



Biology club braves the wilderness

David Jolley
Staff Writer

"Roughing it" has a new meaning to the members of the Biology Club who went back packing on November 13-15. The group of thirty students lived on nothing but their wits, some food, and water purifiers a weekend. Mr. McGroarty, Mr. Wallace, and Miss Underhill headed the excursion, and protected the students from lions and tigers, and mean guys with dogs. The trip's purpose was to get students out in wilderness and find out there is much more to life than cell phones and televisions. This is my personal account of the experience...

The trip started in a hike without the packs in Bell Smith Springs in Southern Illinois. The area was gorgeous and we saw many different geological features such as a natural Ark. This hike also included a look at a creek and some rock formations.

After the small hike we boarded the bus and rode to our destination and then we abandon civilization for the next 48 hours. We stopped to eat lunch on a small grass patch along a stone road, and then we loaded up and headed toward the wild.

About an hour after our lunch we had a short lesson in leaf identification. Our task was to identify as

many leaves and trees as possible in an hour's time. This activity taught the group where we could find certain trees in our country and what kinds of characteristics they had. When that was over we traveled onward toward our campsite.

Just before dark we came to an opening in the woods and found ourselves at the campsite. As I was thinking about how nice it was to be finished, I finished climbing down a rocky slope in Bell Smith Springs. Mr. McGroarty set us to work. Many things had to be done before we could get settled. The night was going to be cold and the only heat available was fire, so

we needed a very large pile of firewood to be comfortable throughout the evening. After the wood was collected, the tents had to be set up and beds made. Then we proceeded to what seemed to be the most difficult task of the weekend: eating. After the work was done we were surprised to find out how tired we were on a Friday night.

Early to bed, early to rise" is the saying, and most people were around the next morning to pack, cook, and get fresh water. As soon as everybody was ready to go, we headed off to the five miles to our next destination. Saturday was the day that separated the men from the boys (to coin a phrase for the girls). The

outing hike was over rough terrain, through ice cold water and up many hills. When we finally made it to our campsite (and everyone did!) the view was breathtaking. We camped in a canyon with a cave-like wall on one side and a beautiful stream on the other. Most of the night was spent telling ghost stories and singing camp songs. But in the middle of the night some "men," who will remain nameless, let the ghost stories go to their heads and lost a little sleep over some imagined noises. It's a good thing Miss Underhill was there to protect them!

The next day I think everyone was ready for a home-cooked meal, a shower and a toilet. The short hike was made to get the bus and we were on our way. The ride home was silent as some people got the best sleep they had in two nights. When we arrived at school, Mr. McGroarty claimed we were the best group he'd ever taken and no one argued the fact that it was a fun trip.

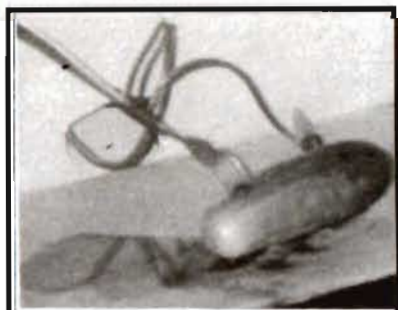
There is more to life than at least televisions, and we all learned a lot and spent quite some time making new friends, telling stories and making memories. Most of us will keep forever speak on behalf of the group when I say, "Thanks, Coach."



Photo by David Jolley

Miss Miller (10), Katie Taylor (11), and Emily Hayes (10) climb down a rocky slope in Bell Smith Springs.

Flaming pickles ... 3



Share the road ... 5



Meet the media students ... 6



Football snapshot ... 11



Key Clubbers meet with Judge Executive

Blake Owen
Staff Writer

Recently, Judge Executive Danny Orazine signed a proclamation declaring the first week of November Key Club Week. Key Club members from around the county schools met with Orazine on October 14.

Key Club Week is a way of rewarding the Key Club's efforts to help out the community. Last year the Key Club did an anti-smoking campaign at Lone Oak Middle School. For their efforts here two Key Club members were rewarded with scholarships.

Joanie Sims, Key Club Sponsor says, "The Key Club is working to promote lifelong community service habits."



(L to R) Rachel Gearhart (11), Judge Executive Danny Orazine and Carrie Sisto (12) present the proclamation declaring Key Club Week.

Literary Club gears up for winter

Jody Suhrheinrich
Staff Writer

The LOHS Literary Club is gearing up for some very exciting events this winter, and contrary to popular belief they're far from boring. On December 7, the members are going to attend the play by C.S. Lewis, The Lion, the Witch, and the Wardrobe. Ms. Morefield and Ms. Underhill, the club sponsors, are also tentatively planning a trip to Nashville to see The Nutcracker during Christmas break. The Literary Club is toying with the idea of a book swap where students could bring in old books and buy, sell, or trade for other students' books. Finally, they would like to continue the tradition of the Coffee House, in which students could enjoy gourmet coffee and present original pieces of work.

