

November 30, 2001

News...

Page 2

LOHS students lay down the law in Teen Court...



Editorials...

Page 5

High-school students "falling in love"...



Features...

Pages 8-9

With the holiday season here, *The Oak "K"* talks about problems with eating...



Sports...

Page 12

Basketball season prepares to tip-off...



The Oak "K"

Volume 60

Number 3

November 2001

"If peace cannot be maintained by honor, it is no longer peace."

LOHS hosts first ever Career Week



Photo by Josh Woleben

Her business is not dead: Funeral director Andrea Orr of Milner & Orr speaks to Mr. Ceglinski's classes about the funeral business.

Joshua Woleben
Technology Coordinator

LOHS has just experienced its first annual career week, spanning November 12-15. Speakers from a variety of careers volunteered to speak to students about their professions. The goals of this project are to inform students about jobs and the college or training requirements for each. A broad spectrum of jobs was represented; public relations, morticians, engineers, attorneys, bankers, professors, and school administrators were just a few.

Mrs. Light coordinated the highly organized process of procuring speakers. She asked teachers to invite persons to LOHS who were willing to participate in Career Week. Mrs. Light, along with parent volunteers Donna Chu and Brenda Murphy, then contacted each professional to arrange their schedule for presentations.

Speakers were treated to a lunch prepared by the Culinary Arts students. Most speakers truly enjoyed the experience, and gave positive comments as they checked out of the office at the end of the day.

Guest speaker Sherry Anderson, the Associate Academic Dean at

PCC, said that the classes were great, that the students asked relevant questions, and that Career Week was "a great idea for students to talk to people out in the working world and to influence the career choice that they want to make."

Faculty response to Career Week was very positive. Mrs. Light was very pleased and thinks that Career Week will be very effective towards motivating students to set goals and get necessary training for a job.

Mrs. Wear is very enthusiastic about the possibilities of Career Week. "I think it is an excellent opportunity, and I hope it will continue in the future," she said. She thinks that student interaction with someone actually in the career is more effective than simply reading about it.

With all of the positive feedback, Career Week promises to be an annual event at LOHS.



Photo by Josh Woleben

Showing off the merchandise: Sandra Wilson, Director of Public Affairs at Westvaco, shows the cover of an issue of *Vanity Fair*, which is printed on Westvaco paper.

Teen court makes its ruling



Officers of the court.

Teen Court officers celebrate their "swearing in" to the courts. The "swearing in" ceremony was on November 5.

Photo by Polly Price

Rachel Megibow
Staff Writer

Standing in the court of law may intimidate some people, but not the participants of Teen Court. On November 5, 2001, the participants of Teen Court were sworn in at the McCracken Court House. The participants staged a mock trial to better demonstrate what goes on in an actual courtroom.

Participation in Teen Court is great, especially from LOHS students. They are: **Lauren Price (12), Lori Speer (12), Seth Bowen (11), Johnathan Bloodworth (10), Lan Nguwen (10), Nick Reside (10), Richie Scillion (10), Walt Whinnery (10), Sara Anderson (9), Kara Bowen (9), Aaron Hudson (9), Johnny Thompson (9)** and **Lauren**

Walker (9).

These students have been working very hard for the past few months training to be attorneys, bailiffs, clerks, and jurors.

"It's a wonderful opportunity for students to get hands on experience, to make some contacts with knowledgeable professionals, and develop their oratory and debate skills," said Mr. Roe, the Teen Court contact for LOHS.

Teen court meets once a month to sentence juvenile offenders who have pleaded guilty or failed deferment, and the Teen Court verdict is official. It looks like this group holds great promise and some future attorneys.



Meeting the youngest club

Lori Speer

Advertising Manager

Biology Club, Chess Club, Pep Club, International Ambassadors Club... International Ambassadors Club? What's that? The International Ambassadors Club is the newest club at LOHS. This club is sponsored by **Ms Gholson, Mr. Morehead, and Ms. Underhill**. Mr. Morehead is the mastermind behind the organization of this club, also known as IAC.

"The 'Foreign Language Club,' I felt, made students feel that they couldn't join the club unless they were taking a foreign language class," says Mr. Morehead. "So, if the name was changed to something more inviting, more people would want to join and allow the

club to reach its goal, which is to spread cultural awareness through LOHS."

The officers this year are: Chief Ambassador- **Drew Farmer (12)**, Foreign Affairs Liaison- **Rachel Anderson (10)**, Activities Director- **Jennifer Alonso (11)**, and Internal Affairs Secretary- **Tammy Garnett (11)**. There are about 45 members of the student body in this club. These students have put in hard work and dedication to make this club work.

"I have been very pleased with the enthusiasm of the students," states Ms. Underhill.

The IAC was responsible for collecting the donations totaling over \$2000 for the Red Cross earlier this year.



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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Assistant Editor/Features Editor

Seth Bowen

Sports Editor

Brittany Fellows

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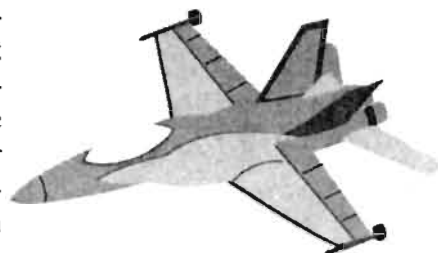
Remembering the front lines

Justin Latta
Assistant Editor

The students and faculty of LOHS commended the valiant efforts that our national forces have sacrificed for our country to establish the freedom in which we revel. On November 12th, we saluted

the proud men and women that defend our country.

The assembly commenced with Mrs. Donna Wear giving a quick summation of the history of Veteran's Day and she welcomed special guests of honor, who were veterans in attendance.

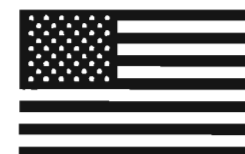


The Pledge of Allegiance was then led by **Jonathon Blackman (12)**. **Lori Speer (12)** then led the student body in the singing of the "Star Spangled Banner." Class officers from each class talked about a specific branch of our national defense. A special faculty choir sang "America the Beautiful" and the LOHS student choirs performed a competition rendition of "The Battle Hymn of the Repub-

lic."

The student body then rose to salute our own veteran, teacher Mr. Jim Mizell.

May our school never forget the hardships that these men and women have endured for our freedom.



