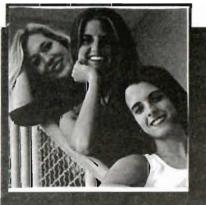
"Start at the beginning and when you come to the end, stop." - Alice in Wonderland

<u>NSIDE .</u>

Seniors



Senior Good-byes...12& 13

Features



Prom Page......9

Sports



Lady Flash on fire. 19

Seven seniors finish at the top of the class

Seth Bowen Circulation

As the final year of their high school careers come to a close, the top students of the 2000 senior class, pending the eighth semester grades, have been announced. Although the list is not final, this

year's valedictorians are Shay Barnes, Rebecca Clausen, Timera Cunningham, Rebecca Huyck, and Lucy Jackson. This year's salutatorians are Corey O'-Brien and Megan Williams.

Shay, who is President of Student Council, has achieved many accomplishments over the past four years including 1999 Governor's Scholar, All State Choir in 1998 and 2000, National Merit Commendation and 1998 Miss Defense Award for the Lady Flash softball team. Her greatest inspiration is her mother, who has "overcome some huge obstacles in the past mineteen years." Working hard to get to where she is today, Barnes would like to be remembered for her perseverance. Shay also actively participates in FCA

and Beta Club. Shay received the Presidential scholar, hip at Murray State University and will attend the college a fter high school.

Becky is the President of the Key Club and Secretary of Beta Club. She was recognized in the Who's Who Among American High School Students, voted "Most Respected" by the senior class and has won the Senior Girl Scout Challenge and leadership pin. Her most difficult obstacle in becoming valedictorian was Chemistry class with Mr. Sensing.

Timera considers her greatest inspiration to be her parents, who always encouraged her to be her best. She has been a member of Beta Club and FBLA for three years and the GT Dance program this year. She considers Chemis-

try and AP English her most difficult courses and considers maintaining her grades while being active in extra curricular activities, such as dance classes and cheerleading, her biggest achievement. Cunningham would like to be remember as a dedicated dancer and mostly for being a good friend.

Rebecca, who is Treasurer of the Student Council, considers Chemistry and Physics the most challenging classes she has taken. She was named Governor's Scholar and participated in All District and many other band competitions. Huyck is also in BETA Club and FCA and gives credit to her two favorite teachers Mrs. Masden and Ms. Hack. "They both taught me very much and have always been there for reassurance and encouragement," she said. After high school, Rebecca will attend Transylvania University.

Lucy considers Wild Bill's Wild World of Physics her toughest obstacle in maintaining her 4.0

Story continued on page 2

This year's Seniors rake in \$770,000 of scholarships

This year's Seniors who were offered scholarships are...

Justin Aldrich - PCC; Sara Angelly - Murray State Univ. Athletics; Kyle Atherton - UK College of Engineering, PCC, Campbellsville; Shay Barnes - MSU Presidential, Academic Excellence WKU, Grover's Accounting Belmont; Crystal Boyett - Presidential Scholarship St. Thomas Moore College; Casey Brantley -Chancellor, KEES; Ronza Childress - PCC, McCracken County Food Service; Becky Clausen -Freed-Hardeman Academic, Lipscomb Univ. Academic, Jean Cole Girl Scouts, Lone Oak Kiwanis, Harding University; Timera Cunningham - Presidential Scholarship/Dance Merit Oklahoma City University, Academic/ Community Leadership/Internship, Point Park College, Presidential Scholar Butler University; Amanda Dycus - Paducah Junior College; Joe Elias - Union Univ. Academic, Georgetown Trustees, Kentucky Baptist Foundation, Pastoral Christian Leadership, Misc. Mathing; Rachel Gearhart -Third Century Transylvania, KEES, Kentucky Tuition Grant, Jean Cole Girl Scouts, Coe College Trustee Academic, Zonta,

AN FOOD.

2935 Holt Rd.

443-1632

Transylvania University; Rebecca Huyck - President's Scholarship Transylvania University, Faculty Scholarship Centre College, University of Louisville Trustee's Scholarship, University of Evansville, Eastern Kentucky University Regents Scholarship; Lucy Jackson - Indiana University Faculty and Honors Division, Emory Univ. College Scholar, Boston Univ. Scholar, New York Univ. Trustee Scholarship, Univ. of Miami Ashe Scholarship, Univ. of KY, WKU; Matthew Jones -William C. Parker, Lone Oak Football; Mandy Langston -PCC Academic, KEES; Jason Lilly - Commonwealth Univ. of Louisville, KEES; Beth Mason -Murray State Univ.; Amber McDuffee - Leadership Murray State Univ.; Lori Millner - Lambuth Univ. Presidential, Southern Methodist Univ., Chancellor University of Kentucky; Tim Murphy - Rhodes, Sweanee, Bethany, Transylvania, Centre Legacy and Faculty, KEES; Aaron Nickols -Lone Oak Lions Club; Vince Peagler - William C. Parker, Robert Porter, KHEAS, Harrison Missionary; Jessica Peck - KEES,

Wake Up Live Big; Amanda

Hall - Founder's/Art Scholarship

Gene Boaz
Photography



709 Bleich Road Paducah, KY 42004 (270)-554-2462 1-800-669-1043 Johnson & Wales, Murray State Univ., Trevecca Nazarene, Paducah First Church of Nazarene; Alicia Reeves – PCC, KEES; Nathan Roe – Murray State Univ., PCC Academic; Sarah Settles – Leadership, KEES; Brian Shelby – Univ. of KY Merit/ Engineering, Fraternal Order of Police, KEES; Andrea Spees – PCC Academic; Tasha Stephenson – PCC Western Rivers; Tina Swearingen – Smart Program, KEES; Katie Taylor – Univ. of Louisville Presiden-

tial / Commonwealth Scholarship;
Amanda Vorbeck - Paducah Junior
College, KHEAA; Brooks Ware WKU; Tyler Wilham - Millington,
Murray State Univ., PCC; Megan
Williams - Samford Univ., Georgetown College, KY Educators Excellence, Downtown Kiwanis; Shane
Williams - Presidents Scholarship
University of Louisville, Bunzl, Tennessee Scholarship, KEES; Shawn
Yarbrough - John A. Logan, Itawamba CC, Academic Schoarship
Univ. of Texas at Arlington

Congratulations to all those who received scholarships!