LOHS dynasty in the making

Staff Writer

Can you name a Lone Oak team that has remained undefeated in the past two years? Most people are hard pressed for an answer. This is because they don't know about Lone Oak's Junior Varsity Academic Team.

Last year, they finished with a 14-0 season, the first team to do that in Lone Oak history. After a season like that, some wondered if that mark could ever be topped.

At the start of this season, the team seemed poised to do it again. With a returning star in Amy Chapman (10) and great support from players like Brett Sanders (10), Garrett Wheatley (10), Jason

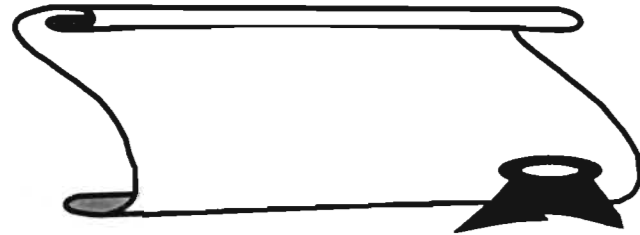
Bergstrom (10), Jay Swacker (10), Lindsey Ward (10), Josh Woleben (9), and Hunter Campbell (9), the academic team managed to pull off another perfect season.

Winning all fifteen matches, they solidified themselves as one of the best teams in the region, if not the state. Sanders, Wheatley, Woleben and Chapman form the nucleus of a team that made it to the 1997 State Governor's Cup where they were upset in the finals by Johnson City High School.

Now, after two perfect seasons on the J.V. team, people are wondering if they can win the state tournament in 2000 and 2001. If all goes well, they could bring home two state titles for LOHS. Good luck!

College Information

- ☛ Washington University is announcing their new scholarship for Hispanic students, which will be awarded to students of exceptional merit. Deadline is January 15, 1999.
- ☛ UK College of Engineering scholarship applications are available in the guidance office. Deadline is January 15, 1999.
- ☛ If anyone is interested in attending Berea College, let Mrs. Reeves know. She can nominate you for a \$60,000 four year scholarship.
- ☛ ACT test date- 12/12/98
- ☛ SAT test date- 12/5/98
- ☛ Representatives from University of Kentucky will be at LOHS 11/30/98



NEIL WARD
Owner/Operator

(502) 443-6493 Business
(502) 898-3314 Residence



2429 Bridge Street
Paducah, KY 42001

THE
Flower
GALLERY

3021 Lone Oak Road
Paducah, KY 42001

(502) 554-7832
Out-Of-State 1-800-554-7832

Career-minded students test out the job market

Megan Williams
Co-Editor in Chief

How do you evaluate success? Can helping people be a career? These are some of the questions LOHS co-op students were asked while participating in mock job interviews, October 12-17.

Eleven professionals working in legal, medical, business, banking, education and communication occupations conducted the interviews.

"It's encouraging to see students prepare for their future," said Brent Denker, stockbroker for Hillard Lyons and interview conductor.

Before the interviews were conducted the students completed

job application forms, resumes, and cover and follow-up letters. The students were videotaped during their five-minute interviews where they were asked questions related to the job they were applying. The students later observed and critiqued their interviewing experience.

"I am very proud of each student. They worked hard to complete an assignment that will hopefully one day be the beginning of a wonderful and fulfilling career. If they choose a job they love—they'll never have to work a day in their lives," said Mrs. Harper, Marketing and Office Procedure Co-op instructor.



Kristy Krug is in the middle of her interview.

Flaming pickles

Alicia Reeves
Staff Writer

"There are mysterious educational purposes behind it." This is what science teacher Mr. Whitley has to say about Pickle Ignition Day. Friday, October 30th was the third annual Pickle Ignition Day for LOHS students. This special day was designed for those fortunate students in all of Mr. Whitley's science classes.

Pickle Ignition Day, started by Whitley, became for him a very anticipated day of the school year.

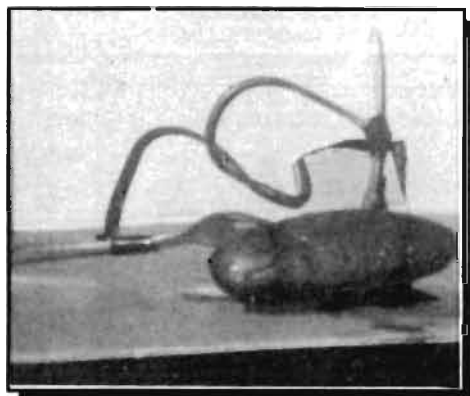
"It's the only way I can satisfy my sadistic tendencies," says Whitley.

