



# The Oak "K"

Volume 58  
Number 7  
April 2000

The Official Publication of LOHS

"Our greatest glory is not in never failing but in rising each time we fall." Confucius

## INSIDE . . . . . News



Welders win again . . . . . 2

## Features



Teacher of the month. . . . . 8

## Sports



Flash Track Team. . . . . 11

# LOHS pumps it out for the community

*Lucy Jackson*  
Co-Editor-in-Chief

On March 31, Lone Oak High School students rolled up their sleeves, ate some cookies and donated blood to the American Red Cross. Nurses set up a miniature hospital in the library and students filed in throughout the day to do their good deed. In spite of several fainters, most students donated without incidence and the blood drive was a success.

There were 74 students who were signed up to donate and 56 successfully gave. Out of the donors, there were 50 first-timers. "It was nice to help people, but then I got sick," said Senior Katie Taylor on her blood donation.



*Kelly Seely (11) obviously wasn't one of the "fainters" as he gives blood with a smile. Is he winking at the camera or that cutie taking his blood? I guess we'll never know!*



### Pictured

Mr. Wood discusses the progress of the flowers growing in the greenhouse with his Greenhouse Technology class. The class is growing a variety of plants including petunias, tomatoes, geraniums, marigolds and ferns. The greenhouse is open to the public and the plants can be purchased.

## Welders burn up the competition

Megan Williams  
Co-Editor-in-Chief

History is something we all study, but few, if any of us ever make. Right here at LOHS the welding team is making history by creating a winning tradition. Lone Oak has won the regional, state and national welding contest nine years in a row and a total of 11 times in 15 years.

This year's team of Ted Cole,

Josh Payne, Matt Lawrence and Justin Kraper are already contributing to this tradition. They won the 1999-2000 Regional Welding Championship making this the



fifteenth year in a row.

"One of the things that makes the welding competition so difficult is the fact that new team members are required each year," said Mr. Wood, welding instructor.

Lone Oak was also successful in the individual competition. Cole placed first in the individual championship welding contest.

## GSP honorees announced

Seth Bowen  
Business Manager

Every year the best students from around the state are recognized in the Governor's Scholars Program. After a lengthy application process and a long wait, the students have finally been selected.

Six students have been selected

from Lone Oak High School. Accepted Scholars are Jesse Breneman, Amy Chapman, Jay Paul Swacker, and Garrett Wheatley. Guion

Johnstone received Runner Up, and Julie Cogswell received the At-Large Candidate honor.

Congratulations to all those who were honored.



## LOHS dominates art competition

Mandy Langston  
Coroner

To be commended this month are several art students that proudly showed off their talents at the 65<sup>th</sup> annual Spring Amateur Art Show. The winners from Lone Oak High School were **Amanda Hall (12)** and **Robert Spees (10)**. Amanda placed first and received the "Outstanding Stu-

dent Award" which included a scholarship. Robert brought home the second place award and also was awarded the Yeiser Art Scholarship. This award is for a summer art workshop at Murray State Uni-



versity. He will be attending Murray during June 12-16, and half of his expenses to attend are paid for by the scholarship.

Congratulations to both students and keep up the good work!

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# School Rivalry has gone a step too far



**Kelly Reeves**  
Editorial Editor

In a recent edition of Tilghman High School's newspaper, *The Tilghman Bell*, I saw school rivalry, tact and judgement drop to a disgusting all-time low. An article which started in a mere acknowledgment of the late-night crowd at Steak n' Shake ended in a blatant display of bad judgment by a newspaper staff. But don't fret yet, Lone Oak, this article was not an attempt at Flash-bashing, but a distasteful paragraph about our close counterparts, the Heath Pirates.

The author of the article classified each type of group you might see on a visit to Steak n' Shake at night and a "typical" Heath student was classified as a "prep". To quote the intelligent article exactly: "When spotted in the no-smoking sections, all eye contact should be avoided with this species. For one, you might laugh at their penny-loafers as they try to dodge the ketchup on the floor. Second, the small but broad-shouldered, football hero in his Heath letter jacket may think you're looking at his bleach blonde, gap-toothed, heavy-on-the-blush cheerleader girlfriend (complete with Varsity Cheerleader nylon jacket). Sometimes her hairspray may be the thing that scares you most."

