



THE OAK K

Volume 55 Issue 7



March 1996

Lone Oak represented well at Regional Art Competition

By Tara Shelby
Opinion Editor

The Regional Art Competition, sponsored by the Kentucky Art Education Association, is an opportunity for students to be recognized and rewarded for excellence in art. Seven students from Lone Oak High School competed for awards in thirteen different categories. They are Dallin Birch, Chris Hughes, Craig Jackson, Missy Perry, Angela Raines, Allen Ramsey and Amanda Ransom.

Dallin Birch made a very impressive showing, winning not only first place, but also second and third in his area. His three drawings are entitled "Stephanie's Dog," "The Sax," and "Cody." This is a rare honor for any student. Mrs. Hayden commented, "Dallin's work with graphite is extraordinary."

Another first place award went to senior Chris Hughes. Hughes developed and printed a black and white photograph entitled "Rage Against the Machine." "I was honored to receive first place in the competition, I

only wish first place ribbons were red instead of blue," said Hughes. Craig Jackson also placed in the photography competition. He received third place for his photograph "Novice Traveler." He also had another piece displayed entitled "Anywhere But Where I Am." Missy Perry's photograph "Death in the Sunshine" was also in the show.

Several other Lone Oak students had pieces displayed and won awards. Senior Angela Raines received honorable mention for her acrylic painting "Chairs." This is an analogous painting done in blues and greens which captures a realistic representation of chairs stacked on top of a table. When asked about her work, Raines replied, "I LOVE state funded, public school issued, plastic chairs!" Allen Ramsey had an untitled piece displayed in the printmaking category. It is a large multiple printed image in browns and golds. In the fiber art and textile design category, Amanda Ransom won first place for her weaving entitled "Country Window."

The reception was held from March 2nd through March 16th at the Claire M. Eagle Gallery. Congratulations to all involved.



Regional Art Show winners: Angela Raines, Allen Ramsey, Chris Hughes, Craig Jackson, and Dallin Birch

Anatomy Mainstream

by Anu Manchikanti
News Writer/Photographer

On March 1st, the Anatomy & Physiology class visited Western Baptist Hospital to participate in the Allied Health Shadow Program. This yearly event, hosted for the first time by Western Baptist, allows students to explore and learn about more different careers in the medical field.

The day began with an overview of the laboratory portion of medicine. The students were then presented with information about radiology and taken on a tour of the department, where they saw x-ray and radiation treatments. Next, they visited the respiratory department, where students were given the chance to inflate the lungs of a dummy and start an I.V. on a pulsating, artificial arm. They were also given a chance to test their own lung capacity.

After lunch, the group visited the pharmacy department and learned about procedures for filling prescriptions. Donnie McNeill repeatedly asked where the Prozac was located. After this, the students were visited by a dietician, who explained exactly what this career entails and cleared up many misconceptions about the job.

The last speaker was a physical therapist. This was one of the most entertaining speakers because of the audience participation. Senior Monica Doyle volunteered to be tested with a TENS machine, a device that simulates nerve impulses. When the electrodes were placed on her face, the nerves began to take on a mind of their own, and Monica experienced tingling sensations. About her experience, Monica commented that after twenty minutes, the feeling returned to her face.

The program was extremely helpful because it clarified the purposes of many professions in the medical field. Senior Sarah Steele said, "It was a great learning experience. I wish everyone had the opportunity to learn more about these professions."

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Special - Tribute to Jennifer Dowell

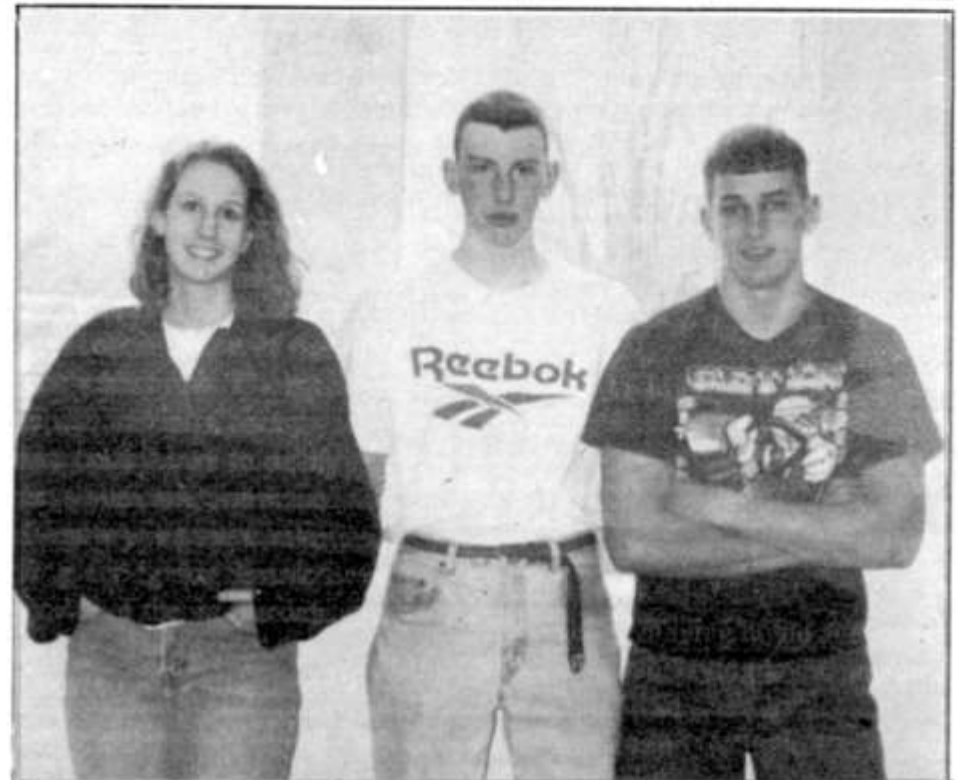
History Geniuses Win First Place at History Competition

by Shawna R Williams
Assistant Editor

On Wednesday, February 21, Mr. Neel and several students ventured off to Murray to engage in the Regional History Competition. The U.S. History competitors included: Craig Jackson, Chad Kirk, Mike Richards, Paige Ruoff, Brent Turner, Anu Manchikanti, Celeste Clark, Kallie Dracy, and Blake Vandermeulen. The World Civilization testers were: Julie Sims, Tracy Werner, Beth Bragg, Jonathon Shelby, Carl Walter, Janie Toy, Trey Swacker, Emily Rigdon, Dallin Birch, and Jason Thompson. The students had to take a test consisting of 150 problems to determine who was the more knowledgeable. They competed with schools such as Carlisle Co. and St. Mary's. But they did not compete with nearly as many schools as was intended because,

come to find out, the KIRIS testing date conflicted with the competition and several schools could not attend, seeing as how it was too late to change the date of either one. "That's all right, though," boasted Craig Jackson, 5th place winner, "it would have just been more schools we would have beaten." In U.S. History, Paige Ruoff made 2nd place, Brent Turner placed 3rd, and Mike Richards came in 4th. The team as a whole came in 1st place.

Craig Jackson went on to say, "Our success speaks highly about the ability of our teachers. There were a lot of intelligent kids there, but for the whole school to completely dominate says a great deal about our history teachers, especially Mr. Baker." Mr. Neel, the sponsor, when asked about how he felt concerning his students' success said, "I'm darn proud."



Paige Ruoff, Brent Turner, Mike Richards. Photo by Anu Manchikanti

Band Students Participate in Quad State

Cliff Jenks
Staff/Sports Writer

On February 23 and 24, 17 members of the LOHS band traveled to the campus of Murray State University to participate in the annual Quad State Festival. The students auditioned for one of three bands and performed a concert in the afternoon of the 24th. Young musicians from the states of Kentucky, Tennessee, Illinois and Indiana participated in the 49th year of the event.

In the Gold Band participants were Elizabeth Rigdon (9), Julie Sims (10), Lorrie Keeling (9), Sara Walker (9) and Tim Followell (10). Their program included an interesting arrangement of the English folk song "Scarborough Fair" with a lengthy flute solo performed by Rigdon.

LOHS students in the Blue Band were Jennifer Atherton (11), Leigh Ann Mullen (11), Josh McGuire (9), Autumn Pate (10) and Jonathon Light (9). Included in their

program was the "George Washington Bicentennial March," by John Philip Sousa, said to be the last march Sousa ever wrote.