Whitley prepares the students from the very beginning of the school year for the big event. Then, on the day of (or in this year's case, the day before) Halloween, he sends an electrical current into a pickle, causing it to light up for a few seconds.

According to Whitley, this experiment is pretty intense. "There's no way to fully prepare students for such an event, therefore we just do it."

This year's Pickle Ignition Day was another huge success.

The ill-fated pickle has been readied and is awaiting the experiment.



Yeah-Rah Teen Spirit

Alicia Reeves
Staff Writer

November 18th marked the beginning of the regional Teen Spirit art competition. This was the day that all the students turned in their entries to the Yeiser Art Center to be judged and placed.

The students that place first through fifth will receive a cash prize. The first place winner, in this case called the Best of Show, receives \$250 plus the school that the Best of Show winner goes to acquires \$500 for the development of their art department. The rest of

these cash winners obtain juror's awards, second place getting \$100, third place receiving \$75, fourth place \$50, and fifth place \$25.

"We've been working to mat and frame our artwork these past weeks to prepare for the show," says art student Becky Eason (11).

According to Lyndi Curtis, another LOHS art student, this year's turn out is likely to be successful: "We have all worked hard on our projects and I think we will do well this year." The results of the competition will be featured in next month's issue.

Gene Boaz Photography



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

dippin'
dots®

Ice Cream of the Future®

www.dippindots.com

Lovebirds, step aside!



Kelly Reeves

Editorial Editor

Ahhh, high school. First loves, true loves, raging hormones...okay you get the point. I've noticed all of this chemistry popping up in the eyes of young lovers in these ordinary halls of LOHS.

All this love really is heartwarming. That is until you run into the hard, cold fact that couples sweetly walking very closely side-by-side and hurrying around them to beat the bell just doesn't mix! I mean are couples cryogenically bonded to the sides of each other, or is it just my imagination? It seems like every day as I'm rushing through the

halls, these paired off mini-walls keep blocking my path. I feel like Mario, trying to finish the level but can't because I'm too small and the bricks won't break!

Don't get me wrong, however. Its not that I don't love seeing couples in love (I've got a little love of my own). But maybe since they're totally oblivious to the outside world, they could step to the side and let us more unfortunate people (who don't have anything better to do between classes) rush to our classrooms and take the more detentionless way out.

So please, next time you and your sweetie (you know whom I'm talking to) decide to walk very slowly and stare meaningfully into each other's eyes, please step aside so I can make my way quickly and efficiently to class.



Rebelling isn't so bad after all!



Lucy Jackson

Co-editor-in-Chief

To rebel. This phrase has one main meaning and yet many different extremes and although it may sometimes create fear in the minds of parents who hate to think of their little angels being too expressive, rebelling shouldn't be considered the enemy of the All-American family. Actually, letting a youngster be a little rebellious might not have any bad effects at all, minus a few extra holes in the body from a few crazy piercings.

My point is this: we, as teenagers, regardless of how in touch with ourselves we think we are, are still growing and still in search of our true self (if you'll excuse my cheesiness.) Kids who are in that weird stage between childhood and adulthood often desperately need to express themselves. The freedom to do so is one

that is necessary despite guardians sometimes wishing their kids were still wearing sailor suits and saddle shoes.

Letting teens dress, color their hair, pierce and tattoo what we want gives us a sense of freedom and at least, in my case, makes me feel like I don't have to do things that are stupid and dangerous in

"Allowing certain extents of expression...might keep kids from any serious rebelling."

order to prove that I have control of who I am. Allowing certain extents of expression, especially concerning things that aren't going to affect someone's long-term well being, might keep kids from any serious rebelling.

My parents have always allowed self-expression whether or

not they embraced it. My brother had long hair and beard in high school and they never said a negative word. In my quest to have some body art, my parents gave into the idea of my getting a tattoo. My mom, obviously caught up in the fun of it, is even trying to design one for me, although she supposedly still doesn't think it's the best idea. Living with these types of freedoms has been very good for both my brother and me. I think it's given us a sense of independence and a feeling that we've made our own decision about the image that we have.

I'm definitely glad I have been subject to this type of environment and I hope that when I have my own little budding people to raise, I'll let them make the decisions I always wanted and was always allowed to make. Hopefully, other parents will too. After all, these types of freedoms make a happier, healthier and more independent kid. Isn't that every parent's dream?

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

Orthodontist

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

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

1625 121 Bypass North
Murray, Kentucky 42071
(502)753-7858

Byron M. Forbes, R.Ph.
Owner/Manager



84 Plantation Drive
Paducah, KY 42001

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

Where are your priorities?



