

THE OAK K

The Official Publication of LOHS ♦ Volume 55, No. 7, March 1997



The Beta Club sponsored an Easter Egg Hunt at HLOES on April 22nd. See page 3 for story.

Flood brings out spirit of kindness in community

J.R. Young
Features Editor

While showing us the worst of mother nature, the great flood of '97 has also shown us the best of humanity. The entire region has opened their hearts to the flood victims, and the students and faculty of LOHS have been no exception.

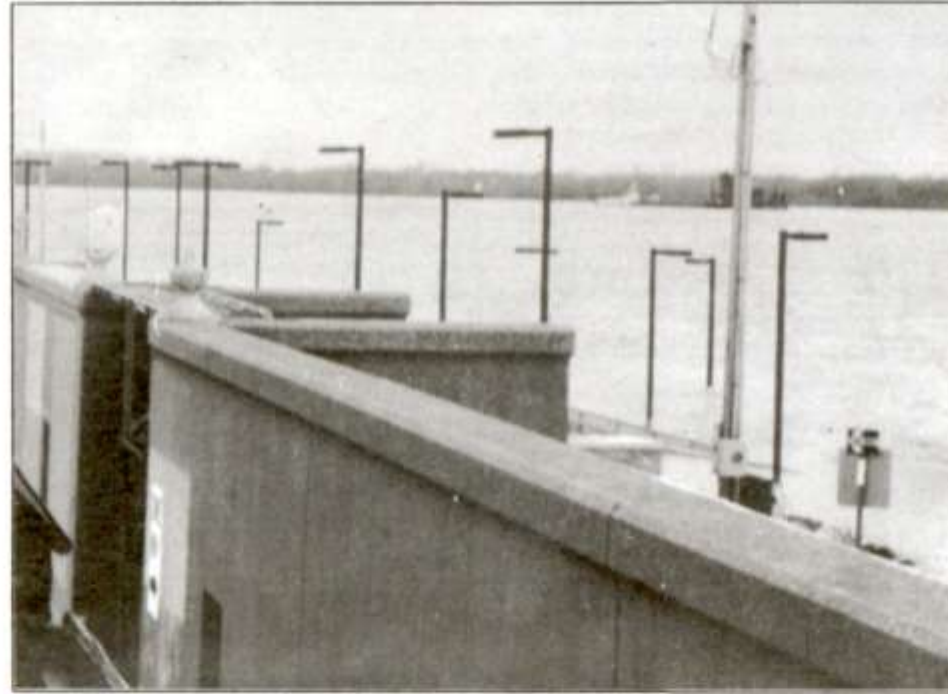
Mr. Baker's AP U.S. History class organized a money drive for flood victims. Students went classroom to classroom during announcements and collected donations. Donation jars were also set up in the cafeteria and office. At the end of the three day drive, students has raised \$516 for flood victims. Mr. Baker said the generous spirit of Mr. Griffith helping to fill sandbags one night is what inspired him.

"I felt that the school should be doing something to help [the flood victims]," commented Baker when asked about the drive.

The clubs of LOHS also put forth an effort to help victims of the flood. The Beta Club collected personal items to distribute. FBLA bought 100 sandwiches from Subway to send to flood victims and volunteers.

"These people are from our area, and it could have been us," said freshman Adam Miller on FBLA's work.

Other classes that helped are all of Mrs. Masden's math classes. Masden didn't



The river has finally begun its descent, slowly going below flood stage.

assign her students any homework the weekend of March 14-16 so that they would get out and help flood victims.

"Students should go out and help. I didn't want to give bonus points because I thought that was sending the wrong message. Students should help because it's the right thing to do, not because they'll be rewarded for it," Masden said when asked why she did

this.

The cafeteria ladies even helped out by preparing over 400 meals daily to be sent to Martha's Vineyard to feed the displaced victims of the flood.

Through this difficult time in the region, many have found themselves in hard times. The students of Lone Oak have done their part in making it not so hard.

The flood of 1997 began in late February, as a powerful storm system swept the country. On March 3rd, floodgates were closed and sandbagging began across the country. On March 5th, the Ohio River was 14 feet above flood stage in Louisville, one of the worst hit cities in Kentucky, as 2500 residents were forced to evacuate.

Locally, Smithland was the worst hit area, but people as close as Reidland were forced to sandbag as the Clarks River rose proportionally.

President Clinton requested \$2 billion for flood relief, helping to rebuild the lost memories.

Finally, on March 19th, flood waters began to recede. Traces of the flood still remained as a massive cleanup effort began. There were two miles of sandbags left in Livingston County.

The crest level of the Ohio River was the highest since 1964. This flood will go in the record books as one of the most pressing events of 1997.

This Issue...

News

- Miss Saigon trip. 2
- Beta Club sponsors a successful blood drive . . . 3
- Solo and ensemble. 4

Editorials

- Decline of KIRIS scores at Lone Oak. 6

Features

- Cool road trips. 8
- Travis Smith in the shine .12

Sports

- Preview page. 15



Yea, rah, cheerleaders!

Congrats to the cheerleaders for their awesome 1st place finish at state competition in Lexington on Saturday, April 22.

The cheerleaders competed in the traditional category and surpassed 31 other teams to rise to the top.

Pictured on the left are Leslie Sither, Timera Cunningham, Krista McClain, Jessica Fortney, Heather Cook, Melanie Vinson, Stacie Thrasher, Jennifer Connor, Brooks Ware, Natalie Trussell, Coach Rebecca Pope, Kelly Millay, Shannon Powell, Dawn Simmons, Casey Powell, Lindsey Fesmire, Kelly Adams, Sara Puckett, Ashley Canup and Coach Angie Taber.

See page 14 for story and more pictures.

Students given the chance to experience the arts at Miss Saigon

Anu Manchikanti
Co-Editor-in-Chief

On February 27th, forty students were able to undergo an alternate learning experience, thanks to Mr. Toy. This group attended a performance of the musical *Miss Saigon* at the Tennessee Performing Arts Center in Nashville, Tennessee.

The students left immediately after school and were transported via Brooks Bus to Nashville. Upon arrival to the Second Street area, students were free for dinner, choosing from restaurants like Planet Hollywood to the Hard Rock Cafe to obscure sushi bars.

After the meal, the long-awaited show finally began. Based on Puccini's opera *Madame Butterfly*, the musical tells the sad love story of a young Vietnamese woman (Kim) and an American soldier (Chris)—

the birth of their love in a war-ridden, poverty-stricken nation, the hopeless separation they face after their marriage, the birth of a fatherless child, Chris's struggle to move on past his love for Kim, his remarriage and his and his wife's return to Vietnam. The music was empowering and truly brought the situation to life. By far, the most awesome scene of the musical is the one in which an actual helicopter appears and lifts off a mock building.

This was the first time that many students have been exposed to the Vietnam War. "I wasn't sure how some students would react to the beginning (depicting a bordello)," said Toy. Toy usually plans an annual trip for a Broadway show. Famous for the fun and exciting times, like all such excursions, this trip was no exception.



Seniors grab a bite at Planet Hollywood

Photo by J. Allshouse

Academic elite take part in State



Governor's Cup State participants (L to R): Josh Watkins as Brent Turner's (12) body-double, Jackie Allshouse (11), Marty Rudd (12), and Andy Harris (12)

Emily Williams
Business Manager

On March 10th four Lone High School teenagers competed in the State Governor's Cup competition held in Louisville. These four talented students were Andy Harris, Marty Rudd, Jackie Allshouse, and Brent Turner. They competed in the Math, Language Arts, Science, and General Knowledge categories, respectively.

Jackie Allshouse had this to say about the

experience, "I had a lot of fun meeting people that were a lot smarter than me!"

Andy Harris agreed that, "there were a lot of people there who were abnormally smart...I felt like I didn't belong. However, it was a rewarding experience."

Marty Rudd placed 2nd in Language Arts, Andy Harris placed 4th in Math, Jackie Allshouse placed 4th in Science and Brent Turner also placed 4th in General Knowledge. *Congratulations!*

Enrolling for classes now!

SAT/ACT Strategy Courses

Raise your ACT score by a minimum of 3 points or SAT score by 100 points. You need good grades now, good scores on the entrance exams, and good study habits throughout your college career. Sylvan Learning Center can help you achieve all three now.

2856 Lone Oak Road
(502) 554-4111

Maximum 10 students per class.
Individualized instruction available.



SYLVAN LEARNING CENTER®

Better grades are just the beginning.™

Reading • Writing • Math • SAT/ACT • Study Skills • Algebra

FBLA excels at Regionals

J.R. Young
Features Editor

On March 20 the LOHS chapter of FBLA attended the Regional Leadership Conference at Murray State University. They returned with the most winners in recent memory.

"We were very surprised and pleased we had more winners than in recent years," Mrs. Titsworth commented.

Winners were: Entrepreneurship--1st place--Erin Hubbard (12), Matt Upshaw

(11), and Justin Young (11); Accounting II--2nd place--Michael Priddy (12); Job Interview--2nd place--Mark Wilson (12); and Introduction to Business--1st place--Casey Brantley (9). Justin Young was honored as a Who's Who of FBLA. The club also received an honor for having the third largest membership in the region.