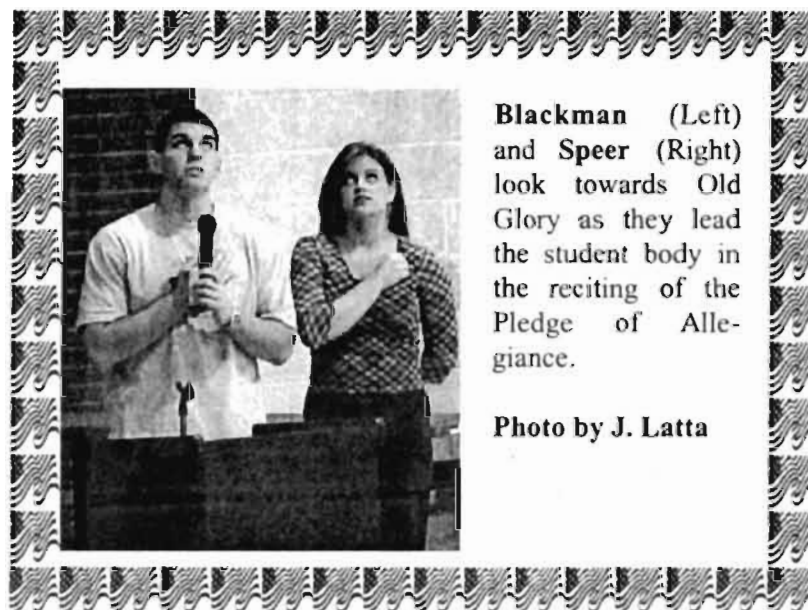
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Blackman (Left) and Speer (Right) look towards Old Glory as they lead the student body in the reciting of the Pledge of Allegiance.

Photo by J. Latta



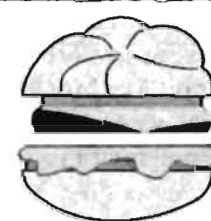
The special faculty choir lift their voices in a rendition of "America the Beautiful." Photo by J. Latta



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Who's watching us from above?

Joshua Woleben

Technology Coordinator

"The big man upstairs," "Someone up there likes me," and "Mother Nature" all refer to something we cannot see—something we cannot sense with our five senses, so we put the unseen out there with all of the other things we do not understand and imagine it as distant from humanity. What on Earth am I talking about? Well, I am speaking of God, Who else?

All people have their own concept of God—some think of Him as some big power out there that just created the universe and let everything go, while others deny that there is anyone out there in the first place. So what is God really like, and does He exist? And how close is He to us?

First, the chances of life forming as it is with natural laws already set are one in 10^{390} . If one randomizes the chances of a universe forming with those same natural laws, the chances become far more remote. Obviously, Someone had to fine-tune the universe and set everything in motion so that life could be created and thrive ("The Science of God," Schroder). That is the first case for God.

Anyone can examine a single cell and marvel at the incredible complexity of the organelles inside. Miles of DNA molecules, ribosomes, mitochondria, among others, all processing in chemical reactions so complex that it would take volumes to describe them even in chemical formulas. Move higher in scale to something as complex as a human, with thousands of different specialized cells and three trillion individual cells, and then contemplate the vastness of the entire universe—billions of light-years across and stars collected in intricate and beautiful

galaxies instead of flung all over space, and one can see the incomprehensible complexity in the universe on all scales. Obviously Someone had to design all of that—the chances of that sort of complexity occurring randomly is so remote that one might think that winning the lottery is a certainty. Randomness and chance only produce simplicity and chaos. It takes Infinity and power to produce or-

sibility of six phases of creation as described in Genesis. Then, science and the Bible meet. So scientists can see Genesis as valid, and religion can see scientific theory as simply confirming what the Bible has said for thousands of years.

In short, the idea that everything occurred randomly, that there is no sentient being in reality but hu-

manity, and that bad things don't happen to good people, is nullified by the overwhelming evidence in science, logic, math, and philosophy in favor of God. God does exist, and is closer to humanity than one might think. The idea really isn't that hard to grasp or accept, considering the evidence for God is mostly existence itself.

**"God does exist,
and is closer
to humanity
than one
might think."**

der, for the law of entropy states things left to their own become more disorderly with time. Instead, we live in a complex, orderly universe.

Where is God when bad things happen, such as September 11? According to the Bible, God is not to blame for such incidents; sin and human depravity are. It rains on both the just and the unjust. Nowhere does the Bible deny that bad things happen to good people; in fact, it affirms the idea, for trials are tests of character and personal relationships. So bad things in life are not a valid reason to deny the existence of God.

If one truly examines Genesis and scientific theory, the two are actually in harmony more than mutually exclusive. What it requires is a figurative reading of Genesis 1. Instead of clinging to six 24-hour days, consider the pos-

Playing the game of life

Lori Speer

Advertising Manager

Due to the outcome of recent events, I feel obligated to my friends to write this. Life is a very precious thing that is daily taken for granted. As a teenager in high school, many people want no worries, no cares, and most of all, no responsibilities. Guess what?! Not gonna happen. There are choices to be made every day that will affect the rest of your life. Sometimes you will make the right ones and, probably more often than not, you will make the wrong ones. You can't want to be treated older and more mature, but then not want to face the consequences once you mess up. Life isn't a game unless Milton-Bradley made you. It isn't some-

thing that you can end and then start again. It's a one-time chance.

Some people are given second chances. Some people walk out of situations that should kill them. These are the second chances. An injury will serve as the constant reminder to hopefully avoid repeating the mistake. Next time, a second chance might not be given.

Your life IS important, not only to you, but also to those who care about you. Take care of it. You're not only hurting yourself, but everyone around you. Think about the consequences before you make a mistake that could change your entire life, if you even have a life left.

Gene Boaz

709 Bleich Road
Paducah, KY 42003
(270)-554-2642

*Happy
Thanksgiving*

from
Lone Oak News
The Good Neighbor

Let us out of here!

Hunter Campbell
Editor-in-Chief

Does anyone else get tired of the every day rush and the repetitiveness of the menu in the lunchroom? Would you like to be able to get out of this place for just 25 minutes every once in a while? Believe me, I can't count the number of people who share the desire for an open lunch period, where students can go wherever they please for their dining pleasure.

I am not knocking the cafeteria food. The cafeteria staff does a good job of feeding so many people every day. I am simply saying that giving students a chance to relax outside of school cannot be considered a bad idea.

