

September 4, 2001

## News...

Pages 3-4

Seven students represent  
LOHS at GSP/GSA...



## Editorials...

Page 6

Bush's stem cell decision  
raises many questions...



## Features...

Pages 8-9

The Oak "K" tackles  
some of the drug abuse  
problems facing teens  
today...



## Sports...

Page 12

The LOHS soccer teams  
get their 2001 seasons  
kicking...



# The Oak "K"

Volume 60

Number 1

September 2001

"It is not enough to be good if you have the ability to be better."-Alberta Lee Cox

## New faculty bolt into action

Justin Latta  
Assistant Editor



**Mr. Ben Dew**  
Graduate:  
Arkansas State University  
Subject Areas:  
P.E./Health  
Arts and Humanities  
Psychology  
Assistant Football Coach  
Head Track Coach - Boys/Girls



**Ms. Kechia Weedman**  
Graduate:  
Western Kentucky University  
Subject Areas:  
Intro to Chemistry and Physics  
Integrated Science  
J.V. Academic Coach



**Mr. Cliff Dew**  
Graduate:  
University of Mississippi  
Subject Areas:  
Economics  
Head Football Coach



**Mr. Tim Adams**  
Graduate:  
Murray State University  
Subject Areas:  
Pre-Algebra  
Algebra I  
Head Girls' Basketball Coach



**Mr. Scott Ford**  
Graduate:  
Western Kentucky University  
Subject Areas:  
Arts and Humanities  
English II  
Concert and Symphonic Band



**Mrs. Barbara Mobley**  
Graduate:  
Murray State University  
Subject Area:  
Special Education

# I second that motion!

Musgrave/ Goehman represent LOHS at Girl's State

**Brittany Fellows**  
Sports Editor

Two senior girls, Melanie Musgrave and Emily Goehman, represented LOHS this summer when they both attended a program called Girl's State. What is Girl's State? Girl's State is a week-long program sponsored by the American Legion Auxiliary that focuses on bringing high school girls to learn about the principles and functions of the U.S. government. This year, Girl's State was held the first week of June at Cumberland College in Williamsburg, Kentucky. At Girl's State, Melanie and Emily participated in various activities such as a mock-



**Boys' State and Girls' State participants:**Kaelin Thistlewood (12), Abin Matin (12), Emily Goehman (12), Melanie Musgrave (12)

state government. Melanie and Emily heard guest speakers and even held meetings like a real Congress would do. As Melanie said, "I learned a lot about the way the government works and

how laws are debated." These two learned much about government, but found it also entertaining. What was Emily's response to her favorite thing about attending Girl's State? "My favorite thing was meeting other girls. It was really fun and you had to go out of your comfort zone because you were in a city with no one else you knew. Plus karaoke night was really fun!" Melanie and Emily represented LOHS quite well.

Matin/ Owen/ Thistlewood represent LOHS at Boy's State

*Staff Writer*

What do government, marching, and boot camp have in common? They are all part of Boys' State, of course! As Lone Oak's own, Abin Matin, Kaelin Thistlewood, and Blake Owen, departed Paducah that Sunday after the end of school last summer, they had no idea what was to come upon them. Sure the brochure said that it was more of a chance for students to learn more about the American government but it definitely turned out to be more than that. Their stay at Morehead, Kentucky, for one week was definitely more than what they needed.

Crammed into a dilapidated room with three other guys was just the beginning. Their counselors were all either former or current armed forces members who woke them up at 6 A.M., set them up into special formations, and then marched them to the places where they needed to be. Do I hear someone say - military? As members of the House of Representative or the Senate, all the students brought up and debated the most controversial issues of today. In addition to discussing important issues, strategies were planned to win elections in each city and party.

Yep, that's what I call a typical fun summer vacation!!!

## The Oak "K" Staff

The Oak "K" is a publication of Lone Oak High School. It is distributed 8 times a year to all students, faculty and advertisers.

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Letters to the Editor should be 250 words or less and signed by the writer. The Oak "K" reserves the right to edit all letters for placement without altering the meaning of the letter.

This paper attempts to inform and entertain its readers in a broad, fair and accurate manner on all subjects that affect the audience.

Final authority for the content of the paper rests in the hands of the principal.

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Moderation in pursuit of Justice is no virtue.  
Extremism in defense of Liberty is no vice.

Tod Megibow, Attorney at Law

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# "Kentucky's Finest"

## GSP, FCCLA, and Welding Team Make LOHS Proud

### Staff Writer

"So, what did you do this summer?" This year, five students answered, "I went to GSP." Every summer, one thousand of "Kentucky's Finest" students participate in the Governor's Scholars Program.

Lori Speer, Jay Stallons, Kyle Weishaar, Bryan Wheatley, and Josh Woleben represented LOHS.

The primary goal of this program is to prepare high school juniors for college, provide them with more scholarship opportunities, and to introduce them to others scholars from all parts of the state.

Each scholar's experience was one unique to them. Here's what they had to say about them.

Speer attended GSP at Centre College where she majored in International Relations. She said, "GSP was the best experience I've ever had. I can't even explain it. I made of the best friends I've ever had in only five weeks. It was



**Kisha Cook (12)** Photo By Lauren Wolf

### Lauren Wolf Staff Writer

Kisha Cook, (12), was one of nine students in KY selected as a finalist in the cook-off at the state fair on August 23. Her winning recipe was an egg recipe for Strawberry Shortcake Swirls.



