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# The Official Publication of LOHS



Volume 57 Number 7 April 1999

# Winterguard ends a successful season

Lucy Jackson
Co-Editor-in-Chief

The LOHS Winter Guard is finally closing out their season. They've been going strong since November practicing every Friday from 6 to 10 PM on their production *The Sullivan's* which is based on five brothers who died together in WWII.

All of their hard work has definitely paid off. The Winter Guard has had a very successful season. This month, at the Southeastern Color Guard Circuit Championships in Cleveland, Tennessee, LOHS tied for ninth place among approximately twenty schools. At the Mid-east Regionals in Centerville, Ohio, the team received silver medals making them National Silver Medallists. The

team placed first at the Southwestern Missouri State University Contest in Springfield, Missouri during February and also placed first at the Christian County Contest in Hopkinsville, Kentucky this past January.

The team consists of Angela De-Jarnett (12), Kevin Ethridge (12), Rachael Griffin (12), Manda Harper (12), Penny Horner (12), Lori Roberson (12), Jonathan Light (12), Allison Light (11), Israel Abernathy (10), Natasha Bodeau (10), Amanda Bowden (10), Jenny Chambers (10), Erika Duncan (10), Amanda Jones (10), Andrea Phelps (10), Sheena Ramage (10), Katie Williamson (10), Katie Clemet (9), Christen Crouch (9), Drew Farmer (9), Amy Grief (9), Ashley Hart (9) and Jessica Jones (9). Natalie Taylor (12), Stacie Taylor (12), Karen Robinson

(12) and Lorrie Keeling (12) are captains of the squad. Sarah Admundson (12) is the Commanding Officer. Scott Ford, Stephanie Ford

and Jeremy Watwood are the instructors. Congratulations to the Winter Guard for a great season!



The Winterguard members pose together at the Color Guard Circuit Championships in Cleaveland, Tennessee

# The GSP results are in

Emily Riggs
Co-Editor-in-Chief

Last September, The Oak "K" wrote of three students attending the Governor's Scholar Program. This month a new batch has been chosen to attend a five week camp at either Central or Northern Universities. "As usual, our Statewide Selection Committee faced some difficult choices in selecting the 1999 Scholars from such a highly competitive field of out-

standing young Kentuckians," wrote Sherleen Sisney, the Executive Director. Well, the results are in and here are the lucky five that will be going:

SHAY BARNES
REBECCA HUYCK
LUCY JACKSON
TIM MURPHY
COREY O'BRIEN

# Technology Competition '99

Press Release

On March 26 and 27, Lone Oak High School students competed in the Paducah Business and Technology '99 at Paducah Community College. The competitions were in two categories, Intermediate and Advanced. All of LOHS's participants competed in the advanced category.

The competition carried the theme "Most innovated use of Technology in Business, Education, and Government," and included 33 separate projects by students from

Tilghman, Heath Middle School, Lone Oak High School, Reidland Middle School, and Reidland High School. Technology, science, and math professors at Paducah Community College judged the event.

Lone Oak High School students placed second (Nathan Roe) and third (Joe Elias) in the advanced category. Elliott Huertas also participated in the event. These students are enrolled in Mrs. Glenda Wyatt's Special Topics in Technology course at Lone Oak High School.

# LOHS draws up a winner

Blake Owen
Staff Writer

If you love art then you will love Youthful Impressions '99. From March 30 through April 30 the Mayfield/Graves County Art Guild will be displaying works of art from students from the surrounding area.

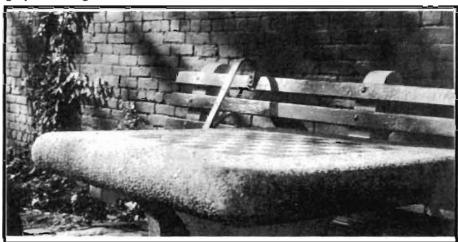
Two LOHS students have pieces entered in the show. Sunil Manchikanti (12) has six works displayed at the show. Laura Ramsey (9) has a sculpture on display. The competition was judged by Debbie Danielson, an adjunct art professor at Murray State University.

