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The Oak "K"

The Official Publication of LOHS



Volume 57
Number 6
March 1999

Chapman sweeps social studies

Lucy Jackson
Co-Editor-in-Chief

Once again LOHS has proven its academic excellence and this time it was at the Regional as well as State Governor's Cup Competition. LOHS won regionals for the first time this year by amassing the highest amount of total points in the different categories of competition.

Lori Larrison (12) placed 4th in Math. Jeff Heath (12) was regional champion in Math and placed 4th in Science. Josh McGuire (12) placed 3rd in Language Arts and 4th in General Knowledge. Amy Chapman (10) was the regional champion for the second year in a row in both So-

cial Studies and General Knowledge.

The Future Problem Solving Team placed fourth at regionals and the Quick Recall Team was the regional champions.

All of these qualifiers headed to the State competition on March 14th and 15th in Lexington to represent the purple and gold.

There the Quick Recall Team placed among the top 16 schools and Amy Chapman had an amazing victory, placing 1st in Social Studies for the entire state and 7th in General Knowledge.

"This has been a very impressive year for us, and I hope next year will be the same," said McGuire.



Mr. Rushing, Assistant Superintendent Barbara Vick, Superintendent Tim Heller and Mr. Toy pose with Amy Chapman (11) before she is presented her first place

File Photo

Band students play at quad-state



Quad-state band students.

Photo by D. Jolley

David Jolley
Staff Writer

Tracy Smith, Nola Goehman, Rebecca Huyck, Leigh Ann Summers, Caleb Huff, Jonathan Light, Monty-Brenamen, Drew Rudd, John Presley, Becky Clausen, Jordan Kinsey, and Emily Goehman were selected for The Quad State Band Festival sponsored by Murray State.

"The Students were very excited about being chosen" Mr. Light said. "They were given tryout music, so they had to tryout." This instrumental Honors group was very diffi-

[Quad-state] gives students an opportunity to meet new people and perform in top notch groups."

—Mr. Light

cult to get in to, as well as worthwhile.

"This is an excellent music festival that gives students an opportunity to meet new people and perform in top-notch groups." Light Added.

The music festival was held at Murray State February 25-27. Congratulations to everyone who participated

FBLA: you just can't stop 'em

Jody Suhrheinrich
Staff Writer

Those bodacious blondes in the business department are at it again. FBLA is organizing the tenth annual Senior Citizens Prom here at LOHS on April 23. Mrs. Harper, Mrs. Wyatt, Mrs. Boyarski, Mrs. Titsworth and assorted FBLA members/officers are providing the citizens of Lone Oak with a wonderful night of bingo and dancing. Attendance in past years has ranged from 75-100+ citizens.

"Every year this gets bigger and better, everybody has lots of fun and they always say they can't wait till next year," quips Mrs. Harper.

FBLA funds the event with help from St. John's Church who donate bingo cards and game pieces. Mrs. Harper also warns that the seniors take their bingo seriously! Prizes are generously handed out to anyone who attends, so no one leaves empty handed.

In other business news, members of FBLA made LOHS proud by once again by bringing home six awards from FBLA Regional Conference. Jordan Kinsey (11) placed first in Accounting II, and Garrett Wheatley (10) was a first place winner in Computer Concepts. Brian Sykes (12) did well with a second place award for Desktop Publishing, while Richard Hughes (11) and Tyler Wil-

ham (11) each won second place in Desktop Publishing. Phillip Sollitto (10) rounded out the awards with a third place finish in Keyboarding Applications.

These six winners will advance to state FBLA Conference in Louisville, Ky on May 10th-12th. Not to be forgotten, however is Leigh Ann Brewer (12) who was a finalist in Public Speaking and Kim Chopra (12) who was also a finalist in Job Interview. Congratulations to all!



The bodacious blonde Mrs. Titsworth helps Beth Mason (11) with that darn computer.



Harper's Business "Bizarre"

Jay Swacker
Coroner

Mrs. Harper's marketing and office procedures cooperative education classes at LOHS just completed a marketing research project. The project was a semester-long ordeal.

Part of the project involved a trip to local businesses. Students gathered, recorded, and analyzed facts related to marketing goods and services. Some of the businesses students went to were Steak-Out, Shoe Carnival, Union Planter's Bank, PCC, Sills Cycle, Paducah Sun, Kwik Lube, Electric 96.9, and Dip-pin' Dots.

Each student had to interview a manager from one of the stores. They had to fill out a survey, created a detailed outline, and they wrote

research papers. Another part of the project was to give an oral presentation. The presentations included having drawings and winning gifts or money.



The Oak "K"

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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 or all subjects that affect the audience. Final authority for the content of the paper rests in the hands of the principal.

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New calendar

Jay Swacker
Coroner

March 18, 1999-Last Thursday night, the McCracken County Board of Education voted unanimously to instigate a new school calendar.

The proposed calendar will shorten this year's summer break to a scant two months as opposed to the normal three. There will also be a two week break some time in the fall and spring along with three weeks off for Christmas.

Originally, the board proposed to phase in the calendar during a two year period. But after strong parent response, they decided to go ahead with the new calendar.

Flash choir thrives in competition

Kelly Reeves
Editorial Editor

Twenty-two LOHS students attended the annual Solo and Ensemble Festival at Murray State on Saturday, March 6. Solo and Ensemble, sponsored by Murray State is open to all high school and middle school choir students who want to attend. They practice for several weeks outside of choir classes to perform as, obviously, a solo or ensemble in front of a judge who grades their singing technique as novice, apprentice, proficient or distinguished, with distinguished being the highest ranking.

Natalie Ellis (11), Frances Owen (12), Janie Toy (12), Tim

Hobbs (10), Josh Reid (11) and Kelly Seely (10) all ranked distinguished in their solos. Annemarie Cason (9), Jenna Midkiff (9), Christen Crouch (9) and Laura Ramsey formed an ensemble and ranked distinguished. Shay Barnes (11), Lorrie Keeling (12), Lori Millner (11), Janie Toy (12), Carrie Sisto (12) and Callie Wexler (12) were also in an ensemble together and ranked distinguished.

Lastly, Shay Barnes (11), Jenny Chambers (10), Carrie Hovekamp (10), Josh Reid (11), Christina Rothwell (10) and Kelly Seely (10) formed an ensemble and ranked distinguished.

"(Solo and Ensemble) helps build the students' vocal technique in solo singing. It also helps with self-confidence and builds confidence in singing for an audience," said Mrs. Durham

Red Cross comes to LOHS

Tracee Werner
News/Features Editor

Every year the Red Cross Foundation and LOHS give students the opportunity to perform a great community service. Red Cross associates visit the school and take blood from any student ready, willing and able to give.

