## INSIDE

News


Marching band ............ . 2
Editorials


School Spirit. ............... 4

## Features



Foreign Exchange
Students

## Sports



[^0]
## Welders win 11th state championship

Megan Williams<br>Co-Editor-in-Chief

Dedication. The welders of LOHS and their coach Mr.Wood know the meaning of this word well. It's their knowledge of this word that led Jason Carnine (12), Josh Goodwin (11), Kyle Atherton (12) and Lee Sullivan (12) to LOHS's $9^{\text {th }}$ consecutive state welding title at the state fair in August. An LOHS welding team has won the state championship 11 out of the last 15 years.
At the contest, judged by the Lincoln Welding Foundation, this year's welders received a perfect score in safety. Carnine, Goodwin and Atherton also made welding history when they tied for $1^{\text {st }}$ place in the individual welding contest.
"Welding is a way of life after you make the team. You eat, sleep and weld," said Atherton.
The team will now represent Kentucky at the Mid-South competition in Memphis, TN where they will


Left to Right: Lee Sullivan, Kyle Atherton, Jason Carnine and Josh Goodwin
compete for the highest honors one can receive in welding. If history repeats itself, the welders will win at the Mid-South competition because they have never been defeated there.
"The success of the welding team is a result of hard work and guts," said Mr. Wood, coach of the weld-
ers.
The welders were not the only Agriculture students who were successful at the state fair. Nathan Churchwell (graduate) placed $4^{\text {th }}$ in state auctioneering, Josh Payne (10) placed $7^{\text {th }}$ in Seed and Weed I. D. and Ronza Childress (12) placed first in cattle showmanship.

## Help is just around the corner

## Erin Malmquist <br> Circulation Manager

Earlier this month we all found ourselves asking this same question...What are the Natural Helpers? Well, Natural Helpers is a national program.
A few select LOHS students and faculty members attended a weekend of training to help them be better listeners for students who just need someone to talk to about their problems.
Last year, LOHS students filled out a survey about problems they face in everyday life, and who they
turn to for help and support. The problems were ranked and some of the trustworthy people that multiple students named were asked to participate in further education tr provide better help for these people. Nineteen students and twelve faculty members attended this training.
The weekend was led by a professional Natural Helpers trainer from Bowling Green, KY. Through roleplaying, videos and bonding exercises, the participants were shown effective ways to be good listeners and to successfully address the issues that plague students of today.
The Natural Helpers were shown the limitations of their skills and
told of the importance of confidentiality. Most importantly, they were trained to be good helpers, and not simply junior counselors. There will hopefully be follow up training in the future. However, if anyone currently needs someone to listen, these students and adult leaders are available to lend an ear, and are eager to use their new knowledge to help.
"I was impressed by the quality of the students involved, and very appreciative of the adults who participated as well...it was really a positive experience," said Edd Roe, counselor. For a list of the Natural Helpers see page 3 .

## LOHS Band marches towards excellence

## Andrea Ramey

 Advertising ManagerWith previous successes, the LOHS marching band will no doubt see their way to state this year. The program is entitled "Wildflowers," the music of Peray Grainger. The class AA band demonstrates great leadership within it's organization as Monty Breneman (12) takes over as band captain, J.C. Warren (11)field commander, Amanda Bowden (11) - color guard commander, Allison Light (12) - rifle captain, and Andrea Phelps (11) - flag captain.
The dates for competitions and concerts are as follows:
Sept. 25 - Heath Marching Contest Oct. 2 - Reidland Marching Contest
Oct. 16 - Hopkinsville Marching

## 。

## ¿Senior News:

- (As if you all don't have enough to ${ }_{0}^{\circ}$ stress about!)


## ${ }_{0}^{0}$ Kelly Reeves

## Editorial Editor

Ashland Inc. is offering the arts Recognition and Talent ${ }^{0}$ S Search. The application process o itself provides scholarship and fi${ }^{\circ}$ nancial aid opportunities. Deadline 0 is October $1^{\text {st }}$.

