Plan for your college education...10

Predictions for 1999...17

The Official Publication

Girls fight for regional title...15

Jacob Mitchell Sports Editor

The world of professional wrestling has gone haywire. (Even more than before.) Owners becoming wrestlers, wrestlers becoming presidents of the company, its all adding up to some awesome "story" lines occurring in the world of professional wrestling. The new year is already packing heat, so buckle up and get ready for the crême de la creme of the WWF and WCW.

In case you are clueless as to the point of my opening sentence, you need to get in gear. The owner of the World Wrestling Federation, Vince McMahon, has decided to walk the walk and step into the squared circle. His hatred for the most popular star in WWF history, Stone Cold Steve Austin, led him to lace up the old rasslin' boots and test his grit in the 1999 Royal Rumble. This pay per view spectacular was held on

January 24. The Royal Rumble is an all out battle royal with 30 wrestling superstars, who enter one at a time every thirty seconds. The number one entrant is Stone Cold, and number two. . . you guessed it, Vince McMahon. You can bet your bottom dollar that there are going to be some fireworks from the beginning. Results cannot be published, but I'm gonna go out on a limb and say that Stone Cold wins. Why? 'Cause I said so

The new year of wrest

In WCW-Oh, how sweet it is! The New World Order is back in full force after many months of friction between the two groups, the Wolfpack and original black and white. At the classic WCW pay-per-view "Starrcade" in December, Kevin Nash of the Wolfpack defeated the unbeatable Goldberg for the world heavyweight title. However, the following night on Monday Nitro, in one of the most surprising moments in the history of wrestling, Nash laid

down for Hollywood Hogan, who spearheaded the black and white Now, the original founders, Scott Hall, Nash, and Hogan are all back together and revitalizing their reign of terror on WCW with Hogan at the helm. At the WCW pay per view "SuperBrawl" in February, Hogan is to face the new president of

LOHS

house

With the New World Order back in full force and good ol' Stone Cold rippin' heads in the WWF, wrestling is better than ever. (Except of course the late '80's). Wrestling is the hot ticket everywhere, so get it on the excitement. Oh heck yeah!

na beains

Volume 57 Number 5

January 1999

the Hogen, Nash and other n.W.o. members with the world title.

heir quilting s LOHS students sh

in

of

Sunil Manchikanti **Circulation Manager**

Several LOHS students have recently received awards in the 1999 School Block Challenge, sponsored by the Museum of the American Quilting Society. Out of five awards offered, LOHS students received three of them. Becky Clausen (11), Josh McGuire (12) and Estee Cheah (12) received a first place award for their quilt block, made in their French class. Two groups in the art department also received honorable mentions. One block was made by Andrew Gleeson (9), Katherine Gleeson (9), Melanie Masgrace (9), Laura Ramsey (9), Michael Rudd (11) and Bryan

Wheatley (9). The other was made by Ashley Buchanan (9) and Spencer Samuels(9).

"I felt honored that we received this award," said Becky Clausen.

Several schools in the area participated in the contest. Each block was required to be made by a group and had to include three samples of fabric provided by the quilting mu-

seum. The first place group was awarded \$150 to be used for the class they made the quilt block in.

The quilt blocks are now on display in the Museum of the American Quilting Society. Admission is free for all students who participated in the contest, see Ms. Gholson for details. The exhibit will be on display until March 13.





0 f



The Oak "K" January 1999

Governor's Cup preparation is underway

Lucy Jackson Co-Editor-in-Chief

January 29th, the best of the best will be traveling to Heath High School to begin their trek towards success in the District Governor's Cup Competition. Governor's Cup is the only cincuential academic competition in Kentucky that goes from districts to regionals and then to state. There are four types of competition. One is Written Assessment; which contains math, science, social studies, language arts and general knowledge sections. These sections each contain 50 questions taken in 50 minutes.

There is also a Composition Component. In this section each competitor is given 90 minutes to write a paper from a prompt. Future Problem Solving is the third category of competition. A team of four students is given a problem and they create a solution in a given amount of time.

Quick Recall is the fourth type of competition.

District Writing Assessment and Quick Recall are on Saturday February the 13th following the Future Problem Solving Team and Composition that are at the end of this month. Regionals are later in February and State will be March 14th and 15th in Louisville.

"I am pumped. We've got a very good team!" said Mr. Toy when asked how he was feeling about the upcoming competition.

Miller named finalist in contest

David Jolley Staff Writer

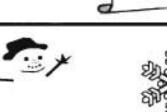
Les Miller (12) is a finalist in the Coca-Cola Scholarship contest.

A four-year member of LOHS Varsity soccer team, he was chosen out of 137,000 applicants. Miller is also a four-year member of LOHS track team and a member of the Beta Club.

Miller's plans for the future are to attend Rhodes or Vanderbilt and double or triple major in mathematics, physics, and some form of engineering.

"It is a very pleasant surprise to be selected," said Miller.





Senior Les Miller



FBLA invades LOHS

Jay Swacker Coroner

February 8-12 is the annual FBLA (Future Business Leaders of America) Week. The week is designed to promote the club among the student body here at school. Club members and sponsors plan on putting up signs in the halls, putting out ads, and having the festivities posted on the daily announcements.

The week isn't just for the members of the club, it's also a good week for teachers, too. Members give small tokens of appreciation to the teachers, administrators, and employees here.

Also on the FBLA agenda is the regional FBLA conference. The event is the meeting of all the FBLA clubs from schools around the area. The conference is on March 11 at Murray State University. Delegates to the convention elect officials, compete in different competitions ranging from web page design to desktop publishing, and have a great time.