As well as Youthful Impressions '99 there will also be the 64th An-

nual Art Show sponsored by the Woman's Club of Paducah from April 18-30 at the Paducah City Hall. The show runs from April 18 through April 30. Becky Eason (11) was awarded second place in the category of Students 9-12 for an oil pastel drawing.

The most recent achievements of the art students came from the state art competition. After placing first in the region, both Sunil Manchikanti and Cheryl Rothwell (12) were eligible to compete in the show. Rothwell's painting, "Muscular Bottle" earned her the third place award in the state watercolor category. Manchikanti was awarded 1st place in the Computer Graphics category. He also received a 3rd place award in the

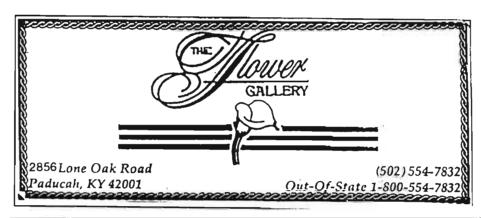
photography category and a honorable mention for a separate photograph. Congratulations to all of the art students for their achieve-



Artistic photo --- "New York Niche" by Sunll Manchikanti



The all-girl choir before they leave for the choir festival.







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# LOHS excels at Foreign Language Festival

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Jody Suhrheinrich

Staff Writer

LOHS once again displayed allaround academic excellence by bringing home numerous awards from the Regional Foreign Language Festival in Murray on March 25. Congratulations to the following students:

Written Proficiency
Spanish I- Josh McGuire (3<sup>rd</sup> place)

Spanish II- Amy Chapman (1<sup>st</sup> place) Timera Cunnigham (2<sup>nd</sup> place) Rebecca Huyck (3<sup>nd</sup> place)Brooks Ware (4<sup>th</sup> place)

Spanish III- Jeff Heath (2<sup>nd</sup> place)

Spanish IV- Bret Martin (1st place)

Spanish H Oral Reading Jessica Miller (1st place)

Spanish Art
Metra Mitchell (1<sup>st</sup> place)

Spanish Realia

Sara Angelly, Lindsay Culp (1st place)
Lauren Vinson, Katie Schmidt (4th place)

Spanish Games

Kelly Hyde, Spencer Samuels (1st place) Christina Swearingen, Melissa

Franklin (2<sup>nd</sup> place) Lucy Jackson (3<sup>rd</sup> place)

• Spanish Construction Models

Rex Ryan, Ben Starks, Frankie Block
(3rd place)

Spanish Video
Rachael Gearhart, Valerie Hubbard,
Amanda Dycus (2nd place)

French Food-Main Dish Josh Reeves (2<sup>nd</sup> place) Estee Cheah (3<sup>rd</sup> place)

French Costume
Becky Clausen (1st place)

French 4 Grammer/Vocab/Culture
Josh McGuire (1st place)

French Drama

Josh McGuire, Tamara Bloodworth, Jay Swacker, Jason Bergstrom

French Oral Proficiency
Becky Clausen and Jay Swacker (2<sup>nd</sup>
place)

French I Oral Reading Josh Ramirez

German Written Proficiency
Lori Speer (4th place)

German Chorus-(2<sup>nd</sup> place):

Spanish II written proficiency winners: Rebecca Huyck, Timera Cunningham, Amy Chapman and Brooks Ware

Pierre Riverra, Emily Canup, Chris Jett, Andria Downs, Lori Speers, Emily Goehman, David Ham, Dallas Gipson, Kelly Reeves, Jason Ramage, Emily Lyles, Amy Eddings, Adam Sims and Stacey Jarvis

German Construction Model

Jared Hinman, Justin Grunigen, Jason
Klauberg and Adam Spraggs (1")

German Art

Jessie Gholson (1st place)

German Costume
Traditional-Emily Goehman (1st place)

German Food
Dessert-Jeff Heine (1<sup>st</sup> place)
Main Dish-Natasha Bodeau

Games

Jessica Boles, Courtney Jones and Falyn Shoemake (1<sup>st</sup> place) Kristie Coursey, Jennifer Mills and Stephanie Smith (2<sup>nd</sup> place)

German I Listening Proficiency
Eric Burnett



The Oak "K"

The Oak "K" is a publication of Lone Oak High School, distributed monthly to all students, faculty and advertisers.