The Coca-Cola Scholars Founa dation is offering a scholarship for a students with a GPA of 3.0 and ${ }_{0}^{0}$ higher with experience in lots of a community and school leadership.
${ }_{0}^{0}$ You can pick up an application in
o the guidance office or you can ap-
${ }_{\square}$ ply online at http://www.thecoca${ }_{\square}^{0}$ colacompany.com. Deadline is Oc-- tober 31 .

- $\underbrace{}_{\text {Murray }}$ State University is


The LOHS Marching Band performs at half-time of a Friday night football game.

Photo by M. Langston

Contest
Oct. 23 - K.M.E.A. State Quarterfinal (Hart Co.)
Oct. 30 - K.M.E.A. State Marching Band Championships (Bowling Green)
Nov. 10-13 - Bands Of America
"Grand National" Marching Band Championships
Nov. 21 - LOHS Fall Band Concert (Concert and Symphonic Bands)
"With such an early start of the school year, we have been able to hold more practices than in previous years. This will surely help us as we prepare for the beginning season," said Mr. Light, marching band director.
Hard work and determination are the qualities that will carry them through the active season.
planning the fifteenth annual Hon- ${ }^{-}$ ors Day program for distinguished ${ }^{\circ}$ African Americain High School sen-: ior. See Mrs. Reeves if interested. o

QInformation on a career in the : Coast Guard can be picked up in : the guidance office.

Any senior who is interested in: attending Washington University o and who would like to be nomi- nated for the Danforth Scholarship a should see Mrs. Reeves. Applica- tion deadline is October $15^{\text {th }}$.

AA representative from Rhodes ${ }^{\circ}$ College will be here on October a $27^{\text {th }}$ at $2: 30 \mathrm{pm}$. Any interested ${ }^{\circ}$ senior should make plans to stay ${ }_{\circ}$ that afternoon.


Dairyette

In Lone Oak at the craffic light next to Union Planters Bank
Home Owned and Operated by Dan and Anita Williamson 554-3617

## SBDM Highlights

-English department addressed a need sights (to do projects with their class) for additional staffing and funds for was explained.
I purchasing textbooks.
I-Will vote next week to amend the valedictorian/salutatorian require1 ments.
-A Title VI allocation of $\$ 2,615 \mathrm{ac}$ cepted to be used for arts and humanities programs at LOHS
-Preparation for the annual board presentation was discussed.

- A system in which teachers can open
or close previously filtered Intemet

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

The newspaper is designed by slaff members, using the Microsof 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 lenters for placement as long as the meaning is not altered. The newspaper antempts to inform and enterrain 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.

| Co-Editors-in-Cblef | Lucy Jackson |
| :--- | :--- |
| Editorial Editor | Megan Williams |
| Kelly Reeves |  |
| Features Editor | Jay Swacker |
| News Editor | Jody |
|  | Suhrheinrich |
| Sports Editor | Jacob Mitchell |
| Cliculation Manager | Erin Malmquist |
| Coroner | Mandy |
|  | Langston |
| Business Manager | Seth Bowen |
| Advertising Manager | Andrea Ramey |
| Sponsor | Mrs. Campbell |
|  |  |
|  |  |
|  |  |
|  |  |

## NEWS The Oak "K" September 1999

## Academic team begins a great season!

Lucy Jackson<br>Co-Editor-in-Chicf

Back again for another prestigious year no doubt is Lone Oak's Academic Team. This year Amy Chapman (11), Lyndi Curtis (12), Tim Murphy (12), Corey O'Brien (12), Brett Sanders (11), Jay Paul Swacker (11), Mike Vick (12), and Garrett Wheatley (11) make up the all-star team. Swacker and Wheatley are this year's co-captains.
Getting ready for a very competitive season, the team has been practicing since the beginning of school every weekday moming from 7:00 to 7:30. Still, the team started out this season with a disappointing double loss to Graves County and Reidland. Luckily though, the team pulled back together for their next two matches and beat both Marshall County and Heath, evening out their record to 2-2.