A few of the basic tips when considering giving blood:

- Must weigh at least 110 pounds.
- Must be at least 18 years of age.
- If only 17 years old, must have a parent/guardian's signature.
- Know the names and purposes of any and all prescription medicines taken with the last month prior to donating.
- DO NOT DONATE ON AN EMPTY STOMACH!
- Don't participate in any strenuous activities for the rest of the day after giving blood.
- Don't be nervous, the nurses are professionals and know what they're doing.

How is donated blood used?
Treat patients with...

- cancer
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- sickle-cell anemia
- hemophilia

Last year, approximately 105 members of the LOHS community donated blood at the school. This year's blood drive will be on Wednesday, March 31 in the LOHS library. So, this year, give the gift of life and give blood.

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Letter to the Editor

I am appalled by the negative articles that are repeatedly written by the same writer each month. Several of my friends and I are sick and tired of reading these negative editorials! It is bad enough we have to read negative editorials in *The Paducah Sun*. Why do we

we have to read them in our school paper? Enough is enough. I am almost to the point that I do not want to read the school newspaper because of a particular person's continuous negative editorials.

Sarah Stoll

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LOHS celebrates Read Across America

Alicia Reeves
Staff writer

On March 3rd LOHS and many other surrounding high schools participated in Read Across America Day. It was a day set aside to recognize the infamous Dr. Seuss and to spread the importance of reading to elementary students in a fun, relaxing way.

The day started with radio host Avis P. from 94.3 FM reading Green Eggs and Ham by Seuss Himself, to students in the cafeteria where students were enjoying their

own green eggs and ham.

Roy Davis, a writer and professor at Murray State University, read some of his favorite personal reminiscences with Mr. Toy and Mrs. Campbell's English classes. This is the second year Roy has visited LOHS.



94.3's very own Avis P. guest reads

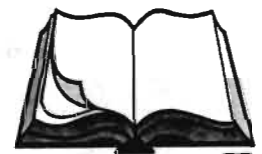
LOHS juniors and seniors volunteered in their English classes to go to either Hendron Lone Oak or Lone Oak Elementary to read to children grades K-5. They were able to stay their entire English class period. It proved to be a pleasant event not only for the elementary kids, but also for the high school students. High School students could either

Photo by: T. Werner

bring their own Dr. Seuss book, or the Elementary Schools' Library provided all readers with an assortment to choose from.

"It was fun and enjoyable," said junior Josh McKendree, "I wouldn't mind doing it again."

The elementary students (and teachers) found the experience equally entertaining. They expressed their thanks in handwritten notes to many of the LOHS students who participated in the event.



Elizabeth Rigdon exhibits her masterful storytelling at H/LOE



Photo by: T. Werner
MSU's Roy Davis graces our presence

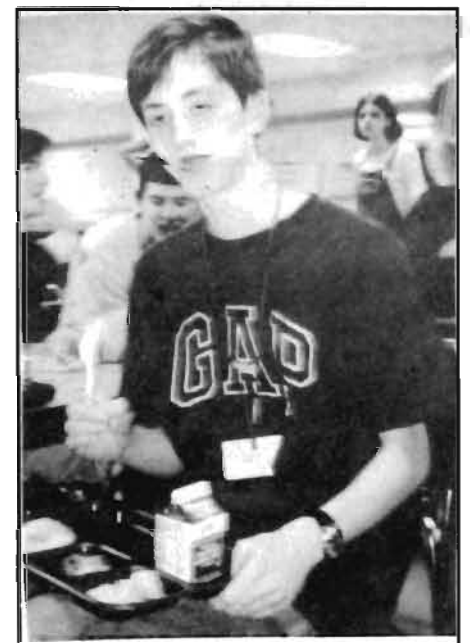


Photo by: T. Werner
Josh Woleben (9) does enjoy green eggs and ham (sorta).



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Ms. Morefield's 4th hour English Class pumps it up For Dr. Seuss.

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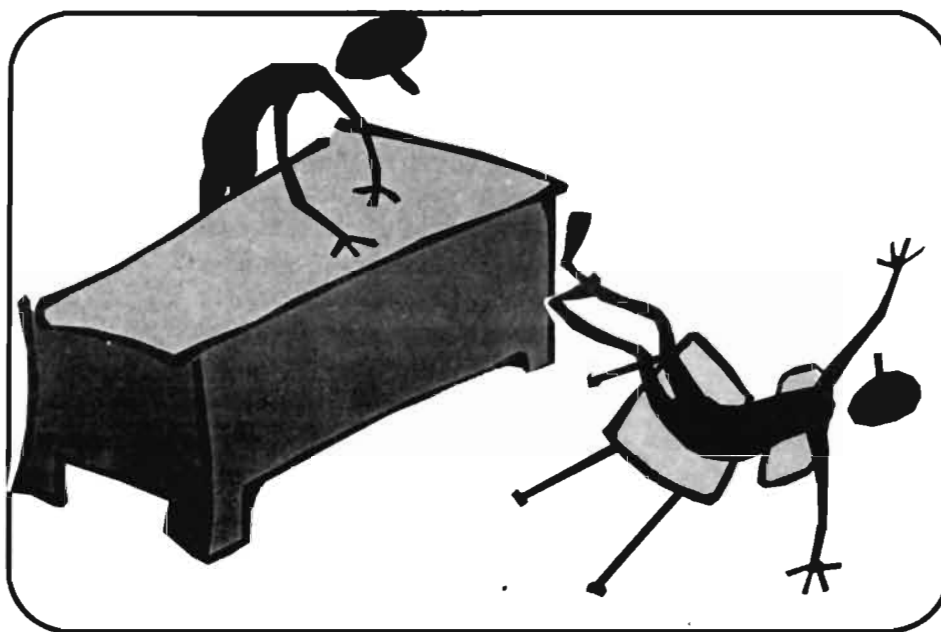
Lucy Jackson
Co-Editor-In-Chief

The end of nine weeks, and even worse semesters, are packed full of stress, headaches, outbreaks of crying, test after test and of course report cards. Well, it's hard enough to simply survive the end of a grading period, but what about having to close a nine weeks and take your make it or break it test without knowing your most recent average in the class.

I have had the unhappy experience of going to some of my classes on the last day of the nine weeks with no clue as to what my

current grade is because tests I took forever ago have yet to be returned

what I have to make to bring my mystery grade up to the average I



to me. Even more nerve wrecked than usual, I'm stuck wondering

want.

