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The Oak "K"

Volume 60

Number 7

April 2002

"The right to be heard does not necessarily give you the right to be taken seriously."

Budget cuts concern LOHS faculty and parents

Rachel Megibow
Staff Writer

Living within a budget is hard for everyone, however the McCracken county school board is finding this to be a difficult task. Schools have been asked to reduce their spending in all areas, including staffing.

LOHS, at the time of print, has been asked to reduce their staff by five teacher positions. They are in the following departments: one in science, one in health and PE, one in math, and two in business. Support staff will also be reduced by one janitor and one half-day aide.

Teacher cuts began when the powers that be at the board office took a look at this year's budget. When their accountant reviewed the numbers, figures showed that cuts would have to be made in several areas.

In a recent meeting with LOHS faculty, Tim Heller, superintendent, gave five reasons why the budget was not as promising as it should be. First, the school year started with more money projected than what was given (\$2.1 million projected- only \$1.9 million came in). Next, the absence of SEEK money left McCracken

County schools with a \$300,000 deficit (SEEK is a formula used by the state to determine funding). Tax collection revenues were down which could leave the board

categories, the district found itself operating on \$1 million dollars less than it had budgeted for.

The LOHS site base council met on April 18 to address concerned

parents. One of the sentiments echoed by both the parents and council was that there should be no AP cuts as long as there was a student interest.

"Here at LOHS, we believe our students are the best and we want to do everything in our power to give them the opportunity to do their best" Mrs. Wear said. Therefore no AP cuts are planned.

LOHS was originally only given 20% discretionary money whereas Heath and Reidland were given 30%. The LOHS council petitioned the board for equal funding as

Heath and Reidland. The school board granted their request and LOHS was

given the full 30% which may soften the blow for LOHS. It may be July though before the full ramifications of the budget crunch will be realized.



Photo by Mrs. Campbell
Superintendent Tim Heller addresses questions at a session discussing the budget cuts facing the school district.

with up to a \$450,000 shortfall. Unspent flexible spending funds, which typically go back to the local school district, were instead reverted to the state, thus creating an additional shortfall of \$121,000. Within these and other

LOHS shines brightly at foreign language festival

Brittany Fellows
Sports Editor

Several LOHS foreign language lovers went to the Foreign Language Festival held at Murray State on March 28. LOHS did an outstanding job and several students earned ribbons in all the events.

For French winners, **Rachel Megibow** (11), **Seth Bowen** (11), **Greg Potts** (11), **Jessica Jones** (11), and **David Puckett** (11) won 1st place in drama for their play *Cyrano De Bergerac*. **Amanda Dial** (12) placed 2nd in acrylic art and **Rachel Megibow** (11) also placed 1st in recitation of a literary passage (French III).

Mrs. Underhill's classes scored well in the German categories. **James Amundsen** (11) placed 1st in recitation of a literary passage. **Steven Walter** (11) placed 1st in extemporaneous prose reading, written proficiency, and oral proficiency. **Lori Speer** (12) received 3rd place in listening proficiency (German IV). **Tony Jackson** (9) placed 1st in listening proficiency. **Aaron Smith** (11) placed 2nd in written proficiency. **Ben Malmquist** (10) received 3rd place in written proficiency. **Walt Whinnery** (10) placed 1st in individual model. **Johnny Thompson** (9) and **Jason Andrews** (9) placed 1st in group model. Lastly, **Rachel Golightly** (9), **Emily**

Suhrheinrich (9), **Casey Strong** (10), **Justin Edwards** (9), and **Walt Whinnery** (10) impressed the judges with their singing voices earning 1st place in chorus.

