

# THE OAK K

The Official Publication of LOHS ♦ Volume 55, No. 8, April 1997



Congratulations to LaDonna Atkins, crowned 1997 Prom Queen. Check out pages 6 & 7 for more pictures.

## Lone Oak excels at MSU Foreign Language Festival

Emily Williams  
Business Manager

On March 27th, the foreign language department took part in the annual Foreign Language Festival held in Murray. Participants competed in areas ranging from song to dialogue and even cooking.

Winners included Andy Berens (12), Jackie Cargill (12), Jerome Sakezyn (11), Linnie Jalkh (12), Angela DeJarnett (10), Josh McGuire (10) and Tim Followell (11) from the French department. Their drama skit took 3rd place.

Spanish winners consisted of Justin Young (11) and David Carmichael (11), who placed 2nd in Dialogue. Tracy Smith (10) won 1st for Extemporaneous Prose, while Silvia Nobrega (10) snatched the 3rd place spot. David Ham (10) also got a 2nd place win in the Recitation (Native speakers), and Emily Rigdon (11) placed 2nd in the Grammar/Vocabulary, Level III. Also making their mark in the Spanish sect were Jackie Allshouse (11) for Listening, Level

III (2nd place), Kim Smith (10) and Michelle Williams (10) for the Realia category (2nd place), Derek Seltzer (11), Jackie Allshouse (11), Julie Sims (11), Suzannah Stoll (11), Stephanie Hamlett (12), Jessica Buckelew (11), David Ham (10), Emily Rigdon (11), and Anu Manchikanti (12) placed 2nd in Chorus. Finally, participants Jacob Culp (11), Brian Sykes (10), Ryan Litchenberg (11), Joseph Smotherman (11) and Jeremie Adams (11) finished things up nicely with another 1st place for Construction Model.

Last, but certainly not least, our newly formed German department made its lasting first impression with a 3rd place win in Art by Amanda Hall (9), a 2nd place win by William Mills (10) for Grammar/Vocabulary/Culture, Level I and a 1st place win by Stacie Thrasher (10) for her German dessert in the food category.

Culp, Sykes, Litchenberg, Smotherman, Adams, Mill and Ham will all be advancing to the State Foreign Language Festival in Lexington on May 16th and 17th.

Congratulations to all winners!



Photo provided by D.Ham

The AP Spanish Chorus performs "La Carcel de Cananea." Pictured are: top—Emily Rigdon, David Ham, Julie Sims, Anu Manchikanti, Jessica Buckelew; middle—Stephanie Hamlett, Josh McGuire; bottom—Suzannah Stoll and Jackie Allshouse.

## Senior "Earth Muffins" celebrate Earth Day



Photo by A. Manchikanti

Carl Harned stamps a 6th grader's passport after he has visited the Groundwater Investigation site.

Ashley Small  
Editorial Editor

Recently, ten Lone Oak seniors headed to the Wildlife Preserve to participate in an observation of Earth Day, sponsored by Lockheed-Martin. There, the seniors presented a 15-20 minute program on an

environmental issue to Lone Oak Middle School sixth graders.

Each year, Lockheed Martin sponsors this program for the area 6th grade students. This year's observations were held on April 22nd and 23rd. Throughout those days, schools from around the area, including Heath, Ballard, Reidland and Lone Oak

arrived with their sixth graders and high school seniors to participate in the observation.

This field trip was designed to show the sixth graders the importance of nature through informative presentations and hands-on experiments.

When asked what he thought about the event, Lone Oak senior Grant Clouser said, "I think it was very successful. It helped the children learn more than they probably could have in the classroom."

Some of the presentations touched on such topics as ground water, beavers, birds of prey, tree hugging, small animals and Westvaco. The sixth graders rotated through the various sites, so by the end of the day, they had visited eight programs, taught by the seniors and professionals.

The seniors involved in the Earth Day observation were Anu Manchikanti, Grant Clouser, Lee Titsworth, Julie Thrasher, Nikki Key, Stephanie Hamlett, Amanda Crouch, Amy Bowling, Sarah Woods and Cari Harned. Six of these ten seniors had participated in this event since they were sophomores in Mr. Toy's class.

Thanks to the Lockheed-Martin Corporation and the area seniors for proving that one is never too young to learn to value the environment!

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# Seniors shoot commercial for Comcast Cable

Anu Manchikanti  
Co-Editor-in-Chief

As Project Graduation quickly nears, many parent committees have been formed in order to raise the money needed to put on the all night event. But parents aren't the only contributors, as a group of seniors recently participated in a Comcast Cable anti-drug campaign.

Senior Chad Morreau was approached by Project Graduation committee head Mr. Toy. In past years, each local high school's valedictorians have appeared in the commercial, encouraging teens to say no to harmful substances. This year, each high school was asked to come up with 4 or 5 thirty-second commercials.

After the committee of students came up with the commercials, Comcast Cable came to Lone Oak to actually shoot the spot. Though the group was prepared for several spots, time only allowed for two to actually



Daniel Bailey playing his role as a drug dealer  
be made.

Photo by A. Manchikanti

The first commercial consisted of a mock graduation. About 15 students filed into two rows of chairs. At the end of the first row,

there was an empty seat, empty because it was reserved for a member of the class that had passed away. On the actual edited commercial, when this chair comes into

view, a voice will say, "Don't let this be your chair."