Winners and voting delegates, Jennie Little (10), Shannon Powell (11), and Tonya Zacheretti (11), will move on to the state competition held May 5-7 in Louisville.



FBLA Regionals winners: (back) Justin Young (11), Casey Brantley (9) (front) Erin Hubbard (12), Mark Wilson (12), and Michael Priddy (12)

"Blurbs"

'Life is what happens to you while you're busy making other plans.' -- John Lennon

'Do or do not. There is no try.'

-- Yoda

'Shoot for the moon. If you miss, you'll always be among the stars.'

-- Anonymous

'Never put off until tomorrow what you can put off until the day after.'

-- Mark Twain

'If I was pressed to say why I loved him I could only answer, "Because it was him, because it was me."'

-- Anonymous

"Kiss me; I gave blood today" Red Cross Blood Drive comes to Lone Oak

Ashley Small
Editorial Editor

The halls of LOHS were full of sore arms and heart-shaped stickers on Tuesday, March 18th. This day marked the annual Red Cross Blood Drive, sponsored by the Beta Club.

This year LOHS had over 100 students, teachers and staff sign up to donate. Although, for different reasons, only 80 of the 100 were actually able to give blood. This year still represents one of the highest turn outs as far as participation goes.

The act of giving blood takes only a matter of minutes, but before you can even come close to donating, there is an array of other procedures to go through. First, all potential donors have to fill out a questionnaire, based on one's past medical and personal history.



Grant Clouser sacrifices to save a life.

Photo by A. Manchikanti

Next, a nurse checks each student's pulse, blood pressure and temperature. If all checks out, the student gets their ear lobe or finger pricked for a blood test. This blood test reveals whether your red blood cell count is above 40%. If it is, you are ready to donate.

One thing learned is that the anticipation of the needle is far greater than the actual event. Once the needle is inside, most people agree you can barely notice it and giving one pint of blood takes only five to ten minutes. After donating some students experienced a period of weakness, but for most students who ate beforehand finished feeling fine. And when all is said and done, you not only get all the junk food you want, but you've also helped save the lives of others in need!

Cliff Jenks stars as the Easter Bunny at Beta Club egg hunt



A little girl yanks the Easter Bunny's tail at the Easter egg hunt.

Photo by AM

Ann-Meredith McNeill
Coroner

On Saturday, March 22nd the Beta Club held its annual Easter Egg Hunt at Hendron-Lone Oak Elementary School.

Upon asking Cliff Jenks, a. k. a. The Easter Bunny, to comment, he stoutly replied, "I was conned into it by the Rigdon sisters." This sore spot apparently has yet to be fully resolved, as Jenks said, "I didn't mind the kids, but those Rigdon girls..." A tail-pulling ensued after all the eggs were found, and Emily Rigdon claims no

responsibility for the children's actions, though she does admit to participating in the delinquency a few times.

While there were no points for aggravating the legendary Bunny, Beta members did receive points for hiding the eggs and supplying plastic eggs and candy. Beta president Anu Manchikanti was yet again amazed at the children's egg hunting abilities. "There were about fifty kids and maybe two minutes of actual egg hunting."

With the possible exception of the semi-bitter Bunny, everyone had a great time.

Band members attend Quad-State

Estee Cheah
Circulation Manager

Recently on February 21-23, 16 band members from the Kentucky Colonel Band attended a special event. It is the Quad-State Band. Quad-State is a sponsored by Murray

State University and it recognizes students who excel in playing their instruments. Students interested in participating in the program submit an application with the band director's recommendation and those chosen is later notified.

Those chosen, stayed at MSU for the weekend to attend numerous rehearsals and finally to give a concert. There are three bands offered in the Quad-State Band program is the Symphony Band being the top band, the Blue Band and the Gold Band. Eleven band members from Lone Oak were selected for the Symphony Band and they were; Elizabeth Rigdon (10), Nola Goehman (10), Scott Bryant (11), Jackie Allshouse (11), Sarah Stoll (10), Phil Sisto (11), Erin Powell (12), Trey Swacker (11), Cliff Jenks (12), David Carmichael (11) and Greg Hosfield (12). Those who took part in the Blue Band were; Leigh Ann Mullens (12), William Mills (10) and Julie Sims (11). The Gold Band consist of; Lorrie Keeling (10) and Jonathan Light (10). This is one of the best years Lone Oak has ever had in Quad-State. Keep up the good work!



3021 Lone Oak Road
Paducah, KY 42001

(502) 554-7832
1-800-554-7832
(out-of-state)


PRESENCE

SKIN CARE TREATMENT AND PROFESSIONAL MAKEUP ARTISTRY


Michelle Cranor, Esthetician

Acne * SkinDiscoloration * Premature Aging * Vitamin C Therapy
Glycolic Acid * Growth Factor Complex * Aromatherapy
Corrective Camouflage * Custom Blended Makeup * Makeup Lessons
Special Occasion & Wedding Makeup

443-1031



DOCTOR'S
DERMATOLOGIC
FORMULA



110 Medical Center Dr. Paducah
(Located in the office of Drs. McMillan & Case)

New welding team is off to a great start

Megan Williams
Staff Writer

After an incredible year of winning the regional, state and national welding championship, this year's welders are now close to matching these victories. The new welding team, comprised of Charlie Stevenson (11), Clark Churchwell (12), Scooter Jones (11) and David Johnson (11), won the Regional Arc Welding Championship, making this the sixth year in row. Lone Oak has competed in the welding contest for twelve years. Now the welders will compete at the state contest in August at the Kentucky State Fair. This year was more challenging than previous years for the welders because they had to practice each night at Reidland instead of their own shop due to the renovation.

"Another thing that makes the welding competition so difficult is that new team members are required each year. This gives more students the opportunity to make the team," said Mr. Wood.

"Thanks to Mr. Wood and the previous welders, we were able to win the regional competition," said Scooter Jones.

In addition to the regional team

championship, Jon Dickerson (12) also won the regional Oxy-Acetylene Welding Contest. Lone Oak has won this contest 12 years in a row. Congratulations and good luck at state!



This student is in complete protective gear and ready to weld



The Regional Arc Welding Champions-- Charlie Stevenson (11), Clark Churchwell (12), Scooter Jones (11), and David Johnson (11).

Solo and Ensemble is a success for band members

Estee Cheah

Circulation Manager



Solo and Ensemble is an annual KMEA festival. For many years past, Lone Oak has always had good results, and this year was no exception. Solo and Ensemble was held March 1 at Murray State University. There, many band members from around the region gathered to play in either solos or ensembles (hence the name) to be rated by well-respected musicians.

"This is one of the best years Lone Oak has ever had at the Solo and Ensemble Festival. I am very proud of all that attended and

participated in it," said band director Mr. Light.

This year, 49 students from Lone Oak participated in Solo and Ensemble, making it one of the most prosperous years. Seventeen solo and nine ensembles were rated Superior, twenty-four solo and ensembles together rated an Excellent and one ensemble rated as an Apprentice. This has been a great year for the band program and solo and ensemble is just another thing to add to their list.

PROM PROM PROM

Estee Cheah

Circulation Manager

The time has come for many things such as warmer weather (it's about time), spring flowers, but most of all, Prom. The event that has everyone scavenging for dates and looking for the right dress and tux has finally arrived. For some, it will be a once in a lifetime memory and for others...well, it'll be a little bit less. But anyway, it is Prom, and it is supposed to be one of the most memorable things you will do in your whole high school career.

This year, the prom committee and sponser, Mrs. Richards, are working hard to make this year's Prom another unforgettable event. The theme this year is "One Moment In Time." It will held at the LOHS gym on April 26th from 8:30 to 12:00 p.m. The cost will be \$30.00 per couple. Picture frames will be on sale after spring break for \$6.00 each.

"I hope everyone will come to this year's Prom," said Mrs. Richards. "It's bound to be fun."

SUN FIT TANNING

3921 Lone Oak Road

554-4096

"Best Tan in Town"

4 level tanning, starting at \$2.75

Debbrah's

Best Prices on Designer Brands

Chiffon, Sequins, & Beads!! Great Selections!! One of a kind creations!!

Open:

Monday thru Friday 1-6

Saturday 10-4

Sunday 1-4

117 South 5th Street

Paducah, Kentucky 42001

502-442-2365



The Picture of Perfection



From basic black to whimsical prints, our formalwear will help you express your true personality on your day of days.

We put it all together with over 1000 tuxedos in stock. Prom dresses have all arrived.

MISTER PENGUIN TUXEDO & AMANDA BRIDAL

207 Broadway • 444-6520

Open 10 a.m.-5 p.m.
Monday-Saturday

The Internet is more like a copy of *Time* than *Playboy*

Emily Williams
Business Manager

For once, news anchors, advice columnists and talk show hosts all agree; the Internet is *bad news*. Practically every day you flip on the tube properly armed with potato chips in one hand and a remote control in the other and once again you are confronted with yet another Internet bashing story. They say its bad for children, addictive, unconstructive and even (gasp...) *dangerous*, then again, so is prime time TV, which usually contains most of the afore-mentioned. But I will tell you as an avid net surfer and an enthusiastic on-line supporter that these accusations are a tad bit over-the-edge and exaggerated.

