hwang's Tae Kwon Do in Lone Oak. He earned his black belt in karate at age ten. He has since earned a blue belt in Tae Kwon Do, a second degree black belt in Isshyin Ryu, a black belt in Okinawa Kenpo, and a white belt in Judo.

"Karate has many disciplines and from these disciplines I have more confidence to accomplish my goals. Most of all I have learned to control my temper...I take karate

because it is a physical and mental sport.", Howards says. Apparently, it is a sport in which he excells. Howard has been to thirty-three tournaments and has placed first in twenty-nine of them. He was disqualified from four. (I don't know why and I'm not going to ask.)

When asked about his most embarrassing moment, he reluctantly says, "I was in a tournament in Dallas, Texas. During the opening ceremony, I went into the bleachers and fell asleep. I was in a deep sleep, when I rolled over and crashed onto the bench below me. I almost missed my match, but I finally woke up." Howard hopes to open his own karate school to teach people to understand but never misuse karate. He also hopes to someday represent his country at the Olympics.



Brian Howard, senior

For the Karate illiterate, a definition of each style mentioned in this article.

Isshyin Ryu- A style that develops speed, coordination, and balance while practicing stances, blocks, punches, and kicks. It teaches the basic of self-defense.

Shotokan- A very traditional style with low stances, difficult hand techniques, and "opponent disabling" kicks designed to defend from every kind of attack.

Kenpo- A style developed to attack and defend against multiple attacks at once, while keeping and economy of motion. Multiple strikes are used to confuse and disable one's opponent.

Tae Kwon Do- A style that teaches high kicks and very few hand techniques. It requires lots of discipline.

Judo- A defensive sport that teaches a series of throws, grappling techniques, and strangling techniques.

Senior Superlatives

Mr. & Miss Senior

Paige Ruoff
Craig Jackson

Most School Spirit

Angela Raines
Shane Turner

Most Likely to Succeed

Stephanie Getz
Ben Upshaw

Most Catching Smile

Kara Cook
Jacob Harper

Most Talented

Beth Collins
Dallin Birch

Most Attractive

Abby Brazzell
Brad Weitlauf

Best All Around

Paige Ruoff
Jarred Lampe

Most Athletic

Sarah Steele
Craig Peeler

Most Dependable

Teri Dawes
Jeremy Modglin

Biggest Apple Polishers

Audra Hall
Sean Henley

Friendliest

Kristie Garrott
Anthony Jones

Most Fashionable

Misty Anderson
Richards Collins

Class Know It All

Molly Harper
Patrick Kaufman

Class Flirts

Mandy Flournoy
Ryan Paine

Most Unforgettable

Chrystal Galloway
Craig Jackson

Allison Heath Chosen for December's Junior Rotarian

by Blake Vandermeulen
Sports Writer

Allison Heath has been chosen as the Junior Rotarian for the month of December. She participates in many activities at LOHS including the the Art Club where she was secretary her freshman year and president her sophomore year. She is also a member of the FCA, Key Club, Beta Club, and the Physical Science Club. She has been on the golf team for the last five seasons and a member of the honor roll for the last four years. She sang in the choir her freshman and sophomore years and has been a class officer her freshman, sophomore, and senior year.

Allison is a member at Lone Oak First Baptist church. She is also a P.S.I. Teen Leader and had this to say about her experience "I enjoy helping younger teens to set their standards early in life."

Allison hasn't made a final decision on a college yet, but she plans on majoring in chemistry and then either going on to pharmacy school, or entering a business field.