The a-team's goals for this season include doing better at State Governor's Cup, where the team has been knocked out two years in a row in the $2^{\text {nd }}$ round, winning the Murray State University Toumament, and reclaim-


LOHS Academic Team (left to right): Garrett Wheatley (11), Amy Chapman (11), Lyndi Curtis (12), Jay Paul Swacker (11), Brett Sanders (11) Not Pictured: Tim Murphy (12), Corey O'Brien (12) and Mike Vick (12).
ing their two-year title as the West Kentucky Academic Bowl Champions. The JV Academic Team is also looking forward to this season. They've started out with a 4-0 record, and they're hoping to have a third consecutive undefeated season.
"I'm excited! We're young but experienced. Several members went to State Governor's Cup finals in middle school and we're really looking for a good next two years," said Mr. Toy, sponsor of the academic team.





Jay Paul Swacker
Features Editor

Flashback to 1990, the Kentucky State Legislature, after we were ranked $49^{\text {th }}$ in education, drafts a reform bill called KERA (Kentucky Education Reform Act). Things were looking up; Kentucky was going to change its image. Finally, the state would educate its youth (if not put shoes on all their feet and give their homes electricity). Yes, life was good.
Now, here we are nine years later, CNN still says that we're $49^{\text {th }}$ in education (ahead of Mississippi, what a surprise!), and I'm wondering, "When is the reform going to get here?"

Sure, you can read in the newspa-
pers about how our children are doing so well on the KIRIS tests, but is that an accurate depiction of what is go- $\qquad$
children with tests that serve no purpose; we should teach them important things, like $2+2$ is 4 and the letter B ing on in the class room? No that jus means we get increasingly lucky on those mul-tiplechoice tests that take up our sweet, precious time. KERA forgot to restate educational system.
form one thing when it was drafted, the bureaucracy that's running this

We shouldn't be burdening our
"We shouldn't be burden- before D ing our children with tests alphabee. alphabet.
No, the that serve no purpose; we people in should teach them $\begin{aligned} & \text { Louis } \\ & \text { ville }\end{aligned}$ seem dead-set on maintaining these inefficient ways. We have spent our federal grant money on making select congressmen a little richer and buying computers with internet service (so every student has the
ability to play poker with a bunch of cyber-dogs).
The solution is simple: Drop the tests, and spend our resources wisely (buying textbooks and hiring new teachers, instead of spending thousands on agendas with holographic covers that give you a migraine if you stare at them a little too long). We need to start fulfilling our promises to younger generations. This is how we can.


## are you@apex.net?



With all the signs, free candy, pencils and even $t$-shirts, one might think being elected class officer was a huge deal. Which I guess in a way it is. But how come all that effort is spent simply on campaigning and not on post-election projects? It seems like the second the ballots are turned in all the hype automatically ends and we never hear from our class-officers again with only a yearbook picture as a reminder they even exist.
So, what is the purpose of our executive branches? Is there even one? Well, the Junior Class President organizes prom, and the Senior
class reunions, but other than that no one has been able to give me an example of anything our officers accomplish.

In my opinion, our school needs more fun activities, more things to tie us together as a school. We need events that will get us interested in what's going on around us and refresh our school spirit. Bonfires, field trips, dances and spirit days would all add to the environment of Lone Oak High School. And who could possibly be better at organizing these lovely events that the most prestigious and powerful crew at LOHS? I can't think of anyone more qualified than the good old cabinet members.
So, leaders of $99^{\prime}-00^{\prime}$, I propose that you have some meetings, organize some functions, and get us, your people, onto the road to a happier, more eventful high school life.