Jody Suhrheinrich
Staff Writer

In the spirit of Thanksgiving, I've decided to write an editorial about well, giving thanks. Here in the spoiled little suburb we call Lone Oak, it's easy to get caught up in our shiny new cars and twenty pairs of shoes- and don't get me wrong, there's nothing spoiled about being rewarded for hard work. But so many times that is not the case. We become so wrapped up in who has what and how they got it and how we can get it too, that we fail to notice that not everyone in society is concerned with whether or not they are driving a '98 model car. Some people right here in Paducah are only thinking about how they're going to afford their next meal. In fact, if you're sleeping with a roof over your head, you're doing better than most.

I guess my eyes were opened when my mom assumed the position of Director of Paducah Cooperative Ministry, which takes care of Paducah's poor, tired and hungry every day.

When mom asked me to volunteer my time to help bag groceries for the hungry, I was, to say the least, reluctant. My day to day concerns revolved around sleep, junk food and CD's, but after witnessing families come in with nothing but the clothes on their back my priorities definitely shifted. Suddenly nothing I had seemed important, and I felt petty wearing brand-name sneakers around kids with no shoes at all.



I'm not trying to preach to you, or tell you what a stellar human being I am, because God knows I'm no disciple. You don't have to sell all your possessions and give your life to charity, in fact you don't even have to volunteer (although it would be appreciated). All I'm proposing is that you open your mind and look at the big picture. I think that by finding value in things you possess you'll gain acceptance and understanding, but if you continue to seek more material things you'll never realize what's truly important. So this November I urge you to say thanks for something you've never said thanks for before.

Hey, lay off the bikers please!



Jay Swacker
Coroner

People have got a slight attitude problem. Some think that only cars belong on the road. Well, I'm the Messenger of Slightly Shocking News and I'm here to say that the roads are open to all types of travel, not just automobiles.

If you are like me, which most of you *aren't*, you enjoy a pleasant ride on your bike. Whether it's a trip downtown or a ride at Land Between the Lakes, I always seem to run into an evil driver who doesn't like cyclists. Why?

The reason I have noticed that most motorists don't like us bicyclists is because they feel threatened. Here is Joe Shmoe, your typical driver, hurriedly cruising down a major roadway. Along comes yours truly on my bike. Even though a word was never spoken between us, a quiet conversation has occurred. Joe sees me and instantly hates me because, unlike him, I got off my duff and did something today.

Instead of firin' up the old gas-guzzler I have decided to go out and get some old-fashioned exercise. Joe becomes inflamed with rage at his obvious laziness (brought out by me). In the end, it amounts to his rolling down his passenger-side window, and yelling out "GET OFF THE ROAD YA STUPID ID-IOT!!!!!!!"

There are many things wrong with this statement, not to mention its obvious redundancy (Have you ever heard of an intelligent idiot?). First, Mr. Shmoe doesn't even know me; therefore he cannot judge my intellectual status. Second, "ya" isn't even a word (if you're going to insult me, please use proper English). Third, he isn't Lord of the Road; he has no right to tell me to get off/on it.

If you happen to be like Sir Shmoe, try to be a little more courteous to other travelers. It isn't very fun to be yelled at when you're at a stoplight (how would you like it if I did it to you? Hmmm). So the next time you see a cyclist, instead of honking and letting out a stream of obscenities that would make even a sailor wince, why not shout out something encouraging? At the very least, leave me alone and I'll stay out of your way!

Second lunch means second class for hungry students



Megan Williams
Co-Editor-in-Chief

This is the editorial that should have appeared along with the cartoon in last month's issue.

After four grueling hours of note taking and lectures, the bell finally rings ending fourth hour and I head to the cafeteria along with the other half of the student body forced to eat second lunch. I join the end of one of the three massively long lines and wait patiently to receive my delicious meal.

Approaching the buffet, I

find for the fifth time this week that the meal has been somewhat altered from the menu. The grilled cheese sandwich has become melted cheese between two hamburger buns, the tator tots are now fries and the brownie has mysteriously disappeared. I scan the trays of students who were in the first half of the line to find that they have grilled cheese with regular tasty white bread, tator tots and the brownie. Even though my meal is missing an item and is not quite as tasty as the original, I still have to pay \$1.50. I head to my seat feeling ripped off and sickened by the sight of the baked hamburger buns.

This scenario is repeated regularly in second lunch throughout each week. The cafeteria runs out of some food items and they are either replaced with another item or

nothing at all. There are two simple solutions to this problem. First, more food should be ordered. About the same number of people purchase meals from the school daily, so an accurate estimate of the amount of food needed can be obtained. Second, if the first solution is for some strange reason not possible, the price of the lunch should be lowered for those who do not receive the entire meal. This way the students will be left with some money to replace the missing items from the meal to purchase Debbie cakes.

My motive for writing about this subject is not to criticize our cafeteria workers. I realize they have a difficult task in feeding hundreds of students and they are not responsible for the amount of food purchased. However, each student

at our school should be treated the same with equal rights and privileges. At this point in the school year, that is simply not true. Students who eat during second lunch do not have a clue what will end up being their meal each day. Maybe second lunch means second class.