Allison Heath, senior

Perfect Senior Girl

The Perfect Senior Girl has the:

- Hair of: *Angela Raines*
- Eyes of: *Kelly Williams*
- Lips of: *Jill Griffith*
- Legs of: *Rae Ann Ragland*
- Body of: *Sarah Steele*
- Personality of: *Amanda Ransom*
- Sense of Humor of: *Molly Harper*
- Intelligence of: *Stephanie Getz*
- Wit of: *Wendy Wexler*
- Style of: *Nancy Wilson*
- Walk of: *Misty Anderson*
- Voice of: *Lisa Jalkh*
- Smile of: *Carrie Rushing*
- Friendliness of: *Paige Ruoff*
- Talent of: *Beth Collins*
- Theatrics of: *Chrystal Galloway*
(hey, I'm fun to hang out with)

by Chrystal Galloway
Editor-in-Chief

Recently, the staff decided it would be really cute if we did an updated version of the "Perfect Senior Boy and Girl" idea. It was done for our class in our freshman yearbook, but the categories were all "looks" instead of the occasional intelligence or sense of humor category (also it mixed guy features with girl features-kinda scary). Be assured that these choices are not based solely upon the opinions of the staff. Suggestions were taken from members of different classes and cliques, and the voting procedure was done much the same way. Here, for your dreams and fantasies, are the perfect seniors:



Perfect Senior Boy

The Perfect Senior Guy has the:

- Hair of: *Bryan Hicks*
- Eyes of: *Matt Lewis*
- Lips of: *Shawn Dittman*
- Personality of: *Brian Mize*
- Legs of: *Chris Hughes*
- Sense of Humor of: *Donnie McNeil*
- Intelligence of: *Ben Upshaw*
- Wit of: *Patrick Kaufman*
- Style of: *Craig Jackson*
(Craig should probably get 'theatrics' as well, but he wanted style more)
- Walk of: *Chad Kirk*
- Voice of: *Jay Pendergraft*
- Smile of: *Jacob Harper*
- Body of: *Jarred Lampe*
- Friendliness of: *Jeremy Modglin*

America by Anthony Jones

America, land of the free and home of the brave
But to some America has been the land of the master, and the home of the slave

The effects of past history still ring through today
Crooked cops beating African-Americans like run-away slaves

America, a land full of milk, honey, and enjoyment
But, where is the milk and honey when one cannot find employment

In America we don't discriminate and everyone is equal
This might be true for some, but not for colored people

In America we love and welcome all immigrants
Yes, immigrants who come from the right continents

In America all citizens are protected and equal under law
The law is justice; but justice is not the same for all

In America the majority thinks that there are no problems
"Clean Your House," America, and realize that there are some problems

America, America God shed his grace on thee,
and crown thy good with BROTHERHOOD
from sea to shining sea-
Really though America, that's how it SHOULD be

Powder is worth the \$5.50

Cliff Jenks
Staff/Sports Writer

It's not very often that a truly great movie comes along, a movie that really touches people and makes them think about themselves and life. One of these movies is here but has received very little attention. This movie is *Powder*.

Powder is not just a story of a strange kid who has no one in the world after his grandfather dies. Nor is it a story about an albino orphan who can memorize a book after only reading it once and has the highest I.Q. ever recorded. It's also not about a teenager who has the strange power of attracting metallic objects and electricity.

Powder is a story about the conflicts

that a 'different' person goes through in society. Even after Jeremy (*Powder*) brings a father and son back together, adults see him as a misfit and an outcast, and although he has the most advanced mind ever, they still doubt his mental abilities. The teens he lives with in a state home are much worse than the adults. Even though they also had many problems like *Powder*, the way they treated him made me physically ill. His only wish is to return to his home, but no one will ever grant his request.

I have gone to the theater to see *Powder* twice, and have gotten a lot out of it both times. Other than the unusually loud volume at some parts, my first viewing left me intrigued enough to see it again. The second time, I picked up on some of the finer points of the movie that had a strong religious content, including the striking resemblance of the title character to Jesus Christ.

The next time you have an extra \$5.50, get more out of that money than watching Jim Carrey regurgitate in a baby bird's mouth; go see *Powder*.



McDonald's wishes you a Merry Christmas!
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Beta Convention 1995



Beta members entertain themselves while waiting at the Spaghetti Factory.



Huh, wonder what Dallin's thinking?



Tara Shelby smiles coquettishly into the camera.



Anu Manchikanti and Stephanie Getz model Chad Morreau's campaign shirts.



'Solid gold' dancers Nikki Key, Jeremy Modglin, Lee Titsworth, Stephanie Hamlett, Brittain West, and Tara Shelby flirt with the camera.