The Symphonic Band consisted of some of the finest young musicians in the area. LOHS had eight students in this group. They were Nola Goehman (9), Jackie Allshouse (10), William Mills (9), Erin Powell (11), Trey Swacker (10), Cliff Jenks (11), David Carmichael (10) and Greg Hosfield (11). Their repertoire included an interesting 'skat' piece entitled "Sang." Under the direction of James Croft, the band also performed "March from 1941" by John Williams.

In full band news, the LOHS bands will be performing in the KMEA Concert Festival on April 1st and 2nd, at Paducah Tilghman High School. Also, the band will hold its annual Honors Concert on May 5 in the LOHS gym. Everyone is invited to attend both events.

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The Oak K
and am looking forward to going!
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Backpackers brave the cold

by Anu Manchikanti
News Writer/Photographer

On March 9, brave pioneers ventured out into the cold wilderness. The Biology Club recently traveled to Shawnee National Forest to backpack the Lusk Creek Trail. Nine students, Mrs. Underhill, and Mr. Neel braved the winter cold to hike a five and a half mile trail. The trail was meant for beginners, but the backpackers got a little off track and had to cross through water nine times and do a little rock climbing. After reaching the campsite, the group set up for

the cold night ahead and just basically lounged around. A few miles from the end of the trail, they stopped at a beautiful natural preserve and observed nature at its best.

The trip was planned in order to give Lone Oak "outdoorspeople" an opportunity to get out and be active. On the trip, Biology Club Co-President Grant Clouser vehemently denied accusations. "We were not lost! I knew exactly where we were the entire time." All those involved felt that the trip was a success and worth the trouble. The Biology Club hopes to take another camping trip later this spring, with more agreeable weather.



Front row: Emily Rigdon, Erin McGavic, Cody Birch, Anu Manchikanti, Megan Jackson, Ms. Underhill, Drew Thomasson, & Mr. Neel. Back row: Ryan Beyer & Robert Beyer



Grant Clouser has a great "sit-spin."



Through cold and warm, nature always manages to flourish.



Cody Birch reaches new heights.



State Governor's Cup participants

Photo by K.Campbell

Students attend Governor's Cup

by David Carmichael
Business/Advertising Manager

LOHS has made a good impression on all of the state of Kentucky. Last month, on February 10, The LOHS Governor's Cup Team placed second overall ahead of Reidland and Heath, losing by only a point against Tilghman, at the District Governor's Cup. Our quick recall team came in first, and numerous others placed first, second, and third in their individual categories. Those competing were Anu Manchikanti, Lee Titsworth, Paige Ruoff, Brent Turner, Chrystal Galloway, Patrick Kaufman, Craig Jackson, Wendy Wexler, Marty Rudd, and Cliff Jenks.

Regional Governor's Cup took place on February 24 at Graves County High School. Craig Jackson, Wendy Wexler, Chrystal Galloway, Patrick Kaufman, and Marty Rudd represented LOHS in this meet. After

a few grueling hours of sweating, the results were in. Continuing for State were seniors Chrystal Galloway, Craig Jackson, and Wendy Wexler.

State was hard, but LOHS fought well and hard. "We [Lone Oak] made a good show of ourselves at State, and they (the students) represented themselves well," said Mr. Toy. Congratulations to all who helped represent our school!



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There is no such thing as boredom!

by Shawna R Williams
Assistant Editor

The tormenting cries of the world, "I'm bored! I'm bored!" There's no such thing as boredom, only lack of imagination. Now, don't call me an elitist, I too have to stretch, poke, and prod my psychological id occasionally in order to find hours of entertainment. But trust me, it's there. With only one life to live and one death to peruse it's such a lethargic pity that the general

populus doesn't make the most of it. I would like to raise a battle cry now. **LIVE YOUR LIFE NOW! DO SOMETHING BOLD, DARING, DESIROUS! IF ONLY FOR THE SAKE OF SCARING THE HEEBIE-JEEBIES OUT OF YOUR RATIONALIZING CONSCIENCE!**

Go mad, if only for an hour, then at least you'll know you won't completely disappoint the grandkids. Tell him you can't stand his face, tell

her you love her, jump into the river and feel the ecstasy of the current, tie a rope to your waist and scale a cliff, learn Turkish, hop on a Greyhound and go meet your faceless pen pal in Atlanta (the last two I'm working on right now), talk to your grandfather, learn surfing, skydiving, rollerblading, opera, anything you want. Spend \$300 on a Versace dress or track down a first-edition, twelve-poem copy of Whitman's *Leaves of Grass*.

No excuses now, there's always time for momentary madness. It's healthy. Just ask Freud. No price is too high, no expense too much if it makes you smile, without harming other's, of course. So, in the footsteps of the March Hare and the Mad Hatter take flight on gossamer wings for not all the adventures have been ventured yet, you just have to know what color rock to look under.

Not that we're complaining about the food...

By Tara Shelby
Opinion Editor

On Wednesday, February 28, my calculus class took a little field trip down to the Lone Oak High School cafeteria. No, it wasn't a KERA project that required us to combine antiderivatives and cooking techniques to make a portfolio prompt, but a taste test/survey because the school truly does care about our feelings concerning what we are served for lunch each day. So, here are my opinions, along with those of some of our classmates.

One of the first ideas the class suggested was having a Coke machine in the cafeteria. The catch is that we would actually like to have it turned on during school hours. It's

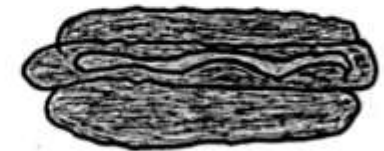
been said that this isn't possible because it is against the law to have a product available to students that would compete with what the cafeteria is serving. The school is counting on receiving a certain amount of money per student. While I don't agree that the school has the right to make automatic customers out of each student, the state disagrees with me, and our school could be fined for something as simple as having Cokes available to students. My idea is to allow the cafeteria to sell the Cokes at a profit in order to avoid the loss of money and legal problems. I don't believe that not drinking the school's

milk everyday will seriously affect a student's health.

Another idea was serving actual sandwiches on the sandwich line instead of hamburgers. A vote was taken from our class and it was determined that about one fifth of the students don't even like the hamburger meat. Also, some people are vegetarians and except for the salad bar there aren't many options for people that don't like to eat meat. This results in many people bringing their lunch. By offering other sandwiches, such as peanut butter or cheese, and also giving the option of sliced turkey, chicken and ham, more students are likely to buy (and enjoy) their lunch.

I am well aware that for 1.25, I can't

expect a seven course meal with the best quality of food on the market. I just believe that as students who are required to remain on campus for lunch, our ideas and suggestions should be taken seriously. I hope the school will continue to ask students for advice, and in the case of the cafeteria survey, I hope our ideas are installed.



Republicans should concentrate on Clinton

Cliff Jenks
Staff/Sports Writer

It's not like Bob Dole is a strong enough presidential candidate that he needs to have other candidates in his own party hammering him on a variety of issues day to day. I don't know of many presidential candidates that have been strong enough. Even incumbent George Bush had trouble with the less popular Pat Buchanan in the 1992 Republican Primaries. This year Dole, like Bush, has extremist Buchanan to worry about, but this year Buchanan is more popular and continues to say that he will stay in the race until the Republican National Convention in San Diego, and might possibly run as an Independent in the November general election.

With recent the sweep of "Super

Tuesday" and the sweep of the Midwest primaries on March 19, Dole has clinched the Republican nomination and is the Republican's choice to run against Clinton in the fall, and that should be what he is thinking about. Bob Dole shouldn't have to worry about other Republicans. It is my opinion that, for the good of the party, Buchanan should follow Steve Forbes' lead and get out of the race. Why? His continued attacks against Dole could not only damage, but sink the Dole campaign in the November general election. If not for the benefit of the party, Buchanan should look admit defeat and quit campaigning to save his supporters' money and to save face for

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Bolts and Strikes

Bolts

Spring Break- 5 days and counting

Bonus Points from KIRIS testing- gotta love 'em.

MORP- The most fun you can have while dancing "The Twist."

Prom- The most fun you can have while dancing "The Butt."

1996 Project Graduation T-Shirts Designs- the coolest to ever hit Lone Oak

April- It means seniors have only two months left!

Strikes

Report cards- They have to come out sometime and Bonus points can't always save you.

Prom- The pressure to find the perfect date and dress/tux is on.

April- Seniors who have not heard from the scholarship office of the college of their choice are a little EDGY!!!!

Snow- Hello! It's SPRING ALREADY!!!