NEWS

The Oak "K" January 1999



Key Club plays matchmaker

Tracee Werner Feature/News Editor

Valentine's Day is just around the corner. I know, you're probably thinking, "Don't remind me." If you're dreading this holiday simply because you don't have a special someone, never fear Data Match is here. Data Match is the Key Clubs own personal dating system.

They have a questionnaire that each student fills out during his/her English class. Filling the forms out is strictly optional. They then send the responses to a company that matches you with the people with whom you are most compatible. You do, however, have to pay to receive your matches. You can buy a list of your best matches in your grade level, or you can purchase a list including the rest of the school. The cost will be \$3 for one list and \$5 for both.

Even if you do have a significant other, it's still fun to see whom you might have things in common with



Candy Grams go on sale

Jody Suhrheinrich Staff Writer

Looking for the perfect way to tell that someone you love them and you

think they're the greatest person alive this Valentine's day? Say it with a sucker because yes, that's right it's Candy Gram time again.

LOHS' very own FHA (future home-

makers of america) is once again sponsoring Candy Grams. Students should be able to place orders during the week of February first through tenth. FHA members will be coming around during Channel 1, or students can purchase them during lunch.

These sweet little valentines are three for a dollar or 35 cents each. You can choose from a friendly

> message or a slightly more love-oriented note. Best of all there's a wide variety of suckers, but unfortunately students cannot choose which sucker they want. Mrs. Stubblefield,

FHA's sponsor, com-

ments, "Candy Grams are perfect to send to friends, faculty or to take home to family members." So buy a Candy Gram and spread the love.

All-State Band and Choir

Megan Williams Co-Editor-in-Chief

On February 6, three seniors from LOHS will be playing at the All-State Band concert in Louisville. Carrie Sisto, Elizabeth Rigdon and Nola Goehman were selected to play with young musicians from all over the state.

After trying out for the All-District Band, the girls were recommended by judges to tryout for the All-State Band.

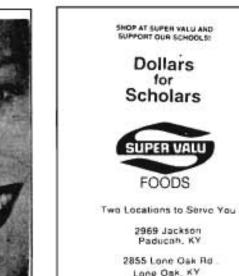
State Band. "I was very surprised I made All-State because I have never done it before," said Sisto.

The LOHS band is not the only group that will be represented at a state musical concert. Six students from the LOHS choir will be singing in the All-State Choir. They are Frances Owen (12), Josh Reid (11), Josh Luscomb (11), Kelly Seely (10), Jonathon Light (12) and Michael Crouch (12).



ה התהתהתהתהתההההההההההההה

Prom Makeovers Merle Norman Cosmetics 2223 Broadway 443-4002 Call Now to schedule a new look for your Big Night!







Big lockers lacking at Lone Oak High School



Megan Williams

Co-Editor-In-Chief

As I approach my bottom locker, I find that it is surrounded by a mob of people desperately trying to get their books from their own tiny locker. I stand back and wait for a person to leave so I can take their place in the mob. After a couple of minutes I reach my locker. I open it and my backpack, coat and a few books spill into the hallway. I grab the books I need for my next class and retrieve the items that have fallen out. After stuffing everything back in, I run to class only to enter after the bell.

This is a situation every student faces six times a day. They are forced to cram six giant books, notebooks, backpacks and coats into a tiny locker while being trampled by their peers. Sometimes it is so crowded, students are late to their next class Also, the size of the lockers is so small that people who share one are forced to carry books that won't fit along with them all, Another problem with the day. lockers is that gym bags for PE or sports practice won't fit in the locker and have to be left in a teacher's classroom where there's no guarantee the bag will be unopened by another student.

The solution to these problems is larger, full-length lockers. Coats, backpacks and gym bags could easily be stored and students could quickly access books. Students could even share the lockers and each would still have enough room for their things. Full-length lockers would also alleviate the crowded conditions around the lockers. Students would no longer find themselves standing on top or below another student.

So how do we get these new full-length lockers? The old lockers could possibly be sold to another school in need of lockers or they could be exchanged for the bigger lockers. Full-length lockers would not only benefit students, but teachers as well. They would decrease the number of students late to class and alleviate stress in the halls While the cost for the new lockers may be expensive, in the long run the benefits would outweigh the expense.



How do you weigh in?

EDITORIALS



Today in the 90's the skinny wai-

fish model is considered to be a

symbol of beauty. Magazines, run-

ways, movies and television shows

are plastered with incredibly slender

young women who represent what

most every female in America

strives to be. However controversial

it may be, it's still basically ac-

cepted that the skinnier you are, the

more beautiful. So what happens

when you are too skinny? These

days it's not only unacceptable to be

too heavy, but it's also unattractive

Recently such celebrities as Ally

McBeal's Calista Flockhart have

received harsh criticism for looking

anorexic or sickly because of a sup-

posedly unhealthy body weight.

to be too skinny as well

Since when has being skinny meant that you possess an eating disorder? It's not considered politically correct to criticize over-weight people, yet the media (and everyone else for that matter) feels that they have the right to place a harmful label like anorexic on people like her. For example, you would never tell an obese person that they were fat and needed to eat less, but to tell a skinny person that they are anorexic and should eat more is quite normal. To describe anyone's weight as gross or disgusting is wrong in whatever context.

