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The Oak "K"

Volume 60

Number 6

March 2002

"Goodbye Justin." - The Oak "K" Staff

Juniors get a taste of reality

Lauren Wolf
Staff Writer

On Tuesday, February 12, LOHS juniors were given the opportunity to get a glimpse into the real world in the 4H sponsored Reality Store. Students were given jobs, marriages, monthly incomes and children. As part of the program, local businesses provided booths where students paid bills that are normally required for monthly necessities. To accommodate the range in incomes, there were different costs for needs: low cost, middle cost and high priced.

"I think it was a great experience. I never knew how much you have to pay for in one month," said **Brandon Roberts (11)**.

Students were required to keep a monthly balance at or above zero with prizes given to those students



Photo by R. Megibow

Pick a car, any car: Juniors Emily Warmack and Leigh Ann Sayre make the decision on which car to buy at the Reality Store.

who stayed above zero. Local businesses gave away door prizes, and Janet's hairstyling sponsored a

contest for Most Kissable Lips. **Emily Owen (11)** was the winner of the contest and received a gift certificate to the salon.

"I'm really glad that students were able to take part in the Reality Store. I think it gives them a better appreciation of what their parents have to go through on a daily basis. Hopefully, students will come away from the experience with more understanding of the requirements of daily living," said **Mr. Watwood**, who was a faculty sponsor along with **Mrs. Helmich** and **Mrs. Simms**.

"It was a lot of fun. I'm glad we got to do it," said **Jordan Wexler (11)**. Even though it was just for a couple hours, the Reality Store gave juniors a glimpse into what their lives might be like when they grow up and get real.



Photo by R. Megibow

Grocery shopping: Steven Walter (11) ponders which groceries best fit his budget.

Job-shadowing for the future

Stacey Jarvis
Business Manager

Monster.com recently sponsored Groundhog Job Shadow Day on Friday, February 1, 2002 for over one million students and thousands of businesses throughout the United States. Seventy-four Lone Oak High School seniors participated in the job-shadowing experience providing the opportunity to experience a day in the world force. Job "shadowing" demonstrates the

connection between school and businesses, and helps the students prepare to join the workforce in the 21st Century. The job



Emily Canup (12) learns the ropes as a pharmacist at the Wal-Mart Pharmacy.

sites that participated were all located in the Paducah area. Students "shadowed" workers in various different businesses. Some of the businesses include

Lourdes Hospital, Milner & Orr, Paducah Police Department, Lone Oak Elementary, Lone Oak Animal Clinic, WPSD-TV, Firststar Bank, and Innovative Technical Solutions.

"It helped me further my ideas about my plans for my future career," said senior **Derek Handline**.

The Job Shadowing Program has proven to be a complete success. Mrs. Light and Mrs. Harper are planning to organize another job shadowing program to be announced in the spring.

Cheerleaders fire it up

Staff Writer

The heat IS on! The Lone Oak High School cheerleaders are at it again. Consisting of seniors Kinsey Bell, Jennifer Block, Emily Canup, Jessie Grimm, Rachel Ivitts, and Lori Speer, juniors Johnna Morris and Jaimee Redd, sophomores Rachel Anderson, Stephanie Bebout, Lauren Emery, Whitney Overstreet, Sarah

Ramage, and Cara Terry, and freshmen Sara Anderson, and **Drew Ramage**, this year's competition squad is on fire.

The girls met with Brad Habermel, the all-around top man for cheerleading in the nation, on January 12 to learn and practice an action-packed, high-energy, yet traditional routine. Different than the intense 2 ½ minute routine they performed last year, this one provides them time to take

some breathers. The girls perform a non-gymnastic cheer, gymnastic cheer, and, of course, a dance. Non-gymnastic is simply what it says, no gymnastics or stunts are involved, only jumps. The gymnastic cheer on the other hand, allows the squad to show off its flipping and stunting ability. Everyone's favorite part is, as always, the dance, which is exceptionally HOT this year.

Regional competition was held on the morning of February 23 at Paducah Tilghman High School and the girls performed exceptionally well. They placed first in

their division and will advance to state, which will be held in Bowling Green on March 23. The girls are fired up for this year's state competition and are confident

about their routine. The sponsors, Deborah Canup and Rebecca Pope, were "very impressed with Brad" and "feel that this routine truly highlights the

squad's true ability." These talented girls were able to pull it together in a little over a month and the results truly were shown at Tilghman. We wish the girls all the best of luck in their upcoming competition!



Members of the 2002 LOHS competitive cheerleading squad.

Photo by Tony Boyd.

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LOHS makes history

Hunter Campbell
Editor-in-Chief

On February 25, 2002, Mr. Watwood took 19 Lone Oak students to participate in the Western Kentucky History Competition held at Murray State University. The students took tests in both World Civilization and United States History, competing against people from various schools around the region.

Two students took home individual awards at the competition. **Lane Crawford (11)** placed third in the US History competition, beating out approximately 300 other students to take the prize. **Walter Whinnery (10)** took home top honors in the World Civilization test, making it four

years in a row a Lone Oak student won first for World Civilization. Class of 2001 graduate Amy Chapman had won the past three years at the competition.

Lone Oak also won one of the overall team awards. They took third place overall in the World Civilization test. The top eight scores of the World Civ. team were averaged, and Lone Oak was better than all but two other schools at the competition.