Now after you pick up your jaw from the floor and snicker a moment because LOHS's long-time rivalry against Heath forces you to be a bit amused, I want you to think about the big picture here. This goes a little beyond school rivalry. First, it's rude. Second, it's stereotypical (that's like saying that ALL Tilghman student are drunkards because I have seen a few who were sloppy drunk at a party). And lastly, remember that someone had to have edited this piece of writing and he or she obviously thought that it would be a good representation of their school system. They were wrong.

I would like to take a moment, before I go on, to thank our newspaper sponsor for not letting anyone on our staff embarrass our-

selves like the author of that article embarrassed herself. I can promise you that there are many, many "red flags" on many of our stories and although we may not like it at first, I am grateful that she has never let us look like fools in front of over nine hundred people. I mean, you could expect that kind of childish thinking from a child, but not from a teacher who would let something like that slide.

I sadly can offer no resolution to this kind of stereotyping, only a suggestion. Maybe the Tornado newspaper staff needs to remember the golden rule: "Do unto others as you would have them do unto you." And besides, Tilghman would surely hate to know how everyone stereotypes them.

# Disturbing mind-sets in the 21st century



**Jody Suhrheinrich**  
Feature Editor

Maybe it's just the liberal, non-conformist in me, but I am not impressed with LOHS students' outlook on diversity these days. Yes, I know you're probably tired of hearing me rant and rave about the pathetic condition of Paducah teens, (I'm still in counseling over the cruel backlash of my hippie article) but I am only trying to help improve the situation.

I'll admit I'm scared for our generation. I'm scared of the violence, the prejudice. Just a simple stroll down the halls of our school reminds me that many students' mindsets have hardly evolved from the primitive views of the pre-civil rights days. I am ap-

palled at the cave-man-like comments that I hear on a daily basis.

There seems to be little racial, sexual, or religious tolerance around here. After viewing more than my fair share of bigoted bumper stickers displayed on cars in the area and conservative letters to the editor in *The Paducah Sun*, I'm ready to pack my bags

and get the heck out of Kentucky forever. Christianity seems to be the only acceptable religion, guns

are the best way to solve problems, and African-Americans and

homosexuals are hardly ever treated like human beings. Now maybe right now you're thinking, "Whoa, Jody, that's pretty harsh!" You're right, I am being harsh. I'm being harsh because I'm tired of the sickening mindset of the southern bigot. This is the year 2000 and I can count the number of people who are completely tolerant of all

**"After viewing more than my fair share of bigoted bumper stickers displayed on cars in the area and conservative letters to the editor in *The Paducah Sun*, I'm ready to pack my bags and get the heck out of Kentucky forever."**

types and races on one hand. I'll admit that I'm not even completely tolerant; I am not tolerant of intolerant people.

Yes, there are accepting, kind people in Kentucky, and yes there are racist people in places other than the south. I also understand that everyone has the right to believe what he or she feels is true. I guess what I'm saying is if you learn anything in high school learn to have an open mind. One day you may have to leave the safety of the Bible Belt where you will find that the mindset is a bit different. Even if you don't understand or agree with something, don't dis-



count it as being wrong. We could all better society by seeking to accept ideas unlike our own.

## It's a bittersweet symphony that's life . . . .



*Mandy Langston*  
Coroner

I can't quite pinpoint what it is. It could be that we are products of our consumer driven "give me instant gratification" society. Possibly, we have succumbed to our natural hedonism. Sometimes I think we are just nuts. Whatever it is, we are changed because of it. We have become different people than we were just a few years ago.

Our friends used to be whoever would play with us on the playground. We liked them because they liked us. Their clothes, families, or houses didn't make a difference. Our transporta-

tion used to be our parents or Big Wheels with streamers. While we're on the subject of our parents, they used to live together...they used to love each other...they used to be able to talk to each other without fighting. Daddy used to be Superman - incapable of doing wrong. Mom's only job was to be our mom and she was always there when we got home from school.

Things have changed. We are the mature ones in our broken and dysfunctional families. We treat our significant others the way we see our parents treat each other. We have lost the childhood picture that was once so clear of what was right and wrong. We have lost touch with our innocence and logged on to the tangling web of sex, drugs and rock and roll.