Our side needs serious Flash Pride


The season that we know as autumn stirs up sporting events, school fun, and pride. Teens from all around dress up in their school colors and attend football games and pep rallies to show their support. It is awesome to be in a crowd chanting for Lone Oak, I know from experience. The feeling of togetherness is incredible; there is nothing like it. What I cannot
associate with, however, is the part of the student body who refuses to cheer at games because they are afraid of what others will think of them.
It is understandable that some people have jobs that prevent them from regular attendance at these events. Those who do attend games but do not cheer are an enigma. I assure you that going out onto the football field every Friday night after a week of practice takes commitment and courage. It does not feel good to be tackled. The football players CAN hear their classmates and teammates cheering for them, and it motivates them to play them hardest. Those people who
lack school spirit must have never figured this out. Now they know. In remedy of this lack of spirit of some of our LOHS brothers and sisters, I suggest that those of us with pep bring our friends and let them know what it feels like to be a part of the group. Hopefully we will spark in them that Flash pride! Our players need to know that we love and appreciate them. If you are a non-peppy person, at least sit with us and act like you care. It still baffles me how some choose not to cheer for a team as awesome as ours. "...But as for me and my flashes, give me school spirit or give me a ferret."




Welcome to Kentucky Oaks Theatre in Paducah. Now playing: Cheap Food for Expensive Prices, The Sixthousandth Sense That We're Paying Way too Much for Movie Tickets, The 'Let's be really rude to Our Customers' Project, and...The People Strike Back. Okay, so I guess by now you've started to realize that these aren't real movies, but in Paducah these are realities.

First of all, what is it with all these rising movie ticket and concession prices? What used to be a cheap date has now gotten to be something reserjed only for the seemingly rich and ismous. I mean, for only $\$ 4.00$ you can roll up to the drive-in movie in Calvert City, be in the safe confines of your own car, control your

own temperature, speak as loudly or as softly as you please and even bring your own food. And at Kentucky Oaks, it's cold, expensive (\$6.00!!!), strict and especially rude. Which brings me to my next point..

If the movie theater in Paducah would even pretend that they care
about us then maybe more teens would be wasting their hardearned money on seeing their cheap movies instead of having much cheaper dates at football games and restaurants. A couple of weeks ago, when all that "Blair Witch Project" madness was going on, I felt like I was being locked
up instead of seeing a movie the way the managers and police were staring me down. And when my date and 1 strolled up happily to the ticket-taker lady, she asked us for our i.d.'s to get in ...and we weren't even intending to see a rated R movie! And if we were, what would've been the huge deal in going to see a rated R movie? I'm 16 not 6 , and I think that if I'm old enough to watch the "Child's Play" at the tender age of five, then I don't think a scary movie is going to bother me now!
In conclusion, I'd just like to say that I hope that The Kentucky Oaks Theatre gets what they deserve. I hope some awesome movie theater with stadium seating, cheap concessions, more movies and $\$ 3.50$ tickets is built right beside thein. Then they'll be forced to lower prices and be just a little bit nicer, and weekends, as we know them, will be a much brighter place!

## Embrace the outsiders



I know we are all tired of hearing about the rampant school shootings around the world in recent years. These occurrences have awakened school officials' senses to probable causes of this maliciousness. School faculties all around the U.S. are trained like basset hounds to sniff out possible problem children and identify them with bells, sirens, flashing lights or all three. These children are the oppressed, the teased, the ignored and the hopeless of our generation. These are the "bad seeds," the ones that could be pushed to do the unthinkable. The ironic thing is, with the increased awareness to their existence, the socially wounded children are now found under yet another label: the feared.
We are all guilty of identifying possible Kleobolds and Cameals
and uttering, whether to ourselves or to others, "I bet they could do it." This simply causes these people to be feared and ostracized even more. I am surprised by how accepted it has become to make those who don't fit in feel like greater outcasts. Instead, I believe we should do the good moral thing and embrace them. I am not saying we must frolic around the world and hug the unhappy (although that may work). Instead of continuing to ignore the oppressed, I believe we should attempt to include them. By this I mean simply speaking to these people and leaming who they are... you may discover something you like. Try to understand why they are the way they are, and why people are so quick to judge them. These are not dangerous assassins, they are just like everyone else.
What I am proposing is not hard to do. I just think we, as a society, should attempt to weave these kids back into the network of the world, rather than cutting the final threads and leaving them completely separated.

> It is appointed to man once to die and then...Judgement

Hebrems $9: 27$
JJIDGVILX Ahoust?