When faculty involvement rises, students' morale follows suit

by Ashley Small
Opinion Writer

After cheering a short while my freshman year and now, two years into my high school career, I have become increasingly aware of our school's lack of school spirit. Now I am as guilty as the next guy when it comes to lacking in this area. Something happened this past weekend though that made me take a different look at not only our athletes, cheerleaders and student body, but also our faculty. I went to see Tilghman and Marshall County play in the Regional Championship.

As soon as we walked in the stadium it was like an adrenaline rush, all the blue and

orange, it was crazy! The crowd's attire ranged everywhere from blue underwear on heads to orange tuxes. Their school spirit was amazing; I found myself cheering right along with them! The thing that caught my eye the most though was a tall man with an extremely tall blue hat on and a blue cape draped around him. Now if you had been there, you would be asking why this particular man got my attention, seeing how there were numerous people dressed similarly. The answer is because this was Tilghman's principal dancing around and cheering on the ball team. I know I for one would gladly go to a game, if for no other reason to see Mr.

Adams or Mr. Rushing dress like that. After talking to some Tilghminites, I learned of how much the school's morale had been boosted since their new principal Mr. Ellington came. He seems to have really gotten the school involved.

I think that made me become more aware of how much of a difference it makes when the faculty really gets involved. I'm not limiting it to sports, either. We have clubs in this school that can't even find sponsors who will really get involved in them. I believe that school spirit is not something that just occurs over night; it needs to be cultivated. It surprises me how many times

I hear faculty members talking of our lack of school involvement or spirit. At the same time very few of them come to games or look for clubs to sponsor.

Now, please realize that I'm not addressing every faculty member because I do realize many are involved and active in extracurricular activities. We all, including the student body, have to take the blame for our lack of school spirit. I think it just dawned on me how much the involvement of the faculty really does go hand in hand with the success and involvement of our school body.

Security precautions inconvenience students

by Anu Manchikanti
News Writer/Photographer

Recently, because of the immaturity of an unknown student who set fire to a trash can in the boy's locker room, extra security measures have been enacted at school. Now B, D and E buildings will be locked at 2:45.

This basically means that as soon as the bell rings, we are supposed to leave school. As much as I love to do that, there are times that I must stay after school, working on projects or practicing for the play. So after 2:45, the students are basically locked in the school, except for a few select doors. I can't count the number of times that I've forgotten an important paper or book and have had to come back to school. It's always been a nice convenience to be able to get into the school when we need to.

I understand that these security measures are only for our safety, but it's a little ridiculous that the school has been forced to shun the students out as soon as the bell rings. We've always been told that we should enjoy coming to school, or at least try, but now, because of one person, it's almost as if school is a place that we're encouraged to run from. As students, we have the right to access our own education facilities. I've seen life in a third world country, so I appreciate how lucky I am to be able to get such a great education. No one student has the right to jeopardize that, the jobs of teachers, and the safety of students. The school isn't at fault here, but it's amazing how serious the repercussions have been of one student's mistake. The fact that every child has the opportunity for education is one of the great aspects of American democracy. Take a moment, and think what life would be like as an uneducated citizen. Pretty tough, huh?

So, the next time someone decides to take the education of 900 students into their own hands, please think for a moment. You're not just playing with fire. Your actions cause us all to suffer academically.

Top Ten suggested activities rejected for Project Graduation

10. Student vs. Faculty Boxing
9. The Rousing Game of "Name That Tune"
8. Making paper mache masks out of the diplomas
7. Bungee jumping from the rafters
6. The Charades Marathon
5. The scavenger hunt for the most dip leavings off the floor.
4. Co-ed faculty Mud Wrestling
3. The slide show of Mr. Wells' last vacation
2. The Roman Polanski Film Festival
1. The School Demolition Derby. (They'd have to build a new one.)

Attendance policies make me "sick, sick, sick"

J.R. Young
Circulation Manager

If there is one rule that has caused more trouble for me this year, it would have to be LOHS's "Three Strikes" rule. I don't know who, but somebody thought it would be a great idea to make students who miss more than two days a semester take their semester tests. While in concept this sounds great, it just doesn't actually work out the way I assume they intended it. Sure, I suppose attendance has increased some, but are the side effects worth it?

Now daily there is a large number of students from Lone Oak who come to school sick with coughing, sneezing, and fevers well above one hundred degrees. Still, if we want to skip the murderous (and some tests bring justice to that term) semester tests, we are forced to only miss two days at the maximum. This idea doesn't work; the bad kids still aren't coming to school, and the good kids are still coming to school—only sick!

This rule also causes problems for those who travel for educational purposes. In the first semester of this year I had a choice between going to Connecticut and Boston for a week, or staying at home so I would be able to skip my semesters. Well, after some serious thought I decided upon the trip, came home, and then dug in as I prepared for my tests. Sure some were no harder than a third grade math class, while others had me dreaming of the days of third grade math. Should I have to choose between my right to a fair education and a trip to Boston? Sure, I see the other side, the school's argument. This rule increases attendance and teaches students to be more responsible to make these tough decisions. Still, this rule's faults far outweigh its pluses.

Luckily for me, I consider myself a strong student. None of the tests lowered my actual grade, but there was a chance one of them could have. This is not fair. Instead, those students with an A or B average over the semester should not have to take their semester finals, no matter how many days they missed. Don't punish those of us who attend school most of the time and occasionally miss for a sick day or two, punish those students who don't ever come and have the grades to prove it. Semester tests should be based on grades, not on who stumbles into the path of the flu bug.

Beta Club
Easter Egg Hunt
March 30, 1996
For children
Pre-school through Third
Grade
Candy and Plastic Eggs

Thought for the Month:

"I'd rather be an optimist and a fool than a pessimist and right."

Albert Einstein



BETA sponsors Career Week

By Chrystal Galloway
Editor-in-Chief

Beta Club is always trying to either entertain the student body or enlighten it, and the week of March 4th through March 8th was no exception. During this week, the Beta Club sponsored Career Week. This is a program which brings people from the community to come and discuss their jobs with students during second flex, with a different speaker everyday. The speakers this year were Police Chief L.V. McGinty, psychologist Bert Fellows, nail technician and massage therapist Tina Garnett and Judy Moore, fireman Dick McNeil, and anchorwoman Amy Watson. Speakers volunteered their time and knowledge to address the occupational concerns of the students.

Students were especially intrigued by McGinty and Watson as they relayed dramatic stories involving their work. McGinty shared stories with the students about his dangerous and exciting job with the FBI as well as with Paducah's Police Department.

Amy Watson also had some interesting escapades to speak of, such as reporting during tornados and going with the police on drug busts. She majored in Broadcast Journalism at Murray State University, taking classes such as Speech, Voice and Diction, Performance, History and Government. "You have to pay attention to current events. You have to know what's going on in the world around you, local issues as well as international news."

Members of the Beta Club feel that Career Week is very beneficial to the students. "I think many students don't show up because (the featured career) isn't a job they're thinking about. They really should come and listen anyway, because not only can it be entertaining but it can maybe give some insight or ideas about what they want to do," says Paige Ruoff, Beta President. It gives them an opportunity to talk to someone about the real career world. "There was a really good turnout. I hope everyone got something out of it," said Beta Club reporter Tara Shelby.



The Oak K staff wishes you a happy spring break.



MORP: A casual alternative to Prom

by Molly Harper
Assistant Editor

It was fun. It was funky. It was informal. It was MORP. Does an evening of absolute fun that is absolutely free of any pressure whatsoever sound to good to be true? Also known as the Grungy Gala or the Slacker's Ball, Morp was fundamentally a party without a cause. There were no rules, and most importantly, no tuxes.

What is Morp? Why do we need it? (It's Prom spelled backwards for those who think with only the right side of their brains.) According to Beta Club President, Paige Ruoff, "It was basically everything that Prom isn't. You could wear nasty clothes, dead flowers, shoes that aren't life-threatening, and dance to music that doesn't have the word "bootie" in it. There was a huge dry spell between Homecoming and Prom and this seemed to be a fun way to liven things up."