The answer to this weighty issue lies in acceptance. Acceptance of yourself and others, whether you're 80 pounds or 800. The human race will never ever look the same, people are naturally born with a different chemical make-up. Weight extremes are *not* the result of some sort of disorder. We must put our own personal preferences aside and receive our differences with gladness. None of us has the nght to judge how one another should look.



EDITORIALS The Oak "K" January 1999 Vulgarity is quickly taking over societ



Kelly Reeves Editorial Editor

There I am on Christmas Eve with my entire family talking about the season, our lives, and ... President Clinton's sex life? My grandfather would roll over in his grave if he knew that a common family discussion nowadays was of basically sex! I remember in the 4th grade when I overheard some other kids talking about a certain form of this crude behavior and was completely puzzled as to what that was. I now understand completely, thanks to the 6 o'clock news.

If sex is a common subject of

news, it is inevitably a common topic of conversation 1've already basically

The President of the United States whom the American people saw fit to elect has

unfortulearned my "Our future presidents nately been from morals so indismy parents and they include the who are just now in ele- creet in his fact that this sexual conschool kind of behav- mentary may duct that it ior should be has become conducted only think that extramarital common discussion in the sanctity sex is part of the prereqat the dinof marriage. ner table. But what about uisite to become the So now our the younger kids that don't President of the United future presidents have strong morals yet and States!" who think that not : just now in

only is sex ac-

ceptable to talk about, but to do as well? "Monkey see, monkey do," they say.

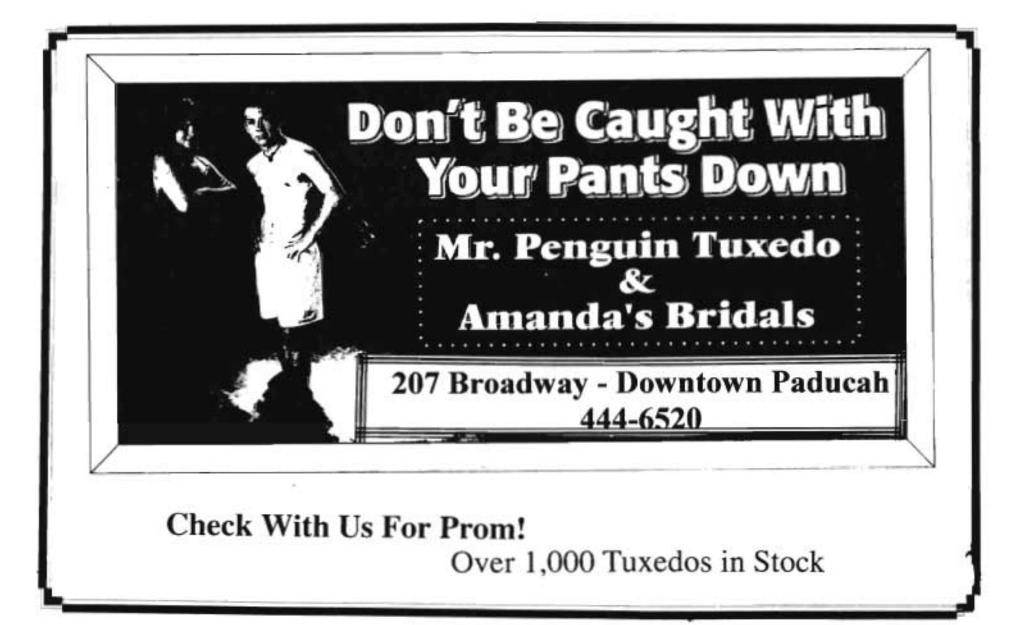
school may think that extramarital sex is part of the prerequisite to become the President of the United

are

elementary

States! If President Clinton, the model American, engages in sex outside of marriage, how can the parents of today explain to their children that this man did not behave like a normal, respectable American does, he's only our President!

The only way that we will stop the now commonplace discussion of sex and the President's crude misconduct for the next generation of children is to not discuss it ourselves. Although the normal job of middle school and high school teens is to be outspoken and vulgar, can't we influence our younger siblings and their friends not to talk about such a private thing out in public? That's really the only way that sex will get back to where it should be, in private discussion between two married people.



6 The Oak "K" January 1999 Down with the Dixie



Lucy Jackson

I was driving down Lone Oak Road the other day, enjoying my music, the sunshine, everything in general, and that's when I saw it. It had to be the most horrible bumper

had to be the most sticker I have ever set eyes on. It was a rebel flag and through it were the words "Heritage not Hate."

First of all, if you and your family are from Kentucky, the Confederate flag doesn't actually represent your homeland or heritage. Kentucky was a border state during the Civil War and although slavery was legal here, we did not secede from the Union. Therefore, the rebel flag was never displayed here legally during the war and we don't really live in the South. So what if you're from the south and one time a few decades ago your great-great-uncle's brother fought in the Civil War and so that makes the South your homeland and so you think that the Dixie flag represents your heritage? Well, first of all, to me it represents a sad heritage. The Civil War was fought and lost by the South over slavery I am ashamed that part of my country and probably some of my ancestors

fought to keep humans in chains. Anyone who considers that time period to be romantic and something to feel pride for ought to take a look at what they're cele-

brating. I don't care if you have Southern pride I think the South has many great aspects (grits, gravy, good-manners), but racism isn't one of them.

