

"Journalism is the first draft of history."

INSIDE...

NEWS

purple and gold 3



EDITORIALS

a spoon full of sugar helps
the Prozac go down 4



FEATURES

guess who 8



SPORTS

soccer rocks 11



LOHS marching band "the best in the west"

Estee Cheah
Business/Advertising Editor

The '97-'98 marching season has proved to be nothing but surprise and success for the Lone Oak Kentucky Colonel Band. After a prosperous season the Colonels were ready for the most intense and important contest, the KMEA State Semifinals in Lexington, KY.

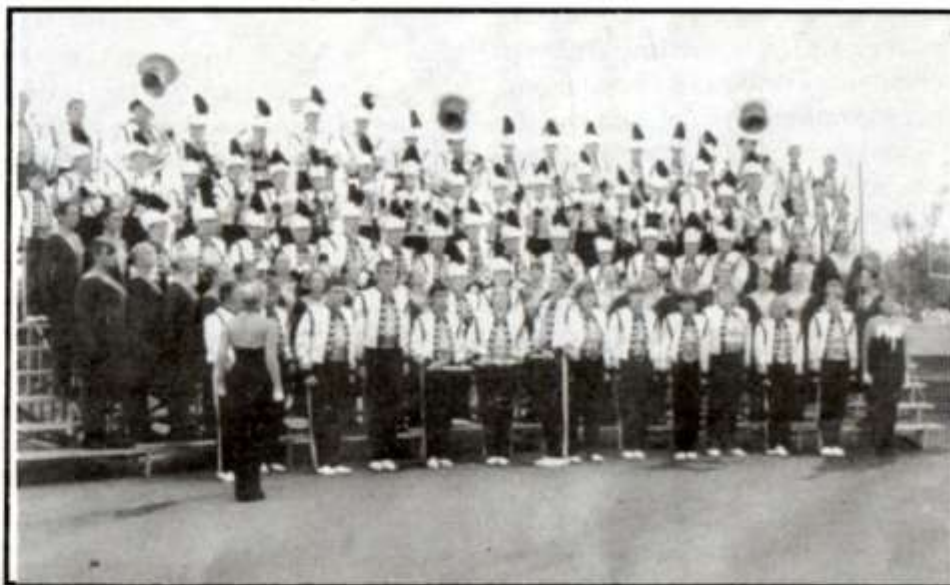
The contest was held at Paul Lawrence Dunbar High School. Lone Oak was one of the top 16 bands in the AA class chosen to compete. In order for the Colonels to advance to State Finals held at the UK Commonwealth Stadium, they had to be chosen as one of the top four bands.

Lone Oak placed fifth out of the sixteen but came extremely close to being one of the top four. They were six tenths of a point behind the fourth place band. This is the best Lone Oak has ever done

at a State Competition as it came the closest ever to being able to compete in the Finals. In addition, the Colonels placed higher than any other band in the whole Western KY division.

"We (the LOHS band program) are

extremely proud. This is the finest marching band Lone Oak has ever had and I think it was well-proven by the results of the Semifinals," said Director, Mr. Light.



The Kentucky Colonel Marching Band poses for a picture after performing at state

LOHS gains internet access and goes "on line"

Sara Ryan
Circulation Manager

Internet availability is one of the improvements LOHS has gained with renovation.

All students who have turned in their Internet permission forms now have the opportunity to get on line while at school.

There will be some stations placed in the library and an entire Internet lab will be located in room 220. Certain classrooms will have the capability for three Internet stations in the room.

Eight students will be helping with the Internet training. This team consists of seniors Justin Young, Matt Upshaw, Patrick Carter, and juniors Torre Lasley,

Nathan Roe, Sarah Steele, Ben Thompson and Sondra Manley.

"This addition is a giant step forward for LOHS. The Internet is a great way to find information on a variety of topics. Plus it sounds much more exciting to 'surf the net' rather than dig through a bunch of old, musty encyclopedias," said Ben Thompson, technology aide.



PICTURED

Senior Matt Upshaw takes a class through the Internet presentation.

The presentation was done through a combination of a Power Point slide show and a live online demonstration.

CLUB CORNER CLUB CORNER CLUB CORNER CLUB CORNER CLUB CORNER

Tracee Werner & Emily Riggs

Staff Writer & Sports Editor

MATH - Students will participate in community service, ACT and SAT preparation and possibly math competitions. They will also be providing items for the Paducah Ministerial Alliance.

KEY - Members will be preparing the Data Match for Valentine's Day; helping decorate for basketball homecoming; participating in community projects, such as helping the Salvation Army, working at the Misaligned Minds Bike Tour and sending birthday cards to the elderly at the Jackson House.

TCIM - Ryan Morreau hosted a TCIM bonfire. They handed out ribbons on red-ribbon week, plastered posters around school for green bean week, and intend to keep planning activities to keep students aware of the effects of drugs and alcohol. A few members will also be attending a leadership conference in November with speaker Jevon Thompson.

LITERARY - This club is trying to start a coffeehouse for poetry reading sessions and will participate in programs designed to promote literacy at the middle and elementary schools.

FHA - The "homemakers" will be filling stockings for Salvation Army, taking up personal care products for the Spouse Abuse Center and throwing a Christmas Party for the Once Upon a Time Day Care Center.

BETA - These busy bees will be helping at the Headstart Program at LOE and HLOE in the library, spreading cheer to shut-ins, attending the Telethon, raking leaves, filling HB Fuller Baskets, volunteering at Martha's Vineyard, visiting the elderly at the Jackson House.