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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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Alicia Reeves
Jody
Suhrheinrich

Mrs. Campbell

Sponsor

# These are the days to remember



Jody Suhrheinrich
Staff Writer

So it's the end of April, and spring fever is running rampant through the student body. The flowers are blooming, couples are everywhere and one thought seems to prevail; getting out of school. Seniors are facing their last year of mandatory education, juniors are shaking at the thought of finally "ruling the school" and sophomores and freshman are just relieved to be moving up. Thoughts of chlorine and sun block dance in our heads as we struggle to stay focused in Biology class. So with all this longing for what is to come, who has time to think of the present? I, too, find myself daydreaming about college life and my career. With all this

wishing for the future I have to constantly remind myself not to totally wish my whole life away.

It starts in high school, you can't wait to graduate, next it's college where you yearn to start your career and perhaps a family, after this is accomplished you wait expectantly for the day when you can retire and the kids move out. Finally the regret sets in, "Why didn't I do this here," or "Gosh I miss those days." It seems after you've endured a lifetime of waiting to be where the grass is greener, you then long to return to the past and the days when you were young.

Basically what I'm trying to convey through all this past/present/ future mumbo-jumbo is to make the most of the time you have now. Act childish sometimes, play on the playground, laugh and get dirty. As they old fogies say, these are the best years of our lives, don't waste them trying to grow up and move on too soon.



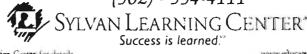
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### The arts shouldn't be overwhelmed



Sunil Manchikanti
Circulation Manager

Starting with the 1999 freshman class, LOHS student will be required to take a special course titled Arts & Humanities. In this course, students rotate quarterly among the subject areas of dance, drama, art and music. Although this is an attempt to encourage the arts at LOHS, it may result in more damage than good.

I will speak about the effects this change will have upon the visual arts because that is where my experience lies. There would need to be at least three class periods in the day used for the course to keep a reasonable number of students in

each class. Because LOHS has only one art teacher, there would be only two class periods left for normal art classes. Even if the Arts & Humanities students were packed into two class periods, there wouldn't be much time left for advanced art classes. The highest possible level would be a second year art class because there are only two available periods.

The best solution would probably be to hire a second art teacher. This would allow both the Arts & Humanities course to exist along with normal art courses. A different solution would be to eliminate the A & H course and allow students to choose any A & H course to meet the elective requirements. Students would simply need to choose art, band, choir, drama, etc... Either of these solutions would solve the rush of students into art classes.

# EDITORIALS

# Is that teen spirit I smell?



Lucy Jackson
Co-Editor-in-Chief

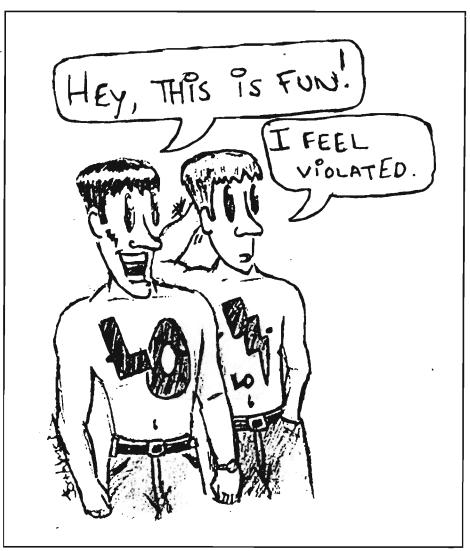
LOHS may not have everything in the world, but one thing we have recently acquired, thanks to some outrageous students and teachers, is school spirit. No longer are we the school without any fans in the stands. No, you can find people decked out in purple and gold at just about any sporting event. In the past couple of years, LOHS has had a wave of enthusiasm, pride and creativity when it comes to supporting the old Purple Flash.

