

"Do, or do not. There is no try." -- Yoda

INSIDE...

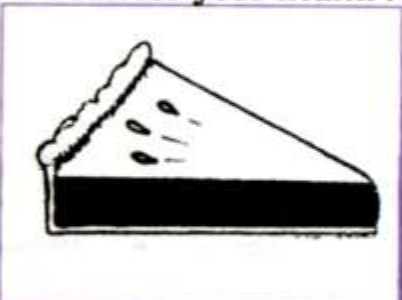
NEWS

dynasty builders? 2



EDITORIALS

**pie or proxies? you make
the call for your health . . . 6**



FEATURES

earth muffins 7



SPORTS

Tennis Anyone? 10



LOHS hosts Career Week

Suzannah Stoll
Coroner

Decisions about colleges, careers and financial aid weigh heavy on the minds of many teenagers as they prepare for the next phase of life. The Career Week of March 2, sponsored by Beta Club, gave students with inquiring minds a chance to learn some of the many procedures it takes to get to college. There was a line-up every day that week to aid students in finding a place to start.

On Monday, fourteen seniors shared their college applying experiences with underclassmen. They had the chance to ask questions and get answers from students who were currently going through the college process. Tuesday became known as military day because of the different branches of the Armed Forces who participated. Cary Purcell,

from the Air Force, brought a better understanding of the military's role in education and the funds that are available to continue this.

On Wednesday, Mrs. Reeves advised

"It gave me a better idea on where and when to start looking at colleges when I become a senior."

-- Erin Malmquist (10)

students on how to prepare for their future. She asked them to evaluate their present situation and to start thinking about where they are headed for the future.

The scholarship books were brought

out on Thursday to demonstrate the numerous scholarships that go unclaimed each year. Students were encouraged to search the Internet, check out scholarship books at the public library and to apply for all the scholarships for which they are qualified. This ensures a better chance to receive the money.

On Friday, Scott Gordon, Admissions Counselor from UK, spoke about how to prepare for college and how to be a better candidate for the college admissions process.

This week of information prepared many future seniors for the long, yet worthwhile work that it takes on the individual's part to make the college process seem less arduous.

"It gave me a better idea on where and when to start looking at colleges when I become a senior," said Erin Malmquist (10).

Come on, read a book people!

Ashley Small
Co-Editor-in Chief

The Cat in the Hat, Green Eggs and Ham and 1 Fish 2 Fish Green Fish Blue Fish. Ah yes, the mention of these beloved children's books and there isn't a single person who doesn't have at least one fond childhood memory of them to share.

Dr. Suess' children's books have for years been a staple of every child's bedtime story list. In honor, March 2, his birthday, is recognized as "National Read a Book Day."

This day is set aside to encourage people to pick up a good children's book and ...READ! (Hence the name!) So in keeping with the national holiday LOHS English teachers came up with unique ways to participate in this holiday.

Mr. Toy and Mrs. Campbell invited Constance Alexander, an award-winning playwright, newspaper columnist and documentary scriptwriter and Roy Davis, a writer as well as a co-owner of Bert and Bud's Vintage Coffins. Both writers shared short essays from their childhood,



Roy Davis and Constance Alexander read some of their work in class.

ranging in topics from senile Catholic school teachers to a bridge falling in on one of their homes.

"They were such good writers, I laughed so hard I nearly cried!" said senior Andrea Lowery of Alexander and Davis' work.

Ms. Underhill and Mrs. Thompson each allowed students to bring in their

favorite childhood stories. Then they opened up the front of the room to each student and allowed them to take turns reading their stories aloud.

"We had a good time reading kiddie books and remembering old times," said sophomore Lucy Jackson on "National Read a Book Day."

Flash well represented at Solo and Ensemble

Sara Ryan
Circulation Manager

Saturday March 7, several choir and band students competed at Murray in the First District Solo and Ensemble Festival. The students had selected and practiced their music months in advance in order to do their best.

All of their hard work paid off. The choir came home with four superior solo ratings and an excellent ensemble rating. The superior soloists were: **Natalie Ellis** (10),

Mandy Langston (10), **Josh Reid** (10), and **Kelly Seely** (09).

The band earned ten superior solo ratings and 14 superior ensemble ratings. Those band members who scored a superior were: **Monty Brenneman** (10), **David Carmichael** (12), **Caleb Huff** (09), **Jackie Jenks** (10), **Josh McGuire** (11), **Autumn Pate** (12), **Elizabeth Rigdon** (11), **Carrie Sisto** (11), **Phil Sisto** (12), and **Leigh Ann Summers** (11). Congratulations to all who competed!



Dave Carmichael and Phil Sisto prepare for Solo and Ensemble. Photo by J. Young

FBLA successfully competes at Regional Conference

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

Ledgers and PCs and balance sheets, oh my! Okay, so maybe this year's FBLA Region I Leadership Conference at Murray State University was not that exciting, but LOHS's chapter did return with seven total awards on March 19. Approximately fifteen schools competed.

LOHS took the first step towards a dynasty in the Entrepreneurship event as they won first place again this year, this time with the team of **Lori Larrison** (11), **Sarah Amundson** (11) and **Justin Young** (12). **Casey Brantley** (10) won his second first place award in as many years, this year in Business Math.

