

"From what we get we can make a living, what we give, however, makes a life." -Arthur Ashe

Teen court- ready to rule the justice system



Photo by J. Swacker

LOHS students (left side) Jay Paul Swacker, Gordonna Unici, (right side) Monty and Jesse Breneman are seen here practicing court room procedures.

Jay Swacker
Coroner

Juvenile offenders are facing a different type of court system. Teen Court is a program that allows students to act as jurors, lawyers, bailiffs, and clerks. All punishments are legally binding.

First time misdemeanor offenders (age 10-17) who have pled guilty are given the option to appear in Teen Court. Teen Court decides what punishments should be handed out in each case.

Teen court will meet whenever a case is presented to it. Mr. Roe, who

helped organize the system in Lone Oak, said that Teen court is a "fantastic opportunity for our students."

Lone Oak students participating in Teen court are Seniors-Brian Garner, Kim Chopra, Ashley Crouch, Wesley Boyarski, Juniors-Jordan Kinsey, Erin Malmquist, Monty Breneman, Andrea Ramey, Melissa Franklin, Katie Clement, Sophomores- Chris Barkett, Jesse Breneman, Jay Swacker, Jennifer Becker, Freshmen-Andrea Hamm, Ann Clement, Amanda Czarowie, Heather Crews, and Nichole Johnson.

Leading Paducah's future

Alicia Reeves
Staff Writer

A big congratulations goes out to Kelly Reeves, Heidi Seltzer, Mindy Bishop, Lynn Huffine and Ben Moss for being selected to the 1998-1999 class of Future Paducah Leaders. This council, sponsored by Paducah Area Chamber of Commerce, was organized to promote leadership in Paducah's youth. Five



interested students from each of the three McCracken County high schools, Tilghman and St. Mary's are chosen to participate in this event. They were chosen according to their interests, leadership abili-

ties, communication skills and academic excellence.

On the morning of October 10th, all the chosen students met at the Chamber of Commerce and left on a bus to Camp Manchester for a day of fun but also a day of learning. This trip not only teaches different leadership skills, but also allows students from the participating schools to get to know one another. There are also monthly meetings held on certain days of the month from November to April. These additional

meetings will be held at the Executive Inn and they will be learning experiences for all.

If you see these students in the hall, tell them congratulations; they really deserve it.

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Welders blaze their way into history

Blake Owen
Staff Writer

LOHS' Welding Team under the direction of Mr. Harold Wood, won their 8th straight Mid-South welding competition on September 28. This is the 10th time Lone Oak has entered this competition. To reach the Mid-South welding competition a team must first go through regional and state competitions.

Lone Oak has a history of good welding teams. In the past 14 years the team has won all of their regional competitions and has won the state competition 10 times the

past 14 years. These state wins gave them the chance to go on to represent the state of Kentucky in the Mid-South welding competition.

In this year's competition Jamey Cook(10) had a perfect score of 100 out of 100.

The welding team has received local publicity for their accomplishments-a story in the *Paducah Sun* and a feature on Burrage's Bag on Channel 6 WPSD-TV.

**CONGRATS
WELDERS!!!**



Welding Team (from left to right) Nathan Churchwell(12), Casey Lynn(11), Jamey Cook(10), and Greg Seay(12) receive their trophy at state.

Oaker scholars commended for superior academic ability

Kelly Reeves
Editorial Editor

LOHS student David Ham and former LOHS students Julie Berens and William Mills have been honored as National Merit Semi-Finalists by the National Merit Scholarship Corporation.

Seniors Joshua McGuire, Les Miller and Tracy Smith have been named as Commended Students by the same corporation.

The semi-finalists will go on to the next level in NMSC, making them candidates for the highly esteemed National Merit Scholarship.

Though the "Commended" students will not go on to the next stage, they are among the the top five percent of more than one million students who applied and deserve a huge congratulations.

"We hope the recognition received by these able students will encourage them to take advantage of their opportunities for higher education and to diligently pursue their professional goals," said a Merit Program Spokesperson.

"I am honored to have received this honor," says National Merit Semi-Finalist, David Ham.



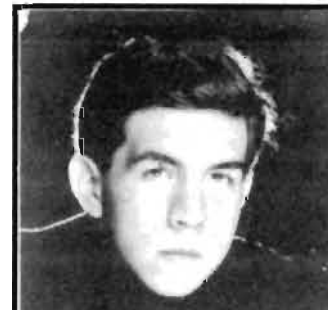
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Tutoring program keeps students on track

Jody Suhrheinrich
Staff Writer

Students who are feeling a little twinge of anxiety over their grades, here's your opportunity to get a little help from your friends. For those of you who don't know, LOHS has implemented an after-school peer tutoring program Monday through Friday from 2:45 until 3:45 in room 115. Assistance is offered for a variety of subjects such as: math, English, science, and history.

Mrs. Reeves, who is in charge, requested that tutors be involved in Beta club. This guaranteed that he or she maintained a 3.5 and is in the

10th-12th grade. This year's dedicated group of tutors include: Lori Larrison (12), Sarah Stoll (12), Stacey Adams (12), Jessica Fortney (12), Wesely Boyarski (12), Gordanna Unici (12), Andrea Ramey (11), and Ronza Childress (11).

"Sometimes it's more beneficial for students to interact with other students," said Larrison.

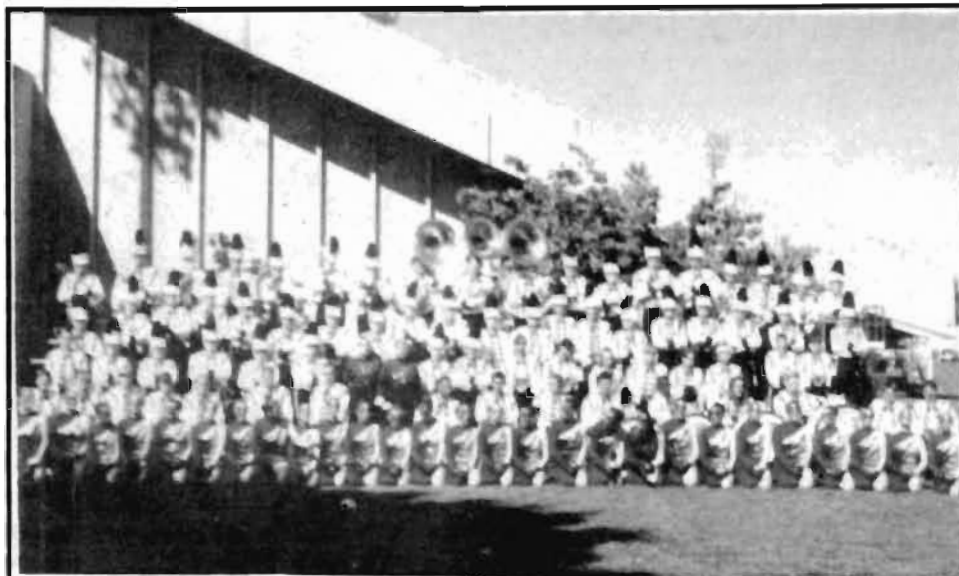
Tutors are paid \$8.00 an hour and funding is provided by the State Department for ESS (Extended School Services) which is for 10th-12th graders. Funding for "Goals 2000" which is offered solely for freshman is provided by a grant.