The second commercial featured Jason Hurt as an average high school student and Daniel Bailey as a devilish representation of peer pressure. Hurt opens a locker to get his books out, only to find Bailey's head, precariously taunting him, saying, "Hey, man, you want some drugs?" Hurt continues to open another door, only to find Bailey, once again, offering the drugs. The commercial ends with Hurt saying, "I knew the pressure of drugs was great, but this is ridiculous!"

For making these commercials, Lone Oak High School's Project Graduation fund will have \$250 added to it. The commercials from all the high schools will be judged for quality, and the school with the best commercial will receive an additional \$250.

Nikki Key said, "The whole experience reminded me a lot of a 'Saved by the Bell' episode, except my movie career's going to be better than Jessie's!"

## SBDM makes decisions for next year

Andy Harris  
Co-Editor-in-Chief

The Lone Oak High School Site Based Decision Making Council met Wednesday, April 16, and discussed many important issues for next year.

Most importantly for this year's seniors, the council decided to rescind a previous decision to make KIRIS test scores a part of their final transcript since they were not informed in advance of the test that it would be put on their permanent record. However,

this year's junior class will have their KIRIS test scores recorded.

Of importance to all faculty of LOHS, Mrs. Campbell recommended that all faculty be trained and actually score writing portfolios beginning next school year. The council agreed by consensus.

Two issues that will be discussed in the next work session include the setup for disciplinary procedures next year and the format of club meetings. There will be an official decision made at the May meeting.

## News Briefs

J.R. Young  
Features Editor

Each year Wendy's and the Downtown Athletic Club together award the Wendy's High School Heisman Award to an elite number of high school students. The award is presented to those students, both male and female, who showcase excellence both on the field, and in the classroom. This year's nominees from Lone Oak are Kyle Slankard and Amanda Mitchell, both juniors. Both will find out whether they're state winners by the end of October.



Kyle Slankard and Amanda Mitchell

Sarah Warmack, a junior, has been selected to attend an invitational student leadership program at The American University in Washington, D.C., from July 20 to August 1. The program Warmack will attend is Institute on International Law and Diplomacy. During the program, students will address problems such as world terrorism, international drug trafficking and UN peace keeping efforts. The program is sponsored by the National Student Leadership Foundation.



Sarah Warmack

Senior Eric Stuber was named a United States National Award Winner for his work on the Student Council. Stuber's selection was based on his leadership qualities, responsibility and cooperative spirit. Stuber will appear in the United States Achievement Academy Official Yearbook.



# Good Work!

Eric Stuber




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# LOHS Band "rocks" their way to superior position

Estee Cheah  
Circulation Manager

On March 24, the Kentucky Colonel Concert and Symphonic Band traveled to Paducah Tilghman High School for the annual concert festival. Many other bands from neighboring counties such as Marshall County, Tilghman, Heath and Reidland all took part in the festival. Lone Oak has always been an active part of the concert festival and have entered into the competition every year since anyone can remember. Bands that enter into the festival must play two or three tunes for a panel of judges and get judged over their performance with ratings such as superior being the best, excellent, good and etc.

The Concert band set off for the festival during sixth period to perform at 3:00 p.m. They presented two songs for the judges; "Thousand Hills Overture" by Claude T. Smith and "New Castle March" by Johnnie Vinson. The three judges rewarded the the Concert band's excellent performance with 3 superiors, one from each judge, for the prepared music category of the festival. Next, the band played a sight reading piece which they have never seen or read before. That



Mr. Light leads the band as they prepare for the Concert Festival. photo by Estee Cheah

The Symphonic Band also participated in the festival later on that night. They, too, performed two numbers. Their two choices of music were "Crown Imperial" by William Walton and "The Three Ayres from Gloucester" by Hugh M. Stuart. The judges also rated the Symphonic band with 3 superiors in that particular category. However, the band scored an excellent in the sight reading part of the festival. Fortunately, they were tallied as an overall superior band.

"Both bands worked extremely hard for weeks to thoroughly prepare for the concert festival and, sure enough, it paid off," said Band Director, Mr. Light.

The band will be giving their annual Spring Honors Concert on May 4 at 2:00 pm in the Lone Oak High School gym.

individual judge also gave them a superior rating which resulted to a superior rating for the band overall.

"The concert festival has always been a rewarding experience. The band, as a whole, learns so much. Best of all, it feels great to be declared a 'superior' band," said the sophomore trumpet player, Angela DeJarnett who is a part of the Symphonic Band.

## Spring brings activities for Choir

Ann-Meredith McNeill  
Coroner

The rest of the school may be winding down activities as the close of school draws near, but not Lone Oak's choir. They will remain busy with upcoming performances until graduation night.

The Senior Citizens Prom was held April 25 with performances by Amanda Crouch, Leigh Ann Brewer, Frances Owen, Elizabeth Rigdon, Emily Rigdon, Lorrie Keeling, Callie Wexler, Stephanie Robinson, Josh Luscombe, Erin Powell, Travis Smith, and Daniel Bailey. The Chamber Choir is preparing to compete in the

May 8 State Festival in Louisville and the Baccalaureate. All of the choirs are prepping their voices for the all-encompassing Spring Concert on May 20. After that, the seniors will be performing at both Class Night and Graduation.

With her first year of teaching at Lone Oak almost behind her, Ms. Durham has only positive things to say about the choir program and members. When asked about her first year, Ms. Durham said, "It was fun. Lone Oak has a long-standing tradition of a good choir and this year was no exception." The Oak K wishes Ms. Durham well in the future and also good luck to the choir members in their competitions.