Garrett Wheatley (9) placed first in Keyboarding Applications. In the Bulletin Board competition the team of **April Stearns** (11), **Jenny Little** (11), **Becky Bridge** (11) and **Amanda Hughes** (11) placed second. **Melody Roberts** (12) placed second in Financial Services. **Tonya Zacheretti** (12) was LOHS's Who's Who candidate. The chapter also won third place for largest membership. **Jennifer Spaight** (11), **Jenny Little** (11), **Angela Smith** (12) and **Wesley Boyarski** (11) served as the voting delegates, whom vote for regional officers. **Patty Sanders**, owner of McDonald's, was nominated by Lone Oak for Outstanding Business Person of the Year and was one of four individuals to win. All winners will advance to the state conference May 12-14.

"We were so pleased and excited by how the students behaved and performed. We had so many winners this year," said Mrs. Wyatt of this year's conference.



Three winners and advisors stand with the winning bulletin board.

Quit fooling around and give blood

Emily Williams
Editorial Editorial

This April I quit fooling around and give blood. The LOHS Beta Club is once again hosting the annual Blood Drive and all qualifying individuals are urged to participate. Besides missing a few classes, you also have the satisfaction of knowing that you've done something beneficial to those less fortunate.

Giving blood is an easy way to do something for others in need. The entire procedure takes about one hour and, despite the initial sting, is quick and painless. The experts offer a few tips for first-time donators: drink lots of water the day before and after, stay relaxed throughout the procedure, and most importantly,

if needles make you queasy, *don't look!* Afterwards, students are rewarded with a variety of yummy refreshments.

One student commented, "I feel good...and the cookies are good, too."

In order to take part in this worthwhile event one must be healthy, seventeen years or older and weigh at least 110 pounds, filling out a health

history questionnaire will also be required. All blood donated will go directly to help patients with cancer, heart disease and anemia, just to name a few. Rest assured everyone's donation will be greatly appreciated and well-used. So leave the rubber vomit at home and bring some goodwill instead.



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Cheerleaders placed first in region, seventh in state

Tracee Werner
Staff Writer

Congratulations to **Shannon Powell** (12), **Lindsey Fesmire** (12), **Heather Cook** (11), **Ashley Canup** (11), **Kelly Adams** (11), **Stacie Thrasher** (11), **Melanie Vinson** (11), **Jessica Fortney** (11), **Leslie Sithier** (11), **Sara Puckett** (10), **Brooks Ware** (10), **Christa McLain** (10), **Kelly Millay** (10), **Stephanie Lynch** (9), and **Sarah Warren** (9), better known as the 1998 LOHS Cheerleading Competition Squad and their sponsors, Mrs. Pope and Mrs. Tabor, on their win on February 28. They walked away with first place in the region.

The squad advanced to the Boys Varsity State competition on May 21 in Lexington with a traditional routine —

one gymnastic cheer, one non-gymnastic cheer and one pom routine. This year the squad moved up in their level of competition. The Girls Varsity State competition, which they competed in last year, is easier than the Boys Varsity competition they entered this year. They placed seventh out of 15 of the best squads in Kentucky.

"We didn't place as high as we hoped but we gave it our best effort," said Kelly Adams.

Lindsey Fesmire feels that the squad did much better than their score sheets reflected. "Where we placed didn't show how great we performed."

The LOHS Competition Squad's performance was a great one and the school is proud of them and their hard work. Yea rah cheerleaders!



LOHS cheerleaders were cheering hard at the state competition.

Oakers succeed at state Governor's Cup!

Lucy Jackson
Feature Editor

On the 15th and 16th of March the LOHS Governor's Cup Participants headed to Louisville for the State Competition. While at State, the quick recall team made it to the 16th round beating Covington Latin 42 to 21. LOHS was then defeated by Louisville Trinity 36 to 31. Freshman Amy Chapman placed sixth in Social Studies out of 64 of the top social studies students in the state. Overall, LOHS was represented extremely well.

Not only did the brains of LOHS do

well at State, they also did a lot to get there. The quick recall team set a school record of 27-3 this year. At regionals the Quick Recall Team made up of **Trey Swacker** (12), **Josh McGuire** (11), **William Mills** (11), **Amy Chapman** (9), **Brian Garner** (11) and **Jackie Allshouse** (12) went on to win 1st place, Swacker placed second in Mathematics and Chapman placed first in both Social Studies Written Assessment and General Knowledge Written Assessment.

"I'm very happy, the kids should really be proud of themselves," said Mr. Toy Governor's Cup Sponsor.

LOHS ' musically inclined headed to Quad State

Ashley Small
Co-Editor-in-Chief

Surrounded by nearly 500 extraordinarily talented musicians for one great concert...no it's not the New York Philharmonic, but just as good — it's the Quad State concert! This event is held annually at Murray State University in order to showcase the talent in the quad state area high school bands.

To be selected for this concert is quite an honor. First, Murray sends applications to high school bands located in Tennessee, Missouri, Illinois and Kentucky. The band director then ranks each of the applying musicians in order of best to worst. The scores are then sent to Murray, where judges review the band director's opinion of each musician and discuss the number of each type of instruments they will need for the concert. After the Murray judges choose the musicians they will need, the students themselves come and audition for one of the four bands. After two rigorous days of rehearsing the students come together to preform for one concert.