Jackson named Junior Rotarian

Shawna R Williams
Assistant Editor

The oh-so-cooly bearded senior, Craig Jackson, is this month's Junior Rotarian. Jackson has grown up his whole life here in Paducah with his parents, Steve and Brenda, sister Lucy, and dog Sandy. He is a fan of *Dune*, Fugazi, Afghan Whigs, Sunny Day Real Estate, and Jawbox. He is currently in a band called Shai Fu Shite. Jackson is a member of the Beta and the Art Club. He has gone to GSP and VAMPY Camp for four years at WKU. This Mr. LOHS and Mr. Senior was voted "Most Improved" on the St. Mary High School Tennis Team in eighth grade; received first place at District Governor's Cup in General Knowledge and second place in Social Studies at Regionals. He placed third in the Regional Art Show for photography and got the Juror's Award at the '94 Regional Art Show.

This intellectual musician intends to go to Washington University in St. Louis, to study anthropology. Twenty years down the road he hopes to be a college professor who wears a lot of brown. While commenting about his soon-ending high school adventure he said: "I've learned that, yes, occasionally you get recognized for working hard and being yourself. I'm proud that I have excelled in activities in and out of school and found my own identity."

And as he goes out with a blaze of glory, Jackson would just like you to remember: "When entering a hotel or motel room for the first time, immediately check for a crease in the sheets. If there is not one, leave (that means somebody has slept in the bed and it hasn't been washed)."



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In loving memory of Jennifer

by Ashley Small
Opinion Writer

I'm not really sure how to begin this article. Trust me when I say that this is by far the most difficult article I have ever attempted to write. If you don't think I sat down numerous times to write this story and couldn't get the first line down, you are greatly mistaken. I certainly never imagined myself being in this situation, so writing about death, Jennifer's death, is a very hard thing for me to do. I suppose that is why I chose not to write about her death, but to allow others to write about her life and some of their greatest memories together.

I realize many may not have known Jennifer personally, but you couldn't help but notice her. Part of our lives are missing, someone you talked with in class or maybe someone you just passed in the hall. Regardless of how close you were to her, we all feel the void. I hope that this article helps those of you who knew her, remember her, and those who didn't maybe in some way get to know her.

"Jenn and I used to write poetry and songs together we each had a book. I probably learned the most about who Jennifer really was by reading her writings. She had a tremendous way of expressing herself! From watching Jenn reapply her fake nails with rubber cement in Art, to listening to her play guitar, to surviving what we called a huge earthquake (about 3.5)



Jennifer and Nick Stuber at prom.

while sitting on my backporch. Jennifer and I shared a lot of memories. I guess that's why somewhere along the way she became known as my Jennifriend! She is in Heaven now and one day our fun times will continue. A piece of her will walk with me everyday and her spirit will live forever!" —Lea Ann Atherton

"Jennifer and I shared so many great memories together. The ones that



Jennifer surrounded by just a few of the friends who loved her.

were the best for us were the Boys II Men concert, Florida and prom. Jennifer was one of those people who looked good wherever she went. Her hair, her make-up and her apparel had to be just right. She was a very outgoing person and she was always smiling. These are the things that I will remember the most. I will never forget her and the memories we shared together as a couple and as friends." —Nick Stuber

"Jennifer and I have been best friends for three years and in those years we became very close. We were always staying at each other's houses and staying up all night watching movies, pigging out and just talking. In January 1995 we were both baptized together and both of us were very nervous. We always talked about what the future would be like. We never imagined we wouldn't be together, but I know I will see her again one day." —Tara Collier

"One of the memories of Jenn that stands out the most is my 13th birthday party. Jenn and I got into a cake fight we were covered head to toe! We were there for each other's first kiss and for each other's first broken hearts. Its hard to lose a best friend like Jenn, but she is in a better place." —Sarah Warmack

"Jennifer oh my, did we have memories! I knew her from preschool. I

my house. She didn't know what to dress up as so we dressed her up as a Chinese woman. She was adorable and we had a blast together." —Erin Hubbard

"Place me like a seal over your heart; for love is as strong as death.....Many waters cannot quench love, rivers cannot wash it away." Song of Solomon 8:6-7.

Dear Buddy, Mr. Adams, Faculty and Students of L.O.H.S.,

We just wanted to say a special thank you to a special group of people. We appreciate your love and prayers and support, during such a difficult time and let you know how good it makes me feel that Jennifer had so many friends, that are friends of ours too. I want to mention some names that sent memoriels and if we've left anyone or group out, we want to thank each and everyone—

Cheerleaders and Boosters, F.C.A., F.B.L.A. club, Lady Flash Basketball, J.V. Soccer Team, Phi Alpha Delta Soroity, Cafeteria staff, Jenn's teacher and of course the students and faculty.

Just know that we appreciate each and everyone of you and we keep you in our prayers as your guide these special young people.

God bless you all,
The family of Jennifer Dowell

saw her change in many ways- her attitude, make-up, and her hair, especially her hair. Jennifer was a person I fought with and cried with. She was one of my "Best Friends." I will miss her a lot, but I know I will see her again one day." —Shannon Jarvis

"Jennifer was one of my best friends and I'll always remember the fun we had- especially art during block scheduling last year. She always had junk food for us to snack on. I'll always remember the two of us sitting in my kitchen eating raw cookie dough or doing our nails. Jennifer and I had many fun times together and even though she is gone now, I'm thankful for the four years we had together." —Shannon Miller

"I remember last Halloween when Jessica Carfield was at my house. We were getting ready for a costume party when Jennifer called and wanted us to come over. Instead, she came to



Jennifer loved cheering her freshman year

What would Spring be without P

By Chrystal Galloway
Editor-in-Chief

It's your one and only Cinderella experience—a fantastic dress that makes you a princess, a magical coach, a beautiful ball, and of course, Prince Charming. Molly is always fond of writing about the fiendish eyes and madness that run abound near Prom time, but let us uncover the truth about Prom. It isn't that great. It isn't even as good as hanging out with your pals on the weekends. However, it isn't very often that we get to dress up and eat out somewhere really nice, and stay out until dawn. Nothing screams Springtime to me more than happiness and parties, and when handled correctly, Prom can be a pretty cool experience. So, for your enlightenment and entertainment, here are a few tips from me and other prom goers about this magical, memorable masquerade.



Don't Spend a Fortune- There are many couples who spend well over five hundred dollars on Prom. Trust me, you think this night will be worth six or seven hundred dollars, but truthfully, you can have just as much fun on a hundred or two. For those prom goers who want to have fun and not spend a fortune, here are some ways to save money. **For her:** There is nothing wrong with finding a dress you love for forty dollars. If you have the time and transportation, it's easy to find great deals in bigger cities like Nashville and St. Louis. Also, there is a better chance of finding an original or unique dress where there is more of a selection. Consider renting a neat old dress from Creatures of Habit, which run only about \$20 and are really cool. Check out

consignment shops for something old and weird, or have a friend's mother sew you a simple satin sheath. Also, if you have a full length dress, it is pointless to spend a fortune on pretty, shimmery panty hose - no one is going to see them. As for hair and nails, it isn't that hard to do them at home. You could have a party before prom for just your girlfriends and go nuts with hot rollers and spritz. Or, if you want someone else to do it, check with a trade school beauty class; they

For most people, their first Prom is kind of a disappointment. Either you spent too much money or it just didn't turn out the way you thought it would. Here, for the enlightenment of everyone, are not only tips to save cash, but to save your sanity as well.

can do nails and hair for a much cheaper cost. West KY Tech will apply acrylic nails for only \$20 and only charges \$10 for fill-ins. Having someone apply your makeup isn't always a good idea either. The day of the prom, most beauty places are madhouses, and the person applying your makeup is probably not in a good mood, and the same goes for your hair stylist. You are the one who knows your face, and some girls have to completely redo their makeup after they just paid someone else \$30 to do so. **For him:** As far as their attire goes, guys have it easy. However, those tuxes are expensive. Unless your date insists on you having a matching cummerbund and bowtie, consider borrowing one from a family member. Also, Creatures of Habit also carries some interesting suits

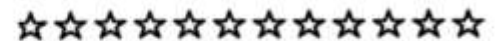


and tuxes worth checking out, which cost much less to rent. Of course, guys are also usually the ones paying for dinner and transportation. Who says you have to eat at Cynthia's? If and your date are a couple

with mutual friends, consider having dinner at someone's house before prom. Everyone can make a dish and you guys can munch while watching Carrie. A good idea if you want to sweep your date off her feet, consider making dinner a midnight picnic at the lake (or if it's freezing, your den will do just fine): complete with candlelight, French bread, cheeses, grapes, summer sausage, strawberry tarts, and sparkling apple cider. Oh la la! Trust me, she'll love it.