Band marches into competition on a high note

Megan Williams
Co-Editor-in-Chief

After many weeks of rehearsal, the Colonels have marched their way into competition. They began their season on a high note receiving Grand Champion over all the other small class bands at Elizabethtown on September 19. Along with their title of Grand Champion, the band received a distinguished rank on their performance and the color guard earned the title of Best Color Guard.

The Colonels added a third place finish to their Elizabethtown victory at the Heath March for the Gold, September 26. In addition to their third place finish, they won overall color guard and percussion.



Band and color guard pose for a picture

A second place finish came at the Reidland contest on October 3. Color guard finished top overall and percussion finished second along beside the field commanders. The Colonels received a score of 89.7 on their performance, the highest score earned in the past several years.

On October 10, the band received their third superior of the season at the Murray Festival of Champions. In the semifinals of competition the band placed first out of five bands qualifying them for the finals. They placed seventh in the finals.

"The band has learned to work together and move on the field as one unit to make our performances the best they can be," said member Rebecca Huyck (11).

Six art students place first and second at Women's Club

Alicia Reeves
Staff writer

The results are here! Last month's Women's Club Competition turned out six first and second place winners from LOHS.

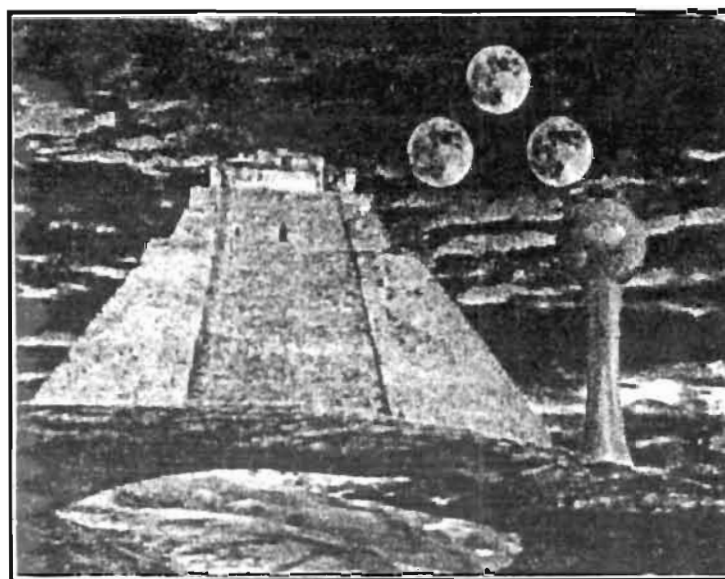
Sunil Manchikanti (12) won second place for Computer Art and Katie Harris (12) won first place for Tie Dye. Juniors Amanda Hall and Natalie Ellis both placed well. Ellis winning first place in Weaving and Hall placing second in Painting. Katherine Wright (9) placed first in the Pottery and Ceramics category and Billy Garrett (9) won first place for Drawing.

Each of the first place winners won

twenty-five dollars and will be entered in state competition coming up this spring.

The Yeiser Art Center booth down at the Barbecue on the River was also a success. Omar Sosa (12), who dressed up as an artist and convinced people that Yeiser's barbecue was the best, helped the booth raise \$2,500.

The booth was decorated by art students with paintings of multi-character pigs. Becky Eason (11) came up with the design for the large pig painting that hung in the front of the booth and also for an artist pig. Sam Oldham (11) designed several paintings for the booth: a police pig, a ballerina pig, a chef pig and a punk rock pig.



Picture

Sunil Manchikanti's second place Computer Art graphic "Allen Landscape"

Homecoming



Homecoming queen Tonya Stamper

Photo by K. Reeves

Choristers audition for All-State

Kelly Reeves
Editorial Editor

"Hello, Broadway," some LOHS choir students are exclaiming! Or at least All-State Chorus tryouts. Shay Barnes (11), Amanda Bowden (10), Michael Crouch (12), Josh Luscombe (11), Jonathon Light (12), Frances Owen (12), Josh Reid (11), Kelly Seely (10), Carrie Sisto (12), Callie Wexler (12) and Andy Williford (10) are all going to show their stuff as they try out for All-State.

"We had to try out with a song we've been learning in class. After singing it for Mrs. Durham (our choir director) she decided who would go to All-State audi-

tions," said Bowden.

All-State Chorus, All-State Band and All-State Orchestra are held in conjunction with Kentucky Music Educators Association (KMEA) Convention. The annual convention will be held in Louisville from February 3-6.

During the audition process, the students learn a piece of music and audition in quartets. They are then asked to sing a section of the piece alone.

"They are assessed on rhythm, voice quality, pitch accuracy, ability to stay on part in the quartet and ability to stay on part alone," said choir director, Dawn Durham.

Academic team is burning it up

Lucy Jackson
Co-Editor-in-Chief

As usual, the LOHS academic team is doing an excellent job of representing their school. Half-way into the WKAA season, their current record is 4 and 1, and if their finish is anything like it was last year, they might be setting an even newer record for LOHS. The team has been practicing since the beginning of school and are still going at it 3 days a week at 7 AM.