I realize that teachers have a lot

to do, but it seems that a priority would be to let their students know how they are doing in their classes. For me personally, I have felt totally lost in some classes about my test grades, my GPA and that little letter that makes everyone feel a little sick, my average. It's hard to determine what subjects you need to be concerned about, and what you need to do to achieve what you want when you have no idea how you're actually doing.

We are under enough stress as it is and we're just teenagers. School is a lot of work and a lot of students strain themselves to be successful in this so-called dream world of high school. I realize that everything can't just be made easier, but a little stress could be lifted if we were at least informed of where we stood in our classes before we handed our report cards. Give us a break; get us our grades!

Alternate calendar = better learning



Blake Owen
Staff Writer

The McCracken County School Board has proposed an alternate calendar. I personally believe that this is a good plan. However, members of the community as well as the student body are divided on the issue.

Many students that are against the alternate calendar give the complaint that summer would not be as long. The truth is that summer would only be cut by a week or two. With the current schedule students get all of June, all of July, and some of August. With the alternate schedule students would still get all of June and all

of July. This is only a two-week decrease.

With the alternate schedule there is also a chance for students to make up failed classes after the nine-week period. This would take the place of summer school, so that student who failed classes wouldn't have to go to school during summer.

As well as helping students make up classes after they fail them, the alternate calendar would also give students the opportunity to go on vacation during October. The weather in Florida in October isn't too hot or too cold. It would be a great time to go down for a week or two.

All in all, I believe that the alternate calendar would benefit McCracken County Schools. It would help us grow while taking us a step into the future.





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HEY, kids deserve credit, too!



Jody Suhrheinrich
Staff Writer

Lazy, apathetic, good for nothing-slackers. These are some of the less colorful adjectives being used to describe today's youth of America. Adolescents from the age of 15 on up to age 20 are constantly being ridiculed for being young and seemingly carefree. I can't tell you how many times I've heard the phrase, "Well that's a teenager for you," or "Kids these days." I wish teachers, parents and various law officials would realize that we kids do have a concept of responsibility and we are making productive use of our time (minus the hours spent in front of the TV watching "Real World" reruns).

After awaking at the unhealthy hour of 6:00 a.m. we arrive at school and stumble through class after class, lecture after lecture, but at 2:30 when we cast off the dreaded shackles of the nametag, our day hasn't ended yet. We crawl to our cars, unable to walk upright due to the various twenty pound books strapped to our backs, and from there it's off to one of several "carefree" engage-

ments.

From here we have the choice of partaking in A.) an after school job where we can further be belittled for our inadequacies for hours on end, or B.) go to 2-3 hour basketball/dance/baseball/soccer/cheerleading/academic team practice. When we finally make it to that oh-so-unfamiliar place we call home, we are now forced to invest at least another two hours in homework. Then we try to remember to snarf down some nu-

tritional substance of some sort, view the one hour of TV necessary to maintain teenage homeostasis, finally kiss ma good night and snatch five hours of sleep before it's time to start all over again.

I'm not telling you this so you'll feel sorry for us or heap more "adult" responsibilities on us, I just want all the mature grown-ups out there to realize we're not that far behind them. There's always going to be some screw-ups who give the youth of America a bad name, but maybe that's because they're expected to. It's not easy dealing with hormone imbalances, family crises, and homework all in one day. So everyone out there who thought we're no good video-game addicts, give us a break-we might surprise you!

"I wish teachers, parents and various law officials would realize that we kids do have a concept of responsibility and we are making productive use of our time..."

Tabloids are delightfully tacky



Alicia Reeves
Staff Writer

"Poodle's 13-story plunge kills three!" This was the headline to an article I recently read. The story was that a poodle fell out a thirteen-story window and hit an innocent bystander, killing both instantly. Then, a woman stopped to gawk at the bodies and a bus hit her while she was in the street! The lady was thrown and landed by the feet of an old man who died of a heart attack a few minutes later.

Sound phony to you? Well, it probably is. The paper I read the article from is called The Weekly World News and is one of the top tabloids in the world. Even though the story I read was probably a big hoax, it sure gave me a good laugh. How many times have you been standing in line at the grocery and found yourself reading headlines such as "Bat Child found in cave" and given a slight

chuckle to this weird thought? Admit it, you can't help but laugh at these non-sense news flashes because frankly they're just plain funny.

Unfortunately, there are those people who hate tabloids because they are "ridiculous" and "tacky". Why, of course they're ridiculous and tacky, they're tabloids! The dumb, out-of-this-world stories are what make them so funny. Anybody that is that offended by tabloids must not have a very good sense of humor. True, they might go a little far when they get into the subject of religion and how profits say the "world is ending soon" but that is just a small part of tabloids.

Tabloid authors know how to get people's attention. Their eye-catching headlines and funky stories are great journalism tactics and to be honest, I think they do a good job, even if their stories aren't 100% true. Maybe people should lighten up and take a look at what tabloids have to say. After all, who can pass up a title that says, "Killer

begs for mercy-after executioner chops off his head!"



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Is it professional "wrestling" or professional trash?



Kelly Reeves
Editorial Editor

These past couple of months, we've all been hearing about the virtues of professional wrestling. After being brainwashed with all these advantages, let's ask ourselves a very important question. Would you sit down and watch WWF Raw with your Grandma? Could you explain to her why DeGeneration X is putting two hands across their privates and yelling an offensive phrase to a crowd of young children? Or why the very famous Bible verse John 3:16 has been made to sound like Austin 3:16, a motto for a dirty wrestler? Or even why this same wrestler, Stone Cold Steve Austin, makes a rude gesture to a crowd of young and extremely old viewers?

As far as vulgar sayings and actions go, professional "wrestling" has the worst. Let's see, there's DeGeneration X's actions which I touched on earlier for starters. All wrestling fans and even non-wrestling fans know what Stone Cold Steve Austin screams when getting into the heat of the fight (which is very offensive and cannot be published). Then you have Gangrel drinking "blood" on network television while The Undertaker's brother Kane, Stone Cold Steve Austin who supposedly died in a fire set by The Undertaker, is taking revenge on him in



Stone Cold Steve Austin

the ring. The Godfather has promiscuous women hanging all over his body while coming out to the ring with him. Enough said.

As Austin 3:16 has gotten to be such a popular phrase, let's just clear up why Stone Cold uses this as his motto. In 1996, he was getting ready to wrestle Jake the Snake and in the pregame poop, Jake was telling the crowd that the Bible verse John 3:16 would help him through this fight. Well, to make a long story short, after Stone Cold beat him, he yelled out "Austin 3:16 says I just kicked your (butt)." Many people have had a big prob-

lem with the very spiritual and famous Bible verse John 3:16 ("For God so loved the world that he gave his only son...") being transformed into sounding like Stone Cold Steve Austin's motto, which represents nothing but violence. Young children learning their Bible verses are likely to be confused about what those numbers, 3:16, represent: God or vulgarity.