Mr. Watwood said about the competition, "It was successful. We won some of the awards and we were very happy to be there." Lone Oak will continue to participate in the competition and hopes to take home even more honors next year.





On January 30, 2002 five FCCLA students from LOHS competed in Regional Star Events at Marshall County High School.

First Place: Veronica Clark (12) & Whittnee Hayes (10)-Chapter Showcase Manuel (pictured above)

First Place: Lyndsay Johnson (9)-Illustrated Talk

Second Place: Erin Jones (11) & Raeanne Timmons (11)-Community Service Project

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The source of the clique problem

Joshua Woleben

Technology Coordinator

In a January survey, LOHS students cited cliques as one of the biggest problems that they face this school year. While an inevitable part of any society, teenage or adult, cliques are a serious problem at LOHS and cause the exclusion of many fine students who deserve more respect and acceptance than they receive because of the material-based, who-you-are attitude of many in our student body.

The problems with cliques worsens considerably when the excluded students become angered or grievous, and then they may wreak havoc in some violent act to avenge their mistreatment by others. Or worse yet, they may at-

tempt suicide because of such treatment.

What is the solution for cliques at LOHS? The answer is not with teachers, or administration, or with the rules. No rulebook is going to fix the problems of bullying, exclusion, and

cruelty that adolescents exhibit to people they feel are different from themselves. The answer lies within us. We, the students, are the problem—but we can become the solution.

Instead of "hanging out" with one group of people all of the time

and never broadening our horizons to new types of people that might be a little outside of our comfort zone or even embarrassing to be around, we could mingle throughout various groups or become one large, self-accepting group. People

are so judgmental, so critical of outward appearance and the person that they think that you should be, and so unaccepting, that they blind themselves to what could really be a nice, creative, or intuitive person. Instead of letting you be yourself, they bottle you up in the mold that they think

makes you "cool" and try and hold you there—which doesn't work. You can't grow as a person, you can't make good friends or proper decisions, and you become resentful towards those who oppress you if you decide to be different.

We cannot blame teachers or faculty for the clique problem and say it is their responsibility to make sure everyone has friends. We have to do this ourselves—and it is so absolutely simple. Be accepting, be kind, and get to know someone before you exclude him or her from your group. Never judge by economic status. Two old adages may sum this up best: "Do unto others as you would have them do unto you," and "If you can't say something nice, don't say anything at all."

**"Do unto others
as you would
have them do
unto you."**

Doesn't anybody care anymore?

Lori Speer

Advertising Manager

Who cares? Apparently, not many people do lately. Since this is my final year here in the wonderful halls of LOHS, I care about what I am involved in and how the other people also involved affect me. If you choose to participate in an activity, PARTICIPATE!!! Don't slack off if you feel like it because your decision to do nothing affects other people besides you.

I am fully aware of the fact that it is the second semester of the school year and it may seem like it's easy to slide through the rest of the year. However, there are still things going on that do need to be acknowledged. As a senior, I am concerned about picking a college, finishing high school,

keeping up my grades, raising my ACT scores, and the list goes on. I am not ready to give up my high

school days yet. These times are just too important to let slide. They will affect the rest of my life.

Just because you feel that you are a "big shot" around Lone Oak High and will make it without doing the work, it doesn't mean that

you will succeed once you get to the real world. I fear that you may be in for a rude awakening. I

speak to my friends who are in college and they laugh about high school and how insignificant their previous social life is now. They say they would have fo-

cused on education because that determines where you go after high school.

It's time to start caring, if you've

stopped, about what you do. Take life, school, and anything else seriously. Decisions you make today will have an impact on the rest of your life.



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Colin Powell goes global

Lauren Wolf
Staff Writer

I would like to applaud MTV for their efforts to inform teens on the world's events. I recently saw a global forum with U.S. Secretary of State Colin Powell on the state of the world today. It involved teens from the U.S., Italy, the Middle East, and other various countries in a question answer session that helped to answer many of the questions that teens have today. I think that it is one of the best ideas created to help involve teens in the goings on of the world.

It is nice to see the government acknowledge that teens have a lot to say about certain issues in society. Teens like to be involved with what's going on, and many of us have ideas about what should be done. I admire Colin Powell for taking part in the forum. I know he must be a very busy man dealing with government relations around the world, and it's laudable that he is taking the time to discuss the issues of the world with the future of the world - teens.

The forum, which aired on February 14, was a very informative question/answer session in which

Secretary Powell responded to queries from teens in different global locations via satellite. He covered issues ranging from relations between Pakistan and Egypt to his personal opinion of how contraceptives relate to certain religious practices. If you weren't able to see the forum on its first run, I highly recommend that you check out MTV.com and look for re-run dates. As a teen in the world today, I was happy to see that our government was interested in our opinions and wanted to keep us informed on the relations in the world.



Secretary of State Colin Powell.

Step up to the challenge

Jennifer Gholson
Circulation Manager

When looking back at my four years at LOHS I've accomplished much. I have accepted the challenges of my teachers and have gained much knowledge from it. Though in some areas of my education at Lone Oak, I can't remember a thing about that specific subject. I aspire to learn and I believe that it's the student's choice to learn the material or disre-



gard it. However, the teacher has an effect on whether the students are interested in learning or not.