This year the concert took place on February 17, 18 and 19. The students

from LOHS who were selected to participate were: **Elizabeth Rigdon**, **Scott Bryant**, **Nola Goehman**, **Jackie Allshouse**, **Sarah Stoll**, **Carrie Sisto**, **Will Mills**, **Phil Sisto**, **Josh McGuire**, **Angela Dejarnett**, **Jonathan Light**, **Autumn Pate**, **Ashley Chappell**, **Monte Breneman**, **David Carmichael** and **Becky Clausen**.

"We had a very talented group of students take part this year...it was the 50th anniversary of Quad State and we were lucky enough to participate in it!" said band director Mr. Light!

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

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Chocolate pie or hours on the internet

Which is actually healthier?



Kelly Reeves

Staff Writer



Only a few years ago, it seemed the biggest competition between fathers and daughters was who got the last piece of chocolate pie. However, as times have changed, the biggest competition is who can get logged onto the Internet first. In the long run, the chocolate pie would have probably been healthier. Logging on a couple of times a day is one thing,

but some people log on from 3:00 p.m. to 3:00 a.m. That's taking it a little far.

It seems to me that these people should have better things to do than sit lifelessly in front of a colorful boob tube for hours on end. Last Sunday, a lot of people must've been doing just that, because when I tried to log on for some last minute research, it took me thirty minutes to connect because the server was full.

And just what is it that everyone is doing 24 hours a day on the 'net, anyway? Searching for love in a curse-word-infested chat room? Looking for the latest baseball statistics after only a day of spring training? Shopping for things that will never look the same when they arrive at your doorstep? And yes, guys,

we know what you're looking at.

The bottom line is that God gave you two legs, so why aren't you using them? Instead of searching for the top ten singles on the Internet, go to the mall, hang out with your pals and look for them in Disc Jockey yourself. Better yet, get a band together and make your own top ten singles! Instead of reading baseball stats, guys, go play baseball yourself and improve your health. Someday, little boys may be looking up your baseball stats on the 'net. Instead of reading about the newest fashion advice, girls, go to the mall and observe it yourself. You may even find some cute guys to model the new guy fashion for you!

You "internet-nuts" need to quit

improving your worldly minds for a minute and (to put it bluntly) GET A LIFE! The Internet is a magnificent research source and a good way to improve your mind...if you use it right. So rather than using it from 3:00 p.m. to 3:00 a.m., why don't you enter the human race again and go outside. You'll be happier and more refreshed.

So this time, give Dad the last piece of chocolate pie and the usage of the computer. He won't know you're doing yourself a favor! You'll have a life and possibly catch up on all of the gossip you've been missing during your orbit around Planet Internet.

More random complaints

Ashley Small

Co-Editor-in-Chief



I know over the past school year more than a few editorials have been printed in which we have made note of the often ill-planned, ill-designed, and ill-constructed way in which LOHS has received its facelift. And of those editorials I certainly can claim my fair portion of them, but the fact of the matter is that we are sitting in a 5.4 million dollar newly remodeled school. So why don't we act like it!

I mean, I know how irritating it is to have to walk into a bathroom doused in Tilghman blue, but do you really have to attempt to scrap it off by carving into the wall the person you love or hate, revealing the next mysterious color—orange?!

It is also quite understandable if some of you don't want to be in school right now. But if anyone thinks ripping the classroom numbers off the walls is going to deter class...you are wrong! Okay, maybe you just do that because you think it's funny. I can only

imagine the thrill of victory when you tear that little, square, lavender name plate from its home. It must feel GREAT!!!

Also, it has become apparent that several student here at LOHS are walking or should I say dragging themselves from class to class. It is obvious from the long black streaks left by their shoes that these individuals really need to see a physical therapist about their inability to lift one of their feet. This seems to me it would be a bit painful after a while.

I also want to point out the fact that no one seems able to find trash cans around here, but I know we have them. Remember how everybody was all excited because ours resembled the ones they use in real fast food restaurants? Well, they have been strategically placed all over LOHS so that the trash can go in there and not let on the ground! Lets try them!

Alright, I'm done! My point is that while there are a lot of things wrong in this school (i.e. the 90 degree ramp and "the Step") that we can't really do much about, there are a few things we do have control over. I mean some of you will have to spend the next four years of your life here. Lets try and keep it in the best condition possible!

Cut the habit of cutting class

Sara Ryan

Circulation Manager



Attendance is something the school board is constantly trying to increase. Having students at school is a main concern of the board. Not only are they earning money while we are here, but they are also in danger when any student is skipping school.

'School is the same as a job. If you miss 30 days of work without an excuse do you think you could keep a job?'

If something were to happen to a child while they were supposed to be at school, such as being involved in an automobile accident, the parent has a right to sue the school board.

The program that reaped the most positive results was the one that was used the last four years. Students were allowed to be exempt from taking their semester exams if they were absent no more than two days per semester. This plan worked wonderfully for a year or two, then it backfired. Students were coming to

school with fevers, colds, and various flu viruses viciously attacking fellow classmates with sickness and disease, all so they would be exempt from taking their semester exams. The school was a walking cold germ.