Frances Owen, Elizabeth Rigdon, Lorrie Keeling, Callie Wexler, and Emily Rigdon perform at the Senior Citizens Prom. Photo by Anu Manchikanti

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# Students voice their opinion on Block and Flex

J.R. Young  
Features Editor

Let me start off by saying that I like the Site-Based Committee, and I think most of the changes they've made so far have been great. I agree completely with plans for all students to take semester final exams next year, and the inclusion of KIRIS test scores on high school transcripts. What I don't agree with is the death of flex-time and block scheduling.

For many students, flex time is an integral part of their school day. Band and choir members use the time to practice, journalism and yearbook students can meet deadlines, and other students take make-up tests. Students in computer and typing classes can't take their work home, so they have to have flex time to make up missed assignments. Teachers have been told that they will have to make time for these students either before or after school. Is this really fair to extend the hours of teachers?

Also, flex time is the time for clubs to meet. Under the new plan classes will be shortened once a month to set aside time for clubs, but what about those students who are involved in more than one club? Are these students going to be forced to choose? In the end this is going to result in

more students missing classes to do work they use to do during flex-time.

Block scheduling is the phrase everyone loves to hate. Teachers and students alike cringe at the very mention of it. I agree, most of my block classes are used as focus groups for Twentieth Century Fox. "Did you enjoy Star Wars in espanol?" Still, there are classes such as chemistry and physics where block scheduling is needed. Chemistry labs just can't be completed in a fifty-minute time frame. The problem was never with block scheduling, it was with the implementation.

All this boils down to which is the lesser of two evils. A school with flex-time, or one without? A school with block scheduling, or one without? Flex time can be easily tweaked with the addition of a three-strikes rule. Cause trouble three times, and you're headed for a year of study hall. The problem with flex time is the minority of students who are causing problems. We can't put them to death, but we can put them in study hall till then. As for block scheduling, if teachers just thought of it as what it is, all the problems would be solved. Block is not an extra long class period to be treated the same way. No, block is a time for field trips, class projects and the occasional Spanish dubbed film. Of course, it is doubtful any of this will change because of my pleas. After all, I'm just a guy.

Lucy Jackson  
Staff Writer

High school life leaves little time for relaxation with sports, jobs, clubs, social life and, of course, school work. With six classes and only five minutes in between, students are running all day and sometimes the only break they get from 7:40 until 2:30 (actually 2:35) is flex-time. Although considered a waste of time by some, flex-time has given some students a chance to get finished what they otherwise just don't have time to do. Every student might not be found cramming for a test, but a lot can and does get done in that hour and five minutes.

Not only do students get the opportunity to really sit down and eat lunch, but they can also talk to teachers, make up tests, go to club meetings, work on computers, go to places like the library and if none of the above, they can always take a little breather.

I personally don't see what's so wrong with that.

Unfortunately, this is the last year for flex-time and so students won't have the time they once had to do the little things that are hard to fit into their busy schedules. Obviously, some people don't see the positive side of flex-time and I think dissolving it will have an overall negative affect on the student body. If there are some serious problems due to flex-time, I think it would be better to make improvements rather than completely do away with it. Allowing students a certain amount of free time makes classes, not to mention the entire day move by a lot faster.

In conclusion, I think that restructuring flex-time would be a better alternative than taking it out of the day completely. It seems though, that this will not be the case and students will have to find a way to get done all they have to do every day without the help of flex-time.

## Prohibited: nightlife after 11:30

Estee Cheah  
Circulation Manager

"Be home by 12:00!!" Does this phrase bring back memories that are all too well known. Many probably have heard this since the first day of puberty and are still hearing it as we speak. No doubt, it is the most popular saying by parents and one of the most dreaded words that a teen could possibly hear. It is a curfew.

At first, most kids felt the only people that they have to hear that from is their parents but now there is another source that is nagging teens about a certain time to get home. This time it is the county, not the parents, that want kids home before the night owls go home for a nap.

If you haven't heard, McCracken County is now under the rule of a curfew for all the age of 18 and under. During the weekdays, the time to be home is 11:30 p.m. and 1:30 a.m. on weekends. If any individual under the age of 18 is found after the designated time by the police, a couple of things could happen. They could be taken under their custody until a parent or guardian comes. A \$75.00 to \$80.00 fine would also be due everytime the curfew is broken. Parents will also receive a summon from the court.

After thier child is caught over 3 times, parents will be charged with negligence.

In my opinion, curfews are really not necessary. I see the point of trying to protect the safety of the kids. The county offices are generalizing kids as bad and that they terrorize neighborhoods. I'm sorry, but most people I know do not cause trouble for anybody and all they want to do is have a little fun. The curfew will be almost impossible to enforce because what are the police going to do? Stop every car to see if anybody under the age of 18 is in the car?

The curfew could be targeted at congregations or places where teenagers hang out. As you know, when lots of kids get together, sometimes trouble starts and that's when fights occur. Even though the curfew enables teens to hang out for a long time, it doesn't guarantee teens not to hang out somewhere else.

If there's anything that could stop kids from being troublesome, a curfew is surely not going to do it. The community could designate an area for the teenagers. If they want to hang out with each other they would have to stay in that certain area after 1:30. This way teenagers wouldn't harm anyone and could still have fun!