Of course, the opponents of this idea will cite the fact that students may have a tendency to "lose track of time" while away from school, resulting in their late return, if they return at all. This is easily remedied by making students who leave sign a sheet, and if they are not punctual to their next class, they would be punished. If they happen not to return to school, they would be given an automatic Saturday school, or some other punishment so laced in boredom that the possibility of a repeat offense would not even enter the realm of thought of the offender.

LOHS went to the three-period lunch system to eliminate overcrowding. If open campus were instituted, the school could revert to the two-period system, which would allow more time for students to eat, and with some student leaving campus, this would remedy the crowding problem

A day that will live in infamy...

Abin Matin
Coroner

Over the past few years a lot of tragedies have occurred to the citizens of the United States of America. Starting with the Oklahoma City bombings, the Columbine school shooting, and just recently the worst of them all – the September 11, 2001 tragedy in New York City. In search of answers and possible scapegoats, the government has placed its watchful The creation of young, violent minds is the fault of the entertainment industry, as the government suggests.

On April 17, 1997, the nation awoke to the news of a bombing right at a federal building in Oklahoma City. The news media covered in great detail the tragedy itself and how it came to be. The media, however, came under fire from the government for its overemphasis of how the attack was carried out and on detailing how

the procedures to make similar bombs may be found by means of the Internet. This blame placed on the media and the internet has no grounds. Both have the ability to express whatever information and opinion deemed.

A few years later, the Columbine school shooting, in rural Colorado, occurred. Once again, modes of the entertainment industry were used as a reason for the violence. The two shooters were allegedly influenced by a game called Doom. Although this game has extreme violence, it was not developed to have cruel intentions on the minds of teenagers.

One last example of undeserved blame on the entertainment industry is the most recent tragedy – the September 11, 2001. As the whole country froze in time in awe of this latest tragedy, the creator's of

Microsoft's Flight Simulator 2001, were pulled off of the racks around the country. Microsoft's latest creation allows for the pilot of a Boeing 747 to be flown directly into the Twin Towers of New York City. Microsoft's halting the selling of its game is totally unnecessary. Crashing a plane into any site is not the intention of the game, the option to do is solely left to the player of the game.

The entertainment industry has the ability to produce whatever materials it desires. It uses its extended powers, as awarded by the first amendment of the Constitution, to earn money and achieve economic success. That is the ultimate goal of a corporation – first, money, and second, possible results. Thus, the government is essentially not being truthful to its citizen when it places the blame on the lap of the entertainment industry.

in the cafeteria. Thus, two problems would be solved, and the student body would be much happier when lunch time rolled around.

I ask only for the consideration of this proposal from the administration. The students only want the chance to prove that we are mature enough to handle this independence, and the results may be surprisingly pleasant.



Getting too serious too soon

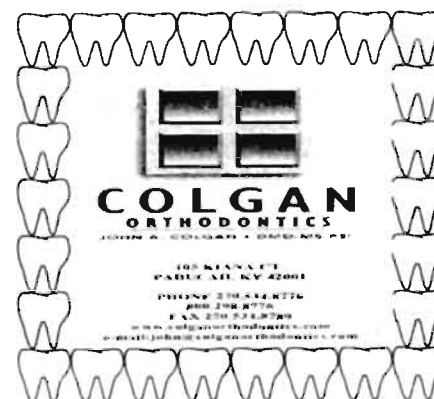
Lauren Wolf
Staff Writer

What is it with these high school relationships that last longer than some marriages? It just amazes me how teens can't decide what clothes to wear on a day to day basis, but they seem to believe that they've already found their soul mate. So many young couples in high school are more serious and intimate than most married couples. Teens start dating when they're really young, and they get comfortable with one another. In many cases, the relationships become intimate, and teens find themselves stuck in a situation that they don't want to be in.

We're teens. We should be doing what teens do best: meeting new people, forging new relationships, and having fun while doing it. Serious relationships often make it difficult for people to make more friends, especially friends of the opposite sex. Many times, teens think that they will be together forever, then when one or

the other breaks it off, they become nothing more than average teens looking for another relationship.

This is high school. We should not spend all of our time worrying about whether or not we will meet and fall in love with the man or woman of our dreams while we are studying for the ACT and preparing for the big game on Friday. These are the prime years of our lives. We have the rest of our lives to fall in love and settle down. What's the rush?



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Imagining the image *Censorship going too far?*

Rachel Megibow
Staff Writer

Image is everywhere. You can't open up a magazine, turn on the TV, or drive down the road without being bombarded with images. They may advertise different products, but they all say the same thing, that there are certain ways of looking and dressing that are desirable.

Whether you'd like to admit it or not, we are all influenced by what we see. Statistics from the Coalition for Fathers and Daughters have shown that the most impressionable group are girls ages 11-16. It is at this age when hormones go wild and decide to take every already body-conscious girl on a puberty roller coaster. The media takes full advantage of this by offering us products to make us thinner, increase hair's volume, make us look cooler, and increase

our bust size. Not every girl can so easily put aside constant messages to look like the new "it" girl. Add these images to a body that isn't always doing what we want, and you could have the beginnings of an eating disorder, which commonly begin as early as age 12 or



13. We ask how can some people treat their bodies this way? Look in a magazine or on TV, and you'll see, it's not that hard when you have this kind of "motivation."

Would it be possible for the media to use normal looking people of all shapes and sizes instead of the ghosts who walk the runways?

Seth Bowen
Assistant Editor

Unless you've been living on Venus for the past two months, I'm sure you are well aware of the far-reaching effects of the September 11th tragedy.

Death, injury, and economic hardship are a few of the more easily recognizable effects.

But could it have affected the music industry as well? Sadly, it has.

Hundreds of songs including new releases and famous classics have received significantly reduced airtime because their subject matter can be (remotely) interpreted as insensitive in the wake of the events of September 11th. Granted, there are several songs in

the current "mainstream" that many feel were inappropriate during that week. A month and a half later these songs are still receiving little to no play. The line between respectfully honoring that day and getting on with life has yet to be drawn.

"The line between respectfully honoring that day and getting on with life has yet to be drawn."

Also, many radio executives are taking the measure a little too far. Songs that have absolutely nothing to do with crashing a plane into a building aren't being played simply

because they may contain one lyric that even Dennis Miller would have trouble understanding the logic linking it to the tragedy.

I think the censors might benefit from heeding an old Revolutionary Era business credo: "laissez-faire," or, as we say in English, let alone.