Ricki Lake, Sally Jesse Raphael, Montel, and even the respected Oprah show have all featured topics concerning the Internet.

Unfortunately, all of them have been centered around the negative. People who tune in to these shows are led to believe that the information super highway is actually detrimental to the user (of course, the same could be said for talk shows.) These shows tackle topics such as children and teens being lured into having unhealthy conversations, and in the most extreme cases, being convinced to meet with their "cyber-friend" and even run away with them.

I think that these few incidents ruin the Internet's true image of an excellent vehicle for information and communication. These unpropitious events show more of a breakdown in the person's judgement than anything else. I mean really, if you meet a stranger in the street you *do not* get in his car and go home with him. Duh, let's use our common sense people. So why should

anyone behave differently with someone they've meet on the Internet?

Recently in *The Paducah Sun*, advice columnist Ann Landers, who is very outspoken in her objections toward the Internet, recieved a letter in response to her attacks on the service. A man stated that, "the Internet is no more dangerous than real life. Whether you are on the Internet or at a church gathering if you don't like someone, don't talk to them." There are crazy people everywhere, but it if someone is constantly harrassing people and being inappropriate, one of two things can happen; 1) they will get booted out of the chat room by the monitor, or 2) you can simply go to another chat room or make it so you cannot recieve any of their messages. Whatever the case, a bad on-line experience *is* avoidable. If parents are concerned about their children

using the Internet then they should monitor their child's use just like the television shows they watch, the music they listen to or anything else.

The main thing I am trying to illustrate is that the Internet should not be a place to fear or shy away from. It is the best and fastest way to get information, contact businesses, post messages, send and recieve mail and basically any other possible facility you could ever want to use, all in the convenience of your *own home!* The Internet seems to be here to stay and has already proven itself as a very necessary and profitable addition to any home. Like anything, it will take a little getting used to, but with a modem and a bit of good ol' fashioned horse sense the Internet can be a constructive and positive experience for everyone.

We demand our Kit-Kats and Snickers!!!

Estee Cheah
Circulation Manager

Well, let's say you're in a club and the entire club is planning on going on an awesome trip. But without money, nobody's going anywhere. So, the sponsors, president or whoever is in charge raises the question of a fundraiser by selling candy. You think, that sounds like a good idea, all of my friends will buy from me. Sure, it sounds like a good idea, too bad you can't sell it at school.

Why, you say? Well, from now on selling *anything* on school grounds is not allowed. This "supposedly" has always been a policy. However, it is not one that anybody has really paid attention to. But the recent need

for money in clubs is not lowering, and as a matter of fact, they need more money to remain functioning.

The reasons why the Board of Education prohibits students to sell anything has always been a mystery and to find out why, I headed to the source — Principal Adams. The answer was based on two primary reasons. First of all, the Board has said that no student should be in charge of fundraiser and all activies of that sort should deal with the parents not the students. Secondly, nothing should be a threat to the sales of the school cafeteria. "We would have coke machines in the hall to make a profit for the school but since the policy won't let us, there's nothing we can do," commented Mr. Adams.

However, we shouldn't feel bad because we are not the only school that has to deal with this policy. Since it is a Board rule, all schools must follow the rule, not just Lone Oak.

"Our clubs desperately need money for projects!" said librarian, Mrs Metzger, and also sponsor of the Beta Club. "We were hoping the candy sales would help our financial situation and enable us to attend the National Beta Convention, since this is the first time ever for Lone Oak to compete at the National level."

It is unfair for the students not to be able to sell at school because each students is in school for roughly 7 hours, and that is where they see the most people. Most students are

usually at home after school and who are we supposed to sell to then? Believe me, your parents will get tired of buying things from you after the thirtieth time. So, basically the only time which is a good time to sell is during school hours.

I understand that selling during classes might be a distraction to teachers, but I don't see anything wrong with selling during flex-time. I hope that the Board will look into this as more than just another everyday "problem," because many clubs depend on the money that fundraisers produce. Without money our clubs and sports team cannot survive!

KIRIS test scores in dangerous decline

Ashley Small
Editorial Editor



Many of you probably remember taking or a least know of the KIRIS testing, which is given in April of every year. But what many of you may not know is that Lone Oak's scores came in close to last place this year in the first region, ahead of only Marshall and Fulton Co. Our score of 42.6 was a major drop from our last years score of 46.1 and LOHS seems to be following a dangerous trend downward.

This obviously means that the other two county schools' scores (Heath -- 48.6 and Reidland --48.4) excelled beyond our's. I'm not sure about anyone else, but this is pretty humiliating, and to be truthful our school hasn't got one single excuse. It's not as though we have the most unintelligent students all crammed into LOHS, the fact that our A.C.T. scores on average are always some of the highest in the first region disproves that theory. It's also pretty crazy to try and blame our poor score on the teachers. Though this may be disputed by some students, our teachers are well

educated, caring individuals who are here because they want to be. It's not as though they are out to make sure we all fail our KIRIS test, actually it is to their benefit, as far as bonuses and other perks go, if we do well.

So that basically leaves no one else to push the blame off on except each individual student and our lack of preparation for the test. And I'll be the first to admit I haven't in the past given much attention to this test, probably because the KIRIS test hasn't had the power to affect me in any significant way. Now, though, there has been some things done to try and boost our scores, starting with this years senior class, our test scores will be printed on our transcripts. I'm sure there will probably continue to be other incentives to pay closer attention to our scores, but really the problem begins with us and we are the only solution. When the student body decides that we are tired of having the lowest scores not only in the county, but close to it in the entire first region, we might focus a little more of our attention to these tests and finally realize the importance of them.

Yummy



The Oak K	
Co-Editors -in-Chief	Andy Harris Anu Manchikanti
Editorial Editor	Ashley Small
Features Editor	Justin Young
Sports Editor	Jason "Bob" Carroll
Coroner	Ann-Meredith McNeill
Circulation Manager	Estee Cheah
Business Manager	Emily Williams
Staff Writers	Lucy Jackson Emily Riggs Megan Williams
Sponsor	Mrs. Campbell

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

The newspaper is designed by staff members, using the Macintosh desktop publishing system, and printed by the Benton Tribune Courier, P.O. Box 410, Benton, KY 42035.

Letters to the editor are to be under 250 words in length and signed by the writer.

The Oak K reserves the right to edit all letters for placement as long as the meaning is not altered. The newspaper attempts to inform and entertain its readers in a borad, fair and accurate manner or all sughjects that effect the audience. Final authority for the content of the paper rests in the hands of the principal.

Is the cloning of humans a possibility to consider in the future?

Emily Riggs
Staff Writer

DID NOT

Is cloning really possible? Well, with such a far out movie as *Multiplicity* you would think not, right? Wrong. Recently in Scotland, a seven-year-old sheep was cloned and also a monkey. Yes, this may sound neat, now all your dreams of having a twin may come true. Right now, only these two animals have been cloned, but, of course, scientists will stop at nothing to take this cloning thing as far as they can. Fortunately, this crazy procedure has not yet been tried on humans, but with something so tempting, who can resist?

If cloning goes any further than simple animals, the whole world could be at stake. Just cloning this one innocent animal increases the chances trying it out on humans. February 26th, Dr. Harold Varmus testified before a House subcommittee "The recent cloning of a sheep in Scotland 'electrified' the world because it raised the possibility that a human being could be cloned."

Cloning humans cannot only be considered immoral, but can also cause disastrous effects. The problem is we do not know what those problems will be at this point. Imagine if someone as dangerous as Hitler was able to clone himself. The world would definitely be at stake.

There is no evidence that proves that a clone of anyone would act exactly like the original. We know that environment and situations cause an individual to act a certain way. However, much of the way a person does react to certain situations is a result of their genetic makeup.

Until much extensive research is done, no one can predict how dangerous this scientific breakthrough really is. It is n't worth the risk of experimenting. If humans are able to be cloned, and matters fall into the wrong hands, it could mean the end of the world.

Andy Harris
Co-Editor-in-Chief

DID TOO

Imagine a basketball team full of Michael Jordans, a classroom of Bill Gates and a country of Saddaam Hussein's. This could soon be possible with the advancements of cloning.

What was once thought impossible is now a reality. European scientists successfully cloned an exact genetic replica of an adult sheep. Now come the ethical questions. Should this technology be applied to humans?

This day has been anticipated for a long time, but now its fruition has made it the hottest topic in both medical and theological circles. President Bill Clinton has approved cloning research in animals but has emphatically stated his disapproval of human cloning. Many religious organizations are appalled that such a technique would even be considered. In fact, according to a recent CNN poll, 66% of Americans say they are opposed to the cloning of humans.

But before we reject this idea on moral grounds, we must first look at it from a scientific standpoint. The benefits of exact genetic duplicates are immeasurable in curing diseases. It would also help in the research of genetic defects. Not to mention the joy it will give psychologists when the nature vs. nurture issue is finally solved once and for all.