Art - The art department will be participating in the '97 Teen Spirit competition. Also, selling chocolate and hu-man-i-ties T-shirts.

Biology - The Biology Club will be backpacking through Lust Creek Canyon in Illinois on November 21-23.

Chess - The Chess Club will hopefully be looking forward to getting a CD-ROM that will allow them to play the computer and each other. Also, they may be allowed to play other schools if all works out.

CLUB CORNER CLUB CORNER CLUB CORNER CLUB CORNER CLUB CORNER

News Briefs

J.R. Young

Co-Editor-in-Chief

Academic teams have record seasons - Both the Varsity and JV academic teams had record season this year. The Varsity team finished with a 13-1 record, while the JV finished with a perfect 14-0.

FBLA tours Corvette plant - On October 30, forty-one members of FBLA toured the Corvette plant and museum in Bowling Green. Students were walked through the entire process of the production of the cars.

Students attend Team Leadership Conference - Mandy Langston, Joe Walker, Richard Hughes, Josh Watkins, Jennifer Hibbs and Janie Toy attended a leadership conference sponsored by the

Purchase Area Prevention Agency at Kenlake Resort November 20-21. Students attended seminars where they learned how to be better leaders for the school.

4H sponsors Issues 97 - Ashley Crouch, Tim Davis, Sara Ketter, Janie Toy, Sarah Steele, and Leigh Ann Atherton attended Issues 97 October 30 through November 2. There they discussed and worked in groups on finding problems for social issues.

Young drives a tank at SPOKE - On November 8, Justin Young attended the SPOKE (Special Program On Kentucky Enterprise) Conference at Fort Knox. Students attending took part in a video teleconference with people across the country, and were able to try out the Army's tank simulators which are used to train the soldiers at Fort Knox.

Plants invade the Agriculture Department

Megan Williams

News Editor

While the Agriculture Department is well known for their welding team, they may soon be known as the proud owners of a brand new greenhouse. The Agriculture Department has begun building a greenhouse to educate students about fertilization, pruning, growing and the rooting and cutting of plants.

"Landscaping is the most expensive part of building a house. I hope that the students will be able to do this themselves after working in the greenhouse. It will save them a

lot of money later on in life," said Mr. Wood.

In addition to furthering the education of Ag students, the greenhouse will also be used as a fund raising aid. Plants and flowers grown in the greenhouse will be sold to raise money.

The greenhouse will be located on the empty lot across the street from the high school. But due to a few delays, construction has not been possible. The house formerly located on the lot was torn down a month behind schedule and now, the land must settle. Construction should be complete by spring.

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 broad, fair and accurate manner on all subjects that effect the audience. Final authority for the content of the paper rests in the hands of the principal.

The Oak K

Co-Editors -in-Chief	Ashley Small Justin Young
Editorial Editor	Emily Williams
Features Editor	Lucy Jackson
Sports Editor	Emily Riggs
News Editor	Megan Williams
Business Editor	Estee Cheah
Circulation Manager	Sara Ryan
Coroner	Suzannah Stoll
Sports Writer	Jacob Mitchell
Staff Writers	Tracee Werner Kelly Reeves
Sponsor	Mrs. Campbell

Anne's
Bridals

7400 HWY 60 WEST
W. PADUCAH, KY 42086
(502) 744-6841

STEPHANIE SEATON
CO-OWNER

Janet's Hairstyling

3415 Lovelaceville Road
(502) 554-3598 / 534-8706

Unlimited Hairstyles, Facials, Electrolysis, Nails,
Pedicures, Massage Therapy, Waxing, Tanning Bed

Only the Finest Products

Graham Web, Logics, Matrix, Nisim, Redken
Beauty Control



Who says we don't have any school spirit?!

Ashley Small
Co-Editor-in-Chief

Have you ever walked through the halls of the E Building on a Friday and wondered who has put up all the posters supporting our school's teams? LOHS is not exactly known for its school spirit, but one group of students are not only full of it, they spread it to everyone.

Mrs. Elliot and Mrs. Faulkner teach reading, math and daily living skills to a group of very special students here at LOHS. Their students set aside time each Friday to help support whatever functions are taking place. The students have decorated posters for the football team, band and academic teams. They have also prepared desserts for the teams

as well. (It might be worth noting that the three times they made desserts for the football team were the three times they won!) And it is obvious that all the teams are grateful for their hard work.

"I think that these students show excellent school spirit and the whole team appreciates their work," said football player, Jacob Mitchell(9).

These twelve students not only help at LOHS, they also volunteer their time at Lone Oak Church of Christ every Wednesday. There they sort and iron clothing and organize food for the needy.

LOHS is very fortunate to have such involved and caring students. "I have the opportunity to work with some great kids. They are preparing themselves to



Some of the football players pose with Katie Harris and Billy Garrison.



Mrs. Eliot with her students.

Art students keep on competing

Emily Williams
Editorial Editor

On November 4 a slew of contest hopefuls entered their art pieces in one of the most prestigious local art competitions around, Teen Spirit. By mid-afternoon of the next day the results were in and three LOHS artists had been selected to appear in the show.

Those accepted were Amanda Hall for her charcoal drawing entitled "Unbound", Emily Williams for her photograph "Girl in April" and Matt Humphrey for his acrylic painting "Industrial Pain."

"Each contest is unique because each contest has different jurors. This contest had only one juror so it was only



Sarah Settles (10) and Allan Ramsey (12)

one person's opinion. People have to realize that just because their artwork was not chosen that that doesn't mean their artwork was not good," said Mrs. Hayden about the lack of entries accepted.