May I help you: the art of public relations

Jennifer Gholson
Circulation Manager

Whether its working in fast food, a retail store, or waiting on people, all students need to work with the public at least once in their lives. Working with the public develops a person's character and teaches him values that can be used for the rest of his life.

A person working with the public realizes how *not* to act. I have worked in retail the past year and have been frustrated many times

with customers who think that they are omniscient. They believe they should get a discount on merchandise that has an inconspicuous scratch or dent on it, even though we have a full supply of perfect ones from a stockroom. Customers accuse me daily of miscalculating their total when they forgot that Kentucky has a 6 percent sales tax or when they just forgot about an item. I believe also that the public has a literacy problem because they think that a sign that clearly states "Miniature Nativity Sets \$5.95" applies also to the candles on the same table.

Working at Taco Johns, Jay Stallons says, "I have to continuously inform customers of the concept of

One coupon per visit." When working with the public an employee has to remind customers of policies he has to follow and also keep a positive attitude.

Because of these incidents I have learned how to humble myself. I cannot show my frustration with the customers. I have learned how to accept every mistake I make and repeat multiple times to the customer how sorry I was for breaking the antler of the last reindeer we had in stock. I have learned to receive criticism without responding with an excuse.

Some may say that it is better to work at a job where you will ultimately have an occupation. Though I believe that is necessary,

jobs that deal with the public instill lifelong lessons that a student will never forget. These jobs will not only help a student learn an occupation, but also learn basic lifestyle principles that are daily put into practice. So, I encourage students not to look down upon minimum wage jobs, but to look at them as a learning experience.

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Red Ribbon Week



Above: Ashlee Buchanan, Kathryn Wright and Metra Mitchell are practicing for their debut as Crest models.

Left: Students from LOHS along with area elementary schools designed t-shirts and flyers for the community promoting "Drug Free" awareness.



Kris Swift (9) uses lunch time to cram for a test instead of cramming his face.

Frankenstein at LOHS



Above: Mr. Whitley is preparing for Pickle Ignition Day as his students wait in anticipation for what is about to come.



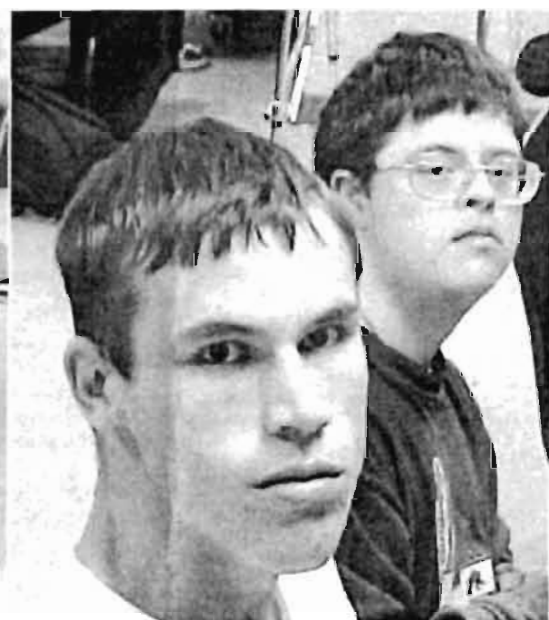
Don't worry, Mrs. Robert gets the situation under control!



Lunch time madness!



"An apple a day keeps the doctor away!" says Natalie Roe (12)



David Wiersma and Tommy Hoover take a glance at the camera during first lunch.



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Supplements are no substitute for real vitamins

Abin Matin
Coroner

Thousands of dietary supplements are on the market. Many contain vitamins and minerals to supplement the amounts of these nutrients that people get from the food they eat. The effectiveness of certain supplements, however, is in question.

Some supplements have documented benefits; the advantages of others are unproven and claims about those products may be false or misleading. For example, claims that you can eat all you want and lose weight effortlessly are not true. To lose weight, you must lower your calorie intake or increase your calorie use through exercise. Most experts recommend doing both.

There are growing numbers of doctors and researchers who advocate that the addition of nutritional supplements to the diet and a modification in the foods eaten will assist in decreasing fatty tissue and increasing the ratio of lean muscle. This means that certain nutrients and dietary supplements can improve the body's efficiency in metabolizing fats in the diet and also increase caloric expenditure.

Continuing research is uncovering the role certain vitamins, herbs, and other nutrients play in weight control and weight management.

Source: US Federal Trade Commission, June 1999



To gain or not to gain?

Joshua Woleben
Technology Coordinator

Having trouble losing weight or gaining weight? Sometimes, the problem is the diet. If you are consuming too many calories, fats, and not enough proteins and carbohydrates, you may be on the way to weight gaining. If you are eating a lot of protein and carbohydrates but not enough fats or calories, you may end up losing weight or be unable to gain any more. The fact remains that vegetables and fruits are good for you, but you do need some of the sugars and calories in sweets, contrary to popular belief. Calories are burned in the presence of other calories, so healthy calorie consumption coupled with exercise

may be what is really needed instead of binge eating or starvation diets.

Eating right, but still not gaining or losing weight? Then the problem may lie with the thyroid gland. The thyroid gland produces a hormone called thyroxin that regulates metabolism. An over-active thyroid gland may speed up the metabolism so much that no matter what is eaten, the body never gains any weight. They are also hyper and have trouble sleeping. Others have an under-active thyroid gland, and despite the fact they may eat right or less than necessary, their body gains weight because nothing is spurred by the gland to process it. Medication is available to correct both condi-

tions.

A final possibility with metabolic rate is genetic tendency. Some people are born with a fast metabolism, others are born with a slower one. The only way to deal with genetic metabolism tendency is to eat according to how much your body can burn. This is why some people can eat and eat, never gain an ounce, and have a normal thyroid, while others can only eat a few hundred calories a day and maintain their weight on that. Whatever the case, the diet is often the biggest factor in determining weight.

Source: <http://www.co.broward.fl.us/mei00200.htm>

Weight reducing, life reducing

Lori Speer
Advertising Manager

"I am desperate to lose weight!" This is a phrase commonly stated by people of all ages, especially females. The current fad for weight loss is diet pills. Metabolife, Herbalife, Xenadrine, and T-Lite are only a few of many of these pills. These magic pills are merely a figment of the user's imagination. They help to curb appetite, but the side effects they produce are undesirable. They cause uncontrollable shaking, racing heart rate, and too much energy, which causes a reverse effect of fatigue.