Valedictorians and Salutatorians

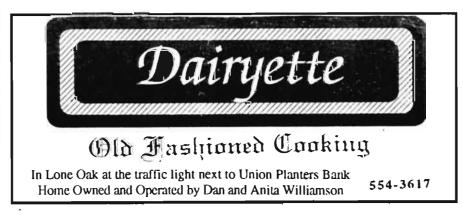
continued from page 1

gpa. She is President of the Literary Club, Co Editor-in-Chief of The Oak "K", Kentucky Governor's Scholar and in the BETA Club. But life isn't all about academics. She considers her greatest accomplishment having a wild and crazy time in high school and balancing that with her preparations for the future. When asked what she would like to be remembered for, Lucy replied, "I'd just like to be remembered." You can look for Lucy at Indiana University as an English/Journalism major next fall.

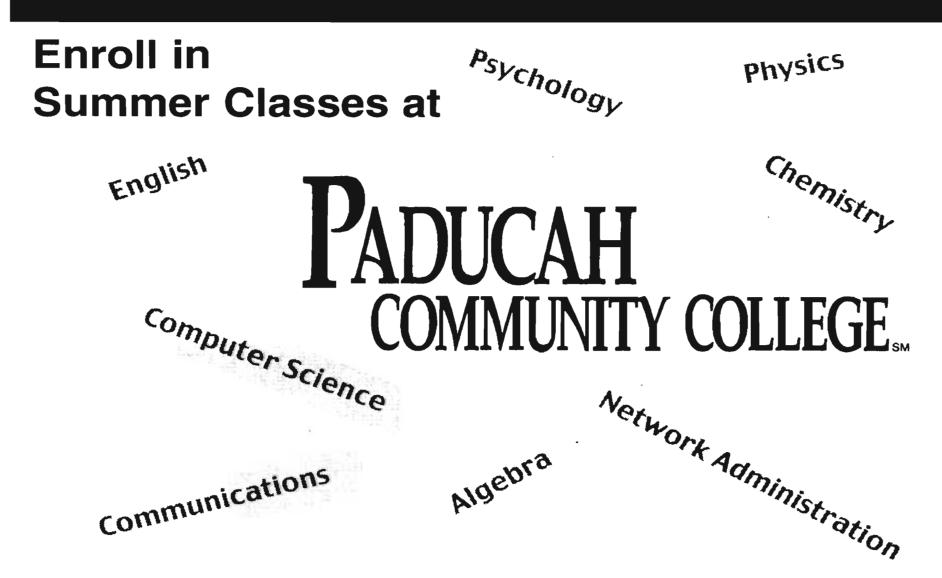
Corey, who is Treasurer of the BETA Club, considers his mother and father his biggest inspirations. He's also involved in the Chess

Club and his major accomplishments include being salutatorian and National Merit Finalist among others. Corey's toughest obstacle in becoming salutatorian was staying focused on the important things in life.

Megan, who is also Co-Editor-in-Chief of The Oak "K", has been in the BETA Club and the Tennis Club. She considers the toughest challenge in becoming a salutatorian staying motivated to work hard. Her other major accomplishments include being a member of the 1999 State Championship tennis team and being named an outstanding student all four years of high school. Megan will attend Georgetown College as a Biology major after high school.



Get a JUMP Start on COLLEGE



Just Imagine What's Next

Registration June 7–8

Classes Start June 12

270-554-9200, ext. 6103

www.pccky.com

Wright, Roe named May rotarians

Nathan Roe

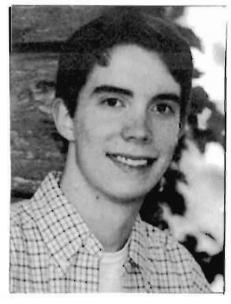
Jay Swacker Features Editor

Nathan Roe is a talented and versatile student who is definitely deserving of the title of Junior Rotarian. Nathan is involved in many different clubs and actively

plays sports.

Nathan is involved in the Beta Club, FBLA, TCIM and he is Vice-President of the Math Club. He has been an honor student all four years he has been in high school. He has been an outstanding student for three years. He is also a student engineer at KTLC.

Nathan works at the McCracken County Board of Education, he is "learning" to play the guitar, and he is a big movie buff. After high school, Nathan plans on going to Murray State University and ma-



May Junior Rotarian Nathan Roe

Murray State University and majoring in Telecommunications Systems Management. Nathan said that being named Rotarian was "an honor. It sure is.

Bethany Wright

Jay Swacker

Features Editor

Bethany, like Nathan, is also "very honored" to be named a Rotarian. Bethany has been very active throughout her high school experience. She has been on the Varsity Basketball team for all four years.

Bethany is a member of Beta Club, Math Club, and Biology Club. She is the reporter for the FBLA club. Bethany is also the Corresponding Secretary for the Student Council, the Senior Class Co-Reporter, and is a member of the Principal's Advisor Team. She has been named an outstanding student, honor student, All-American Scholar, and Who's Who Among American High School Students.

Bethany is very active individual out of school as well. She enjoys water sports at the lake, especially



May Junior Rotarian Bethany Wright

skiing and jet-skiing. She is an avid four-wheeler, as well. She credits her family for supporting her throughout high school and everything else she has done. Bethany will be taking summer classes at PCC before going to U. K. this fall.

Metro Special Police

Wallace Adams President

Peggy Adams Vice-President



442-6090 5650 Clinton Road Paducah, KY 42001

SPECIAL!!! Rent 2 videos, Get one free!!

Lone Oak Video & Tanning

3240 Lone Oak Rd. Paducah, KY 42003

Phone: 502-554-4200 E-mail: lovideo@hotmail.

*See store for details

Hours:
-Monday-Thursday
11:00 AM - 10:00 PM
-Friday Saturday
11:00 AM - 11:00 PM
Sunday
12:00 PM - 9:00 PM



Being of sound mind and body, I hereby bequeath...

L.B.-my dissected cat to Pope, and my L.B. isms to the Pope choir. Keep getting' him.