The scientific effects of this new technology will be far-reaching and dramatic. And hey, at first, people wanted to hang Columbus for saying the Earth was round. But this is a totally different scenario. It's a question of whether humans can play God. Though opposed to this aspect of cloning, I believe if it is done in the confines of a laboratory and only for scientific purposes, it is a necessary and inevitable step in the advancement of our society.



What do you think about cloning humans?



Meranda Moore (11)
"Making people is God's place, not ours."



Sarah Warmack (11)
"Scientists have good intentions, but I think they are really out of their league on this one."



Alicia Reeves (9)
"I think it is stupid to clone humans because there are some things that people were meant not to do, and cloning humans is one of them."



Charlee Sales (9)
"Cloning humans is messing with Mother Nature."

Mary had a little lamb...



*...and a little lamb
...and a little lamb
...and a little lamb
...and a little lamb...*

Get your motor running, head out on the

by Anu Manchikanti and Ashley Small
Editors

As natives of Paducah, it is our birthright, our duty, to complain about the lack of things to do. But have no fear! Within a few hours driving distance are a ton of fun things to do. Just a little planning is all it takes for a great road trip. Get a group of friends, some good music, hop into the car, and what lies ahead is up to you. Here are just a few options.

St. Louis

Only a 3-4 hour drive away, depending on your obedience of traffic laws, St. Louis offers a big city atmosphere with small town friendliness. St. Louis is full of cool things to do, from historical places to entertaining events.

Forest Park is the Central Park of St. Louis. Within its boundaries lies many of the city's best attractions. Overlapping the southeast corner, the **St. Louis Science Center**, only a few years old, is a "playground for your head!" There are over 600 free exhibits to explore, an OMNIMAX theater, a planetarium, shops and more. The science center might sound too educational for a vacation, but it truly brings out the fun parts of learning. On the southern side, the **St. Louis Zoo** has a reptile house, ape and primate displays, an aviary and their own baby elephant, Raja. There is also a museum called the Living World, consisting of the Hall of Evolution and Hall of Environment, both crowded with artistic, representative, educational displays. **The St. Louis Art Museum** has displays ranging from classical and Egyptian art to the surrealistic style. **The St. Louis Municipal Opera Theater** is a huge, open-air amphitheater. In the summer, they put on six to seven musicals, with a group of far seats that are free. **The Missouri History Museum** is a pretty decent museum, with an interesting selection of exhibits, such as "St. Louis in the Gilded Age." **The Science Center, Zoo, and Art Museum** are all totally free, excluding occasional special exhibits.

Powder Valley Nature Center consists of several hiking trails and a fantastic urban nature center. The Missouri Department of Conservation has a hands-on nature center, focusing on wildlife in an urban setting. The nature center is open Tuesday through Sunday.

Known as Shaw's Garden by the natives, **Missouri Botanical Gardens** could be described as the treasure of the city. Whether you visit in the summer, fall, winter or spring, the gardens are both beautiful and peaceful. The Chinese Garden, English Woodland garden and rose garden are just a



The St. Louis Arch--Gateway to the West

few examples of the groups of flora that can be found. There's also an art gallery, sculptures on display throughout the park, a hedge maze, herb gardens and the Garden Shop. **Shaw's Arboretum**, also maintained by the Gardens, is just west of town. Here, there are also 12 miles of hiking trails, varying for a wildflower trail to a prairie grass trail to a river trail. Maps can be picked up at the Visitor's Center. There is a \$1 entrance fee for the Arboretum, and the Gardens cost \$3 or less.

Laumeier Sculpture Park features outdoor sculptures in a wonderful environment where you can picnic or just wander around. There is also an art gallery and arts education building. Laumeier is "one of the nation's largest assemblies of 'site-specific' art and installations—basically gigantic sculptures and creative landscaping."

Who could forget **Six Flags over Mid-America**? Return to your childhood as you ride the roller coasters and visit with Warner Brother's characters. This is a great last excursion for seniors.

Of course, there's always the great shopping of a big city. **The Galleria** is definitely the nicest mall in the area but also the priciest. There are several other malls, plus the downtown area to choose from, such as **St. Louis Union Station**. Once a train station, it has now been converted to a festival marketplace, occupied with one hundred shops and restaurants.

The Fox Theatre often plays host to shows and concerts. The Fox was originally a movie theater. Started by a guy with a vision, it now includes "copies of every opulent or showy thing he's seen anywhere in the world, especially India." Architectural tours are also available.

The Gateway Arch is also another common tourist attraction. Go up to get the best view of the city. If you're afraid of heights, the Arch is not recommended.

Louisville

"Where the energetic spirit of the North meets the relaxed charm of the South." No matter how you say it, Louisville is definitely one of the coolest places in Kentucky.

If you want a real amusement park, **Kentucky Kingdom** is the place to go. Full of awesome roller coasters and other thrilling rides, this park takes adventure to the limit. Just a notch below King's Island, Kentucky Kingdom is bound to bring the kid out in anyone.

The Kentucky Center for the Arts is a popular venue for artistic events.

Freedom Hall is also another great place to see groups, such as Bush, Alabama and also



Opryland, U.S.A.

the Floodfest '97 concert. At **Louisville Gardens**, other groups, such as Stone Temple Pilots and Marilyn Manson, perform.

Louisville Zoo, open year round, isn't the most impressive as far as zoos go, but it is home to 1300 animals. But, hey, any zoo is fun, and this is a great day's entertainment.

Bardstown Road is definitely the hippest place to be in Louisville. Full of neat shops and great restaurants, a vacation to Louisville would not be complete without going here. Check out **Earxtacy**, a great music store, and **Mark's Feed Bag**, a good barbecue restaurant.

Thunder Over Louisville is a great fireworks display on the weekend of April 19th.

As for shopping, **St. Matthew's Mall** is

definitely the best one in Jefferson County. It's got a great variety of stores, plus the potential for deals galore.

If you're into baseball, check out the Redbirds, Louisville's minor league team.

Shakespeare in the Park is offered every Saturday evening in the summer in for free. Put on by the natives, it's a great opportunity to get a little culture on a warm summer evening.

Nashville

The home of country music and only two hours away, Nashville is perfect for a day trip, with something for everyone to do.

The Second Street area has some great restaurants, including **Hard Rock Cafe** and **Planet Hollywood**. There's also some more obscure places. (Ask Mr. Toy about his favorite sushi bar.)

The Tennessee Performing Arts Center is visited by some of the greatest Broadway shows. Recent performances have included *Phantom of the Opera* and *Miss Saigon*. *Les Miserables* will be playing in August. The

Nashville Orchestra, Symphony and Ballet all also perform here. Off Broadway shows such as *Stomp* are also shown with frequency.

Opryland is fun for the entire family, even if country music's not your thing. There are not only rides, but nightly performances by local bands.

There are several major malls in the area. **Cool Springs, Hickory Hollow** and **Rivergate** are among the better ones, though there really aren't any bad shopping centers. Also check out **Tower Records** downtown for any kind of music you could imagine. The rest of the downtown area offers some more ritzy shops.

If you're 18, the **Mix Factory** is a definite must. A five story dance club, eighteen-year olds are admitted on Friday nights.

the highway, looking for adventure



Ashley Small and Andrea Lowery at Maggie's Jungle Golf

Land Between the Lakes

For all you nature lovers, Spring Break is a perfect time to head to Land Between the Lakes. Regardless of if you choose to view nature through the Golden Pond Planetarium or the more hands-on experience of a canoeing trip, LBL has something for everyone.

Sunset Canoe on April 3 from 5:30 to 8:00 is a great time to relax and enjoy the beauty of an LBL sunset while paddling through the peaceful Energy Lake. On this little excursion, you'll get to know the sights and sounds of the nightlife at LBL.

Whether you are a pro with the camera or just a beginner, LBL Photographers Weekend will help you improve your nature photography skills. This event will extend through the weekend of April 4th, 5th and 6th. Under the teaching of Gene Boaz, this weekend workshop will provide a great time to try your hand out at not only a little photography but also to get to enjoy the beauty of scenic LBL.

Take a staff led canoeing and hiking trip or venture out on your own. LBL has some

great hiking trails that provide a leisurely walk or an intense workout. There are also many biking trails with lots of beautiful views and wonderful photo ops. But make sure you call in advance to reserve your canoes and bikes. Call (502) 924-2020 on weekdays or (502) 924-2299 on weekends for more detailed information.

Kentucky Lake

If you decide that your destination should be a little closer to home, then Kentucky Lake is the perfect spot! Not to mention that this is the best time to go with all the recreational areas reopening for the season!

Places such as Pebble Creek Riding Stables provide everyone the opportunity to try your hands out with the reins, even if you aren't the best equestrian.

Plus, there is always something to do when there are places like Maggie's Jungle Golf. Not only a great place to play a little putt-putt, you can always visit with the live zebras and other wildlife. Some other interesting places to visit are Arielle's

Woodland Miniature Golf and Forgotten Paths. This is not only a go car track, but you can also find batting cages located there too.