On a recent Dateline, the newscaster went undercover to a professional wrestling "match." What he found was a three-year-old little boy whose mother bought a Styrofoam hand with, not the thumb, but the middle finger sticking up. When in the process of asking the father what he thought of it all, a half-naked woman, Sable, walked onto the ring and flipped off the entire crowd, along with this three year old child. So with all these facts presented to you, I'll say what I said before...Enough said.



Gary Miller, head of *This New Life* International Bible School.

You can reach Gary Miller at:

Phone: (502) 534-1137

E-mail: gfc598@aol.com
Mail: P.O. Box 9602
Paducah, KY

This New Life International Bible School

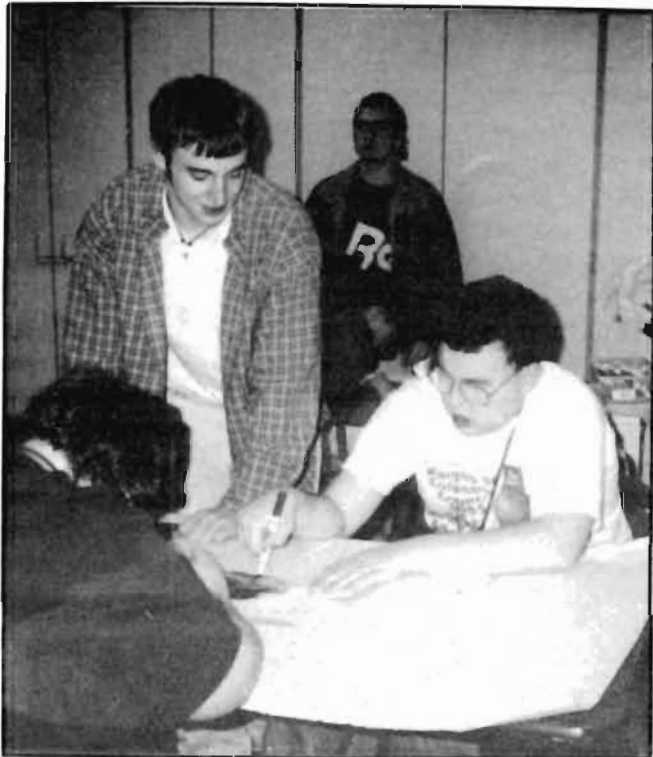
Teaching Who You Are and What You Have In Christ

"SO STUDENTS, ARE YOU HUNGRY ENOUGH FOR GOD TO TAKE THE CHALLENGE?"

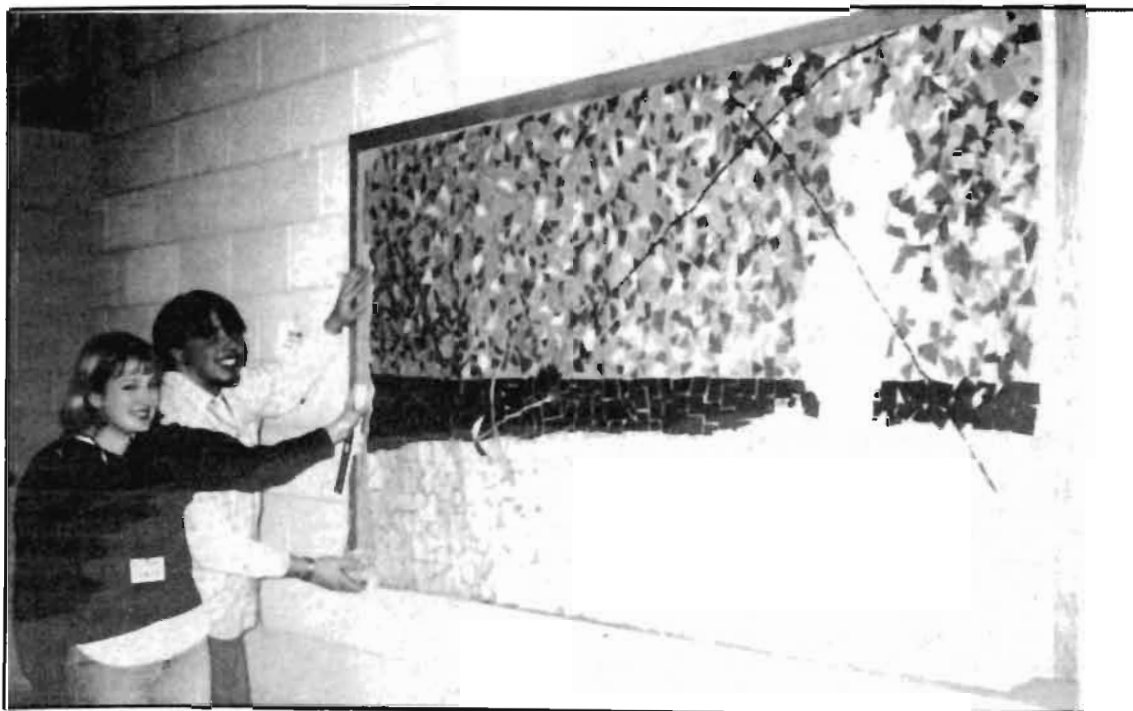
A new semester for *This New Life* International Bible School just began. Classes are: Excellence in Ministry and Paul's System of Truth. Classes are held on Monday evenings from 6:30 to 8:30pm in the Paducah Bank, Lone Oak Branch.

A one time registration fee of only \$25.00 is required and tuition is waived for all high school students.

Anyone may audit one class without any commitment. Call Gary Miller at (502) 534-1137 or email at: gfc598@aol.com for a brochure or more information.



Sandy McDaniel helps Josh Johnson make signs to support the Lone Oak Purple Flash.



Michael Rudd and Andrea Lewis show off the great art work that the art students do.



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Tear it up with Tae-Bo

Emily Riggs
Co-Editor-in-Chief

Have you been the victim of purchasing workout equipment or videos that just can't quite keep your interest? Well, I have two words for you...*Tae-Bo*. It's the workout craze of the 90's. *Tae-Bo* is well worth the money, fun, and exciting.

"Get fit, lose weight, have fun and be strong," are the encouraging words of seven time World Martial Arts Champion, Billy Blanks. Blanks, the creator of *Tae-Bo*, developed this workout with a blend of ancient arts, self-defense, dance

and boxing. These techniques put together with a little music make a great workout for any age and any size.