Not only have the students gone wild, but the staff has done its fair share too. Pep rallies have become huge productions with everybody participating. With all this excitement, I think LOHS has become a much brighter place. It seems like most everyone has developed a sudden attachment to Lone Oak High and a willingness to support the school. Students seem more

involved and for the first time you can feel the essence of "high school," in it's most positive sense, when you walk down the hallways on game day.

Although I usually do not go to school games, the pep rally for the boys' regional basketball game inspired me to head to Murray. Once I was there, I had an awesome time, as did many of my fellow students. There were streamers, confetti, balloons, bare-chested young men sporting purple body paint, beach balls, pom-poms and kids dressed in all kinds of crazy outfits. I have never seen Lone Oak show so much spirit. It was really fun to see everyone going that crazy in the name of our future alma mater.

Overall, I think this sudden show of spirit has bettered our school and allowed for some great memory making. To all those who have felt the rush and acted on it, way to go! For those of you who haven't, give it a chance. There is a little part in all of this that wants to deck out in our school colors and run around like mad screaming, "GO BIG FLASH!"



# Prom: a lot of fun or a waste of money?



Alicia Reeves
Staff Writer

Ahh, springtime is here again. Not only is it the beginning of baseball, softball and track, or time for the seniors to really start thinking about graduation, but also time for one of the biggest social events of the year: prom.

For decades prom has been held as one of the most important events in high school. For many people (girls, mainly), this holds to be very true. A young girl will plan months in advance on what to wear, where to eat and who to ask, or be asked by, to escort them to the dance. A guy may not have as many complications as a girl does, but he does

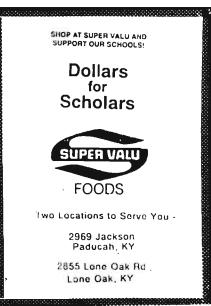
have a few. For instance, he wants to get the best looking tux, which is difficult when so many others are trying to rent at the same time. He also has to find out who he wants to ask and get up the nerve to ask them and then find out where they want to eat, etc. Though a lot of the preparations that exist between guys and girls are different, I believe that one common problem is shared by both sexes: money, money, money, money!

For some people it is no problem to cover finances for prom. For others, though, it seems to be a social nightmare. They have to scrimp and save every penny just to get a dress, not to mention other expenses. Sadly, a lot of people decide not to go to prom just for the simple fact that they think it is a waste of money. Sure, prom may not be the *most* important thing

you'll ever spend money on, but neither is an expensive CD player, or senior pictures or a trip to Florida. Prom may be expensive, but there are ways to try to save on the things you do buy.

Girls don't have to splurge on a dress; there are so many out there that are inexpensive and just as pretty. Guys, you don't have to take your date to an expensive restaurant. Instead try a picnic in the park, compliments of you. Despite these things, there are still those you can't sway when it comes to going to prom. There are those who love the excitement of dressing up and playing princess for one night, and those who'd rather casually hang out with friends. Though neither is wrong, I just think that going all out just for one night a year is OK. What about you?







Even though the sun is setting Candice Dupree (11) and Jess Miller (10) are just getting warmed up for a night of fun.



Lucy Jackson (11) and Natalie Trussel (11) "bailan" the Macarena with a real Mexican.



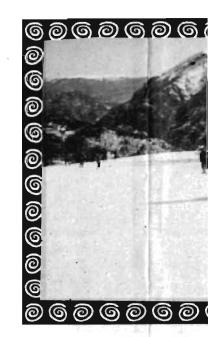
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Amanda Varner (11), Stephanie Thomas (11), Kristy Krug (12), Amanda Hall (11), Jennifer Hayden (12), and Brittany Winn (11) chill out on the couch before they hit the beach again



Mrs. Campbell takes a break at Copper Mountain Resort.