As a student and almost graduate, I can tell you that I have learned and remembered the most from teachers who have challenged me. The challenge becomes easier when the student has a choice. In my sophomore English class I had to do a long-term assignment of any author of my choice. I can now tell you everything you would like to know about Mark Twain and his writ-

ings. A challenge also comes in the form of a project. Projects can be labs or just be learning probability by using M & M's. Though, the best projects are when I get to use my creativity. Whether it is writing a letter, making a brochure, or creating a poster, I enjoy showing my teacher my strengths in other areas.

Group work also helps me learn the material, because it helps me understand concepts that I wouldn't have thought of alone. Though, too much

group work leaves room for laziness.

Even though I don't enjoy bookwork, I know it is mandatory in some classes, especially math classes. However, books cannot replace lectures and examples. Books are to be used as a resource, not to teach us. The same assignments for every chapter become repetitive. Then, I start memorizing questions and answers instead of learning real concepts. To paraphrase Twain, "I don't take no stock in dead assignments."

**"I don't
take no
stock
in dead
assignments."**

Lone Oak drummers eclipse competitors

Stacey Jarvis
Business Manager

Many LOHS students participate in extracurricular activities. Band is one of the most popular extracurricular activities at LOHS. However, five LOHS students have expanded their desire for band, drumming in particular, and are independently involved in two very prestigious band programs.

Judah Abernathy (11), **Chris Ethridge** (12), **Andrea Fagan** (10), **Kaelin Thistlewood** (12), and **Kyle Weishaar** (12) travel every weekend to learn and practice a routine for a distinct indoor drumline called *Eclipse*. The group consists of very dedicated drummers who practice from No-

vember to April. The group is currently undergoing intense practice sessions in preparation for the World Championship held in Dayton, Ohio April 8-11. The group looks forward to defending their title: *Eclipse* were world champions last year. Reflecting on their past success, **Kaelin Thistlewood** (12) mused, "Man, we're world champs!"

Drew Farmer (12) has devoted his entire summer to the elite drumline called the *Cavaliers*, hosted in Rosemont, Illinois. Farmer currently practices once a month in preparation for his travels with the group beginning in June. He will travel and perform throughout the country during the summer months.



Photo by: Seth Bowen

Pictured above, members of the elite *Eclipse* drumline Kaelin Thistlewood, Kyle Weishaar, Andrea Fagan, Chris Ethridge, and Judah Abernathy

Goehman named Rotarian

Justin Latta
Assistant Editor

The first woman president of the United States is located right here in Lone Oak; at least that is what the yearbook says. Emily Goehman is this month's Rotarian, and frankly, it's hard to see when the girl has any free time to herself. Goehman is a 4-year Honor Student, a 3-year member of Symphonic Band, a 3-year member of the marching band, and a 6-year member of the Varsity Track team. In addition to all of her extracurricular activities, Goehman is employed at Michelson's Jewelers as a gold consultant.

What does she do at school you ask? Well, for starters, she is a member of the Math Club, the Secretary/Treasurer of the Beta Club, FCA, FBLA, and is a participant in the Mock Trial Team. Goehman also has placed first two years in a row at the Regional Foreign Language and has placed first at State Foreign Language Festival. She has also won a United




Photo by: Seth Bowen

Emily Goehman, senior

States Mathematics Award.

Aside from school and extracurricular activities, Emily is involved in many volunteer activities. She has worked the Lions Club Telethon, and helped with the Red Cross Blood Drive, participated in canned good drives for the PCA and Lourdes Hospice program.



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Giant bunny takes over the theaters

Rachel Megibow
Staff Writer

How scary can a movie be about a boy and his imaginary friend in a bunny suit? Well, if it's a six-foot-tall mutated rabbit named Frank and a schizophrenic boy, things can get pretty scary. Donnie Darko recently shown at Maiden Ally Cinema is a movie that will have you thinking about the plot line for days.

At first, Donnie Darko seems like any other American teenager growing up in 1988—that is, until a fateful October night. Donnie goes out to wander the streets after he hears a voice calling him. While he is gone, a jet engine falls on his house, actually hitting his room. The events that follow are a series of bizarre crimes that wreak havoc on Donnie's life.

This movie is twisted, but it is good. A mix of dark humor and memorable characters brings this movie to life. Actors brilliantly showcases schizophrenia as realistically as any movie could. Another great aspect is the use of lighting to portray good and evil.

Donnie Darko is an independent film that is well worth renting when it hits video stores.



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Spanish goes commercial

Lauren Wolf
Staff Writer

Students in Mr. Poore's Spanish III and IV classes recently got the opportunity to put their learning to use by producing original commercials. The students designed a revolutionizing product, created a Spanish script, and recorded their own commercials. Creations ranged from voice-activated pencils to sock-separating dryers. Models of the products were designed for use in the student-directed commercials.

"I had fun coming up with the idea for the commercial. Our group did the sock-separating dryer. The model is

hilarious; it's made out of aluminum foil and looks like a ghetto dryer. Our commercial should be pretty funny too," said **Laura Ramsey, (12).**

The class members were graded on grammar, punctuation, originality and preparation. Every class was divided into groups containing four to five members with each member having a specific role. Students got to try out jobs such as directing, writing and prop design.