October 21-23, 28-30 First Baptist Church of Paducah
Thursdays 6-10 P.M.
Fridays 6-11 P.M.
2890 Broadway
Saturdays 5-11 P.M.
442-27278

## STUDENTLIFE The Oak "K" September 1999




Senior Studs and Emily Riggs (12) strike a pose.


Seniors band members get ready for their performance.


Professional cardboard artist, Scott Sheppard (12), works on his latest piece.


Katie Taylor (12) and Sara Angelly (12) practice new yoga techniques.


Kelly Smith (12) laughs as she walks into the wrone bathroom.


Everyone's favorite couple is in line for lunch.


We're so excited and we just can't hide it.


REAL team togetherness:


Smile- 'cause it's Crispy Steak Day


# Mandy in the sky with Rotarian 

Jay Swacker<br>Feature Editor

"The coolest part of being a Junior Rotarian is that I was completely surprised to be selected," admits September's Rotarian. Being selected was an honor for Mandy Langston. Mandy is a senior here at LOHS and is a proud member of The Oak " K " and a very enthusiastic football fanatic.
Mandy has been awarded "Who's Who Among American High School Students" and she is an honor student. She is a member of the Math Club, TCIM Club, Beta Club, Student
> "Your gotta fight for your right to hug people without their permission." Mandy Langston

Council, FCA, and Joumalism Club. She is in choir, on the track team and is a Girl Scout Senior. She is also this year's Senior Class Co-Reporter. Last week she decided that LOHS needed a Pep Club, and now school spirit is racing through the halls like a banshee. Mandy is a fervent supporter of Purple Flash teams of all kinds. She is considered by many to be the front runner for this year's Most School Spirit Award. She also was the master of ceremonies a Poetry Slam early this year at The Coffee Connection.
As for the future, she will more than likely attend UK and cheer for


Junior Rotarian Mandy Langston.
that team,too. She hopes to major in Communications and find a career in photography. Mandy wishes to encourage her fellow seniors to make the best of this year.

## Europeans invade Lone Oak High School

Andrea Ramex.<br>Advertising Manager

This year five foreign exchange students are attending LOHS. The process of becoming a foreign exchange student is a vigorous one. Not only must the student go through many interviews, but also a host family must apply to accommodate students from abroad. The pupils, while studying at LOHS, must take English and U.S. History courses.


Anne Fisher (12), Melanie Laubereau (11), and Simon Gatermann (11) are all from Germany. Klauss Alberda (12) is from Holland, and Irene Garcia (11) is from Spain, both play on the LOHS varsity soccer teams.
"The students are very friendly over here, but the big difference between high school in Holland and LOHS
 is that everyone here drives This year's foreign exchange students. to school. Back home you must be eighteen to receive your driver's license. Also, we don't eat a warm lunches; we bring bread from home," says Klauss Alberda when asked about his stay here in America.

## 

The opportunity that these students have to experience our culture will not only provide them with unforgettable memories but will also serve to diversify our student body.


## Buy a CD Save a life

## Jody Suhrheinrich

News Editor
What if you could buy a CD that was both enjoyable, and beneficial to war-torn Kosovo? Surpriseyou can! Over the summer I picked up No Boundaries, a compilation of talented artists, in which the proceeds go towards relief efforts for victims of war atrocities in Kosovo. I actually didn't feel guilty about paying \$14 bucks for CD this time. No Boundaries includes a wide variety of artists such as: Neil Young, Tori Amos, Kom, the Indigo Girls, Rage Against the Machine, Sarah McLaughlan, and of course Pearl Jam.
Some of you may be familiar with the some what annoyingly infamous "Last Kiss" which is a quirky remake of a 50 's rock ' $n$ ' roll doo-wop tune done by Pearl Jam. However, Pearl Jam also contributes another track called "Soldier of Love" which I found a refreshing change from the overplayed radio hit, "Last Kiss." Other notable songs include an acoustic version of Bush's "Come Down," as well as Tori Amos' previously unreleased, "Merman." I also found Neil Young's hauntingly accurate, "War of Man" which combines Young's emotional voice with folksy acoustic guitar, incredibly sobering. You'll find several familiar songs done live, providing a welcome twist to your favorite tunes.
No Boundaries includes something for everyone. There are some melancholy tunes that reveal the true nature of was and human suffering, as well as some upbeat songs that provide a positive outlook for the future. You definitely should consider picking this CD up, if not for your own musical enjoyment for the betterment of those less fortunate.