Curfew? What curfew?



Two Super Bowls better than one Tostitos Bowl

by Cliff Jenks
Staff/Sports Writer

Fortunately, this year is an exception to the rule, but in most years the absolute best team in college football is never decided. Last year is a prime example, when both Penn State and Nebraska were undefeated, but the Nittany Lions walked away from the New Year's Day bowl games empty handed. It is possible, but unlikely, that the same thing will happen this year. If Florida and Nebraska play to a tie and if the University of Toledo win their bowl game, there will be three teams with a record of 11-0-1. Who will be crowned national champions? Probably not Toledo, but who would it be, the Gators or the Cornhuskers? The Northwestern Wildcats also should have a

legitimate shot at the title, only losing to Miami of Ohio.

My solution to this problem is very simple, and would also be a big money maker. Take the two top teams after bowl day (this year it would be the winner of Nebraska and Florida against either Northwestern if they win, or the winner of Ohio St. and Tennessee). Then, allow these two teams to play on the Saturday before the Super Bowl. The winner of this college "Super Bowl" would be crowned the National Champions. This game would take the guesswork out of picking the best team in college football. Even better, that would be one great weekend of football, with the two greatest games of the year within a 24 hour period. Why not? The only thing to lose is an undefined National Champion.

Replacement officials destroying NBA

by Blake Vandermeulen
Sports Writer

"No respect!" The popular phrase coined by famous funny man Rodney Dangerfield has replaced "I love this game" as the new defining slogan of the NBA. With the union officials still in a heated labor battle with management, replacement (the longest four letter word in sports today) officials have taken the court.

Referees from the CBA and the college ranks have been calling games in two man crews instead of the usual three man teams. With only two officials trying to watch ten players, one-third of the court has been consistently uncovered. This has led to three pointers being called two pointers, and vice-versa, along with an increase in physical play down low. The physical play resulted in a bench clearing brawl between the Indiana Pacers and the Sacramento Kings which ended with seventeen players being suspended and enough money in fines to pay

the union officials the salary they are demanding.

The superstars are no longer getting the calls they usually did, causing teams to look elsewhere for offensive output. Which would you rather see: Michael Jordan taking control of the game or Michael dishing the ball to Jud Buechler for 15 foot jump shots? Fans paying as much as \$1000 per ticket just don't want to see this kind of basketball.

Replacement officials have been shunned in the basketball hotbed of Toronto. This isn't happening because the expansion Raptors have cut a deal to get them back, rather it is due to labor laws in Ontario preventing replacement workers when a union is on strike.

In this day and age of luxury boxes and \$10 soft drinks, why can't the owners give up the money to get the best officials in the world? This becomes even more puzzling when these same owners are dishing out as much as \$84 million for players spending most of their time on injured reserve.

Ten Things That Ruin Christmas

by J.R. Young
Circulation Manager

10. Gifts from siblings.
9. No Bob Hope Special this year.
8. AFCO's semester test.
7. The time consuming process of searching feverishly for addresses for Christmas cards.
6. No heat in the school.

5. R&B Christmas albums.
4. Hallmark's eternal quest to over commercialize every holiday.
3. Bad song parodies of even worse Christmas carols.
2. Having to get together with family you attempt to avoid the other 364 days of the year.
1. Cheap relatives.

NFL teams moving, moving, moving

by Andy Harris
Sports Editor

The Baltimore Browns. The Nashville Oilers. The Gary Shandlings!? What is the NFL coming to?

When the Los Angeles Rams made their controversial move to St. Louis this summer, a new trend was sparked in the National Football League. If franchises don't get brand new stadiums in their respective cities, they skip town.

The latest of these fly-by-night teams is the Browns. Despite the fact that the city of Cleveland has been one of the most supportive football towns in the NFL, money grubbing owner Art Modell would rather be in Baltimore - where the money is. Since the move to Baltimore was announced, Cleveland hasn't won a game. Now instead of a trip to the Super Bowl, they will be watching

the Bud Bowl on January 28.

