



The Oak "K"

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"If you can't have what you want, it's time to start wanting what you have."

Lone Oak High School welcomes the new faculty

Blake Owen
Features Editor

This year, freshman aren't the only ones who are getting lost in the confusing halls of LOHS. *The Oak "K"* would like to welcome seven new members of the high school faculty to our school. So, without further introduction, we will let you know the new teachers as people and not simply names.

Nancy Clark- Mrs. Clark is filling the spot of LOHS' ISD coordinator. She says her husband (our own Coach Clark) was her biggest influence in her decision to enter the education field. She has three grown children and six grandchildren.

Shiela Clark- Mrs. Clark an aide to the Special Education department. She says that her main reason for entering the education field was the joy she gets from working with students. In her spare time she enjoys swimming, walking, and watching her son play college football.

Janice Foster- Mrs. Foster is a



Smiling new faces greet LOHS students: (Clockwise from the top) Carolyn Light, Janice Foster, Linda Spees, Shiela Clark, Linda Harper, Nancy Clark, and Ben Morehead

retired teacher who is spending half a day teaching freshman and sophomore English at LOHS. She has a degree from Murray State University. In her spare time she enjoys playing with her two granddaughters. She enjoys the friendly atmosphere here at LOHS. She says that "seeing students grasp new concepts is so rewarding."

Linda Harper- Mrs. Harper is our new art teacher. She has a Masters degree from Murray State University. She says, "I want to help young people be all they can be." In her spare time she does artwork on commission as well as work on her website where she sells her wildlife prints at www.artkeepsakes.com

Carolyn Light- Mrs. Light is a new Guidance Counselor who transferred from Mayfield High School. She has a Bachelor's degree from Memphis State University and a Masters and a Rank I Guidance at Murray State. She was formerly a mathematics teacher. Light states her main reason for becoming a teacher, "I wanted a career that was not only challenging, but also one that gave me a chance to make a difference in others' lives."

Ben Morehead- Mr. Morehead is a not-so-new face at LOHS. Some of the "Estudiantes de Espanol" will remember him as a student teacher in the Foreign Language department last year. Mr. Morehead spent last summer in Mexico and plans on going back during the first two-week break.

Linda Spees- Linda Spees is the new A-School assistant for LOHS. She says that her biggest influence in becoming a teacher was her 5th Grade teacher, Mrs. Gregory. Outside of school she does volunteer work with Martha's Vineyard, 4-H, and her church.

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LOHS students return to school this year with new dress code and i.d. tag policies.



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Softball, baseball and track wrapped up great seasons last spring.



"Led Zeppelin" of academic teams ready to rock

Amanda Reniker
Circulation Manager

Our Lone Oak High School Academic Team is ready for the 2000-2001 season, and they want the state trophy. Members this year are Capt. Jay Swacker; Amy Chapman, Brett Sanders, Garrett Wheatley, Josh Woloben, and Abin Matin. The season began on Monday, August 21 and will last six weeks. They recently won their first two matches against Graves and Reidland. "I want our team to play in the State Final," says Amy Chapman.

Not only are they ready for competition, but their Coach, Mr. Toy is ready to lead them to victory. Mr. Toy wants for this year's team to, "...have an undefeated regular season, win an un-

precedented Fourth West Kentucky Academic Bowl, and reach the finals in the state competition in March." Mr. Toy also realizes that they have a long way to go before the state finals. In practices before school on Tuesday and Thursday mornings the team has been addressing their weaknesses in the quick recall area. After some consideration, they recognized that Fine Arts was their major weakness area and they have since been researching and studying various areas of Fine Arts on an individual basis.

Though they are addressing their weaknesses they are also confident of the strengths that they possess from being together as a team since the seventh grade. In the last year, their captain, Jay Paul Swacker, thinks that they

have," ...grown and matured a lot. We have also developed a better strategy to work as a team." Though they rely sometimes on their best player, Amy Chapman, they believe in themselves. "Even

without Amy we are a pretty good team," said Garrett Wheatley.

Overall, this year's academic team seems prepared for the challenges that lie ahead of them. Good luck!