In traditional editorials, a solution is expected to follow the problem pre-

sented. Sadly enough, I have no band-aid that can cover the wound of our generation. I'm not trying to preach; I'm just pointing out that two best friends can sit down for some ice cream and this overwhelming sadness is the dominating force of the conversation. It's sad that this is the image we get when we look back over our lives thus far.

Recently I saw a film that touched me deeply with emotional potency. In the *Green Mile*, one character whispers with tears in his eyes, "Mostly I'm tired of people being ugly to each other." I completely understand this point of view. I feel like our generation has lost touch with the ability to treat others with respect and dignity.

To that space we used to occupy at our desks in second grade next to the girl who now smokes pot and the guy who can't remember what he did last night...I just want to say that I remem-

ber.

I remember when love was Cinderella and Prince Charming.

I remember when we were all virgins. I remember the days before anyone had dropped out of school.

I remember when the thought of being drunk was absurd.

I remember when we did everything our parents told us because we had trust and respect.

I remember when everybody thought that church was a fun place to hang out.

I remember when nobody had bills to pay.

I remember quiet lunches and the dreaded "white table".

I remember getting sleepy staying up past 10 P.M.

I remember slumber parties that were NEVER coed.

I remember yesterday.

I remember, and I still believe.

## Wrestling with the issues



*Jacob Mitchell*  
Sports Editor

Considering the fact that I have taken time to let the reader absorb my onslaught of wrestling articles from the past, I am now off from my hiatus. And even though my usual story on wrestling involves "action packed" reviews, summaries of the recent events, and thoughts on story lines, I have decided to take up an issue that needs to be addressed.

Being a huge fan of the sport (or whatever it's called nowadays), I realize what the heart of the business is: entertainment. Given, it requires much athletic talent to perform in the field of pro wrestling. However, the WWF's owner Vince McMahon has no problem letting the world know his matches are scripted. The interviews are pre-planned, the setups are pre-meditated, and the matches have set finishes. "Vinnie Mac" doesn't even

quiver anymore when asked if the business is "real."

And that brings me to my point: The basis of what you see on Monday nights isn't about winning or losing matches, it's about entertainment. Some people fail to realize this.

Recently, many groups and associations have lashed out on pro wrestling, citing the fact that the sport is too violent. They say the actions that are broadcast over television are affecting America's youth, mainly teenage males. Mocking such wrestling stars as Mick "Mankind" Foley of the WWF and the Sandman of ECW, many young males try to execute moves they see on TV. Many documentaries have showcased the phenomenon now known as "backyard wrestling."

And obviously, these kids are not professionals. They do not realize it takes years of practice to perfect such moves as the Diamond Cutter, the Powerbomb and the spear. These actions lead to injuries, and even in some cases, death. Parents immediately look to the source of the mock-