Final contest winners will be announced Sunday, November 23 at an all-access awards reception at the Yeiser Art center from 2:00-3:30 p.m.

Elsewhere in the world of Art competition, five pieces were sent to a KAEA Fall Conference Exhibition where two paintings recieved awards. Sarah Settles placed 3rd for her piece "Sarah Lisa" and Allan Ramsey got an honorable mention for his painting entitled "Apple Juice, better than booze". Congratulations to all!

SBDM Highlights-October Meeting

Lucy Jackson
Feature Editor

- The pros and cons of having three lunch periods was discussed. Re-evaluation will take place after the move to the new building is completed.
- Discussion of an alternate use of school time was also discussed. There will be a committee that will look at possibilities such as Block Scheduling, Modified Block Scheduling, or a seven period day. This will be on the December agenda as a policy item.
- Because of a complaint, conduct at graduation was mentioned. This will also be on the December agenda.
- The Council decided to write a letter to the Board of Education to request to buy property surrounding LOHS when it becomes available to use for band, P.E., parking lot, etc.



Bradley House for Brides

A REIDLAND CLOTHING DIVISION

"We're more than a bridal shop"

5100 Reidland Road
Paducah, KY 42003

(502) 898-7620



3280 Lone Oak Road
Paducah, KY
554-0905

Join our Membership &
Receive
6 FREE RENTALS

(General Titles only)
Limit 1 coupon per visit Not valid
with other offers. Expires - 9/27/97

Every Thursday is Thrifty Thursday. All Movies 1/2 price.
Now Two Day Rentals - Sunday thru Wednesday

Prozac does a body good--not!

J.R. Young

Co-Editor-in-Chief



What has happened to society when parents are daily popping their kids full of enough pills to kill Mr. Ed?

A recent *Newsweek* article ("Do Kids Need Prozac?" October 20, 1997) showed that between 1994 and '96, prescriptions of Prozac to children rose 80%. That's right, the 80's yuppie anti-depressant has made its way into the cradle. My problem is not with if Prozac is needed at all, I'm no doctor, but whether it's needed as much as

doctors are prescribing it. Are this many kids really in such a state of depression that their only way out is through drugs? Many doctors and parents seem to agree they are.

Are we missing the point though? Isn't growing-up about emotional

Are we cheating the youth out of their most basic abilities to survive on their own?

growth? Hasn't everyone at one time or another gone through, at the least, short periods of depression about school and life? I would find it difficult to believe that there's anyone who

hasn't. Bodies change, playing weird tricks on you. Even after children grow to adults they're still going to go through times of depression. Of course, most people get through this fine, and without drugs.

Now here's what I worry about. In creating a generation dependent on "happy drugs," are we cheating the youth out of their most basic abilities to survive on their own? Whenever something bad happens, will people simply pop a handful of Prozac in their mouths and forget about it? The next world war might not be won by who can take out the most military targets, but by who can take out the Prozac lines-of-supply. We'll all just sit around twitching from withdrawal while the enemy comes rolling in!



God bless graffiti

Emily Williams

Editorial Editor



Graffiti is bad. This is something we are taught from adolescence on, ever since that first encounter with the spray-paint can went sour. But why is it bad? After all, graffiti is an art form of sorts. It is what one would consider "anti-art," but art nonetheless. For ages there has been a continuous battle between those who graffiti and those who throw them in jail. But is it *really* that bad? My answer is no, graffiti is not bad. Well, at least not *all* of it.

So what is the defining line that separates good graffiti from bad graffiti? Its simple: good graffiti is relatively *harmless* and enhances dull surfaces, bad graffiti is *harmful* and tends to decrease the value of a surface. Also, anything offensive or destructive towards someone else's art or personal property (i.e. drawing a mustache on the Mona Lisa *would not* be constructive.)

There is such a thing as constructive graffiti, though. In big cities there are actual graffiti artists, not teenage miscreants who get thrills from seeing dirty words on bathroom walls. These people decorate plain concrete walls with large, intricate designs that are quite beautiful. Yet these would-be Picassos are considered criminals by most of the public. And what about "Trust Jesus" spray-painted everywhere? Surely there can be no harm in those? Besides, isn't it heartening to know that somewhere out there a well-intentioned Christian is exposing the Lord's name by way of uplifting messages to motorists on I-24?

Lets face it, the underpass is to the public as the bulletin board is to LOHS, a place to express and share one's thoughts and feelings. As long as the graffiti is not offense and is not on private property, then what is the big deal? Its not as though construction workers everywhere are crying over their ruined masterpieces. And on top of all that, graffiti makes life interesting. Boredom is my self-proclaimed 8th Deadliest Sin so anything that makes my trip to the public restroom a little more exciting can't be all that bad.

Tired of Fundraisers?

Suzannah Stoll

Coroner



Sell, sell, sell. Buy, buy, buy. When will the madness of fundraisers slow down? Everytime you turn around, some club or organization is asking you to purchase candy, fruit, CD's or magazine subscriptions. Granted, these money making projects are necessary to keep the organizations alive, but where and when does it end?

Parents and friends are always the people who get targeted over and over to buy from organizations and individual students. All the "little" fundraisers begin to pile up and everyone grows weary of students asking, "Would you *please* buy this product?"

Might I suggest one major fundraiser per year or maybe reassessing the club's needs. Are the

fundraisers benefiting pizza parties or a worthy cause? These suggestions do not require club members to go door-to-door soliciting money. It also eliminates the begging and pleading that goes along with each sale. Come on clubs, let's come up with one major money making project per year and stop antagonizing our patrons and parents.