Photo by J. Mitchell

"Ready to Rock"- (from left) Josh Woleben (11), Brett Sanders(12), Amy Chapman (12), Jay Paul Swacker (12), Garrett Wheatley (12) and Abin Matin (11).

Four seniors "live it up" at GSP

Staff Writer

This past summer, four seniors had the opportunity to participate in one of the state's most recog-

Gene Boaz Photography



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nized academic programs, the Governor's Scholars Program (GSP for short). GSP is a five week camp that strives to gather the academic leaders of tomorrow in a sort of "utopia of learning," as Milton Reigelman, Dean of GSP at Centre College, put it.

Jesse Breneman, Amy Chapman, Jay Swacker, and Garrett Wheat-

ley were all able to attend the program. There were two sessions of GSP. One was held at Northern Kentucky University from June 18- July 22, the other was held at Centre College from June 25- July 29. All of them had a great time. Wheatley (who attended the session at NKU) enjoyed it, "very much...[t]here were lots of activities planned and instigated by the scholars. The classes were interesting and there were a lot of field trips." Another aspect of GSP that Wheatley enjoyed were the throngs of, "women."

Breneman, who also went to NKU, got to, "play soccer with people from across the state and I got to play guitar (terribly) in front of 400 people." Breneman con-

firmed that Garrett did in fact have, "multiple girlfriends."

Chapman attended the session at Centre College and thought that, overall, "it was a great way to meet people and a good free vacation." Swacker also went to GSP at Centre. "... [I]t was a lot of fun. I have no regrets about it. Well, actually I do have one, that I was unable to perform the Zep classic, "Whole Lotta Love" in public. The only reason I didn't get to do it was because the guitarist got kicked out the day before we got to do. Oh well."

Overall, the students who participated thought that it was a really worthwhile program and encourage any juniors who are interested to apply.

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Better students equal a better LOHS

Nicole Small
News Editor

It's certain that if you are a student at Lone Oak High School you have run into our School Resource Officer, Suzan Roberts. As the SRO, Mrs. Roberts' job is to keep safety in our school and make sure students are following the rules. Mrs. Roberts has expressed a few concerns she would like for the students and teachers at Lone Oak High to recognize.

Our School Resource Officer is here to protect. If any student or teacher has any information to help someone in trouble or keep him or her out of trouble, please contact the School Resource Officer. Any information left with Mrs. Roberts is confidential. Your name is not required, but is helpful.

Driving is a privilege. When

you are parking in the student parking lot remember to be courteous to other drivers. Make sure you are parking your car straight. This will help to reduce the risk of opening doors on other cars. If you do not have a parking space, this shouldn't be a problem. The parking lot is for those who have been assigned a space only. Choosing to park without an assigned space is illegal. If you do not have a parking spot and wish to be assigned one, please contact Mrs. Roberts as soon as possible.

An other problem taking place in the student's parking lot is the "keying" of vehicles. If you have any information about the incidents, it would be in your best in-

terest to let Mrs. Roberts know now. If those who "keyed" the vehicles do not come forward the case will be taken to civil court. There have been names mentioned, and there will be an investigation taking place soon.

Also, if any teacher is interested in programs for their classes (Street Law, Teacher Safety Presentation, Drug Awareness etc.) you can contact Mrs. Roberts at the number or address listed below.

Voice mail number:
744-4154 Ext. 6156

E-mail address:
Sroberts@McCracken.k12.ky.us



New school policies for 2000-'01

Justin Latta
Coroner

This year at Lone Oak High School the rules are a little stricter. The McCracken County School Board is tired of the excuses "I forgot my ID badge." and "I didn't know I couldn't wear this."

The new policy states that students will have three ID badges created. One will be issued each day in their first hour class. There will also be an extra badge for those who have lost their first one. Students will also be issued a badge to keep in his/her wallets or purses. Check your Code of Conduct book for the new punishments.

A revised dress code has also been introduced to LOHS. The dress code states that sleeves must be present on all clothes.

"I think it'll probably help, but we didn't have many people out of compliance in the first place." stated Mr. Adams.