Tae-Bo is unique; it's unlike any other workout program on the market. I first heard of *Tae-Bo* about five months ago while watching TV. Usually I turn away from commercials, but I kept watching long enough to get me interested in buying the videos. Now, I have been doing *Tae-Bo* for three months and I absolutely love it!

Tae-Bo is easy to learn. If you order the videos, you will receive

four different steps. First is the *Instructional*, which takes you through the kicks and punches. Next is just a *Basic Workout* that gets you ready for the *Advanced Workout*. The *Basic* is slower paced and much shorter than the *Advanced*, which is an hour long. In case you are short on time, you also get an *Eight Minute Workout* that will take you through the workout in only eight minutes.

Once you make it to the advanced level, you will actually look forward to working out. Blanks is encouraging through the whole work-

out and makes you want to push yourself to the finish. In my past history of trying workout programs, I only lasted a week. I haven't given up on *Tae-Bo* yet and I don't plan on it. So if you're looking for a way to tone, get in shape, lose weight or just have a little fun, then *Tae-Bo* is for you.

Tae-Bo is taught at two of our local gyms The PAC and Gold's Gym. Or you can call 1-877-228-2326 or visit www.taebo.com to order the videos.

Meghan Heine
"I think *Tae-Bo* is better than *Buns of Steel*"

Emily Lyles
"*Tae-Bo* gives you the workout you've been looking for."

Lindsay Curb
"*Tae-Bo* is a kickin' good time and if it's good enough for Billy Blanks, it's good enough for me."

Mrs. POWLESS
"I love *Tae-Bo*. I find that it works different muscle groups more than any other workout."

Non-school sports rock

David Jolley
Staff Writer

Each year more and more students are playing sports outside of school. Some of these sports are organized, while some are the backyard version. Anyway these are played and they deserve recognition and a lot of fan support.

Roller Hockey

Roller Hockey at Kingsway Skateland is hot with the team players nearly doubling over the three-year history. This sport is action packed, full of speed, and intensity. Games are played on Monday and Thursday night at 8:30, and admission is free. The cost is \$60.00 plus equipment. Contact Tony Markgraf at Kingsway Skateland for more info.

Swimming (summer and U.S. S. leagues)

Check your leg shaving, Speedo jokes at the door, these guys work harder than any other sport. The team members swim twice a day and average about 10,000 yards a day. Rick Boucher is the head-coach of the Paducah Swim Team, contact him at for information on the spring season which starts April 12.

Boxing

Boxing is growing in a huge way. Although most of it is unorganized it is safe (except for the just of the sport). It is also difficult and extremely painful. If you're a mama's boy, stay home. It is about honor, discipline, and a huge challenge. If you are interested speak to LOHS senior Derek Harris, and he'll find you a match.

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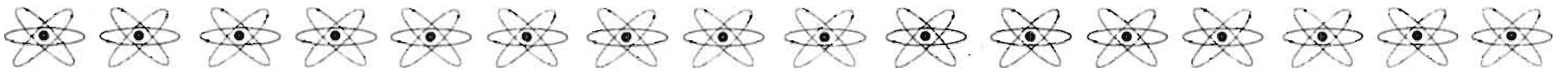
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Whitley is Teacher of the Month (and clinically insane)



Jay Swacker
Coroner

March's Teacher of the Month is Mr. Whitley. In order to get to know this legend of Lone Oak better, I sat down to have a chat with him. Paraphrasing or abridging the interview simply wouldn't do him justice. So I present to you the entire, unabridged conversation:

OK: How do you feel about being named Teacher of the Month?

TW: Being Teacher of the Month gives me feelings of inexpressible joy that the English language can't adequately express

OK: What do you do that makes you so "special?"

TW: Special?

OK: Yes, special is in quotation marks.

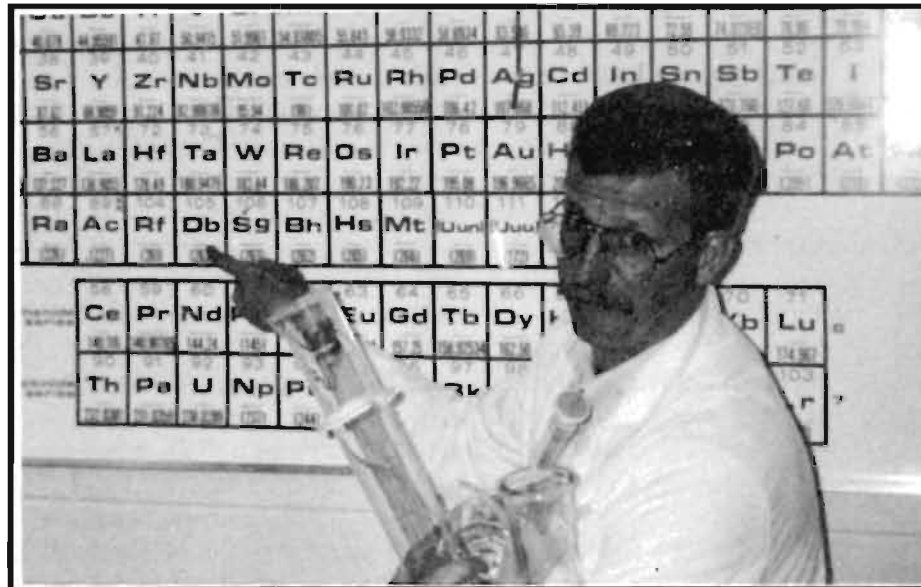
TW: I take vitamins.

OK: What classes do you teach?

TW: All the ones I have.

OK: Okay (laughing), what got you started teaching?

TW: What got me teaching...



Mr. Whitley adds new meaning to the term "Mad Scientist."

ah...ah...back in the 70's, during the Cold War, I was a double-naught spy for British Intelligence (a dorkier James Bond in other words) in East Germany. After successfully completing my mission, I went into the Witness Protection Agency and they put me in a career where I could keep a low profile. And now that the Cold War is over, I can finally divulge...uh...

my checkered past.

OK: The Cold War is over, why are you still teaching?

TW: Did you just think that up?

OK: Yeah.

TW: There's a good answer to that question. (long pause) You're not writing that down are you?

OK: Oh yes.

TW: I'm still teaching chemistry because I love the smell of hexane in the morning.

OK: What's with the labcoat? Do you wear it to bed?

TW: I'm not wearing it now.

OK: Yeah, I know, when I wrote the question, I assumed that you would be wearing it. Of course, when I get here, you aren't wearing it, so the question is ruined.

TW: I don't wear the labcoat to interviews and to the bathroom. I wear it for all other informal occasions.