Who says you have to go to Whitehaven? Last year my date and I went to Whitehaven for the traditional Prom picture. We were a couple in the midst of hundreds. There was no way we could get a picture in front of the doors, it was all too much of a hassle. Also, every shot has someone walking behind you. So, we went around back near the gazebo and sculpted lawns to take pictures. Before, we had met my friends in a nearby graveyard and posed by some old columns. The pictures turned out really cool, and are much more memorable than the mansion pictures. Some other neat picture taking places: a playground (be it new or falling apart); a wooded grove; a friend's garden; a place by the lake or the river, which is close to Broadway, another hip place; the gazebo at Noble Park; or even an old barn out in the country. There are numerous ideas and prospects for those who are creative.

The dance is over. What do you do now? You surely don't want to go home, and for the majority of upperclassmen, curfews rarely exist on Prom Night. There is usually some wild bash going on after Prom that could occupy a few hours—so be sure to bring a good change of clothes so your heels don't end your night prematurely. The advantages of throwing a party on Prom Night: everyone will love you and you (or your party) will be famous for a while. The disadvantages: your house will be trashed and more people than you thought you even knew will hear about it and show up. If you aren't in the wild party mood, consider following up a night of glamour by going camping with your friends. Or, find a friend with the coolest parents, most interesting house, and the least siblings and have a winding down party there. Rent some movies, grab some snack food and foot massage oil and kick back. Depending on the weather, the possibilities are endless. If the weather is bad, then why not go bowling or play pool?



When tackled without wild expectations, Prom can be a wonderful and memorable experiences. Just don't blow a fortune your first time around—you may regret it. And of course, never drink and drive or get into a car with a drunk driver—don't make Prom a horrible memory for friends and family. If anyone out there has a funny, horrible or simply memorable Prom experience, we'd love to print it. Give your Prom Tales to Mrs. Campbell or me, Chrystal Galloway, and we will put them in the next issue. Well, good luck, and may your prom experience last you a lifetime.

Prom Tips from those who know better:

Carrie McLain (12): Make sure all the snap-happy parents forget their cameras at home or you'll be stuck at Whitehaven for hours.

Jessie Ballowe (12): If your date surprises you with little or no dancing interest, find a dancing partner -- don't sit out unless your feet hurt.

Paige Ruoff (12): Take an extra pair of panty hose, just in case.

"To The Garden of the World"

Has the fertility bug bit, again?

Shawna R Williams
Assistant Editor

Despite the fact that there have still been drifts of snow threatening our springtime euphoria, spring, considered the fertility season, is most definitely around the corner, and the carefree fever is already creeping up on our frosty windowsills at night. Put away thoughts of spring training and the new Calvin Klein spring fashion shows and fancy for a moment the more archaic and sentimental ideas of the budding months.

Come, fill the Cup, and in the Fire of Spring

The Winter Garment of Repentance fling:

The Bird of Time has but a little way To Fly - and Lo! the Bird is on the Wing
(*Rubaiyat of Omar Khayyam*)

With the dawn of the spring equinox, March 21, the ancient races, from the Gaelic

druids to the Oriental Shang, worshipped the goddesses of fertilities and the evidence of rebirth, new growth, conception, and blossoming. Festivals were held to celebrate harvest, love, and procreation. Love spells and charms were especially popular during these times. If one wants to set up a twittlepated potion, remember (to get into the mood) that blues, greens, and yellows are the elemental color, dawn and the first quarter of the moon is the favored time, and the wand is the ritualistic symbol. Preferred offerings include anything from dried herbs and incense to laughter or soap bubbles. Your best day to weave a web over that unsuspecting victim would be Friday, which is ruled by Venus who follows the laws of lovers, pleasure, and affairs of the heart.

In the days of yore, after the early pagan cults had disappeared beyond "the baths of the Western stars," and the Christian nemeses,

the Satan worshipper took up her place in the metaphysical world, spells were rather...er, well melodramatic. "One love charm was: 'Take the bones of green frogs which have been eaten inside an ant-heap; throw the bones into water, so that one part floats above water, and the other sinks to the bottom. Wrap them in silk and hang them round your neck and you will be loved; but if you touch a man with them, hate will come of it.'" Other incantation brews included hair from the tail of wolves, the brains of cats and lizards, or flesh of snakes. But these were the most drastic of the scenarios.

The usual hopefully-whispered charms were produced by a love-struck girl with a valerian root in hand. Do you know that it was believed that a woman can snag the man of her choice by sleeping with an apple next to her skin and then persuading him to eat it? Other such harmless love-potions

include avocados, aubergine (a spice), chocolate, the color chartreuse, dates and dills, cryngo (another spice), ginger and ginseng, honeysuckles, tomatos, vanilla, and yarrow. An old Italian love charm is to give that particular girl a drink in which you've let two tears (one from each eye) fall. Another one includes putting a potato in a glass of fresh water while vowing your love to the girl. As you check it everyday for growth, say "May my love come to me/ As the spirits of the water /Bring life/ To this root.

So breathe in the essence of magnolia blossoms, honeysuckles and dogwood flowers and ..."Here with a Loaf of Bread beneath the Bough/ A Flask of Wine, a Book of Verse - and Thou/ Beside me singing in the Wilderness -/ And Wilderness is Paradise enow." -*Rubaiyat*. And remember that if you dream of roses, "blooming and fragrant," joyful occasions are nearing and you will possess the faithful love of your sweetheart.

Essences of Spring

- ✱✱ lilies and daffodils in the muddy ditches
- ✱✱ floral print, spaghetti strap dresses
- ❖❖ overnight, midnight trips to the lake
- ∞∞ Jane's Addiction, Steve Miller, Pixies
- ✱✱ waking up to warm thunderstorms
- ⊗⊗ allergies
- ✱✱ climbing magnolia trees
- ✱✱ Hawaiian Tropic
- ⊗⊗ the oh-so-pleasant ozone smell of tanning beds
- ▲▲ tank tops, sandals and jean shorts
- ☐ camp counselor orientation
- ✱✱ first kisses
- ✱✱ Cadbury eggs
- ⊗⊗ QUILTERS
- ✱✱ gardening, mowing, digging in the dirt
- ❖❖ country drivin'
- ∞∞ screened-porches and lemonade
- ★★ Parisian fantasies
- ✱✱ Cat's-eyed sunglasses and love movies



To the Garden of the World

To the garden the world anew ascending,
Potent mates, daughters, sons, prelude,
The love, the life of their bodies, meaning and being,
Curious here behold my resurrection after slumber,
The revolving cycles in their wide sweep having brought me again,
Amorous, mature, all beautiful to me, all wondrous,

My limbs and the quivering fire that ever plays through them,
for reasons, most wondrous, Existing I peer and penetrate still,
Content with the present, content with the past,
By my side or back of me Eve following,
Or in front, and I following her just the same.

-Walt Whitman, *Leaves of Grass*

Powell named Band Member of the Month

Cliff Jenks
Staff/Sports Writer

Junior Erin Powell has been named March's Band Member of the Month. The French horn player has many achievements in both the marching and symphonic concert bands. Powell has not only made a name for herself at LOHS but also in the region, in which she has participated in numerous honor bands. Her freshman year Powell was first chair in the Freshman All-District and was selected for Quad-State. Powell participated in the All-District Band, Symphonic Band at Quad-State, and recommended for All-State Band her sophomore year. Her junior year Powell participated in the All-District Band, Quad-State Symphonic Band, and was recommended for the All-State Band. Powell has been first chair for her three years at LOHS, marching band section leader for two years, and has received numerous superiors at KMEA Solo and Ensemble



Erin Powell, junior

festival.

Speaking of the junior, Mr. Light said, "Erin has shown an outstanding musical ability on french horn. I consider myself lucky to have her as a part of the Lone Oak band program."

Finally, for all the support they have given her, Powell would like to thank, "... my parents, Mr. Light, and all of my friends."

Mr. Wrong is just an alright movie

By Tara Shelby
Opinion Editor

Mr. Wrong, a comedy starring Ellen Degeneres, is a moderately humorous story of a girl with an unusual problem. A nice, rich guy is totally in love with her and will do everything possible to convince her to marry him. The only problem is that he is also a raving lunatic, whose idea of fun consists of lying, shoplifting, and throwing heavy objects at old people as they walk down the street.

While the plot of the movie is decent, they made an hour and a half movie out of what

could have been a cute thirty minute skit. This is not the fault of the actors; they did best they could with a worthless script. The problem was that it took twenty minutes for the movie to get across the most insignificant point. Not to say that it doesn't have its moments, but each one has already been shown in the previews.