Gene Boaz Photography



709 Bleich Road
Paducah, KY 42004
(502) 554-2642
800-669-1043

Channel One, where are you?

Kelly Reeves

Staff Writer



What can be done in fifteen minutes? A bike ride, a picnic, a social bonding time, or absolutely nothing at all. LOHS students have had a good taste of the latter so far this school year. I'm talking about the fifteen minutes that have supposedly been set aside to watch Channel 1 News. So why aren't we watching it? This counterproductive fifteen minutes could be used for more educational purposes.

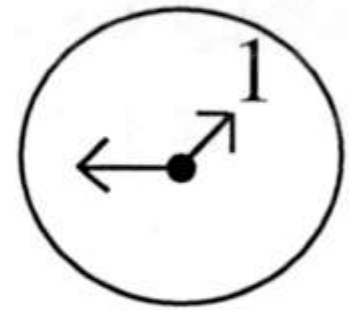
An organized study hall or possibly an extended lunch period would be excellent ways of spending the time. And whatever happened to that thirty-minute time period called flex-time? If we're not going to use the spare time watching

an educational program, we could possibly devote that time to reinstating flex-time. We would then be able to hold more club meetings.

CNN airs a program every morning around 4:00 a.m. anchored by young people and written especially for high school students. The network urges teachers and schools to tape the program and show it in their classrooms. This, like Channel 1 News, may also be impossible for the whole school to watch at once, but at least the students in classes with VCR's already hooked up could watch.

An even simpler thing that could be done is to pick up some newspapers to read. Channel 1 News is a current events show, but what else could be more current than a daily newspaper? So instead of sitting there doing nothing, we could turn those 15 minutes into a designated current events time.

Whatever I intend to do with fifteen minutes of my short, precious life, it is not to sit around and do nothing at school. So unless we start watching Channel 1 news, I'd rather use that certain fifteen minutes to ride a bike, have a picnic...



Poll: What should be done during the 15 minutes which were originally designated for Channel 1?



Alicia Reeves (10)

"I have three things to say: apple juice, cookie, and big rubber mat."

It's just too early!

Ashley Small

Co-Editor-in-Chief



Okay, is this a familiar picture? It's as early as 5:30 a.m. for some and the alarm clock sends out that horrific noise that has become hated by all teenagers. You hit the "snooze" button because for some reason the thought of even five more minutes of sleep sounds good at this hour of the morning. Inevitably though, as one student after another drags their semi-unconscious bodies out of their warm beds and into their cold, dark room one thing is for certain - it is just too early !!!

All one has to do is listen in the halls of LOHS to hear students complaining about being tired. But no longer can these cries for sleep be overlooked as just the whimperings of lazy teenagers. Because as more and more research is being conducted, one fact is being made clear - students **do not** get enough sleep! Dr. J.W. Shepard of the Mayo Clinic's

Sleep Disorder Center, says the reason for this is quite logical.

"It's believed that in teenagers their biological clock may slow down. This explains why some teens are not sleepy until 2 a.m. — because their slow biological clock might think it's only 11 p.m. This translates into morning sleepiness when it's time for school," said Shepard.

According to a study which aired on Channel 1 last year, growing children and teenagers need more sleep each night than adults do, but the average teen only gets up to six hours of sleep. Their studies also proved that schools which begin later have a better attendance record and students are more attentive.

One of my most difficult classes is 1st hour. I know I'm not fully awake or at my best then. Most teachers will tell you that their first few classes of the day are basically full of comatose students anyway. So why not begin school an hour or two later each day? Students would be more alert and happier. Not to mention, the pay off for the school would be higher attendance and better grades!

Tim Hobbs (9)

"I think we should put the extra minutes onto lunch so we can have more time to eat."



Brett Martin (11)

"We should be able to go to the cafeteria and have snack time."



Jamey Cook (9)

"I think they should let us get out of school 15 minutes earlier."



LOHS welders burn state competition

Megan Williams
News Editor

This summer the welding team accomplished something no other sport at LOHS ever has. The four member team composed of seniors David Johnson, Scooter Jones, Charlie Stevenson and graduate Clark Churchwell won the state and Mid-South championship for the seventh time in a row. This victory marked the ninth title in 13 years.

Before reaching the state competition held at the State Fair in August, the team won the regional competition last December. Eight months later they defeated Trigg County. Their latest victory came September 23 when the team defeated Arkansas in the Mid-South finals receiving the highest high school welding award.

The winning didn't stop there for Churchwell and Johnson. Churchwell earned the Individual State Champion award and Johnson,



The victorious welding team: L-R Charlie Stevenson, Clark Churchwell, Scooter Jones, and David Johnson.

the Individual Mid-South Champion award.

The road to victory was not an easy one. Due to the construction, the welders were forced to move their supplies back and forth between

LOHS and their practice sight at Reidland. They also felt a tremendous amount of pressure to keep the seven year tradition alive. Johnson had an even greater trial to overcome. The right sleeve of his

coveralls caught fire during regional competition giving him third-degree burns.

"The thing that makes this [winning a welding title] a difficult task is the fact that members can only be on the team one time. New members must be selected each year," said instructor Mr. Wood.

The welders practice seven days a week, more than 15 hours weekly to improve their welding skills and prepare for competition. Weldors are judged on safety and on the precision, penetration and uniformity achieved in welding together the pieces of metal used in competition.

"Being a part of the welding team has taught me a very useful life long trade," said Johnson.

While this team moves on to look for professional welding opportunities, a new team is in the process of being formed. It will be their turn to keep the tradition alive and bring LOHS its 10th State and Mid-South title.