### The Oak K

|                      |                      |
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# Stratfield School incident illustrates test inadequacies

Anu Manchikanti  
Co-Editor-in-Chief

Principal Roger Previs of Stratfield School in Fairfield, Connecticut was recently fired after allegations by parents. The charge—tampering with standardized test scores in the elementary school which he ran.

For years, the Stratfield School was renowned for its preparatory exercises and quick results. Located on the Long Island Sound, the Stratfield School was the epitome of a productive learning environment. In an Associated Press article, Helen O'Neill and Dennis Lavoie described Stratfield, "The elementary school on the hill has always exceeded expectations, delivering smart kids, dedicated teachers and prestigious US Department of Education Blue Ribbon awards." Parents would move to this area,

just so that their kids could take part in this phenomenal sensation.

Then things started to look a little funny. Superintendent Carol Harrington began to suspect that something was amiss, and after some digging and research, it was found that the Stratfield tests had five more times than the average of erasure marks. Even more alarming—89% turned incorrect answers into correct ones.

The investigation proceeded to examine the old tests, and signs of tampering were very apparent. So under lock and key, the students were tested again. The result?

The Stratfield students scores went down. Really down. In fact, now the students' scores were below the national average.

Okay, so what's the moral of the story—you shouldn't cheat on standardized tests? Of course you shouldn't cheat on tests—

that's just immoral in itself. But deeper than that, this one incident, though severe, is just a blatant statement of the times.

So what does a standardized test score mean? Colleges look at scores to determine whether you will be a productive part of their student body for the next four years. Supposedly, standardized tests like the ACT or SAT are good indicators of performance.

Indicators? A standardized test basically looks at a random sampling of knowledge. So, can this predict future performances?

The Stratfield School incident is just an excellent reflection of today's society's preoccupation with these silly standards. Colleges do look at high school grades and extracurricular activities in admission and scholarship decisions, but standardized test scores play an equally large role. Even at the elementary school level, students are

pressured to do well.

What does this say about our world today? Basically, we put too much emphasis on these tests. How often do we hear about someone's high ACT score? What about that person that won that art competition or placed first at the Foreign Language Festival? What about that extremely intelligent guy who just doesn't test well?

Four hours of multiple guessing does not determine who you are or what you can do. Why should that be one of the biggest factors in your future? Incidents like those in Stratfield are just proof of these silly societal standards, causing a loss of individuality and possible success.

There are no easy answers to this huge problem. But maybe by realizing it, we can all strive to do a little more to ignore the scores and look at the person beyond.

## Poll--If you could be the opposite sex, who would you choose to be?

Ashley Small and Anu Manchikanti  
Editorial Editor and Co-Editor-In-Chief



Chris Peeler (11)- Miss Piggy

## Students sacrifice Spring Break to help flood victims

Megan Williams  
Staff Writer

The flood of '97 began with an unstoppable, heavy storm that caused rivers to expand their boundaries and small creeks and ponds to swell. The raging waters caused much devastation as they swallowed homes and businesses leaving only muddy remains.

While the flood caused much hardship and destruction, it also brought people closer together and taught some the lesson of lending a helping hand. In fact, some students at LOHS were so moved to help out that they gave up their Spring Break to help those in need. Clint Hudson (12) swept dirt and debris off walkways at the riverfront along with Zach Bishop (11) and Chad Morreau

(12). Ashley Crouch (10), Callie Wexler (10), and Haley Gibbs (10) sorted clothes at Hope Unlimited and organized food at the Salvation Army.

These students were among 50 others who gave up a week of vacation to donate their time to help clean up the mess caused by the flood. We should be very proud of all these teens and especially feel honored that Lone Oak students were among those who committed such an admirable act of kindness. These kids not only contributed to a needy cause, they also helped break a stereotype of teens being lazy and self-centered.

These acts should be recognized and applauded and we should all follow their example of sacrificing to help others in times of trouble.

*Summer's almost here!!!*



Cindy Kulik (12)-Brad Pitt

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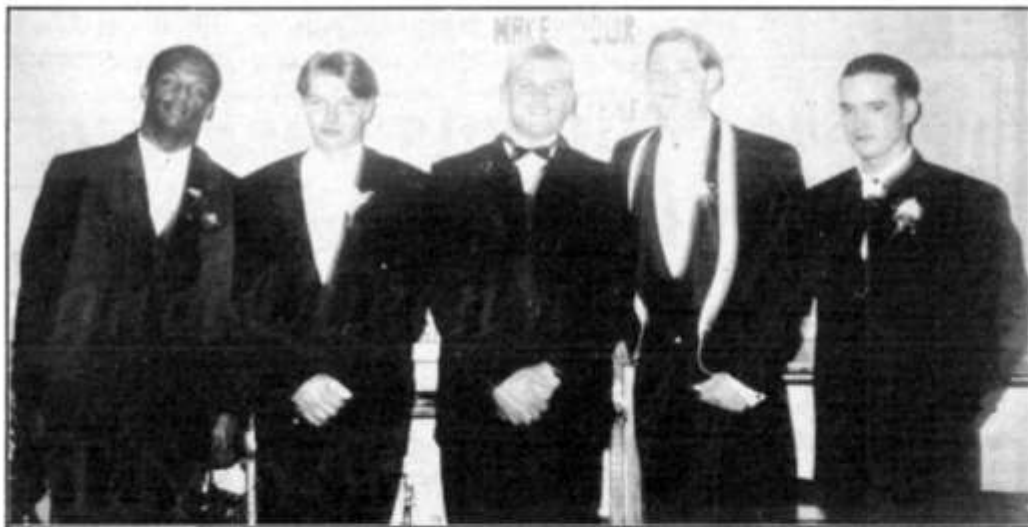
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# Lone Oak High School Prom '97



## The King's Court

Donnie Stone  
Jon Camp  
Nathan Taylor  
Kyle East  
Patrick Fletcher



The King's Court, from left to right: Donnie Stone, Jon Camp, Nathan Taylor, Kyle East, and Patrick Fletcher



## Prom King

Nathan  
&

LaDonna



Daniel Bailey is magically delicious.