Continued on page 7

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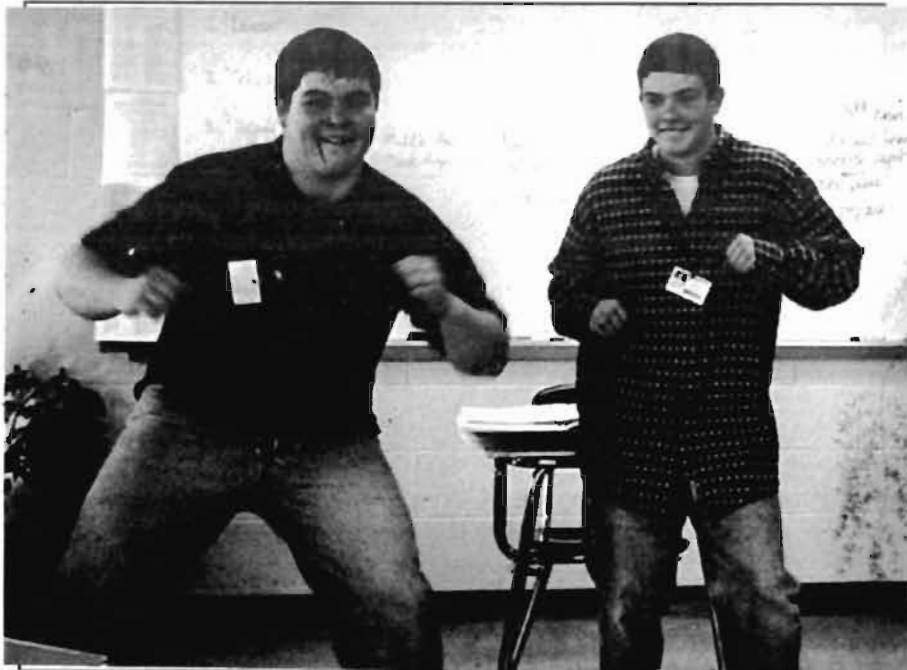
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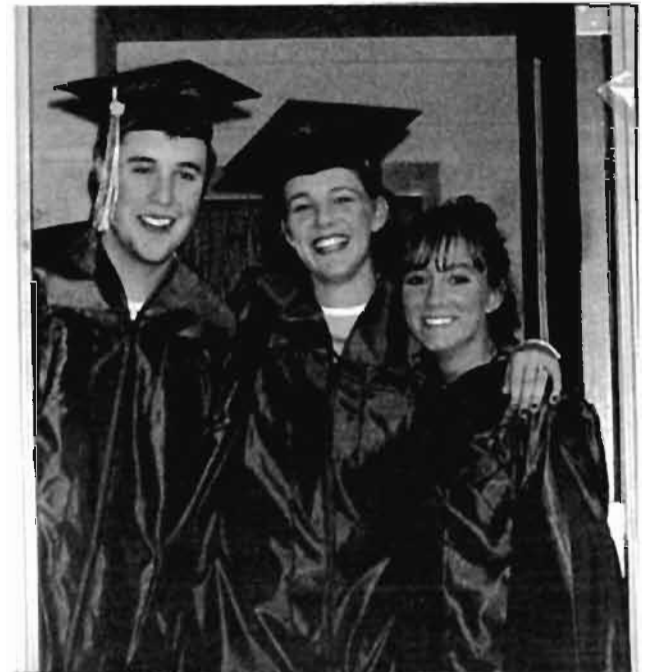
These choir students obviously enjoyed their time in Chicago.



These are some of the happy faces that can be found at LOHS



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 NewsChannel 6

# Winter Guard wraps up another season

**Andrea Ramey**  
Advertising Manager

Winter guard is an activity that seems to go unnoticed by many, but much hard work goes into a show. For those who are unsure of what exactly takes place, winter guard is an advanced color guard that performs indoors without a band. It is a performance art that requires everyone's focus in order

to stay in rhythm and to deliver a fantastic show. "Skin" by Beth Hart was the show song chosen. This year's members included: Amanda Bowden (11) commanding officer, Allison Light (12) captain, Andrea Phelps (11) captain, Sheena Ramage (11), Erika Duncan (11), Amanda Jones (11), Natasha Bodeau (11), Jenny Chambers (11), Ashley Hart (10), Cristin Crouch (10), Rachael

Scheer (10), Jessica Jones (9), Erin Carrico (9), Erin Jones (9), Erin Murphy (9), Shalane King (9), Bethany Hobbs (9), Holly Watkins (9), Jessica Wallace (9), Tammy Garnett (9), Valerie Cofelt (9), Emily Owen (9), Laura Fejes (9), Catlin Chester (9), and Kirby Lane (9).

Over spring break, these girls traveled to Pensacola, Florida to compete in the regional tourna-

ment with guards from all over and placed fifteenth. The circuit championship took place on April 7 in Cleveland, Tennessee, and the guard placed fifth. "We had an awesome season and a lot of fun while competing and practicing," commented Allison Light when asked about guard. Congratulations for a great season!

# American Beauty or not?

**Lucy Jackson**  
Co-Editor-in-Chief

It seems as if the good 'ol Paducah Cinemark Theatre often misses the truly worthy films. Perhaps it is the public taste here in western Kentucky that keeps certain movies from ever making their way to our screen. Over half the Oscar winning films are never seen by a Paducah audience. Luckily, this fall *American Beauty* was re-released and although we missed it the first time, the second time, we managed to get it.