In the event you and your friends have a couple of hours to spare and some money to blow, this isn't the worst movie you could see; but on the other hand, if you're particular about what movies you watch, this isn't one to waste your time on.



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New releases, the good, the bad, and the broken VCR

by David Carmichael
Business/Advertising Manager

Recently, I wrote an article on what movies to rent for the snow days. Well, it seems as though the snow is lightening up, and the only remaining effects are the cold weather and fallen leaves. Unfortunately, the problem of finding something to do on the weekends still exists. To deal with this problem, I have decided to write the following review on a few of the newer releases.

The Big Green, rated PG, is a decent movie... for a kid. Not that the movie was really bad; it had a good plotline and all, but it was really intended for a younger audience. The movie was basically about a bunch of kids who weren't doing well in school. As the new school year began, the students got a new teacher, a new teacher from overseas, specializing in the sport of football... more commonly known as soccer, to Americans. The team miraculously comes to be the best in their small county, and along with their star player, begin to win almost all of their matches. I would recommend this to anyone

who wants to spend some quality time with a younger sibling, or doesn't mind watching a "childish" movie. I give it two thumbs up for a kid's movie.

While You Were Sleeping, also rated PG, is a comedy about a young woman who works at a subway in New York. Falling in love with a complete stranger, she soon saves his life by rescuing him from the tracks of the subway after he falls onto them in front of an oncoming train. Later, at the hospital, she finds that he is in a coma. Through this twist of fate and a twist of words, she becomes the fiancé of this stranger... while he is in a coma unaware of his new love (hence the title). She doesn't find out his name until later. As the family falls in love with her, she falls in love with her comatized fiancé's brother. This is a great comedy and love story. I recommend it to any young couple or anyone in a mood for a few laughs. I give it five stars.

* It was also the misfortune of my visit to the store that my VCR would not respond to the third rented movie, *First Knight*. Maybe I can rent it again and get more than audio... until then.

Is this not Beautiful?

by J.R. Young
Circulation Manager

*I heard the silent music resonating in my memory,
It called to me like the winds of the sea to an elder sailor,
The music grew louder and louder until the resonating sound pummeled away at my ears,
I cried out in pain and thrust myself to the ground,
A spirit stood before me of a silhouette I was not familiar with,
I filled my cupped hands with liters of salty tear water,
The spirit asked why I cried,
I replied and said I had never seen such a beautiful sight,
The spirit smiled and waved its hand at me,
Mountains upon mountains of gold coins encircled me,
"Is this not beautiful?" the spirit asked of me,
I smiled and told the spirit that not as beautiful as thee,
The spirit smiled again and waved his hand,
Heaven surrounded me with the spirits of my deceased ones encircling me,
"Is this not beautiful?" the spirit questioned again,
I smiled and told him indeed, still it was only an illusion,
The spirit smiled and nodded his head,
Opening his arms he beckoned me with the words, "Come to me my Son."*

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"The Killer Rabbit, run away, run away!"

J.R. Young
Circulation Manager

One of the greatest comedic talents ever remains almost entirely unknown to American audiences. What's even worse, the talent of which I speak of is an entire troupe of comedic actors. Still a little lost? Okay, here's a hint—they're British. Still searching that vast wasteland of comedians (it's not Jim Carrey!)? The comic troupe I speak of, or better put, circus, is Monty Python!

Monty Python may be best known to American audiences for their cult classic King Arthur spoof Monty Python and the Holy Grail. This film is sometimes shown on TNT and other such cable networks, but why wait when you can go out and rent one of the five best comedies of all-time? The Holy Grail tells the story of King

Arthur and his men travelling across merry 'ole England in search of the fabled Holy Grail. The movie is filled not only with spoofs of the tales of King Arthur, but also other historic literary works such as The Iliad. However, don't get the wrong impression that this is a boring historic documentary. On the contrary! The Holy Grail features such immortal scenes as the bridge guard, the French castle, the Trojan rabbit, and the killer bunny along with the holy hand grenade.

The Monty Python troupe made other films such as The Meaning of Life, and had a long running television series called Monty Python's Flying Circus. Still, if you want to see comic genius at its best, rent The Holy Grail today.



The American Private Enterprise Seminar was attended by several Lone Oak students. **Laura Clausen, Anu Manchikanti, Marty Rudd, Julie Thrasher, Andy Harris, Jennifer Atherton, Nikki Key, Celeste Clark Stephanie Hamlett, Lee Titsworth**



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Girls end great season in Regional Tournament

by Andy Harris
Sports Editor

After winning only five games last season, the Lone Oak Lady Flash showed major improvement this season by making the Regional Tournament for the first time in two seasons.

Lone Oak played with Graves County for most of their first round regional game. They trailed by only six at halftime and were down 39-30 early in the fourth quarter before the defending regional champs put the game away, winning 52-36.

"It was an outstanding effort by our young ladies..." said head coach Steve Cobb. "Defensively, we couldn't have played any better, especially in the first half. We were concerned about our offense because we weren't able to get the shots to fall although they were good shots."

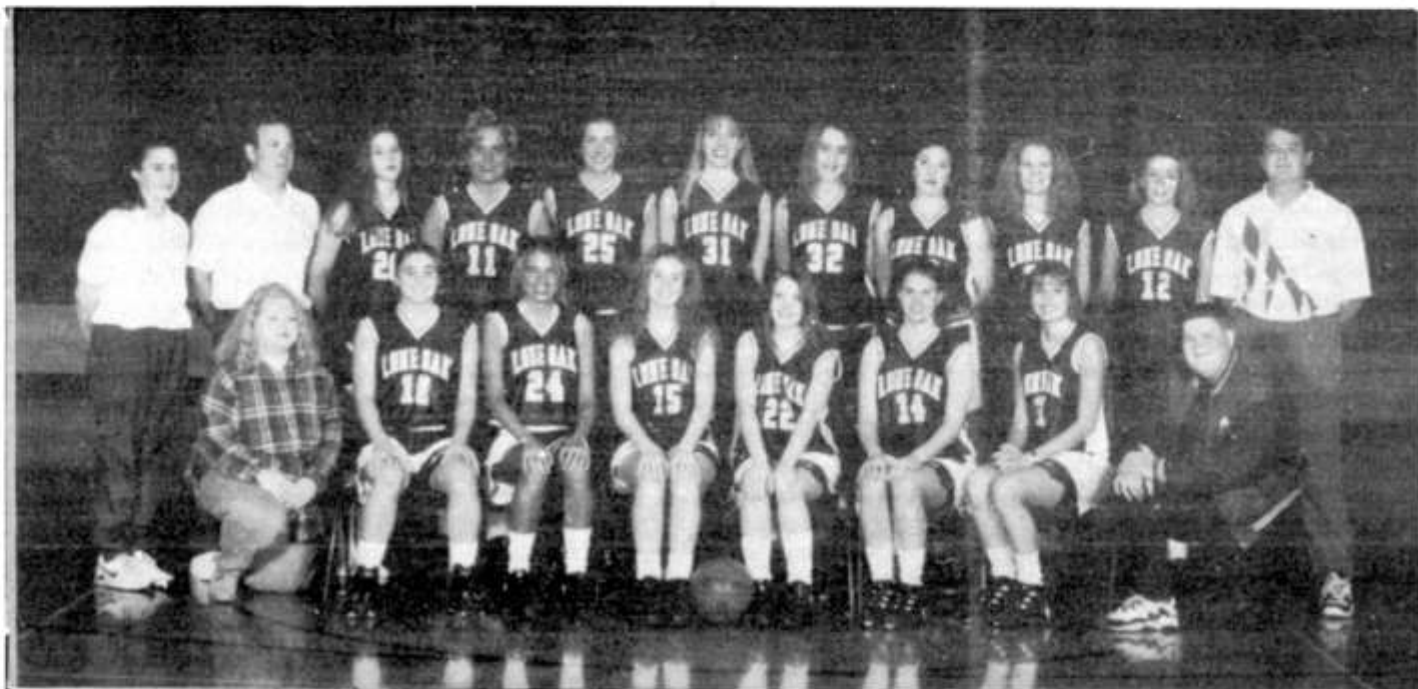
Amanda Mitchell and Kristie Garrett both scored 13 points to lead Lone Oak. Mendy Holland had 16 points for Graves County.