**Woleben, Speer, Weishaar, and Wheatley** Photo by Hunter Campbell

well worth my whole summer."

Stallions attended Eastern Kentucky University where he studied Physical Science. He said, "Whoa dang, that was fun."

Weishaar traveled to Northern Kentucky University, and he majored in Biological Issues. His thought was, "Everything I ever needed to know, I learned at GSP."

Wheatley went to Eastern Kentucky University where he studied

Psychology. He said, "I absolutely loved GSP. IT was the best experience I have ever had. It really changed me in a positive way. I just wish I could go back. I also recommend it to everyone! (Juniors)."

Woleben attended Northern Kentucky University and studied Astronomy. His thought was, "GSP is a life-altering experience that allows development of social and mental skills unprecedented by normal, everyday life."



**Aaron Powell, Jordan Byrd, Josh Mayes, and Jon Thweatt** Photo by Mr. Wood

### Joshua Woleben

*Technology Coordinator*

LOHS has done it again! For the eleventh year in a row, the Agriculture-FFA welding team has won the state welding championship.

Lone Oak also won the state championship in individual welding. Jon Thweatt won this title.

Team members for the 2001 championship team were (from left to right on the picture) Arron Powell(10), Jordan Byrd (11), Josh Mayes (12), and Jon Thweatt (11). The team will now represent the state of Kentucky in the National Mid-South welding contest in Memphis, TN in late September. This is the highest honor receivable by a welding team in the organization.

Also, Mindy Gordon took first prize in cattle showmanship at the Kentucky State Fair in Louisville.

Josh Goodwin won the regional Star Agribusinessman contest and received top blue ribbon at the Kentucky State Fair.

The tobacco judging team placed eighth in the state contest. Team members were Josh Payne (12), Matt Scheer (10), Matt Flourmoy (10), and Matt Rudesill (10). Both teams are coached by Harold Wood who is now in his 40<sup>th</sup> year as a teacher at LOHS. Congratulations to all participants on their championships and winnings!





## Lone Oak's water tower has returned

Its more-than-a-year-long hiatus is over. Work on the new tower began in July and has recently been completed. The new tower replaces the beaten-up old one, which was decorated with things that obviously took more effort to create than they were worth. The citizens of Lone Oak are glad to have the tower back, but are left to wonder, where was the water coming from while it

was gone? The workers have worked very hard to complete the tower and it is nice to have it back in town. Lone Oak just didn't seem the same without it around.

### The Goodbook Store

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DAVID M. GRIEF  
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## Spees, Mitchell represent LOHS at GSA

**Jennifer Gholson**  
Circulation Manager

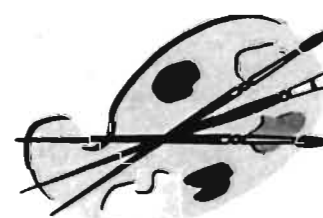
**Robert Spees (12)** and **Metra Mitchell (12)** were accepted out of over 1000 applicants to attend Governors School for the Arts for three weeks at Transylvania University in Lexington during the summer. They each prepared eight works of art that they showed to three judges at Murray State University where they were questioned about their work. These works included one self-portrait, one landscape, one still life, and five other pieces of the artist's choice. **Mitchell** and **Spees** took classes throughout the three weeks

focusing not only on their art form, visual art, but also on some of the other art forms.

"GSA has taught me that it takes time and dedication to achieve perfection, but I applied myself fully and am entirely confident in myself and my artwork." **Mitchell says.**

"GSA has not only prepared me for a future in art, but being GSA alumni means scholarships for college." **Spees says.**

Other than visual art, students were accepted from categories such as instrumental music, musical theatre, drama, dance, vocal music, and creative writing.



## Marching into band

**Lauren Wolf**  
Staff Writer

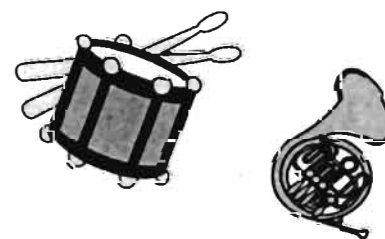
The beginning of the school year is synonymous with the start of many other seasons: football, soccer, and of course marching band. From the start of the school year until October, the big news in the band room is what's going on with the marching band. This year, the band is performing a show entitled *Conversations with Alfred Reed*. This year, Scott Ford is once again the director, with Stephanie Ford in charge of the color guard.

"I'm really excited about the

show this year. It should be a lot of fun," said **Drew Farmer (12)**. Farmer is the new band captain this season. Other new leaders of the Colonels are Casey Strong and Andrea Fagan, the drum majors this season. **Jessica Jones (11)** is the new commanding officer of the color guard along with **Erin Carrico (11)** as flag captain and **Christen Crouch (12)** as rifle captain.

As part of the marching season, the band travels around Kentucky competing with other marching bands in the area. Their first competition of September is at LOHS

on the 8<sup>th</sup>, but the band is merely performing, they are not allowed to compete at their own competition. They have three other competitions in September: Marshall Co. on the 15<sup>th</sup>, Heath on the 22<sup>nd</sup>, and MSU on the 29<sup>th</sup>. On September 3<sup>rd</sup>, the band will march in the Labor Day parade downtown.



# School not so super without superlatives



**Stacey Jarvis**  
Business Manager

Have you ever picked up a high school yearbook and curiously gazed throughout its pages? Chances are you have. Many people like to skim through the sports pages, while others may enjoy

viewing the prom section. But another highly visited portion of the yearbook that I'm sure you have visited contains the Senior Superlatives.