Amy Newman, Casey Powell, Tonya Zacheretti and Tara Collier are living it up in a limousine



Emily Rigdon and John Hughes pose as Bo



*Prom King and Queen*



Nathan Taylor  
&  
LaDonna Atkins



Emily Rigdon and John Hughes pose as Bonnie and Clyde.

# "One Moment in Time"

## The Queen's Court

Audrey Cunningham  
LaDonna Atkins  
Amy Stewart  
Casey Powell  
Nikki Key



The Queen's court from left to right: Audrey Cunningham, Ladonna Atkins, Amy Stewart, Casey Powell and Nikki Key

g and Queen

n Taylor

&

na Atkins



Julie Thrasher, Lee Titsworth, Lucy Jackson, Anu Manchikanti and Grant Clouser really like dogwood trees.



Erin McGavic and her unidentified Scottish gentleman.



se as Bonnie and Clyde.



# Whitley is selected as Teacher of the Month for April

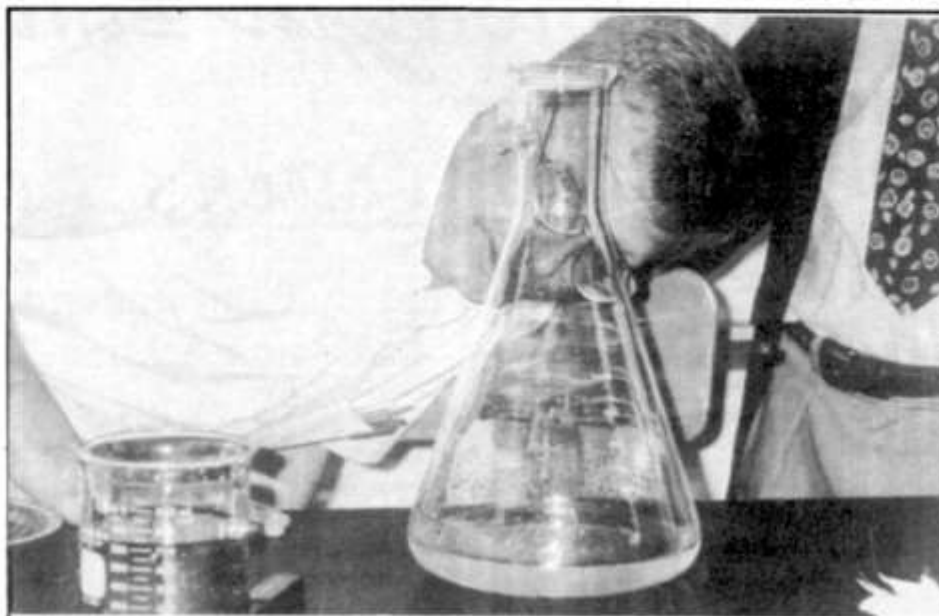
Anu Manchikanti  
Co-Editor-in-Chief

Mr. Tim Whitley has been chosen by the Student Council as Teacher of the Month for April. Famous for his wacky personality, Whitley is definitely one of Lone Oak's greatest assets.

Whitley spent his childhood in Ohio, "the Buckeye State." He grew up with brothers as the second oldest. In high school, he says, "Mostly I was in trouble. Just kidding! The things I did, I didn't get in trouble for."

After graduating, Whitley moved to Eastern Kentucky to attend Berea College. He received a Bachelors of Art in Biology here. In continuing his education, Whitley had also received a Masters of Divinity and Bachelors of Art in Chemistry.

Mr. Whitley began teaching fifteen years ago. He has been at LOHS for eight years, where he teaches ICP, chemistry, advanced chemistry and biology. "I became a teacher because I was afflicted with periods of psychosis and masochism [enjoying inflict-



Mr. Whitley at his best.

Photo by A. Manchikanti

ing pain on yourself]."

He most enjoys classes that ask many questions.

When he's not at school, Whitley enjoys spending time with his wife, Esther. He

stated that she has been the most influential person in his life. When asked why, Whitley said, "Because she's just my best friend, and I love her, and I trust what she tells me...she's

brutally honest." Whitley is also the father of four, with a son at Wheaton College, twin daughters at Campbellsville and a son at Northside Christian School.

As a hobby, Mr. Whitley "enjoys shooting muzzel loaders." Other than that, he enjoys going to "watch my kids do things." He also runs an unofficial student-dating service on the side. "We guarantee almost [a] 50% success rate. We do not accept any responsibility for what occurs after the first date."

His favorite food is peaches, book—*The Divine Initiative* by H.R. Macintosh, movie—*The Enemy Below*, music—bluegrass, actress—Katharine Hepburn and actor—Charlton Heston.