"It was great getting to do all the

different jobs because it gave us something to do other than just sitting and taking notes. I liked getting the break to do something fun," said **Michael Sither, (11).**

Even though students were getting to take a break from regular class, they still got to use their hard earned Spanish skills. The entire commercial was done in Spanish with written scripts turned in along with labeled (in Spanish) dialogues.

"My classes usually enjoy getting to do the commercials because they get to make funny commercials while still



Rachel Yetter (12) and Shelane King (11) show off their "Ghetto Dryer."

For You ...

Seth Bowen
Assistant Editor

*Cascading to your shoulders like a majestic waterfall
Your hair, flaxen like a golden wheatfield,
obscures your radiant face from view
You truly are the fairest of them all*

*Your gorgeous eyes a deep cerulean blue
That hath cast their enchanting spell on me
Cupid's guided arrow hath truly struck anew*

*No one hath a sweeter smile than thee
Teeth as white as heaven's fabled pearly gate
Lips so delicately soft there I wish my own to be*

*And though being together may very well be our fate
Because of the past I let in so few
Guarding pains that which nothing can palliate*

*But if someone hath the ability to break-through
It is most certainly you*

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The curse of insomnia

Seth Bowen
Assistant Editor

Do you have difficulty falling asleep? Do you wake up frequently during the night and can't fall back to sleep? Do you wake up too early in the morning? Is your sleep something short of refreshing? If you answered yes to most of these questions, you might very well have insomnia.

Contrary to popular belief, insomnia is not based on the num-

ber of hours of sleep a person gets or how long it takes them to fall asleep. Rather, it is the perception or complaint of inadequate or poor-quality sleep.

Insomnia comes in three basic forms: transient (occurring over a brief period of time), intermittent (transient insomnia occurring infrequently), and chronic (insomnia on most nights over lengthy span of time).

Excess stress or anxiety, an

inconstant schedule, or certain medications can trigger the less severe cases of insomnia.

Chronic insomnia is more complex, and, as a result, is a combination of several factors. Physical or mental disorders, excess caffeine or alcohol, disrupted schedules, smoking, and excessive napping are a few of these factors.

Transient and intermittent insomnia often does not need treatment because of their

brief nature. The symptoms will usually pass before any medication would prove useful. Sleeping pills, curbing aggravating behaviors, relaxation therapy, and reconditioning is just a few of the treatments suggested for those who have chronic insomnia.

For more information, contact the National Center on Sleep Disorders Research located in Bethesda, Maryland. Information for this article was taken from the website:

<http://www.4woman.org/faq/insomnia.htm>



Losing your sleep

Lauren Wolf
Staff Writer

- Excessive worry, depression
- Repeated awakenings from noise
- Working at night, travel across time zones

What causes sleep deprivation? _____

What causes sleep deprivation? _____

- Not allowing enough time for sleep
- Anything that causes insomnia or poor quality sleep
- Sleep disorders

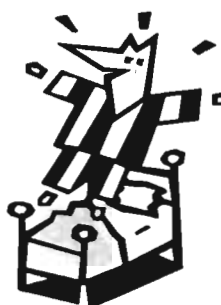
Medical illness causing pain, difficulty breathing, etc.

Sleepy survey

Brittany Fellows
Sports Editor

Approximately 50 LOHS students were asked at random: "How many hours do you usually sleep in a 24-hour period?"

9 or more hours: 2%
6-8 hours: 72%



5 or less hours: 26%

The recommended amount of sleep for a teenager is about 8-9 hours. **Laura Krall** (11) says, "Sleep!!! Who needs it?"

So, for those of you who get 5 hours or less, it's no wonder that some of you must catch up in class.

Go take a nap

Abin Matin
Coroner

Stress...stress...stress! Life is full of stress. Among all the daily worries of high school students is the inability to get enough rest. With work everyday, school-work, sports, and other after school activities, when can students actually be well rested enough to even go through a school day.

Eureka! Why don't we just sleep in school?

Think about it – when the going gets rough why not just snooze off. Come on, not all lectures are that interesting. Are those AP Biology videos really fascinating? Sometimes, you just need to let teachers know that hey are plainly and simply boring. No, JUST KIDDING! Some students solve their sleep

deprivation problems by sleeping in school but really, that not the real solution.

While sleeping in class may help short-term, this behavior simply creates more long-term problems for students. They need to manage their time wisely and learn to judge what's important in their life. They need to learn to give themselves some additional down time

each day to relax. Sleeping is also directly associated with a lot of physical capabilities. For example, the body grows while you sleep and relax. Maybe cutting one or two activities will rather help improve time management. Sleeping in class is definitely not the solution to being more relaxed, but find or make time to rest and sleep, Sleep, SLEEP!!!



Getting back to sleep

Joshua Woleben

Technology Coordinator

Crash! A cat knocks over your lamp in the middle of the night, and your sympathetic nervous system kicks into action, starting your heart faster, pumping adrenaline into your veins, and stimulating the muscles for "fight or flight." You realize what happened and relax—some. Now the problem arises: how do you get back to sleep?

Often, getting back to sleep after being awakened is one of the hardest things to do for many of us. Others can pop open one eye, dis-

cover the lamp was knocked over, and then drop back into dreamland in seconds. For the rest of us who would have trouble getting back to sleep, here are some tips.