Of course there are always places to camp when you are at the lake. Places such as Fern Lake for example, reasonably priced and conveniently located. The lake is also another great place to hike around and bike trails are located all over.

Of course, you can't go near the lake without trying some of the not only delicious, but also very interesting restaurants. Patti's 1880's Settlement, Southern Living's "1996 Reader's Choice Award," is an excellent place to eat, providing a great meal and a plethora of shops located around the restaurant.

Another restaurant that is must is Lambert's in Sikeston, Missouri. With their tossed rolls and cool atmosphere, you can't go wrong when choosing to eat here.

Southern Illinois

For other outdoor adventures, Southern Illinois is the place to go.

Lusk Creek Trail, located in Shawnee National Forest, is an excellent backpacking trail. Even beginners will find it to be an enjoyable experience. The observatory on the trail is gorgeous, too.

Jackson Falls is a great place to go rock climbing and rappelling.

Bellsmith Springs is awesome in the spring and in the summer, with opportunities for swimming and diving.

Garden of the Gods, though not the most rigorous hike, involves getting to the peak of rocks for a good view for the natural surroundings. A sunrise visit here is definitely worth the early wake up call.

We recommend that you don't venture to these places by yourself. The trails and maps can get quite complicated. Find someone who knows the area, then let the fun begin!



Grant Clouser, Lee Titsworth, Emily Rigdon and Anu Manchikanti are just relaxing at their campsite on the Lusk Creek Trail.

Spring Break Poll

What is your reason for not going to Panama City on Spring Break?



Jordan Mills

"Going to Panama is hardly a vacation."



Jason Hurt

"I have morals."



Jada Goodwin

"I am going to Myrtle Beach."



Nikki Key

"I'll be spending my Spring Break with 20 baseball teams...that's reason enough not to go to Panama."

Ambition makes Underhill Teacher of the Month

Anu Manchikanti
Co-Editor-in-Chief

Full of energy and ambition, there's no question why Teresa Underhill has been chosen Teacher of the Month for March.

Underhill was born in Paducah and raised in Cadiz. An only child, she attended Trigg County High School, where she was involved in "anything and everything." It's obvious that her activeness began here. As a member of the band, she played the saxophone, oboe and piano and was in the color guard. She was also active in Beta Club, National Honor Society, yearbook and the National Forensic League, a debate and speech organization. Underhill also had those brief flashes of rebel within, as many teenagers do. As a sophomore in high school, she got a mohawk and dyed it purple. Her mother was very patient with her because she understood she was going through one of those "find yourself" stages. In reflection, Underhill laughs and says, "I have no idea what possessed me!" and blames it on her best friend.

After graduation, Underhill attended Murray State University with a major in English and a minor in German. Since she had to pay her own way through college, she worked hard so she could get out as quickly as possible. The hard work paid off, as she graduated summa cum laude with a 3.85 GPA. Underhill was the first person in her family to ever attend college. "Where I grew up, college wasn't the thing to do."



Ms. Underhill

Photo by A. Manchikanti

Lone Oak High School was where Underhill's teaching career began in 1993. She began with traditional techniques and quickly became weary with them because of their ineffectiveness. Last summer, she attended the Purchase Area Writing Project at Murray State University, a five-week program. Here, she had her teaching epiphany and discovered the workshop environment. "I decided I was going to be a teacher. I wasn't going to just sit in my classroom. I was going to make a difference."

The workshop method of teaching breaks a school week up into three writing days and two reading days. Each class begins with a

ten minute mini-lesson, on topics ranging from genre, craft and mechanics for writing and a reading of a poem, essay or other writing for reading. After the mini-lesson, the students have 30-40 minutes of independent, sustained writing or reading time. The students keep dialogue journals, writing letters once a week to each other and every other week to Underhill. These letters are personal responses to books, not summaries.

One reason that this method has been effective for her is the fact that Underhill actually practices what she preaches. "I read with them, and I write with them." It's been great for her to have a chance to partici-

pate in these activities that she could not normally with a traditional style of teaching.

Besides teaching, Underhill stays busy with school activities, as she is the junior varsity academic team coach, director of the school play and a teacher at night school. "My mom always laughs at me when I say I'm going to sit back and relax because I can't not have something to do." In what little spare time she has, she enjoys cross stitching to relieve stress, backpacking and travelling. In fact, each summer she organizes a trip to Europe through the Cultural Health Alliance company in order to give students the opportunity to see the culture with a little guidance.

The rest of her free time is spend with her boyfriend Marcus and cats Spooky and Paige. Underhill hints that there might be the slight chime of wedding bells in the air, but not any time soon. "I want to wait until my madness calms down before I add anymore." They have been dating for over a year and a half, and she says that he has been extremely supportive.

There's no question that her dedication to teaching has earned her this honor. But Underhill claims, "The thing I love most about my job is my kids...I think I've learned just as much from my students about life in general. It's a very satisfying job. I don't feel like we're on the brink of disaster. I feel very secure about the future." This security, in part, can be credited to her.

Morreau chosen as Jr. Rotarian

Emily Williams
Business Manager

The Jr. Rotarian this month is none other than senior Chad Morreau. If you remember, he was recently voted "Most Dependable" and "Mr. Senior" by his fellow classmates, but is also very renowned for being a dedicated soccer player, a hardcore choir buff, president of the Fellowship of Christian Athletes (FCA) organization, 4-H member—I could go on and on. It now seems he has yet another honor to add to his already impressive repertoire, *congratulations*.

So what does a busy guy like Chad Morreau do in his free time? Aside from the obvious favorites, including spending time at the lake, listening to music, and playing soccer, much of his spare time is spent at church. He attends Lone Oak First Baptist and is always actively involved whether it be volunteer work or part of the apprenticeship program he participates in under his youth minister. In fact, he even plans to have a career in the ministry.

Upon hearing of this latest honor, he said, "I am proud to be chosen by our faculty as a representative of our school. The community members that are part of the Rotary Club will judge our school based on our Jr.

Rotarians."

After graduation, Morreau plans to attend a private Baptist college, either Samford, Georgetown, or Belmont (as he is still deciding.) He plans to major in psychology and minor in Business Administration and Communications. To be sure, no matter what path Morreau takes it will be a successful one.



Senior Chad Morreau

Bryant is BMOM for March

Estee Cheah
Circulation Manager

Chosen this month for Band Member of the Month (BMOM) is junior Scott Bryant.

He plays the clarinet and is described by band director, Buddy Light, as a very hardworking young man.

"Scott really seems to enjoy playing the clarinet," said Mr. Light. "He has a lot of potential and seems to be dedicated to becoming a fine player."

Bryant feels very proud and honored to be selected as BMOM. The many accomplishments he has had in the past is another thing he should feel proud of. He was a member of the All-District Band for two years, selected for the Quad-State Band this year, and is the second chair clarinet player of the symphonic band

right here in Lone Oak. Best of all, he is also a member of the '97 All-State Band. Being a part of the All-State Band is great honor and not many people have the opportunity to even try out for the band, but Bryant made

it on his very first try. Being a musician is a very important part of Bryant's life. Music is something he turns to to help him express himself.

"I am very proud and honored to be selected as Band Member of the Month," said Bryant on account of receiving this specific honor.

Besides from being in band, he is also very active in FCA and other church activities. In addition to playing the clarinet, he also plays a little piano. His other

hobbies include running, playing basketball, and hiking. Overall, he is an involved, hardworking and talented individual.



Junior Scott Bryant

The Perfect Idiot gets two fabulously enthusiastic thumbs up

Ann-Meredith McNeill
Coroner

"The most successful play yet!" is how Teresa Underhill described the latest theatrical production of *The Perfect Idiot*. People who came to the performance agreed—freshman Elizabeth Lewis said, "It was well worth seeing!" and sophomore Jennifer Lynn said, "It was wonderful, and Josh Reeves was beautiful."

For those who did not see the play, you missed out on a very hilarious performance. Dan, the town genius, decides he is sick and tired of all the expectations weighing down his shoulders—college, numerous school functions and the like. He quits all his activities, upsetting his parents, enraging the faculty and ends up enlisting "the gang" to get him back in good graces with everyone. But the gang has some unfinished business of their own—Puff, athlete extraordinaire, is failing and unable to play sports. Dan decides to try some hypnosis, and the results are highly entertaining. He throws everyone's lives into turmoil but ends up in love, college bound and happy (of course). While there were a few flaws in the dialogue, it did not take away from the talent of the cast, with outstanding performances by, yes, Josh Reeves (Jackie, Dan's widely accepted brother), Lee Titsworth (Dan), Danny Wood (Roger, Dan's father), Megan Green (his mother), Josh Watkins (Mr. Latherby), Jackie Allshouse (Jeannie, Jackie's main squeeze), Travis Smith (Puff, the jock), Julie Sims (Carla, Puff's girlfriend), Anu Manchikanti (Miss Baker) and Justin Young (Barnard). (As a note—Anu and Justin did not tell me to write that, I promise.)