R. Donald Helne,
D.M.D.
Oral and Maxillofacial Surgery

554-2026

Bayley Square
Suite #5
2850 Lone Oak Road
Paducah, Kentucky 42003

Stars of the Media Class work hard as well as shine

Jody Subrheinrich
Staff Writer

Here at the Oak "K" we like to give credit where credit is due, and WLOH or Mrs. Wyatt's Media class is definitely deserving. You view their vital

information on their televised announcements every day, but how much do you really know about these 16 Tom Brokaw Juniors and how they produce the news? I returned to my broadcasting roots to observe how Bret Martin (12),

Kim Smith (12), Stacey Thrasher (12), Leslie Sither (12), Jennifer Hibbs (12), Jessica Fortney (12), Jacob Nance (12), Rebecca Herrington (12), Lori Larisson (12), Melanie Vinson (12), Christy Brookshire (11), Bethany Williamson (11), Aaron Peeler (11), Adam Miller (11), Melissa Franklin (11), and Amy Chapman (10) deliver the latest infor-



mation straight to you every day.

Contrary to what you may think, Media is a lot of hard work. Sophomore, Amy Chapman states, "It's more like a job than an actual class." Unlike PCC and News Channel 6, WLOH students are responsible for all aspects of production. For example, specific students are not designated to specific jobs such as cabling or sound. The students rotate through different job assignments like: Director, Mixer, Titles, Sound/mike check, Announcer, Cue

Cards, and Cue Cards- just to name a few. Although the world of journalism is never predictable, a typical production usually runs something like this:

7:42 a.m.- Adam and Stacey select the song to be played on the opening and closing credits. Christy begins typing titles on the title-maker. Amy checks in the office for new announcements.



The entire class poses after a long hour of creating our announcements.

Photo by J. Subrheinrich

7:45 a.m.- Cables are connected.

Aaron and Amy sort through old and new announcements, and then begin writing them.

7:48 a.m.- Mrs. Wyatt reviews the lyrics of the song to ensure they are appropriate.

8:00 a.m.- Finishing touches are made on preparations. Bee, the director determines the order in which the announcements are to be read. Announcers read over what is to be said.

8:08 a.m.- First practice run-through begins. The Director cues the Mixer to begin recording, the music to start, the mixer to fade in and the credits to begin.

8:09 a.m.- Error is made by announcer everyone stops.

8:11 a.m.- Restart

8:15 a.m.- Stop, there is wrong information on the cue cards. This is corrected the crew restarts.

8:23 a.m.- Stop for the third time, Aaron, Amy and Mrs. Wyatt rewrite a tricky announcement.

8:28 a.m.- Corrections are made, begin again. Third time's a charm and this run-through is a winner.

8:31 a.m.- The media staff watches the tape and keeps an eye out for mistakes that they might have missed. The tape is cued up and sent off to the library.

8:33 a.m.- Preparations are made to do the whole thing over again tomorrow.

This may seem like a lot of hard work and frustration, but everyone seemed to agree that it's worth it seeing their production on television. This class is also beneficiary to those who wish to pursue a career in broadcasting by improving their knowledge of how a real news show operates, and by improving their communication skills. Mrs. Wyatt remarks, "I am so very proud to be a part of this class, and their hard work and dedication." So next time you see your peers telling you how it is on WLOH, listen up!!!

Discover a look to treasure



WITH A
FREE
HOLIDAY
MAKEOVER



Update your look from "everyday" to "holiday" with Holiday Treasures - Merle Norman's luscious new palette of rich, true reds and passionate plums for eyes, cheeks, lips and nails. Drop by today for a look to treasure through the holidays...and beyond.

Merle Norman Cosmetics 2223 Broadway 443-4002

Independently owned and operated.

MERLE NORMAN
COSMETIC STUDIOS

CITIZENS
BANK & TRUST

333 BROADWAY • P.O. BOX 2400
PADUCAH, KENTUCKY 42002-2400
PHONE (502) 575-5100
FAX (502) 575-5368
Member FDIC

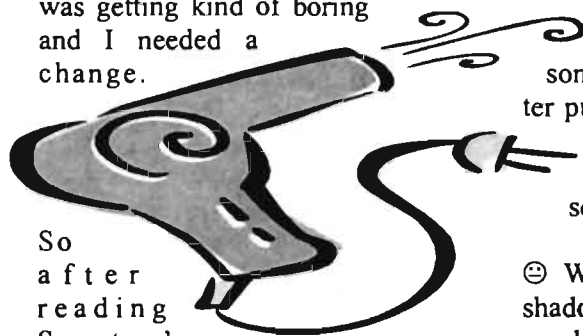
Here's the real deal on beauty products for real people

Kelly Reeves
Editorial Editor

Since I've made so many mistakes in deciding what beauty products to buy over the past couple of months, I have decided to let you in on the real deal about all of the stuff that you should not waste your hard-earned money on. I've done some investigative reporting and have come up with a list of beauty products which have made me anything but beautiful.