First, get bored again. Like it or not, you were fairly excited over the fact that the lamp was knocked over. So try getting bored: do homework, read War and Peace, or watch CNN. If that doesn't

bore you, start counting the holes in the ceiling or pretend that you're in English class. And if all else fails, watch infomercials.

These will most likely make you bored, but occasionally boredom isn't enough to induce sleep. When this happens, get out of bed.

Once you're out of bed, find a constructive, but boring, activity that requires little concentration and can be done in relatively soft or subdued light. Bright lights will shut off melatonin production—which is the neurotransmitter that induces sleep.

If this doesn't work, try drinking warm milk, which stimulates mela-

tonin production. Also, check your room, your mind, and your body to make sure they're distraction-free. If you're worried about something, write it down, deal with it, or forget it. If there's a digital clock or a television on, turn it off. The darker the room, the better. Make sure you're not hungry, thirsty, or needing to use the bathroom—all of these can prevent you from going to sleep. If you eat or drink, though, double-check to be sure it's caffeine and sugar-free.

If all else fails, then simply enjoy the fact you're able to rest, or give up and go do something.

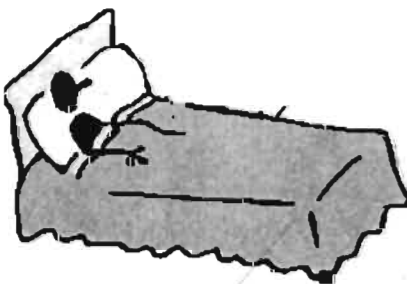
Easy zzz's

Rachel Megibow

Staff Writer

For something so valuable, sleep is hard to get. Many people have a hard time getting to sleep because they just don't know how. With the right techniques, sleeping can become as easy as breathing.

There are certain ground rules for getting more sleep. First of all, stay away from caffeinated drinks before bed. These drinks can make you jittery and slow down the R.E.M sleep cycles. Another rule is don't do athletic activity before bed. Activity increases endorphin flow to your brain, which makes you feel refreshed and more awake. This is great for when you wake up, but not when you're trying to get some much needed rest. These rules



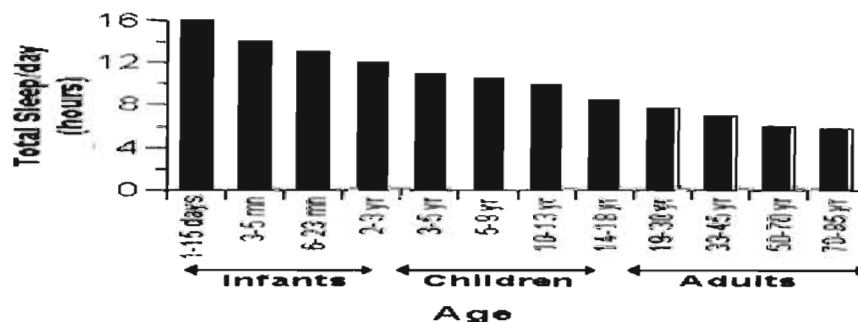
aside, let's get down to the business of sleeping better.

People have a hard time sleeping when they have a lot on their mind. One of the best tips is to treat your bed like a temple. Don't use it to study on or do stressful activities on your bed because this can clutter up your

thoughts with homework and tests. Another tip is to drink some decaffeinated hot tea or milk. Warm drinks have been found to have calming effects on stressed-out nerves, and milk

contains triptophane, a chemical that helps you sleep. Yoga and a hot bath are also very conducive to sleep. Throw in some aromatherapy candles containing lavender or bay leaves and you are well on your way to getting better sleep.

Sources: American Sleep Institute, Jump magazine, gUrl.com



Why is rest important?

Lori Speer

Advertising Manager

What is the purpose of sleeping? I find that I have asked myself this question many times. Sleep is a very important function of life. Without it, our immune systems could not function properly to fight off disease and lack of sleep can eventually lead to death.

Studies have shown that sleep deprivation has caused people to be "less effective and more irritable." Adults tend to think sleep is less important than it actually is. The average adult needs eight to nine hours of sleep, but only receives about seven or less.

People who lack sleep experience "attention lapses, reduced short-term memory capacity and impaired judgement." This can be harmful to not only the deprived, but also to others around them. Sleeping drivers are responsible for "1500 vehicular deaths, 100,000 crashes, and 71,000 injuries," according to the National Highway Traffic Safety Administration.

There are ways to help this problem. Tired people are urged to avoid caffeine, nicotine, and exercise regularly. Some other ideas include having a relaxing bed routine and avoiding daytime naps. Sleep plays an extremely important roll in life. Don't deprive yourself of it!