The Dixie flag, which some people choose to wave around, glorifies the South of over a hundred years ago, not the South of today. And that flag represents a South that fought



EDITORIALS

for slavery. The South, because it was too weak, did lose the war (and I doubt they'll be winning one anytime soon in a response to that very logical bumper sticker). Now, that means the rebel flag isn't any place's flag anymore. To me personally, it is simply a reminder of a racist, immoral part of our history as the United States

If you want to give a shout out to your heritage, get a good 'ol American flag, one that represents not only where you're from, but also the North, the South and a free country.

To err is human, ...



Tracee Werner

Features/News Editor

Every human has been blessed or in some cases cursed with free will. Of course free will has its setbacks. Sometimes we make the wrong decisions. Granted, nobody's perfect – my mom spends the greater part of her life pointing out that fact to me – but why can't we admit and accept responsibility when we do mess up? Scapegoats are the key to our success. We blame others when we screw up in order to avoid a punishment.

Here's a real life situation we see cropping up more and more in this country. Some kid goes and, kills somebody. His lawyers decide that in order to get him a lesser sentence, they'll blame it on rap music, or a movie the kid saw. The parents go along with this defense because by blaming it on the media, they escape possible persecution as being bad parents. This brings us back to free will.



Sure the kid may have seen some movie or heard a song where a kid did the exact same thing, but he made a conscious decision to imitate what he saw. If he is a competent citizen of the United States, his defense should not even be considered. As for the parents, maybe it is their fault. The fact that their child doesn't know that killing someone is wrong is a very good sign that they may have failed in their

parental duties. Why do we blame others? Because it's easier than actually accepting the fact that we made a mistake. There's an old expression and it goes a little something like this, "To err is human..." Face it, we'll never be a perfect being, but that's okay. Just accept it and the responsibilities that go along with making the wrong choices.





FOCUS ON The Oak "K" January 1999 Meet the Beta Club

Sunil Manchikanti Circulation Manager

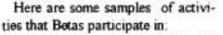
At the beginning of every school year, sophomores, juniors and seniors, with at least a 3.5 grade point average are invited to join the Beta Club. The LOHS chapter of the Beta Club is part of a national organization of clubs, the motto of which is "Lead by serving others." In this spirit, each Beta Club has its own set of service projects for members to participate in LOHS Beta Club members participate in activities that help both the school and the community.

Each semester, club members have to earn a designated number of points, some school and some community. This semester, club members have to earn 4 points working on community projects and 3 points working on school projects. Club members work very hard to complete these requirements, while gaining fulfillment from helping others

It is easy to see how much work the Beta Club does every semester. From talent shows to canned food drives, the Betas are always busy and working hard.



Becky Clausen (11) and Rachel Gearhart (11) converse at a meeting before school.



Fall yard work - every fall, club members visit the houses of elderly shut-ins and rake all of the leaves in their vard.

H.B. Fuller Baskets - Betas meet once a month to assist in preparing food bags that are sold to the needy at an incredibly low price.

Convention - students from the school's chapter of the Beta Club attend a convention with other club members throughout the state.

Talent show - club members organize and participate in a talent show for residents of the Jackson House Retirement Home.

Trick-or-Treat for canned goods -Every October, the club collects packaged food and donates it to the Paducah Cooperative Ministry.

Easter egg hunt - In March, the club will sponsor an Easter egg hunt at Hendron Lone Oak Elementary School for any young children who would like to participate.

Blood drive - Beta Club members assist in organizing a blood drive at the high school.

Beta Club serves LOHS and the community with its brightest and best



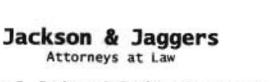
Frances Owen (12) tries to hold her excitement in during a meeting at state convention





A group of Betas relax after raking leaves for the elderly.

Photos by S. Mar



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

FEATORES

The Oak "K" January 1999

Where is Mr. Werner?

Tracee Werner

Feature News Editor

No, Mr Werner (a.k.a. my dad) has not retired. That is a nasty furmor that was started by people who have absolutely no idea what they are talking about. There is a new program run by the McCracken Co Board of Education called MAPS. On the last day before Christmas break, Mr Hanrahan asked Mr. Werner if he would like to be the teacher/principal of a new program called MAPS.

So, what is MAPS? MAPS is the acronym for McCracken Alternative Placement School. It is a school where students who have been kicked out of their regular schools because of habitual misbehavior, located in a building next to Charter its attendants are from any school in the county, both middle and high schools. As of now there are six students in attendance

The students study the subjects they would be studying if they were at their regular school as well as a regular gym period They also attend "therapy" sessions with their parents. The students are never left unsupervised, even when going to the restroom.

Aspiring models head for the runway

Megan Williams

Co-Editor-in-Chief

Look out Tyra Banks because here come two sisters and

LOHS students, Jessie (11) and Jennifer Gholson (9), who are on their way to runway stardom. After being introduced to the modeling world by their five-yearold cousin who models for an

agency in Louisville, the sisters submitted pictures of themselves to Advantage, a model agency based in Nashville.

After an interview with Advantage, the girls were accepted into the program. The classes are designed to build the model's confidence,



teach them manners and how to walk down a runway.

"The reason you take classes is because you are representing the agency and you have to know what

you are doing,"

A few weeks into the classes the girls will have a portfolio of themselves made that will be sent to companies such as Guess and Calvin Klein

"Modeling is just a job. I did it just to see if I could make it," said Jessie.