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The Oak "K" Staff



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The horrible, awful, no-good, very bad air conditioner



Jessica Miller
Advertising
Manager

A repulsive monster is taking over our schools, our malls, our cars, and even our homes. It wreaks havoc on the personal level, leaving its victims slaves to its constant guard, yet hiding under blankets and several layers of clothing serving as protection against it. On the global level it is just as destructive, eating up our resources and money. What is this demon, this device that supposedly raises the standard of living but which actually lowers our tolerance for its absence? The air conditioner.

The dog days of summer are notorious for being hot, humid, and uncomfortable. While this seems like a nasty thought, just think of all the little joys this provides us with. Beating the heat is the best excuse for a dip in the pool, an ice-cold lemonade, or a double scoop ice cream cone. These small gems are what summer is all about - or were. I realize as I feel the hairs on my arms standing on end and goose-

bumps covering my bare legs, that at the moment a hot chocolate sounds more appetizing than an ice cream.

Looking around me, I see that I am not the only one who is uncomfortable in this little artificial bubble of denial that we call the great indoors. In the middle of August, all I see are long-sleeved shirts, or jeans; testaments to the fact that through the air conditioner we are trying to convince ourselves that it's not really hot outside. Rather than accepting the heat and toasting a tall glass of ice tea in its name, we try to overcompensate for the hot weather by turning the thermostat down to sixty degrees. What we seem to forget is that we are complicated animals with a programmed ability to adapt to our environment. After a while of being outside you don't realize that it's so hot anymore. That is until you step in the grocery store, movie theatre, (insert any indoor facility here) and the horrible cycle begins. The sharp contrast between the temperature outside and that of the inside serves only to worsen the effect of the weather. In fact, this can cause nausea in people constantly moving in and out of air-conditioned rooms. Maybe it's the Scandinavian in us, longing for the skin cleansing effects



of a steamy sauna followed by a plunge into the freezing snow. Whatever the inherent desire is that causes us to compensate for one extreme of discomfort by substituting it for the other, it is time that we suppress it. Not only do we sacrifice our comfort when we blast our AC's to the extreme, but we also sacrifice our environment. The damaging effects of freon to the ozone are no secret, nor are they improving. The impending energy crisis should also set off alarms. The soaring gas prices are an indication of our excessive use of our

nonrenewable resources. And if that is not enough, there is the actual cost of maintaining a cold environment in the midst of a heatwave.

Our only options are not death by heat or death by cold. There are many middle-ground alternatives. Simply turning up the thermostat in the summer is an easy one. Using fans and opening windows at night may take a little getting used to for a.c.olics; however, doesn't it seem that if we are to be mildly uncomfortable in one direction, then we would choose the economical, natural, and earth-friendly one?

Kudos to the new I.D. badge policy



Kelly Reeves
Executive Editor

Okay, before everyone starts accusing me of being a hypocrite and thinking that I actually like to feel as though I am a solitary cow in a herd of cattle being forced to wear a tag that explains who I am...I will correct you now. I do not like to wear I.D. badges. However since I am a senior

and I have learned to deal with ridiculous rules and regulations, I have begun to look for the good points in all of this I.D. madness. This year our administrators have changed the I.D. Badge policy for the better, and this school will be a more peaceful place for it.

I know you all read your registration packet before school started but for the rest of you I will summarize the new policy. Each student will be issued two badges, one to wear around his/her neck and one to tuck neatly in his/her billfold or wallet. The badge-on-a-string will be issued to the student at the beginning of the school day

and will be worn all day at school, to be returned to the first hour class at the end of the day. Of course there will be quirks in the system and questions about the small stuff, but those can be thoroughly explained in the third page of the instruction packet you picked up at registration.

What makes this new policy so great is that now students have less time in between school days to lose their precious I.D.'s. They only have them for about eight hours a day when they shouldn't be thinking about their I.D.s anyway. So unless a student's head fell off and the badge slipped to the floor, there should be no reason why

the I.D. should be taken off at any time.

The point is, LOHS has come a long way. Instead of punishing students for forgetting the badge the administrators and teachers are making it a little easier on us to focus on the important things. And for that (I think I'm speaking for a lot of people here) I say "Thank You." Life was a little more hectic for the teachers for a few days, but after all is said and done, everyone will finally get to stop focusing attention on small squares of plastic and start paying attention to their reading, writing and arithmetic.