Although pills may seem like an easy out for losing weight, more often than not they don't work. In fact, after the user quits taking the pills, the weight that was lost is easily regained. If they do, one must exercise and eat properly and

less to have successful results. By doing these same activities and not taking the pills, the same amount of weight can be lost.

Each day, more and more people decide to begin losing weight by taking pills. "300,000 pounds will be lost this year," state the makers of Metabolife. However, taking

these pills can lead to other health problems, such as an increase in blood pressure possibly leading to a stroke, that make weight seem less important. If you plan on losing weight, try to do it the healthy and more responsible way- on your own.



Life vs. fame is a hard choice

Jennifer Gholson
Circulation Manager

My eyes were opened to the reality of eating disorders when I was pursuing a career in modeling. Like many other teen girls I dreamed of gracing the covers of Vogue and walking the runways of Milan. Well into my career as a model, I decided to find out if I were true model material. I had just been doing regional work in Nashville and I decided to

go to a convention in Orlando and compete with other models as international agents such as Next and Ford judged us. My career suddenly came to a halt as those agents who judged me told me I could not model internationally. They said I was not thin enough, my hipbones were too wide, my face was too strong, and some even said I was too tall.

This was a wake up call and I realized that unless a model is born per-

fectly or surgically create a perfect body, they have no chance of becoming a supermodel. I looked around me and saw that my friends in modeling rarely ate meals, they never ate out, and they would exercise for hours each day. I had a choice at this time. I could either take to heart the information that these agents told me and live like these other models did or I could

forget all about my dreams of becoming a model, set my priorities straight, and put my health first.

Only a small percent of the population is able to be a model. Should the rest of the population be so influenced by a select group of individuals that they develop eating disorders? As I have figured out, it is not worth it.

Bulimia: Throwing it all away

Rachel Megibow
Staff Writer

According to the latest statistics from the Health department, eating disorders are at an all time high. One eating disorder that is disturbingly increasing in popularity is Bulimia, a condition in which those affected vomit after eating excessively. Bulimia affects 20% percent of the nation teenagers.

Most bulimics eat large amounts of food then purge because they are afraid of gaining weight. This leads to one of the warning signs, frequently going to the bathroom after meals. The reason bulimia is so hard to spot is most bulimics maintain their normal weight. This makes us wonder what the real harm is.



Stomach acid is in your stomach for a reason. Somehow, the idea that it is supposed to stay in your stomach escapes most bulimics. Once it's out of your stomach, it can eat away at your esophagus, the enamel of your teeth, and your fingernails. That can add to self-esteem problems.

Bulimia is serious and affects both boys and girls. In fact, bulimia is the most common eating disorder among boys. Over 5% of the bulimic population are male. Making the statistics even scarier.

Bulimia is curable and repairable if caught in time. If you suspect someone may be bulimic, encourage him or her to see a physician.

For more information go to www.chickclick.com/body+soul.html

Anorexia: Dying to be thin

Lauren Wolf
Staff Writer

Anorexia is a growing trend. According to www.anred.com, one of every one hundred girls between the ages of fifteen and twenty-four will be diagnosed with anorexia nervosa. Anorexia nervosa is an eating disorder where the patient stops eating in order to make themselves thinner. It is most common in young girls, and even more common in dancers, models, gymnasts, and die hard athletes. Girls starve themselves in an attempt to meet certain weight requirements for their given activity.

Although eating less does make a person thinner, it also does serious damage to the body on the inside. When the body has no food from outside sources, it begins to eat itself. Muscles get chewed away, as do other organs. If nutrients are

never provided, then the body will slowly deteriorate and shut down. Long term starvation puts undue stress on the heart, and major heart problems can develop: arrhythmia, murmurs, and overall heart failure. If the body goes without food for long enough, it can actually reject food once it finally gets some.

Many people with anorexia have definite mood changes. They become irritable and moody due to the hormone loss they experience with their nutrient deficiency. Psychiatric help is often needed to help treat anorexics and their illness, but it is not an incurable disease. With the right amount of help and support, anorexics can become more confident and eventually overcome their desire to starve themselves.

For more information, contact 847-831-3438 or www.anad.org.

Life equals healthy eating

Brittany Fellows
Sports Editor

Healthy food...the food that claims exactly what it is. What is all the fuss over healthy eating? The fuss is that health food is extremely important for a healthy body, especially for teens. Teens should eat healthy because they are going through their final growth spurt.

Healthy food, such as whole-

grain breads, vegetables, and fruits, contain types of dietary fiber which is essential for healthy eating. These fiber-enriched foods decrease your risk of cancer and heart disease later in life.

Eating healthy food is not the only key to a nutritious diet. You must also consume a variety of foods. You need to get many nutrients to supplement your body,

which can be done by choosing food from the groups:

- Breads, pasta, rice, and cereal
- Fruit/vegetables
- Milk, cheese, and yogurt
- Meat, eggs, nuts, and poultry

The food pyramid is an outline of what food you should eat each

day based on dietary guidelines. The pyramid should be used every day to help you decide what to eat. The picture across tells you how many servings of each group you should eat each day.

Information was gathered at www.nutrition.gov and www.britannica.com

Harris named November Rotarian

Stacey Jarvis
Business Manager

November's Junior Rotarian is outstanding in more than one way. Douglas West Harris possesses the qualities that make a senior become a Junior Rotarian. While being involved in clubs, academics, sports, and the community, West demonstrates his character, which makes him stand out in the crowd.

During his years at LOHS, West has participated in the Fellowship of Christian Athletes, Future Business Leaders of America, has been an active member of Lone Oak First Baptist Church, a four year honor student, as well as an outstanding student.

We all know that West is excep-



Junior Rotarian West Harris (12)

Photo By: Seth Bowen

tional when it comes to sports. Mr. *Most Athletic* himself has found his "calling" throughout his

lifetime: baseball. His success at LOHS and on other competitive teams has led West to develop into an outstanding player and sportsman. His experience has paid off; the University of Kentucky has offered West a scholarship for baseball, which he has accepted.

"I hope to be a future pitcher in the rotation of the Atlanta Braves. If not, I plan to become an allergist when I graduate," states West of his future plans.

Who knows, West may be the next man from Paducah to appear in the Major League World Series. His outstanding success and determination will more than likely land West the role of his dream. This focus and exceptional quality is what makes West this month's outstanding senior and Junior Rotarian.