This year the school board voted to change the high school's attendance system. A student will no longer be able to be exempt from taking their semester exams no matter how many times they were absent. As of January the new system was a big success. Attendance was actually up because students who were sick were staying home and not coming to school infecting those who were well.

Then came warm weather. Granted it was slightly earlier than normal, but this didn't stop the students urge to get out and enjoy the warm weather. Students were skipping and the trend will only rise along with the temperatures.

Bob Steele, the McCracken County Turancy Officer, has been working hard to crack down on those students cutting out early. "School is the same as a job. If you miss 30 days of work without an excuse do you think you could keep a job?" said Steele.

Students shouldn't take advantage of this new system. It was made to help keep them well during cold and flu season, not to help them keep up their tan during the spring.

Promise keepers pose threat to liberated women

Emily Williams

Editorial Editor



When the Women's Movement broke new ground in the 60's it finally seemed as though the traditional women's role of servitude and oppression was on its way to extinction. These days women enjoy the same freedoms and privileges as their male counterparts. However, just when it seemed women and men were becoming equal one conservative male Christian formed a group known as the Promise Keepers to "take the power back."

Bill McCartney founded the group in 1991 and it has since rapidly grown

from a mere gaggle of 4,200 to nearly 1.1 million—all of the members being male. Among various other things a Promise Keeper commits himself to pursuing relationships with other men, practicing moral and sexual purity, building strong marriages and families through love and religion and, above all, honoring Jesus. All of these things are incredibly noble and worthy aspirations and for the most part the organization appears relatively harmless, a little strange, but hey, if they feel the need to hang out with fellow guys and hug and cry together I have no problem with it. What I do have a problem with is the idea that men are the "leaders" and women the humble "followers."

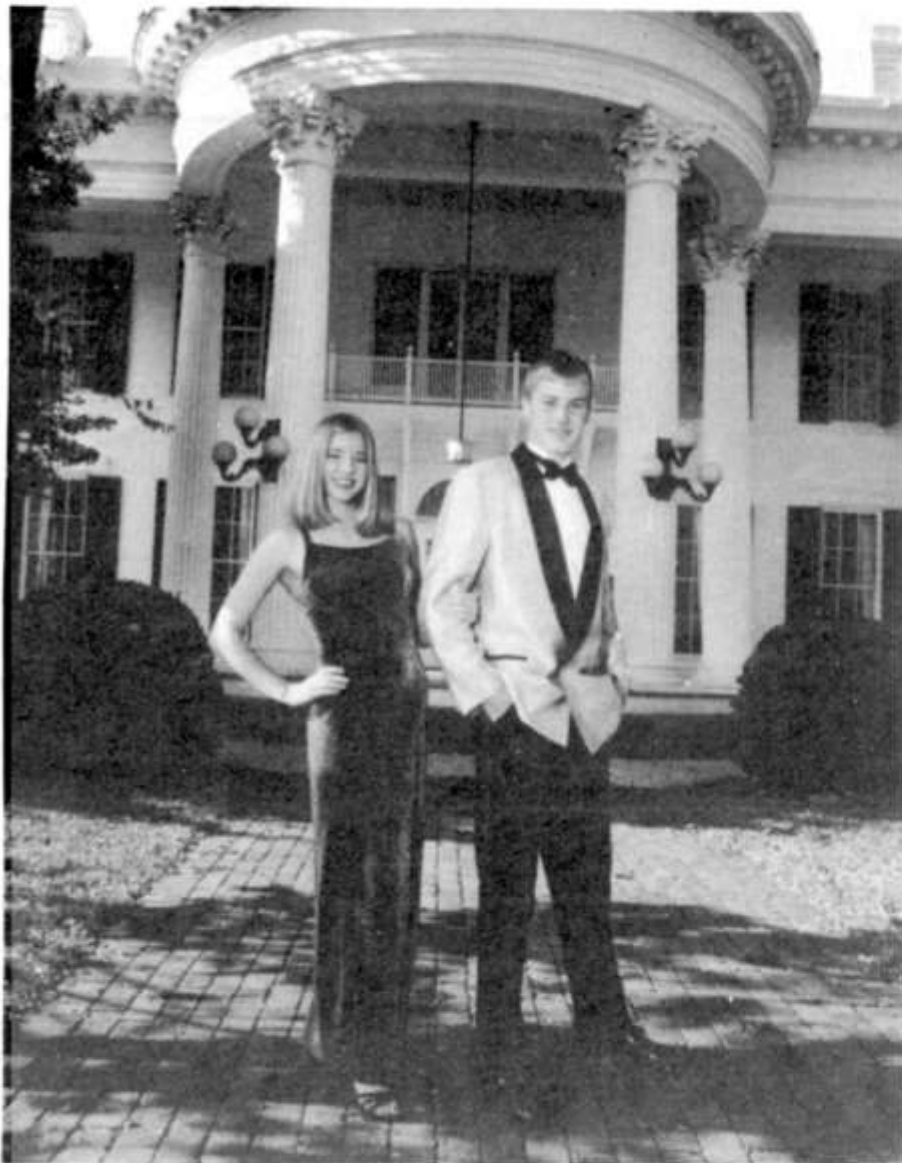
Apparently in the eye of a Promise Keeper, the man is meant to "lead" the family to God and the woman is to "step back and take their hands off the