As I was reviewing a LOHS yearbook from about five years ago, I noticed that there were numerous superlative categories. However, in the yearbook we have yet to receive for 2000-2001 school year, one will notice that the categories have dramatically

decreased. Where did they go?

Whenever I asked an authority of LOHS the question about the disappearance of certain superlatives, the response was quite interesting. "Certain superlatives hurt student's feelings. . . it's basically a popularity contest." If that's the case, then let's consider how many times at LOHS we vote a year and for what.

May I say "popularity contests"?! From class president to

homecoming queen, everything that requires voting is somewhat a popularity contest. Yet we still have these honors because people enjoy them and they're Lone Oak tradition. Traditions should not be broken or taken away, just as some superlatives that have been in LOHS history since the 1950's.

Bring back our missing superlatives! "Most Attractive" was taken away because it was thought to be offending and unfair for those who are said to be unattractive. However, "Most Likely to Succeed", which is still a part of LOHS senior superlatives, may offend those who can't achieve straight A's every semester.

If popularity contests and feelings of students are such a concern, then take away everything that involves voting at LOHS! But we all know this will never be done. Students are not forced to vote for everything or anything at that. I believe that our 'missing' superlatives should be brought back to LOHS! If people don't like them, then they don't have to vote for them. We can't let our stolen superlatives lie on LOHS yearbook memory lane!

## Get out of the way



**Hunter Campbell**  
Editor-in-Chief

I do not play rugby, nor do I have any interest in playing rugby. However, I get quite a bit of practice doing so every day when I try to plow through the scrum in the halls of this school.

Perhaps it is because people don't realize yet that there are multiple halls available for their socializing at any time. Perhaps it is because people just like to be in the way. Whatever the rea-

son happens to be, the human wall that must be scaled in order to get anywhere needs to be dealt with quickly.

It's bad enough having to deal with the people parked in your parking space when you get to school, but

dealing with the people that park themselves in front of the doorways is getting to be a real irritant.

I am not trying to say that I have never been guilty of playing offensive tackle in the hall, but I have

made a concerted effort to make sure that I get out of the way whenever possible. Anyone who

I am not trying to say that I have never been guilty of playing offensive tackle in the hall...

tries to regularly practice common decency should make the same effort, and maybe even take

on the abominable task to use the side staircases, unless of course you enjoy being run over by the people who are a little tired of your being there. Yes, in case you were wondering, that's me.

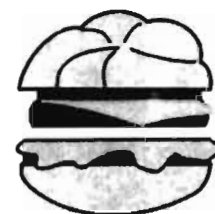
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# Bush opens door to progress



**Seth Bowen**  
Assistant Editor

You would be hard pressed to find a hotter topic in the field of medical research than that of stem cell research. On Thursday, August, 9, 2001, President Bush announced his decision on this highly debated issue. On the one hand, stem cell research is viewed by conservatives as unethical. They argue that the human embryos, which the stem cells are derived from, have the potential of developing into a person. On

the other hand, liberals claim that stem cell research is vital to medical advances including cures for Alzheimer's, Parkinson's, and diabetes. A slanted decision to either side would, in all reality, not be feasible.

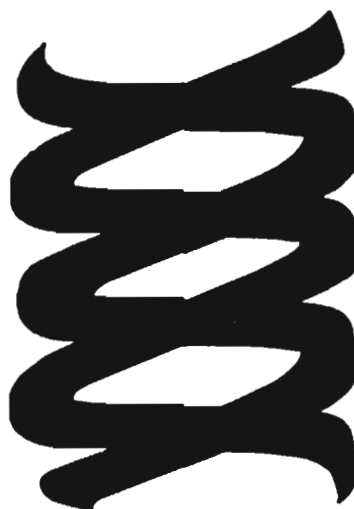
So what exactly does President Bush's announcement mean? In layman's terms, federal money may be used to study embryonic stem cells that are already in existence from left over embryos of fertility clinics.

Government subsidies are banned from research entailing the creation or destruction of additional embryos. Also, a significant increase in government aid to research using adult stem cells and a presidential advisory panel to oversee the research are included.

The plan, largely designed by Senator Bill Frist, first surfaced in the White House. But it wasn't until the Senate's lone physician member (not to mention health care industry ty-

coon) backed the plan that it gained merit. Members of Congress, including Strom Thurmond and Hillary Clinton, made another proposal. In contrast to the one proposed by Frist, this plan is open-ended on creation of new lines.

Bush's plan is ideal. It does not call for widespread, unregulated research using stem cells. It does, however, allot for limited research, which could prove useful in the pursuit of medical breakthroughs. As cliché as it might sound, the proverbial middle ground is the safest, and most likely, profitable stance for the time being.



## "There's nothing to fear but fear itself"



**Joshua Woleben**  
Technology  
Coordinator

It's the day and age we live in, and the fact of the matter is that everyone is paranoid about even the slightest aberration in what someone says or what people do by accident. Even in our own school, people have been expelled for ridiculous things. Just a couple of years ago, someone was expelled for having a blowgun in his car left from the weekend. Students have to worry about the fiction they write and whether or not it will get them in trouble just because someone died in their story.

This is just a small percentage of the effects of school violence on daily school life. Let's face it. People get mad, personalities conflict, and fights will break out. This

doesn't mean that the angry person who cries out, "I'm gonna kill you!" is going to go psycho and launch into a frenzy upon the school. It is a simple, natural human expression of anger and frustration.