"I feel I have the motivation to fulfill my dream of modeling, " said Jennifer. In order to be allowed to enter the program, the students and their parents must sign several forms showing that they understand the rules and regulations and plan to abide by them. Mr Werner also fills out a "Feedback Sheet" informing the parents how well their child is working,



The participants of the MAPS program attend school in the activities building at Charter

Tracee "rulz" as Junior Rotarian

Kelly Reeves Editorial Editor

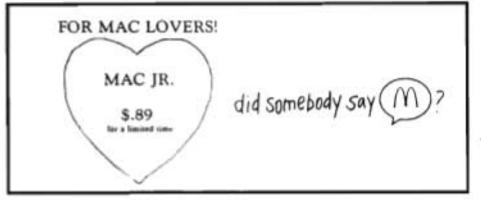
Scholastic as well as athletic achievements have made Tracee Werner, a senior at LOHS, a prime candidate for January's Junior Rotarian. Playing piano, inline skating and playing with cats Precious, Pepsi and Snuggles keeps Werner active when she's not involved with school activities. Playing Varsity soccer has earned her the honor of October's Athlete of the Month. She's actively involved with FHA and the Newspaper staff, as well.

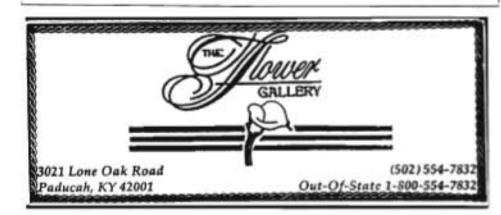
Werner is planning to attend David Lipscomb University for college and they would be lucky to have her. Being adopted has influenced her choice of pursuing social work as a career.

At school Werner enjoys English class the most, but in her spare time "The Awakening" by Kate Chopin and the movie "Buffy the Vampire Slayer" are her favorites. Her mother pushes her to what she needs to do, however, before she enjoys any of these activities

"I'm honored to be selected," Werner comment.







Get a head start on preparing for college

The Oak "K"

January 1999

Lucy Jackson Co-Editor-in-Chief

Enjoy your high school career (the 2. uh... best time of your life), but don't get so caught up in the fun of it that you forget there is life after you walk through the doors of LOHS on graduation day. There are things you have to do to prepare for that venture into the great beyond and neglecting these preparations while you're in high school may lead to no venturing at all.

Below are some tips for the college bound student on things to do throughout these four magical years in order to prepare for the ones that follow.

 Start a CV or a resume. List all of the activities you have been involved in and the honors you've received. Keep up with it from your freshmen year on so you don't have to try to remember everything when you're filling out applications.

- Make sure you sign up to take your ACT and if you're looking into going out of state you need to take your SAT also. It's best to take these tests for the first time your junior year and taking them a second time usually raises your scores. SAT II subject test are also offered and accepted by some out of state schools. (If you're interested in upping your scores you can look into classes on the ACT and the SAT offered in Paducah.)
- Check out on the Internet, at the library, or in the guidance office, the colleges that you're interested in to see what their high school curriculum qualifications are. See that your schedule matches up.
 - Visit schools before time runs

4

out. It doesn't hurt to start doing this even as early as your sophomore year. Sometimes it is better to take these trips during the colleges' semesters so you can see how the school is daily. Don't be afraid to talk to the students! They can tell you a lot.

Get involved!!! Colleges love a wellrounded student. Being involved in clubs, sports (Varsity or intramural), community service, and different departments is a major plus when applying.



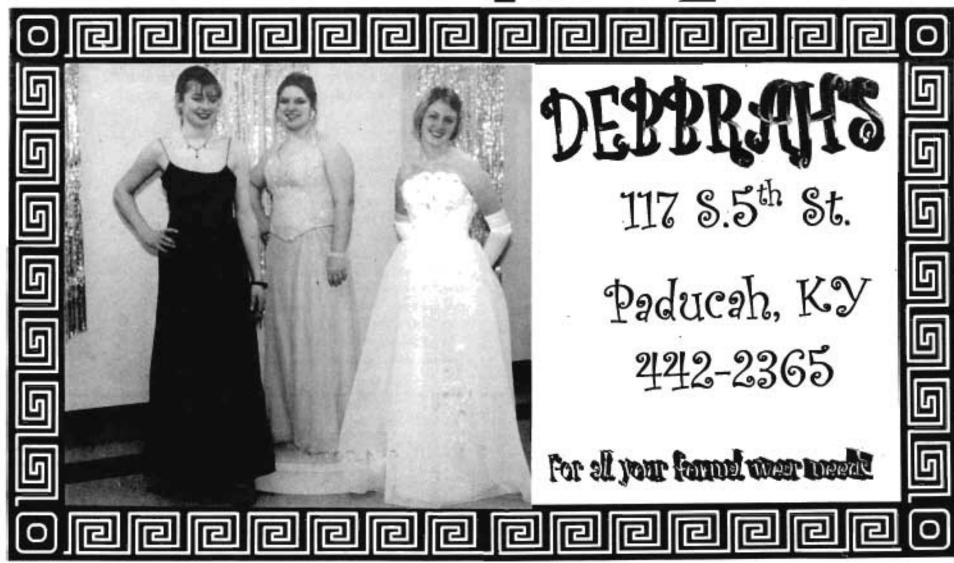
"What I'll miss about the 90's"

Jody Suhrheinrich Staff Writer

EATO

Since we're closing in on not only a new decade but also a new millennium, 1 thought I'd refresh your memories with some of the finer points of the early nineties.

Hyper-color shirts Slap bracelets Tight-rolled jeans Ankle boots Vanilla Ice Hammer pants Clear Pepsi Wayne's World Hot pink everything The <u>Fresh Prince of Bel-</u> <u>Air</u>



FEATORES

Should people over 65 take the road test again?