Mr. Poore, Mr. Morehead, and Mrs. Gholson's Spanish classes prevailed in the Spanish categories. In Spanish II, **Jennifer Alonzo** (11) placed 2nd in recitation of a literary passage. **Jaimee Redd** (11) received 1st in extemporaneous prose reading. **Clint Houser** (11) placed 1st in listening proficiency while **Rebecca Davis** (11) placed 3rd. **Seth Thomas** (10), **Andrea Fagan** (10), and **Amanda Brookshire** (10) placed 1st, 2nd, and 3rd in written proficiency. **Metra Mitchell** (12) placed 1st in oil/acrylic art. **Sally Davis** (10) earned 1st in period

costume and **Lauren Wolf** (11) received 2nd for traditional costume. **Rachel Yetter** (12) earned 3rd place in realia-games. In Spanish III, **Lane Crawford** (11) and **James Curtis** (11) earned 1st and 3rd in extemporaneous prose reading. **Melanie Musgrave** (12) placed 1st in recitation of a literary passage. **Jason Wattier** (11) earned 3rd in listening proficiency and **Micheal Sither** (11) placed 3rd in written proficiency. Last but not least, **Paul Russell** (11) received 1st in individual model.

Congrats to all the winners! These students will have the opportunity to go the State Foreign Language Festival on May 11 in Lexington on UK's campus. Good luck!

LOHS drives the blood



Bethany Hobbs (11) shows her support for the American Red Cross.
Photo by Abin Matin.

Seth Bowen
Assistant Editor

As in previous years, Lone Oak High School held its annual Blood Drive with help from the American Red Cross. The drive, which was held on April 4th, was one of the most successful ever. Out of the 73 presenting donors, 64 produc-

tive units were collected. 41 of those 64 were first time donors. In 2001 and 2000, 59 and 56 productive units were taken and 51 and 50 first time donors gave, respectively. These numbers show a substantial increase, which volunteers hope will continue in next year's drive.



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April 2002

The Oak "K"

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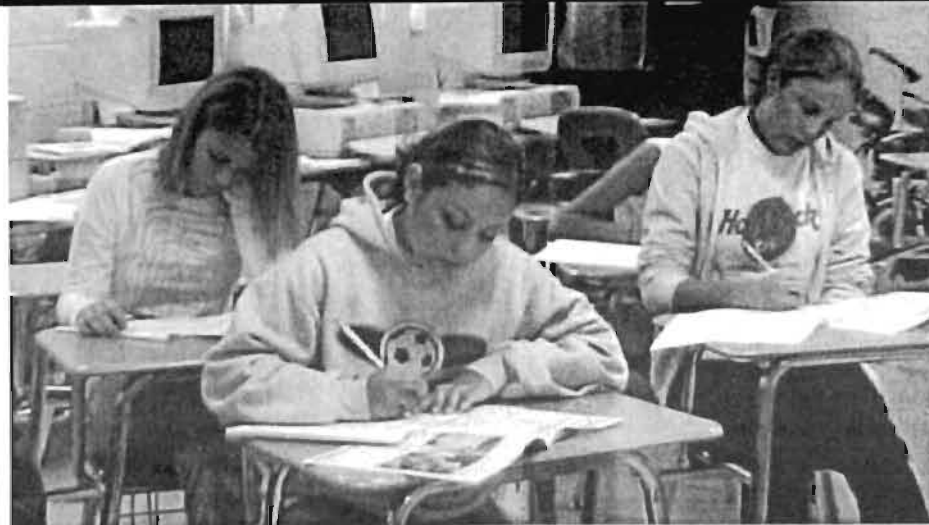
Students distinguishing themselves from the rest

Jennifer Gholson

Circulation Manager

The following students received a distinguished on their senior writing portfolios. All their hard work truly paid off.