Senior Superlatives

Mr. and Miss LOHS-

Jonathon Blackman and Natalie Roe

Mr. and Miss Senior-

Jonathon Blackman and Whitney Morreau

Most Unique-

Dylan Marquess and Kelly Hyde

Most Athletic-

West Harris and Andria Downs

Most Likely to Bleed Purple and Gold-

Derek Haneline and Laura Ramsey

Most Likely to Succeed-

Josh Woleben and Melanie Musgrave

Best Personality-

Matt Dodds and Kinsey Bell

Most Respected-

Jonathon Blackman and Whitney Morreau and Natalie Roe

Most Talented-

Robert Spees and Metra Mitchell

Most Considerate of Others-

Bryan Wheatley and Lindsay Byrd

Funniest-

Jeremy Enck and Natalie Rothwell

Most Likely to Make it to Hollywood-

Chris Jett and Lori Speer

Most Likely to Host Their Own Talk-Show-

Justin Jett and Veronica Clark

Most Likely to Appear on the "In-Style" Fashion Channel-

Derrick Barnhill and Lauren Vinson

Most Likely to be the Next President-

Abin Matin and Emily Goehman

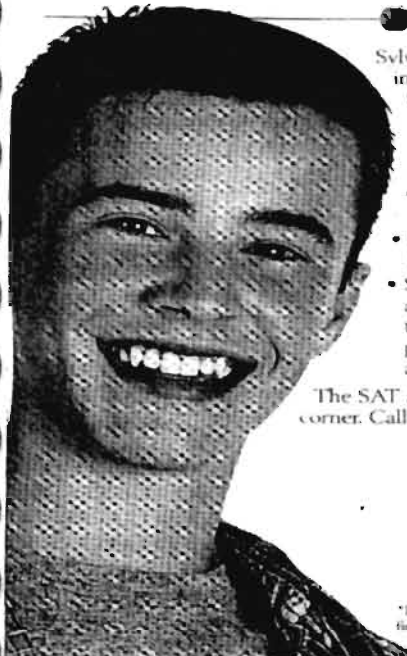
Most Likely to be seen on the Cover of a Magazine-

Matt Goode and Kristen Lafferty

Most Likely to call a "John Deer" a Member of the Family-

Josh Payne and Melissa Kaufman

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Peer tutors help where it counts

Hunter Campbell
Editor-in-Chief

Every year, a few students use one of the hours of their busy day to help out in the Lone Oak Special Education Department. These students are the peer tutors, and the time and effort they give to the Special Education program here can only be described as invaluable.

This year's peer tutors are **Brad Brasher (12)**, **Natalie Roe (12)**, **Jon Hayden (12)**, **Jessie Grimm (12)**, **Andrea Dewey (12)**, **Lesli White (12)**, **Lauren Wolf (11)**, **Terin Roof (11)**, and **Kirby Lane (11)**. They give of their time and energy to help the advancement in learning of the handicapped stu-

dents and those with other learning disabilities. **Hayden** says, "The kids are all hard-working, determined individuals. I'm just glad that I get a chance to help them out whenever possible."

The tutors help the students with many projects, and recently the Special Education class sewed an American flag, in memory of those killed in the horrific September 11 attack. Patriotism is just one of the life lessons that the peer tutors help the students learn every day in their time with them. The entire staff of the Special Education department is very thankful for all they do, and though they may not realize it, they are doing the students they help a priceless service.



Photo by Hunter Campbell
Proud to be Americans: Peer tutor **Natalie Roe (12)** poses with the American Flag that students **Mary Alice Smith**, **Jarod Lawson**, **John Faircloth**, and **Micah Neihoff**, and recently sewed in their class.

Grazing not just for cows

Lauren Wolf
Staff Writer

When you hear the word "grazing," the first thing you think of is cows in an open pasture mindlessly chewing away at their cud. Well, there is another herd that flocks to graze, and it happens every Sunday morning. It is the great American tradition of grazing at Sam's.

Although Sam's offers samples every day of the week, the Sunday after-church hours are prime time for Sam's to bring out their finest treats. At the end of nearly every food aisle is a delectable delight for passersby to nibble at as they roam the vast rows of frozen dinners supplied in bulk. In a matter of minutes, shoppers can get a full meal for free. Many times, it can be a three-course meal, complete with appetizers (chicken wings), entrees (chicken breasts), and desserts (those little mini-cream puffs

that melt in your mouth). Along the beverage aisle, one can sample every fruit juice concoction known to mankind. It's like a buffet of mini-meals that allows you to find a new favorite dish to enjoy in the comfort of your own home.

Going to Sam's on a Sunday morning is a cost effective way to do two jobs at once. You can get your weekly shopping done, and you can get a free meal all at the same time. It's a great place to see people you know, and you'd be amazed at how many people actually partake in the grazing trend. If you've never done it, then you might try it and find yourself making a repeat visit to the macaroni stand or the cream puff table for some more yummy mini meals.

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Why?

Seth Bowen
Assistant Editor

I once had an euphoric feeling so
high.
My head in the clouds up in the
sky,
When she decided to give "us" a
try.
That is until she cheated on me
with another guy,
But all I could do was wonder
why.

For her heart I did vie.

I treated her like my
Princess: nothing too expensive to
buy.