Most stories are not complete unless a character is eliminated by some tragic event. We cannot deter Juliet and Romeo from dying in each other's arms. Just because someone writes about death or about a character who commits suicide does not mean that they are going to commit the act themselves. Death is a part of life, and is also a part of plot.

I'm not advocating the ignorance of real threats or possible violence. Yes, we should pay attention to threats and repeatedly violent students. But the paranoia over one threat shouted in the heat of an argument that remotely might be uttered again, or a paper turned in that actually has the word "death" or "gun" in it, should be lowered. Repeated action or threat is what should be taken

seriously, except in things like bomb threats or when someone actually says they will bring a weapon to school where immediate action is warranted.

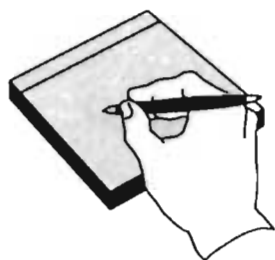
In short, the constant fears that students and teachers both alike live in should be reduced

by lowering the paranoia about such matters. This is a fine line to draw, but it has been drawn too close to normal human and adolescent behavior. Be a little lenient on odd cases or extremes that you know won't normally happen. Not everything is set in stone.



Cartoonists Kelly Hide (12) and Natalie Rothwell (12)





# MEET THE OAK "K" STAFF

Lauren Wolf  
Staff Writer



Hunter Campbell, 16,  
Senior – Editor  
in Chief  
Birthday:  
September 26

Hair: Brown  
Eyes: Brown  
Height: 6'3"  
Quote: "What, you were expecting something profound?"



Brittany Fellows, 16,  
Junior – Sports  
Writer  
Birthday:  
August 6

Hair: Aqua Blue  
Eyes: Silver  
Height: 5'7"  
Quote: "If everyone is thinking the same then someone is not thinking."



Abin Matin,  
16, Senior –  
Coroner  
Birthday: No-  
vember 13  
Hair: Black

Eyes: Brown  
Height: 5'6"  
Quote: "By December, the paper will be mine."



Lori Speer, 17,  
Senior –  
Advertising  
Manager  
Birthday:  
January 4

Hair: Find out next month  
Eyes: Green  
Height: 5'3"  
Quote: "Live life one day at a time."



Seth Bowen,  
16, Junior – As-  
sistant Editor/  
Features Editor  
Birthday:  
January 12

Hair: Brown  
Eyes: Brown  
Height: 5'7"  
Quote: "I am everyone, and I am no one. I am everything, and I am nothing."



Jennifer Gholson, 17,  
Senior –  
Circulation  
Manager  
Birthday:

March 16  
Hair: Brown  
Eyes: Blue  
Height: 6'  
Quote: "Sometimes falling is what keeps you standing."



Rachael Megibow, 16,  
Junior – Staff  
Writer  
Birthday:  
July 24

Hair: Red  
Eyes: Green  
Height: 5'4"  
Quote: "Moo."



Joshua Woleben, 17,  
Senior – Tech-  
nology Coordi-  
nator  
Birthday:

July 16  
Hair: Brown  
Eyes: Brown  
Height: 5'10"  
Quote: "Fear me."



Justin Latta,  
17, Senior –  
Assistant Edi-  
tor/ Editorials  
Editor  
Birthday:

April 20  
Hair: green  
Eyes: Blue with a tint of purple  
Height: 5'11"  
Quote: "[points] Oh my gosh, there's Blake."



Stacey Jarvis,  
17, Senior –  
Business  
Manager  
Birthday:  
January 5

Hair: Brown  
Eyes: Green  
Height: 5'3"  
Quote: "Eat, drink, and be merry; for tomorrow we'll die." - Dave Matthews



Lauren Wolf,  
16, Junior –  
Staff writer  
Birthday:  
February 9  
Hair: Blonde

Eyes: Blue  
Height: 5'4"  
Quote: "It's pop not Coke."

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## Meth: Russian roulette of drugs

**Joshua Woleben**

*Technology Coordinator*

Speed, chalk, ice, crystal, glass, or meth, whatever you call it, methamphetamine is a drug ever-growing in popularity among the nation's addict population. Meth comes in primarily two forms: street methamphetamine, which is the kind snorted, eaten, or injected. Methamphetamine hydrochloride is the "ice" that is smoked.

Methamphetamine's first effects are immediate and highly noticeable. Smoking or injecting it produces a "flash" that lasts a few minutes, described as pleasurable. Oral or snorted meth produces a high, but no rush. Users are addicted quickly and soon desire it with increasing frequency and higher doses.

Outward symptoms of a small

amount of meth include increased wakefulness, more physical activity, decreased appetite, faster breathing, high body temperature, and euphoria (high). Others are irritability, insomnia, confusion, tremors, convulsions, anxiety, paranoia, and aggressiveness. Rising body temperatures and convulsions can result in death.

Long-term use can increase heart rate, blood pressure, and can cause irreversible damage to vessels in the brain, producing strokes, which can kill. More effects are breathing problems, irregular heartbeat, extreme anorexia, and cardiovascular collapse, which basically means the heart just stops beating. If it doesn't kill, the meth can cause Parkinson's disease later in life, and can kill enough brain cells to produce Alzheimer's. Meth is a highly potent, dangerous drug that can kill at any time during its use.