Amber McDuffee (11) - Yes, they should have to take another driver's test because they are sometimes hazardous to other drivers.

Stephanie Smith (11) - Yes, so they don't lose their knowledge of driving_

Jennifer Hayden (12) - Yes, that bothers me. They can't drive.

Brady Geurian (11) - The ratio of wrecks between old and young people is much greater than that of middle-aged people. That's why the old and young should test.

Ryan Clark (12) - Yes because they're old

Erik Fowler (12) - No: they

shouldn't be able to drive at all.

Shane Pirtle (11) - No because we'll be there one day and I don't want to have to take it again.

Omar Sosa (12) - If they're blind, yes.

Selena Dumbacher (10) - Yes because we always get stuck behind one just when we're in a hurry to get somewhere.

Evelyn Mason (10) - If they wear orthopedic shoes, yes.



Reruns: you know you wanna watch 'em

Blake Owen Staff Writer

Everyone watches them. They might not admit it, but they do. They help us remember the good times and recollect the bad. They're television reruns. If it's The Simpsons or an old episode of The Price Is Right you sit down, relax and think of how times used to be

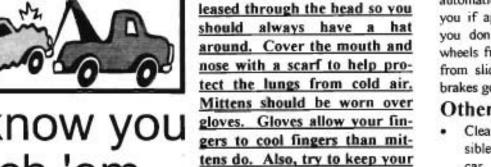
With so many shows in syndication, most of television today is filled with reruns. The Simpsons, for example, comes on Fox every week-

Wallace Adams

President

night For all of the ten years of this great show, The Simpsons has brought us many laughs, which every week night we can enjoy and remember. Reruns give us a place to go to slip away from everyday life. They make us laugh or cry. Reruns help you remember the first time you sat down and watched a show or the first time you really laughed.

Some of the best reruns come from our child hood. Sesame Street and Mr. Rodgers was always there for us and so was Captain Kangaroo.



feet as dry as possible. If you do not wear these, you sh at least have them somey in your car in case you ha be in the cold for a long p of time.

Car-Make sure all mechanical problems are taken care of. If any system is not in working condition the winter weather can only intensify your condition. Check belts, hoses, wiper blades and tires to make sure they are in good condition; also see that lights are in working order and

R. Donald Heine, D.M.D. Oral and Maxillofacialm Surgery

> 554-2026 **Bayley Square** Suite #5 2850 Lone Oak Rd. Paducah, KY 42003

the engine coolant is at the proper level and strength. Charged the battery fully and see if battery cables are free of corrosion and tightly connected to their posts.

The Oak "K"

January 1999

Beat the winter

weather odds

Co-Editor-in-Chief

The winter weather can

cause many problems. Haz-

ardous roads can lead to

wrecks or the cold weather can

lead to car trouble. Following

are a few tips to better yourself

Clothing-The suggested attire

is loose fitting, lightweight, warm

clothing in several layers. The air

that is trapped between the layers

acts as insulation. Outer garments

should be tightly woven, water re-

pellent, and hooded. If you get too

warm layers can always be removed

Most of our body heat is re-

to avoid perspiration and chill.

though these winter months:

Emily Riggs

Know your car! Front-wheeldrive vehicles handle better than rear-wheel-drive vehicles on slipperv roads. The weight of the engine is on the drive wheels, which creates more traction. The back end of rear-wheel-drive cars tends to slide from side to side while turning on icy roads. Pick-up trucks with rearwheel-drive should be extremely careful on icy roads. These vehicles are light over the wheels so they are prone to rear-wheel skids. If you add weight to the bed of the truck will held give a little stability.

Anti-lock braking systems (ABS) provide a nice stopping advantage, but they are only effective if they are properly used. If you have ABS, "Don't let up!" ABS brakes will automatically pump the brakes for you if applied steady pressure lf you don't have ABS to keep the wheels from locking and the vehicle from sliding you should pump the brakes gently.

Other helpful tips:

- Clear away as much snow possible around the tires and the CBE
- To improve traction scatter cat litter or some sand around the wheels. There are special mats made for this purpose. Floor mats can also be used for this purpose.
- Place the car in low gear (automatic transmissions) or second gear (manual transmissions) and apply gentle pressure to the accelerator. Ease off if the tires begin to spin.
- Do not accelerate. Acceleration can only worsen the situation. causing the tires to spin and digging the tires further into the snow.
- If you stay in your car, tie something bright to the antenna to alert rescuers. If you run your engine to keep warm, make sure nothing is blocking the exhaust pipe. Otherwise, dangerous fumes can back up inside the car.

Peggy Adams Vice President

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

Metro Special Police, Inc.

Armored Car, Courier, & Security

Justin is gone...as well as his headlines

Jay Swacker Coroner

In case you lived in cave until this year, or you if you're a freshman, every year, we make predictions for the new year. First, let's see how last year's predictions held up.

<u>98's Correct</u> <u>Predictions</u>

- Ted "Pantsdropper" Kennedy once again managed to disgrace the family name for another whole year.
- President Clinton ended up with a huge scandal. In the end, he couldn't weasel his way out of this one, and now he is impeached.
- The New Beetle came out and was a big success, despite the fact that they left out one tiny detail, LEG ROOM!!!!
- The new Star Wars Trailers came out.
- People did return their Tamagotchis, not due to a fatality as Justin predicted, but people finally realized that they were giant wastes of time.