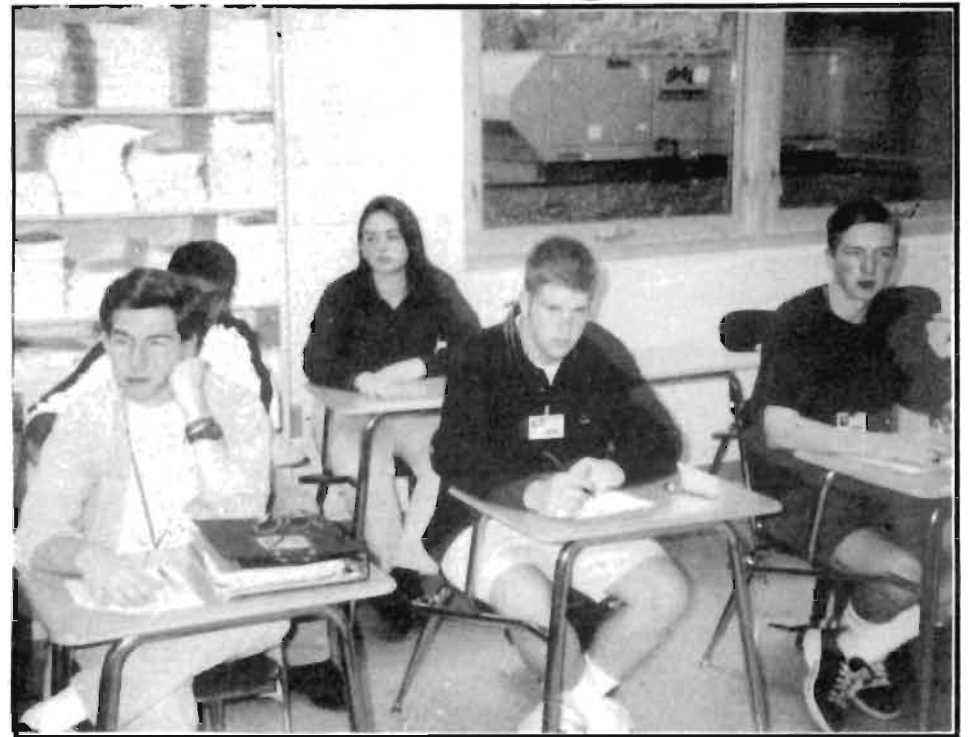
November 16th the team will attend the districts for the Western Kentucky Academic Bowl at PCC along with Heath, Reidland and Tilghman. The winner will go to the finals on December 10th. November 19th, they'll be attending the President's Invitational at Murray State University. Twenty-five

schools will be participating, making this tournament the largest one-day competition in Kentucky. In the spring, to finish up the season, the team will be participating in Governor's Cup.

"We'd really like to make it to the quarter finals or the semi-finals at state this year, that is if we don't win it all!"

--Mr. Toy

"We really look forward to tournament season because we have the opportunity to play more teams. We'd really like to make it to the quarter finals or the semi-finals at state this year, that is if we don't win it all!" said Mr. Jim Toy, the team sponsor.



Team members try to stay awake during an early morning practice

Photo by J. Swacker

New policy takes effect

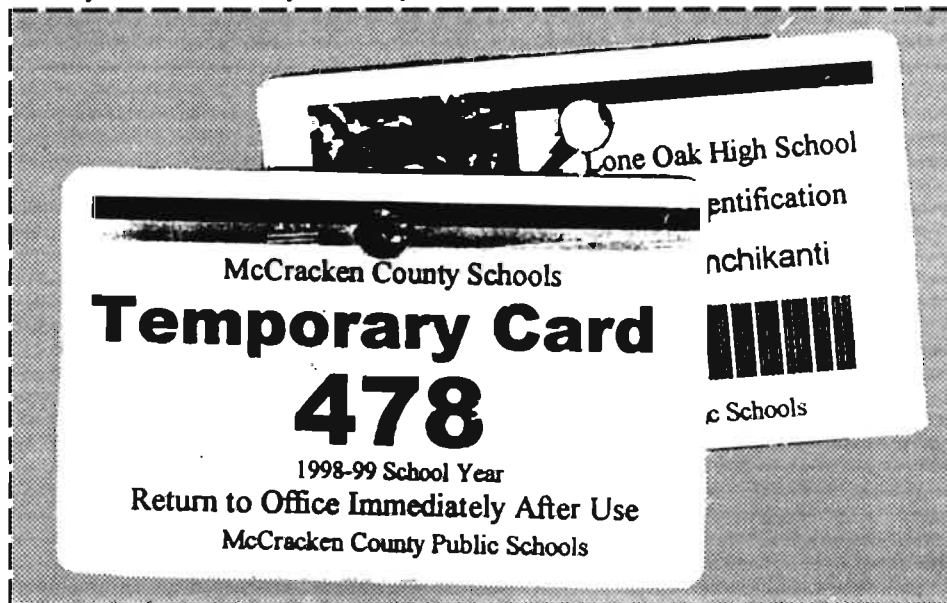
David Jolley
Staff Writer

The new ID card policy has been altered to find a happy medium for upset students, parents, and faculty. The old policy undoubtedly filled the ISD room and ran the office out of 3x5 cards. Students, as well as faculty members, thought the old policy was unfair for students to get such harsh treatment for a small crime.

The new policy will rid the school of those cards that are burnt, chewed, and

what not. Students can forget it three times before receiving after school detention. The 7th offense results in Saturday school and everytime thereafter. The 9th time results in a parent conference.

I don't think the 7th, 8th, and 9th violations are really something to worry about because they are reset every nine weeks. The new policy will punish those who forget their cards too many times and protect those who are having a bad day.



Time to go to the Beta Club convention

Sunil Manchikanti
Circulation Manager

While busy with many service projects, the Beta Club is also planning a trip to the Kentucky State Convention. The convention, held in Louisville on December 4th and 5th, is attended by Beta Club members from all parts of

Kentucky. This offers club members a chance to interact and learn from each other.

Every year, members of our Beta Club participate in many competitions with others attending the convention. There are academic competitions, including subject tests such as history, English, and Spanish. A team of students can

enter the Quiz Bowl. There are also many arts and crafts categories that members can enter.

The two most well known competitions are the talent show and state officer election. The talent show allows either a group or individual act from each school to enter. It is not known who will enter for Lone Oak. Every year, a

candidate from Lone Oak runs for a state office. This year Mandy Langston has been selected to run. She'll be busy planning her campaign soon.

With all these activities to fill, the Beta Club is going to have a busy November getting ready for convention.

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Trash your trash

Tracee Werner
Feature/News
Editor



Why is it that the concept of throwing trash away seems to elude high schoolers? It's rare that a person can walk into a classroom and find the floor clear of paper or wrappers of some kind.

Let us not forget the cafeteria. Every day after lunch Mr. Rushing goes around to all the tables and picks up trays, drink containers, debbie cake wrappers, etc. that students have left behind.

Not only do students not feel it's their duty to throw food away after they're done eating it, they think that just because they dropped a fry on the floor, it's no longer their "responsibility." So, instead of bending over to pick it up, they leave it in the floor for people to step on and make a nasty mess.

If picking up your own trash is too difficult for you to understand, then you

should be in preschool. But, you're not, this is high school and that means the teachers aren't paid to take care of you. We teenagers expect "grown-ups" to treat us like adults and we get mad when anyone treats us like "babies." But I say if you're going to act like a baby, you might as well be treated like one.

There is simple solution to this problem: **PICK UP YOUR TRASH!!!** There you have it. The secret to happiness. Well, not really, but it would make our custodians happy. And we all know that happy custodians make a happy school.



This is a LOHS trash can.