Let's get back to the basics



Jay Swacker

Design Editor

"Hello, my name is Coach McGroarty ("Pardon the interruption, but the golf team has a match today, good luck to them."), and welcome to ("All Freshmen with last names Ho-Jo please report to their lockers.") Biology. This year we'll be ("If you haven't reserved a parking spot, please do *not* take

someone else's.") studying life in general..."

Even if you don't have good ol' Coach, you have had a class interrupted by all of those announcements. On top of this distraction, students are constantly coming in and out of the class room. And soon, we'll be having "I.D. tag time." All of these examples demonstrate how class time has been shrinking. I'm sure most students think I'm one of those giant dorks who just wants more time to work on extra credit AP Chemistry equations. Okay, so maybe I am slightly like that, but that's not the

purpose of my article.

What bothers me is the fact that the bureaucracy of LOHS has become so large that it has begun to literally cut in to class time. It's almost as if teaching has become a secondary concern. It would be nice, for once, to go through the day without any distractions. Without any students shuffling through the hall. Without "I.D. tag time."

Why are there always announcements in the middle of class? You know, there's a reason why we have Channel One time. Why do we have to have I.D. time? It

would probably be better if we high school students had some responsibility.

I've never been a huge fan of big government, I guess that's why I have such a problem with the bureaucratic nightmare that our school has become. It would be nice if we could actually consolidate all of the announcements in to one time. It would be nice if we could get back to what school is all about.



What has become of the youth today?



Jason Bergstrom

Editorials Editor

What happened to the days when it was practically mandatory to respect your elders? When the golden rule promoted peace between each other? When "the authority" actually had its authority uncontested? It seems that as of late, teenagers, and even children below the age of thirteen, are developing attitudes of superiority and ill respect to their elders, to whom respect should be given.

This problem is seen throughout our city, and could possibly be a cancerous tumor in the youth of today. Fearing someone who is older or more experienced is dwindling to the point of nonexistence.

Rudeness, anger and hostility replace this fear. There is no apparent caste system, and "they" say we all must live in a socialist society where everyone is equal. Anyone remember *Animal Farm* by George Orwell?

When working with these youths it is easier to understand. A job as an umpire at the Lone Oak ballparks allows one to work among them many times, enough to come to a conclusion. Repeatedly, to the acme of disgust, pre-teens will complain viciously at what they felt was a "bad call" and demand respect by yelling at the umpire (the *authority* in this situation), throwing helmets or bats and heckling from the dugouts. Not easing the case any are their coaches who violently protest in

the same manner. This sets what kind of example? Such impressionable minds are pushed in the direction that what an individual feels is right, and respect should be received and not given.

The hallways of schools are the same. Underclassmen unite by believing they have the same status as the upperclassmen, juniors and even the faculty. "Hey, that's *my* lunch table! I sat there last year [as a freshman]!" "Why does he [a senior] get a parking space closer than mine? I even got my license before him!" In no way is this saying that seniors have the ultimate right to push everyone around and rule the school so to speak; that would be hypocritical.



Listen, seniors have been here for three years, juniors for two, etc. Respect must come where respect has been earned, yes, respect is earned. In this case, respect is earned by age.

Solving this problem can even make the situation worse. Punishment would seem unfair to the problem child since they feel they are in the right, causing more outbursts and feelings of superiority. But how can this be stopped? Prescribed treatment? Continue inflicting punishment? For those cheated out of respect, a good way is to stand your ground and therefore prove your superiority. Don't act as they do, but in a more civilized, conscious way. Then, as we grow into full-fledged adults, we must raise our own children to follow our examples. That is the cure for this cancer.

Creed: a success story

Jason Bergstrom
Editorials Editor

What makes a great band successful? There are the usuals: well written songs musically, well written songs lyrically, memorable performances. But the qualifications can go deeper than that. Some artists convey stronger passion than others in their music, lyrics and performances. The members of the band may have interesting pasts. The band's personal success story could be one of struggle or an "overnight" one. When combining all of these elements, there is one band that touches them all. That band is Creed.