*Emily Canup
Veronica Clark
Andrea Dewey
Jennifer Gholson
Will Hogancamp
Whitney Morreau
Melanie Musgrave
Joshua Ramirez
Natalie Roe
Jay Stallons
Kyle Weishaar
Bryan Wheatley
Lesli White
Stacey Williamson
Joshua Woleben*



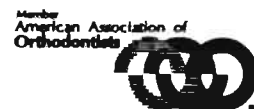
Juniors testing all day long

Juniors Amy Bean, Jennifer Alonso, and Amanda Bazzell are concentrating hard on the Kentucky Core Content Test. Juniors always have the bulk of the testing. Freshmen and sophomores spend their time testing on the CTBS test, while seniors only have the On-Demand Writing portion of the test. Teachers were very proud of all students working hard on tests.

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

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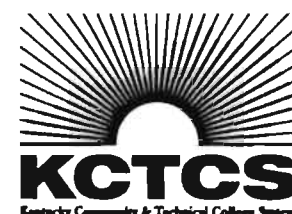
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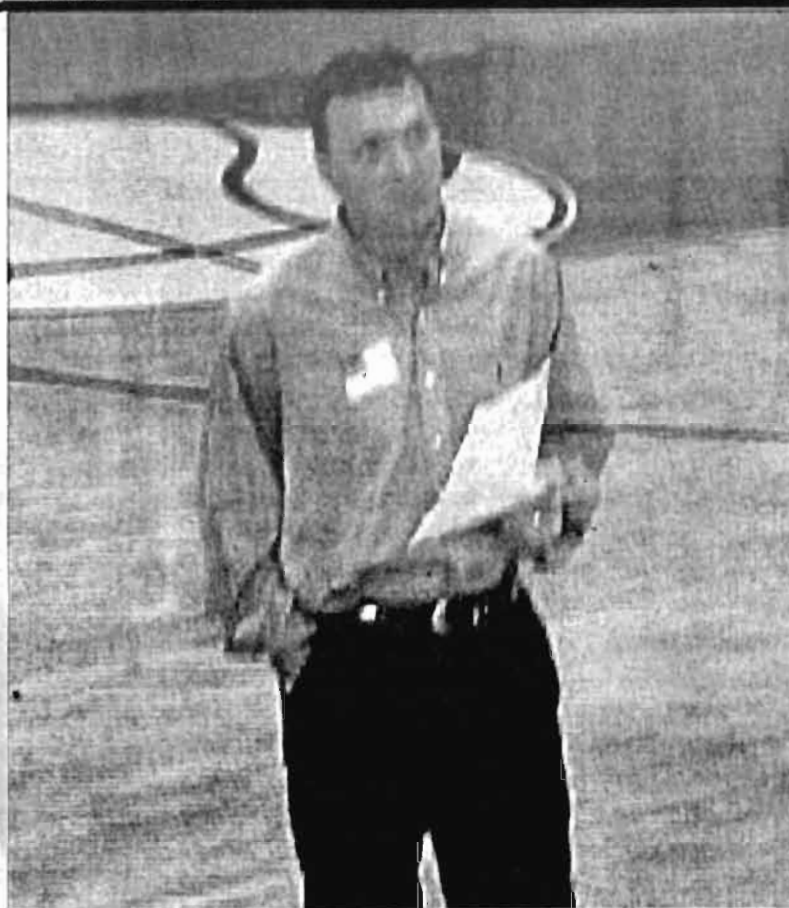




LOHS's "The Thinker," also known as **Erin Capece (11)**



Rodin's famous "The Thinker"



Pictured at left, School Board Member Ronnie Goode gives a motivational speech to the junior guys before taking the Kentucky Core Content Test