Kelly Reeves

Editorial Editor

For those of you who haven't experienced the trials and tribulations of high school coupledom (i.e. "true love") I'd like to inform you that it's wonderful. You and your significant other always get along, the guy is a complete gentleman, and the girl is always in a great mood. However for those of you that know what it's really like, you already know that sometimes getting along is simply not an option, guys can be occasionally thoughtless and girls can sometimes be a little on the "bad mood" side of things. It's not all bad (roses, movies, flirting at football games) and your relationship may be going extremely smooth at the moment... but if it's not, and love has recently gone bad, you know that breaking up is hard to do. Since I have gone through some hurtful breakups in my life thus far, here's the best advice I
can give you from experience:
If you're the bearer of bad news:
*Be gentle...everyone's feelings matter. (Even if that "everyone" happens to be the inconsiderate, lying, guy/girl who has broken your heart ten times before.)
*Make a clean break. Don't string him/her on after you've done what you had to do. It only makes your ex's heart break more if you do the whole "Well, we can still date if you want to," thing, especially if your just aren't there anymore.
*Remember: it's going to be hard for you, too, even if you broke your sweetie's heart. Don't let anyone tell you any different, because even if you didn't get dumped, you're still going to feel major loss.
*As you're going through the "rebound" time, don't let your ex convince you to go back with them if
it's not what you want. I mean, if you broke up there had to have been a good reason...remember it.
*Make sure your friends are supportive. Does your best friend hang with your ex more than she hangs with you? Does she flirt with him/her? Does she bad-mouth you for breaking you ex's heart? With friends like that, who needs enemies?

## If your heart has been crushed involuntarily:

*Give yourself at least a day, maybe two, to just mope around. Sorry to get mushy, but when you give away your heart to someone and it's rejected you deserve to be sad. So eat ice cream, bawl your eyes out, lay in bed from the minute you get home from to school to when you have to go back in the moming...whatever makes you feel good.
*When you're started to want to think rationally...analyze why you
two broke up. What is for the best? Will I, in reality, be a bit happier? If he/she didn't want me, do I really want him/her?
*Find your supportive friends ASAP. Friends can help A LOT. They can help put things in perspective and realize that you can be happy all by yourself.
*Get or do one thing that your boyfriend/girlfriend would have never approved of. Was your ex allergic to cats? Get an adorable little kitty to help ease you pain. Did your ex HATE scary movies? Go to Blockbuster and stock up on all the scary movies you want... have a night to yourself. Was your ex always too broke to take you to dinner and a movie? Get all your hard-working pals and go see the movie of your choice after dining at Whaler's Catch.
*Just try to get along by yourself. Be happy with who you are.

## Staff members truck it to see

Lucy Jackson
Co-Editor-in-Chief

What could possibly be more exciting than listening to Tori Amos and dancing around your room? Try dancing around at her concert. That's right, kids. This past weekend I was able to go "road trippin' with my two favorite allies" to see the musician that amazes me more than any other in the world. Jody Surheinrich, Christa McClain and I started out the Friday of Labor Day weekend for a five-hour trek in Jody's Accord to the Promise Land of Indiana where our Tori would be playing that Sunday night.
"The Family That Kicks Together...
Sticks Together"
$\frac{\text { Hwang's Martial Arts }}{\text { Academy }}$

| Teaching Tae Kwon Do, Hapkido, |
| :--- |
| Judo, Kail, Self-Defense, and Cardio |
| Kick Boxing |

2925 Lone Oak Road Paducah, Ky

We spent our two days prior to the performance preparing for the show with a little $R$ and $R$. We practiced our dance moves, picked out twenty different outfits and made sure to listen to every Tori Amos song in existence. And finally, after months and months of waiting, we left for the show.
Ten minutes until Tori would be up on stage, we were driving around Indianapolis and realizing we had no idea where we were going. This, of course, sent us all into panic attacks. After stopping at least five times to get directions, we finally saw Deer Park Amphitheater, and we knew we had made it.