Writing in a new club

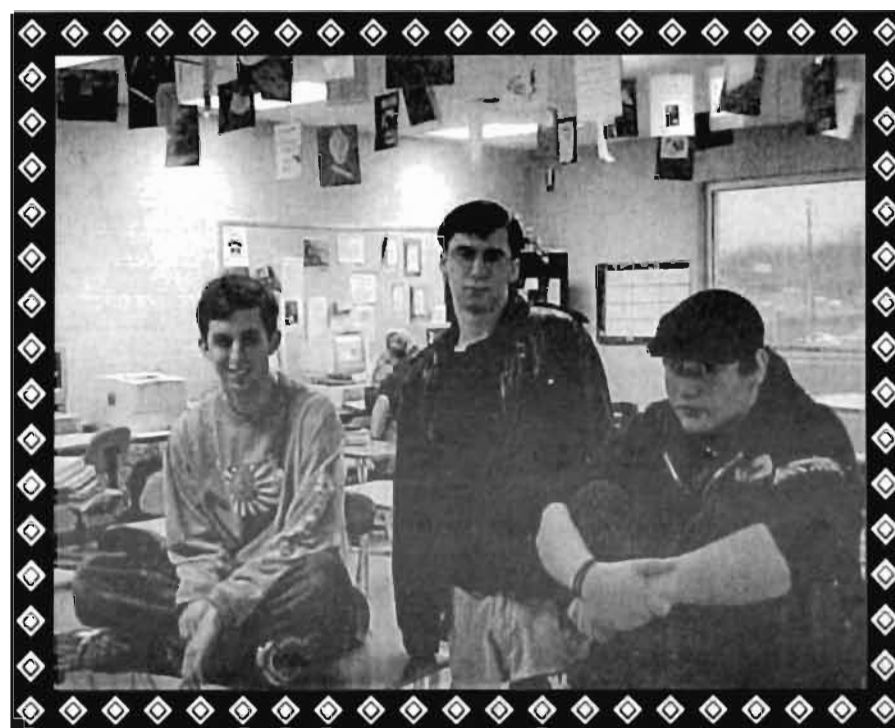
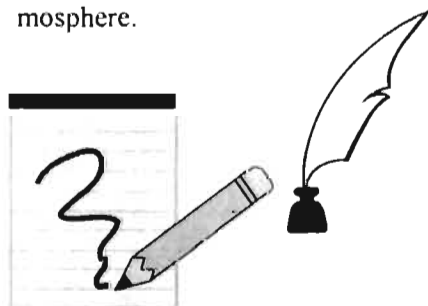
Staff Writer

There's a new club on the block: the Writing Club. Similar to a coffee house, the Writing Club meets twice a month in Mrs. Campbell's room. There, members share personal writing, have refreshments, and swap tips of the trade. There are no dues to be in this club, and anyone can attend. One can even just come to listen or share their favorite poems, verses, or prose with the club. Help with current projects in school is also offered, such as those research papers or Mr. Toy's infamous "A papers." The Writing Club has three officers: president **Joshua Woleben** (12), vice president **Seth Bowen** (11), and secretary **Sam Hook** (11).

(11).

"I hope students will take advantage of this opportunity to share their work and to help them improve their writing," says sponsor **Mrs. Campbell**.

They meet once a month during club meetings and twice a month after school on Thursdays. If you need help with an assignment, or like to read and write, or just have a good time, come join the Writing Club for a friendly, interactive atmosphere.



Picture by: Mrs. Campbell

Writing Club officers Pres. Josh Woleben (12), VP Seth Bowen (11), and Secretary Sam Hook (11).

Read! Read! Read!

Brittany Fellows
Sports Editor

Key Club is sponsoring the event Read Across America on February 28 and March 1, 2002 in honor of Dr. Suess's birthday. The kickoff for Read Across America will happen at noon on Thursday and will continue until noon on Friday. An opening ceremony at noon will occur in the LOHS gym on Thursday.

Each Key Club member has collected reading volunteers to read *The Cat in the Hat* aloud for 15-minute segments.

These reading volunteers will donate children's books or money to the cause which will be distributed to places around Paducah such as Child Watch, Paducah Day Nursery, and Paducah's Cooperative Ministry's homeless shelter. **Erin Murphy** (11) says, "Dr. Suess changed my life! Read Across America is so great!"

Key Club hopes to send the message "Reading is important" to children everywhere.






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- Tony Stewart



Wir haben eine große Essen

Lori Speer

Advertising Manager

Hast du Hunger? True, most people at LOHS do not speak Ger-

man. However, on February 4, many people ate German. A rapidly growing craze at LOHS is Ms. Underhill's German Food Day.

The students in Ms. Underhill's German I class recently prepared massive amounts of food and received a grade for doing so.

"It's a great experience for the students and an effective way to bring a part of Germany to the classroom,"

states Frau Underhill about the preparation of the food. She takes her classes to the computer lab for

a day of research about German foods and to find recipes. Then they must prepare the food to serve to the class.

The well-known food day continues to expand. Each year more people are invited to dine with the German students. This is a wonderful and effective exercise for the students. It truly allows them to get a "taste" of the German life.



Tastes good! German students get a taste of the real German life.

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Students take the flash to the top

Abin Matin
Coroner

DISTRICT

Hip, Hip, Hooray! For a while now, it has just been assumed that LOHS has the smartest students, but now it has been proved. On Saturday, February 9th, students from schools all over the district, including Tilghman, Heath, and Reidland, assembled at LOHS for the District Governor's Cup competition.