## Marijuana: door to disadvantage

**Justin Latta**

*Assistant Editor*

Many of today's teens get bored with the same routine everyday. Get up, go to school, go to work, go home... etc. It gets monotonous very quickly. Thus, teens look for something to get them out of the daily grind, something quick, cheap and efficient. When a teen gets into the mindset, drugs present themselves. On the street, marijuana is the cheapest and quickest drug to get in today's society; so most teens begin their careers in narcotics with that.

Many people believe marijuana to be a harmless drug; it is far from that. Short-term effects of marijuana include problems with memory and learning, distorted perception, trouble with thinking and problem solving, loss of coordination, increased heart rate, and

anxiety. Yes, these are the symptoms of being high, but if you abuse marijuana enough the effects can become permanent. Also, according to various studies, marijuana use by teenagers who have prior serious antisocial problems can quickly lead to dependence on the drug. That's right kids, addiction.

Long-term effects of the narcotic include cancer, breathing problems, and failure in the immune system. Marijuana contains the same chemicals that cause lung cancer with tobacco smokers. Marijuana smokers are also at a greater risk of getting lung infections such as pneumonia.

If you think you are addicted to marijuana, please talk to someone, whether it be a teacher, friend, parent, or counselor. There are Narcotics Anonymous pamphlets located in the library which you can take for free.

## Inhalants go straight to the brain

**Hunter Campbell**

*Editor-in-Chief*

"Who would be dumb enough to sniff paint?" "What moron would sniff markers?" Nobody does that stuff, right? Wrong. By their senior year, more than 16% of high school students have tried inhalants in some form.

And yet there are still those who wonder if these inhalants can actually hurt you. Well, this is just a taste of what inhalant use

can do to you:

- It can cause permanent sight and hearing problems, along with slurred speech, by causing damage to nerves in the brain.
- Inhalant use can damage the oxygen carrying capacity of the blood, leaving the brain oxygen deprived, which can't be a good thing.
- Prolonged inhalant use has

been linked to cause kidney stones.

- Use of benzene as an inhalant has been known to cause leukemia. Yes leukemia.

Did I neglect to mention that there is a distinct and well-documented occurrence of death by using inhalants? It's called "Sudden Sniffing Death Syndrome." That means that you could die the tenth, one-hundredth, or possibly even the first time you sniff. If that's not enough to discourage you from inhaling, then obviously your life doesn't mean that much to you.

"Who would be dumb enough to sniff paints?"

**Brittany Fellows**

*Sports Editor*

An alcohol abuser may show these signs and symptoms:

- ◆ Drinking to build self-confidence
- ◆ Loss of interest in family and friends
- ◆ Difficulty sleeping due to drinking
- ◆ Feeling guilty about drinking
- ◆ Usually drinking to the point of intoxication
- ◆ Showing up intoxicated in inappropriate settings
- ◆ Irritability
- ◆ Loss of interest in activities that were once enjoyable
- ◆ Frequent absence from school or work, especially on Mondays



# Club concoctions can cause death

**Seth Bowen**  
Assistant Editor

"Club drugs are harmless." "Nothing can happen the first time you take one. Both are common misconceptions of users of, what are commonly called, "party drugs." Nothing could be further from the truth.

Methylenedioxymethamphetamine (MDMA for short) has gained popularity over recent years. Also known as ecstasy,

MDMA has an assortment of side effects as large as its list of street names. Confusion, depression, anxiety, and paranoia are symptoms of ecstasy that can last long after its usage. A significant increase in heart rate and blood pressure and a sense of alertness can all result from taking "X". Dehydration, hypertension, and heart or kidney failure often result from the drug being used to sustain dancing for extended periods of time.

Gamma-hydroxybutyrate, or GHB for short, is a particularly dangerous sedative. Although it can also be used to build muscles because of its hormone releasing qualities, GHB has many similar health risks of other common sedatives: drowsiness, nausea, vomiting, headache, loss of consciousness, loss of reflexes, impaired breathing, and ultimately death.

Higher body temperature, increased heart rate and blood pres-

sure, sweating, loss of appetite, sleeplessness, and tremors may sound minor compared to some of the other aforementioned drugs, but LSD is nothing to scoff at. The hallucinogen's effects are unpredictable depending on the amount taken, the user's personality, and the environment in which it's used.

So many drugs, so many side effects, and yet the number of users continues to increase. Think twice before taking any of these so-called "party drugs."

## Alcohol poisoning is deadly

**Lauren Wolf**  
Staff Writer

With the advent of football season and school getting back into swing, alcohol abuse is on the rise among teenagers. Oftentimes, teens consume great amounts of alcohol in the little amounts of time, and the consequences can sometimes be tragic.

Alcohol poisoning can kill within hours of consumption. The liver can only oxidize about ½ oz. of alcohol in one hour. At parties, teens can easily consume about eight to ten drinks in one hour. For a person of 100 lbs., that amount is lethal. It only takes about 0.4% of alcohol to reach a lethal limit. That is about four times the current legal limit in most states.

When alcohol starts to affect your grain, it depresses your brain functions. If a person falls asleep after drinking too much, they can die one of two ways. They can either choke on their own vomit because the brain is so dulled that it

can not make the body wake up and clear out the airwave. People can also simply never wake up. If the nerves in the brain are too depressed, then they will just stop working.

If alcohol poisoning doesn't kill a person, then alcoholism will. Teens that start young can become alcoholics later in life, and the long term effects are just as bad as the short term effects.

