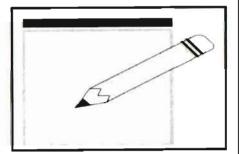
Volume 58 Number 1 August 1999

#### News



Poetry Slam . . . . . . . . . . . . . . . . . . 3

#### **Editorials**



Backpack searches . . . . . . . 4

#### **Features**



New teachers . . . . . . . . . . . . 8

#### **Sports**



Football Preview . . . . . . . 10

### INSIDE . . . Good deeds going on in Spirit Class

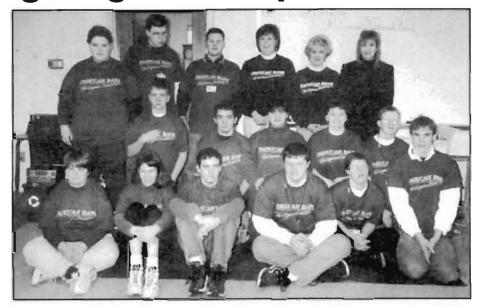
Advertising Manager

Mrs. Elliott's Spirit Class is a busy group this year. They are not only performing many charitable works but are also participating in the Special Olympics Softball.

Once a week they take a trip to the Good Samaritan nursing home located in Metropolis, and visit with the elderly residents. Spirit Class also sorts clothing at the Lone Oak Church of Christ Benevolent Building. These acts of community service are a lesson for

But the service that these youth do doesn't stop there, the Spirit Class cooks meals and treats for all ball teams and takes on certain tasks in the school cafeteria. Wondering who makes the colorful posters that flood our school walls when all sport seasons start? Well, it is no surprise that the Spirit Class takes this responsibility too.

David Wiersma, Timmy Cummins and Tommy Hoover are all



Mrs. Elliot's class is pictured with representatives from Paducah Bank during a special project about banking accounts.

playing softball in the local Special Olympics this year. Their practices and games are held on Mondays and Saturdays every week. The Regional Tournament will be held in Bowling Green on August 28, concluding the softball

Between doing volunteer work

and lending a helping hand at school, the Spirit Class find themselves having an extremely full schedule. Their efforts are congratulated and much appreciated by the staff and student body at

### ive seniors awarded top honors

Jay Swacker Feature Editor

Five Flash seniors were chosen to attend GSP (Governor's Scholars Program) at Centre and Northern Kentucky University this summer. Attending were Tim Murphy, Corey O'Brien, Shay Barnes, Rebecca Huyck and Lucy Jack-

GSP is designed to take the state's top juniors and put them in a "utopia of learning" for L to R: Huyck, Barnes, O'Brien, Jackson, and Murphy



Brien chose Mathematics as their main course of study over the summer. Jackson studied Native American

ten weeks during the

opportunity for other gifted

students to socialize with

their peers. Not only did

students attend classes based

on a selected major, they

also were given lots of free

time to form lasting

Barnes, Huyck, and O'-

summer.

relationships.

GSP is an

Literature. Murphy chose

Social Economics and Poli-

### FFA officers attend training center in Hardinsburg

Megan Williams Co-Editor-in-Chief

This summer the 1999-2000 officers of the FFA attended classes at the Kentucky FFA Leadership Training Center in Hardinsburg. The officers (Jeremy Burchard, Sentinel; Josh Goodwin, Vice President; Ronza Childress, President and Visitor; Kasey Canter, Secretary; Casey Lynn, Reporter; Chad Futrell, Treasurer) attended classes for their individual position to learn how to uphold his/her office to the highest possible standards.

The classes also taught the officers the importance of a commitment to lead by example and a sincere desire to work with chapter members in meeting their leadership, personal, and chapter goals. Other classes entitled Agriculture Careers and Going to College were offered to the officers to inform them of opportunities available after high school.

This year Ronza Childress was selected out of 328 students to serve as one of the six members on the Camp Council. The Camp Council coordinated events throughout the week such as flag raising and lowering, prayers before all meals and the final ceremony at the end of the week.

"Being on the Camp Council allowed me to make lifelong friends that I will treasure for years to come, to learn the importance of cooperation with a group of people I had never met before and to work closely with other advisors who had different ways of handling their chapters," said Childress.



1999-2000 Chapter Officers - Left to Right: Jeremy Burchard, Sentinel; Josh Goodwin, Vice President; Ronza Childress, President; Visitor; Kasey Canter, Secretary; Casey Lynn, Reporter; Chad Futrell, Treasurer.

### Who's looking out for us?

Erin Malmquist Circulation Manager

SBDM is. SBDM (Site Based Decision Making) is a council of three teachers (Brenda Metzger, David Pope, and James Light), and two parents (James Wright and Joan Buchar) who, chaired by the principal, Mr. Wallace Adams, do a lot of the decision making around LOHS. Once a month they meet and discuss school problems, attempting to find the best solution for the students.