Jay Bazzell-all the 3's I hit to Bryan Powell. My #23 goes to Chris Gregory. My smart-elek comments go to Julie Cogswell, and everything else goes to my sweet, little sister.

Tamara Bloodworth-my locker to my brother Jonathan. To all my other underclassmen people, I leave the memories of me and our lunch table.

Casey Brantley-my goggles and lab apron to anyone crazy enough to take AP Chemistry. To Matt Goode I leave "The Shocker."

Christi Brookshire-my locker, all the good times I had and my seat in the morning to my sister Mandy B., my books and my seat in media to Anna Brewer.

Jennifer Connor-to Emily Canup I leave all of my cheerleading memories and my amazing tumbling abilities. To Chad Denson, I leave all the Spring Break memories. (He knows what I'm talking about.)

Amber Corbett-all of my horrible accounting memories to Jennifer Becker, my locker to David Huertas and my parking spot to Eric McDaniel. I'll miss you!

Kristie Coursey-my parking spot to Jerimiah Robertson. (Hope you car doesn't get hit as much as mine did.) I leave all my good times at LOHS to

Lyndsay Bucahan. Enjoy them because it will fly by.

Heather Crews-my locker to Matt Thomas, my memories to Lindsey and Amy, my FBLA memories to Garrett Wheatley, and Teen Court to Jenny Chambers. The rest can go to Brian Wheatley.

Lindsay Culp-to Kimmy Gibbler and ol'leigh, I leave the funness of Spring Breaks-and many more to come! To Emily Lyles and Big Dew, I leave my obsession with Mia Hamm—use it wisely! I will miss you all.

Timera Cunningham-I leave my top locker to Elizabeth Walter who has been below me for two years. Julie Cogswell gets my wonderful Spanish speaking ability! Jessie Grimm gets the famous cheering corner at basketball games!

Catherine Dick-my locker to my little sis who will be a freshman next year. I leave my spot as an aide to my little sister (Sarah Dick). Being an aide for Mrs. Stubblefield is the easiest thing you could ever do. I leave my seat in Mrs. Thompson's class to my cousin Justin Latta. May everyone have wonderful school years to come.

Shea Dowdy-To Stacey Jarvis, I give my good memories at LOHS and my parking space. To Amy Thompson, I leave my wild ways to make sure to use them. To Ryan Cothron, I leave you with my sympathy, (you know why).

Jay Followell-I leave Jay Paul rights for "Black Barber". I leave Ryan Householder rights to my three-year-old son, Montel. I leave Brenton Shelby my mom's prom dress.

Melissa Franklin-Ashley Epps and Selena Dumbacher all the memories and nightmares of 110! Jessi, Becky, Big Dog McCoy, Evelyn, Vonna and Christina anything from choir I have! Cassie Riley and Jessica Vick, I leave either partial ownership of the locker or our table. Nancy Boullard-whatever you want, pal! Jacob Baily-best wishes! Carrie Hovenkamp, Nerds and Beattles (the choir room ones).

Chad Futrell-my locker to my brother Chance. All of my old cheat papers to Josh Goodwin, and also my parking space in the teachers' parking lot.

Rachei Gearhart-Jason Shane, prom memories; Caleb Huff, 2nd place for our video; Erin Murphy and Nick James, CYF; Jon (Hot Tomato) Hayden, "fortune" cookies; Katie Foreman, cashews, AP English, and scholarship stress; Jesse Brenemen, hacky-sack during lunch.

Dallas Gipson-to Heidi, everything I borrowed from her; to Todd..."whea"; to Eric, soccer memories; to Jeff, my German notebook; to Lauren, my Sadie Hawkins pictures (I never got them anyway.)

Brandon Hall-I give the leadership of the L.B.'s to the youngest member, Brian Webb.

Meghan Heine-to big Leigh and Kimmy, I leave all my great memories. I love you guys! To Dewey and Emily Lyles, I leave my good attendance, hah! Sarah Suitor, you get our lunch table. You were the healthiest eater. I'll miss you all!

Paul Householder-I leave my peep hole spot to the girls locker room to my brother Ryan Housholder. I'll leave my weedeater and whip cream in my locker to Brenton Shelby.

Valarie Hubbard-To Jason Bergstrom, my collection of Jane Austin novels; to his brotha', a viper. Enjoy and drive safely. Jay Paul gets my real, top-of-the-line labcoat. To Peter, one name...Agradable. Leah, a peanut butter and banana sandwich, and the rest of my estate goes to Abin.

Richard Hughes-Brian Webb, continue the tradition; Adam Dunn, two words for you—"not guilty"; Craig Corram, my car will always be better; Crayfish, the hooks to my locker. See ya.

Matthew Jones-I leave my teddy bear hugs to Brian Clark. My Winnie the Pooh button eyes to my Michael Edwards, and I leave the throne of the Simpsons to David McCarrey.

Robin Kinsey-my locker to Abin. Nancy gets the stairs to fall on. To Matt, my seat on the bus. To Brandi, my grades in Mrs. C's class. To all my friends, my love eternal.

Being of sound mind and body, I hereby bequeath...

Justin Leidecker-I leave my books, locker, good and bad memories to Eric Burnett.

Jason Lilly-Chad-crossover and yellings from Coach; Michael Edwards-jersey, good basketball memories; Boog-my good times with Emily: Just messin with ya. Kim-the secrets to my smurf koolaid and our good talks; Leigh Ann-all the good times at Meghan's.

Kyle Maddux-my size to Coach C; my athletic ability to Michael Sither; my XXX to Natalie Hall; my #44 in football and basketball to Kelly Seely; my #18 in baseball to Drew Holland.

Kelly Millay-Greg-shotgun seat on cheerleading trips; Quentin-my "clicker"; West and Tony-baseball memories; Erin-"Allegra"; He'di-my spot as Ms. Morefield's a.d.

Tim Murphy— to Erin Murphy, my locker, to Darla Simmons, sitting in front of the Band Room during lunch, and to Katie Foreman, the fulfillment of the "Light" mission.

Aaron Nickols-my locker #77 to my brother who will be a freshman in the fall. And I leave my parking spot #169 to him also. Good luck and goodbye!