The film revolves around Lester Burnum's (Kevin Spacey) mid-life crisis. He develops a crush on his daughter's friend, quits his job, starts working out and takes up

drug use. The twisted events that follow make-up an intriguing story. It shows an aspect of life often considered taboo that many people would rather ignore, but in the mean time, it makes the point that life, all the while, is beautiful. I left feeling refreshed rather than disturbed, and I think anyone who looks closely at what the film is saying will feel the same.

In any case, if you're looking for something different, interesting, and thought provoking, I strongly suggest *American Beauty*. This movie is not for the easily offended, but I think there many oakers out there who would truly appreciate it.



## Continued from page 5

Mockery: Pro Wrestling. Various groups of parents whose children participate in backyard wrestling immediately put the blame on the WWF, WCW and ECW.

That's where I go berserk. Sure, these wrestling federations portray such acts that are being mocked, but for the last several years, the WWF and WCW have been displaying "Don't try this at home" messages and the like. Kids should know that this stuff is dangerous, and be cautious. These parents have no basis whatsoever to censor pro wrestling and what

you see on TV just because of a few ignorant kids get hurt mimicking their heroes. And even though at times the programming can get violent, all shows contain either a TV-14 rating or a TV-17 rating. This should eliminate youngsters from watching, and thus ending the problem.

Censoring one of the most popular events in America would be an outrage. Just because a few dumb kids got hurt trying to do a DDT, we shouldn't censor wrestling from top to bottom. Wrestling is entertainment, not a basis for death. Take wrestling for what it is: fun. Now hit my music.

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## Mrs. Harper is April's Teacher of the Month

**Jacob Mitchell**  
Sports Editor

If you know Mrs. Harper very well, you know what a ball of fire she is. The 52-year-old Business teacher runs on high octane from 7 in the morning until 10 at night, scurrying everywhere in between. Containing this wild woman for an interview was quite a task, but in the name of journalism, it got done.

When first notified that she was April's Teacher of the Month, it was almost like watching a 7 year-old given a trash bag full of bubble gum. She was very excited, and

almost had a heart attack.

"I was so excited," said Harper of being nominated, "It made my day. Not only that, it made my week, and even my month, too. It is such an honor when students pay you such a high compliment." Harper loves what she does because of the kids. Without the students, she says, this job wouldn't be any fun.

No one is more deserving of the award than Mrs. Harper. She has taught a total of 17 years, twelve of them here at Lone Oak High. And not only did she graduate from here, but so did her husband Donny and her two sons (Jacob,

21, and Aaron, 24).

"I love what I do," commented Harper, "I've been blessed to teach here, this is where I graduated. This is also where both of my sons graduated."

Harper was almost a teacher that wasn't. Going into college, Harper intended to be a hair-stylist. When she was required to take a business class to graduate, she found a liking for the subject. And the rest is history.

Harper teaches Keyboarding, Office Procedures, and Business Co-Op. Her personal

quote is "If you choose a job that you really love, you never have to

work a day in your life." And that really rings true in Harper's life: She does what she loves and gets paid for it. In closing, Mrs. Harper would like to thank the student council for electing her the Teacher of the Month. It is really an honor to her and she thanks each member of the council. Con-



Mrs. Harper poses calmly for a pic.

gratulations Mrs. Harper.

## Students succeed at FLF

**Kelly Reeves**  
Editorial Editor

On Thursday, March 30, the annual Foreign Language Festival was held at Murray State University. Teenagers from all over the region came to compete in the Festival using their knowledge of the Spanish, German, French, or Chinese languages to help them master their event of choice. The following people will be representing LOHS at the state Foreign Language Festival. And the winners were...