MEDICAP
PHARMACY

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



Mr. Wood supervises a welder to make sure he uses the right precautions and techniques.

Photo by: Megan W.



Photo by: Megan W.

Sparks, crackle, pop, and presto! The welding job is done.



STEAK-OUT
STEAK-HOILED DELIVERY

Scott A. Farmer
Owner

Steak Bros., Inc.
3160 Parisa Drive, Suite D
P.O. Box 9726
Paducah, KY 42003-4582

(502) 444-2002 • Fax (502) 444-0902

Metro Special Police, Inc.
Armored Car, Courier, & Security

Wallace Adams
President

Peggy Adams
Vice President

5650 Clinton Road
Paducah, KY 42001
(502) 442-6090



If you ever have the opportunity to go to Plymouth Rock -- DON'T!

J.R. Young
Co-Editor-in-Chief

All right, so when in the New England area Plymouth Rock might not be the first tourist attraction that comes to mind. Sure, there's Boston Harbor, the Statue of Liberty and Boo Land (America's only horror themed amusement park), but there's something that draws people to Plymouth. Maybe it's that they remember the story of how the pilgrims came here searching for religious freedom, or maybe they just confuse it with Salem and want to see where they burned the witches. Whatever the reason, people go.

Now listen closely to what I say; **don't** go. Save your time, and your money! That's

right, your money, because the only thing worth seeing that is free is the ocean. Arrive at Plymouth Rock and you'll be astonished to find—a rock! That's right, Plymouth Rock is actually marked by a rock! Someone took the time to build a little building around a rock, which presumably was already sitting there, and carve the year the pilgrims landed. Which I guess is neat until one realizes, that in all truthfulness, this rock has nothing to do with the Pilgrims! I can find larger rocks in my back yard!

So after the initial horror of having your childhood dream of finding a ship nestled upon some huge boulder ruined, you actually do spot a ship! So you make your way over to it to find a ticket booth hawking tickets for the price of a Honda. For a while you

consider forgetting about college, after all, this is educational right? Then realization number two kicks in as you watch two workers use duct tape to keep the holes of the ship plugged and the ship itself afloat.

"This doesn't look very safe," you mention to the squeaky-voiced, pimple laden teenager trying to sell you tickets.

"The Pilgrims came here on it, so I guess it's kind of old."

After that close call you stumble over to the entrance of Plymouth Plantation, a wonderland of strict religious history. Again they hawk you tickets, along with that valuable lifetime pass.

"But I live in Kentucky!"

And some kid, looking suspiciously a lot like that one from the ship, replies, "You

might come back some day."

"Why?"

Then there's the gift shops. Actually, it's just one, but it's spread out over some four buildings and two square miles, so it appears to be something much more than it is. Souvenirs consists of postcards and T-shirts. Nothing wrong with that, but you have a camera, and do you really want to let the public know you've been here? The rest of the products look like they were swindled out of some Saturday morning swap meet.

Is Plymouth Rock really as bad as I described it? Wasn't I just stretching the truth just a bit? Well, go see for yourself if you don't believe me. I'll even throw in my lifetime pass to Plymouth Plantation.

The truth about the "First Thanksgiving"

Ashley Small
Co-Editor-in-Chief

The "First Thanksgiving," the mere words conjure up images of the white men and the Indians sitting around a table together in peace and harmony, sharing food and making memories as they celebrated the first harvest and all their many blessings.

While we may have been taught these facts since kindergarten, the truth of the matter, according to the Plimoth-on-Web Site (Yes, they really spelled it that way!), is that the first Thanksgiving as we think of it, was neither the "first" occurrence of our modern American holiday, nor was it even a "Thanksgiving" in the eyes of the Pilgrims who celebrated it. It was, in fact, a traditional English harvest celebration in which the Pilgrims invited one Indian to join them and not every

Indian in a hundred mile radius, as some history books portray.

The connection between the Pilgrims and Thanksgiving is a bit complicated. The holiday was, in the beginning, a religious one. It began as Puritan ritual in which they irregularly celebrated God's favor towards them. Later, the event became an annual one in New England to celebrate the coming of autumn. And finally, after numerous date changes, Thanksgiving's permanent home became the last Thursday in November.

If any of these facts are news to you, as they were to me, check out this web site www.plimoth.org/firstT.htm and find out the plethora of other facts that are posted there.

Have a happy Turkey Day, and by the way, there is no record of turkey being served on the "First Thanksgiving!"

THANKSGIVING WORD SEARCH BY: TRACEE WERNER

m a y f l o w e r w e g e n o s n o h
c a a n t i q e d i e n e a n r a c a
j i z t u r k e y s a i l r l e l u r
o j a e p w h e n h h s e r o l e i v
h c a l l l e d u b y s o n d n e r e
n h g o o p y d y o l e s g r f i a s
s w w j d g i m m n g r o s t e a m t
m d m a y o u l o e u d p a r a d e o
i c g r a v y k g u n i g d i s c c w
t l o v e i s i n r t t h h e t a i c
h r r i n d i a n u i h a n d t h e o
g p o c a h o n t a s m r r o s y p r
r o c o k e t f u l l o v o f t a h n

Word Bank

corn	feast	maze	John Smith
turkey	pilgrim	dressing	Mayflower
gravy	indian	wishbone	Pocahontas
harvest	parade	Geronimo	Plymouth

Chantilly Lace
boutique

130 Market House Sq
Paducah, KY 42001
502 545-9208

"free to be Me"

McDonald's

Double Cheeseburger
just .99

LOHS teachers who once roamed the halls as students...