One of the funniest scenes was undoubtedly the one with Puff and the syringe. As Dr. Von Barf tries to inject Dan, the gang steals the needle, and Puff has quite an enjoyable time squirting everyone on the stage with the liquid substance. As for the thespians themselves, the play was an enjoyable activity for them. Danny Wood commented,



The cast of *The Perfect Idiot*: David Carmichael, Justin Young, Julie Thrasher, Sunil Manchikanti, Pierre Rivera, Suzannah Stoll, Danny Wood, Emily Rigdon, Jackie Allshouse, Anu Manchikanti, David Ham, Julie Sims, Travis Smith, Ashley Chappell, Megan Green, Lee Titsworth, Autumn Stanley and Josh Watkins.

"It was the most incredible and stressful experience in my life, but it was a good one nonetheless. It helped me realize what my calling is—acting." Josh Watkins said he was just in it for the money (???), and super-popular Josh Reeves said, "It helped me realize what I am capable of—I memorized all those lines!"

The best thing about being in the play to Wood was "making new friends and stretching my talents," while Sims and Watkins will surely never forget having to perform with injuries.

The play gave the public the chance to see the talents and humor that don't show up on report cards and gave the cast a chance to fill their acting fix. I give the performance two fabulously enthusiastic thumbs up and appreciation to all who were involved.



Emily Williams adds years to the face of Justin Young (Barnard).



Emily Rigdon, Julie Sims and Jackie Allshouse are best friends not only in the play but real life, too.

Lone Oak Winter Guard wins honors, making this season a great one

Megan Williams
Staff Writer

The Lone Oak Winter Guard has had a busy season that began months before their competitions. Their practices began at the beginning of December, and they have spent many weekends practicing. Their hard work paid off as they won seven of their eight performances.

Led by captains Sara Gourley (11) and Stephanie Robinson (12), the winter guard made their way to the first competition of the season, the Hart County Winter Guard competition. After being judged on their general ensemble, equipment, performance level, overall performance and the written quality of the routine, they received a first place finish in the novice class.

Their next competition was held at Christian County, and they danced their way to another first place.

The third competition of the season was the Overton Winterfest in which they earned a second place finish.

The last competition was held at Davidson Academy, and they received another first place.

Each competition was two days long, and the guard performed to the song "Leave It" by Yes. They excelled in every category, receiving scores higher than any other group.

"We were surprised we did so well because this was almost everyone's first time to compete together," said Lorrie Keeling (10).

It's obvious that the guard does work well together because of their outstanding performance this season. Great job, girls!



Winter guard members (bottom) Nikki Jones, Erin McGavic, Andrea Hamm, Karen Robinson, Manda Harper, (middle) Sarah Amundson, Sara Gourley, Angela DeJarnett, Natalie Taylor, Stephanie Robinson, Stacey Taylor, Instructor Stephanie Ford, (top) Lorrie Keeling, Carly Harden and Allison Gleeson.

Anatomy and Physiology class dives into cat dissection

Andy Harris
Co-Editor-in-Chief

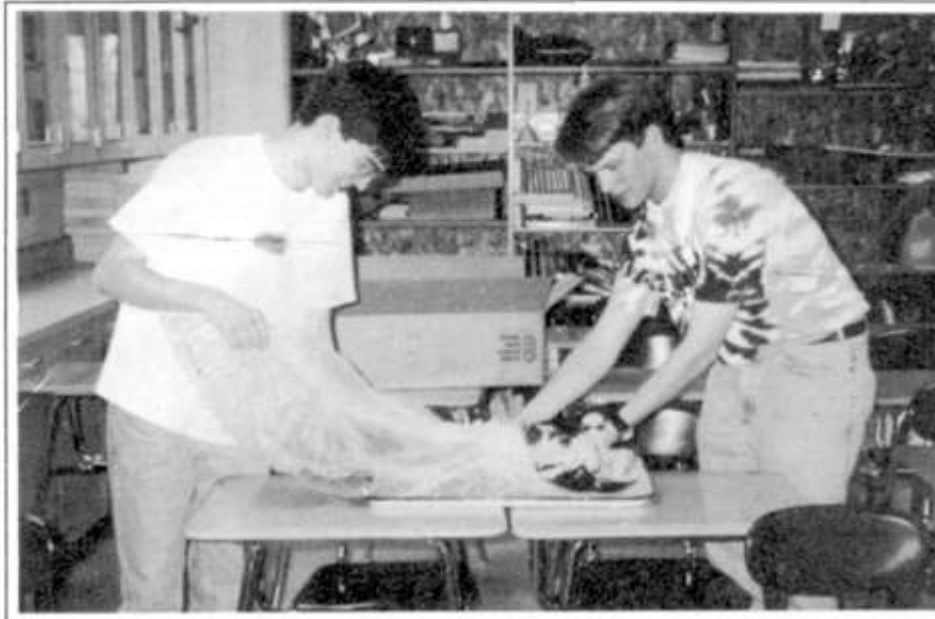
Mr. McGroarty's sixth period Anatomy and Physiology class has undertaken a unique class project—cat dissection.

Beginning in late February, the class composed of a bright assortment of sophomores, juniors and seniors took on the task of dissecting these foul felines. McGroarty believes it has been an important tool in the learning process.

"It's a graphic display of anatomical relationships that can be observed among all mammals," he said.

The dissection began with the removal of the cat's fur and has progressed to the prosection of superficial muscles. All in all, it's been a fun and educational way to spend sixth period.

"It's a good hands-on learning experience,"



Cliff Jenks and Lee Titsworth carefully prepare for dissection.

said senior Sarah Woods.

Senior Dana Sowash had a less favorable view of the cat dissection.

"Other than the fact that they're smelly and slimy, it's okay," she said.

As an elective course, students entering Anatomy and Physiology were well aware of the fact that dissection would be a course requirement. However, for those animal lovers out there, there is an alternative. Two students from this year's class have opted not to dissect. Instead, they are applying these concepts on a template or "paper cadaver."

"We cater to all needs, wants, and desires," stated McGroarty enthusiastically.

As for the rest of the class, the students may never get used to the stench or the sight of endless layers of fat, but, in the long run, this opportunity will prove highly beneficial for the future doctors of LOHS.

Travis Smith in the spotlight

Lucy Jackson
Staff Writer

At the age of fifteen, Travis Smith has done and is doing much more than finding his way into the glorious shine of March's Student Spotlight. His interests stretch farther than your average high school student's, and with them all combined together, there is someone who is not only dedicated and unique, but also extremely interesting to get to know.

Smith's interests vary from photography to water sports, but his most well known has to be music. An acoustic guitarist, Smith writes his own music, as well as does covers. Taking the advice of his mother, he started taking lessons from the father of popular musician Steven Curtis Chapman about two and a half years ago. Not only has Chapman taught Smith and formed a close relationship with him, but he and his son have also become major role models for this aspiring young musician.

Through his ability to play music, Smith has also had the chance to be in two bands—Simplicity, which he was with for a year, and Peace By Peace, a very popular band among teenagers in this area. Through these bands and on his own, Smith has played at many churches in the area and also at Mocha Lisa, a coffee shop in downtown Paducah.

Though Smith has trouble listing his favorite bands, he was able to narrow his list down to five. Cake, Radiohead, Dave Matthews Band, Counting Crows and, of course, Steven Curtis Chapman have influenced him in every possible area from general sound to vocals.

When Smith isn't pursuing music, he can probably be found taking pictures. Photography has become a major interest of Smith's since he was introduced to it by two graduates of LOHS, Chris Hughes and Craig Jackson.

"They were always in the dark room, and



Sophomore Travis Smith

it intrigued me. The environment and everything, it just appealed to me. Chris was a major motivation," said Smith when asked about what got him so interested into photography.

He has also gotten the chance to work with professional photographer Gary Watkins, who answers questions and gives him advice. Smith believes that he will always be into photography. Luckily next year his photos and writing will be found in *The Oak K*.

Along with being a musician and a photographer, Smith is also an actor. Not only did he have a part in the LOHS play, *The Perfect Idiot*, and also last year's production of *Deadly Ernest*, but he has also been seen in several commercials. ("Don't tell mom!")

With all this talent, one might ask what Smith plans to do when he leaves the wonderful surrounding of LOHS. Well, music has won him over, and he plans to attend Belmont University in Nashville and major in music business.

"The opportunities I get, I'll take. I just want to work with music," said Smith.

Top Ten

Reasons we know the renovation is not going well

- 10) The shouts of, "Oh, my arm!" during 6th period.
- 9) There's a hole in the wall, and no one knows why.
- 8) Twenty workers at the start of the day, 14 at sundown.
- 7) 20/20 is doing an investigation.
- 6) Teachers are retiring left and right.
- 5) There's a strange odor around the school, and it's not coming from the cafeteria.
- 4) Students are requesting A-school.
- 3) The blood drive used the suspicious slogan of "By the students, for the students."
- 2) English teachers worry less about dangling participles and more about dangling electrical wires.
- 1) Seniors list their number one motivator to graduate as "fear."