French Realia Games Group/1<sup>st</sup> place: **Mark Beals** (10), **Amanda Jones** (10), **Jay Staan** (**Jeanna Gifford** (10), **Chris Chandler** (10)

Spanish Grammer/Vocab/Culture test: **Erin Capece** (9) / Spanish II/1<sup>st</sup> place **Blake Owen** (10) / Spanish II/2<sup>nd</sup> place **Guion Johnstone** (11) / Spanish II/3<sup>rd</sup> place **Amy Chapman** (11) / Spanish III/1<sup>st</sup> place **Mike Vick** (12) / Spanish IV/2<sup>nd</sup> place

Spanish Listening Proficiency: **Bethany Hobbs** (9) / Spanish I/2<sup>nd</sup> place

Spanish Oral Reading: **Lane Crawford** (10) / Spanish I/2<sup>nd</sup> place **Natalie Roe** (10) / Spanish II/2<sup>nd</sup> place

Spanish Realia Games Group/1<sup>st</sup> place: **Kelli Reams** (12), **Andrea Spees** (12)

German Art Oil Acrylic: **Natasha Bodeau** (11) / 1<sup>st</sup> place

German Art Watercolors: **Adrian Hubbard** (12) / 1<sup>st</sup> place

German Grammer/Vocab/Culture test: **Lori Speer** (10) / German II/3<sup>rd</sup> place

## O'Brien named Rotarian

**Andrea Ramey**  
Advertising Manager

This month's junior Rotarian is, not to anyone's surprise, Corey O'Brien. Corey has maintained honor roll status all four years and will graduate as salutatorian. He has been named an USAA All-American Scholar, Who's Who Among American High School Students, and a National Merit Finalist.

In his spare time, Corey participates in marching and symphonic bands, youth group, bell choir, academic team, and is treasurer of the Beta Club. Last summer, he also attended the governor's scholar program at Northern Kentucky University.

Corey plans to enroll at either UK or Bradley University with a major in electrical engineering or

computer science. He credits Mr. Whitley as his main influence here at LOHS and had this parting quote for the underclassmen, "life's tough, stop whining." Congratulations to Corey for earning this honor!



April's Rotarian, O'Brien.

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# The day the music died

**Jody Suhrheinrich**  
News Editor

Sometimes the word "hate" just isn't strong enough to describe a song. I thought I knew the meaning of the word hate when I heard the very first Backstreet Boys song on the radio. However, nothing compares to the newfound level of hatred I have for Madonna's remake of "American Pie." I hate, hate, hate that song. Hence, the necessity for a new word to accurately describe my spite.

I'll admit I've never even listened to

the song all the way through, so maybe that makes me an unfair judge of quality, whatever. The first few cords of the synthesizer is enough to tell me it's horrible. Of course we all know and love Don McLean's original version of the song. It's a classic song that should have never, never been tampered with by Madonna, of all people. A beautiful ballad has now been transformed into techno trash. Now I liked Madonna, I even danced around my room to "Vogue" a few times, but now my level of respect for this pop legend has dropped drasti-

cally. The new version sounds nothing like the original and the beautifully simplistic meaning is lost amongst the annoying electronic beats. In fewer words this remake is horrible.

Something must be done to destroy this version. Call the radio stations, write your local congressman, protest! Do something to rid the music world of this garbage. Give Don McLean back his dignity and let's hope that Madonna sticks to what she does best, dancing.



# \*NSNYC is \*NCREDIBLE

**Mandy Langston**  
Coroner

I know you read this title and thought "Come on, Mandy, you've got to be kidding me! I can't believe that you actually like N\*STYNK!" If you assume that they are just another boy band, you have judged too quickly. On March 21, N\*SYNC released their third album titled "No Strings Attached." This album is sure to be on the charts for a long time and possibly to break some sales records because of their millions of screaming pre-teen fans. Girls were lined up around the block with their CD players in hand to catch a sound of the new release. But the music is more than that.

Deemed by most as just a "typical boy band", many people never give them a listen beyond the radio. They are a very talented and hardworking vocal group. Their CD is worth a lis-

ten and if nothing else, some wonderful partying music. The last track included on the album is a song called "I Should Have Told Her." This song proves to many listeners the ability of the group as vocalists. Its wrenching lyrics and beautiful melody is sure to soothe your soul.

If you are one of those who have sold N\*SYNC short, this is the perfect chance to redeem yourself and give them a try. Even if you don't appreciate that style of music, you are guaranteed to be dancing at their new base-flooded sound. Several of the tracks will give your sound system a good workout and are sure to stay in your head for days after. Give credit where it's due and go buy "No Strings Attached."