Wallace Adams
1957
graduate

"I'll never forget the closeness our class had. There were 57 graduates in the class of 57. Everyone was like a brother or sister to each other."



Walter Rushing
1959
graduate

"Those days were fun. We had a lot of school spirit. The school was the center of most community activities."



Jim Mitchell
1961
graduate

"On the weekends we would go to the movies or go bowling. Then we would drive down Broadway and go to Dairy Queen."



Martha Korte
(Thomas)
1964
graduate

"My friend and I put 100 miles on her car one Sunday afternoon and we never even left Paducah."

Daralea Harper
(Franklin)
1965
Graduate

"We use to be able to eat lunch off campus. The favorite place to eat was Johnson's. It was where the new greenhouse is going to be."



David Pope
1975
graduate

"I was a Freshman when the school burned and D building was constructed. We had to go to school from 12:00 noon until 6:00p.m. at the middle school."



Michael Crawford
1990
graduate

"I remember the fanatics - alot of the football players who went to the basketball games dressed in Halloween masks or face paint to support our team."



Ellen Sweatt
1992
graduate

"Mr. Rushing still reminds the kids to 'drive carefully' when it is raining. Coach Mizell still knows everything about every student."




BAJA IMPORTS

404 Broadway
Paducah, KY
(502) 443-1717

Mexican purses, back packs
blankets and ponchos
pottery, candle holders and more!

Come on in and find a piece
of Mexican Art



McGroarty wins rave review as Teacher of the Month

Suzannah Stoll
Coroner

Known by many students as the "Toyota" man, Mr. McGroarty, November's Teacher of the Month, uses humor with a zeal for teaching his biology classes. He takes pride in setting high academic standards for his students while instilling the importance of a job well done.

His outgoing personality makes his students feel at home in his classroom. His booming voice can be heard around the world and down the hallways as he greets individuals, usually by name.

"I'm very honored and humbled by

this award. LOHS has the best teachers in the galaxy," replied McGroarty upon hearing the news of being selected Teacher of the Month.

"If I have ever deserved anything it is because of my science colleagues. I'm constantly picking their cerebral tissue!" said McGroarty.

He enjoys the "interaction with students and extracurricular activities such as soccer, track, the Biology and Key Club." Running a close second to these aspects of teaching is the wonderful "PAYDAY" that McGroarty favors at the end of each month.

One of McGroarty's hobbies is photography. He also cites canoeing,



Coach Tony McGroarty

hiking and backpacking, "chasing fish with a fly rod and chasing grasshoppers through amber waves of grain" as his after hour activities. *The Oak K* is proud to add McGroarty to the Teacher of Hall of Fame.

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

TELEPHONE
(502) 554-2026

BAYLEY SQUARE
SUITE #5
2850 LONE OAK ROAD
PADUCAH, KENTUCKY 42003

HAPPY HOLIDAYS
from all of us at

Gazebo Florist & Gifts

3249 LONE OAK RD.
PADUCAH, KY 42003
554-7679

Bring in this ad and
receive 10% off any Xmas items

If you're broke and you know it then, your life will surely show it! \$

Emily Williams
Editorial Editor

Money; the smell of it, the feel of it, the quest for it, and of course, the lack of it. Teenagers are teenagers and, afterschool job or not, we are usually broke. If you've ever found yourself shamelessly delving the depths of your couch for lunch money or ever having to pay for purchases with penny rolls, then this article is for you. Here are some helpful tips for the monetarily impaired:

Cheapest place for food- Wafflehut off Exit 3 is super-cheap and has a very cozy atmosphere plus a jukebox. The waitresses are friendly and the coffee is decent. Perhaps the biggest perk is that no matter what time of day you go there, rest assured you will not see anybody you know.

If you have an itch to dress up and go somewhere nice, my advice is to stick to appetizers and breadsticks. Here's another rule of thumb—always order drinks with free refills or simply stick to water which is always completely free.

Cheapest place for gas- I cannot count the number of times I've driven my car around on empty just praying it would last another day until I could get some money. Then I finally end up trying to coast my wheezing and puttering car to



the nearest gas station before it stalls in the middle of a busy road and I die of embarrassment. But I shall fret no longer and neither shall you because in Kevil there is a little place called "The Hot Spot" where gas is sold for a mere 99 cents per gallon. Filling your tank can be done for under 10 dollars, providing, of course, you have the gas to make it out there.

Cheapest entertainment- On Thursday nights at Jumbo Video movie rentals are half-price. That means you can rent any movie there (including new releases) for about 50 cents. However, if

you just can't wait for the movie to come out on video tape and you decide to splurge and go to the theatres at least do yourself the favor of buying movie candy at Mr. Bulky's. It is much cheaper and probably a lot fresher, too.

Cheapest places to buy clothes- Salvation Army, duh! You can get clothes there for virtually nothing and if you search thoroughly enough you can usually find some pretty cool stuff. Other places to try are Second Time Around and Sweet Repeats or antique shops items are both cheap and unique.

LOHS students to perform in Shakespeare's *Romeo and Juliet*

Kelly Reeves
Staff Writer

What do Danny Wood, Julie Sims, Ashley Chappel, and Emily Rigdon all have in common with William Shakespeare? Not much, except they all got roles in *Romeo and Juliet*; Wood as Balthasar, Sims and Chappell as citizens of Verona, Rigdon as a clown and a citizen of Verona.

The audition "drew an overwhelming number of college and high school students" according to director Erik H. Reid. This just shows how much talent LOHS's aspiring young actors and actresses need. This play "deals with the of tragic failure of two star-crossed lovers trying to 'deny their names' and make the ultimate sacrifice to be together," is a timeless classic and will be a "must see."