Vince Peagler-I leave my women to Michael Edwards; my charm to Brian Clark; my personality to Carlina Capps; God to the football team; my dancing ability to Kelly Seely.

Jessica Peck-to Kathryn

Wright, I leave all my FBLA memories and duties. To Leann Mason and Jennifer Block, I leave all the fun times at LOHS. Have fun!

Aaron Peeler-my spot in Saturday School to Steven Burnett; all of my detentions that I didn't go to, to Justin Gray; Bryan and Andi don't want anything so they don't get anything.

Shane Pirtle-I leave all my fun times as a football player to Blake Owen except for my long snapping. Ben Moss can have it. The rest, my good times at LOHS, I leave to Johnna Mornis. Have fun and c-yall later.

Pierre Rivera- my sense of P. L.U.R. (peace, love, unity, respect) to: Kelley S., Jennifer B., Isreal A., Derra Berra, Emily C., Katie C., Carrie H., Colby R., Meghan F., Jesse S., Ryan C., Becky H., Vanna, Jessica V., A.M., FUMP! and to those I haven't forgotten.

Nathan Roe- I leave my locker to Natalie even though she probably won't want it.

Collin Roof-my presidency of the Biology Club to Brian Webb, the youngest of the L. B.'s. Keep the tradition, Brian. My locker #368 to some unfortunate freshman. Me and Richard tore that bad boy up.

Charlee Sales-I'm leaving my parking spot to Katie Willamson, my locker to Stephanie Lynch, all my great sayings to Emily Lyles and good memories to Emily Lichtenberg.

Brian Shelby-To Matt Goode, I

leave my tennis stuff. Keep out of trouble. Emily Goehman, I leave you convention memories, a certain Juvenile song, and conversations after first hour. Everything else goes to Julie Cogswell.

Kelly Smith-To Kathryn Wright, I leave my parking place (111). Ross Cook gets to carry on the last league of the Cook/Smith legacy, and finally, Leann Mason can have all of my high school memories.

Stephanie Smith-my school spirit to Annemarie Cason; basketball memories to Rebecca Davis; PE class to any daring girls

Mindy Spann-I'm leaving my parking spot #129 and the drive to Florida to Emily Lyles; my happiness to Nicole Small; my crazy times and memories to Erin Lyles.

Steven St.Clair-I leave my locker to Leah McIntosh so she doesn't have to share it

and I leave my hair to Jason Dunn.

Katie Taylor-Leigh Ann Collins the to-tals and the singing; the early morning breakfasts at Little Castle to my soccer girls; to Sarah Suitor, my parking spot. For everyone else, everything else.

Tim Waldridge-I give all my books that I never used to my girlfriend, Ashley Canter. Also, I give her my parking spot in the teacher parking lot. Everything else to Matt Lawrence.

Katie Weishaar-to my little brother Kyle-my parking spot

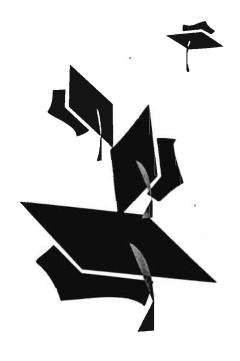
and gas money; to Kaelin-my seat at lunch; to Heather Jones-my optimism in marching band; Matt Harper-4-H camp

Shane Williams-to my brother and sisters, my ability to be at school on time. And to Freddy, Little Mike, and Boog, a year full of boxes, "The Wall" and defensive slides.

Brittany Winn-leave my "snacking habits" to Elizabeth Walter. Leave my "Buck" to Heidi Seltzer.

Kim Woodley-my empty locker and three books to Christen Crouch and Ashley Alexander.

Bethany Wright-To Kim, Natalie, Guion, Heidi and Courtney, I leave all the running I've done in practice. Jessica, Erin, and Elizabeth, you guys get all the fun I've had. Kathryn, you can have everything leftover.



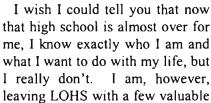
Here's what I've learned

Megan Williams Co-Editor-in-Chief

Well, it's here. I've waited four long years to write my senior good-bye, and now I'm not quite sure how to start. These last four years have been difficult. Not for any particular reason, but just because high school in general is hard. It's the transition period between childhood and adulthood and no matter how "together" you think you are, it still shakes you up. A part of you wants to be the little kid on the playground while the rest of you wants to be the independent and mature adult.

that high school is almost over for me. I know exactly who I am and what I want to do with my life, but I really don't. I am, however, leaving LOHS with a few valuable So, here's what I've lessons. learned:

1) Take one day at a





KCTCS You



hold the key!

Use it at West Kentucky Technical College

More than 30 affordable career educational programs available. Get on the road to your future in as little as two years.



CALL TODAY

we're here for you!

270-554-4991

www.wkytech.com

Equal Education and Employment Opportunities M/F/D

This ad was designed by a Multimedia Student Crystal Beasley

- time. Don't worry about tomorrow; just do the best you can today.
- 2) Keep everything in perspective. Things really don't seem so bad when you remind yourself of the important things in life.
- 3) Laugh a lot. Laughter is truly the best medicine. It lightens even the darkest situation.

4) Be yourself. Everyone has his/her own unique purpose in life. Do the best you can with what you've been given.

Make the most of your time in high school because four years goes by faster than you think. Dwell on the positive things in life and remember the best is yet to



Pictured

Left to right: Seniors Jordan Mills, Emily Riggs, John Presley, Brian Shelby and Shane Williams

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

The newspaper is designed by staff members, using the Microsoft Publisher 98 system, and printed by The Paducah Sun 408 Kentucky Ave., Paducah, KY 42003. 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.

The Oak "K"

Megan **Editorial Editor Features Editor News Editor Sports Editor** Circulation Manager Coroner

Co-Editors-in-Chief

Business Manager Advertising Manager Sponsor

Williams Kelly Reeves Jay Swacker Jody Suhrheinrich Jacob Mitchell Erin Malmquist Mandy Langston Seth Bowen Andrea Ramey Mrs. Campbell

Lucy Jackson

SENIORS

Andrea says adios

Andrea Ramey Advertising Manager

It's hard to say goodbye to adolescence. Although, I feel a sigh of relief that I have actually made it through an extremely hormonal time, almost like a four year long identity crisis, I'm not sure I'm ready to completely let go, but I know I'm excited to take the plunge into the great beyond.