### Hotline help

Regional Prevention Center  
442-8039  
Purchase District Health Department  
247-1490  
National Council on Alcoholism  
800-NCA-CALL  
National Institution on Drug Abuse  
800-662-HELP  
National Institution on Prevention  
800-638-2045

## Drug penalties

**Rachel Megibow**  
Staff Writer

Drugs are a growing problem in Kentucky. The thought of this troubles law makers, parents, and students alike. To help reduce this problem, the state government has implemented tougher punishments and stricter laws.

It's hard to believe anyone would want to do drugs with the harsh penalties in place. Some examples of these penalties are:

*Trafficking Marijuana*

8oz. or less

□ \$500 fine

□ 1 year in prison

8oz. or more

□ 1-5 years in prison

□ Class D Felony

*Trafficking Prescription Drugs*

□ 1-5 years in prison

*Manufacturing Methamphetamine*

□ 5-10 years in prison

The reason why felonies are so serious is that if you repeat a felony offense, you move up a level. On the third offense, you move up to a class A felony, which mean you could be in for life in prison without the possibility of parole.

Anyway you look at it, the penalties outweigh the "benefits." Before doing drugs, you should think of the consequences.

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## Wheatley named first Junior Rotarian of the year

**Lori Speer**

Advertising Manager

It's once again time to recognize an outstanding student in the community. Our first Junior Rotarian is Bryan Wheatley. Wheatley represented Lone Oak this past summer by attending the Governor's Scholars Program. He was also a 1999 Future Paducah Leader. He has been a Beta Club member for four years and a three year outstanding and honor student.

When asked what his plans were after graduation, Wheatley, a man of very few words, simply replied, "I'm undecided, probably UK."

Wheatley's words of advice to



Bryan Wheatley (12)

the student body of LOHS are: "If you aim at nothing, you will surely hit it." Wheatley has certainly aimed at more than nothing!



Whitney Overstreet (10) participated in the STAR (Students Taking Action with Recognition) Events competition at the FCCLA 2001 National Leadership Meeting in Anaheim, California. She achieved a gold medal for taking part in the job interview competition. Congratulations!

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## 2001: Waves of faves

**Seth Bowen**

Assistant Editor

Rock has long been considered the "genre of legends", however, 2001 could be the year that all changes. Recent favorites such as Staind and Disturbed have all, or are going to, put out new releases this year. Up-and-comers such as Tantric, Stereomud, and Saliva are new to the charts.

Staind first broke onto the music scene with *Dysfunction*. Hits like *Raw*, *Mudshovel*, and *Home* were instant successes. *Break the Cycle* looks to continue that trend with *Outside* and *It's Been a While*. If you liked Staind's first cd, chances are you'll enjoy this one as well.

Disturbed's debut album was

released some time ago, but new releases have rekindled interest in the group. *Stupified* was the band's first hit and *Down with the Sickness* might very well follow.

*Breakdown* was so popular that Motorola decided to incorporate it into its advertisements for cell phones. Tantric has followed it up with *Astounded*, while Saliva has *Your Disease* to its credit.

And for those "old-school" rockers, a new band, Stereomud, might be for you. Listening to their single, *Pain*, one might assume the lead vocalist was James Hetfield himself. One can only guess as to whether they can shed the "Metallica clone" label in the following years.

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# Oakers travel overseas

**Stacey Jarvis**  
Business Manager

"Passengers, get ready for take-off." These are the words that certain LOHS students, faculty members, and I heard on June 12. As we quickly strapped ourselves into our seats, we anxiously awaited our arrival in Paris, France. We were all about to experience a trip of a lifetime.

Ms. Underhill (LOHS Teacher), Mr. Wallace (LOHS Teacher), Justin Townzen (2001 Graduate), Courtney Jones (2001 Graduate), Sheena Ramage (2001 Graduate), Emily Canup (12), Leann Mason (12), Bethany Hobbs (11), Jennifer Alonzo (11), Steven Sloan (11), Jason Wattier (11), some LOHS parents, and I were all among the crew to Europe for an exciting adventure.

There we went to three different countries: France, Switzerland, Germany, and some went to Austria if they chose to.

Our first day in Europe was a complete culture shock. For most of us, it was our first time out of the United States, in a world where almost no one speaks our language. Try frantically asking for directions on the subway when you have five minutes until curfew! It was

weird watching everyone pass us by with that "Oh, you're ob-

the Castle of Heidelberg, and the beautiful country sides.



Lone Oak globe-hoppers pose in Germany

Photo by: Redina Jones

viously a foreigner" look. I was use to giving other people that look, not have that look given to me!

"It's like a totally different world," said 2001 LOHS graduate Justin Townzen. This statement proved to be true, i.e. our tour bus was a Mercedes Benz.

Once after we got over the culture shock, we really opened us and began to experience

Europe for what it's worth. On our interesting and educational tours alone, and with our tour guide Inga, we walked through The Louvre, saw the *Mona Lisa*, the Moulin Rouge, the Eiffel Tower, and Notre Dame Cathedral of Paris, the Neuschwanstein castle, the Dachau Concentration Camps,

all dreamed about seeing someday. They were all as beautiful and interesting as we see on television and in books.

Europe is a very special place. Not only did we all find a sense of independence, but we also realized that the world is a beautiful place. Everyone should take a trip overseas at least one time during their life. You never know what's on the other side until you see it for yourself. It will change your life forever.

These were incredible sites we

## Tony Stewart

RACING

Good Luck  
Stacey Jarvis  
and the  
Graduating  
Class of 2002





# Welcome to America!

**Rachel Megibow**  
Staff Writer

"Hey, you want to go to the mall?" you ask a friend. This is the same question Acel Scheppler has asked her friends. Acel is a foreign exchange student from Germany who seems quite happy with the number of malls here in America.