Below is a list of tips to help you when picking up your trash:

- 1.) When you drop a food item, bend over and pick it up. Be sure to lift with your legs and not your back, so as to avoid back strain. Then walk over to the trash can and drop it in.

- 2.) When throwing away your tray, stand up, pick tray up in your strong hand, put one leg in front of the other until you get to the trash cans, hold tray over trash can, turn tray upside down, and voila, your trash is dumped.

I hope these tips will be helpful the next time you have trash and don't know what to do with it.

Better sports = better school

Jody Suhrheinrich
Staff Writer



I consider LOHS to have an extremely decent athletic program. However, I've been noticing upon my recent fraternizations with teens from beyond the Kentucky borderline that we are somewhat limited in the variety of athletic activities that are offered. Those of us who do not excel in one of the more traditional sports are left as the reluctant spectator. In my plight to expand West Kentucky's athletic horizons, I've made the following list of suggestions:

Volleyball- This sport has become an overwhelmingly popular one, from high school, to college, to the Olympics. Many students here at LOHS have already expressed interest. We have a net, a gym and plenty of willing participants.

Pom/Drill/Dance Squad- Call it what you will, but I am shocked that this has not been implemented yet. We have a lot of talented dancers at this school (teachers and students) who I'm sure would love to be involved in a serious dance squad that could perform at half-times, pep-

rallies and maybe competitions.

Wrestling- With the recent swarm of interest in the NWO, WWF and WCW, imagine the craze over a real wrestling team with actual contact during matches. Meets could be held in the cafeteria and I seem to recall reading about a certain guidance counselor who participated in wrestling in high school (and it's not Mrs. Reeves).

Powder Puff (girls football)- Now I know all of you guys are laughing your heads off right now, but that is exactly my point. What could possibly be more entertaining than girls running around trying to tackle each other, and who knows we might surprise you!

I realize the setbacks involved, such as cost and space so of course I have an answer for all you cynics. Since a limited amount of equipment is needed for these activities, I suggest the athletes work to purchase uniforms. It's amazing what a couple of yard sales and car-washes can do. As for space, the gym is usually booked up so maybe practice could take place in classrooms or outside.

I really think the key to a positive school environment is getting everyone involved in one way or another, and perhaps sports are the best way to accomplish that. Any interested students or teachers please contact me so we can go about implementing one or more of these ideas.

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Hey, back off the new kid!!

Dave Jolley
Staff Writer



Someday, perhaps in a second life, I hope that everyone has to move to a new school. I wish this for two reasons. One reason is for the experience. I think that moving is a good experience that teaches us valuable lessons for life. I also think that most of us deserve it for the horrible way we treated new people in our past life.

When someone moves to LOHS there

is a welcoming committee, a group of people who have constantly taken the new kids under their wing. I know these people because they are my best friends. They are also some of the most outstanding students here at Lone Oak.

There are also the other people. Those of us that are the first to hate the new kids and make them feel as unwelcome as possible. We can torment them, torture them or make fun of something weird about them. Believe it or not I think all of this fun we make out of them is pure jealousy.

I like to think that we could all "just get along" but it ain't happening. But, we could get along a lot better if we developed our own opinions instead of choos-

ing someone else's. Get to know that person before you hate them. Don't get all huffy because he's talking to your "girl" or she's talking to your "man". They didn't move here to get in your business. They are just trying to do what we all strive every day of our lives to do: fit in.

I know new people are "easy-pickings" because of their funny accents or their weird ways. But, I think you should take a minute to meet them and put yourself in their shoes. I'm not saying they'll be your best friend but you may find out something cool. You may even learn how to say some words a new way.

Second lunch means second class

Megan Williams
News Editor



Lunchtime could be described as one of the most hectic and chaotic periods of the day. At 11 a.m. the bell rings signifying the beginning of the first 25 minute lunch period. Half of the students at LOHS travel to their fourth period class while the other half take off in a made dash for the cafeteria. Masses of students cram through the doorway and launch their backpacks through the air hoping they land in a seat. Then they enter the line of their choice, which isn't really a line at all, but a huge group of hungry students hoping to cut to the front unnoticed. After winding through the maze of chains, you find yourself punching in a code in order to pay. By the time you sit down, fifteen to twenty minutes of the period is over and you haven't even begun to eat.

It is impossible to eat lunch in twenty five minutes. Not only does this strict time limit add unnecessary stress to our

busy day, but it is also harmful to our health. Experts say 20 minutes should be allowed for a meal to prevent indigestion. Indigestion can be very uncomfortable which in return interrupts the learning process.

The short lunch period also causes problems for teachers. Teachers are forced to eat quickly and then must waste class time recording tardies for students who try to go to their locker before heading to class.

An additional amount of time is not impossible to obtain. Between the two lunch periods there are 32 minutes set aside for cafeteria workers to prepare for the next group of students. That's seven minutes more than students are allowed to eat. If three minutes were taken off of each class and divided evenly between the two lunch periods that would add an additional six minutes. Then, the extra seven minutes could also be divided between the two periods allowing an additional nine and half minutes to each period.

Just this small amount of time would reduce the chaos and allow students to eat their entire meal. Both teachers and students would appreciate the additional time.



Quit yer complainin'

Jacob Mitchell
Sports Editor



As I sit in the cafeteria at a table close to the lunchline, I hear constant criticism. "Oh, another great lunch today," and "Maybe I won't barf on the table." These remarks really get on my last nerve. I, personally, think the cafeteria food is well, respectable. I also think that people who cry and whine about how horrible the lunch food is need their heads examined.

Let's just think for a minute why some people constantly bash the cafeteria food. Well, for one, I guess they have seen too many of those movies where some super obese lady with warts and a hair net slops some unearthly goo onto a kid's plate. Now, if we ate gruel everyday for

lunch, I could understand the concern. However, the food we eat everyday at lunch is something that is indeed edible and most of the time tasty.

Some of my choice entrees include chicken fajitas, crispy steak, crispitos with chili, lasagna, and french bread pizza. All these meals are accompanied by vegetables, bread, fruit and milk. And each and every one of the dishes listed above is a lot better than something I could make. Not only are they pleasing to the mouth, but they are cheap, too. You can bet your bottom dollar you couldn't get a regular cheeseburger and a medium Coke at McDonald's for a buck fifty.

So the next time you start to complain about how horrible the lunch is, remember: it's NOT! Those ladies in the cafeteria work hard at a hot stove (Well, maybe not a stove) all morning to prepare healthy, nutritious meals that are somewhat delicious. After all, they could easily serve gruel for \$1.50.