Many have shaped my outlook and helped make me the woman I am about to become-especially my parents and the teachers who have struck a chord within and sparked a yearning to be my best. Mr.

Toy, thank you for introducing me to the concept of time management and the term verisimilitudeit always gets 'em in hangman! Mrs. Campbell, what can I say, you have helped guide me more than you'll ever know. Mr. Light, you were always there for me. Mr. Baker, you're take on life is absolutely hilarious! In my opinion, you are a truly great American citizen.

To the kids, acquaintances, and classroom cut-ups here at Lone Oak, you all will hold a special place in my memories of the sound and fury, tears and glory we've shared. To my fellow graduating

class, we are about to embark on 'ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown'it's about time! Farewell and goodnight.



Pictured

It is the times we were together that will be cherished when we are apart.



Power, Performance And Value.



\$2995

sinole produces Instant power. • Mikuni or with reed valve intake system Project-adjustable su



Sills Cycle Center 1212 Brown Street Phone # 443-5636

What do we do now?

<u>ම</u>

Mandy Langston

Coroner

Now that we're leaving, what will we do with our lives? These seniors have some pretty crazy ideas...

> Jennie Thomason - "I want to study Marine Biology and work with Shamoo at Sea World."

Amanda Fox - "I'm going to MSU and I plan to study either Elementary or Physical Education. Coach Clark is my Hero.'

Brian Shelby - "Geez... um...I thought you HAD to go to UK after graduating from Lone Oak."

Josh Luscombe - I am going to York College in Nebraska and I plan to tear my ACL in every state I play."

Justin Leidecker - "I wanna sit at home, eat potato chips and cherish the memories of

Mr. Pope's class."

Shay Barnes - "I plan to go to MSU and then pursue my career in country music. I need some wide open spaces..."



405 Broadway Paducah, KY

- Over 500 sterling silver charms in stock. Featuring School mascot Charms.

- Bracelets, Necklaces, Earrings, Native American Jewelry and Original artwork.



Store Hours: M-Sat. 10:30a.m.- 5:00p.m. **Extended Summer Hours:** Saturday 10:30 am - 10 pm Phone: (270) 415-0505







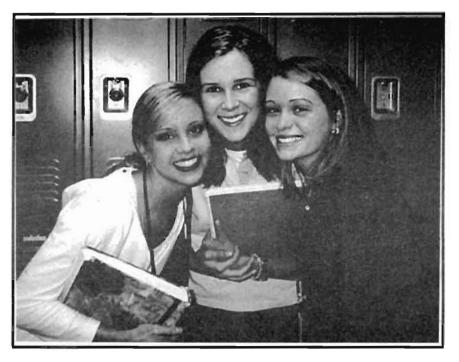












10

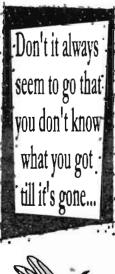
It's something unpredictable, but in the end it's right I hope you had the time of your life... Service Servic



It's better to regret something you did, than something you didn't do...

These are days to





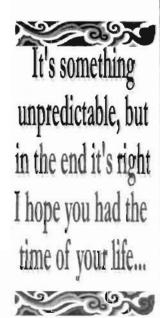




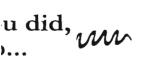
SENIORS

SENIORS

inning comes from some other begin







These are days to remember...









Don't take a picture. Remember this in y







om some other beginning's end...



ys to remember...



Threads that are Golden don't break easily...



Don't take a picture. Remember this in your heart



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





Jody and Lucy say so long to LOHS

Jody Suhrheinrich
News Editor

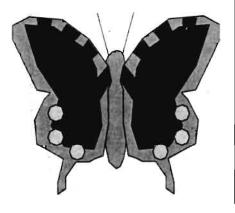
So I made it. I made it through LOHS as quite possibly one of the most consistently short people ever to walk these halls. I've suffered through four long years of never being able to reach the TV to turn on Channel 1 and constantly having to hear the phrase, "Oops, sorry! I didn't see you there!" after being stepped on in the hall. Now it's time to move on to college where the saga will continue with countless students giving me funny looks and whispering to each other, "How does that 12-year-old go to school here?" Ah, well we all suffer our little adolescent hardships don't we (truthfully mine is not that dramatic but I had to come up with a catchy opener)?

Now I'll admit I've spent much of these past four years a bit disgusted at times. There have been many instances where I have been convinced that there cannot possibly be any other school in the nation as functionally wrong as LOHS. Come on now admit it, the reconstruction, safety measures and scheduling conflicts were enough to make you crazy too, right? Despite my frustrations, however I still have love for LOHS and I must confess that while I can't wait to get out of here now I know I'll miss it one day.

All right now on to the mushy goodbyes, regrets etc. First of all I have to say thank you to Mrs. Campbell, thank you for journalism class, thank you for being hard on me in English, thank you for listening and thank you for bettering me as a writer. Mr. Baker, I don't know what I'll do without our counseling sessions next year! All right now for my girls. Scooter, what can I say? You've stuck by me through thick and thin. I'll never forget our poolside conversations, midnight spying adventures and of course cruising in the Raider. You know if you ever need me I'll be there in a heartbeat. We'll make it around the world one-day! Jess, I would have never made it through this year without you. Thanks for listening to my rambling, manic-depressive grievances. You are truly a beautiful person. I know you're going to make a wonderful journalist and I expect to see you at Indiana next year! Lucy, I really think I would have never been able to be honest with myself and stand up for what I believe in if hadn't been for you. I could never think of anyone to better be my Hoosier roommate next year- you're the wicky wildest! Christa, thank-you for all the unbirthday parties! Never forget to move down for a clean cup. Andrea, you are one of my favorite people that I've re-met this year. I'll never forget that "foxy" night at your house. Em and Dewey, spring break was amazing- I love you guys!