"I was proud of Kristie Garrett playing well in her final game," said Cobb. "We're going to miss her as well as Rae Ann (Ragland) and Sarah Steele. They worked hard to help get our program where it is."

A trip to the regional tournament almost didn't happen, though. The Lady Flash struggled against Heath in the first round of the Second District Tournament, shooting only 28 percent on their way to a 41-38 victory.

The game was tied at 38 when Mitchell hit a layup with 38 seconds remaining to give Lone Oak a two-point lead. Heath missed two three-pointers, Sarah Beth Phelps grabbed two big rebounds, and Ashley Emery added a free throw to close out the game.

Cobb said simply, "We didn't play very smart, but did what we had to do to win."



Lone Oak Girls Varsity Basketball Team: Front Row: Manager Angela Pace, Sarah Beth Phelps, Rae Ann Ragland, Gina Halstead, Ashley Emery, Kim Adams, Brandy Gifford, Manager Dan Sigler; Back Row: Coach Beth Swearengin, Coach Dan Pope, Susan Burnette, Kathy Murphy, Constance Edwards, Danielle Roberts, Amanda Mitchell, Sarah Steele, Kelly Sanders, Kristie Garrett, Head Coach Steve Cobb.

Emery and Mitchell both had double-doubles for Lone Oak. Emery scored 11 points and had 11 rebounds, while Mitchell scored 11 to go with her 10 boards. Kelly Sanders was the only other Lady Flash in double figures, scoring 10. Jenny Throgmorton had 14 to lead Heath.

In the championship game, Lone Oak lost to Tilghman for the third time this season, 53-51. Lone Oak led throughout the game before Tilghman went on a run late in the fourth quarter to grab the victory. Mitchell led the Lady Flash with 20 points and Tunisha Woods led the Lady Tornadoes with 16.

Even though Lone Oak finished the season with a losing record at 11-12, this season was definitely a successful one. Graves County head coach Allan Hatcher and Marshall County head coach Howard Beth both agree that the Lady Flash could be one of the top two teams in the region next season.

"Our kids have worked very, very hard for many long hours to get into this position," said Cobb. "Now is the time for us to work even harder because people will be gunning for us. I have the upmost confidence our kids will accept the challenges before them and meet them head-on."

Lone Oak 41, Heath 38

Kristie Garrett 5, Kelly Sanders 10, Amanda Mitchell 11, Sarah Phelps, Ashley Emery 11, Sarah Steele, Danielle Roberts, Kim Adams 4, Rae Ann Ragland.

Field Goals 16-57; 3-pointers 0, Free throws 9-17.

Tilghman 53, Lone Oak 51

Emery 10, Garrett 1, Mitchell 20, Phelps 2, Roberts, Ragland 2, Steele 4, Sanders 12.

Field Goals 23, 3-pointers 0, Free throws 5-10.

Graves County 52, Lone Oak 36

Garrett 13, Sanders 5, Mitchell 13, Phelps 2, Emery 3, Steele, Roberts, Ragland, Adams, Susan Burnette, Gina Halstead, Brandy Gifford.

Field Goals 13, 3-pointers 2 (Garrett 2), Free throws 8-12.

Congratulations to:

Amanda
Mitchell
Kristie
Garrett
Kelly
Sanders

For being named to the
All-District Team!

Murray State's season ended by a whistle

by Andy Harris
Sports Editor

Seven-tenths of a second. What could you do in seven-tenths of a second? Probably not much. Referees, though, can change the course of history as we know it in that amount of time. Just ask Murray State.

When the Racers played Austin Peay for the OVC Tournament championship, everyone expected a classic confrontation between Marcus Brown

of Murray and Bubba Wells of the Governors. But unfortunately, they were overshadowed by one official's whistle that decided the game. With 11 seconds on the clock and the game tied, Brown drove the length of the floor and missed a wild three-point attempt. Austin Peay grabbed the rebound, and a reach-in foul was called on Vincent Rainey of Murray with but 0.7 seconds left in the game. The Governors converted both free

throws and won the game.

It is bad enough to lose on a cheap foul, but it hurts particularly worse coming in the tournament championship game. Now instead of going to the big dance, the Racers will have to resign themselves to playing in the NIT. Even Austin Peay got the raw end of the deal. From now on, instead of being known as the 1996 OVC Tournament champions, they'll be known as the team that got a

break from the refs. No one will even remember Wells' tourney MVP performance.

Here's some advice to all you referees out there: Let the players decide the games! I realize that having that much control over the outcome of a game, it is tempting for officials to exert their refractory powers. But with an NCAA tournament bid on the line, the refs need to shove the whistles in their pockets.

Lone Oak tennis hopes to continue regional and state dominance

by Andy Harris
Sports Writer

With a girls' team that has won four straight state titles and a boys team that is consistently one of the top teams in both the region and the state, there isn't much room for improvement in Lone Oak tennis.

However, the boys tennis team hopes to improve on a 16-4 record from last year, and a second place finish in the regional tournament. It was the first time in years that the boys have failed to qualify for the state tournament. Heflin hopes this year's team can go undefeated in regional play and make a top five finish at the state tournament. As for the girls, they will once again go for their fifth straight state title while hopefully picking up their twelfth regional title along the way.

Are these goals too lofty? "We feel our



Senior Abby Brazzell prepares to serve at practice.

goals are difficult but attainable!" Heflin stated emphatically.

Ben Thompson and Joey Sloan should be the top two singles players for the boys,

while Jeremy Williams, Ryan Payne, Ryan Lichtenberg, and Ben Brazzell will highlight the doubles teams. The girls team will be headed by seniors Rebecca Holland and

Abby Brazzell and seventh-grade phenom Sarah Sutor. Brazzell, Jamie O'Hara, Jennifer Hayden, and Amy Newman will play doubles. Top competitors for the boys will include Tilghman and Heath while Murray and Tilghman should be the girls' top competitors.

Both the boys and girls teams lost key players off last year's teams to graduation. Overcoming the loss of these players could be a key to a successful season for Lone Oak. "Any time you lose seniors you are losing valuable experience so we will give our new young players as much match experience as possible this year," said Heflin.

As long as both teams maintain a winning attitude and continue their hard work, this year will be yet another successful one for Lone Oak tennis.

Enlightened baseball team ready for '96 season

by Blake Vandermeulen
Sports/Staff Writer

The 1995 LOHS baseball team will try to improve on their 22-9 record and district championship of last season. Head coach Jim Mizell is optimistic this year's squad will improve due to a new addition to the Flash arsenal—lights. Lights have been added to the field, so for the first time the team will be able to practice after dark. Mizell hopes the extra practice time will better prepare the team for the season opener against Massac County on March 28.

Mizell looks at this year as more of a challenge than last year because unlike the 1995 season, the Flash don't have all of their starters returning. A strong core of starters including Nathan Taylor, Craig Peeler, Alec Watts, Richard Collins, Shawn Dittman,

Keith Deaton and Jeremy Oster will be back and Mizell says this year's team will be built around these players.

When asked about the team's goal for the season Mizell said, "(We want to) return to the regional tournament." While the team will be built around the returning starters, Mizell says the key to success will be how well the new players adapt to their new positions and how well the entire team can mesh together.

Mizell says most of the power in the region will be close to home with Reidland, Heath and Tilghman all being strong. He says Murray and Graves County will also field good teams.

All in all, this should be an exciting year for the Flash as lights come to Lone Oak and hopefully another district title will follow.

Lone Oak track hopes for fast start to season

by Anu Manchikanti
News Writer/Photographer

After a successful 1995 season, the track team looks to once again have a great season. With five returning seniors, including two state meet participants, the team is anticipating a great season.

The team has been weight training at LOHS and at Hampton Physical Therapy. The first meet is April 6th at Paducah Tilghman, although some athletes have already participated in indoor meets.

Head coach Tony McGroarty says, "...I expect for all participants to do their best, and that means they will personally excel." He feels that the leaders on this year's team include seniors Shae Houser, Sara Steele, Sara Cannon, Ben Gross, junior Andy

Berens, sophomore Allan Ramsey, and freshman Omar Ramage. The team hopes to continue placing in the events of the 800 meter run, 200 meter run, long jump, discus, 800 meter relay, and 400 meter relay.

On his absence due to surgery, Coach McGroarty said, "I only expect to miss 2 weeks from practice." Coach Todd Thomas will be "taking care of business" during this time. McGroarty is sure that this will have a positive effect on the team.