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Happy Halloween from
the Oak "K"

Three more foreigners voyage to LOHS

Jacob Mitchell
Sports Editor

Living in America. . . Huh! This is the motto for five students attending LOHS this year. This issue, three of these foreigners are featured: Alina Zhumagulova, Tanja Muller, and Pia Jeppesen.

Alina, a 16 year old, hails from Kazakhstan, a country just below Russia. She enjoys the states, saying, "I like U.S.A and Kentucky. I like people in Kentucky, my school, my friends, my teachers." When asked about how she like Lone Oak, she said "I like this school very much; very friendly and lovely school. I have friends here and love them very much."

Alina plans on staying here for one year, then she will voyage back to her homeland. However, she plans to return. "... I think I'll be back to

Kentucky, to my family and school" she said. Alina would also like to say "... Thank you very much for everything. . ."

Tanja Muller is a 17 year old student from Germany. She said she was "... nervous and a little bit afraid of all the new things here" upon her arrival. Nevertheless, she has adjusted and has found many things to like about America, like the weather. Back in Germany, it has already snowed she said. She also likes the students here, saying "Students at this school are very nice and I was so glad that they were interested in showing me how school and other things work here in America."

Tanja's dislikes are the commercials on television, stating, "Every fifteen minutes it's getting on everyone's nerves and they (commercials) make two hours out of a three hour film." Tanja plans on stay-

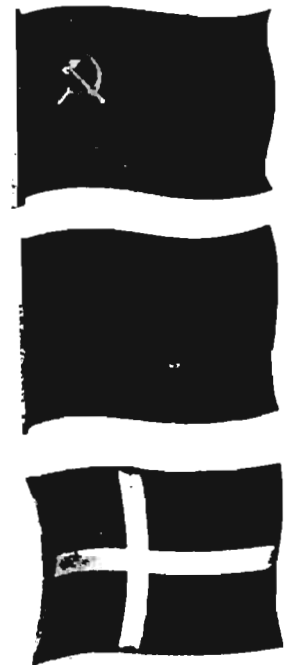
ing here for 10 months.

The third and final foreign exchange student is 17-year old Pia Jeppesen from Denmark. She has been wanting to come here for five years, and now she has "completed one of her life goals."

According to Pia, they have a lot more homework in Denmark. On top of that, they only have to go to school for nine years. But just when you think they have it harder than us—they don't have to take tests! She also says that her school has far less security.

Another big difference in Denmark is they can legally drink alcohol at the age of 15, but they cannot drive until they are 21. She has not seen much of America yet, but likes what she has seen. She plans on staying the rest of this year, 10 months. In closing she said "I like it here and hope to have a good year."

If you recognize one of these outstanding students, be sure to give them a warm welcome and lend them a helping hand. Welcome to America and we wish you all luck.



Baker October's teacher of the month

Megan Williams
Co-Editor in Chief

Most famous for his dry sense of humor, Mr. Baker has been selected by the student council as October's teacher of the month.

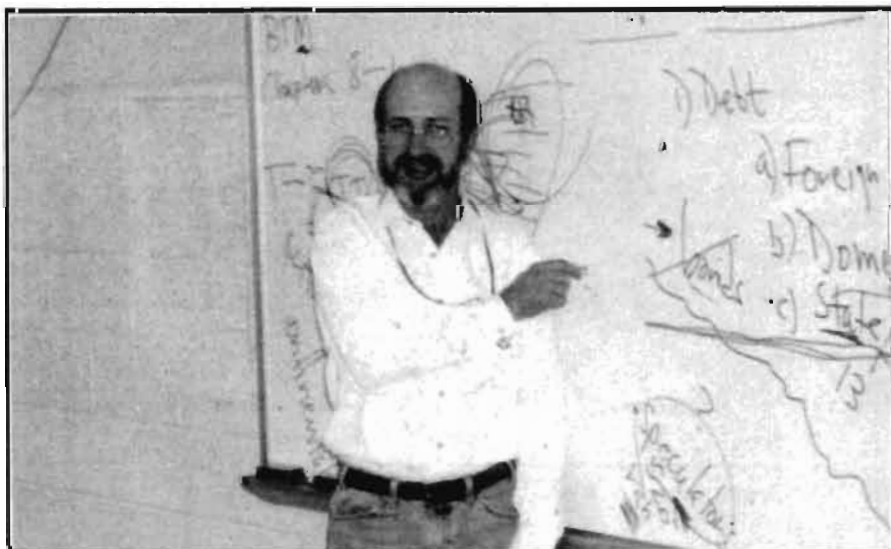
A graduate of Murray State, Baker teaches U.S. History, AP U.S. History and World Civilization. He has been teaching for 25 years right here at LOHS. Baker doesn't remember why he became a teacher, but thinks it was probably because he likes history. He says he is a third generation teacher

because his mother taught second grade for 37 years.

Baker's goals as a teacher are "to teach, and for students to learn. And not to fill out mindless, inane, time-consuming forms, which multiply in both number and uselessness each year."

Outside of teaching, Baker enjoys reading, listening to music, playing golf, working on his house and walking.

"I'm honored to be chosen from so many good teachers at LOHS," said Baker on being selected as teacher of the month.



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At left- Sarah Settles (11) is ready to cast a spell.

Below- Senior Haley Gibbs (Pumpkin) and a ghostly friend pose for a picture before trick-or-treating.



Costumes that are as easy as Pumpkin Pie!!

Lucy Jackson
Co- Editor- in-Chief

We are one day away from the holiday that might be the craziest and most fun of them all. That's right kids, it's almost Halloween. Although we as high school students are all a little bit older than your average trick-or-treaters, there may still be several of us, myself included, that really want to experience the true essence of Halloween by going door to door. Since we can't exactly fit into the good 'ol K-Mart princess costume anymore and time is running out for finding a new one, I'm here to give all you prospective trick-or-treaters a last second costume idea that'll take the neighborhood by storm.

The Traditional Ghost - Get out the bed sheet you least need (like the one that always gets kicked to the bottom of the bed), cut yourself some eyes and you're out the door.

The Hobo - Put on your dad's suit from the early 80's, paint yourself a beard, get an old hat and a handkerchief to carry your candy in.

The Clown - Grab some goofy, mismatched clothes, paint your face white and your nose red and throw some temporary hair color on.

The Gender Change - If you're a boy, make yourself a girl and vice-versa.


The Baby - Put on some cute p.j.'s, get a pacifier and a doll, put your hair in pigtails and you're all done.



Stacie Thrasher (12) and friend are prepared for a night of "mousing" around.

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Witching you a Happy Halloween!!



Emily Rigdon, Katie Oldham, Jennifer Dunn, Suzannah Stoll, Sarah Amundson (12), Elizabeth Rigdon (12), Amy Newman, Heather LaGore, Leslie Tucker and Heather Cook (12) get ready to go trick-or-treating.