Acel was born in Kazakhstan, but she now lives in Germany. She says that everything in Germany is squeezed together but has a landscape similar to ours. They have a ton of nightlife. "We have lots of malls, but not as many as you have here. It's very beautiful there."

Acel enjoys most of the same activities we do, such as hanging out with friends, danc-

ing, going to the movies, shopping, and reading. Her favorite thing about LOHS are the breaks between classes. She also likes the mall.

Naturally, there are some differences between her school in Germany and our school. One of the differences is that it starts at 8 am and usually lets out at 1 p.m. Class periods are 45 minutes. Thirteen subjects are taught in school and after two periods, the students get a 15-minute break.

Acel comes from a very interesting country. Enjoy you're stay at LOHS, Acel. I hope you like our country as much as you do your own.



German exchange student Acel Scheppler (12) talks about her experiences in America.

Photo by Rachel Megibow



## Tear 'em up!

**Abin Matin**  
Coroner

Is being a freshman actually difficult? You would think that it was but according to Brad Robbins, 14, that's not true.

"Well Brad, take me through you typical day."

"Well I come to school in the morning, go to my classes, take notes, go to lunch, eat...and...and that's it. Pretty boring really."

"How do you compare yourself as a freshman?"

"I consider myself an average freshman - neither overly smart nor popular. Just average."

"How do you hold yourself up against upperclassmen?"

"I usually tear 'em up. They know better than to mess with me but usually if I don't have anything funny to say I don't say anything."

"So, are you a funny guy?"

"No."

"So you never really talk to upperclassmen?"

"No, not really."

"Do you feel the teachers treating you any differently since you are the newest members of the school?"

"Well, I have a bunch of classes with students who are not in my grade so I am personally not treated that way but I know other teachers somewhat treat freshmen with little or no respect."

"Does that lack of respect hurt you in any way?"

"I do feel upset at the way my classmates are regarded but I am not hurt at all."

"So, what do you actually do when upperclassmen do actually push you around?"

"Oh, I just push them back and tear 'em up."

"You like that phrase don't you."

"It's true you know."

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## Soccer seasons kick off for 2001



Boys



Girls



## Staff Writer

Although the past two seasons have been somewhat disappointing, the outlook for this year's boys' soccer team is much better. With nine focused seniors and a slew of underclassmen ready to fill in and play their hearts out, only good things seem on the horizon for the team.

The district that the Flash plays in is wide open this season, and the boys are ready to jump on the opportunity to recapture the regular season district championship that it won in 1998. However, there is no prize more coveted in the hearts of the players than the District Tournament Championship. Lone Oak has never won it before, and the team feels that this is the season to stake its claim to the trophy.

The Flash has big games outside the district, as well, the biggest of which may be the match September 29 against Lexington Henry Clay, ranked number seven in the state. This game will be a test to the team, since Henry Clay was ranked as high as 14th in the nation last season, and will be important to the confidence of the team going into the post-season. However, the game that at least nine of the players are looking forward more than any other will be played October 11. That night the Flash plays Mayfield, but more importantly, it's senior night, and if you remember senior night two years ago, Mayfield will be repaid in full for what they did to the class of 2000.

Controversy never fails to surround the team, and it showed its ugly head in the match against

Marshall County on August 23. A goal that seemed to be scored but was not counted left the game in a scoreless tie before the match was called due to lightning early in the second half. The team feels robbed of its first ever victory over the Marshals.

If you like soccer, if you like the players, or even if you just like a cheap way to have a good time, come to the soccer games, because this season will be a blast to watch.

Seth Bowen  
Assistant Editor

Conditioning, running...just another day of preparations in the routine of our girls' soccer team. After a strong season last year, the team looks to further improve on its success. The team had a good showing in its first scrimmage August 11 against St. Mary's.

The junior varsity squad kicked off its season Monday, August 20 versus Reidland. The varsity

squad began its season the next day versus Caldwell. Both are home games. The team wrapped up the month with an away game win against Graves County and a tough 3-1 home loss to against Paducah Tilghman.

After the strong showing in the scrimmage and the season's early games, the outlook for the season looks promising. Communication, leadership and good ball-handling skills will prove to be the team's strong points. **Anne-Marie Cason (12)**, likes the team's chances this year: "The team has come together really well so far, we communicate well on and off the field and it looks to be a very strong season. I'm excited about it!"

First year coach, Mr. Ceglinski has been working the girls hard, and the team has confidence that the hard work they have put into this season will come back in the form of victories and championships. Good luck to the Lone Oak Lady Flash!

**Practice makes perfect:** Defender/Midfielder **Brady Camp (11)** practices going long with this kick. Along with **Brad Brasher (12)**, Camp anchors a defense that some consider an impenetrable force.

Photo by: Lauren Wolf

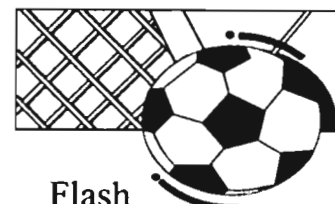
Flash  
Soccer 2001

Photo by Stacey Jarvis

**A little senior leadership:** Boys' captains **Brad Brasher (12)**, **Jon Hayden (12)**, and **Hunter Campbell (12)** and one of the three girls' captains, **Laura Ramsey (12)** take a minute to pose for a picture. They, along with **LeAnn Mason (12)** and **Whitney Morreau (12)**, lead their teams by example on and off the soccer field.