situation," according to Cheri Bright, the wife of a Promise Keeper member. Bright also prays that she, "wouldn't be a discouragement, that women wouldn't become a hindrance to the work God wanted to do in their lives." Personally, I find it tremendously *sad* that a woman would actually pray that she wouldn't be a hindrance. To think that by having an opinion or taking the lead or merely being equal with her husband might somehow ruin her chances of being good in God's eyes is asinine. What kind of human being, man or woman, could agree with the belief that women are somehow inadequate? Ironically, the group strives to reach beyond racial barriers to demonstrate unity. Why then is sex not an issue as well? After all, if there can be racial equality then why not equality among the sexes?

Inequality among men and women is

unhealthy and has proved historically to be damaging. Promise Keepers, though, feel the need to "reclaim their manhood" and even have a book titled thus wherein Tony Evans, a pastor, states, "I'm not suggesting you *ask* for your role back, I'm suggesting you *take* it back...there can be no compromise here."

Already I've heard boys at LOHS talking about the Promise Keepers, some have even attended the recent meeting in Washington D.C. Personally, I'm concerned. This is a belief that will only result in the domination of women once again. The idea that women are followers in life and must bow down to the domination of their husband is ridiculous. It is unfortunate that men feel otherwise, but don't worry girls, this is just another classic case of men being wrong.



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Oaker thespians dominate the stage

Tracee Werner
Staff Writer

It Happens Every Summer, directed by Miss Underhill, will make its debut performance tonight at 7:00 pm in the LOHS gym (oops, I mean theater). The cast has been practicing every week on Monday-Thursday since February 17.

A lot of hard work has been put into this year's play, and not just by Miss Underhill and the rising stars. Mr. Pope and some of his students built the set and Mrs. Hayden's classes all pitched in to design the cover of the programs. We mustn't forget the many, many crew members (48 to be exact). These forty-eight people have been divided into different areas of work — publicity, hair & make-up, costumes, technical, stage manager, assistants to stage manager, house manager, box office, prompter, ticket sales, and ushers. The play couldn't have happened without the assistance of these people.

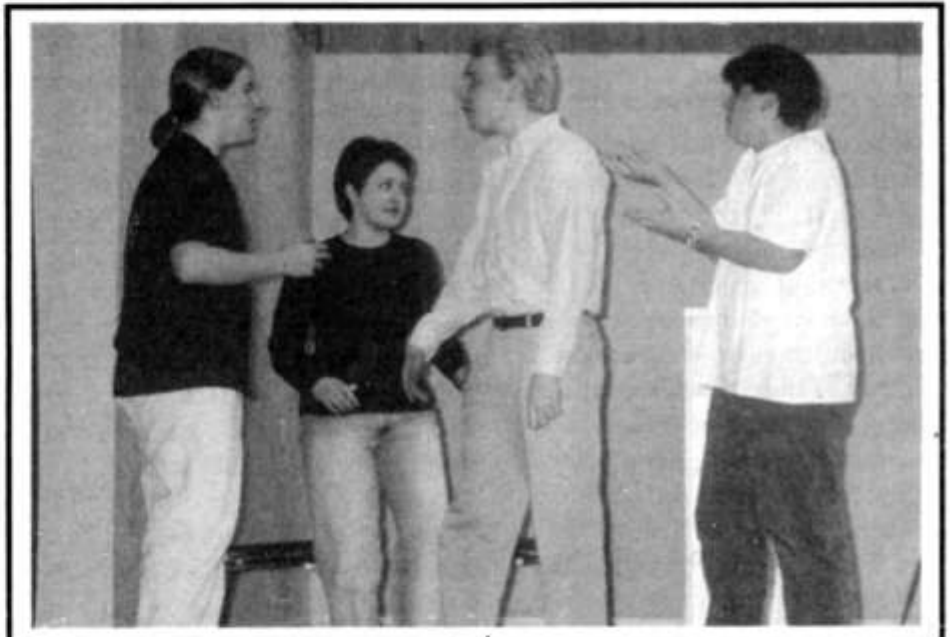
When asked what her comments were on the play this year, Miss Underhill replied, "I've really enjoyed working with people I haven't worked with before."

It Happens Every Summer takes place in *The Debutante* magazine office in New York. Eight college girls have won an essay contest and get to be interns for a month. Over

the course of this month, several of the girls experience changes in their lives. There are also several love affairs that occur during the girls' internships. Flippy (Jackie Allshouse) falls for hick-town rock star Pudgy Roulette (Vince Carter), Jennifer Truex (Kelly Reeves), the eager intern, and Tod Colbert (Josh Watkins), the flirtatious photographer, grow closer, and Anabelle Ames (Frances Owen), the "Innocent" Southern Bell, has numerous flings with the men of New York. Gert (Barbie Lyles), the sarcastic receptionist, adds a little flavor to the office scene.

Don't worry if you haven't bought tickets yet, they will be sold at the door. They are \$3.00 for students and \$5.00 for adults.

We hope to see you there!!!