Elizabeth Rigdon (12), Jackie Allison, Emily Rigdon, Lindsey Fesmire, J... Melanie Vinson (12) and Nola Go... a 1989 Halloween bash.

Costumes that are as easy as Pumpkin Pie!!

Lucy Jackson
Co-Editor-in-Chief

We are one day away from the holiday that might be the craziest and most fun of them all. That's right kids, it's almost Halloween. Although we as high school students are all a little bit older than your average trick-or-treaters, there may still be several of us, myself included, that really want to experience the true essence of Halloween by going door to door. Since we can't exactly fit into the good 'ol K-Mart princess costume anymore and time is running out for finding a new one, I'm here to give all you prospective trick-or-treaters a last second costume idea that'll take the neighborhood by storm.

The Traditional Ghost - Get out the bed sheet you least need (like the one that always gets kicked to the bottom of the bed), cut yourself some eyes and you're out the door.

The Hobo - Put on your dad's suit from the early 80's, paint yourself a beard, get an old hat and a handkerchief to carry your candy in.

The Clown - Grab some goofy, mismatched clothes, paint your face white and your nose red and throw some temporary hair color on.

The Gender Change - If you're a boy, make yourself a girl and vice-versa.

The Baby - Put on some cute p.j.'s, get a pacifier and a doll, put your hair in pigtails and you're all done.



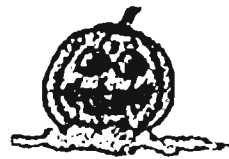
Jody Suhrheinrich (11) says, "Look at me, I'm a little gypsy!"



Wesley Boyarski (12) cheers for Halloween.



Stacie Thrasher (12) and friend are prepared for a night of "mousing" around.



Be careful tomorrow

Happy Halloween!!

Emily Rigdon, Katie Oldham, Jennifer Dunn, Suzannah Stoll, Sarah Amundson (12), Elizabeth Rigdon (12), Amy Newman, Heather LaGore, Leslie Tucker and Heather Cook (12) get ready to go trick-or-treating.



Elizabeth Rigdon (12), Jackie Allshouse, Sarah Amundson (12), Emily Rigdon, Lindsey Fesmire, Julie Sims, Jana Doss (12), Melanie Vinson (12) and Nola Goehman (12) are partying hard at a 1989 Halloween bash.



Jody Suhrheinrich (11) says, "Look at me, I'm a little gypsy!"



Wesley Boyarski (12) cheers for Halloween. Go Halloween!

Halloween's Past

Jay Swacker
Coroner

All Hallow's Eve, better known as Halloween, has quite a rich history. This famous secular holiday started as a Druidic celebration.

The Celtic New Year begins on November 1. On the day before they would celebrate *Sahmain*, the Celtic Lord of Death. The Celts believed that *Sahmain* allowed all of the dead spirits to return to their homes on this evening. All of this marked the beginning of a cold, dark season. Druid priests would ask all the people to put out their hearth fires. The priests would then make a huge bonfire out of oak branches, which were considered sacred. After the ceremony, the people could make hearth fires again.

The jack o'lantern also has an interesting past. An Irish legend speaks of a man named Jack. He was too bad to go to Heaven, but since he had played tricks on the Devil, he was not allowed in Hell. He was forced to wander the earth with his lantern. The Irish people originally made jack o'lanterns out of *beets and potatoes*. It was not until people came to America when they first started to use pumpkins.

Halloween is a wonderful time of the year, and it has a rich history. If you want to peer more into the murky waters of All Hallow's Eve, go to the library and look it up in the dictionary or on the internet at <http://www.excell.net/lily1013/sahmain/main.html>.



Be careful tomorrow night!!

Keeling recognized for leadership



Emily Riggs
Co-Editor-in-Chief

Lorrie Keeling has been named as October's Junior Rotarian.

"Lorrie is an outstanding young lady of high character and has been very active in several LOHS extra-curricular activities. She has always had a positive attitude and demonstrates strong leadership potential. She represents Lone Oak High School very well," stated Mr. Roe.

She has attended the Lone Oak school system since kindergarten and has

maintained a 3.8 GPA throughout her high school career.

Keeling is involved in many activities. She is a long time member LOHS musical department. She plays the oboe in the band and participates in color guard and winter guard. Choir also fits into her schedule as well. She sings for LOHS choir (concert and chamber), and also in Ensemble Choir at her church, Lone Oak First Baptist.

Aside from her musical talents, Keeling is a two year member of PALS (Purchase Area Leaders of Support), Beta Club and TCIM where she has served as President

twice. Recently, Keeling was just chosen to be on the Teen Panel for the Paducah Sun.

Last summer, Keeling participated in a Junior Ambassador program sponsored by Hope Unlimited. She was co-host for a radio talk show for WKMS, a station out of Murray. There, she was able to interact with other teens concerning issues about drugs and alcohol. As for the future, Keeling has looked at Spalding University, majoring in psychology.

"I've been interested in finding out reasons as to why people are like they are," stated Keeling.

CLUB NEWS! CLUB NEWS! CLUB NEWS! CLUB NEWS!

Many clubs were very busy during the month of October. Below are a few of the activities they participated in.

BETA - The betas kicked off the year with a fundraiser, selling t-shirts. They also helped the less fortunate by collecting coats for Cal's Coats for Kids, "trick-or-treating" for canned goods and filling boxes with food for H.B. Fuller. They spread cheer throughout the community and visited Lourdes Hospital, The Jackson House, and helped with a Halloween Party at HLOE.

FHA - The homemakers also started the club season with a fundraiser, selling magazines. They held a "Go Bananas!" party (banana split party) for all the members who had paid their dues.

ART and STUDENT COUNCIL - The members of these two clubs co-sponsored the football homecoming dance.



FHA officers (from left to right) Tammy Robertson (11), Kristee Coursey (11), Christina Purcell (10), Traecee Werner (12), and Carlene Capps (10), dive into banana splits at the go Bananas Party.

Key Clubbers Care

Kelly Reeves
Editorial Editor

"Caring-Our Way of Life." How many people know what club this motto describes? If you don't, you will in a second! The Key Club is built around the concept of caring for our community and school, hence their motto.

The Key Club actually does back up this motto with the many activities they do to help the world around us. They sent a get well card to Michael Priddy, the former LOHS student injured in the recent MSU fire. They've also sent birthday cards to elderly residents of nursing homes around the area.

They will sponsor the Basketball Homecoming dance, co-sponsor the Data Match (around Valentine's Day) and they have recently adopted the campaign for a Smoke-Free Youth Project. This project enables Key Clubbers to prepare speeches and presentations for middle-school aged children encouraging smoke-free habits.