# Sequel lives up to the hype

**Seth Bowen**  
Business Manager

*Syphon Filter 2* is the long awaited sequel to last year's surprise hit *Syphon Filter*. The premise of the game is that a group of terrorists have manufactured the deadliest virus known to man. The game's hero, Gabriel Logan, has to try to find the cure for the virus in time to save his crime-fighting partner Xian Ling. Although the plot has been done time after time, the game is one of the best third person shooters to have come out for Playstation since *Metal Gear Solid*.

The most impressive feature of the game is the artificial intelligence. The A.I. is as advanced as I have seen in console games. Imagine trying to fight your way out of a

corner while six terrorists armed with machine guns surround you.

A new feature to this year's release is multiplayer capability. This added feature is one of the biggest reasons to buy the game, instead of renting it. The multiplayer levels, although sometimes confined, can be quite entertaining when equipped with the variety of weapons that appear in them.

Although *Syphon Filter 2* is a great game, it is not without its downfalls. One of the most evident is the movement of the characters. It can, at times, be choppy, but does not overly interfere with the gameplay.

In conclusion, *Syphon Filter 2* is a great game to buy because of the challenging artificial intelligence and the new multiplayer section.

**R. Donald Heine,**  
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## Oaker Spring Sports

## Flash's brilliant pitching can't prevent sluggish start

*Jacob Mitchell*  
Sports Editor

Spectacular pitching from the Lone Oak Purple Flash baseball team can't cover up the fact that they have one problem: they just can't hit the ball. Head coach Jim Mizell cites lack of hitting as the team's major problem. As of press time, the team has a record of 6 wins, 8 losses.

**Kyle Atherton** (12) and **West Harris** (10) are the two leading hurlers. In 11.1 innings pitched,

Atherton has only allowed eight hits, one run, and struck out 14. That makes his ERA (earned run average) an unbelievable .62.

**Harris** has had similar success. Pitching 25 innings, the youngster has only allowed 20 hits, walked eight, and struck out a whopping 33 batters. With an ERA of 1.96, he is one of the team's ace starters.

Other pitchers **Brett Vandermeulen** (12) and **Quentin Yarbrough** (11) have done very well. Both have ERA's under 4.0, and have struck out a total of 20 bat-

ters. Overall the Flash's pitchers have an average ERA of 3.17, and have 95 strikeouts in 86 innings.

On the batting side of things, the Flash have struggled overall. Leading the team in average are **Drew Lattimer** (12) with a .364, and **Adam Sims** (12) with a .333. **Kyle Maddux** (12) leads the team in power categories, with three home runs and ten RBI's. His average is a respectable .286. **Josh May** (11) has eight hits, four doubles and five runs, as well as seven RBI's and a .267 average.

From April 6-8, the team played in a tournament at Millington, Tn. The team had a great showing, placing second. They lost to Marshall County in the championship.

If the team improves its hitting, things will come around.

"We're going to have to hit the ball and play better defense," said coach Mizell. With upcoming key games, the Flash will test its mettle to see how well it stacks up against the other teams in the region.

## Lady Flash softball team is ready to hit it off

Staff Report

The Lone Oak Lady Flash Softball Team, going 8-8 so far this season, has had a slightly rugged start but is still hanging in there and may surprise everyone with a come-back winning streak. With seven returning starters on the Varsity team, it looks good for the girls, who have a 2-1 district record. The Varsity team this year is: **Kim Fesmire**/CF (11), **Leigh Ann Collins**/P (11), **Heidi Seltzer**/1B (11), **Kelly Reeves**/C (11), **Rachel LeNeave**/2B,C (11), **Courtney Jones**/LF (11), **Amanda Fox**/SS (12), **Rebecca Huyck**/RF (12), **Shay Barnes**/2B