Coming in at eight in the morning actually turned out to be worth it. In the Math competition, Adam Fernow (12) received 2nd place honors while fellow seniors Abin Matin and Jay Stallons placed 3rd and 4th respectively. On the General Knowledge test, Josh Woleben (12) placed 1st as Steven Walter (11) placed 4th and Seth Bowen (11) placed 5th. On the Science test, Adam placed 1st while Josh also placed 3rd. In addition, the sophomores Walt Whinnery and Peng Zhang placed 2nd and 3rd, respectively. Last but not least, Natalie Rothwell (12)

ranked 1st while Rachel Megibow (11) placed 4th on the Language Arts test.

After the testing session finished, the Academic Team matches began. The team had a

time, but they overcame their loss by defeating them twice and winning the academic team competition overall. LOHS won the overall District competition overwhelmingly over.

achieved and the smartest prevailed. Adam Fernow (12) got 1st on the Math test and 5th on the Science exam. Josh Woleben (12) placed 4th on the Science test and 5th on the General Knowledge exam. Also, Rachel Megibow (11) placed 2nd on the Literature test, Steven Walter (11) placed 2nd on the General Knowledge exam, Walt Whinnery (10) took 1st place honors on the Social Studies exam and lastly, Peng Zhang (10) ranked 2nd on the Social Studies test.

The Academic Team played in several really close matches. The team lost twice in overtime to Graves County and took home 2nd place honors. When the final points for each school were tallied, however, LOHS finished on top. Of course, at the end of the long, tiring day, what should I say...WE WERE THE BEST!

The Academic Team along with the individuals who placed on their respective tests at the Regional level will be traveling to Louisville on March 10th to participate in the State Governor's Cup competition.



Picture by: Abin Matin

Governor's Cup participants show off their medals that they have earned at the competition held at Hickman County High School.

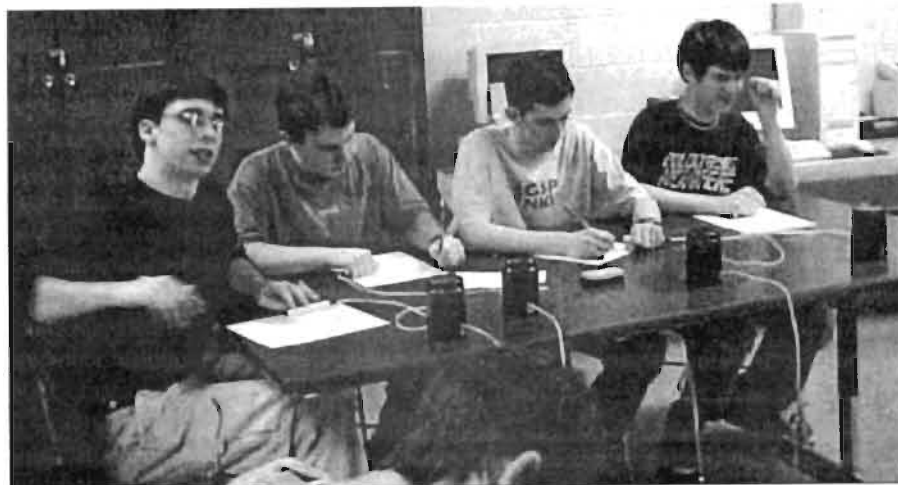
stellar start with 42-14 victories over Tilghman and Reidland. LOHS lost to Heath the first

Mr. Morehead, team coach and Governor's Cup coordinator, stated "You all have been selected by your teachers to represent your schools and even if you did not place, you are still winners."

REGIONAL

Next, LOHS, the Governor's Cup district champions, took their brains and determination to the Regional Governor's Cup Tournament competition at Hickman county High School on Saturday, Feb. 23. Would the trip to the middle of nowhere at seven in morning pay off (once again)? Yes.

Success was once again



Picture by: Abin Matin

Academic team prepares for match against Graves County High School during the Governor's Cup Competition



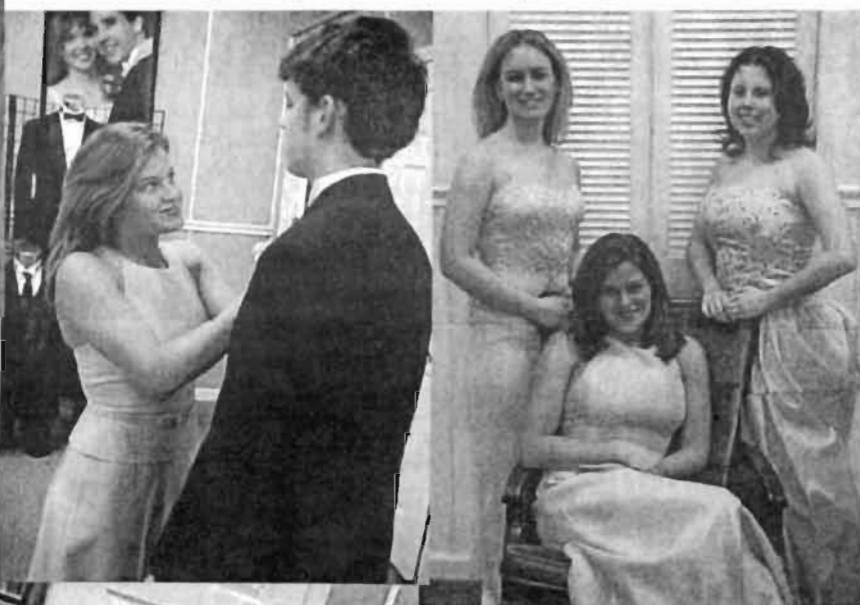
Picture by Abin Matin

Adam Fernow (12) displays his Math and Science medals.