The public is welcome to attend, and that includes students. At the top of the agenda at the last meeting was the selection of valedictorians and salutatorians. Due to the alternate class schedules of surrounding schools (mainly block schedule), many students could transfer to LOHS with more credits per year than is possible here and beat out a veteran Lone Oak student for one of these honors. To fix this, SBDM has proposed to make it a requirement that valedictorians and salutatorians attend all eight semesters of their high school year at LOHS. This proposal will be voted on at the next meeting.

In other business. the resent resignations of two staff members were also discussed. A long-term sub, Juanita Gilliam, replaced the former art teacher, Mrs. Hayden. They are currently looking for a replacement for Ms. Amy Sholar, freshman girls' basketball coach. Along with hiring a replacement basketball coach, the council is also considering hiring a second vice principal to help with the administration of the school.

Although The Oak "K" can help keep you informed, students are encouraged to attend the next SBDM meeting, September 13 at 4:30pm in the conference room in the LOHS office. "It is important to have policy development after having input from the students, parents, and teachers," said Adams.





# Eyes on you!









### Get recognized! Slam dunk your poetry!

**Mandy Langston** Coroner

Attention all amateur poets looking for recognition: The Coffee Connection in association with several locals (including Lone Oak's own Ms. Morefield) is sponsoring a Poetry Slam. What is a Poetry Slam? It is a national activity that involves holding competitions for poets on all levels.

NEWS

The entrants pay a five-dollar fee and are judged by qualified teachers and students of poetry. The poems are judged in two rounds. Half of the poems entered move on to the second round. The winner receives half of the prize money collected, a copy of their poem on parchment paper and another copy on display at the Coffee Connection. They will read their winning poem in exhibition. People are coming from as far as Illinois to compete.

"The Slam is a competition and forum that will give the poet an opportunity to demonstrate their abilities in the art of poetry," explains Jim Gosorth, owner of the Coffee

Connection. He is excited about the prospect of drawing attention to our areas' poets. For an entry form and a copy of rules, see Mr. Goforth at the Coffee Connection at 428 Broadway or call 575-0403. Don't pass up the coffee while you're there; it's divine!

If you have any questions, see Ms. Morefield. She is on the planning committee and a judge. If one

theme nights. of her students wishes to enter with

a poem that she has helped with, she will renounce her position as judge. She says that Slams will be on the second and fourth Monday of every month beginning on August 23 at 7pm. Some nights around holidays might even become Ms. Morefield adds, "If student

response picks up, levels will be created. I would like to encourage LOHS students to come out and share their poetry. It is a wonderful opportunity for self-expression."



Poetry Slams to be held at Coffee Connection On 2nd and 4th Mondays of each month.

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"

Co-Editors-in-Chief

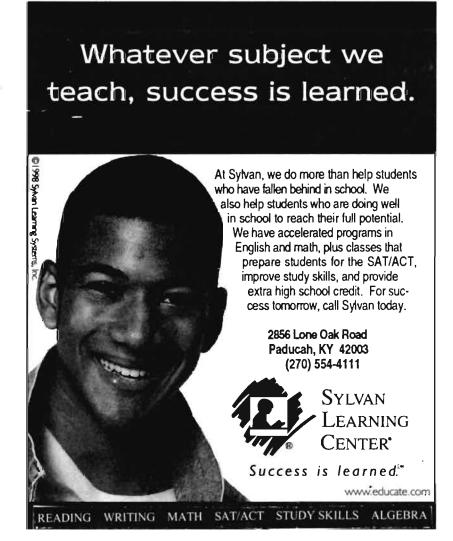
**Editorial Editor Features Editor News Editor** 

**Sports Editor** Circulation Manager Coroner

**Business Manager** Advertising Manager Andrea Ramey

Lucy Jackson Megan Williams Kelly Reeves Jay Swacker Jody Suhrheinrich Jacob Mitchell Erin Malmquist Mandy Langston Seth Bowen

Mrs. Campbell Sponsor





### EDITORIALS

# Set our backpacks free!



Jody Suhrheinrich News Editor

Okay so you knew somebody had to write about it. I took it upon myself to put aside the more pressing worldly matters and focus on, yes, that's right the new backpack rules. I resisted the urge to gripe last year, but with the addition of the new search rule I feel I can remain silent no longer. Searches are an excellent way to keep us safe, but one simple change could make the entire process a little more worthwhile.

It's not the fact that I must arrive a full 5-10 minutes early in order to maneuver the long lines, it's not the fact that all of my personal belongings are rifled through day in and day out (note: makeup compacts are not weapons), it's the simple fact that after the search is completed and my bags are deemed worthy, I am still not allowed to carry my books in my bag to class. It would be nearly impossible to sneak a gun inside the school after your bag has been searched, the gates and doors have been locked and teachers and security guards are posted through out the halls. Prohibiting backpacks in classrooms is an overzealous measure that may make the school board feel better, but places an enormous strain on all of us. I can't imagine how the students without lockers are transporting their books from class to class. (Strapping them atop their heads perhaps?)

I don't mean to be negative, but this problem is easily remedied. Either abolish the searches and continue with the no-backpack-inclassrooms-rule, or better yet, continue with the searches and let our poor, lonely backpacks out of the locker.



LOHS students endure the long wait for the searching of their backpacks.