If this club might be of interest to you, don't worry, you haven't missed out on all of the activities, yet! The Key Club hopes to start visiting lonely elders at nursing homes and focus on helping physically disabled people in the community by raking leaves and doing other outside chores. They will also collect for Cal's Coats for Kids.

Check them out on the next club meeting day!

Gore's



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Leave Lilith behind

Jody Suhrheinrich
Staff Writer

Alright all you Lilith Fairies out there, I know how we all enjoy a soul-searching folk song every now and then, but let's put Sarah, Natalie, Jewel, and Shawn aside for a little while. Allow me to introduce you to some women who are a little less harmony and little more hardcore.

Hole- Who could forget Courtney Love, the grunge rocker turned glam-queen who helped bring the entire Alternative music scene into focus? She's back with a new album and a new frame of mind, called *Celebrity Skin*. So if you're looking for some good old fashioned guitar and scratchy vocals, be sure to check it out.

Lauryn Hill- The former Fugees member has released an album of her own called *The Miseducation of Lauryn Hill* which explores Hill's inner self through intricate lyrics and beats you can dance to.

Garbage- How could you not love Shirley Manson, the Scottish lass who fronts this techno-alternative band? Pop in *Version 2.0*, their newest album and you'll be pumped for any occasion.

Sheryl Crow- A lot of people probably automatically think of "All I Wanna Do" when they hear her name, but as her self-titled album demonstrates, Crow deserves a lot more credit. Sheryl proves she can rock it through a more amped guitar, bass and drums. Her newest album, not released at the time this article was written, has already received rave reviews. Need more proof? She abandoned Lilith Fair this year to complete tour alongside The Rolling Stones



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Get ready for a "Bare-Naked" November!

David Jolley
Staff writer

For those of you who enjoy good music there are some great concerts coming to the area. In the month of November there will be a lot of music and fun.

First and foremost is the Bare Naked Ladies. The Ladies are a Canadian band that isn't new to the alternative scene. They combine soft rock, hard rock, and a unique style of stand-up comedy. The BNL will perform hit songs from their latest cd "Stunt" and I wouldn't be surprised if they did some BNL rapping. The concert is in Nashville on the November 18th and in St. Louis on the 20th. This is the concert no one will want to miss. Call Ticket Master-Nashville at 901-525-1515 for tickets and MetroTix-St. Louis at 314-534-1111 for the St. Louis show.

One of the best performers and bands of the 90's will be making an appearance in Lexington on the 20th. The Dave Matthews Band is a unique blend of violin, acoustic guitar and a singer with an indescribable voice. Tickets are on sale now check WWW.dmband.com for ticket info.

If Semisonic isn't overplayed enough, and you want to hear something other than "Closing Time" then head to St. Louis on the 20th for an alternative show. Call MetroTix of St. Louis at 314-534-1111 for information.

For a band that has no hits on the radio or top ten cds, Phish has some of the most dedicated fans and entertaining shows. Phish heads will gather on November 15th in Nashville. Phish won't make you deaf, they're a feel-good band that provides soft rhythm and mellow guitar tunes. Call Ticket -Master of Nashville for info.

Deer hunting begins

Alicia Reeves
Staff Writer

Get out your guns, bows, and camouflage and run to your treestand. Yes, my friends, September 19th kicked off the opening of deer season and thousands of Kentuckians, young and old, male and female are making deer hunting their temporary pastime.

For McCracken County, which is hunting zone three in Kentucky, the bow season ends January 15th. If you're a better aim with a gun, then muzzle loading comes in October 24th and ends October 25th. If muzzle loading happens not to be your specialty, then you can hunt with your favorite Browning rifle November 14th-23rd. During the 14th and 15th, Zone Three is allowed to use a gun on antlered and antlerless deer. It is only legal to kill deer with antlers with a rifle from November 16th-23rd.

A good thing to remember when hunting is that the deer know the woods a lot better than you do. Therefore, it is always best to scout out a good spot, watch the deer there for a week or so and study their habits. Once you get to know how the deer move around then you should be able to follow them well.

If you're having trouble finding a spot where deer are consistent, you can plant some clover, which deer love to eat, or lure them there with a synthetic product such as the lovely aroma of "doe urine."

Whatever you do, always remember that safety comes first; a good hunter is well aware of the dangers of hunting and how to prevent them. Also, don't get discouraged if you don't bag a nice one in the first round. Keep trying. There's a biggin' (which is sometimes referred to as "Elmo") out there with your name on it. Happy hunting!



Amanda Canter with her prize.

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- | | |
|------------------|-----------------|
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| • Vice President | Ashley Canup |
| • Secretary | Jessica Fortney |
| • Treasurer | Josh Watkins |
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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 affect the audience. Final authority for the content of the paper rests in the hands of the principal.

The Oak K	
<p>Co-Editors -in-Chief Lucy Jackson Emily Riggs Megan Williams</p> <p>Editorial Editor Kelly Reeves</p> <p>Features/News Editor Tracee Werner</p> <p>Sports Editor Jacob Mitchell</p> <p>Circulation Manager Sunil Manchikanti</p> <p>Coroner Jay Swacker</p> <p>Staff Writers Blake Owen David Jolley Alicia Reeves Jody Suhrheinrich</p> <p>Sponsor Mrs. Campbell</p>	



Robert Downs (12) teaches the elementary kids to count again; only this time in a different language for a Spanish IV assignment.



Ben Thompson (12) can't quite get the door open for Homecoming Queen candidate Kim Chopra.




The effects of Fort Massac: At the beginning of the day, everyone seems ready for adventure.....



....but at the end of the day, Sarah Settles (11) and Robert Downs have had too much fun.

**Gene Boaz
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Lone Oak's "lost" team has one heck of a year

Sunil Manchikanti
Circulation Manager

Golf? Why not? Golf is a sport that deserves more attention in our school. It is time to recognize the golf team's achievements and hard work.

During the first week of August, the Lone Oak golfers began training for the fall season. The team practiced at the Rolling Hills Country Club and at the Silos, off of Highway 62. The LOHS boys' golf team ended the season with nine wins, two ties and only one loss in regular matches.

The team also participated in four tournaments. At the Tilghman Invitational, the boys placed first. Chris

Gregory(10) ranked third place overall in the tournament. At the Trigg County Invitational, where Jeff Heath(12) ranked third overall, the team placed second. At the Murray Invitational, they placed third. The boys placed sixth at the Regional Tournament.

The girls' golf team has only two members. Heidi Seltzer(10) and Erin Lyles(10). Unfortunately, they weren't able to play as a team with only two people. The girls only played for individual rankings.

"It's the best season we've had at Lone Oak in the twelve years I've been coaching here," said Coach Pope, who was pleased with the performance of both the boys and the girls this season.