William Mills, Frances Owen, Justin Young, and David Ham rehearse their scene before the big opening night.

PICTURED



The cast of *It Happens Every Summer* practices to get ready for the performance.



Ms. Underhill, the director of the play, sits proudly in her director's chair.

Gene Boaz Photography



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Dawson's Creek RULZ

Kelly Reeves
Staff Writer

It's Tuesday night. You're looking for something to watch that will take your mind off your problems and on someone else's. But all you can find are those stupid fake sitcoms. Then you turn on the WB. You think there's going to be one of those bad sitcoms on, but low and behold, you finally find one that's not so...um...edited.

This unusually honest portrayal of teenage life is *Dawson's Creek* which airs Tuesday nights at 8:00 p.m. This hour-long drama series tells the stories of four teenagers trying to grow up in our rapidly changing society in Capeside, a small coastal town in Massachusetts.

Dawson, portrayed by 20-year-old James Van Der Beek, is a budding filmmaker. In many episodes he agonizes dramatically over his platonic relationship with his

life-long best friend, Joey.

Joey, played by 18-year-old Katie Holmes, was dealt a hard hand by life early on. She recently lost her mother to breast cancer and her father to the state prison for drug trafficking. She lives with her unwed sister.

Jen, played by 16-year-old Michelle Williams, is the presumed New York beauty who catches Dawson's eye and possibly his heart.

Played by 19-year-old Joshua Jackson, Pacey, Dawson's best friend, has a fling with his English teacher earlier in the series, but is now back to striking out with the girls.

Created by Kevin Williamson (*Scream*), *Dawson's Creek* deals with real-life issues, the anticipation of the first kiss, first love and first heartbreak, as well as surviving puberty and life. However, unlike other dramas and more like life, this series gives no easy solutions to the situations of teens.

Fun facts on Earth Day

Megan Williams
News Editor

Every April we hear about Earth Day but most people are clueless to what it is all about. So, here's how Earth Day began and why it's celebrated.

Earth Day started as a student-led campus movement and was originally observed in the U.S. on March 21. It was first observed internationally on April 22, 1970, to emphasize the necessity for the conservation of the world's natural resources.

Today environmentalists use it as an occasion to sum up current environmental problems of the planet such as air, water and soil pollution, destruction of plant and animal habitats and the depletion of nonrenewable resources.

The main goal of Earth Day is to make people aware of the problems



and the solutions that will slow and possibly reverse the negative effects of human activities. Some solutions include recycling of manufactured materials, fuel and energy conservation, banning the use of harmful chemicals, stopping the destruction of major habitats such as the rain forests and protecting endangered species.

If you want to do something in honor of Earth Day this April 22, try recycling some newspapers, walking or riding a bike instead of driving a car or picking up litter around your neighborhood.

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Stephanie Seaton, Co-owner

Prom Dresses Still Available!

Justin Young added as Junior Rotarian Search for 1998 Miss Kentucky American coed

Sara Ryan
Circulation Manager

Justin Young has been a very involved student during his tenure at LOHS, and now Junior Rotarian can be added to his long list of achievements.

Young is a four year member of F.L.B.A. He has served in many areas of the club including club historian, reporter and president. He was also named Who's Who in Kentucky State F.B.L.A. Young has also been a member of the student council for two years.

Justin has been a cast member of the school play for four years and was on the



Justin Young sporting his best.

academic team for three years. He was selected a member of the newspaper staff his sophomore year. From there he has worked his way up the ladder. This year Justin was named Co-Editor-in-Chief. "God works in mysterious ways!" exclaimed Young.

When Justin is not at school he enjoys listening to Bob Dylan, Eric Clapton and he is an avid Blues Brothers fan.

Justin will attend Murray State University in the fall. He plans to major in English and become an English teacher and would like to write in his spare time.

Staff Writer

Attention young women, ages 13 - 20, the search is on for 1998's Miss Kentucky American Coed.

The fifteenth annual Miss American Coed Scholarship Program will be held at the luxurious Hyatt Regency in Lexington, Kentucky on July 2 - 5.

The scholarship program has six age divisions: Coed (18-20), Teen (16-17) and Jr. Teen (13-15). The winner for each age division will receive a cash award scholarship of \$500, official crown, banner and trophy.

Judging is based on scholastic achievements, community involvement, personality, poise, appearance and an "All-American" spirit for school.

Optional contests include talent competition, speech contest, photogenic and academic achievement.

This year, over \$750,000 in scholarships, awards and prizes will be presented nationwide to outstanding young women who participate in the Miss American Coed Program.

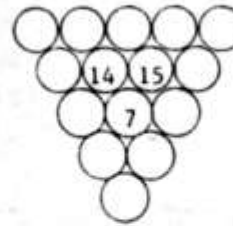
Winners of each division will be invited to represent the state of Kentucky in the national competition. The national program will be held in Orlando, Florida and includes a trip for two to Disney World, a cash scholarship award and a screen test with a national talent agency, among many other awards and prizes.