On being chosen as Teacher of the Month, "I consider it one of the most esteemed awards I have ever received being selected Teacher of the Month in April 1997 at Lone Oak High School. I'm sure when I receive my plaque and \$100 gift certificate, I'll spend it thoughtfully on myself at Kentucky Oaks Mall at Baskin Robbins ice cream store."

# Neel chosen as Teacher of the Month for May

Megan Williams  
Staff Writer

a former football coach and teacher he had in high school.

Mr. Neel has been teaching high school for four years, but this is his fifth year at Lone Oak. While Neel tries to teach his students history, English and coach football, he also tries to teach them to be themselves. Neel teaches his students the importance of history and English to him while making his lessons humorous and fun.



Coach Neel at work.

Photo by A. Manchikanti

"I wanted to be like them," Neel said.

Outside of school, Neel enjoys working out, reading, being with his kids and dating the Swedish Bikini team.

"It is the second best thing that has ever happened to me (which says a great deal about my life)," said Neel about being teacher of the month.

# Sanders chosen as Junior Rotarian

Lucy Jackson  
Staff Writer

Along with several other achievements, Kelly Sanders can now add Junior Rotarian to her list.

"I feel honored and thankful," said Sanders upon finding out of this honor.

A four year member of LOHS Varsity Girl's Basketball team, and a member of the art club, Sanders has kept a busy schedule. Her athletic ability has paid off and she was chosen All-District Team for basketball. An honor and outstanding student, she has obviously worked hard in school. Sanders also has an interest in horses. She has ridden and shown American Saddlebred Horses for eleven years. Another two of her hobbies include bike riding and rollerblading.

With such different interests, the future could hold many things for this senior. As of now, Sanders plans to take summer classes at PCC and then attend UK in the fall. She wants to go into landscape architecture, which is a five year program. Luckily, with the



Senior Kelly Sanders

amount of effort she has put into high school, nothing she chooses to do later seems impossible.

Neel was involved in football as a high school student so it's no surprise that he would want to become a football coach. He was also a part of the Beta Club and Student Government

"Most of the time I enjoyed school. Certain classes like Mr. Toy's English class and some science classes made school enjoyable," said Neel.

After high school, Neel attended both Georgetown College and PCC for two semesters. He also attended Murray State and later became a claims representative for the Social Security Administration.

Neel was inspired to become a teacher by

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# Make the foreign exchange happen

Emily Williams  
Business Manager

Ever seen those strangely-dressed, funny-talking foreign exchange kids roaming around LOHS in their blur of confusion and wondered, "Gee, what would it be like to live with a foreign student, or even *be* one?" Well, wonder no more because I can tell you how. Nacel is an exchange program that can transport you to a foreign country to live and experience another culture or, for the less adventurous, bring a foreign student right into your home.

You see, those interesting, culturally-diverse individuals don't just magically appear here in the U.S. and buy an apartment or something. On the contrary, it is a semi-complicated procedure in which people like you volunteer to host a student, fill out a questionnaire, then you are on your way to having a brand new sister or brother (for a little while anyway).

Hosting a foreign student is one of the most exciting and interesting experiences you could ever have. I myself have had the pleasure of hosting students twice, one from France and the other from Spain, and the experience is like no other.

Having them in your home is much different from having them sit next to you in Geometry. Of course, it is not always apple pie and corn-on-the-cob; sometimes, your new found sibling can be major annoyances, especially when they cut into *your* precious schedule. But for the most part, it is pretty cool. You'll get a kick out of introducing

them to a multitude of different American-esque things, including peanut butter, grocery stores and, believe it or not, malls! Chances are, whatever you find commonplace, they will find fascinating.

The program is also perfectly safe. Nacel carefully interviews all families and students to insure safety for the both. And since both you and the student fill out hobby and interest surveys, it is almost certain you will get someone with your same concept of fun. That way, you won't have to sit inside reading books all day instead of frolicking outdoors like you would rather.

This particular program is for summer hosting only (so you won't be stuck with the person all year if you don't get along), and the first batch of kids will be French and Spanish who arrive July 1 and stay until July 27. The second group is French students only, and they will stay from July 28 till August 24.

To take part in this program, write or call your local Nacel contact (Vicki Williams at (502) 554-1128 for those in the Paducah area) for information on how you can host a student or actually *be* a foreign exchange student and travel to an exotic country. If you have any other questions or concerns before you take the plunge, I will be more than happy to answer any other queries you may have (I am a veteran at this, you know). So, if you don't have anything better to do this summer (and you know you don't), take part in this highly enlightening, fun-filled foreign program!

# PROM wordsearch

G L A M O U R O S E S H I F H J A  
M Y L E L E G A N T O V E A S R E  
O B Y E H O W N W O G A P C T R N  
R T E H A I R D O Y O P U I Y U I  
P U E K A M T O F N Y O R A L A H  
Z X Y S C N H O O A L I S L E G S  
S E S M A L D M O I S S E T O R H  
U D E A Y T I S C L A H N T E A O  
W O R N A T I T O S T W I W E C E  
C S U I N A U T Y M F O O O U E S  
I R T C M N O A R E E L D A N Y S  
S O C U F S C P E R F U M E H O O  
U L I R L E F T H B A V E F U N A  
M A P E T U R O M A N C E R D A Y



BEAUTY  
ELEGANT  
FACIAL  
FASHION  
FLOWERS  
GLAMOUR  
GLEAM  
GOWN  
GRACE  
HAIRDO  
HANDSOME  
HAPPY  
MAKE-UP



MANICURE  
MUSIC  
NAILS  
PERFUME  
PICTURES  
PROM  
PURSE  
ROMANCE  
ROSES  
SHINE  
SHOES  
STYLE  
TAN  
TUXEDOS

# How to spend your summer vacation

Ann-Meredith McNeill  
Coroner

Summer is not a very sly season. People, (high school seniors especially, can feel it slowly approaching while there is still frost adorning the yard in the morning. It's coming, soon it will be upon us and leave millions wondering, "What am I going to do with all that spare time?????"