Trying to play it cool and at the same time run into the amphitheater, we quickly entered and headed to our seats which we just as quickly abandoned for a space a little closer to Tori. Only moments later, it started.
I cannot express how it felt to see her walk out on stage and sit down at the piano. She opened with "God" and from that point on until she walked off stage, I was in a completely different world. One moment I was dancing, the next crying. We ran all over the place trying to get as close to the stage as possible. Some moments we stood in complete silence. Amos is the

## Tori Amos

most incredible piano player I've ever seen. Her lyrics, the intensity of her music, everything was so incredible. And then, in what seemed only moments, it was over. She ended with "Precious Things," one of my personal favorites, and then disappeared.

Alanis Morrisette shortly followed. We were still trying to recover from Tori Amos though and couldn't pay much attention. So, we bailed out of the show early and went back to the good 'ol Accord to blab about how wonderful it had all been.



## Flash host Storm in Homecoming battle

Jacob Mitchell Sports Editor

Tonight the Flash host the Hopkins Central Storm on Homecoming night, and hope to get on the win side. This is a 3 A district game for the Flash and a desperately needed victory.
On opening night, the Flash pounded the Greyhounds 24-7 after an impressive defensive show and offensive firepower. Quarterback Erik East scampered 76 yards for a touchdown that finished off the 'Hounds in the fourth quarter.
"That was unexpected," said East of the impressive run, "When the
holes opened up and I got a few key blocks, I just ran it to the end zone."
For two consecutive weeks, however, the tides turned on the Flash. They fell to county competitor Heath 23-26 in triple overtime, and 34-35 to Muhlenberg North.
"This team never quits; we always fight hard. We may make mistakes, but we aren't going to give
up and die," said head coach Courtney Neel, whose team is still searching for its first district win in class 3A
Remaining for the Flash are four $\$$ consecutive away games, two of which are big district battles. Then the Flash travel to Fulton City in a non-district contest, and finish the season at home against the Murray Tigers.
Come out and support the team as they look to complete a successful season.

## Purple Flash soccer excitement is on the rise

Jodv Suhrheinrich<br>News Editor

Soccer season is up and running this year, and it's giving us plenty to talk about. Both the girls and boys teams are working hard to make this the most successful season ever. Coach Steve Angelly predicts that both teams will advance to the Regional Tournament, and ensures an exciting season.
After a rocky start the girls are rallying towards a winning record. Their current record stands at 2-3, after two tough losses to Tilghman and St. Mary at the beginning of the season. However, after two consecutive wins recently they are looking to improve by reinforcing good build up in the midfield and converting shots to goals.
The Lady Flash defensive play has been an asset with the help of Crystal Boyett (12), Emily Lyles (11), Andria Downs (10), and Meghan


Photo by M. Langston Kickin' It: Senior Sara Angelly boots the ball to the net in warm-ups.

Chaffin (9). Coach Angelly and the team had hoped to rebound against Tilghman, but with several injuries to midfield starters, Sara Angelly (12) and Katie Taylor (12) their plight was unsuccessful. Despite these minor setbacks, each player,
injury or not, is playing to the best of her ability and making the Lone Oak girls soccer a force to be reckoned with.
With a record of 3-2, the boys team is working hard to maintain their winning record. Sub-par team
play has hindered the boys all season, and while such individuals as Donny Block (12), Todd Belcher (11), and Chris Jett (10) have shown ability throughout the year, they have yet to establish a team leader. Their big game will be against Marshall County this year, when this team full of younger players take on the real competition.
"I predict the boys will improve as we begin using our younger players more. I think one or more of them are capable of lighting a spark in this team," remarked Coach Angelly
Both teams need your support this year, and besides you could catch the free T-shirt thrown after the first goal is scored by either Lone Oak team. How many more reasons do you need to come on out to Flash field, I mean who doesn't need a free T-shirt?