For application and further information write or call:

AMERICAN COED PROGRAMS
6232 Hwy. 146, #300
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1-800-664-6851
Contact: Jeff Chilton,
State Director

Brain teasers

10. How can you number the remaining balls (1-15) so that each side of the outer triangle totals 36?



4. There are nine state names containing one or more sets of double letters. Can you name them?

7. How many U.S. states have names that end with the letter "A"?

10. What begins with "E" ends with "E" and has one letter in it?

(10) One way: Clockwise
from top left--8, 12, 9, 1, 6,
13, 3, 4, 10, 2, 11, 5,
(6) Illinois, Missouri, Kansas,
Michigan, Minnesota, Tennessee,
Alabama, Mississippi,
Connecticut, Pennsylvania (7) 21,
Pennsylvania (7) 21,
(10) envelope

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What to do when you are trapped in P-town!

Lucy Jackson
Feature Editor

It's almost that time, the time of freedom and relaxation. It's time to kick back, think about anything and everything you want (preferably nothing), and just hang out. It's time for spring break! Of course, people are going everywhere from Europe, to Colorado, to everybody's favorite spot, Florida, but what about those who are spending that one week of bliss a little closer to the empty halls of LOHS? Well, in the hopes of making everyone's Spring Break fun and adventuresome, I came up with a few pointers for things to do if you're hanging out in P-town.

Read a Book - So this might not be your

idea of the most crazy thing to do, but if you're hanging out all day long, why not pick up something you've been meaning to read for the past four years, curl up in your closet far away from everything and well, read it.

Take a SHORT Road Trip - Notice that I emphasized short. Hop into the car and head to one of the many fine places that lie only an hour or two from good ol' Paducah. There are numerous locations (i.e. Nashville, Bowling Green, Carbondale, St. Louis) that have great stuff to do.

Spend Some Time With Nature - Get out and do something! Go hiking, go to

the park, or just play in the yard. Run about and play with your dog, or go lie around in the grass and listen to your favorite CD.

Go On a Picnic - Spend the day in your favorite spot, and spend it there eating! Get a basket, your favorite foods, a blanket, someone you can have a good conversation with and then feast.

Go to a Spa - Do something you always say you're going to do and treat yourself to a little pampering. Go to a local gym, tanning or hair salon, etc. and sit back and relax while someone else does all the work.

Cook Dinner - Put on your apron and make dinner for all your friends, or your significant other, and enjoy some fine dining. Set the mood how you want it and spend the night with your grateful company.



What was your most memorable spring break?

Emily Williams
Editorial Editor



When I went to the Smokey Mountains with my family and we hiked up to waterfalls. — **Jessica Buckelew (12)**



I went to Mexico and California once, I met a bunch of beautiful women! — **Allan Rideout (11)**



When I got my puppy! — **Paul Stout (11)**



When I was a kid we went on a boat trip and my brother fell off the bunk bed and broke his collarbone. We were going to take him to the hospital, but then the boat got stuck on a sandbank! — **Sarah Settles (10)**



We were off the shores of Louisiana and our boat hit an oil rig and we had to start bailing out water. We almost didn't make it back to shore. — **Mrs. Hayden**



Once, I got to go to an Art workshop in Dallas. — **Shane Hook (11)**

Prom made easy!!!

Suzannah Stoll
Coroner

As the auspicious tradition of Prom slowly approaches, many students are clearing out dress shops, making reservations for the prerequisite dinner, scurrying to find that last minute date and making final reservations for hair, nails, etc.

During all these preparations, many problems and unfortunate mishaps may arise. Here are some ideas, although a tad out of the ordinary, will certainly make your prom night "memorable."

1. Don't want to spend \$40-50 for curls? Try cardboard toilet paper rolls for short hair and cardboard paper towel rolls for long hair.
2. For the pre-prom dinner, eat leftovers
3. Cumberbund problems? Borrow your sisters' wide head band.
4. Can't afford a boutonniere? Use some clover from your front yard
5. To save gas, take a bicycle built for two.

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NewsChannel 6

Tennis season is in full 'swing'



Senior Jamie O'Hara practices for her next match.

Megan Williams

News Editor

After months of playing indoors, the tennis team is finally ready to head outside. Both teams have worked hard all winter to improve their level of play.

"The boys have become more aggressive all-court players, and the girls have worked hard to build the team 'chemistry' necessary to win a regional and state title," said Coach Heflin.

Both teams have been practicing four to five days a week since the beginning of March in order to prepare for the upcoming season. The first match of the season is Saturday, March 28, with

the girls playing Sacred Heart and the boys playing St. Xavier. Then both teams will be playing in the Rotary Tournament April 2-5 in Chattanooga. The first local match is against Tilghman on April 8.

Both teams have high expectations this season.