While the town of Paducah does not inspire wall-to-wall excitement, there are plenty of things to do outside of town or wherever your little heart desires. If curfew isn't a problem, definitely check out the drive-in movie theater in the way exotic Mayfield or the even more fascinating Calvert City. You can see some great movies, and you don't even have to give up a vital organ to make the fare for extra refreshments, as in some other anonymous movie theaters.

And on the outdoors spiel, picnics and camping are also boredom busters—just make sure you have brought an ample supply of bug repellent because with all this water the

mosquitos will be in skin-chomping Utopia. The newly renovated Noble Park is a *tres* romantic and peaceful place to go and feed the ducks or whatnot on a picnic. Of course, there is always Land Between the Lakes to go camping. Make sure you bring firewood, and if you don't, be wary of what is on the wood you gather. Don't think for one second that it is impossible to catch poison ivy from burning it, as some of my friends thought a couple of years back. And, not to be sexist, but if you are a girl camping, and there is a drunk whip-wielding psychopath one campsite over, make sure you bring an imposing-looking male with you or a trusty baseball bat. As in my situation, nothing came of it, but you never can be too careful.

Summer just would not be summer without frolicking in some water. Going up to the lake and renting a jet ski would be the thing to do to get an exhilarating rush (be careful, though) and relieve some stored-up school tension. Other water activities include Current River in Van Buren, MO. This is good for two things—one, to get out in

the sun and relax and play in the *clean* water while being effortlessly swept away downriver; and two, to realize what an activity-filled town we live in. After the sun has set, and you are painfully sunburned, don't plan on anything very exciting. The Jolly Cone restaurant (the sign reads, "Scream until Dad stops the car,") is where most townspeople gather, and other than that people "park on the side of the road and talk," this being straight from the lips of a local. So COUNT YOUR BLESSINGS. Also, don't expect to get out of this trip without a bit of pain. Current River isn't a misnomer, and you *will* on occasion get slammed into fallen trees and rocks, but it really is a fun experience. Show off your bruises with pride. Another warning—the river cops out there are serious about pollution (and other wild and crazy teenage activities) and with give you a really hard time if you so much as sink a can in the river (or other illegal stuff). So, while you're there, be the good law-abiding citizen that I know you are.

Onto other time-consumers—learn to do whatever you've always wanted to excel at—writing, the arts, baseball, computers, whatever. There must be classes somewhere around here that offers instructions on whatever you want to learn. Working Artists has many six-week classes to improve artistic skill, writing workshops are being held all the time, and as for sports, I can't help you there. That will be something to do on your own. Quit procrastinating and learn something you love, completely and unwaveringly.

So the point of the story is, get off your duff and do something this summer other than wasting away in an air-conditioned prison. If you're an Internet junkie, you know you've got to blink sometime and rejoin the land of the living. Going outside to get the mail doesn't count. Get some fresh air, it's good for your mind, body, soul and all that other stuff.

# Track star Jon Cargill breaks school shot put record

Bob Carroll  
Sports Editor

Lone Oak's track team came up big at the Quad-State Track meet in Murray. Lone Oak finished first in six events and placed in the top three in ten events overall. A strong performance by Andy Berens, Coach McGroarty's impact player, led the way.

Jon Cargill placed first in boys' shotput

with a school record 46.7. McGroarty said he was "proud" of Jon and, "it could not have happened to a better person."

As for the track team's performance this season McGroarty commented, "It's already a banner season." However, Ryan Beyer believes the track team is "still untested."

An overview of the Quad-State track meet is listed to the right.

**First Place-** 3200m- Berens, 3200m relay- Berens, Hill, Ramsey, Deluna  
300m hurdles- Beyer, Shotput- Jo. Cargill, Pace, 1600m relay- Miller, Ro. Beyer, Ry. Beyer, Deluna

**Second Place-** 200m- Ry. Beyer, 800m- Deluna

**Third Place-** 1600m- Wright, Shotput- Ja. Cargill

**Fourth Place-** 100m hurdles- Angelly, 400m dash- Miller, 200m- Anderson

**Fifth Place-** 100m- Angelly, 400m relay- Dunn, Parker, Angelly, Reene, 800m relay- Dunn, Parker, Anderson, Angelly, Ja. Cargill



Jon Cargill breaks school record

photo by Bob

## Tennis team begins season with 4th place finish at Rotary Tournament

Megan Williams  
Staff Writer

After a year of incredible achievements, the 1997 season for the tennis team is underway. The season began during spring break at the rotary tournament in Chattanooga, Tennessee. Both the boys and the girls earned fourth place finishes.

The JV boys and girls had their first match of the season soon after Spring Break with Reidland. They had a successful match with the girls winning 16-1 and the boys 16-0.

With the rotary tournament behind them,

the Varsity boys and girls challenged Murray High. The girls won 8-1 losing only one singles match, and the boys had a 9-0 victory.