A Florida-based foursome, Creed has gained national acclaim by monstrous radio airplay and album sales not relying on MTV or music videos. Since

the immediate success of their #1 debut single, "My Own Prison", from their #1 debut album of the same name, success has come easily. A growing fan base allowed Creed to be the *first* rock band in music history to have four #1 songs on a debut album. In 1998, they were awarded Billboard Music's "Rock Artist of the Year", and had the "#1 Selling Hard Music Album" on SoundScan's Hard Music chart. "With *My Own Prison*," said lead singer Scott Stapp, "I knew we had songs good enough to get played on the radio, but I never had any expectations of reaching this many people." So far, *My Own Prison* has sold more than four million copies.

The passionate performances and lyrics provided by Creed have seemed to reach people deeper than they imagined and in turn granted them more

success. "I think my songwriting is direct and understandable," claims Stapp. "... wherever we went there were people telling me how much certain songs meant to them... that means more to me than any other type of attention." Deep and spiritual lyrics are present throughout *MOP* and also in songs from their second, #1, 5x platinum album *Human Clay*, which saw its first single, "Higher", a song about refuge from problems of the outside world, reach #1. Tracks like "What If" address those in Stapp's life who have wrongfully judged him, while ones like "Are You Ready?" warn people of their actions. Other topics range from conscience ("Faceless Man"), youth ("Never Die"), and betrayal ("Beautiful"). Inspirations arise from Stapp's religious upbringing and Tremonti's childhood

as well. The reactions have been positive, enabling Creed to soar to popular heights. "The band's goal has always been to make records that are solid from start to finish; records that take you through an entire range of emotions," says Stapp.

Combining a passionate voice with insightful lyrics, intense music, and memorable performances (i.e. Woodstock 1999), and reaching feats many rockers only dream of, Creed is a definite success story. "I don't think it's our job to spread a message or to preach... we don't have all the answers, so why should we pretend we have them?" Despite these words by Mark Tremonti to NYRock, Creed apparently has all the answers to the question "What makes a great band successful?"

Trouble in the music industry

Justin Latta
Coroner

The new rave on the Internet is MP3s. For all you computer illiterate folks out there, a simple definition of a MP3 is a song file ripped from a CD and changed to a file on your computer to where you can listen to the song without a disc or disc player.

Catapulting off that invention, next came the invention of Napster, which is basically a program that you can use to search other people's MP3 libraries for a song, then download that song from the specified person's computer. The invention of this program has sent a widespread panic and anger of musicians throughout the music industry. Some musicians think that this form of music distribution is illegal, while the founders of the program state that they don't condone the transfer of copyrighted files.

One outspoken group of artists, the heavy metal band Metallica, has actually brought the case to court. The court ruled that Napster be shut down temporarily until the trial hearing. The day that the company was supposed to shut down, the judge overruled the past sentence and allowed it to continue being run until September.

Although some artists protest, others praise it. Limp Bizkit are huge supporters of Napster. They state that the program helps distribute music, which in turn gets the band more fans. Although they do not speak against other bands such as Metallica, the members of Limp Bizkit think that these bands are going to the extremes.

Even if Napster does manage to get shut down, there are many other sites and programs to get MP3s. Some of these are Audiofind.com, Scour, and MP3 Fiend.

Foreign Exchange Students

Blake Owen
Features Editor

Keeping with tradition, LOHS has brought in some foreign visitors. Here they are LOHS.

Aleksandar Fiket- Alex joins us from a small town in Croatia called Opatija. The biggest difference between schools for Alex is how ours is a modern building and the one he attends in Croatia is over 100 years old. So far, Alex's

favorite thing about LOHS is the people. Alex doesn't just speak Croatian and English, but because of his family's heritage, he also speaks Italian.

Anna Konrad- Anna is from Biberach, Germany. She has been speaking English for 5 years. The biggest difference for Anna is switching classes. In Germany the classes stay together throughout the day. Anna finds her tests difficult because of the language barrier.



Aleksandar Fiket



Anna Konrad

The truth about lying

Jake Mitchell
Managing Editor

Lying is something that we all do. In fact, if I weren't writing an article about lying, I would probably be lying to you about some other topic. In essence, lies happen every day. In fact, they happen *all* day. For instance, you lie about your homework, your hygiene, and your chores. Then, to cover up your little white lies, you come up with even more significant lies.