## 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 detalls

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


# "NFL Extreme 2" lives up to the hype 

## Scrh Bowen

Business Manager
NFL Extreme 2, the highly hyped new football game from 989 Studios, has recaptured the hardhitting action of the original, but has added so much more. All new wrestling moves following the end of the play and harsh insults have been added to Extreme 2, as well as new touchdown celebrations These new additions have greatly
increased the fun factor of the game.

The graphics are so superb that you can actually recognize some of the player's faces, an aspect that has been lacking in many other games. Hearing your opponent's bones crush after a big hit is yet another benefit of this game. The game is almost like playing arena football. The final score is often larger than if you went to a Clippers game.

However, there are a few downfalls. For example, the opposing AI is somewhat disappointing. Its play selection can become predictable and is often not that intelligent. Also, the gameplay relies too much on passing, and overlooks rushing.

Although some football purists that believe in running the football and playing it conservative may not particularly enjoy the game, I would recommend NFL Extreme 2 to anyone who loves a hard-hitting
football game, in which insults and touchdown celebrations are rampant.


## World of wrestling prepares for the new millennium



Jacob Mitchell
Sports Editor
Falling under the shadows of the classic summer event Summerslam, the WWF is back on track with an entertaining new show, WWF Smackdown. Airing on Thursday nights, from 7:00 to 9:00, this new show is rivaling WCW's Thursday Thunder.
In WWF news, the new WWF champion, Triple H , is dominating
the competition, along with his new found buddies, Commissioner Shawn Michaels and owner Shane McMahon. On the very first Smackdown, Michaels, the special guest referee for the main event, turned against The Rock and aided Triple H to his title defense. On the September 2 edition of Smackdown, Triple H was "challenged" in a title defense against "that baldheaded S.O.B." Throughout the show it was anticipated to be the return of Stone Cold, but instead it was a shock in the return of Gillberg. The aforementioned McMahon set up the match in whicn Gillberg was mauled by the Champ.
In a much anticipated debut, Y2J Chris Jericho made his mark on the WWF by severely injuring the


Road Dogg. Several vicious powerbombs and the "Lion Tamer" put a hitch in the Road Dogg's momentum as he will be out for several weeks.
In WCW news, Fall Brawl went down on the $12^{\text {th }}$ of September, with the title match main event of Hulk Hogan vs. Sting. In this somewhat of a less heated battle, there was some major controversy involving whether or not Hogan was truly back to his yellow and red roots. Lex Luger, who returned af-
ter several months with injuries, brainwashed Sting into thinking that Hogan was evil. He had some "irrefutable" evidence that Hogan was the driver of the hummer that injured Kevin Nash earlier this spring.
Be sure to check out Smackdown every Thursday on UPN channel 4. It's gonna be a great fall with improving entertainment from both federations.


> 1212 BROWN STREET PHONE \#: 443-5636

## Unsurpassed.

Comprehensive pain management program that delivers excellence.


## 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


## Offering New Hope in Managing All Types of Pain.

- Chronic
- Intractable
- Persistant

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


- Abu S. Matin, MD • Della D. Croft, PA Internal Medicine
Physical Exams:
$\substack{\text { Schoot } \\ \text { Sport }}$

Chronic Diseases: Anemia
Diabetes Diabetes
Depression Arhritis
High Blood Pressure Heart Disease
Acute Condifions Sore Throats
Ear Infections Ear Infections
Bronchitis Bronchitis
Back Pain


Women's Health Pap smears
Breast Exams Menopause Menopause
Bone Density Test

Weight Loss medication and counseling

Minor emergencies

Minor surgical procedures

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

e.Paducah

Trish Burks, LP'T 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 achiefe your optimal level of function

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



[^0]:    Soccer