Senior Shae Houser said, "We expect to do really well this season because of our hard work." In closing, Coach McGroarty said, "I am excited about this season and the athletes reaping the benefits of working with Coach Thomas."

Lone Oak Lady Flash Stats

| Leading Scorers | Points | Average |
|------------------|--------|---------|
| Amanda Mitchell | 239 | 10.9 |
| Kelly Sanders | 221 | 10.0 |
| Kristie Garrett | 215 | 9.8 |
| Ashley Emery | 104 | 4.7 |
| Danielle Roberts | 68 | 3.8 |

| Leading Rebounders | Rebounds | Average |
|--------------------|----------|---------|
| Amanda Mitchell | 148 | 6.7 |
| Kristie Garrett | 104 | 4.7 |
| Kelly Sanders | 98 | 4.5 |
| Sarah Steele | 91 | 4.1 |
| Danielle Roberts | 56 | 3.1 |

| Blocked Shots | Assists |
|---------------------|--------------------|
| Amanda Mitchell 49 | Ashley Emery 72 |
| Danielle Roberts 27 | Kristie Garrett 61 |
| Kristie Garrett 27 | Sarah Steele 49 |
| Kelly Sanders 19 | Kelly Sanders 36 |
| | Sarah Phelps 36 |





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Spring Break:

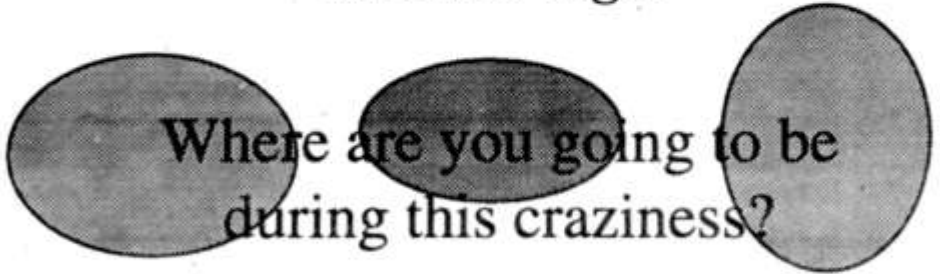
The Hedonistic Freakout is about to begin

By Chrystal Galloway
Editor-in-Chief

There is something incredibly soul-soothing about stretching out in the hot sunshine with a 75 degree breeze flowing through your hair - and this is just relaxing during flex time. The coming of the warm blossoming months just makes everything better. We're allowed to wallow in our second semester senioritis, dream of wild Carribean escapades after graduation, and an-

ticipate the wonder and madness that is.....Spring Break.

This hedonistic festival celebrating our youth and freedom is one of the highlights of the school year. Though not all of us can afford Cancun--there are many cool things to do if you have a car, some cash, and some time. And who says you have to save all the partying for Spring Break? Once the majority of the days reach pleasant warm weather, there is no reason to veg out in front of the tube.



- Anthony Jones** (12): "I'm having oral surgery, all four of my wisdom teeth are going to be extracted."
- Tracy Niccum** (12): "Staying home with my boyfriend and going to Tater Day with my friends."
- Daniel Bailey** (11): "Staying home and waxing my legs."
- Donnie McNeil** (12): "Staying home and eating freezer burnt Tater Tots and watching Ricki Lake."
- Rae Ann Ragland** (12): "Going to Florida with all my friends."
- Angela Raines** (12): "Going to Disney World and visiting Florida colleges."
- Shannon Settles** (12): "My friends and I are going camping."
- Tonya Traylor** (11): " My friend, Jackie, and I are chillin' in Florida. (Oh yeah!) Party!!"
- Cody Birch** (11): "I think I'll take my dog 'Charlie' for a walk."
- Angela McCune** (12): "Going to Cancun, Mexico with my friends."
- Craig Jackson** (12): "Tip for those who are staying home. Drive around and ask yourself, 'Why am I here?' and 'Where did I go wrong?' and finally 'Does Hardees have a right to exist?'"
- Julie Thrasher** (11): "I'm going to Hawaii."
- Autumn Stanley** (11): " I'm going to Disney World; I've never been



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There is a certain dread when going into any motel or hotel. You must wonder, "Who slept in this bed last and are they yucky with disease?" We all like to think that everything is scoured and boiled after every guest--but mostly only the sheets and pillowcases are washed. Well, senior Craig Jackson has very strong feelings about the cleanliness of his hotel room, and he has much experience since his family travels often. Here, for your Spring Break intelligence, is

Craig Jackson's Hotel/Motel Checklist

1. Check the sheets - if there is no crease down the middle, it means someone has slept in it already. Yuck! Leave right then!
2. Smell the pillows - if they smell like hairspray or cologne, once again, total yuck. Leave!
3. Check the bathroom. If there are foreign body hairs in the middle of the floor, leave! If they lie around the edges of the the floor, that means someone at least tried to clean it up. You decide.
4. Never ever touch the brown/orange blanket between the comforter and the sheet. That thing has never been washed; use a stick and throw it in the corner.
5. Never look at the mattress--you will run away screaming. Some things we just don't need to know.
6. Don't walk barefoot on the floor. (Unless you've had a tetanus shot recently.)



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Things to do if you are stuck at home:

1. Give your car some good lovin'. Wash it, wax it, and give it fresh oil and a gas treatment. Fill your tires up, find some cute stickers. Your car deserves it.
2. Go nuts with crafts. Learn how to sew, start with little handbags--they're really easy. Hancocks has a ton of cheap fabric and lots of neat beads and ribbons.
3. Gather old clothes and jewelry for the upcoming yardsale season. You have too much junk anyway!
4. Just appreciate the fact that you can sleep until noon. Thank goodness--no school!!
5. Dye your hair, get pierced, get tatoood (if your 18). (Body art is forever!!)
6. Go to Nashville or St. Louis and search for a cool, cheap Prom dress.
7. Visit some colleges so you don't have to deal with it during school.

Have a
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Happy
Spring
Break

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March Madness

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Daffodils Rain Sweet
 Dogwoods Spring Allergies
 Fresh bees Umbrella Buds Pollen March
 Birds Shorts Trees Incantations
 Sunshine Equinox Breezes March Hare
 Prom Kites Dresses Fertility
 Tornadoes Tanning Blackberries Lilies
 Sandals Mardi Gras Lions Lightening
 Madness Cadbury Eggs Thunderstorms
 Ides Of March Dandelions Barefoot Sky
 Creekbeds Picnic Lambs Lakes
 Parks Strawberries Frisbees

Don't worry, it won't kill you!

by Ashley Small
 Opinion Writer

Did you know that every minute of every day, someone, somewhere, requires a blood transfusion? Donating blood only takes a small amount of time and the odds are it could save someone's life. Many people have misconceptions of what is involved in donating blood. Actually, the whole process is quite simple and - according to many donors - is almost painless. Since LOHS will be having their annual blood drive on April 19, this article should help clear up any worries about donating. Many people are unaware of any of the procedures that actually go on when you go to give blood. Here is the basic run down of what happens. First, anyone from the ages of 17 to 65 who

is in good health can give blood. Once the nurses have determined you are healthy, you lie down on a bed and roll up your sleeve. After they take your blood pressure, the nurse will give you a small injection of local anaesthetic to numb your arm. The nurse then puts a needle into the selected vein, your blood will flow into a bag that will hold about 0.24 liters of blood. After about ten minutes, your donation will be over. You may feel a little weakness afterwards, but for the most part in 20 minutes the volume of your blood will be made up for and you'll be ready to go! Now you can sit back and feel pretty good about yourself. Just think, you may have saved someone's life. Now if that doesn't make you feel like rolling up your sleeve, then the fact that you get a free cookie should!

Mr. Toy and the drama class save the Dogwood

by Molly Harper
 Assistant Editor

In the midst of our thirst for reconstruction, we seem to forget that there are a few beautiful things left at Lone Oak. When the front yard is bulldozed for reconstruction, the dogwood tree that once stood there will be gone thanks to Mr. Toy's Speech class. They are paying to have it professionally transplanted to the yard around the Lone Oak Lion's

Club building. When asked why they were saving the tree, Toy said, "It's a really beautiful tree when it blooms and it would be a shame to simply bulldoze it for renovations, if that does ever take place."

The funds are being provided through donations by various Lone Oak student organizations and faculty. However, anyone can give their "Dogwood Donations" to Mrs. Adler in the office. Any extra money will be used to provide a plaque indicating the tree was provided by LOHS.

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