Entertainment

- The new Star Wars will open, crushing Titanic's box office record, Leonardo Dicaprio's career, and Mandy Langston's heart (but her heart will go on).
- Just a scarce month after claiming the crown as box office king, "Star Wars: The Phantom Menace" will be knocked off by Austin Powers II.
- "The Saved by the Bell Channel" begins broadcasting on DSS. The next day, every girl on the staff goes out and buys a satellite.
- Marilyn Manson releases the biggest album in history, or as I call it, the first true sign of the Apocalypse.

 The Spice Girls make a comeback, or as I call it, the second sign of the Apocalypse.

<u>Business</u>

- Mentos surprises the rest of chewy mint market by making an ad that isn't absolutely awful.
- McDonald's and Burger King merge, this actually hurts the company because no one wants to eat at "Burgonald's."
- DaimlerChrysler makes a new brand of cars. They say it will combine the high prices of German cars and the sloppy inefficiency of American cars.
- The government will force Microsoft to change its name to "The Evil Empire."

<u>News and Poli-</u> tics

- Ted Kennedy (insert scandalous affair here).
- China and Japan destroy each other in war, all of a sudden, the market for cheap electronic junk vanishes.
- Saddam Hussein is assassinated. Weapons inspectors become suspicious when he is buried with 200 tons of anthrax.
- After resigning in shame from the House of Representatives last December, Bob Livingston becomes severely depressed. He turns to the bottle and a life of crime.
- Bill Clinton, the sly fox, will narrowly escapes removal from office.

LOHS

 Due to lack of demand, the salad bar is closed. Mr. Toy quits in disgust.

- Ms. Morefield's fourth hour class finally breaks down into a giant "Springer-like" brawl, shoes, chairs, and wild accusations fly.
- Jay and Dave are mercilessly beaten for this article (Dave helped).
- The fence around the parking lot will be topped with razor wire.

Sports

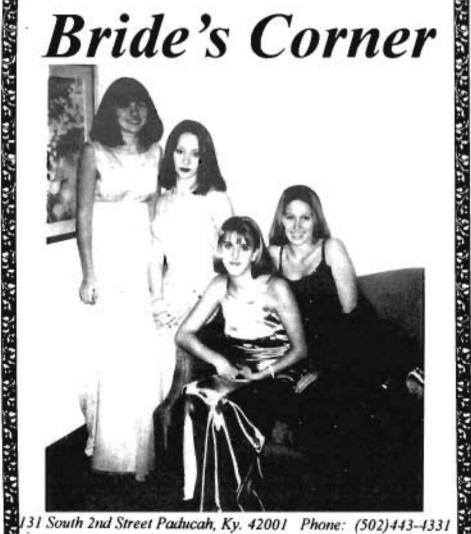
- Mark McGwire will shatter his own record.
- 2. Vikings...all the way.
- Now that Michael Jordan has retired, it is discovered that none of the other Bulls have any talent whatsoever.
- Lone Oak wins regional track competition, St. Mary's was suspiciously absent.

The Oak "K"

- Mrs. Campbell finally tells Jacob that professional wrestling is fake and to stop writing articles about it, he challenges her to a "first blood match." He wins the and every issue from then on has an entire page dedicated to wrestling. Oops! That's already happened, check the front page.
- The rest of the staff finally tell Blake the Freshman, that he isn't a staff Writer at all, but just the paper boy.
- Sunil gets pneumonia and misses an entire month of school. The paper is put on hiatus until further notice.
- After extensive testing, it is proven that Jody is, in fact, Ms. Powless' clone.
- Meagan dispels circulating rumors that she is a mute.

a we have the we we we we we we we have the

FEATORES

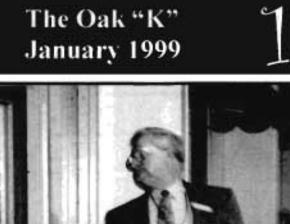


131 South 2nd Street Paducah, Ky. 42001 Phone: (502)443-4331

STODENT LIFE







3



Mr. Rushing looks outside the cafeteria and is ready to regulate any wrong-doing.





Becky Clausen has a blast picking up leaves for the elderly. This is one of the many BETA activities.



As Katie Harris takes her noon-time nap, she dreams of all her friends that she entertains throughout the day.



Tracy Smith, Natalie Taylor, Stacy Taylor, John Carmichael, David Ham, Brandon Ragsdal, and Josh Watkins enjoy their lunch after posing for a quick snap-shot.



12

The Oak "K" January 1999

Purple Flash hope Regional tournament is in the cards

Jacob Mitchell Sports Editor

The Purple Flash basketball team is currently struggling, and their record has slipped to below .500 for the first time this season.

On Friday, January 15, the Flash had a big time district game against cross-county foe Reidland. The Flash lost, plummeting their record to 5-6 on the season and 2-2 in district play.

"I am disappointed about our current status. We lack consistency," said Coach Lawrence Smithmuer,

"We work hard each and every practice. Hopefully, we will continue to improve and do well in the districts."

> -Bryan Powell Sophomore Guard

who expected a better record at this point in the year. "We play hard, but our offense struggles at times," commented Smithmier.

Senior forward Jon Shelby leads the team in both scoring and rebounding, scoring 14.4 points a contest and pulling down 10.6 boards. Junior guard Ryan Dunn contributes 11.5 points a game and adds 4.9 rebounds per battle. Senior center Matt Hopper adds 6.8 points and sophomore guard Bryan Powell scores 6.6 points on average.