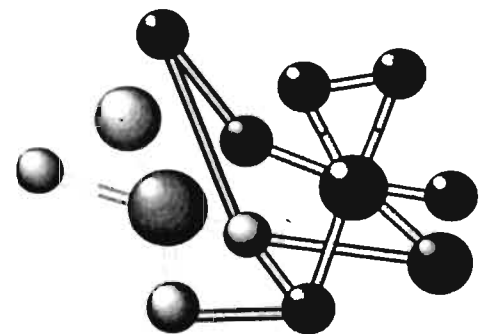
OK: What do you consider formal dress?

TW: Labcoat with tie and cuff links and black shoes.

OK: So informal dress is more earth tones?

TW: Yes, earth muffin tones.

The interview clearly shows Mr. Whitley's quick wit and insanity. Two good reasons why he was named Teacher of the Month, and one good reason why he was placed in a sanitarium (the incriminating photo was another reason).



Rigdon this month's Rotarian...

Jay Swacker
Coroner

What does it take to be a Junior Rotarian? Well, for starters you could be in Beta Club, Girls Scouts, Dance, or be a cat enthusiast. Elizabeth Rigdon does all of these things, and MORE! It's no wonder she's March's Junior Rotarian.

Among her many honors, she attended the 1998 Kentucky Governor's School of the Arts (for flute), All State Band, and she has been 1st chair flute in All District Band for the past two years. She has also won the Girl Scout Leadership Award.

Rigdon plays flute in the



March's Jr. Rotarian, Elizabeth Rigdon

LOHS symphonic band and was the field commander for the marching band for her junior and senior years. She also swoons crowds as a member of the Chamber Choir, and still maintains a high GPA.

Her pride and joy (sadly) is her cats. At the moment, she has two cats, Susie (a calico) and Bubbles (the jumbo-sized, deaf, blind, diabetic, black and white furball). She has to take good care of Bubbles; or else she would suffer severe medical problems. Amazing how she can do that on top of all of her schoolwork — a true Junior Rotarian.

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Cats performance is more than purrrfect

Lucy Jackson
Co-Editor-in-Chief

Tuesday February 23rd I had one of the most exciting experiences of my high school career. No, I wasn't notified I could graduate a year early or even that I had won a Hawaiian Punch tee shirt in the cafeteria. No, my experience was far greater than either of these. I had the pleasure, along with about forty other Oakers, of attending the performance of CATS in Nashville, TN thanks to Mr. Toy's undying devotion to the arts.

A beautiful Southern Stages bus left LOHS at exactly 3:00 PM and headed to downtown Nashville. Rested up from the ride (I've never seen that many wide open mouths), we hit the streets of our awaiting city to grab a bite to eat before the

show. By 7:20, we were at the TPAC.

Randomly we had received tickets before our arrival. Although the ticket said *Row C, Orchestra Section* we found this hard to believe until we entered the theater and found that we were in the orchestra and the FRONT ROW. That's right, Row C was first that night and we had front row, dead center seats. About to explode from excitement, my comrades and I waited while observing the beautiful musician boys that were warming up right below us. (Another plus of front row seats!)

Finally, the curtain rose. The backdrop was incredible with enormous everyday objects like tennis rackets, Coke cans, bags of cat food and tires. Then, out crawled human sized cats. Perfect in makeup, cos-

tume and movement, these actors and actresses were amusing enough without the musical. CATS was amazing. The cast was made up of unbelievable dancers, singers and actors. The amount of talent that was on the stage was incredible not to mention I had to remind myself these really weren't cats jumping around and singing in fronts of me. Luckily, I had a first row view and was able to see even their "catty" facial expressions.

The plot was also very interesting. CATS, the longest running Broadway musical, was written by Andrew Lloyd Webber and is based on poems that T.S. Elliott wrote for his grandchildren. The basic theme revolves around the Gelical Ball which is held annually for the cats. At each ball, one cat is chosen to

leave the present world and go to the other side, kind of a heaven. Deuteronomy, the patriarch cat, seems to be the main character although throughout most of the play you are introduced to the many different types of cats. This is definitely the most fun. Meeting the different characters of each of the cats was very entertaining.

I left the theatre two hours later feeling wonderful, with *Memory* in my head and a desire to pursue the stage. Of course, in my opinion musicals are always a good experience and I'd definitely recommend taking any opportunity to see one to any person who has even the slightest passion for the arts, especially if it's CATS!

Dave delivers in Murray

Jody Suhrheinrich
Staff Writer

On February 20 the biggest thing to hit Murray State University since, well ever, drew hordes of teens from various towns and even states. The one and only Dave Matthews, accompanied by his guitar-playing mentor, Tim Reynolds, paid a visit to Lovett Auditorium much to the delight of Dave fanatics everywhere. Several of my friends and I were lucky enough to snag tickets to the sold-out all-acoustic performance, and I must say it was, to say the least an incredibly mesmerizing concert that lived up to every expectation we had.

The smaller setting of the Murray State campus provided a more intimate atmosphere and an overall, more profound performance. Dave not only entertained his audience by creating masterful guitar duels (with help from Tim), but provided the adoring crowd with humorous anecdotes about elephants, and British roommates.

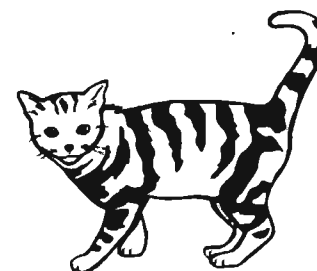
Matthews left the horns, fiddles, and drums at home but still delivered the same passionate message through his amazing voice and intricate guitar work. He delivered such favorites like "Satellite," and "Typical Situation" and even included some newer tracks off of Before these Crowded Streets like "Don't Drink the Water," "Halloween," and "Crush."

The best surprises of the evening came when he covered the classic Rolling Stones hit, "Wild Horses" and his own version of the classic "This Land is Your Land." Reynolds, had his own time in the spotlight with two guitar solos that incorporated mystical echoing techniques.

All in all this was a wonderful and captivating concert that I (or anyone else for that matter) won't soon forget. If you're interested in hearing an account of this acoustic experience be sure to pick up Dave Matthews and Tim Reynolds, Live at Luther College, which follows a similar format.

Solutions to last month's riddles

- 1) A match
- 2) A window
- 3) The letter M
- 4) Fire
- 5) Your breath
- 6) An onion
- 7) Footsteps
- 8) The railing



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Crispy steak: An LOHS favorite

Kelly Reeves
Editorial Editor

Q: What is your favorite meal from the cafeteria and why?