Photo by: M. Langston

### It's better to be safe than sorry





Megan Williams News Editor

In the past several years LOHS has experienced many changes in its security procedures, and this year is no exception. This year's addition of backpack searches hits every student a little more personally than the other procedures, but

it is probably the most effective.

JANET MONICA WANDA DEANNA KATHY GINA

Backpack searches are the best way to prevent weapons or drugs from being used in the school be-

"(The searches) send a message to students that school officials care about their well-being."

cause they occur immediately after the student enters the building. These searches also create a feeling of security and an atmosphere of control in the school. They send a message to students that school officials care about their well being. Backpack searches may also reduce the need for more intensive searches such as drug dogs sniffing lockers.

While backpack searches take time and may make some students feel violated, they are needed to ensure the safety of everyone in the school. After all, it's better to be safe than sorry.

#### JANET'S HAIRSTYLING 3415 Lovelaceville Rd.

(270)554-3598/534-8706

JANICE PAULINE KELLY LINDA ANE PAT

Unlimited Hairstyles, Nails (Fiberglass and Acrylic) Waxing, Pedicures,

Beauty Control, Tanning Bed ONLY THE FINEST PRODUCTS



### EDITORIALS

### Can this school count to three?



Jacob Mitchell Sports Editor

As if you didn't see an editorial coming about the oft-discussed issue of lunch debacles, I, your paragon of virtue, am here to deliver it front and center. Of course, the first issue of our lovely paper would be wholly mal-nutritioned without it being riddled with random complaints. So, I figured I'd go with the flow.

For those of you fortunate enough to have the first lunch period, I have no idea what it looks like in there. I really hope it's as crowded as second lunch, which looks like a bunch of Ethiopians crowding around looking for a piece of bologna. I mean come in there sometime. It's like stuffing the Marshmallow Man from Ghostbusters into a mayonnaise jar. The sea of humanity is a sight to be

From what I heard, however, the same is true in the first lunch period. You know what that means? There are too many kids in this school to have only two lunch periods. My solution? Hmmm... what number comes after two...oh yeah, three. Why not have three lunch periods instead of the grossly overcrowded two? It takes a substantial amount of time to get in line and get your "food," and then eat with no elbow room because the guy from the freshman table got kicked out, and he's sitting on your lap.

Three lunch periods, in my estimation, would not be that big of a sacrifice. We could come up with some alternate schedule for the day that allowed this extra period, but too bad, I can't come up with one now. I say let's inject the idea into the school's system, and let the officials do all the dirty work. Basically, what I'm saying is that this problem needs to be remedied, because with only two lunch periods, it makes eating a dread (woah, never-mind). It makes eating uncomfortable. Yeah, uncomfortable.



If you have any comments about a featured editorial or story, PLEASE write us a letter to the editor!

### Power, Performance And Value.



The best-value ATV in the mid-size sport class. Quick-revving 200cc air-cooled two-stroke single produces instant power. . Mikuni carburetor with reed valve intake system delivers immediale throttle response, wide powerband. Quick-shifting six-speed transmission with manual clutch.
 Autolube Oil Injection system means no premixing fuel and oil. • Preload-adjustable suspension boasts more than 7" of front wheel travel and over 7" in rear. Specially designed sport knobby tires provide

**®YAMAHA** 

SILLS CYCLE CENTER 1212 **Brown St.** 



CARDINAL TRADING CARDS by Upper Deck

Collect all 24!

ONLY AT McDONALD'S

### **Metro Special Police**

Wallace Adams President

Peggy Wallace Vice-President



442-6090 5650 Clinton Road Paducah, KY 42001

## EDITORIALS

### Too many commercials produce "brain drain"

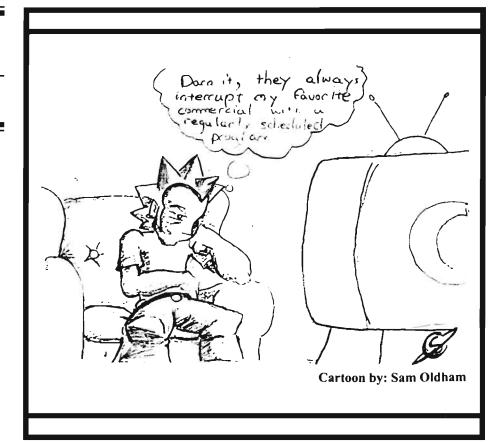


Mandy Langston Coroner

We've all been told we watch far too much television, and some of us even admit to it. It is essentially another moneymaking form of entertainment. Besides the one-time fees, (the set, the cable hook-up) it is free. Television is fast paced, colorful and mesmerizing - but is the show actually what we're watching? I think not. The corporations and businesses that advertise on TV are sending us messages to buy their products.

To see just how much of television is commercials, I screened one show. It was an hour-long episode of "Dawson's Creek" at 7PM on a Sunday. The show was split up into five segments with commercial breaks in between.