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**Soccer Schedules For September****Junior Varsity Boys**

Sept. 1	Lyon County (A)
Sept. 6	PTHS (H)
Sept. 8	Heath (A)
Sept. 11	St. Mary (H)
Sept. 13	Reidland (A)
Sept. 15	Murray (H)
Sept. 17	Calloway (H)
Sept. 18	PTHS (A)
Sept. 22	U. High (H)
Sept. 25	St. Mary (A)
Sept. 27	Heath (H)
Sept. 29	Henry Clay (A)

**Varsity Boys**

Sept. 4	Reidland (H)
Sept. 6	PTHS (H)
Sept. 10	Heath (A)
Sept. 11	St. Mary (H)
Sept. 13	Reidland (A)
Sept. 15	Murray (H)
Sept. 17	Hickman (H)
Sept. 18	PTHS (A)
Sept. 20	Lyon Co. (A)
Sept. 22	U. Heights (H)
Sept. 25	St. Mary (A)
Sept. 27	Heath (H)
Sept. 29	Henry Clay (A)

**Junior Varsity Girls**

Sept. 6	Calloway (A)
Sept. 13	St. Mary (A)
Sept. 15	Heath (A)
Sept. 17	Calloway (H)
Sept. 27	PTHS (A)

**Varsity Girls**

Sept. 4	Reidland (H)
Sept. 6	Calloway (A)
Sept. 10	Heath (A)
Sept. 13	St. Mary (A)
Sept. 17	Hickman (H)
Sept. 25	Mayfield (A)
Sept. 27	PTHS (A)



## NFL kickoff trivia

With the new football season just around the corner, I thought it would be a good idea to get your pigskin brains working. Here's a little NFL Trivia to get your mind on the gridiron.

- Which running back holds the record for rushing touchdowns in a single season?

- Terrell Davis
- Emmitt Smith
- Marshall Faulk

- What future Hall of Fame Quarterback is the all time leader for passing yards in a season?

- Troy Aikman
- John Elway
- Dan Marino

- This up-and-coming receiver

broke Jerry Rice's record for receptions in a game last season.

- Terrell Owens
- Randy Moss
- J.J. Stokes

- What linebacker was named MVP of Super Bowl XXXV?

- Jesse Armstead
- Ray Lewis
- Bryan Cox

- The Baltimore Ravens promptly dumped which QB after their Super Bowl Victory?

- Randall Cunningham
- Doug Flutie
- Trent Dilfer

1)b 2)c 3)a 4)b 5)c

## Flash football has "New Attitude"

**Stacey Jarvis****Business Manager**

They have a new attitude! It's football season yet again, and our LOHS football team is ready for a new start. Welcome the LOHS Football Head Coach Cliff Dew, along with Ben and Roger Dew as the new Assistant Coaches. Although the team has new leadership, they are working together well.

"Although we have lost most of our starters, we are regrouping successfully," stated Senior Tommy Gorline. The team is very enthusiastic about their future. With this optimistic approach to the 2001 season, they are sure to be successful.

**Football Schedule****Varsity**

Sept. 7	Grayson Co. (H)
Sept. 14	Calloway (H)
Sept. 21	H. Central (H)
Sept. 28	PTHS (A)
Oct. 5	Union Co. (A)
Oct. 12	Hopkinsville (A)
Oct. 19	Ballard Co. (A)
Oct. 26	Murray (H)

**Junior Varsity**

Sept. 17	Reidland (A)
Sept. 24	Calloway (H)
Oct. 1	PTHS (H)
Oct. 8	Heath (H)
Oct. 15	Murray (A)
Oct. 22	Reidland (H)

**Freshman**

Sept. 20	Graves Co. (H)
Oct. 4	Mayfield (A)
Oct. 11	PTHS (H)
Oct. 18	Ballard Co. (A)

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## September Events

							1
2	3 Band- Labor Day Parade  No School (Labor Day)	4 Boys/Girls Soccer- Reidland	5	6 Boys Soccer- PTHS  Girls Soccer- Calloway	7 Football-Grayson	8 LOHS Band Contest	
9	10 Boys/Girls Soccer- Heath	11 Boys Soccer- St. Mary	12	13 Boys Soccer- Reidland  Girls Soccer- St. Mary	14 Football- Heath	15 Band- Marshall County  Boys Soccer- Murray	
16	17 Boys/Girls Soccer- Hickman	18 Boys Soccer- PTHS	19	20 Boys Soccer- Lyon County	21 Homecoming  Football- H. Central	22 Band- Heath  Boys Soccer- U. Heights	
23/30	24	25 Boys Soccer- St. Mary  Girls Soccer- Mayfield	26 Magazine Drive Kick- off	27 Boys Soccer- Heath  Girls Soccer- Mayfield	28 End of 1 <sup>st</sup> Nine Weeks  Football- PTHS	29 Band - MSU  Boys Soccer- Henry Clay	



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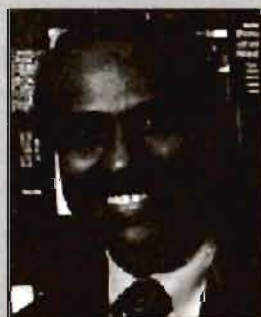
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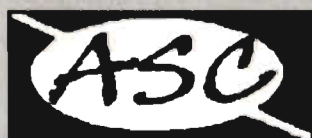
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