☹ Seventeen magazine says that pomade isn't greasy and gives your

hair style, I say that it makes your hair look like it's just been slathered with pizza grease. My hair was getting kind of boring and I needed a change.



So after reading Seventeen's beauty section, I set out to Wal-Mart to get L'Oreal's "The Touch"

pomade. About an hour after I put it on, my hair looked as if it hadn't been washed since February!

Beauty tip: If you want this year's piece/wavy look, get some hair gel and don't dry it after putting in your hair. But if you really want pomade, just save yourself \$5 and buy some Crisco!

☹ What do you figure a line & shadow, color clarifying eye pencil would include? Eyeliner on one end and eye-shadow on the other, maybe? No! Just eyeliner with a

useless brush thingy on the other end that fools you into thinking its eye-shadow! So I wasted \$8 on eyeliner that doesn't even make my eye color stand out! Worse than that, right after I opened the package, the fake brush broke and came off with the clear top.

Beauty tip: Go to the Clinique beauty counter and spend an extra \$3 for the real thing. Clinique's Quickliner for eyes is a non-breakable beauty product in gorgeous colors that actually has both the shadow and the liner!

Why *did* the chicken cross the road?

Tracee Werner
Feature/News Editor

QUESTION:

"Why did the chicken cross the road?"

ANSWERS:

KINDERGARTEN TEACHER: "To get to the other side."

PLATO: "For the greater good."

ARISTOTLE: "It is the nature of chickens to cross roads."

KARL MARX: "It was an historical inevitability."

TIMOTHY LEARY: "Because that's the only trip the establishment would let it."

SADDAM HUSSEIN: "This was an unprovoked act of rebellion and we were quite justified in dropping 50 tons of nerve gas on it."

BILL CLINTON: "I forgot."

CAPTAIN JAMES T. KIRK: "To boldly go where no chicken has gone before."

HIPPOCRATES: "Because of an excess of phlegm in its pancreas."

MOSES: "And God came down from the Heavens, and He said, 'Thou shalt cross the road.' And the chicken crossed the road, and there was much rejoicing."

RICHARD NIXON: "The chicken did not cross the road. I repeat, the chicken did NOT cross the road."

FREUD: "The fact that you are at all concerned that the chicken crossed the road reveals your underlying sexual insecurities."

BILL GATES: "I have just released Chicken Office 2000, which will not only cross roads, but will lay eggs, file you important documents, and balance your check-book."

DARWIN: "Chickens, over great periods of time, have been naturally selected in such a way that they are now genetically disposed to cross roads."

EINSTEIN: "Whether the chicken crossed the road or the road moved beneath the chicken depends upon your frame of reference."

BUDDHA: "Asking the question denies your own chicken nature."

RALPH WALDO EMERSON: "The chicken did not cross the road...it transcended it."

ERNEST HEMINGWAY: "To die. In the rain."

COLONEL SANDERS: "I missed one!"

Joke provided by: Don Taylor < Don Tay @ dippindots.com >

Future president, Sarah Stoll chosen as November's Junior Rotarian

Megan Williams
Co-Editor in Chief

A member of Student Council, Beta and History clubs, Mock Trial team vice president and a Girls State Delegate, it's no wonder Sarah Stoll is November's Junior Rotarian.

Stoll is very interested in politics and will attend the National Young Leaders Conference in Washington D.C. early next year. Her favorite subject is history and her plans for the future include—yes, you guessed it—history and politics.

"I plan to major in Political Science and History at UK. I will either be a professional student or president of the United States," said Stoll.

Stoll can't name just one major influence in her life but, "I owe a great deal to my parents be-



Senior, Sarah Stoll

cause look how I turned out."

In her spare time Stoll enjoys reading, working at Chong's and sharing Kennedy obsessions with Mr. Baker, Mr. Neel and Mr. Toy.

Stoll was quite surprised to have been chosen Junior Rotarian. Her response, "Who me? I'm shocked!"


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




Wallace Adams
President


Peggy Adams
Vice President

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





Dairyette



Located on Lone Oak at the traffic light next to Peoples Bank and at
2724 H.C. Mathis Drive
Phone 554-3617 and 442-0270

Old Fashioned Cooking

I'm Thankful...