Here's how the numbers break



down. During the one-hour program, I saw forty-two commercials for all sorts of things from Tic-Tacs to Olive Garden to a Star Wars video game. I saw only 41.2 minutes of actual show with 18.8 minutes of commercials. That averages to about 2.23 minutes per commercial. That's about twenty minutes for every hour of television we watch that we could be doing something productive. After wiping the summer's dust off my TI-83, I discovered that 30% of what I had seen had been commer-

As it works out, television seems like a huge waste of time. The next time you tell somebody you're going to watch a TV show, don't forget to mention all of those commercials. Or better yet, go outside and play! From what I've heard, exercise is supposed to be good for us. I suggest turning off the TV and calling some friends or going outside and doing something fun like playing with your pets or going for a walk. If you refuse to go outside for whatever reasons (bugs, sun, or dinosaurs) try picking up a book. There shouldn't be any commercials in there and you might actually learn something.

#### longer seems to be law Sixth commandment no



Andrea Ramey Advertising Manager

Everyday as I pick up a paper or watch the news, I am subjected to the same story: murder. Then I look at the picture of the accused and I wonder what made people like Michael Carneal snap or what kind of psycho-babble-ism criminals suffer from. Students killing

**Clint Ramey** Insurance

554-2216

students, employees killing employees- has America gone mad?

One problem we face in tackling homicide reduction is the variety and accessibility of assault weapons. It's hard to lessen crime involving guns when we have the Constitutional right to bear arms. So, Congress attacks from a different angle and makes a waiting period before you can leave the store with that handgun. This way the loony tune in question who has yet to spray his victim(s) with bullet(s) has to wait a full two weeks. Oth-

Brad S. Mills, D.M.D., M.S.

Orthodontist

3435 Lone Oak Road

Paducah, KY 42003

(270) 554-1993

212 North 7th Street

Mayfield, KY 42066

(270) 247-2747

1625 121 Bypass North

Murray, KY 42071

(502) 753-7858

><del>\</del>

ers, who aren't legally of age, get into daddy's gun cabinet and decide to "go postal."

This summer when I visited London, I observed that the British aren't as obsessed with guns as their American counterparts; even the police officers don't pack a pistol. I also learned the murder rate was lower. Could there be a correlation between the two?

As we start this school year in the last year of the most violent century in human history, I almost shiver when I think, "what's next?" If society is genuinely concerned about the escalating crime rate, then the number one priority should be prevention. Our society must become proactive instead of reactive.



Welcome Back!

from the Oak "K" Staff

# Life's mysteries Oaker Teens travel to Europe and back explained

Jay Swacker Feature Editor

As I sat in my room one night, worrying about Physics, a French composition, and unfinished Pre-Cal homework, I realized, life used to be great. Ahhhhhhh, the good old days, days without school, work, and responsibility. Those were days of joy and freedom.

Something, I realize now, I can never get back. Every new day brought a new adventure. Some days I was a firefighter. Others, a stuntman (try practicing falling down a flight of stairs, while Mom was watching, horrified).

Lunch was a big peanut butter and grape jelly sandwich (as opposed to soy burgers), and lunch was followed up by a nap, instead of deadlines, due dates, and fire drills (like we need any of those). Nothing mattered back then, you didn't care what other people thought if you decided to play in a box on the front lawn, you just did it. I think I'll wear my pants backwards! Who cares? Ah, what freedom.

So as I sat in front of a rather dull AP US History handout, I was comforted by the fact, that on one distant date in the past, life used to be good. And I fifty more years, I will again be able to roam free and do whatever I want (except I'll have osteoporosis or some other crippling disease). Oh well, that's life

Kelly Reeves

Editorial Editor

Last summer, eighteen students from LOHS heard the chiming of Big Ben in England, awed at the French Eiffel Tower, took in the immaculate view of the Swiss Alps in Austria and Switzerland, and experienced the completely wretched conditions at a German concentration camp, all in ten days!

The LOHS students The Europe kids share a moment at Nymphenberg Palace that went to Europe

were: seniors- Andrea Ramey, Lucy Jackson, Jordan Mills, Jordan Kinsey, Jesse Wilkes, Erin Malmquist, Allison Light and Rachel Wattier; juniors- Kelly Reeves, Stephanie Lynch, Elizabeth Dewey, Eliott Goode and Casie Skaggs; graduates Jennifer Hibbs, Sara Stoll, Sunil Malmquist, Jason Ramage and Josh Maquire; and foreign language teachers Ms. Underhill and Ms. Morefield.

While in London, England they went to sightseeing to St. Paul's

cathedral and Buckingham Palace (among other places). Paris, France was a sight to see with the beautiful Eiffel Tower, a Seine River Cruise and the Louvre. A train ride through the Swiss Alps were among the favorites of some, and in Munich, Germany, the Glockenspiel performance and Von Ludwig II's castle were equally as wonderful.

The trip really helped the students that have been taking German to actually apply what they had been

taught to real life situations. Their English tour guide, Hilary Buck, really helped to make sure that they saw all there was to see in the places they visited by holding walking tours and explaining the intricate history of each place.