Once you have covered up your white lies with really big ones, you realize how *hard* lying is. You've got to compensate your lie with other lies, and they keep piling up until you completely forget what you started lying about to begin

with. It's risky business folks, but it's part of life.

To cover your back, here are some tips for the compulsive, but effective story-teller.

1. Maintain eye contact.

One of the first things people pick out of fibbers is their facial expressions and eye movement. If you can't look them in the eye when you're telling a whopper, you've already lost the battle. Even though it may be hard to look someone directly in the face while telling something completely untrue, it has to be done to make it look believable. Make sure you look them dead-on and maintain

eye contact to get away with something scandalous.

2. Keep your voice in check

Another thing that happens when telling a lie is the voice becomes distorted. A completely involuntary action, most times the voice is inflicted with a higher pitched tone. And another effect is you may begin to stutter your words and get tongue-tied because of nervousness. Don't let it happen. Take a deep breath (if you have time to sort your thoughts, that is), relax, and prepare to lie their pants off.

3. Be cool


Body language says a whole lot about a person's truthfulness. If your face gets red, you smile, and you get fidgety, the truth can spill rather quickly. Since you're looking the person in the face and maintaining eye contact, you may get nervous and blood may rush to your face. Don't let it happen. Tell yourself that you are indeed telling the truth to keep

from thinking about it too much. Cherry cheeks are a giveaway.

Smiling is another snafu that can get you bent. It may seem like a funny situation and too good of a lie to actually work, but don't get the giggles. Laugh, smile, or even crack a funny look and you're ruined. Shaking your head, wiggling your arms, popping your knuckles, and swaying back and forth are body language that is bad news for the compulsive liar. Keep your hands at your sides, and stand still. If you get antsy, you might as well confess.


Of course telling the truth is always the right thing. Sometimes lying can be more fun and sometimes protect someone from hurt. You can't avoid a lie-free existence, so when you do, do it effectively.

Well, Mr. Sinner, you're ready to go tell some bold-faced lies. Use the tips, and I promise you will get away with practically anything. (But then again, I may be lying...).




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Find these words:

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LOHS girls soccer team gets new coach

Jessica Miller
Advertising Manager

The girls' soccer team has undergone many changes since last year. Included in these is the addition of a new head coach, math teacher Susan Helmich. After practice one night I was able to ask her a few questions regarding her new role and the team itself.

Question: What was it that made you want to step up and become the soccer coach?

Answer: I have always thought it was important to be involved in the school. Before moving to Lone Oak, I had always been a coach at other schools where I

have taught.

Q: Do you have a background in soccer?

A: Actually, I have no background at all in soccer. I do pick up a lot at practices by filling in during scrimmages and I'm brushing up on my keeper skills.

Q: What are some of your thoughts about the upcoming season?

A: The atmosphere at practice has been really positive. Being a young team, we are more than likely seen as underdogs, but I believe that we can accomplish great things because of the effort everyone is putting forth. This is a great group of girls.

Q: The team has lost many

players over the past year. What effect do you think that has had?

A: In terms of numbers we are hurting. It is hard for me to compare to last year because I wasn't a part of the coaching staff at that time. However, I do know how well the girls work together and how hard they work. Everyone is in great shape and we should be able to compete well against any competitor.

Q: What should fans look out for this season?

A: The games are sure to be fast-paced and very exciting. The team has a great attitude and gets along so well together that it is sure to translate into entertaining and fun matches.

Q: Now for what EVERYONE

is looking forward to...Do you know what types of concessions will be at the "Best Little Concession Stand in Paducah"?

A: You'll have to talk to Terry Jett about that. All I know is that it is going to be even better than last year. I believe they are trying to organize a store that sells clothing. In terms of actual concessions, we are going to build from last year by offering Dippin' Dots in addition to the old menu.

Q: Do you have any additional comments?

A: I am very excited about the new field, as is everyone who has participated in its development. The Booster Club has put in much time and sweat into making it look great, and it is sure to be a big success.

The NFL's extreme counterpart

Hunter Campbell
Sports Editor

There is a new NFL season on the horizon, and things like Dennis Miller's first season as a Monday Night Football announcer and Reggie White's return to the gridiron as a Carolina Panther have caught some attention among football fans. However, the thing dominating the minds of football lovers everywhere actually has nothing in common with the NFL, with the exception of two letters. The eXtreme Football League (XFL), World Wrestling Federation owner Vince McMahon's latest endeavor, will kick-off after Super Bowl XXXV ends the NFL season.