A: ☺**Jessica Greenwell** (10)- Mashed potatoes with crispy steak because mashed potatoes are the essence of life.

☺**Greg Raney** (10)- Crispy steak because they go really well with mashed potatoes and gravy.

☺**Christa McLain** (11)- Hot dogs are my favorite food be-

cause they're so tasty!

☺**Matt Hopper** (12)- Crispy steak because I like the mashed potatoes for dipping sauce.

☺**Dallas Gipson** (11)- Bring back Jean's mini burgers!!!

☺**Casie Skaggs & Sarah Suitor** (10)- Baked potatoes because there is no way to mess up a baked potato!

☺**Justin Jett** (9)- Crispy steak because it's crispy and I like the

juice and grease that come out of it.

☺**Lauren Vinson** (9)- Chicken sandwiches are my favorite because they're finger lickin' good!

☺**Maurina Lantsova** (10)- Burger and fries because I don't like anything else.

☺**Kim Starks** (12)- Chicken and dumplings; they're my favorite food.

☺**Jerry Smith** (10)- Crispy steak day is my favorite because

it's good and South Park portrays it as good.

☺**Tony Zacheretti** (9)- Ravioli because I'm Italian.

☺**Leigh Ann Collins** (10)- Chicken nuggets and mashed potatoes because they brighten my day.

☺**Jessie Grimm** (9)- Chicken nuggets because...well...hmm...I don't know.

☺**Kristin Calhoun** (12)- I don't eat cafeteria food.

☺**West Harris** (9)- Pizza because the line is fastest.



Don't let prom get the best of you

Tracee Werner
News/ Features Editor

No, juniors and seniors, there is no law that says you must go to prom. So, for those of you who don't feel the need to blow your entire savings on preparations for one night and some pictures, that you have to pay for anyway, here are a few alternatives.

❖ **Have a girls'/boys' night out.** Get a group of friends together and go out. Catch that flick that you've all been meaning to see, but just haven't had the time and go out to eat. You will probably need to eat early in order to avoid prom traffic at the restaurants. (Maximum

cost: \$16, depending on where you eat)

❖ **Pamper yourself.** Stay at home and give yourself a salon treatment. Get some bubble bath and soak for a while. Go buy a cheap but effective mask and give yourself a facial. Paint your nails a funky new color. Go all out and give yourself a pedicure. Just because you're not going to prom doesn't mean you can't be beautiful, too. (Maximum cost: \$20)

❖ **Have a good old-fashioned slumber party.** You and your closest friends get together and rent some movies, bake some cookies, order a pizza, and stay up all night gossiping about

your secret crush. Rent some of those chick flicks that your boyfriend never lets you rent. You know, get back in touch with your inner child. (Maximum cost: \$10-20, depending on how many movies you rent and how many toppings on your pizza)

❖ **Have a romantic night without the expense.** You and your significant other get dressed up in clothes that you already own and go out to eat and on a carriage ride downtown. (\$20-30)

❖ **Be creative.** These are only a few suggestions. If none appeal to you, come up with something on your own. Just remember that not going to prom doesn't have to be a drag.



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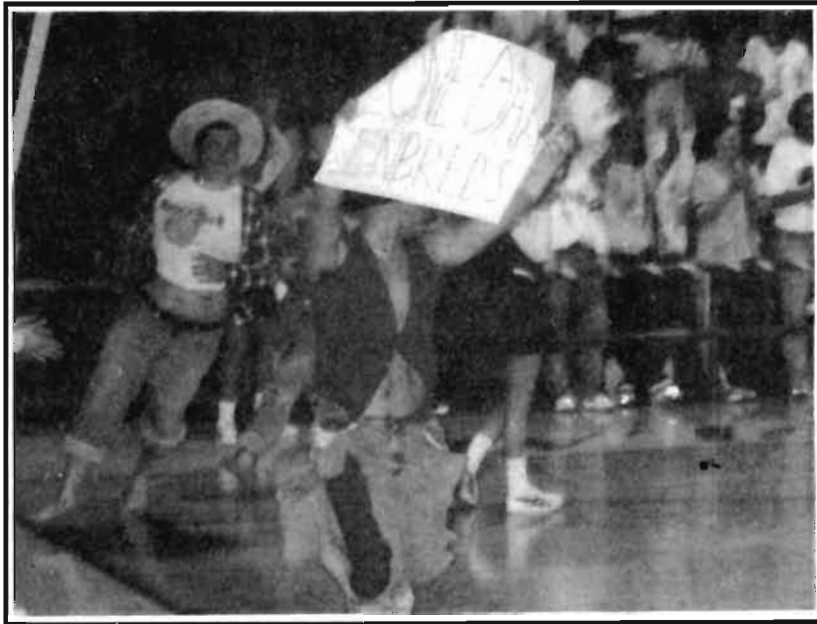
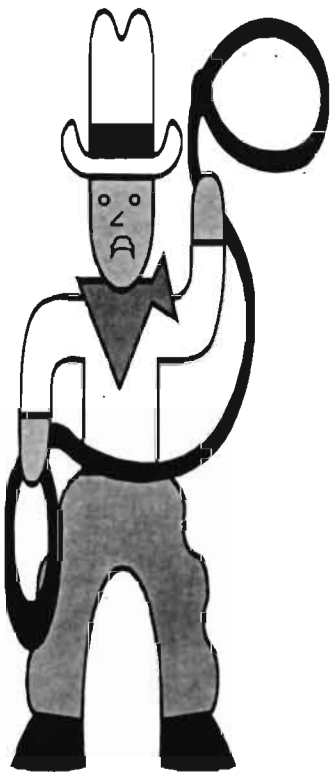
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P.J. Jones and Sports Editor extraordinaire join the Graves County B-ball team.
Photo by Jody Suhrheinrich




Aaron Peeler really wanted a Junior pizza party.

Photo by Dave Jolley



Adonis Jackson, Vince, and Matt Jones break it down in the name of LOHS spirit!
Photo by Dave Jolley

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Lone Oak Basketball Wrap Up

GIRLS

BOYS

David Jolley
Staff Writer

The Lone Oak Lady Flash basketball set a new standard of excellence this season. The girls ended the year with a very impressive 21-9 record. The standard was not set by just the record, or with the fact that the team was incredibly strong all the way through, but set when they became the first Lone Oak girls basketball team to be Regional runner-up.

With the season now over, next year looks promising.

"We've got four starters back for

next year," said head coach Coach Vaughn "and many players ready to move up."

These starters include Heidi Seltzer who led the team with 19.2 points per game and 11 rebounds. They've also got strong defense returning with Bethany Wright, Amanda Fox, Sara Angelly, and Kim Fesmire.