Н	V	<b>D</b> .	В	Е	Α	С	Н	P	0	K	Y	К	I	Q
L	P	O	O	L	P	F	V	Y	P	Е	Н	J	F	Z
Q	S	Y	L	O	L·	В	J	Α	I	T	X	E	Z	R
В	E	S	F	L	Α	T	E	P	С	U	R	F	Ε	W
M	I	K	G	Z	E	M	I	D	N	Α	N	O	J	Α
A	T	I	C	Ş	В	Y	Č	W	Ţ	C	T	Ē	N	G
F	R	I	E	N	D	S	В	Н	C	V	R	I	X	L
С	Α	N	U	O	R	U	S	Α	S	N	I	K	O	D
S	P	G	L	I	I	N	U	В	L	F	P	V	I	N
С	Ο	N	C	E	R	T	S	G	V	L	S	Н	R	W
Fin	d the FU	N thing	s we all	miss ab	out sum	ımer!								
Skii	Skiing Vacation					Beach				Late Curfew				
Frie	riends Trips			Pool				Parties						
Vol	leyball			Conc				Sun			*	Picnics		

# Your Voices, Your Opinions

Megan Williams
Co-Editor-in-Chief

"The best thing about the backpack searches is that it intimidates people and makes them think twice before bringing something illegal to school." Adonis Jackson, senior "The searches are ineffective because they are not checking everything, like purses." Amanda Beckman, freshman

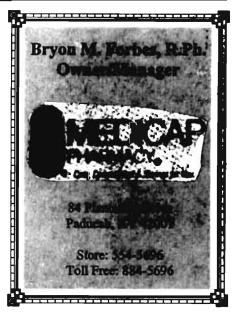
"If they search the backpacks then we should be able to carry them in class." Erin Lyles and Jessica Greenwell, juniors

"Metal detectors would be quicker than the backpack

searches." Sara Adair, junior

"I don't mind the searches as long as I'm not late to class, but they are not very effective because you could still bring a gun into the school by hiding it in your pocket." Mike Vick, senior

"I don't like it, but its probably a good idea. If they were really serious they would out law them altogether." Mr. Neel, teacher



# New teachers add spice to LOHS

Jody Suhrheinrich News Editor

One of the most exciting parts of starting school is seeing all the new

faces. This includes students and teachers, so take this opportunity to get to know the person behind the podium and meet LOHS' newest additions to the teaching

Mr. Buckner-Some of you may recall hearing this name several years ago. Now Mr. Buckner is back teaching foreign language this year. Buckner has lived Mr. Buckner-photo by J. in Paducah most of his Suhrheinrich ·life, and received his Bachelor's Degree at Western Kentucky University, followed by his

cided become a teacher when he sophomore in high school n promptly joined Future Teachers Organization. Mr.

dachs-



Buckner's Mr. Ceglinski-photo by J. Suhrhein-

hunds keep him company and he enjoys traveling and classical music. Buckner predicts that education will be of increasing impor-

> R. Donald Heine, D.M.D. Oral and Maxillofacial Surgery

554-2026

**Bayley Square** Suite #5 2850 Lone Oak Rd. Paducah, KY 42003 tance in the new millennium and includes learning how to use his computer as one of his goals. He quotes LOHS as being special because, "All my students seem inter-

ested in learningwhich makes my job easier and more enjoyable," as well as an "excellent, dedicated, staff."

Mr. Ceglinski- As if we didn't have enough crazy science teachers all ready, say hello to Mr. Ceglinski (who

not crazy by the

Ceglinski way). graduated from LOHS in 1993. From there he at-

tended Murray State and received his Master's degree in biolbefore graduating from UK with

a degree in educa- Mrs. Gilliam tion. If Ceglinski

wasn't working with young people he says he'd be a comedian, but instead he chooses to help kids become

respectful, responsible young adults. He was recently married to Elizabeth Bray, another LOHS graduate. His list of favorites include Seinfeld, R & B Music, the movie Tombstone, basketball, golf, and weightlifting. His goal for this school year is to create a classroom atmosphere in which students are not afraid to ask questions or to take educational risks. Ceglinski is pleased to report that, "Students and teachers have a terrific working relationship which creates a warm friendly environment here at

Mrs. Gilliam- New to the Art Department is Mrs. Gilliam who also attended Murray State and Western Kentucky University, not to mention

Manhattan School of Art and Design in New York. Unlike most of Gilliam us. has always loved school and knew that she wanted to be a teacher in the 10th grade. She is proud to say she

has two adult Mr. Harper-Photo by J. Suhrheinrich Mrs. Wear is married and

sons, one dog, and a grandson. Mrs. Gilliam likes all kind of music, but mainly show tunes and classical music. She predicts that in the future that unfortunately, "there is and shall continue to be the greatest shortage of teachers in our history and that a reevaluation of salaries will have to hap-

pen." However, things are looking pretty good at LOHS right now, "The students here are great- they have been respectful and very helpful."