Now you may be thinking, "Is McMahon crazy? Isn't this a big waste of money on his part?" Well, yes he probably is, and yes it probably is, but nonetheless, the XFL season will go on. Although

the field is still 100 yards long, that is pretty much where the football stops and the mayhem begins. There will be no big names, like the aforementioned Reggie White. Many of the players are actually former NFL players who couldn't make the cut in the big show. Also, some of the rules that have been deemed "pansy" by most football tough guys, have been dropped in favor of more physicality. For example, the fair catch rule is not part of the game anymore. Yes, if the punt returner waves for a fair catch, he might as well be flagging down a medical helicopter, because he is fair game to the oncoming tacklers.

Although the XFL may end up being a flop, and Vince McMahon may need to be committed, it may be interesting to watch anyway. And hey, maybe in the XFL, the players can actually keep the killing on the field.

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Spring Sports Review

Track stars strut their stuff at state

Jessica Miller
Advertising Manager

The beginning of summer marks an especially restless mood for most teenagers. Extra doses of R and R become top priorities, and the disciplined youths of the school year become sleep obsessed monsters. For the girls and guys competing in the Track and

Field Regional Tournament, however, summer was delayed.

Senior high jump star, **Guion Johnstone**, Junior sprinter **Britany Hoard** (who has since moved), Senior shotputter, **Jacob Mitchell**, and Senior discus thrower, **Justin Townzen** put in their time and sweat in order to make it to Regionals.

Both the girls and boys team

accomplished high goals. **Jacob Mitchell** placed 3rd in the shotput, while Britany and Guion both qualified for the State tournament in their events - Britany with a 2nd place finish in the 400, and Guion with a 1st place in her high jump competition. Both girls went on to finish an impressive 3rd place in their events among the strongest and fastest athletes in the state.

Coach McGroarty boasts that it was a great season for the girls' team, which is proven by the multiple records that they set this year, "I look forward to a repeat performance next year by our girls. The guys field team should also be very strong".

It sounds like another exciting season awaits us in the spring.

Softball wrap-up...

Staff Writer

As the Lone Oak Lady Flash softball team concluded their season last year, they had every reason to be proud of their accomplishments. Not only did the team have a winning record, they also were district champions, defeating Reidland in the finals which Lone Oak hosted. The Flashes did not, however, advance to state after losing to their Greyhound rivals.

During the banquet at Damon's

restaurant, before the start of this school year, there were several players who won awards for their performance throughout the season. Best ERA went to **Leigh Ann Collins** (12), Most Improved Offense-**Kelly Reeves** (12), Highest Batting Average- **Kim Fesmire** (12), Most RBI's-**Heidi Seltzer**, and Rookie of the Year-**Sarah McGregor** (10).

"We accomplished a lot last year, like winning Districts and other Tournaments throughout the year," said Fesmire.

"I thought we all worked really hard as a team last year and I know that kind of teamwork will continue throughout next year," Collins said.

Baseball in the fall

Jason Bergstrom
Editorials Editor

Although there are several months until the 2001 baseball season begins, the Lone Oak varsity and junior varsity coaches are allowing those players wishing to return a couple of options in order to stay healthy and ready during the off-season.

A workout program, developed by biology teacher, and coach, Mr. Ceglinski has been in effect since August 14th that has the players use the weight room every Monday, Wednesday and Friday at 4:00, and at 3:45 on Tuesdays and Thursdays. This is the first

time in several years that the baseball team has instituted a workout program. "We've been a contender without weight lifting anyway, so we hope the program will push us to the next step, hopefully to the state tournament."

One other activity planned is "open field nights". These nights are set aside for anyone, returning or not, to work on basic skills with a light practice environment. However, they will be overseen and done by members of the Lone Oak Diamond Club due to area baseball regulations for the fall season. The "open field nights" will be held in September.

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Flash's striking offense topples Greyhounds

Jake Mitchell
Managing Editor

Football, in most aspects, is undeniably a team sport. It takes all eleven men on the field to operate as a cohesive unit in order to function properly. Rarely is it the case when a football team is taken over by a single player.