To the remaining members of the journalism class I'll make it short and sweet. Jay Paul we've got to play more chess! Kelly, you're the sweetest-keep 'em in line next year! Jacob, sometimes you make me so mad, but you know I love ya! (Journalism staff representin!) Seth, don't let them push you around any more, you big sophomore! Blake, I'm sorry I missed you, babe!

Well I wish I could say something special to all 900 students at Lone Oak but I'm sure you're all ready bored if you've even read this far. One final word of advice don't race to get out of high school, I know it's corny but these really are the best days of your life. One day when you're old and gray you'll give anything to be back in high school. So peace out Paducah, I'm off to Indiana University to pursue an exhilarating career as a journalist. (ha!) Oh yeah, Eric, don't cry too hard when I'm gone, you know I'll miss you.



Lucy Jackson
Co-Editor-in-Chief

"Goodbye." I have never been good at saying it. I prolong phone conversations and repeatedly pull in and out of driveways to receive what I swear are last embraces. Finality is something with which I have serious issues, and yet I am fairly prepared for my farewell to LOHS. I admit that although I get a bit nostalgic every now and then, I am ready to wave, smile and walk away from this place forever. Unfortunately, along with losing the monotony of high school life and the suffocating feeling this place often gives me, I will also be leaving some of the most amazing people I have ever met. These years haven't been perfect, but they have been memorable. I have had many experiences, good and bad, that have made me the girl/woman I am today.

To my girls - you are my sisters. Despite our differences and the distance I know each of us is feeling, I will always care about you. You have watched me grow up as I have you, and I know we will never share that with another group of people. Christa, I am speechless, or wordless rather. You have often been my solace here, you know that. Thank you. Jenn, I will miss your 45 minute messages on my answering machine and our cry/ "why do boys do that" phone conversations. I will definitely be unsure of how to deal with not telling you the details of my daily life. And by the way, because I love you so much, I will be your bridesmaid even if you marry David. Brooks, when I think of you, I hear Counting Crows, taste cheap coffee, and see the Waffle Hut. Those three things along with you have created some of the best/saddest conversations I have ever had. I will miss our soul searching. Nat, I am counting on us having many more summer afternoons of microwave pizza type foods and bad TV You are someone I have always relied on, I hope you've relied on me. Jordan, let me know when you are ready to support me and move to New York. I already miss the trampoline parties. Em, I have known you so long. I think about you a lot, and I hope you're happy. If you're not, I'll be happy to listen. Jody, I am so glad you are here as well as leaving here with me. You have definitely become one of my most cherished, bestest, wicky wildest friends. You are a very strong, openminded girl. I respect you and what you're doing with you life. The next four years are going to be amazing. Go HOOSIERS!

To the boy team - you guys are the craziest teddies I know. Ryan - I already miss you. Tyler, Johnny D., Joey (watch out for the dinosaurs), Brad, you are like my brothers. Ben, you practically are my brother. Michael, even though you'll probably never read this, you really drive me crazy sometimes, but I still love you very much. Dave, I miss you.

To the journalism crew- you guys ROCK! Jay Paul, you are one of the coolest kids I know. Jody and I are going to take you hostage next year. Jacob, I'll miss getting occasional cuddles from you. Despite some of our minor differences, I remain extremely partial to you. Kelly, you're the sweetest. I'm glad I got to know you these past few years. Keep ol' Rod in line. Andrea, we'll always have Munich. I am SOOOO glad we finally hung out, and I hope to continue to do so despite our departure from LOHS (you too, Scott). Megan, you're out of control. Thanks for listening to my monotonous boy stories. Good luck, I know you'll do great. Mandy, you hold for me this certain essence of high school. I'll see you rocking out in the parking lot or running around in the halls and I think, "It's people like that who make high school survivable." You always brighten my day. Thanks. Seth, keep on truckin'. These next three years will fly by and you'll be on to, no doubt, some bigger and better things. Mrs. C., you have been an incredible teacher these past four years. I'll admit that I am definitely intimidated by you, but that has pushed me to always work really hard in your classes (minus my independent study which I swear I will make up for in these last " few weeks). Thank you for everything.

Well, I suppose that sums up my poor attempt at goodbye. I am going to miss you guys. Have fun, wear your seatbelts, and take care of yourselves. It's been wonderful, horrible, and all that other stuff that lies in between.

Linguini makes like a tree and leaves

Mandy Langston
Coroner

Since I'm crying right now, I will start by saying goodbye to my buddies until I regain my composure. To my track buddies: Peter, baby, you can have my much coveted locker finally (shelves and all). To little Ramsey and Annemarie: sing on the bus, drive everyone as crazy as possible and free-style rap a little bit too. Blue, I leave you the Thong Song. To all the other track kids, you may have the fun run because there actually is NOTHING fun about running 2.2 miles through Lake Forest. I leave my Beta Club Convention memories to Emily Goehman. Shake whatcha mamma gave ya, girl.

My choir buddies - I think I will probably miss you most. Thank you for dealing with my extreme moodiness and my rotten attitude. I'll never forget the movie days, Gatlinburg, Chicago or "strip poker." Jerry, keep playin the piano and learn to read music. Jon, thanks for being so cute and I love you, too. Carrie, you are an extraordinarily beautiful girl. Don't forget that. Manda and Andy, I leave you each other. Wake up. Don't let a good thing pass you by.

My favorite freshman girl, Emily Owen, gets my thanks for getting me to meet Jonny V. You are the cutest thing since something else really cute came before you...it'd kill me to think that you will change once I'm gone... so don't. Josh Bergstrom, you are so sweet. Girls, take note of this one...he's a keeper. And to Jason, I leave you Courtney. I'm so glad we met because it's never too late to make a new friend. Townzen, what can I say. I wish

you had told me sooner. Mr. Toy, keep rockin', groove-a-saurus. Mrs. Campbell, thank you for letting me be as weird as I need to be. Thanks to you, I hope to pursue this "writing thing" as a career.