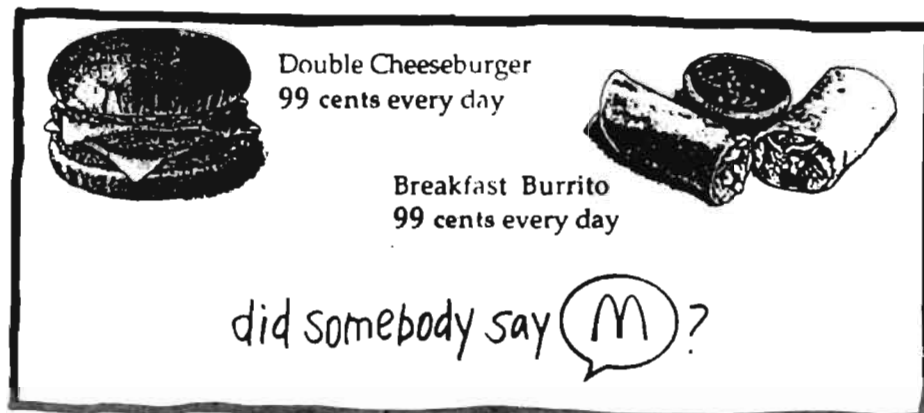
(12), **Sarah McGregor**/3B, P (9), **Emily Canup**/RF (10), **Jessie Grimm**/SS (10), **Sara Vinson**/P (8), **Jessie Fox**/P (8), **Susie Whitlock**/1B (9), **Rebecca Davis**/P (9), and **Melissa Kaufman**/3B (10).

Lady Flash softball has proven to be a good ball club in the past and if their show at the Christian County Tournament over KEA break is any reflection of this year's team, they're going to be fighters. After winning a twelve-inning game over North Hardin County, the Flashes turned right around to play Russell County and defeat them 8-0. The Lone Oak Tournament, April 14 and 15, also proved that the Lady Flash can

have the odds against them and then still come back fighting. After losing all three games in the round-robin portion of the tournament to Marshall, Caldwell, and Ballard Counties, the girls came back to win second place in the double-elimination tournament,


defeating Ballard and Marshall.

"We started out sluggish, which is understandable, but we're playing better and it seems to be picking up. We expect to be one of the top teams by the end of the season," said Coach Vaughn.



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# McGroarty has athletes right on track

**Jody Suhrheinrich**  
News Editor

General McGroarty's track army has undergone extensive training and is now ready for action. This band of running and jumping machines has been working hard for months to get their bodies in shape. The track team expects to do well in field events, girl's relays, boy's shot/discus, boy's distance races, and sprints.

The team is being led by a talented group of kids including junior, **Guion Johnstone**, who is a returning state qualifier in the high jump. Other team leaders include seniors: **Matt Jones, Stephanie Smith, Adonis Jackson, Valerie Hubbard, Mandy Langston,**

**Andrea Spees, Vince Paegler, Steven St. Clair, and Tim Murphy.** **Jess Miller** (11) is also looking strong this year along with sophomores, **Emily Goehman and Lindsey Byrd.** Coach McGroarty has been focusing on matching up track events with athletic ability. McGroarty also stresses that the team must improve upon, "Speed, speed, speed of which the variable of genetics is the major contributing factor."

The track team has meets coming up on May 4<sup>th</sup> at Ballard Memorial and on May 11<sup>th</sup> at Heath. The regional track meet will be held May 26<sup>th</sup> and May 27<sup>th</sup>. These meets are worth the short drive so be sure to come out and support LOHS track this year.



Senior Track Members: Andrea Spees, Stephanie Smith, Valerie Hubbard, Mandy Langston, Matt Jones, Vince Paegler, Adonis Jackson, Tim Murphy, and Steven St. Clair

## Tennis team earns early victories

**Megan Williams**  
Co-Editor-in-Chief

Both the boys and girls tennis teams kicked off their seasons with a victory over Brentwood Academy in Nashville on April 5. Lone Oak won all 18 matches for a clean sweep against Brentwood. From Nashville, the teams journeyed to Chattanooga where they competed against some of the best teams in the south.

On April 6, both teams matched up against Baylor. The girls defeated Baylor for the first time with a score of 7-2 while the boys were not so successful. Then on

April 7, the teams competed in the Rotary Tennis Tournament. The girls fought their way to a third place finish.

"All the girls gave a tremendous effort in order to beat Baylor," said junior Elizabeth Walter.

With these victories behind them, both teams are on their way to fulfilling some pretty lofty goals. The girls plan to win the regional tournament and then repeat as state champions in June. The boys are trying to rebuild after losing five seniors last year and win the regional tournament.

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