-Justin Young

**Congratulations to
The Oak K for its
excellent rating at
the MSU Annual
Journalism
Conference.**

R. DONALD HEINE, D.M.D.
ORAL AND
MAXILLOFACIAL SURGERY

BAYLEY SQUARE
SUITE #5
2850 LONE OAK ROAD
PADUCAH, KENTUCKY 42002

TELEPHONE
(502) 554-2026



Located in Lone Oak at the traffic light next to Peoples Bank and at
2724 H.C. Mathis Drive

Phone 554-3617 and 442-0270

Old Fashioned Cooking

Pick up at our drive-in window

Home Owned And Operated
by Dan Williamson

Lone Oak Store Managed by Edd McCoy
Cardinal Point Store Managed by Lynn Stinson

Lone Oak Lady Flash looks on to regionals

Emily Riggs
Staff Writer



Fighting for the second district championship, the Lone Oak Lady Flash didn't have any trouble defeating Paducah Tilghman, February 28th. From the start, Lone Oak showed no mercy, with a final score of 71-50. Kim Adams and Ashley Emery each hit three pointers to give Lone Oak an 8 point lead. Adams hit another three at the end of

the first quarter, to make the score 21-14.

Lone Oak never allowed the Tornadoes to come anywhere near them. The man-to-man defense shut out Tilghman, causing them to make a lot of turnovers. Sarah Beth Phelps added to the excitement of the game by hitting another three, and Brandy Gifford

came in with two more baskets.

There was no question as to who the star shooter was in this game. Kim Adams hit four three pointers, ending the game with 16 points. Not far behind, Mitchell

ended the game with 14 points and kept the team in the game with her rebounds and blocked shots.

After the game players from Lone Oak were allowed to cut the nets off the goals. As far as awards go, Ashley Emery was chosen as MVP, and also made the All-District team along with Mitchell and Kelly Sanders. Winning the Second District title allowed Lone Oak to move on to the regionals at Murray State.

Lone Oak 71, Tilghman 50

Phelps 8, Sanders 8, Mitchell 14, Adams 16, Emery 13, Gifford 7, Halstead 2, Stamper 2, Carfield 1, Pace, Young, Wright, Golden, Seltzer



Powerhouse, Amanda Mitchell, shows her ability to keep the ball out of Tilghman's goal. Photo by E. Riggs



Lone Oak fights hard against Ballard in hopes to advance in the regional tournament. Photo by E. Riggs

Flashes fall short of advancing at regionals

Emily Riggs
Staff Writer

Lone Oak was put to the test March 5th, facing Ballard in the regional quarterfinals. Unfortunately, Lone Oak fell a few points short of advancing, losing 57-42.

The Lady Flash held a short lead over the Bombers, but it was quickly erased. The defensive pressure seemed to be a problem for the Flashes.

Although it was a loss, Lone Oak did their best to stay in the game. Mitchell and Emery both scored 10 points, keeping Lone Oak not too far behind. Lone Oak trailed by five

at the end of the first quarter.

Adams came out in the second half with a layup. At one point in the quarter, Lone Oak outscored Ballard 12-1 in the next five minutes to take an 18-17 lead with 2:45 left. Sarah Beth Phelps helped to keep the game alive by passing

it off to Kelly Sanders for the layup.

Not giving up without a true fight, Brandy Gifford nailed a three to allow the Flashes to lead by two points. Lone Oak lost the lead in the fourth quarter when Ballard began scoring off fast breaks. Lone Oak turned to fouling in a last attempt to take the game. Ballard attempted six free throws and made five.

Lone Oak 42, Ballard 57

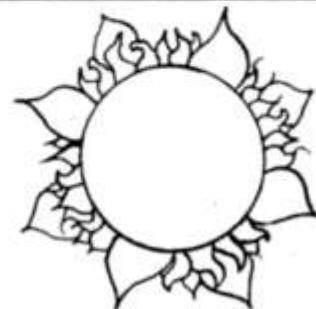
Phelps 4, Sanders 6, Mitchell 10, Adams 5, Emery 10, Gifford 3, Halstead 2, Pace 2

Country Cottage



Florist, Inc.

554-8329 · 554-8519



Get ready for PROM with...

La Mirage Tanning

Get the best tan in town!

Featuring New 1997 Wolffe beds (with turbo face-tanners)

We guarantee clean beds!

Get Tanned, Don't Get Burned!

You can't get better than this!

Call for more details!

Park Avenue
Paducah, KY 42001
(502) 442-7915

Lone Oak Rd. (next to Wendy's)
Paducah, KY 42001
(502) 534-9888

Lone Oak football coach announces his resignation

Anu Manchikanti
Co-Editor-in-Chief

Much to the surprise of the student body and faculty, Coach Randy Grimes announced his resignation in early March. Grimes is leaving the teaching profession to be a pharmaceutical salesman for Merck Pharmaceuticals. He left for North Carolina for an eight-week training period. After this, he'll return to Paducah for a four-week visitation period, then leave again for San Diego for two more weeks of training.

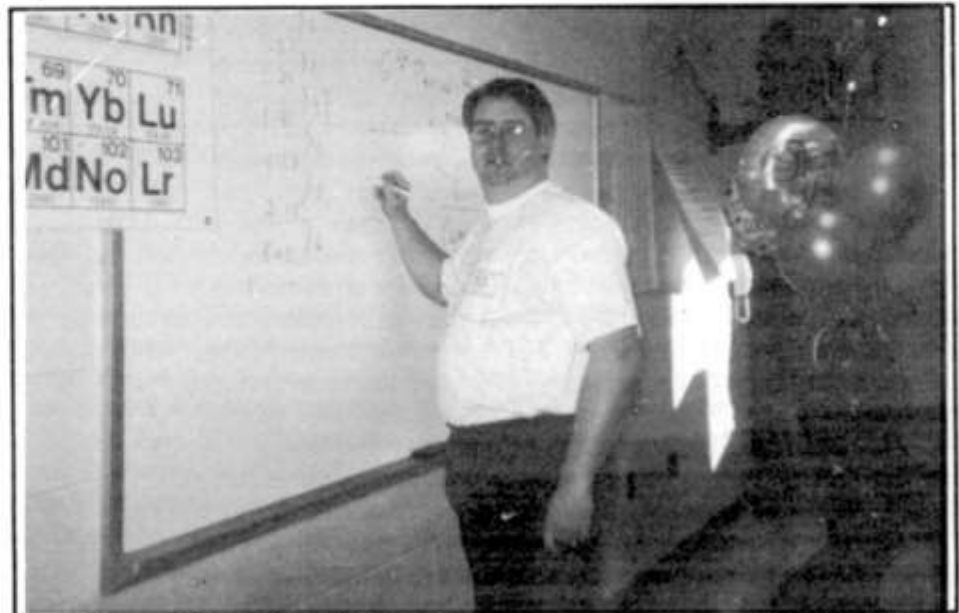
This decision arose mainly from concerns for his family. "I've always told the football kids, 'How many people can you look in the eye who'll tell you that they'll never let you down?'" Grimes felt like while he was there for the members of the football team, he was not for his family. "I've never been able to coach my own kids," says Grimes. He came to the realization that as head football coach, the sport commanded his life.

He feels that this decision is the best one because he will be able to take on more of a responsibility as the head of his household and allow his wife to have a better opportunity to be a mother. It has already made an

immense difference in the Grimes' family life because they are making plans for the future and drastic changes in their personal lives.

Grimes is famous for his statement, "There's nothing I'd rather do than teach." When asked what happened to this, he said that the statement still held true, except that "to teach" means "to help" young people. "I look at my dad, and he's the most influential person I've ever met, but he's never been a teacher or a coach." This gives him security in the knowledge that he will continue to play a role in the lives of kids. "I will continue to be around Lone Oak football and in young people's lives, but I've got to take care of my family first."

As for the football program, Grimes feel that a strong foundation has been set for the next coach. "Whoever comes in and takes over will step into a quality program." He cites the leaps and bounds that the program has made in the past few years—increased numbers in both the high school and little league programs, a county championship, sound organization and commitment—as a reason to feel proud. All this came at a cost, though, and Grimes could no longer justify



Coach Grimes delivers his last set of notes leaving his children at home while he took 30 or 40 other kids somewhere.

"It's humbling to know that people look beyond the wins and losses," said Grimes when addressing the general reaction he has received from the public. He takes the disappointment as a high compliment. As for his critics, he says, "You gotta walk a day

in my shoes." He knows that he made the right decision.

Finally, Grimes said, "I appreciated everyone's patience over the past few years. You might not agree about the how, the when, the why, but every decision came from the heart and with young people in mind."

Yeah, Rah Lone Oak cheerleaders place 1st at state competition

Estee Cheah
Circulation Manager

Many excited cheerleaders gathered at Lexington, KY this past Saturday, March 22 for the KAPOS State Cheerleading Championship. The competition was held at the Memorial Coliseum. The cheerleaders competed in the traditional routine and placed 1st overall out of 31 squads in that category.

The traditional category consists of three different routines a pom routine, gymnastic cheer and a non-gymnastic cheer. The cheerleaders performed the pom routine to a



Cheerleaders celebrate 1st place finish at state (photo compliments of Heather Cook)

medley of various dance tunes. Lone Oak's gymnastic cheer consists of flips, basket tosses, liberties and etc.