The chance to be in a classic seemed to draw most students to the auditions.

"...I really didn't want to let the opportunity to be in a masterpiece pass me by," said Wood. Wood hopes to someday "run off to Hollywood." In contrast, Sims just sees acting as a hobby and does not plan to take it any further.

Performance dates are November 19-21 for matinees and nightly performances on November 21-22 in the PCC Fine Arts Theatre. Good luck to all of you!

Debbrah's

117 South 5th Street • Paducah, Kentucky 42001 • 502-442-2365 • Fax 502-575-3462



Homecoming
Dresses!



New Prom
Dresses!

Holiday
Fashions!



LOHS teachers roll into Nashville

Suzannah Stoll
Coroner

Concert tickets. An overcast Sunday afternoon. Standing room only. A group of excited LOHS teachers. What does this scene and these people have in common? A Rolling Stones concert! Some of LOHS's rockin' teachers made the pilgrimage to Nashville, TN, on October 26, to see the Rolling Stones in concert. Talk about 'rockin' and rolling'!

This refined group of individuals included Mr. Baker, Coach Crawford, Coach Neel, Mr. Toy and Ms. Underhill. They were among the many fans in the spirited atmosphere at Vanderbilt Stadium. "Dancing, singing and laughing were enjoyed by all," quipped Baker.

It could be the biggest event these people will experience all year. As Toy said, "This was my sixth Stones show and they continue to amaze me. Their music has truly stood the test of time."

"It is truly astonishing that this British rock band, called the Rolling Stones, can still ignite a crowd into a frenzy," said Coach Neel about his third Stones concert.

There was a melting pot of fans who attended. From the die-hard Stone fans to the young teen set, this was a concert that kept their feet stomping as Mick Jagger and the group electrified the audience.

"Little by Little" they filed out of the stadium and "Satisfaction" was written all over their faces as they headed home.

Fesmire named November Rotarian

Emily Williams
Editorial Editor

Lindsey Fesmire was chosen as this month's Junior Rotarian, and it's not very hard to see why. Aside from being an excellent student, Fesmire is also active in a variety of clubs and extracurricular activities.

Probably the activity that stands out most is her continued involvement in LOHS Cheerleading. From her freshman year till her senior year, Fesmire has been on the Jr. Varsity and Varsity squads as well as the Competition squad. She is also an active member of the Beta Club and the Key Club and is the Re-



Lindsey Fesmire -Senior

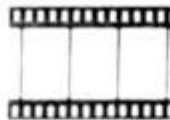
cording Secretary for the Student Council. Needless to say all of these, especially cheerleading, take up most of her free time. When duty doesn't call, she spends her time reading, swimming or playing volleyball with friends.

Upon being chosen as November's Jr. Rotarian Fesmire simply stated, "I'm honored."

As for her future, Fesmire hopes to attend the University of Kentucky and plans to major in "something in a science or medical field." This makes sense considering science is her favorite subject, but she is definitely leaving her options wide open. Undoubtedly, whatever she decides to do will be a success.

Escape weekend boredom! Rent a classic!

Lucy Jackson
Feature Editor



Because teens slave all week to the gods of education, weekends might be the most adored and anticipated events in a teenager's life. Unfortunately, there is often nothing to do to fill the weekend and when they finally arrive, hour upon hour is spent driving the streets of Paducah looking for a little excitement.

After going over every possible option, one might consider the movies. But, the idea of paying \$5.75 to sit in a cold theater with arm rests that are all too confining doesn't sound that fun, and two hours of entertainment seems all but worth it.

Still in the mood for a movie? Well, go home! That's right, head on to your own house way before curfew where water is free and the couch is always comfy, but first stop by the movie store and pick up some \$1 entertainment.

There are all sorts of excellent movies just waiting to be rented in the "old" part of your local video store. In case you need a little advice on what won't be a disappointment, I've created this sacred list. Now go, rent and escape weekend boredom!

The Breakfast Club - In this famous 80's flick, five kids (Molly Ringwald, Emilio Estevez, etc.) from completely different circles of high school are forced to spend a day together in Saturday-school and end up bonding. It's super funny, yet heartwarming and even if you've seen it 1,000 times, it still deserves another viewing. Plus, the eighties music and attire will make you want to dance.

A Fish Called Wanda - In this comedy, Wanda (Jamie Lee Curtis) and three other men steal some very expensive jewels, and from then on a tangled web is woven as she falls in an out of love and uses her beauty and witty personality to manipulate the boys and get her own hands on the money.

The Man in the Moon - For all you romantics out there, this one is sure to bring tears to your eyes. A young girl (Reece Witherspoon) in small town America in the mid-1900's falls in love with the neighbor boy. Everything looks good until her older sister moves in for the kill. The story gets pretty crazy and leaves you feeling a little heartbroken and wishing for long summer days.

Aliens - In the mood for a little intense alien scare? This sci-fi will keep you wide-eyed. Watch a very independent heroine (Sigourney Weaver) and some of her friends, who aren't quite as good at it, kill off terrible alien creatures on a far and distant planet and try to escape alive. The action is incredible!



THE
Flower
GALLERY



3021 Lone Oak Road
Paducah, KY 42001
(502) 554-7832
1-800-554-7832

 NewsChannel 6

Dairyette

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

Men behaving badly

Jacob Mitchell
Sports Writer

Spitting in the face of an umpire. Kicking a camera man in the groin. Punching an announcer in the face. Sound familiar? If you're a sports fan, it rings a bell. These are actions that famous athletes have taken that shows that professional sportsmen are out of line. In case you are not much of a sports enthusiast, here are the partakers in the above actions in order: Roberto Alomar, Dennis Rodman (surprised?), and Jim Harbaugh.