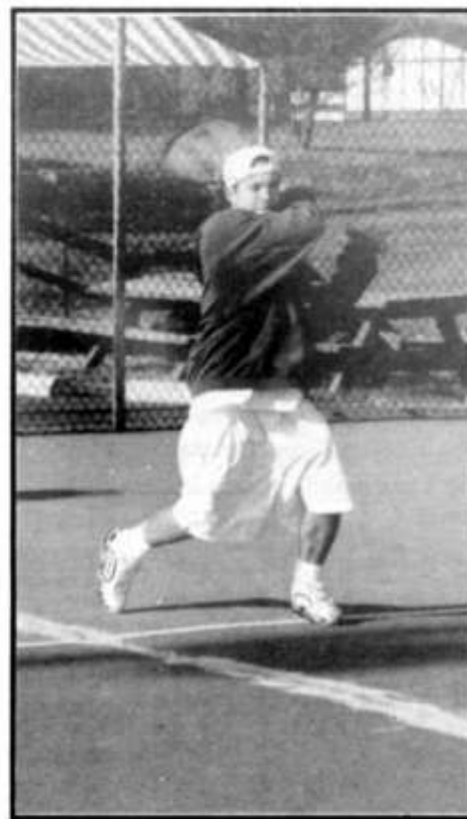
"Our goals this season are to earn the boys and girls regional team titles as well as the boys and girls singles and doubles regional titles," said Heflin.



Tennis Schedule

April 2-4 Rotary Tournament
April 8 LO vs. Tilghman
April 21 LO vs. Mayfield
April 22 LO varsity vs. Memorial
April 22 LO JV vs. Tilghman
April 30 Calloway
April 30 JV St. Mary at home

May 4 JV Tilghman at home
May 6 Varsity Tighman at home
May 7 Varsity St. Mary at home
May 8 Girls tournament at Jasper
May 12 Regionals at Lone Oak
May 27 State tournament



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Track Brief

LOHS track team began their training in the weight room and hoped to begin regular outside workouts March 14. This should prepare them for their first meet.

The team consists of mainly a younger group of people, but the team looks to do very well in meets. Big things are expected from veterans Courtney Pace, Jon Cargill and Les Miller. "Pace should do really well in state, if not win," stated Coach McGroarty. Cargill participates in the shot-put and discus throw events, and is also expected to succeed. Miller, who holds the record in the 800, should improve time in the upcoming season. The expectations are high, but our track team has the talent and ability to follow through.

The first meet will be the Paducah Tilghman Invitational, tomorrow, March 28.



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Spring Sports

Flash baseball ready for promising season

Jacob Mitchell
Sports Writer

The Lone Oak Purple Flash baseball season is beginning once again under the head Coach Jim Mizell. Assistant coaches are Kevin Blankenship, Dean Hayes, and new freshman coach Warren Van Wyck.

Final cuts were made on March 17, after several weeks of try-outs/practice. The first game for the Flash was on March 24 against Massac County at the LOHS baseball field. Today, March 27, they take on Hickman Co. at home. The upcoming games include March 28 against Marshall Co., and March 31 they play Carlisle.

The Freshman team includes: P.J. Jones, Jeremy Burchard, Philip Sollitto, Matt Lawrence, Josh May, Jacob Mitchell, Josh Bergstrom, Jason Bergstrom, Ben Keeling, Eric Gardner, Justin Adams, Quentin Yarbrough, Kelly Seely, Ben Moss, Andy Williford, and Josh Coleman.

Junior Varsity: Sophomores: Josh Gosa, Adam Sims, Dan Mornar, Shane Pirtle, Tim Waldrige, Eric Dew, Adam Miller and Monty Breneman. Freshmen: Josh May, Quentin Yarbrough, Josh Bergstrom, and Jason Bergstrom.

Varsity: Seniors: Grant Gagnon, Ashley Grimm. Juniors: Michael Plewke, Jeremy Neihoff, B.J. Ivitts, Sandy McDaniel, Kyle Cooper, Tim Burrows, Justin Denton, Erik Fowler, Jamie Lindsey, Micah Holland, Jon Mizell, Dustin Barrett, Jason Thompson. Sophomores: Shawn Yarbrough, Brett Vandermuellen, Kyle Atherton, and Dallas Gipson.



Lone Oak baseball varsity players (from left) Jeremy Neihoff, B.J. Ivitts, and Micah Holland showcase their new pull-over jackets for the upcoming baseball season along with coach Mizell

Lady Flash softball ready for competition

Kelly Reeves
Staff Writer

After an extensive three-week tryout, the 25 members of the LOHS softball team, coached by David Roof and Dawn Durham, were finally chosen.

Unlike baseball, the softball squad is comprised of all four grades and only one team plays games. There is no freshman or JV team, just a varsity team.

The freshman on the team this year are Kelly Reeves, Heidi Seltzer, Kim Fesmire, Leigh Ann Collins, Emily Lyles, Kristin Hogan and Rachel LeNeave; Sophomores: Candice Dupree, Sarah Angelly, Christa McLain, Jenny Thomason, Emily Riggs, Lucy Jackson, Sarah Settles, Amanda Canter, Amanda Fox, Rebecca Huyck and Shay Barnes; Juniors: Sarah Steele, Jada Goodwin, Kim Starks, Andrea Hamm, Lori Larrison and Jenny Pierce. The one senior this year is Sarah Harned.

The girls started their season on March 24, followed by games the 26, 27, and 28. Results are unavailable as of press time.

"I think that this year with our team's talent and strong bond, we will prevail as champions this season," said freshman Kim Fesmire.



PICTURED

The Lady Flash basketball team, finishing first in the second district, made it to the regional tournament in February at Murray State University. In the first round they defeated the Fulton City Lady Bulldogs, but then lost in the semi-finals to Marshall County. It was a great year for the Lady Flash.

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