Those who competed were seniors Casey Powell and Dawn Simmons, juniors Shannon Powell and Lindsey Fesmire; sophomores Ashley Canup, Heather Cook, Jessica Fortney, Leslie Sither, Melanie Vinson, Stacie Thrasher and Kelly Adams; freshmen Christa McClain, Sara Puckett and Timera Cunningham.

"We worked very hard and we are very proud of the results we received at State," said varsity cheerleader, Heather Cook.



Parker's Drive-In

2921 Lone Oak Rd. 554-7602

Large

Hamburger, Cheeseburger
or Chili Cheese Dog \$2.69
With Fries - tax

Starnes BBQ Sandwich & By The Pound

Bob's Wide World of Sports Trivia

Sports enthusiasts this is your chance to test your sports knowledge against the Sports Authority Bob. Answers to these questions will appear in next month's edition.

1. Who was the first African-American player to play in major league baseball? For bonus points what position did he play and what team did he play for?
2. What three jersey numbers has Michael Jordan wore during NBA games? HINT: one of them is 23
3. What was the original name of the Chicago Bulls NBA team?
4. Who hit a homerun in their first at bat in the major leagues and never hit another homerun for the rest of their career?
5. What NCAA basketball team has won the most tournament games? For bonus, who is in second place?

Sports preview for the 1997 season

Girls softball warms up with spring weather and prepare for long season

Lucy Jackson
Staff Writer

Along with Spring comes warm weather, the Easter Bunny, April showers, and of course, softball season. This year on February 25th LOHS's softball players started preparing for the upcoming season. The Junior Varsity and Varsity teams are both coached by David Pope who makes the varsity lineup with input from Tripp DuPerri, who also puts together the JV lineup.

So far this season, the Varsity team has 25 games scheduled and possibly even more. This is the largest number of games ever scheduled for the LOHS fast-pitch team.

Lone Oak's baseball team prepares for season despite little playing time

Andy Harris
Co-Editor-in-Chief

April showers might bring May flowers, but March showers make for a baseball team with a lack of practice time. The excessive amount of rain has caused a lot of headaches for both coaches and players.

"Let's hope that the rain stops and we get a lot of playing time and get ready for tournament play," said head coach Jim Mizell.

Last year's record was an even 12-12, but Mizell hopes to contend for a regional title. Lone Oak returns a strong senior lineup

Last year the team's record was 13-7 and they were runner up to Reidland in the regional tournament for the second year in a row. Reidland was defeated at state by the eventual champion, Christian County whom LOHS had defeated earlier in the year.

Five seniors were lost from last year's squad, so there will be some new faces on the team this season. Key players this year are Jennifer Lambert, Lori Larrison, and Jenni Pierce, who are pitchers, Star Ballowe in right and center field, while Shanna Pirtle and Dana Sowash will provide stability in the middle of the infield.

"I like what I see and I like the work effort. There is a lot of quickness this year. I think

from last year, including Nathan Taylor, who has a lifetime batting average of .340. Other returning starters from last years squad include Rudy Ottway at third base, Ryan "Boogie" Butler at shortstop, Alec Watts in right field, and pitchers Chris Martin and Keith Deaton. Martin was 4-1 last season with a 2.21 ERA. Top newcomers who should make an impact this season ar sophomores Jon Mizell and Tim Burrows and freshman Shawn Yarborough.

According to Mizell, defense will be the main strength for this year's team. Scoring runs and an inexperienced pitching staff will be the biggest weaknesses.

Should college athletes receive pay for play

Bob
Sports Authority

Welcome to another edition of Bob's "Wide World of Sports." It seems that a major issue at this time of year is should college basketball players receive money from their college as payment for playing? Without a doubt, the answer is no.

First of all, if colleges begin paying their basketball players, then do they pay the volleyball team as well? The average college has trouble paying the coaches, much less the players. And if you add the salaries of basketball players and all the other athletes who attend a college, then it becomes virtually impossible for small colleges to have an athletic program.

However, for those fans who still gripe that players give their time to the school and get nothing in return, there is a solution. A pool of funds could be raised by these fans, divided equally among players from the fans chosen sport and respective college. All players who complete four years at the same college receive their portion of the fund. Now how many of you fans will fork over your hard earned cash when the

timecomes? Hum?

Now don't get me wrong, I am not opposed to college athletes being paid for their hard work, and most people would agree, however, what I am opposed to is the college itself paying the athletes. But if a system is not raised soon for player payment, athletes such as Kobe Bryant and Kevin Garnett will become common place in the NBA and college talent will fall to incredibly low levels.

Now let's look at a player who did complete his college education, without being paid, before taking that big step. Grant Hill completed four years at Duke University, earning his degree, as well as winning two NCAA championships. He has gone on to raise the Detroit Pistons out of the cellar and make them one of the leagues best. Hill is a constant on the highlight reels and now stars in many commercials. The fact that he finished his education and is now "air" apparent to the great one makes Hill a role model for all basketball loving youths.

Now if that doesn't light your fir, then your wood is wet!

we have the potential to be a better defensive team than what we have been," said Coach Pope when asked what he thought about the upcoming season.

As for Lone Oak's competition, the whole

region is expected to be better this year. Several teams will have all their players back, but hopefully with a great amount of determination, LOHS will have a winning season.

Track team sets goals high for upcoming season

Bob Carroll
Sports Editor

The LOHS track team is headed into the season with high hopes of extending last season's performance. Coach McGroarty said he expects "for every one to achieve better times or distances than they did last year."

"Track," said McGroarty, "is a very unique sport... everybody participates, and no one sits on the bench." Those participants that coach says will excel in their competition are John Cargill, Mike Richards, Courtney Pace- shot and discuss, Andy Berens- 1600 and 3200 meters, Les Miller- 400 and 800

meters, Jennifer Schaeffer- hurdles, Sara Angelly, Kyle Slankard, Jennifer Dunn- sprints.

The talent that the track athletes have must be kept up to par. Therefore, they practice virtually everyday from 3:00 - 4:30. Coach McGroarty believes the track team is strong in the field events but is lacking in the sprinting area.

This season the track team will be competing in the Paducah Tilghman Invitational, Davies County Invitational, Caldwell County Invitational, and Marshall County Invitational. Please come out and support the track team and cheer them on to victory.

As for Lone Oak's toughest competition, Reidland in district and Graves County in region play will be the Flash's primary challengers.

Now that the flood of '97 has come and gone, there is a new storm in town, and it's the Lone Oak Purple Flash.

Good luck to all
Lone Oak spring
sports teams

Advantage LOHS tennis team

Megan Williams
Staff Writer

After winning their fifth straight state title, the tennis team is now preparing for the season ahead. They practice each week with the addition of a few new members. The team has high goals set for the season, among them the hope of placing in the top five at state.

After the loss of several seniors, Lone Oak is now trying to come up with new doubles partners, who led the team at last year's state tournament. Challenge matches are giving those who are ranked lower on the team a chance to move up. New players are hitting with ball machines perfecting their basic skills.

With the state tournament two months away, the team is preparing for their other matches and the upcoming regional tournament.

"Right now we are concentrating on becoming match tough. At practice we are coming together as team to raise everyone's playing level," said Coach Heflin.

Lone Oak's matches begin next month with the Rotary Tournament in Chataooga, Tennessee held during spring break. Other major matches of the season planned are the



Care, Convenience & Savings for You.

BYRON M. FORBUS, RPh.
OWNER/MANAGER

84 Plantation Drive
Paducah, KY 42001

Store: (502) 554-5696
Toll Free: (800) 884-5696



**CHRONIC PAIN
PERSISTENT PAIN
INTRACTABLE PAIN**

*It's not hopeless...
You are not helpless...
It's not in your head...
You are not alone...*



**MULTIDISCIPLINARY MANAGEMENT
MAY OFFER NEW HOPE!**

MANAGING

- * Back and neck pain
- * Headaches
- * Pinched nerves
- * Muscle pain
- * Other pain problems

LAXMAIAH MANCHIKANTI, M.D.
MEDICAL DIRECTOR
American Board of Anesthesiology with Sub-Specialty in
Pain Management - American Board of Pain Medicine
American Academy of Pain Management

CYRUS E. BAKHIT, M.D.
American Board of Internal Medicine
American Board of Pain Medicine
American Academy of Pain Management

Patricia (Trish) Burks, LPT
Physical Therapy - Clinical Director

Bert Fellows, MA
Psychological Services

PROCEDURES

- * Epidurals
- * Nerve blocks
- * Nerve freezing
- * Radio frequency
- * Physical therapy
- * Psychotherapy

2831 Lone Oak Road - Paducah, KY 42003
Fax: (502) 554-8987

(502) 554-8373

Most insurance accepted

ACCREDITED
WITH COMBINATION



Joint Commission
on Accreditation of Health Care Organizations



American Academy of
Pain Management



Accredited by
Accreditation Association
for Ambulatory
Health Care, Inc.

PAIN MANAGEMENT CENTER OF PADUCAH

"Meeting the health needs of patients without regard to race, color, religion, sex, age, or national origin."