Besides the Browns, the Houston Oilers are considering a move to Nashville. (The Music City must be playing the Oiler's tune.) Even 'Da Bears might pick and move to the murder capital of the world - Gary, Indiana.

After Al Davis took the Raiders to Oakland, Los Angeles was left without a team. Now they are practically recruiting teams to move to the land of Disney.

Is the NFL sending out the right message to the rest of the world? If you don't get what you want, just take your ball and go home. Has any one ever heard of loyalty to a city or team? It is ridiculous that cities should be forced to provide new stadiums for their teams or lose them. But as it always goes in sports, the rich get their way, the fans get the highway.

Sports News

More defense and fewer turnovers

by Blake Vandermeulen
Sports Writer

The LOHS boys basketball team has begun the '95-'96 season with three straight losses. The first three games included a close loss to Christian Fellowship in the opening round of the McDonald's Classic on November 30 and a pair of road losses at Calloway County on November 27 and at St. Mary on December 5.

Some of the bright spots at this early point in the season include senior Chad Kirk, who is shooting 66% from the field. Juniors Donnie Stone and Josh Long are the leading scorers for the Flash at 13 points per game with Stone also leading the team in rebounds at seven per game.

First year head coach, Craig Wallace, said

so far his main concern is the number of turnovers his team is committing. The Flash are averaging 21 turnovers per game and Wallace said that number needs to be around 12 for the team to be more successful. By reducing the miscues the team would be able to take more shots which in turn will mean more points.

Another concern for Wallace is the team's defense at this point in the season. Wallace had this to say about his team's performance, "At times we have played good defense, but we must learn to do it for the entire ballgame."

Despite the slow start the Flash have a great chance to get things turned around if they can cut down on turnovers and sustain their defensive intensity for the whole game.



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Goldeneye is a great start to the holiday movie season

by Anu Manchikanti
News Writer/Photographer

Goldeneye - revitalizing a tradition. The much-awaited return of British intelligence agent 007 James Bond brings back the suave, sophisticated character who makes women swoon and terrorists run. The movie stars a new Bond, the dashing Pierce Brosnan. But where would 007 be without a woman to get him in trouble? Enter Isabella Scorputina.

Goldeneye centers around the determination of Russian traitors to steal nuclear warheads and fire them at London. The warheads do not blow up the city, but emit a magnetic field that somehow erases all data from computers and such. The plot takes you around the world, from London to Russia to Cuba. Although interesting, the

plot just didn't live up to its predecessors. It was not as fast-paced, and there was too much background information on nuclear warfare and computer technology. But I have to say that Pierce Brosnan brought back the fire to James Bond. Although no one compares to Sean Connery, Brosnan is a definite improvement over Roger Moore and Timothy Dalton. He brought back the humor to the character, while retaining his polished mannerisms. The constant of all the films, Q, was hilarious as usual.

The movie is a great, initial step into the series of new movies. Although *Goldeneye* could have been better, I think we can count on Brosnan to pull out all the stops in the next few movies and completely bring back to life 007.

**Have a Merry Christmas and a Safe Holiday
Full of Innocent Cheer and Childhood
Dreams Come True**

*'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
in hopes that St Nicholas soon would be there.*

A Visit from St. Nichols, Troy Sentinel

S P I R I T H T A E D D E T A L E R Y O T X
C F R X T E C A L P E R I F N Q O L D H J O
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|--------------|-------------------|
| miracle | frostbite |
| snowman | spirit |
| yuletide | football |
| Tiny Tim | jolly |
| Doc Hicks | family |
| parade | wreath |
| trains | parties |
| chestnut | cookies |
| goodwill | Scrooge |
| ornament | fruitcake |
| snow | gifts |
| eggnog | fire place |
| tree | Frosty |
| lights | candy cane |
| toys | tinsel |
| Comet | stocking |
| Prancer | elves |
| Dancer | toy-related death |
| Dasher | holly |
| Blitzen | candy |
| Cupid | angels |
| Vixen | mistletoe |
| Donner | charity |
| Rudolph | chimney |
| Jack Frost | peace |
| jingle bells | icicles |
| sleigh | star |
| north pole | red and green |
| Santa Claus | |