"Both teams are off to good starts. We are still in the process of getting match tough," said coach Larry Heflin.

The team still has the major matches of the year ahead, but they are on their way to matching last year's victories. They are still working on their mental game to prepare for the intense matches to come.

"We are working to improve our emotional intensity. Our schedule is tough and in order to win we must play with positive emotions each and everyday," said Heflin.

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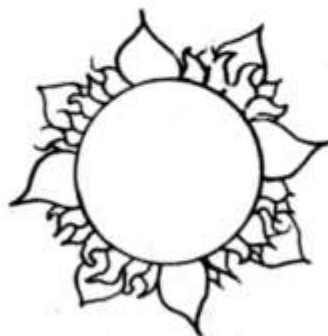
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# Softball season looks to be promising for Lady Flash

Lucy Jackson  
Staff Writer

Softball season is underway and although the Lone Oak Lady Flash had a slow start, they are quickly picking up the pace. Lone Oak started out their season with a game against Caldwell County and a loss of 12-2.

In their second game against Massac County, the Flashes were closer to a win, but unfortunately not close enough. The score was 5-0.

In the third game, the team pulled together, defeating St. Mary in the rain win-

ning 4-3. What would have been the tying run for St. Mary was tagged out at the plate by catcher Andrea Hamm from a throw made by first basemen Raven Dunn.

After their game against St. Mary, the Flash refused to let their guard down and proved their ability to win by shutting out Fulton 11-0.

The next to face the Flash was the Heath Pirates. It was the first district game of the season, which made it very important, and Lone Oak came out ready to play. Jennifer Lambert threw a complete game and with the help of excellent offense and defense,

the Lady Flash won the game. In the second inning, the Flash pushed ahead of the Pirates, scoring six runs. Lori Larrison hit a triple and drove in two runs. Shanna Pirtle and Dunn knocked in two runners each on hit and run plays. Sara Hamed also had a hit and run, stole second, third and home, and suffered a wound to the arm in doing so.

Even though their offense was up, the players didn't let their defense down. In the second inning, second baseman Dana Sowash turned a double play for the second and third out. In the third inning, the Flashes' hitting continued. Dunn hit a double and

drove in one RBI, and Sowash hit a triple also driving in one runner. The Pirates were able to score only one run in the fourth inning with another excellent show of defense by the Lady Flash. Catcher Kristen Hogan made the last out of the inning by throwing the ball to Pirtle who tagged the runner attempting to steal second.

Pirtle scored the last run in the fifth inning making the score 11-1. The game was called by the ten-run rule.



Jennifer Lambert is practicing her pitching for the upcoming game. Photo by L. Jackson



After hitting the ball, this Flash player hustles to first base. Photo by A. Manchiakanti

## Bob's wide world of sports

Bob  
Sports Authority

Welcome to another edition of Bob's Wide World of Sports. College basketball has come to a close, and Kentucky was stopped short of another championship. But it's time to move on to this season of baseball.

The boys of summer are back, but can they top the past two seasons? In '95, we saw baseball's revival from its striking woes to riding the "Iron Horse" back to glory. In 1996, Eddie Murray was added to the 3000 hit/500 homerun club and we saw youngster Alex Rodriguez rise to the top as well as the revival of the Yanks'. But what about '97?

Fifty years ago this April, baseball's color barrier was broken through the courageous effort of Jackie Robinson. This month, during a Dodgers and Mets game, thousands of baseball fans gathered to celebrate this momentous occasion. During the ceremonies, acting commissioner Bud Selig announced that the number 42 will be retired throughout baseball to commemorate the Dodgers' slugger. First of all, I believe that this was a great moment in

baseball history; however, there are so many other historic moments in the sport that aren't given such high regard. From the awesome sight of Cal Ripken breaking Lou Gehrig's record to the 0-14 season of the Cubs, Jackie Robinson is not so important that he deserves such a historical mark. Second, exactly how much has sports changed racially? When Jackie Robinson took the field for the first time, the L.A. Dodgers had one African-American player. Today, fifty years later, the L.A. Dodgers still have only one black player, Wayne Kirby, who isn't even a starter. So before you bow down to the baseball commissioner for his gracious contribution to race relations, take another look at the world of baseball.

But on the lighter side, here are Bob's predictions for '97: The most scandalous team in baseball's history, the Chicago White Sox, will again be involved in a scandal when Albert Belle exposes the cork in his bat after breaking it over a fan's head. A new rule will be instituted that the umpires may spit on Roberto Alomar before every at bat. And finally, I may be going out on a limb here, but the L.A. Dodgers will have a rookie of the year.

## Flash baseball looks to improve before season ends

Emily Riggs  
Staff Writer

After ten games, Flash baseball has obtained a record of 4-6. The Flashes defeated Massac County 4-3, McLean County 12-6, Heath 4-3 and came close to beating Livingston County 3-4. The Flashes gained another win, beating Ballard 6-0. Micah Holland pitched the first complete game of the season—a two hit shut out against Ballard County. Holland pitched a no hitter going

into the 7th inning.

Over Spring Break, the baseball team traveled to Florida to compete in a tournament. Nathan Taylor and Bucky Mizell were each awarded plaques for outstanding performances, both batting a 416. Taylor threw out 11 out of 12 base runners trying to steal.

As far as the strengths of the team, Coach Mizell states, "At this time we have too many weaknesses to have any strengths. Hitting, fielding, base running and mental errors are our main weaknesses."



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