On Friday, August 25, **Eric Garner** did his best to ruin that adage as the halfback accounted for all three of the Purple Flash's touchdowns. Three touchdowns in a single game is quite a feat, but even more astonishing is the fact that the 5'8, 180-pounder did all his work in a single quarter.

Thanks to the ruthless running from the senior backfield of Quarterback **Erik East**, halfback **Greg Raney** and **Garner**, the Flash blasted the Reidland Greyhounds 21-14 in a cross-county rivalry.

"The holes just opened up. As soon as I saw the openings, I turned it on," said **Garner** of his impressive night. "The blocking really helped out, so I have to thank the guys up front."

It wasn't all fun and games for the Flash, however. After allowing the Greyhounds to get the first touchdown and fall to an early deficit, things weren't looking so bright. However, three consecutive touchdowns by **Garner** was all the

Flash would need to deny Reidland a victory.

With the Flash leading 21-7 in the fourth quarter, Reidland threatened with a long touchdown pass to cut the lead to 21-14. After giving the ball up on downs, a goal-line stand was necessary to secure victory.

"We played hard, but we made a lot of mistakes," said head coach Courtney Neel. "I'm glad we won, but we need to play better in the future."

Tomorrow night the future becomes the present as the Flash get to prove themselves in another county battle against Heath.

2000 Lone Oak Football Schedule

9/1	vs. Heath
9/8	@ Muhlenberg North*
9/15	@ Calloway*
9/22	@ Hopkins Central*
9/29	vs. Tilghman* (Homecoming)
10/6	vs. Union County*
10/13	vs. Fulton City
10/20	vs. Ballard (Senior Night)
10/27	@ Murray

*-District Game
All games start at 7:30 pm

Purple Flash soccer season is ready to kick off

Hunter Campbell
Sports Editor

Lone Oak's soccer season has gotten underway, and the Flash is predicted to be a strong district title contender this year. Practices started in July, and the first boys' game was August 22 at Caldwell County at 7:00.

They played their first of two scrimmages on August 12 at Lyon County, which the varsity team won 2-0. **Justin Jett** (11) and **Clint Cunningham** (11) both tallied goals in the shortened scrim-

mage. The second scrimmage was August 15 at Trigg County. The team lost a hard fought battle 3-2. The captains of the boys' team this year are **Todd Belcher** (12) and **Eric Burnett** (12), and the coach is Steve Angelly.

As for this year's Lady Flash, they are also predicted to finish well in the district, although they lost a lot of starters with last year's graduating class. The captains for this year's girls' team are **Jessica Miller** (12) and **Sarah Warren** (12), and the new coach for this year is Ms. Helmich (See

PICTURED

Sophomore Amy Bean (left) attempts to steal the ball from junior Leann Mason during a scrimmage in practice this summer

page 9 for an in-depth interview with the new coach).

The first regular season game for the girls was also August 22 at Caldwell County

Come out and support our soccer teams as they both fight for the district championship this season.



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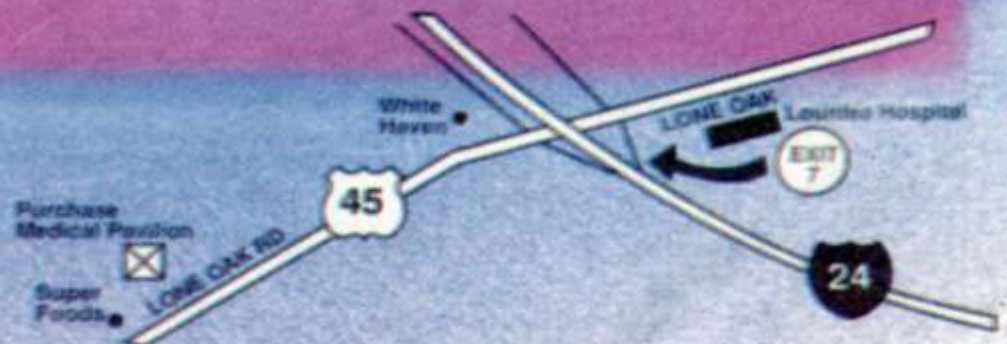


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