Now for the people leaving with me...gosh Valarie, I'll miss you so much. You've been my best

friend for ages One of these days I'll call you up and we'll read out of our journals each other Dycus.. three words baby... G O D BLESS

TEXAS! I hope you find your cowboy. Lori, I would leave you Bryan but you seem to be doing fine already, so just keep him. Brittany, whatever happens remember the time you spent picking food off my tray at lunch. Adrian, don't ever cut your hair. Rachel, no more ranch corn nuts and Dr. Pepper for you. You cannot have de Mango. Jackie, I'll be seeing you for the rest of my life, so get used to it. Becca, oh girl...Shay, I could duet with you forever and never get tired of it. You have a beautiful voice and I wish you happiness. Foxy, it's gonna be funny to watch you trying to fight the boys off at college. Stephanie, it's gonna be fun to be house mates next year. Nathan, no bombs. Bring 'em in they can learn. Steve, have fun in the Marines. Think of me when

you're running fifteen miles a day. Kyle – 3X. Enough said, Mad Love. If you don't keep in touch, I'll probably become a nun.

To the rest of Lone Oak High, I leave memories. It's hard to let go of the friends I've made. To all the shy people out there, come out of your shells and live a little.

What can it hurt? High school goes by fast and there's not much time to make a fool of yourself. Regrets? have none (except all those people I

stalked...I'm sorry...I'll grow out of it, I promise). Go to football, baseball and basketball games. Go to band and choir concerts. Go up to that person you have a crush on and let them know. Cry a little bit when life hurts too

much. Don't take yourself so seriously. Hang out in the Kmart parking lot. Make people wonder. If you don't know what you are doing, make something up that is really funny. At least they'll laugh.

These have not been the best four years of my life (they are yet to come), but they have been a wild trip. I look forward to the future with the assurance that I have made the most of the time I've had. Thank you to those of you who weren't always nice to me because it is you who made me stronger. If anybody will even remember me after I am gone, I ask that you remember me for my insanity. It's not easy to be this crazy. Hopefully, this school is a little bit better because of the Seniors of 2000. Thank you all for being a part of my life. You have each taught me something and I will keep that with me as long as I live. I only have one last request - for goodness sakes, somebody sing in the hallway next year for me. "Do not go gentle into that good night, Old age should burn and rave at close of the day; Rage, rage against the dying of the light."

Dylan Thomas



Two locations to serve you-

2969 Jackson St. Paducah, Ky.

2855 Lone Oak Rd. Lone Oak, Ky



R. Donald Heine, D.M.D.

Oral and Maxillofacial Surgery

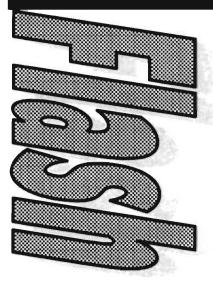
554-2026

Bayley Square Suite #5

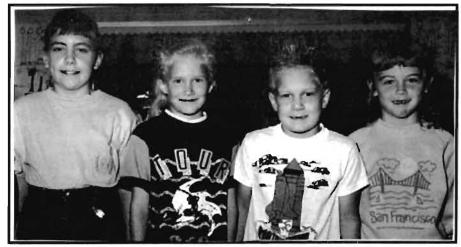
2850 Lone Oak Rd. Paducah, KY 42003

The Oak "K" Juniors Representin'









Can you guess who these junior Good Citizens are? Give up? (From L to R) Kim Scheer, Jess Miller, Bryan Powell, and Kelly Reeves smile big for the camera!



These juniors gather 'round for a picture after 8th grade softball day.

The good, the bad, and the juniors

Jay Swacker Features Editor

OMost likely to succeed by crushing others-Julie Cogswell

OMost likely to beat up Freshmen-Jacob Mitchell

OMost Talkative- Kim Scheer

OMost likely to be beaten up by Freshmen-Brett Sanders



Omost likely to die from malaria on a mission trip— Adam Elias (he'll be missed)

OMost likely to grow their hair out over the summer— Garrett Wheatley

OMost likely to end up in Paducah FOREVER- Amanda Reniker

OMost likely to be expelled for fatally wounding someone with their I. D. tag lanyard—Ben Moss

OMost likely to end up toiling at Chuck E. Cheese for the rest of his life- Rex Ryan

OMost likely to end up hitchhiking across the country for years- Me



Garrett, circa next August.

Class

President-Stacey Jarvis

Vice President— Whitney Morreau



Officers

Secretary-Matt Goode

Treasurer-Lindsay Byrd

Reporter-Leann Mason



Pictured



Kathryn Wright, Jenni Gregory, Emily Goehman and Natalie Roe pose for a picture at Whitehaven. **Pictured**

Spencer Samuels, Chad Montgomery, Derek Haneline, West Harris, Kathryn Wright and Jennifer Block take a break from class.





With one year behind us... only three more to go

Freshman Memories

Jaimee Redd

Best- My little sister being born.

Worst- When I strained my rotator cuff right before cheering at Regionals.

Steven Walter:

Best- I don't remember.

Worst- I don't remember

Emily Warmack:

wwwwwwww

Worst- Falling at my first track meet and sliding across the asphalt.

Amanda Beckman:

Best- Winning my first Regionals title.

Worst- Getting turned down for the academic team.

Brandon Bell:

Best- The day we had footlong hotdogs at lunch. Worst- When they stopped selling lemonade, fruit punch and tea at lunch.

Freshman Class Officers

President- Tressa Wilham Vice President- Tiffany Curry Secretary- Emily Warmack Treasurer- Janna Wyatt Reporter- Sarah McGregor

In five years...