Mr. Harper- There's a new Harper in town and this time he's a Mr. Mr. Harper is a new psychology and Performing Arts teacher. He'll also be assisting the girls basketball team this year. Harper is also a Paducah native, who graduated from Reidland and Murray State. Mr. Harper is married and has one lovely daughter who is 11 months old. His love for kids, especially teenagers, is what inspired him to become a teacher, and if he weren't teaching he says he'd be running a daycare. Harper enjoys attempting to play golf, and he guesses that in the new millennium more and more students will enroll in school

through the Internet. He also predicts that students will attend school in shifts- like in the work

> Mrs. Wear- Our new Vice-Principal this year is Mrs. Wear who has plenty of experience guiding young minds. She has taught at Mayfield and Ballard Memorial, as well as serving as Principal at Ballard for five years. Teaching came naturally to Wear, who actually enjoys high school students. If she weren't teaching, she envisions some sort of job in motivational speaking.

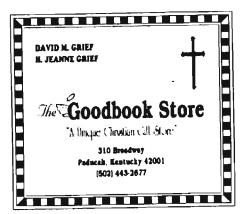
has one son who is a junior at Ballard. She names golf as a hobby and enjoys reading and

working. Wear thinks that education in the year 2009 will implement more cutting edge technology and varied opportunities. Fortunately for us Mrs. Wear has found



Mrs. Wear-Photo by J. Suhrheinrich

several unique qualities in LOHS, "The faculty, staff and students have been very accepting of me. People are very friendly-courteous-Curriculum is first rate."



### Blair Witch is a scary end to summer

Lucy Jackson
Co-Editor-in-Chief

Ending the summer with an almost too realistic scare is <u>The Blair Witch Project</u>, an independent film released in Paducah on August 6<sup>th</sup>. The theater was packed all weekend long to see this horror/mockumentary film and although some viewers seemed displeased with the movie, many others simply loved it

The movie opens explaining that three film students, the main char-

acters, had gone into the woods of Maryland to make a documentary on the Blair Witch, a myth (or one would think) that exists in a small town. The following footage is supposedly their tapes that were found one year after they left on their assignment.

At this point, the three students' journey begins as they

pack up and head out for their research. They begin by interviewing people in the town and finding out the myths behind the Blair Witch. They then set out into the woods. After having some rather eerie experiences,

and completing the documentary,

the three set out to go back to their car and head home. The only problem is... they're lost.

The fact that the whole movie is a combination of videos taped by these kids makes everything very real and frightening. I felt like I was lost in the woods with them. Plus, the ending is INCREDIBLE! I would recommend this movie to anyone who likes scary and strange movies. This definitely isn't like most of Kentucky Oaks Theatres' picks, so be ready for something very different, but very awesome!

### Top 5 worst shows on MTV

Jody Suhrheinrich

News Editor

MTV is supposed to be the voice of our generation (or something), but this summer while enjoying quality veg-out time I was disgusted to find that MTV is rapidly becoming a sell-out to mainstream pop culture. Here are some notably horrid shows.

Global Groove- Why in the world would you ever want to devote 30 minutes to watching uncoordinated men and women in spandex writhe and wriggle in various cities across the world to cheesy old dance tunes?

Total Request Live- Hmm let's see who could be number one

today- N'Sync? Backstreet Boys? Oh I know! It's Brittany Spears for the 789<sup>th</sup> week in a row!

<u>Daria</u>- The last thing the youth of America need is another show about apathetic teens, who hate everything, and discourage excitement of any sort about anything good.

Celebrity Death Match- I know I'm going to upset some guys with this one, but I personally do not enjoy watching sorry imitations of celebrity playdough figurines gut each other with chain saws.

<u>Fanatic</u>- Pamela Anderson's role in Baywatch inspired you to change your life for the better? Please!



### **Good habits with Covey**

"The key to

changing the world

is changing

yourself,"

Sean Covey

### Book Review

Mandy Langston Coroner

Attention all agenda-using dayplanning overachievers. Sean Covey has authored a wonderfully insightful book titled <u>The Seven</u> <u>Habits of Highly Effective Teens</u>. It is modeled after his fathers' version for adults. This is a how-to guide to a posi-

tive attitude and a successful life. It's a national bestseller and will set you back about fifteen dollars. For fans of Chicken Soup for the Soul, The Seven Habits is a must read as they accompany each other well.

With funny poems, cartoons and stories the reader is guided to a better self-image and more productive habits. It is a good book to read a bit of each night or morning and let the lessons and wisdom sink in throughout the day.

OK. What are the seven habits? Without giving too much away, they deal with things like taking responsibility, goals, prioritizing, attitude, listening, learning to synergize, and renewal. At the end of each chapter, Baby Steps guide you to changing your habits. They are things you can do right after you put the book down. Some Baby Steps include: dancing around your house, going for a brisk walk

around the block, going for a certain amount of time without a negative thought, or writing in a journal about an unresolved issue.

Sean Covey's book is not just for certain teens; anyone can apply it to certain parts of his or her lives. It's all

about making a difference in the world by making a difference in yourself. In reality, that's all you have control over anyway.