For the past couple of years, numerous pro athletes have stepped outside the boundary of behavior. Whether it be on or off the field, all sports have hung their heads because of incidents involving their members. Other leaders of the misconduct gang include: Charles Barkley, Mike Tyson, Tony

Phillips and Bam Morris. Whether the encounters may be bar confrontations, personal vendettas, or substance abuse, America's athletes have found a way to embarrass their sport. Not only has it been the players, but even an announcer jumped on the bandwagon to shame. Marv Albert, color commentator and bright spokesperson, got arrested for sexual misconduct. Have these people gone mad?

These people have practically everything they could want, and then they go out and do something absolutely pointless that puts their career and earnings in jeopardy. Why? The antics which they perform cause suspension from play, fines and maybe even jail.

I think that stiffer fines and even tougher suspensions should be enforced because not only are these adults affecting themselves, but all the youngsters who

look up to them as role models. What would a fan of a pro athlete think if he/she was arrested for drugs or battery? It is obvious that these people are getting off the hook with just a slap on the wrist. For instance: Tony Phillips of the Anaheim Angels (MLB) got busted for drugs, but he was playing in a game a few nights later!

These athletes are being treated as if they are above the law. Just because of their status, it appears that they are receiving a less harsh punishment. Not only are the crimes hurting the athletes, it is being a bad influence on the fans of America. If the front offices of sports do not start laying down the law, pro sportsmen will continue to commit these crimes and be even more unruly on the field. The line needs to be drawn somewhere so kids will still have heroes.

Congrats
to All-District
Soccer Players

Jenny Boles
Brent Dupree
Candice Dupree
Brandy Gifford
Les Miller
Michael Plewke

Basketball Briefs

Girls Varsity:

"The basketball team is working very hard for the upcoming season," head coach, Gerald Vaughn stated. During practices, the team has surprised the coaches with their quickness.

"I feel that this year's team has the size to match any team in the region. We will be very competitive, but only if we keep a good attitude and work very hard. We are excited about the upcoming season and hope you, the students, will come to watch us play," Coach Vaughn said.

Coach Vaughn is also assisted by David Roof, who heads the junior varsity team and Amy Sholar who coaches the freshman team.

Boys Varsity:

The boys are working hard so that they will be in physical condition to play their tough schedule. "We have played inter-squad scrimmages and we've looked fair. We will continue to work hard until the opening game on December 4, in the McDonald's Tournament," stated Lawrence Smithmier, head coach.

Coach Smithmier is assisted by David Pope, junior varsity coach and Kevin Blankenship, freshman coach.

Flash seniors leave with victory



These senior players, Brandon Bahr, Kyle Slankard, Jon Cargill, Vince Carter, Joe Dumbacher, Joey Smotherman, and Kent Shelton, spent their final 48 minutes of high school football on Friday, October 31.

Jacob Mitchell
Sports Writer

In the Purple Flash's last game of the season versus Murray, the senior players had their last moments of glory on Flash Field. And boy, what a way to go out in style.

The Purple Flash celebrated their third win of the season by upending the Tigers, who were previously ranked 10th in the state in Class A. Although they left with a losing record, they departed with two consecutive McCracken County Championships and

an upset win in their final game.

Senior night was in honor of the hard-working individuals. And they left with a stunning victory that was a nail-biter till the closing minutes. Murray gave away plenty of treats on Halloween night, fumbling three times in the first quarter. Bahr capitalized on one of the turnovers with a rushing score, and junior Nathan East caught a touchdown pass for the Flash as they jumped out to an early lead, 14-0. In the fourth quarter the Tigers managed to score, but it was all too late and the Flash wrapped up the win, 14-7 for a final record of 3-7.

Member
American Association of
Orthodontists



Brad S. Mills, D.M.D., M.S.

Orthodontist

3435 Lone Oak Road
Paducah, Kentucky 42003
(502) 554-1993

202 South 6th Street
Murray, Kentucky 42071
(502) 753-7858

212 North 7th Street
Mayfield, Kentucky 42066
(502) 247-2747

Unsurpassed.

Comprehensive pain

management

program that delivers

excellence.



Offering New Hope
in Managing
All Types of Pain.

- * Chronic
- * Intractable
- * Persistent

ACCREDITED
"WITH COMMENDATION"



Joint Commission
of Accreditation & Healthcare Organization



American Academy of
Pain Management



Accredited by
Accreditation Association
for Ambulatory
Health Care, Inc.

LAXMAIAH MANCHIKANTI, M.D.

Subspecialty Certified in Pain Management,
Pain Medicine and Disability Evaluation

CYRUS E. BAKHIT, M.D.

Subspecialty Certified in Pain Management,
Pain Medicine and Disability Evaluation

Rajgopal R. Pakanati, M.D.

Specializing in Pain Management

Patricia (Trish) Burks, LPT

Physical Therapy

Bert Fellows, MA

Psychological Services

Holistic Multidisciplinary Management

Nerve Blocks
Epidurals
Prolotherapy
Spinal Endoscopy
Radio Frequency
Spinal Stimulators/Pumps
Physical Therapy
Psychological Modalities

2831 Lone Oak Road - Paducah, KY 42003

Fax: (502) 554-8987

(502) 554-8373

PAIN MANAGEMENT CENTER OF PADUCAH

" Meeting the Health Needs of Patients without Regard to Race, Color, Religion, Sex, Age or National Origin."