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Falcons fail versus Flash

Seth Bowen
Assistant Editor

On February 19th, the boys varsity basketball team played at home versus the Hickman County Falcons. Ignited by the thieving hands of senior guard **Chad Montgomery**, the Lone Oak Purple Flash got off to a quick start against the Falcons. Two first half steals by **Montgomery**, which led to two easy lay-ups, helped push the Lone Oak lead to double digits.

Hickman County attempted to make the game interesting, closing the lead to just four points despite the double-digit scoring of seniors **Jonathan Blackman** and **Chad Montgomery** in the middle of the

third quarter.

Late in the game, the Falcons turned the game into a free-throw shooting contest. The Purple Flash were up to the challenge, making 26 free-throws in 32 attempts.

With the win, Lone Oak improved their record to 6-17. This record, however, is not indicative of the team's ability. Many of their losses have come in the latter stages of the game and occurred by only a few points.

Lone Oak now looks to carry the momentum from the victory into the District Championship. The tournament is being held at Lone Oak High School February 25th through March 1st.



Photo by Seth Bowen
West Harris (12) outleaps the opposing Falcon player during the opening tip-off.



Photo by Seth Bowen
Drew Holland (11) gets into position to crash the boards.

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Wildcats' inconsistency hurting title hopes

Hunter Campbell
Editor-in-Chief

The only thing that has stood between the Wildcats and national respect has been themselves. They have shown flashes of brilliance against national powers like Florida, beating the 'Gators 70-68 in Gainesville, but have shown flashes of mediocrity against sub-par competition like Tennessee, losing to the Volunteers 74-72 in overtime. They did avenge the latter loss by squeaking out a victory in the rematch with the Vols after being down by 20 late in the first half. The eleventh ranked Wildcats have compiled a record of 19-7, with six of the seven losses coming to teams ranked in the top 25. Their conference record is less than stunning, as well, at 9-5 with two losses to Georgia, the

first time since 1985 the 'Dogs have swept the 'Cats in the regular season. Luckily, no one else has run away with the SEC East title either, and they are currently tied for the lead in the division.

A large part of the Wildcats' troubles have come from their inability to hit big shots down the stretch of close games. Their free throw shooting has cost them a number of games, and although it has picked up lately, their three-point shooting has been a fixture at the bottom of the Southeastern Conference this season. Their defense has been formidable, but their offense has not matched the defense, giving the Big Blue's opponents chances in games where they should have had none (see losses to Tennessee and South Carolina).

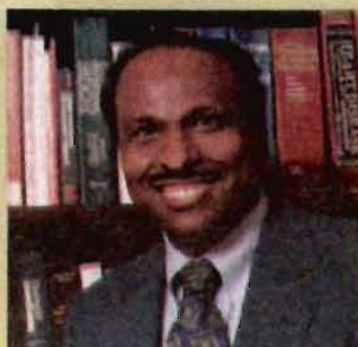
However, the thing that most people would say that has hurt the Wildcats the most this season has been their lack of discipline off the court. Sophomore's Gerald Fitch and Cory Sears were suspended for a game after a scuffle on the flight home from a loss to Georgia, and Fitch and fellow sophomore Erik Daniels were suspended and face possible dismissal from the team after they received citations for attempting to enter a Lexington night club with fake drivers licenses stating that they were residents of South Carolina. Coach Tubby Smith, confused by their actions, asked the question every one was asking: "They play basketball for the University of Kentucky. Why would they think that no one would recognize them in Lexington?"

As one of the few consistent players for UK, Dick Vitale named Senior Tayshaun Prince, the Wildcats' leader in every major statistical category, to his "All-Will Smith Versatility Team" along with Duke's Mike Dunleavy, Jr., Indiana's Jared Jeffries, UCLA's Jason Kapon, and North Carolina's Jason Capel. Vitale said that Prince's ball-handling abilities and perimeter shooting make him the best all-around player in Division I basketball.

The Wildcats have only a few games remaining before March Madness begins, and People across the nation are waiting to see why this team was a preseason favorite to win it all, especially people from Kansas, Maryland, and especially the "Cameron Crazies" of Duke University.



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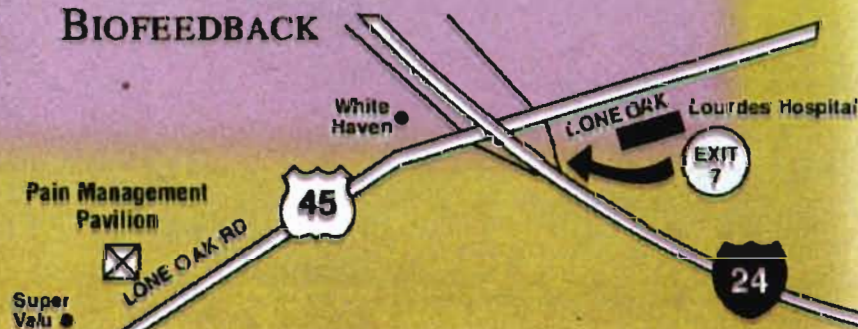


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