Golf stats

Men's Team

Name, Class	Av. Strokes/Rd.
Jeff Heath, Sr.	39.8
Jason Hill, Sr.	42.5
Eric Dew, Jr.	40.5
Casey Brantley, Jr.	40.1
Robert Hite, Jr.	39.8
Chris Gregory, Soph.	40.1

Women's Team

Name, Class	Av. Strokes/Rd.
Heidi Seltzer, Soph	50
Erin Lyles, Soph	51

Yarbrough goes to Disney World for selection as baseball All-American

Emily Riggs
Co-Editor-in-Chief

LOHS junior Shawn Yarbrough was chosen to play for Team USA in the AAU Fall Team Baseball Showcase tournament.

"It's a way for a lot of players to play in front of the college and pro scouts," Yarbrough stated in *The Paducah Sun*. "Most of the guys in this were seniors, but I was one of the few juniors that got picked for it."

The tournament/showcase was held at Walt Disney World's Wide World of Sports complex, Disney Stadium, in Orlando, Florida, October 1-4.

Yarbrough played on one of the many teams representing the US. The team Yarbrough was chosen to play for consisted of juniors and seniors from

across the country. Team USA played a total of four games. They won three beating Puerto Rico, Panama and New England. They were defeated by Florida.

"The tournament was composed mainly for the showcase of players planning on attending college or playing in the pros. There were several scouts at this tournament," Yarbrough stated.

Throughout the tournament Yarbrough was 4 for 7 with three singles, and one triple, five stolen bases, two walks, and one error.

Last year, as a sophomore, for the Lone Oak Flash baseball team Yarbrough had a .380 batting average. This summer he hit a .348 playing for the Paducah American Legion Post 31, where he posted one home run, 24 RBI's and six stolen bases.

Athletes of the Month

Girls Soccer



Tracee Werner,
Senior

Chosen for
outstanding defensive
play

41 steals

81 tackles so far this season

660 minutes played

Tracee had this to say, "It's nice to know that defensive players are getting more recognition."



Boys Soccer

Les Miller,
Senior

Chosen for
outstanding offensive
play

20 goals

14 assists

920 minutes played

"In a team sport it is difficult to recognize the accomplishments of an individual. One can only play as well as the team around him," Les said.

Soccer teams play with heart, but fall short



Sara Angelly(11) makes an art form out of soccer gymnastics.

Photo by Blake Owen



Les Miller (9) dribbles around Mayfield's defense.

Photo by T. Werner

Emily Riggs
Co-Editor-in-Chief

After a season record of ten wins and four loses, the Lady Flash opened the district tournament win a satisfying victory.

Katie Taylor scored the second goal shooting once hitting the cross bar, then following her own shot and heading in. Tracee Werner scored the first and last goal of the game for a final score of 3-2.

In the championship game of the tournament Lone Oak was to face Reidland. With the first half scoreless, one Reidland player broke the 0-0 tie with just about 55 minutes left to go in the game. In the end, Lone Oak fell short with a final score of Reidland 3, Lone Oak 0.

Although Lone Oak placed second in the district they will still advance to Regionals which are held in Hopkinsville

Tracee Werner
Feature/News Editor

Lone Oak boys had an outstanding season record of 14-2. Because of this record, they were ranked twelfth in the state.

The boys then went on to win their first game of the district tournament against Reidland. Les Miller(12) scored one goal and assisted the other three.

Due to extensive injuries in a previous game, Josh Luscombe(11) was not able

to play goal in either of the two games, and will not be participating in the regional games, either.

His substitute, Micheal Fortney(11), had two excellent games with only one goal scored against him.

The boys, however, lost their second game against Tilghman 1-0, due to a bad off-sides call made by a sideline ref.

The second half was momentarily interrupted by two soccer fans sprinting nude across the field.

Flash Seniors explode for final farewell

Jacob Mitchell
Sports Editor

What a way to say goodbye.

The LOHS football team celebrated Senior Night on Friday, October 16, and the Purple Flash annihilated its outmanned foe.

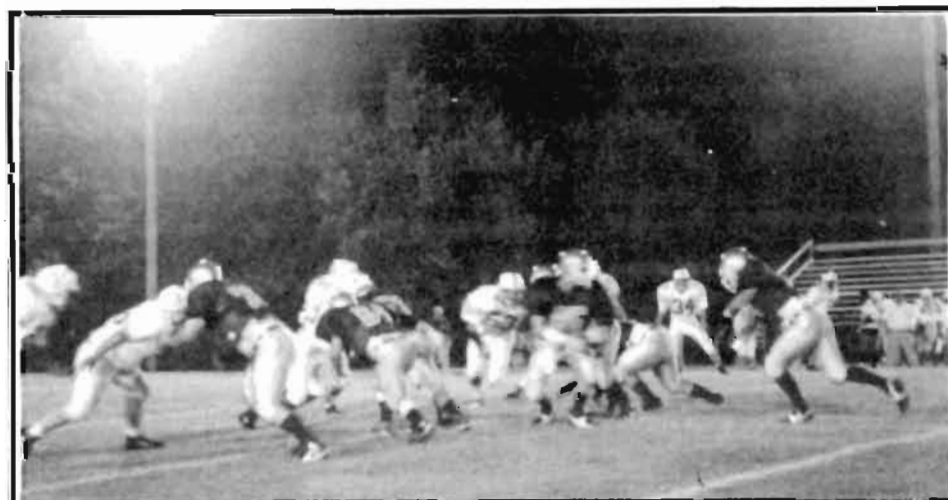
The first senior to make his mark on the game against the Fulton City Bulldogs was Nathan East. East caught a pair of scoring passes from Senior quarterback Tim Burrows in the first quarter. The pair hooked up several times during the night, showing that the duo is tops in the region.

The Flash racked up 20 points in the first quarter, and that proved all they

would need as the suffocating defense limited every Bulldog drive. Senior Jon Walker ran to the endzone for six points and fellow Senior Cartney Mitchell kicked a field goal.

The second half showed less offense but more of the same tight defense. The Flash scored on an East reverse play and the D held up to shutout the Bulldogs, 37-0 proving senior night a game to remember.

Flash seniors -- Tim Burrows, Jon Walker, Sandy McDaniel, Nathan East, Justin Denton, Ryan Clark, Jeremy Puckett, Robert Downs, Josh Hawkins, Jeff Waldrige, Cartney Mitchell and James Madden.



Tim Burrows, quarterback, hands the ball off to Jon Walker for a run up the middle.

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1998 Flash Football

Record: 3-6

District Record: 0-6

Hopkinsville, L, 56-7

Hopkins Central, L, 27-17

Paducah Tilgman, L, 48-0

Union County, L, 29-20

Fulton City, W, 37-0

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