Two Locations to Serve You-

2969 Jackson Paducah, KY

2855 Lone Oak Rd. Lone Oak, KY



# Greyhounds first test for Purple Flash

Lone Oak football season opens tonight at home with cross-county rival Reidland

Jacob Mitchell
Sports Editor

Flash football is hyped and ready for yet another season. Although the Flash suffered severe losses of a major portion of the starting squad due to graduation, things are looking far from glum.

Returning on the sidelines this year is third-year head coach Courtney Neel.

"We have been working for several months now; in the weightroom and on the field," said coach, "I think that all of our dedication will pay off."

With the past two seasons compiling the same result, four wins, six losses, this year's team hopes to win its first district game in several years. They compete in Class 3A, with several new district and non-district opponents.

New to the Flash's district is



Head coach Courtney Neel watches on as his offensive linemen work on their blocking schemes.

Photo by L. Jackson

competitor Muhlenberg North, who will prove to be a tough battle on the 10th of September. Also added was the Bombers of Ballard Memorial, who square off against the team on October 2 at Ballard.

"We have a challenging schedule, no doubt about it," Neel said.

The team is geared up to turn some heads in the district this year, as well as go after their 4th consecutive McCracken County championship.

"I think if we all come together as I hope, we will surprise some people."

### 1999 Lone Oak Football Schedule

8/27 vs. Reidland

9/3 @ Heath

9/10 vs. Muhlenberg

**North** 

9/17 vs. Calloway

County

9/24 vs. Hopkins

Central

10/1 @ Paducah

Tilghman

10/8 @ Union

County

10/15 @ Fulton City

10/22 @ Ballard

Memorial

10/29 vs. Murray

# Three new members added to base-ball's most elite groups

Seth Bowen
Business Manager

The 1999 baseball season has been a summer of milestones. One milestone Mark McGwire won't be able to reach is Hank Aaron's 755 career homeruns. Against the San Diego Padres on Thursday night August 5, however, Mark McGwire hit homerun numbers 500 and 501 for his career. In his early years, McGwire was plagued by heel problems. Now the major issue is his back, which has kept him out of reached another seemingly impossible plateau.

Currently there are two new members to the 3,000 hit club, with a possible third late in the season. August 7<sup>th</sup> at Olympic Stadium, Tony Gwynn went 4-5

against the Montreal Expos as he claimed his 3,000<sup>th</sup> hit off of rookie right-hander Dan Smith. It also happened to be Gwynn's mother's birthday. It was the first time in thirty years that a National League player reached 3,000 hits.

In the American League, Wade Boggs also reached 3,000 when he belted a homerun off of Chris Haney of the Cleveland Indians. It was the first time in history that a player hit a homerun for his 3,000<sup>th</sup> hit. Afterward, Boggs pumped his fists in the air reminiscent of Joe Carter's homerun to ensure the Toronto Bluejays their first World Series victory in the early 1990's.

### Previous 3,000 Hit Club Members

\*

<b>X</b>			M
*	1. Pete Rose	4,256	*
*	2. Ty Cobb	4,191	*
*	3. Hank Aaron	3,771	*
*	4. Stan Musial	3,630	*
*	5. Tris Speaker	3,515	<b>☆</b>
<b>☆</b>	6. Honus Wagner	3,430	<b>☆</b>
♠ ☆	7. Carl Yastrzemski	3,419	合
w ☆	8. Paul Molitor	3,319	A
<b>☆</b>	9. Eddie Collins	3,309	À
☆	10. Willie Mays	3,283	*
Â	11. Eddie Murray	3,255	À
A	12. Nap Lajoie	3,252	4
*	13. George Brett	3,154	☆
<b>*</b>	14. Paul Waner	3,152	
*	15. Robin Yount	3,142	☆
✿	16. Dave Winfield	3,110	4
*	17. Cap Anson	3,081	*
A	18. Rod Carew	3,053	*
*	19. Lou Brock	3,023	*
*	20. Al Kaline	3,007	*
♠ ♠	21. Roberto Clemente	3,000	☆
7-7			- 33

\*\*\*\*\*\*\*\*\*\*\*\*\*

# Lone Oak Soccer Season Begins

Lucy Jackson
Co-Editor-in-Chief

As another school year begins, so does another soccer season. Both the boys and girls teams have been practicing since July and with two-hour practices every weekday, these players are ready for their upcoming games. Both Steve Angelly and Coach McGroarty are the head coaches and Rick Fort is the assistant coach.

The girls' team will be playing in the Tilhman Jamboree on August 21st, but their first scheduled game of the season will be August 28th. Sarah Angelly (12) and Katie Taylor (12) are co-captains of this year's team. Crystal Boyett (12) is the defensive captain. The team only lost three seniors from last year and therefore has many older, experienced players.



Photo by L. Jackson

The girls soccer players running laps during practice.

"This year is gonna be so much fun! Everybody's close and we're working well together as a team. Each player is playing to the best of her ability," said Sarah Angelly.

The boys' team, although it has

lost several seniors from last year and Michael Fortney, a current senior and starter, is pulling together and preparing to come through with another great season. The team has several developing players coming up to take the open positions. Josh Luscombe is the captain, Todd Belcher is the speaking captain, and Donnie block is the Defensive Captain. Their first scrimage is on August 19<sup>th</sup>.