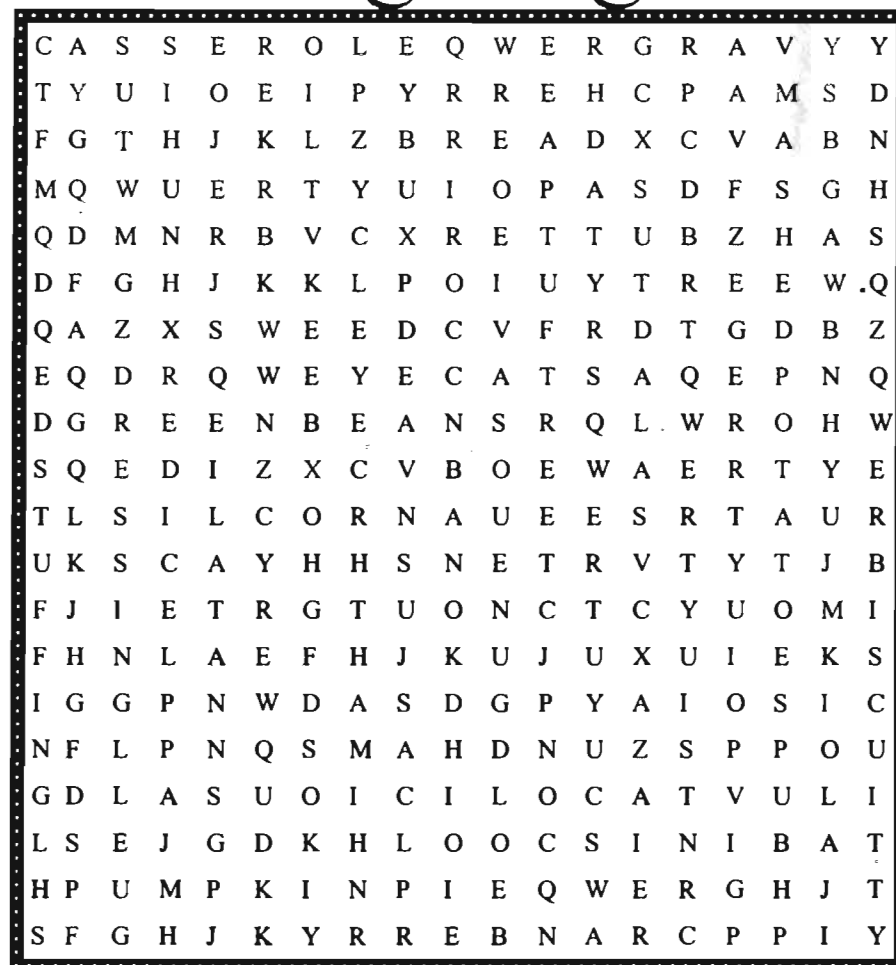
In the end she bled me dry,
And all I could do was wonder
why.

She was so very sly,
Every promise met with another
lie.

Greatly I did cry
As a part of me began to die.
Yet all she could do was wonder
why.

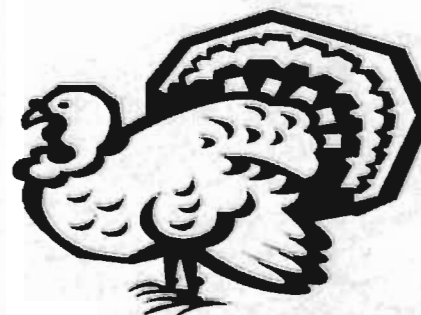
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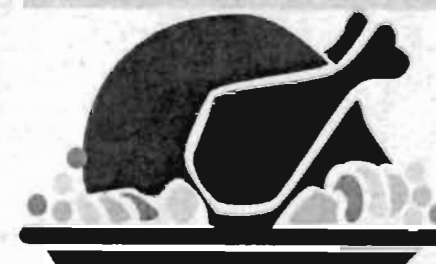
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Cherry Pie
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Soup
Roast



Word Scramble

Justin Latta
Assistant Editor

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3. NSINAID
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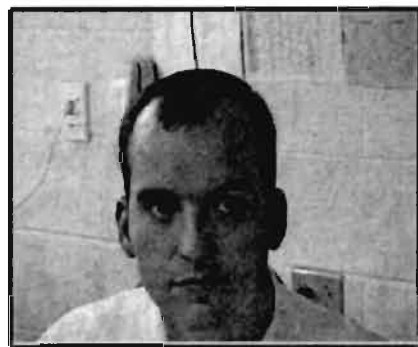
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Classes: U.S. History and A.P. History



Name: Janea Downey
Major: English
Supervising Teacher: Mr. Nall
Classes: English I and English II



Name: Leslie Ewald
Major: Music Education
Supervising Teacher: Ms. Durham
Classes: Choir



Name: Stephanie Bebe
Major: English
Supervising Teacher: Mrs. Thompson
Classes: English III and English IV

Maximum relief

Abin Matin
Coroner

It has been a while since the September 11th tragedy. Life has definitely changed ever since that moment when the two planes crashed into the nation's two most prestigious symbols of capitalism. Within minutes of the tragedy, money, food, and other different goods were being collected in various areas around the country. In addition, long lines developed at many different blood banks, such as those of the American Red Cross.

Money donations have arrived from major celebrities ranging from Michael Jordan to Ted Turner, who has a wide reputation for being a philanthropist. Many different sports associations, such as NCAA, MLB, and NFL, have donated millions to the

relief efforts. Individual institutions have also been developed to assist the children, families, and businesses affected by the disaster. These institutions include the Firefighters Fund, Twin Towers Fund, WTC School Relief Fund, and Windows of Hope.

If you would like to make donations to the relief effort, you may want to contact the following organizations:

- Red Cross 800-HELP-NOW
- United Way 212-251-4035
- Salvation Army 800-SAL-ARMY



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"The horror, the horror!"

Rachel Megibow
Staff Writer

The sound of gunfire, the sight of the torn Vietnamese country side, the smell of napalm in the morning. It's not just another documentary-this is Apocalypse Now. This movie is so much more than just another war movie; it's a portrait of the human spirit and the tortured soul of a soldier.

A soldier sits in Saigon, waiting for orders to send him back to his beloved jungle. Finally, the orders arrive, but it's not what he was expecting. You follow him on his journey in a plastic boat with a strange cast of "young rock-n-rollers who had no idea what they were doing" in Viet-

nam.

The good thing about this movie is it never idealizes anyone. The main character isn't doing this for God, country, and apple pie, he's doing it because he's told to do. None of the men are beckons of morality or perfect patriots. They got drafted, which was the sad truth at the time. Apocalypse Now doesn't show the Vietnamese people as cold-blooded killers who never suffered while our casualties litter the countryside. Violence was everywhere, but not the point of glamorized excess.

This movie is not preachy or patriotic; it's a movie about one of the worst wars in American history. Apocalypse Now is a movie about the brutality of war and it's affects on the human psyche.



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Jumping into Basketball

Lauren Wolf
Staff Writer

It's that time of year again; basketball has arrived. Students and athletes alike are gearing up for a season filled with jump shots, free throws, and 3-pointers. This year the boys team will be led by Coach Lawrence Smithmeier, with assistant coaches Andy Poore, Tim Whittis, and Greg Overstreet. The girls team is headed by Coach Tim Adams, with the help of Mike Murphy and Michael Ceglenski. The LOHS Flashes and Lady Flashes are ready for an exciting season.