# Spring Break F



Amanda Varner (11), Stephanie Thomas (11), Kristy Krug (12), Amanda Hall (11), Jennifer Hayden (12), and Brittany Winn (11) chill out on the couch before they hit the beach again.

ck







Dos

Kelly Smith (11), Bethany Wright (11), and Kathryn Wright (9) have found quite a catch.



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ampbell takes a break from the beach and hits the slopes in Colorado per Mountain Resort.



Senior girls, (top, left to right), Ellie Gore, Reagan Carfield, Jennifer Hibbs, Jessica Fortney, (bottom) Jada Goodwin, Kelly Adams, Jana Doss, and Melanie Vinson enjoy one last Spring Break.



Kelly Smith (11), Bethany Wright (11), and Kathryn Wright (9) have found quite a catch.



Mrs. Reeves and Daughter Kelly (10), spend quality time bonding in bikinis.



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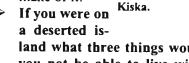
# Martin debuts as Teacher of the Month | ? Wrestle Trivia?

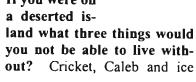
Tracee Werner News/Features Editor

Ever wonder who that peppy chick is that so energetically conducted the basketball pep rallies? Her name is Miss Martin and she has been selected as April's teacher of the month. Read on to learn about this very enthusiastic woman.

- Why did you become a teacher? I've always wanted to be a teacher. I taught my two younger sisters when we were little and played school.
- Why did you choose LOHS? I interviewed at many schools last summer, but I chose Lone Oak because I was impressed with everything and everyone I
- Do you have any pets, and what are their names? I have two dogs, miniature pinchers -Dixie and Reb.

> What is the most important thing you want to accomplish as a teacher? want you all to be more positive thinkers. So many people sell themselves short, when, in actuality, they can accomplish so much. You make life what you want to make of it!







Martin and classroom companion,

➤ Who's your favorite cartoon character? Pepe Le Pu what a stud!

> If you could travel anywhere in the world, where would you choose and why? This is an easy question. leave for Ireland on May 15 for my wedding and honeymoon. Yea!

> How do you feel about being selected as Teacher of the Month? I think Teacher of the Month

GRRREAT! This is my first year and it's an honor to be thought of this way.

Jacob Mitchell Sports Editor

Fresh off the heels of the latest entry into the classic series, WrestleMania 15 was held on March 28, so I figured a little Wrestle Mania trivia would be appropriate for this time of year. The answers will be posted in next month's issue, so good luck.

- 1. In what WrestleMania did the " Mega-Powers" (Hulk Hogan and Randy Savage) collide?
- 2. In what W.M. was the shortest bout in history, who fought in it, and how long was it?
- 3. Who defended the Intercontinental title at WrestleMania IX?
- 4. In what W.M. did the famous ladder match take place? Who fought in it?
- 5. Who won the tournament at W. M. IV for the World title?
- 6. Where was W.M. VI held?
- 7. WrestleMania III set the world indoor attendance record of 93,000 in 1987. Where was it held and what was the main event?
- 8. What WrestleMania was held in 3 different cities?
- 9. What famous football star squared off against Bam Bam Biggelow in the main event of Wrestle-Mania XI?
- 10. Who did "Stone Cold" Steve Austin fight at W.M. 13? Who won?
- 11. What was the special main event match called at W.M. XII? Who were the participants?
- 12. What manager and wrestling superstar reunited at W.M. VII?
- 13. What famous athlete was the special enforcer for the main event at W.M. XIV?
- 14. Who was Hulk Hogan's opponent in the main event of W.M VIII?