"I believe the key for a successful year is for all of us to play as a team. Teamwork will play a crucia! part in this year's season," said Luscombe.



#### Softball team makes impressive show at State

Kelly Reeves

Editorial Editor

After winning the regional championship by defeating longtime rival, Reidland, the Lone Oak Lady Flash softball team went on to produce a successful show at the State Tournament at the first of the summer. Once arriving to the tournament in Owensboro, the girls

played hard-core softball to achieve 3<sup>rd</sup> place in the state. Congratulations girls, you've made our school proud!

"I had a really great time and even though we didn't end up winning, we did a whole lot better than we were expected to do. But in reality, it's' not whether you win or lose, it's how you play the game," said Heidi Selt-



The girls gather around during the state tournament with their coaches.

File Photo

#### Lady Flash tennis returns to state championship

Staff Writer

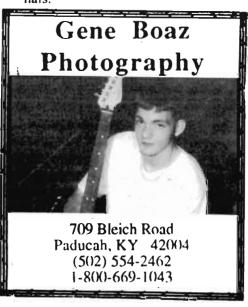
After a two-year lapse, the girl's tennis team is back and better than ever. At the UK tennis center on June 5, the team added a sixth state championship to their name. The team of Jennifer Hayden (graduate), Amanda Beckman (9), Sarah Suitor (11), Casie Skaggs (11), Emily Lichtenberg (11), Megan Williams (12), Elizabeth Walter (11) and Terin Roof (9) finished the tournament with a total of 13 points.

The doubles team of Hayden and Beckman led the way with a second place finish in doubles while singles player Suitor fought her way to a semifinals match. The doubles team of Skaggs and Lichtenberg finished play in the quarterfinals and singles player Williams finished after the second round of play.

"Everyone really pulled together as a team in order to win the championship," said Lichtenberg.

The boy's team of Ben Thompson (graduate), Ben Brazzel

(graduate), Carl Walter (graduate), Pramit Patel (graduate), Matt Hopper (graduate) and Collin Roof (12) finished the tournament with six points after receiving a tough draw. The doubles team of Hopper and Roof fell to the No. 1 seeded team from Henderson in the first round. Singles player Patel was also defeated in the first round of play. Both the doubles team of Brazzel and Walter and singles player Thompson finished in the quarterfinals.



### Unsurpassed.

Comprehensive pain management program that delivers excellence.

# Offering New Hope in Managing All Types of Pain.

- Chronic
  - Intractable
    - Persistant

#### LAXMAIAH MANCHIKANTI, M.D.

Subspecialty Certified in Pain Management, Pain Medicine and Disability Evaluation

#### CYRUS E. BAKHIT, M.D.

Subspecialty Certified in Pain Management, Pain Medicine and Disability Evaluation

#### PATRICIA (TRISH) BURKS, LPT

Physical Therapy

#### **BERT FELLOWS, MA**

Psychological Services



Joint Commission
on Accreditation of Healthcare Organization

# Multidisciplinary Management with a Holistic Approach Using These Therapies

Nerve Blocks

**Epidruals** 

Prolotherapy

Spinal Endoscopy

Radiofrequency

Cryoneurcysis

**Nerve Stimulators** 

Morphine Pump

Physical Therapy

**Psychological Treatments** 

Paducah Office

270-554-8373

2831 Lone Oak Road

Marion, Illinois 618-997-7820

108 Airway Drive

### PAIN MANAGEMENT CENTER OF PADUCAH

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



# urchase Medical Group

Ramesh Amara, MD • Abu S. Matin, MD • Della D. Croft, PA Internal Medicine

#### Physical Exams:

Sport Pre-Employment

#### Chronic Diseases:

Diabetes
Depression
Arthritis
High Blood Pressure
Heart Disease
Acute Conditions
Sore Throats
Ear Intections

9

Women's Health
Pap Smears
Breast Exams
Menopause
Rose Deposits Jest

Weight Loss medication and counseling

Minor emergencies

Minor surgical

Male Impotency

**Diagnostic Studies** 

"Meeting the Health Needs of Patients Without regard to Race, Color, Religion, Sex, Age or National Origin.:

New Patients Accepted • Walk-Ins Welcome
Most Insurance Accepted

242 Berger Rd. • Paducah • 42003 • (270) 575-0877 Hwy. 62 • Bardwell, KY • 42023 • (270) 628-5401 134 Phillips Ave. • Wickliffe, KY • 42086 • (270) 335-5996



### Paducah Physical Therapy

Trish Burks, LPT
Jamie Day, PTA

Accredited By: Joint Commission on Accreditation of Healthcare Organizations

2831 Lone Oak Road • Paducah, KY 42003 • (270) 554-8373 • Fax:(270) 554-8987

We have programs with state of the art equipment to help you achieve your optimal level of function

Moist heat/cold packs • Ultrasound • Paraffin • Fluidotherapy
 • Electrical stimulation • Hydraulics • Isokinetics
 • Ergometrics • FCE's