Jay Swacker
Coroner

In the Thanksgiving spirit, I have penned this little list of ten things that LOHS students should be thankful for. I humbly submit this to you, the reader:

1. That we didn't have to get I.D. tattoos.
2. That our cafeteria serves chicken nuggets instead of "chicken" fingers (some of them come with wedding bands).
3. THAT THE SCHOOL NEWS-PAPER IS FREE, YOU INGRATES!!!!!!!!!!!!
4. For calculator games (to get you through those boring lectures).
5. Anonymous heroes who give up their Friday nights (which would normally be filled with apocalyptic fun) to tape the football games.
6. That this article was put in the paper.
7. That the academic team was blessed with a great mind like Lindsey Ward's.
8. For chemistry teachers.
9. For sequels, they just keep getting better and better (point in case, the "House Party" series and *I Still Know What You Did Last Summer*).
10. For the cafeteria *finally* getting Dippin' Dots, they're tasty and *soooooo* inexpensive (I'm being sarcastic).

What are you most thankful for this Thanksgiving season?

Jon Presley (11) - I'm thankful for beef and cow and turkey, of course.

Kelsey Bell (9) - I'm thankful for the four-day weekend we're getting.

Josh Watkins (12) - I'm thankful for cow-tipping and car bashing. School Pride! Woo!!!

Lindsay Culp (11) - I'm thankful for Granny's home cookin' cause it's finger lickin' good!

Mr. Rushton - I'm thankful we're in a new building and for my health and for the great students at LOHS!

Jodie Toy (12) - Words cannot express all that I'm thankful for - my family and everything else God has blessed me with.

Les Miller (12) - I am thankful that the human body has transformed from a thing of beauty to a thing which is punished when displayed even from a distance at a great speed.

Rachel Wattler (11) - I'm thankful for my puppy dogs.

Ms. Martin - I'm thankful for finding someone to spend the rest of my life with and moving to this end of the state. I am also thankful for a gorgeous son whom I adore.

Thanksgiving Word Search

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

Harvest
Feast
Corn
Cornucopia
Turkey

Word Bank
Dressing
Pumpkin Pie
Squanto
Pilgrims
Mayflower

Plymouth
Yams
Cranberries
November
Family



Gore's
IGA plus

2860 Lone Oak Road
42003
554-2428

Jackson & Jagers
Attorneys at Law

Steven C. Jackson & Serieta G. Jagers
2200 Broadway P.O. Box 7766
442-3551

BASIC FACTS ABOUT TEENAGE SMOKERS

☐ Tobacco use is on the rise and is posing a large threat to teens. Listed below are some basic facts about smoking and what it is doing to your bodies. This data was collected from the American Cancer Society.

☐ 9 out of 10 smokers started smoking as teens

☐ 3000 kids smoke their first cigarette each day

☐ It is estimated that smoking takes 12 minutes off a smoker's life

☐ Cigarette smoking can be a

gateway to more serious drugs

☐ Smoking can give you yellow teeth, bad breath, and leave you smelling bad

☐ You can develop lung cancer, throat cancer, heart disease, and emphysema

☐ About three-quarters of young people who use tobacco products daily say they continue because it's just too hard to quit.

☐ Among high school seniors, 73% who think they won't be smoking in five years still are.

☐ 40% of teenagers who smoke daily have tried to quit and have failed


☐ 42% of young people who smoke as few as three cigarettes go

on to become regular smokers

☐ 70% of teenage smokers say that they would not have started smoking if they could

choose again.

☐ In the time it takes a person to smoke a cigarette, which is seven minutes, more than 15 teens will light one for their first time. In that same amount of time, diseases related to tobacco will kill more people than alcohol, aids, heroin, crack, cars, murders, and suicides combined. Tobacco use kills three million people a year worldwide. One death every ten seconds occurs due to the use of tobacco.



DEBBRAHS

117 S. 5th St.
Paducah, KY
442-2365

For all your formal wear needs



Students relax after hiking in southern, Illinois.

Beta Club packs teacher appreciation bags.

Lindsay Culp(11), Jordan Mills(11), and Todd Belcher(10) sit back rest on the Biology Club trip.

Behind the scenes in The WLOH studio.



Soccer coach. Track coach. Swimming coach. How about a study coach?

Even the brightest students can have poor study skills. At Sylvan, we have a unique program designed to help students do better in school by teaching them effective time management, goal-setting, note-taking and test-taking techniques. Call Sylvan today to help prepare for greater academic and personal success.

2856 Lone Oak Rd.
554 - 4111



Success is learned.[™]
www.educate.com

©1998 Sylvan Learning Systems, Inc.

READING WRITING MATH SAT/ACT STUDY SKILLS ALG5HA



SHOP AT SUPER VALU AND
SUPPORT OUR SCHOOLS!

Dollars
for
Scholars



Two Locations to Serve You -

2969 Jackson
Paducah, KY

2855 Lone Oak Rd.,
Lone Oak, KY



Achieve Your Educational Goals



McDonald's

PARTICIPATING
COMPANIES

Work for Education will match your contribution of 50¢ per hour through participating companies. Generate your own savings account for future educational expenses.