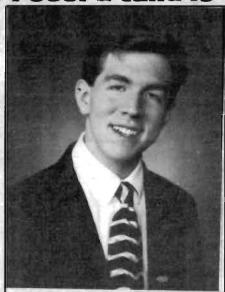
# cGuire breaks record t

Jay Swacker Coroner

What are Junior Rotarians made of? Orange Kool-Aid, according to this month's Rotarian Josh McGuire.

Josh is a multi-talented member of this year's senior class. He was the captain of this year's Varsity Academic Team. He won the American History Award, received a Letter of Commendation from the National Merit Scholarship Board, was nominated to the Who's Who among American High School Students, won the Senior Musician of the year, and is an Eagle Scout.

In his spare time, Josh picks at the guitar, reads, and backpacks.



April's Rotarian, Josh McGuire

He plans on attending either the University of Evansville or Vander-

bilt University where he will major in Music or English Education. Josh can be loosely described as a free spirit with a checkered past. He narrowly avoided being arrested for indecent exposure one

Halloween when he dropped his pants while trick or treating. Josh recommends, "Don't try that at home." Why does he not encourage such behavior? He fell into the victim's bushes when he tried to pull his pants back up.

An uninhibited spirit and orange-tainted sugar is what makes this fantastic Junior Rotarian tick.







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# KKKKKKKKKKKKKKKKKKKKKKKK $\overline{K}$ Ponderings of the bored with nothing to do.

Kelly Reeves Editorial Editor

There are some things, human mannerisms, that are so strange and unexplainable that it would take someone more knowledgeable than myself to explain them. So instead of even trying to, I'll simply point them out and you can try and explain them if you want.

### Why is it that...

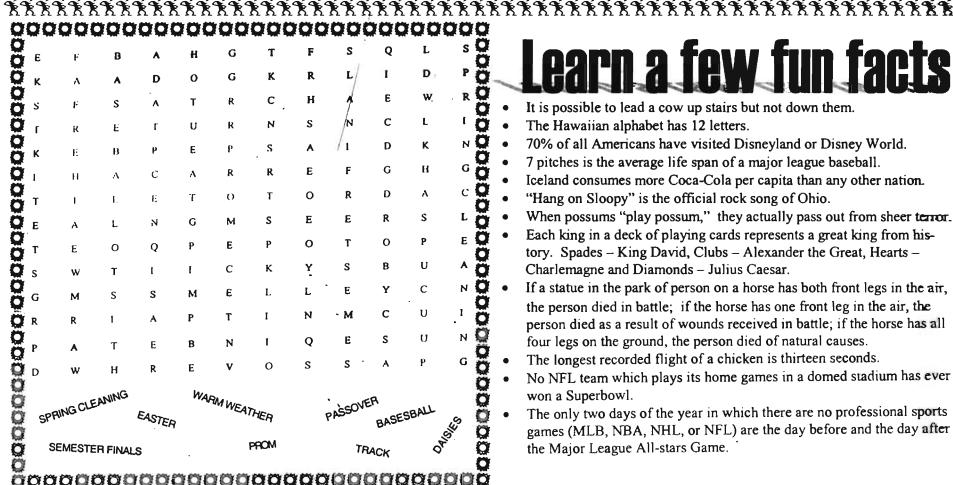
- 2\_after a couple breaks up, if the guy begs the girl back it's seen as sweet, but if the girl begs the guy back it's seen as needy?
- 2\_guys always ask girls to flex their muscles only to make fun of how small they are?
- **?**\_Kentucky is the state that Hollywood uses as Hickville in every

movie and song?

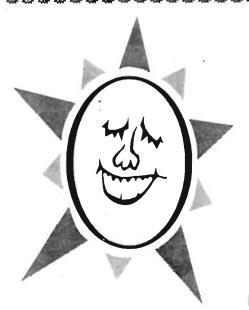
- -when you're tardy to class teachers send you to the office to get a tardy slip, only to cause you to be 6 hours later?
- P\_people HATE Electric 96.9 but when it's on in someone else's car they know every single word to every single song?
- 2\_students register for classes in the spring only to change them

2,566 times by the next fall?