The key match-ups ahead for the Flash are district competitor Heath and powerhouse Graves County. The boys hook it up with the Eagles twice, once on the 30th at Graves and again on February 18 at home. The big game against the Pirates of Heath comes February 5 at Heath. These games could be pivotal to the Flash's success for the rest of the season.

District tournaments come Feb. 22-26, and Regionals are March 1-6 at Murray State's new Regional Special Events Center.

"We should have another trip to the regional-We have to beat Reidland at Reidland in the district tourney," said Smithmier.



1999 Purple Flash Basketball

Overall Record: 5-6 District Record: 2-2

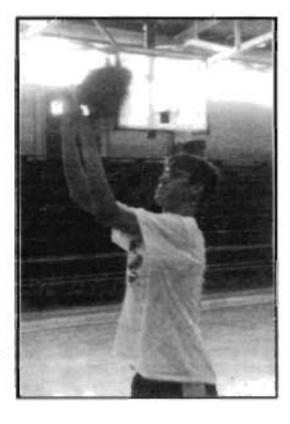
Remaining Games

January 29 vs. Fulton City Jan. 30 @ Graves County

February 2 @ Livingston Co. Feb. 5 @ Heath Feb. 6 @ Pope County (III.) Feb. 8 @ Mayfield Feb. 12 vs. Carlisle County Feb. 16 vs. Ballard Co. Feb. 18 vs. Graves Co. Feb 22-26 District Tournament at Reidland

March 1-6 Regional Tournament at Murray State

March 15-20 State Tournament at Lexington



PICTURED

Junior Ryan Dunn works on his free throw shot during practice. Dunn is one of the team's leading scorers.



ON THE ROAD we don't care how we look, but we look really good.

GENUINE MOTORCLOTHES" APPAREL FROM HARLEY-DAVIDSON"





The Oak "K" January 1999

Girls Fight For Regionals

Blake Owen Staff Writer

So far this sea son, the Lady Flash has shown their skills and talents as they have beaten all of the other teams in district. our Hopefully, we will see Coach Vaughn and his Lady Flash add one more district championship to Lone Oak's list. However, after

the Marshall game, some would doubt our Lady Flash. With the final score being a difference of 40, Lone Oak added a loss to their record. The Lady Marshals made 50 percent of their shots compared to Lone Oaks 33 percent. With no successful 3-point attempts Lone

See Center for d



Oak had to rely on their field goals and free throws.

> With victories over Heath and Tilghman and the recent demolishing of Reidland, the Lady Flash have already overcome their greatest challenge in our district. Hopefully, the Lady Flash will be headed to the District Championship and the regionals right after. With a standing record of 8-2 the Lady Flash is led in scoring by

Heidi Seltzer, who averages 9.7 points per game, and by Tonya Stamper, who averages 6.9 rebounds per game. A big match up with Heath is coming up on February 5 which should determine the Oaker's ranking in the region.



Success is learned."

Reading • Writing • Math • SAL_ACT • Study Skills • Algebra

Hockey, the other great sport

David Jolley Staff Writer

While basketball is off to a ,well, slow start, may I suggest taking a gander towards the ice rinks.

Hockey has a lot to offer sports fans. First, it's played on ice, a nearly zero friction surface, making it the fastest and coolest game on earth. Second, it's full contact and nothing is better than a good check. Except maybe the third rule: they're allowed to fight! These guys know how to brawl and they do it quite often.

There are some new rules that add to the excitement this year. The crease (see terms) is smaller, so goals are scored more frequently. The clock is running non-stop so players have to skate hard. The goal line is moved back as well making the zone bigger and opening the shooting range.

Hockey is a great sport and you can usually catch it Tuesday nights, between 6:30 and 7:30, on National Hockey Night on ESPN or ESPN2.



2429 Bridge Street Paducah, KY 42001

| | erms of the Game | 1 |
|---|---|---|
| • | Crease- The area in | |
| | front of the net. It is ille- | - |
| | gal for players to stand in this spot when attack- | - |
| | ing to goal. | - |
| | nd California and a state of the | - |
| • | Body Check- A good | 1 |
| | hard hit. It occasionally | 1 |
| | results in injury, but | 3 |
| | they're hockey players. | 5 |
| • | Offensive zone- The | - |
| | area between the goal | - |
| | line and zone line where | - |
| | players shoot on the | - |
| | goal. | - |
| | Defensive Zone- the | - |
| | same area as the offen- | - |
| | sive zone, only when | - |
| 2 | they defend the goal. | - |
| | Face off- when two cen- | - |
| | ter men face off to a | - |
| | dropped puck. | Ξ |
| | Off-sides When a | 2 |
| | player is in the offensive | - |
| | zone when the puck has | - |
| | not entered the zone as | - |
| | well. | - |
| | Icing- not a cake top- | - |
| | ping When some one | - |
| | shoots the puck from | - |
| | the opposite side of the | - |
| | center line. | - |
| | Bonalty aiven for mi- | - |
| | Penalty- given for mi- nor violations such as | 3 |
| | tripping or slashing. Vio- | 2 |
| | lating teams play with- | _ |
| | out one man. | |
| | | |
| | /•/•/•/•/•/•/•/•/•/•/•/• | - |

ۇرەرەرەرەرەرەرەرەرەرەرەرەرور

The Oak "K"

January 1999

Unsurpassed.

Comprehensive pain

management

program that delivers

excellence.



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

Offering New Hope in Managing All Types of Pain.

> * Chronic *Intractable *Persistent





According by Accordingtion Association for Ambulatory Health Care, Inc.

American Academy of Pain Management

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."