Purple Flash prepares for successful season

Jacob Mitchell
Sports Editor

With a promising lineup of veterans and a solid group of underclassmen, this year looks bright for Lone Oak boy's basketball. The 1998-99 season tips off on the first of December when the Flash host the annual McDonald's Invitational.

This year, the team is led by second year coach Lawrence Smithmier, a long time college coach who is coming off a respectable 1997-98 season when the Flash posted an 11 win, 16 loss season. The team hopes to return to the regional tournament in Murray, where they have attended the past several years, but have yet to win. At least five of last year's starters are returning, seven in all who started at some time last season. With a lineup of six seniors and six

juniors, this should be a breakout year for Lone Oak.

Among the returning starters are seniors Jon Shelby, Matt Hopper, Carl Walter, Mitch Flood and Jeff Heath, junior Ryan Dunn and sophomore Bryan Powell. The Flash's district opponents are the usual Reidland, Heath and Paducah Tilghman.

"We will play hard and will be an improved team," said Smithmier. "I enjoy coaching this team. It is a pleasure and an honor to coach at LOHS. We are looking forward to a great year."

Lone Oak Basketball



Lady Flash hoops opens season tonight

Emily Riggs
Co-Editor-in-Chief

Tonight the Lady Flash will face Dawson Springs in their first game of the season. The girls basketball team has been conditioning, practicing on fundamentals and working on press defense, both creating and breaking it and scrimmaging other teams to prepare for tonight's game.

"I feel good about the team attitude wise and their work ethic is good. I feel that we will be fairly successful this year, although we have lost four starters from last year," stated Coach Vaughn.

Vaughn sees the strong points of this team as their size, defense, some speed and the bench.

Coach Vaughn's philosophy seems to be that not all the same people should start.

"Everyone would think that this team is depending on just one person and that is not the case. It really doesn't matter who is in the game because of the well-rounded ability of this team. I wish everyone would develop the attitude that it doesn't matter who starts," Vaughn stated.

Next week the girls will play in the annual McDonald's Tournament, where they will play their second game Thursday, December 3, at 6 p.m. against Fulton City.

Fall sports banquet held

On Thursday, November 19, all fall sports participants gathered for the fall sports banquet. The banquet was to celebrate the accomplishments of all the fall athletes of the 1998-99 school year.

The football team awarded its outstanding players:

1. Best Offensive Back- Tim Burrows
2. Best Off. Lineman- Justin Denton
3. Best defensive back: Ryan Clark
4. Best def. lineman: Jeff Waldridge
5. Special Teams Award- Cartney Mitchell
6. Junior Cup: Aaron Peeler
7. Team Leader: Robert Downs
8. MVP: Nathan East

Soccer Awards:

1. Coach's award: Crystal Boyett, Michael Flewke
2. Leadership award: Tracee Werner, Les Miller
3. Most valuable defender: Andria Downs, Joe Whitley
4. Most valuable offender: Sara Angelly, Les Miller
5. MVP: Les Miller, Sara Angelly
6. Shane Pearson Award: T. Werner, Michael Fortney, Donny Block, Melody Luscombe

ON THE ROAD

WE DON'T CARE HOW WE LOOK,
BUT WE LOOK REALLY GOOD.

GENUINE MOTORCLOTHES' APPAREL FROM HARLEY-DAVIDSON



Dealer Imprint

© 1998, H-D



The senior football players, pictured here, won their final game of the 1998 season at Murray. This was the second year in a row that the Flash beat the state-ranked Tigers. The final score was 38-35. They finished the season with a 4-6 record.

Unsurpassed.

Comprehensive pain

management

program that delivers

excellence.



Offering New Hope
in Managing
All Types of Pain.

- * Chronic
- * Intractable
- * Persistent

ACCREDITED



Joint Commission
on Accreditation of Healthcare Organizations



American Academy of
Pain Management



Accredited by
Accreditation Association
for Ambulatory
Health Care, Inc.

LAXMAIAH MANCHIKANTI, M.D.

Subspecialty Certified in Pain Management,
Pain Medicine and Disability Evaluation

CYRUS E. BAKHIT, M.D.

Subspecialty Certified in Pain Management,
Pain Medicine and Disability Evaluation

Rajgopal R. Pakanati, M.D.

Specializing in Pain Management

Patricia (Trish) Burks, LPT

Physical Therapy

Bert Fellows, MA

Psychological Services

Holistic

Multidisciplinary Management

Nerve Blocks

Epidurals

Prolotherapy

Spinal Endoscopy

Radio Frequency

Spinal Stimulators/Pumps

Physical Therapy

Psychological Modalities

2831 Lone Oak Road - Paducah, KY 42003

Fax: (502) 554-8987

(502) 554-8373

THE PAIN MANAGEMENT CENTER OF PADUCAH

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