- P-people say, "You can't have your cake and eat it, too?" What the heck else are you going to do with it? Stick it up your nose?
- P-people say, "It's always the last place you look?" Well...I should hope so. If you've already found it, I doubt you'd keep looking!



- It is possible to lead a cow up stairs but not down them.
- The Hawaiian alphabet has 12 letters.
- 70% of all Americans have visited Disneyland or Disney World.
- 7 pitches is the average life span of a major league baseball.
- Iceland consumes more Coca-Cola per capita than any other nation.
- "Hang on Sloopy" is the official rock song of Ohio.
- When possums "play possum," they actually pass out from sheer terror.
- Each king in a deck of playing cards represents a great king from history. Spades - King David, Clubs - Alexander the Great, Hearts -Charlemagne and Diamonds – Julius Caesar.
- If a statue in the park of person on a horse has both front legs in the air, the person died in battle; if the horse has one front leg in the air, the person died as a result of wounds received in battle; if the horse has all four legs on the ground, the person died of natural causes.
- The longest recorded flight of a chicken is thirteen seconds.
- No NFL team which plays its home games in a domed stadium has ever won a Superbowl.
- The only two days of the year in which there are no professional sports games (MLB, NBA, NHL, or NFL) are the day before and the day after the Major League All-stars Game.









# Flash baseball looks forward to tournament time



Photo by D. Jolley

Senior B.J. Ivitts watches a pitch go by in a game against Marshall County.

# **Softball team scores!!!**

Kelly Reeves

Editorial Editor

While most people were in Florida on Spring Break having fun in the sun, the LOHS softball team was playing hard in the Christian County Tournament. April 9 and 10, the team played six games to end with a tournament record of 3-3.

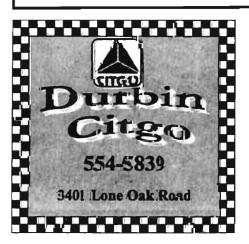
In their final game, the Lady Flash came from 6 runs down to

finish off Daviess Co., 14-8. They ended up finishing 3<sup>rd</sup> in the tournament out of 16 teams over Marshall County, Reidland and Tighlman.

As of press time the Lady Flash's current record is 10 wins and 6 losses. The Flash have several games left before the year-end tournaments, and are looking forward to doing well and having a successful season.

### 1999 Lady Flash softball schedule

May 3	Graves	Away	4:30
May 4	P. Tilghman	Away	5:00
May 6	Heath	Home	4:30
May 10	Fulton City	Home	4:30
May 11	Caldwell Co.	Home	5:00
May 13	Mayfield	Away	4:30
May 14	Marshall	Home	4:30
May 15	Massac	Home	TBA
May 17	Graves Co.	Home	TBA
May 18	Reidland`	Away	4:30



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Jacob Mitchell
Sports Editor

Flash baseball is again underway and so far the season looks promising, but not as successful as head coach Jim Mizell had hoped.

"We are not playing or hitting as well as I thought we would," said the veteran coach.

While this information sounds disappointing, you must understand that the Flash still has a winning record. As of press time the team has compiled a 9 win, 5 loss record.

Leading the team is Junior shortstop Shawn Yarbrough, with a .475 batting average, 9 runs scored, and 10 Runs batted in. Senior outfielder Jon Mizell has a .361 average, 9 runs scored and a home run. Mizell, and other seniors Kyle Cooper and Michael Plewke both have a homer apiece. Senior B.J. Ivitts is 3-3 on stolen hases.

"If we don't come together, we will be in for a very disappointing season," said coach.

However, the team has high hopes for the upcoming tournaments ahead

"I hope we will get better and win the region," commented coach Mizell "I believe we will peak at tourney time."



Coach Gerald Vaughn talks to the ladies before a game in the Christian County tournament over Spring Break.