Danny Trump- becoming a rock star

Steven Walter-going to college at UK

Jaimee Redd- becoming a movie star

Josh Berry- going to college



Judah Abernathy- working as a janitor at McDonalds



3

Rachel Megibow- writing poems

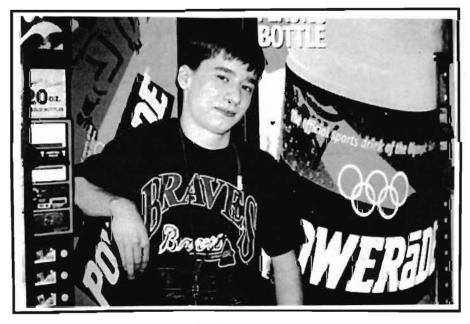
Laura Strickland- going to college at Murray State

Amanda Beckman – going to college wherever I get the best scholarship offers

Brandon Bell- going to college or working as a chef

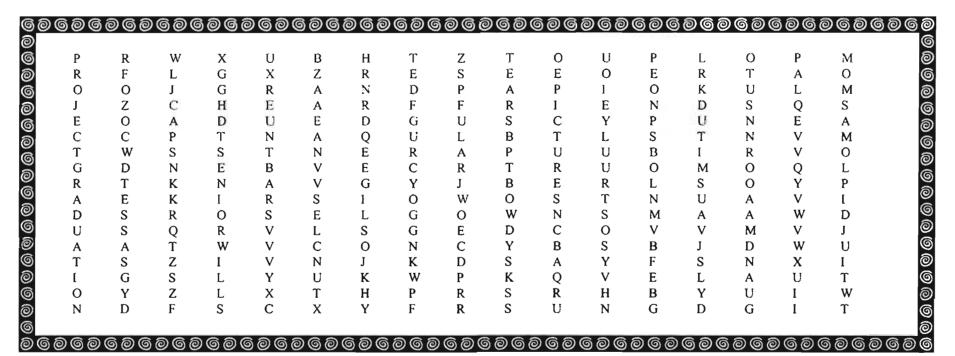


Liz Conyer- going to college on a tennis scholarship



Seth Bowen, the only Oak "K" freshman

Craduation Selebration





- **©Graduates**
- **©**Caps
- **Gowns**
- **Parents**
- **⊕Grandma**
- **Grandpa**
- **@Aunts**
- **Uncles**

- **Tears**
- **©Project Graduation**
- **©Friends**
- **©Seniors**
- **⊚Goodbyes**
- **Pictures**
- **Diplomas**
- Senior Wills







Track chicks are on FIRE

Mandy Langston Coroner

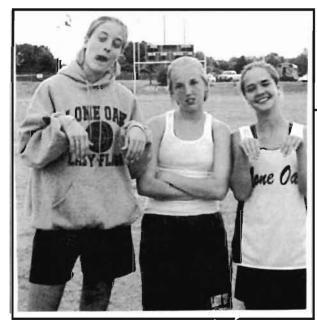
As the school year winds down, the track team is just getting started. This year, several athletes have a shot at state track competitions. Also, many athletes have excelled in their events by placing first in one or more meets. Coach McGroarty is just trying to spread the message that "track does a body good." He commented further, "This has been the greatest year of my being a track coach because so many

of our female athletes have achieved so many track records."

Coach is, of course, referring to Brittany Hourd (10), Jessica Miller (11), Leah "Blue" McIntosh (9), and Courtney McClure (11), all of whom have set school records this season. These records are on display for all to see on the track board in front of the office. Congratulations to these ladies for setting new records. Good luck to the track team as they compete for regional and state placement.



Jess Miller and Leah McIntosh relax after a sure victory.



Pictured

Guion Johnstone and Leah McIntosh "burrow" while Courtney McClure gives us a look that could win an event all by itself.



Pictured -

No one is even NEAR
Jess Miller as she approaches the finish line. She is untouchable!



DAVID M. GRIEF H. JEANNE GRIEF



The Goodbook Store

"A Unique Christian Gift Store" 310 Broadway Paducah, Kentucky 42001 (270)-443-2677



The Senior ladies of the newspaper staff show off their muscles.



Durbin Citgo

3401 Lone Oak Road Paducah, KY 42001 (502) 554- 5839





Streaky Flash looking to contend in region

Sports Editor

Almost like thoroughbreds battling in the Kentucky Derby, the 1st region baseball horse race continues to change leads, with the Flash fitting somewhere in the mix. The Flash play somewhat of an underdog, with odds that are mildly attractive.

One thing that is certain about the Flash is their streaky success. After losing nine straight games, the Flash came back to win four straight. Among those are big victories over Kentucky's eighthranked team Henderson County, and perennial Southern Illinois power, fifth-ranked Marion. As of press time, the team has compiled a 14 win, 12 loss record.

The Flash's first obstacle is the district tournament, composed of Reidland, Heath, and Tilghman. While the Flash have had some troubles against these teams, Head coach Jim Mizell has confidence:

"If we play like we are capable, we can get out of the district without any problem," he commented.

Catcher Josh May (11) threw in his two cents on the tournament, starting May 23 at Paducah's Brooks Stadium.

"Since the beginning of the year we have picked up a lot of skills. By the time districts come around, we should be ready to go all the way," he said.



Photo by Jody S.

Try Me: Oaker Kyle Atherton (12) takes a daring lead off of first base in a home game against Carlisle County.

Lady Flash softball sluggers look for repeat success

Jacob Mitchell
Sports Editor

Following up a third place finish without repeating the same success is quite a challenge. Unless you either get the same results or better yourself, the accomplishments, although possibly spectacular, may pale in comparison to the previous years.

This is the task that is ahead of the Lady Flash softball team. Last year's unforgettable sweep through the state tournament was nothing short of extraordinary. A third place finish in the state tournament left the ladies proud and surprised.

Following up that task has been quite strenuous, suffering multiple shortcomings. However, the ladies have been more than up to this challenge, and are getting ready to make another run.

With a current record of 20 wins, 12 losses, the team plays an underdog role in the district be-

hind constant force Reidland. The Lady Greyhounds have defeated the Lady Flash twice, and are the favorites to win the district tournament. This year's tournament is held at Lone Oak's new softball field.

Following districts is the regional tourney at Mayfield. Starting May 29 and ending June 2, the winner will represent the region at the state tournament.

The strong point for the team lies in its pitching. Starters Leigh Ann Collins (11) and Sarah McGregor (9) both have ERA's under one, and average over 12 strikeouts a game. Collins has struck out 95 batters in 124 innings of work, and McGregor has fanned 46 in 49 innings.

The Ladies hope to make a mark in this year's tournament as they did last year. Only time will tell if they make a little more history.



Photo by Mandy L.

Can't hit what you can't see: Ace hurler Leigh Ann Collins (11) gets ready to release a pitch in a home game against Tilghman.





PAIN MANAGEMENT CENTER OF PADUCAH

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