"It's going to be a very good season. We have a lot of experienced players this year, and we got a lot more players back. They're going to have a tough schedule, but we've got a very strong team this year. I think it's going to be a great year," said Smithmeier.

The boys varsity team members this year are seniors **Jonathan Blackman, Justen Cannon, West Harris, Chad Montgomery, and Jay Williams**; juniors **Drew Holland, Eric Parsley, and Michael**

and sophomores **Joseph Elliott, Lucas Elliot, Seth Thomas, and Richard Walter**.

"I'm really excited about this year. We've been working hard and we're ready for anything," said **Sither**. The teams have already been practicing after school and doing scrimmages to hone their skills.

The Lady Flash this year consist of girls from every class: seniors **Ashlee Buchanan, Lindsay Byrd, and Laura Ramsey**; juniors **Katie Shelbourne and Susie Whitelock**; sophomores **Laura Bredniak, Katee Buchanan, Jessica Fox, Ashley Montgomery, Meghan Mornar, Nichole Mitchell, and Erin Freeman**; freshmen **Megan Millay, Melissa Curry, Carly Marquess, Janay Thomas, and Cheryl Tilley**.

"I know that we have good kids and they work very hard...I have great confidence in them," said Coach Poore. This season looks to be a success, so come out and support the Flash!

Band bombards BOA

Brittany Fellows
Sports Editor

LOHS band placed in top ten in Class "A" at Bands of America held November 8. Bands of America was held in Indianapolis, Indiana at the RCA Dome. The overall rank has still not been figured.

"The band has performed outstandingly well for being almost half freshman," according to Mr. Ford.

"We've never seen so many band dorks in the same place at once! Really, it was great to be able to perform for so many



people and see ourselves on the big screens in the RCA Dome," said **Lane Crawford and Priscilla Martin (11)**.

Students experienced more in Indy than the hard work of their performance. They enjoyed restaurants like Hard Rock Café-especially the reported dancing on tables there. Some considered this the best part of the trip.

Mr. Ford thought Bands of America was "great fun" and has enjoyed being head instructor of the high school band this year. "These kids are great and they work extremely hard," he said. Congratulations, band members!

Support the Flash!


Boys' Varsity Basketball Schedule Girls' Varsity Basketball Schedule

Nov. 30	Murray (H)	Dec. 3	Murray (H)
Dec. 1	Central Hopkins (A)	Dec. 4	St. Mary's (A)
Dec. 4	St. Mary's (A)	Dec. 6	Graves Co. (H)
Dec. 7	Reidland (H)	Dec. 7	Reidland @ (H)
Dec. 8	Lake County (A)	Dec. 10	Hickman Co. (A)
Dec. 11	Tilghman (H)	Dec. 11	Tilghman @ (H)
Dec. 14	Fulton (A)	Dec. 14	Fulton City (A)
Dec. 22	Martin Westview (at Racer Arena)	Dec. 17	Heath (A)
		Dec. 22	Union County RSEC
Dec. 22-29	John Robinson Tournament	Dec. 27-29	Ohio Co. Tourney

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Tony Stewart

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Stacey Jarvis
and the
Graduating
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Fall athletes earn awards for performance

Staff Writer

On Thursday, November 15, the Lone Oak football, soccer, golf, and cheerleading teams held their Fall Sports Banquet. After an enjoyable dinner and dessert, each coach



handed out the academic and athletic awards to their players for their performances during their respective fall seasons.



The major awards for each team were presented as follows:

Football

Most Valuable Player

Stephen Shepherd (12)

Most Valuable Offensive Player

Joseph Elliot (10)

Most Outstanding Running Back

Brandon Paschall

(12)

Most Outstanding Wide Receiver

Chris Tilley (12)

Boys' Soccer

Most Valuable Player

Hunter Campbell (12)

Most Valuable Offensive Player

Justin Jett (12)

Most Valuable Defensive Player

Brady Camp (11)

Mr. Hustle

Paul Russell (11)

Most Improved

Ben Malmquist (10)

Girls' Soccer

Most Valuable Player

Andria Downs (12)

Most Valuable Offensive Player

Melissa Curry (9)

Most Valuable Defensive Player

Megan Chaffin (11)

Most Improved Player

Janet Spees (9)



CONGRATULATIONS

D'Backs end Yankee dynasty

Seth Bowen
Assistant Editor

When asked how he pictured the World Series concluding, Arizona manager Bob Brenly replied, "If I had my way, we would win it off Mariano Rivera in the ninth (inning)." These words would prove prophetic. Down one run following Alphonso Soriano's eighth inning blast off Curt Schilling, the Diamondbacks created a little magic of their own. After a critical error by Scott Brosius, Luis Gonzalez lifted a bloop single over a drawn-in infield to give Arizona a 3-2 win and the series 4-3. Not surprisingly, Randy Johnson and Curt Schilling were co-MVP's of the World Series. This series is already being dubbed one of the greatest ever.

Game one featured the D-back offense, which, at times, had been missing and a dominating performance by Schilling. New Yankee Mike Mussina was knocked out early, giving Arizona a 1-0 series lead. Arizona's other ace, Randy

Johnson, mimicked his counterpart as Arizona grabbed a two game lead. But as the series moved back to New York, so did the momentum. Although Arizona carried leads into the ninth inning twice, the Yankees eked out a sweep at home, forcing two blown saves by Byung-Yung Kim.

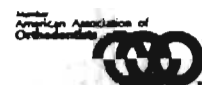
Game six resulted in a 15-2 blow-out of New York. Yankee starter Andy Pettite was hit early and often, and reliever Jay Witasick didn't fair any better. And so the stage was set for game seven's heroics.

The series has drawn many comparisons to the 1960 World Series, which, oddly enough, featured the Pittsburgh Pirates versus the New York Yankees. Arizona, like the Pirates, greatly outscored the Yankees in their first three series wins. In their three losses, the teams fell victim to the "Yankee mystique," losing by one run in late innings. Also, both teams made dramatic comebacks in the inning of game seven.

Sid W. Brantley, D.M.D., PSC

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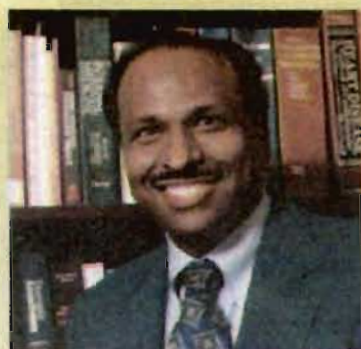
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