The Lady Flash will miss Senior Tonya Stamper's leading assistance and help from all the other seniors.

"We'd like to thank the fans, and the community, it means a lot to myself and the team to have the support . . . we hope we can do the same next year," Vaughn added.

Jacob Mitchell
Sports Editor

Purple Flash basketball has completed yet another season, and though they did not compile a winning record, overall the team accomplished their goals.

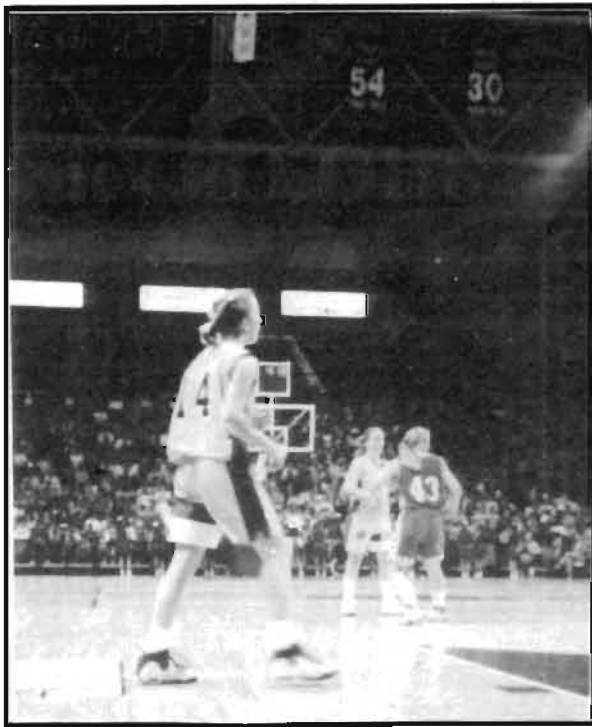
The team's accomplishments include a runner-up position in the district tournament, second place in the district regular season, and a trip to the regional tournament. The team finished with a record of 12 wins and 16 losses.

"The year overall was disappointing when you look at wins, but we accomplished our goal of getting to the Regional tourney," said head coach Lawrence Smithmier. The Flash not only reached the Regional tournament, but made some noise as well. A first round defeat of the Fulton City Bulldogs placed the team into the Semifinals, where they took on the Graves County Ea-

gles. Although the Eagles were the heavy favorite, the Flash put up quite a fight but fell in the end.

"We were successful. We continued to progress throughout the year," commented Smithmier. "Our shooting was our key to winning ballgames, but the foul shooting cost us some, too."

The team leaders in statistics were Senior Jon Shelby and Junior Ryan Dunn. Shelby poured in 14.3 points and grabbed 9.4 rebounds per game, and Dunn added 11.8 points and hauled in 4.5 rebounds each contest. The five seniors that lead the team were: Jon Shelby, Mitch Flood, Matt Hopper, Carl Walter, and Jeff Heath. Coach Smithmier also feels that sophomore Brian Powell deserves recognition for his efforts as a first year starter this past season.



PICTURED

Sophomore Courtney McClure anticipates a pass during the finals of the region against Marshall County.

Freshman swims way to accomplishment

Blake Owen
Staff Writer

The LOHS swim team is not very large. In fact they only have two members. One of which is freshman Aaron Reside. Aaron competed in the High School Regional Competition in February.

Because of competition rules, swimmers could only compete in a maximum of two events. Aaron competed in the

500m free style as well as the 200m free style. In the 500m he placed 10th and in the 200m he placed 12th.

Aaron has only been swimming for seven months, but he says that he enjoys the competition and is excited about the years ahead. "I enjoy swimming very much, and hopefully next year I can do better than this year," said

Reside. Good luck Aaron!



Cheerleaders compete at state

Sunil Manchikanti
Circulation Manager

While cheering on the basketball players, the cheerleaders were cheering their way to the state competition.

The cheerleaders ended their season at the state competition, placing seventh in the state. Almost every student in LOHS is familiar with the cheerleader's competition routine from basketball pep rallies.

The cheerleaders were eligible for the state competition after their first place win at the regional competition.

After this win, the cheerleaders traveled to the state competition in Lexington, where they demonstrated the same excellence that they have the past few years.



Spring Sports Previews—Baseball, Softball, and Tennis



Photo by Sunil Manchikanti

Seniors Pramit Patel (left) and Ben Brazzel warm up their serves in practice.

Tennis teams look forward to a successful season

Megan Williams
Co-Editor-in-Chief

After several impressive regional and top state finishes, one would wonder what was left for the tennis teams to accomplish. The girls have five state championships under their belt and the boys have top five finishes, but their fighting spirit and hard work ethics have not diminished. They continue to strive to be one of the best teams in the state, and this year is no exception.

Both teams hope to become region champs, and the girls are striving to regain their place as

state champs. The boys also hope to be undefeated in regional dual matches and finish in the top five at state.

The road to victory will not be easy for the flash. Tough competitors such as Paducah Tilghman's boys and Covington's and Notre Dame's girls stand between them and reaching their goals.

Both teams are working to improve their match toughness in order to stop the competition.

"We are just getting started but so far everyone seems to be working hard to reach our goals," said Coach Larry Heflin about the progress of the teams thus far.

SOFTBALL

Emily Riggs
Co-Editor-In-Chief

The announcement of the new coaches set the scene for the season. For the third year in a row a new coach has been named to take over the softball team. Gerald Vaughn and Stephanie Martin were announced to be the new coaches.

The Lady Flash started getting ready for the season in February, beginning with fundamentals and



conditioning.

They faced their first match against Ballard on Thursday, March 25. With about thirty games in the season, the Lady Flash has no time to rest and they will look to face their all time rival, Reidland, just before Spring Break.

Updates and stats will be published when the season gets underway. Good Luck Lady Flash!

Blake Owen
Staff Writer

As reported by the Oak "K" in last month's issue, the LOHS Varsity Baseball Team is going to have many experienced seniors returning to their roster. Coach Jim Mizell has high hopes for the team.

"This looks like it is going to be a good year," Mizell said. "We've got everyone coming back, a 21-7 record sounds pretty good."

First up on Lone Oak's schedule

BASEBALL

was Massac County. Lone Oak came out on top, winning 7 to 5. Shawn Yarbrough was 4 for 4 with 4 RBI's. Both B. J. Ivitts and Jon Mizell were 2 for 4.

Next up they have Mayfield. Calloway County follows on Tuesday March 30. During Spring Break the team will be headed for Alabama, where they will participate in a national tournament.

Stats and updates will be published next month as the season hits full swing.

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