### 1999 Purple Flash Baseball Schedule

April 30	Calloway	Away	6:00
May 1	Heath	Away	1:00
May 3	Vienna	Away	4:30
May 4	Reidland	Away	4:30
May 5	Marion, Ill.	Home	4:30
May 7	P. Tilghman	Home	4:30
May 8	Harrisburg	Henderson	1:00
May 8	Marrion	Henderson	4:00
May 10	Graves	Home	4:30
May 11	Marshall	Away	4:30
May 13	Murray	Home	5:00
May 14	Mayfield	Away	4:30
May 15	Hickman Co.	Away	1:00
May 18	Ballard Co.	Home	4:30
May 19	Fulton Co.	Home	4:45
May 20	Carlisle Co.	Home	4:30
May 21	St. Mary	Home	4:30

# SPORTS

# Tennis team leads districts

Dave Jolley Staff Writer

The Lone Oak tennis season is underway and the Flash is ready to serve up. The team is carrying a very demanding schedule along with some big goals. They are heading into difficult times with a great leader, and a team with the will to win.

With a just a few matches under it's belt the team still has a lot of season left.

"Both boys and girls are unbeaten in the regional play, but lost twice to out of state teams," said coach Larry Heslin "We seem to be on track for our goals but we haven't played Tilghman yet. That match will be an indicator of where we stand.'

Over spring break week the team went to Chattanooga, TN for the

Rotary Tournament. Casie Skaggs was Lone Oaks winner placing second in singles then doubling with Emily Lichtenburg and placing second again. The boys duo of Brazzel and Walter placed second as well against teams such as Baylor and GPS.

The team has a lot of play and they still could go anyway. With a week full of matches there is much yet to be seen.





## 1999 Tennis Schedule

May 4th-LCHS boys and girls at Henderson.

May 5th-LOHS boys and girls at Murray

May 7th-LOHS girls at Jasper

May 11th-LCHS boys and girls at home against Owensboro

May 12th-LOHS boys and girls at Noble Park against PTHS

May 14th-LOHS boys and girls at Henderson

May 18-22-Regional Tournament

### Go Flash!

# LOHS track is back

Alicia Reeves Staff writer

Bust out the baton and watch out for those hurdles; it's track season! Although it is now just getting to the time of year that the season ac-

tually starts, the team started training months in advance.

January was when the everso-energetic Coach McGroarty started the Oakers on their spring weight training. The team was in the weight room

three times a week (until the football players took over and it changed to Tuesday and Thursday). Each

week, McGroarty encouraged the team to add more weight to their workouts in order to "not only tone muscles, but to build muscle content."

Now the team is on the track, working on building up endurance

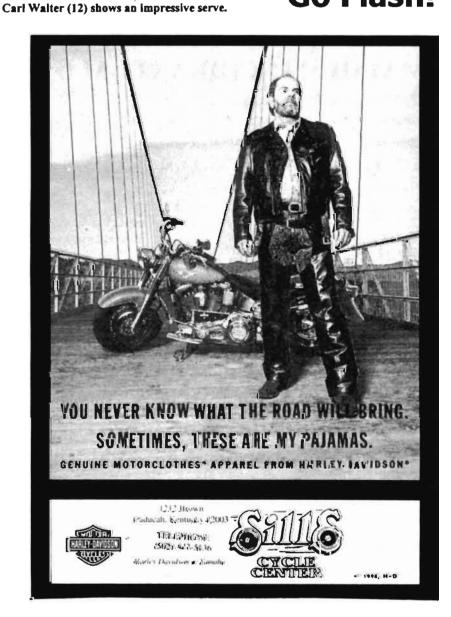
> and improving their specialties The

Photo by A. Reeves

Bee Martin (12) flies through the air with the greatest of class.

(what an individual does in a meet). The first meet was supposed to be April 1st, but it was canceled due to transportation problems. second meet was at Murray State on April 20th . This proved to be a difficult meet, but the Oakers

are still looking forward to a great sea-



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