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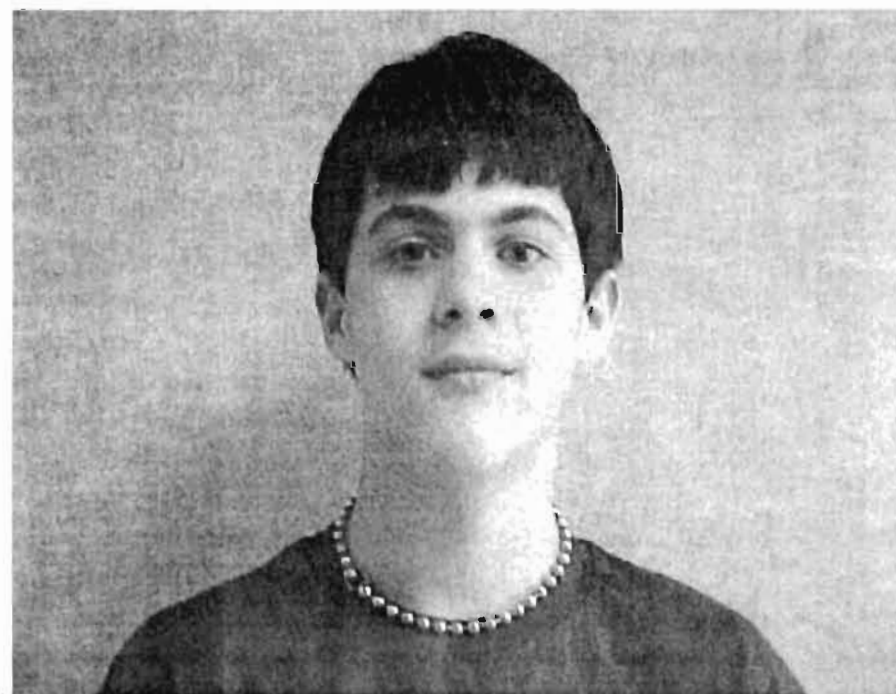
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Congratulations, Adam!



Adam Fernow (12) recently participated in the State Governor's Cup Competition. He placed fourth in Science. Make sure to congratulate Adam on his accomplishment.

Routine renders sleepy students

Seth Bowen
Assistant Editor

You find yourself sitting in your favorite class and suddenly your shoulders start to slump and your eyes feel heavy. As much as you might try to focus on the day's lesson, you can't help but feel a little sleepy. Was it the crispy steak you had at lunch that caused this feeling of fatigue? Perhaps, but not likely. Without even consciously thinking about it, you begin writing the day's assignment

on another sheet of paper after having just graded that of the previous day. Could this be the cause? Could the source of your boredom be rooted in the fact that you follow the same schedule (to a

"Even the most attentive students can find themselves distracted"

tee) everyday? And if so, what can be done to fix the problem?

I, for one, find myself growing weary of classes where the material is presented in the same fashion day in and day out. While it is the teacher's job to present the

material to the students, it is also their responsibility to do so in a manner conducive to learning. Even the most attentive of students can find themselves dis-

traced in such a blandly mundane environment. Although I realize that many teachers have done their job for so long

that they too become rooted in their ways, for the students' sake, they should try to bring some variety to the classroom.

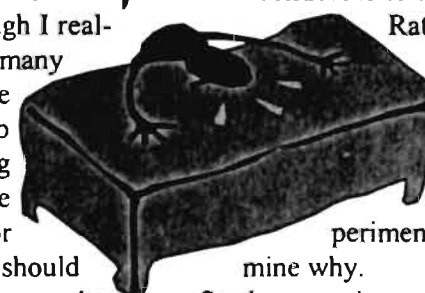
For example, rather than discuss a lengthy literary passage, have the

students act it out. Rather than swamp the students with review questions from the textbook, make a game out of it. Rather than de-

liver a long-winded lecture, have the students contribute to the discussion.

Rather than simply tell students how something is, let them do an experiment to determine why.

So the next time you spot a student counting sheep, remember, you might very well have herded them in.



Where is the song?

Rachel Megibow
Staff Writer

Have you ever wanted a CD and not been able to afford to buy it from the record store (or just been too cheap). Fear not, there is a solution, Wal-Mart. Here you can buy CDs much cheaper than in the real world. You get home and eagerly put in that new CD, which usually has a parental advisory label on it, into your CD player. It is then you notice that all the "inappropriate content" has been deleted for you.

For some reason, Wal-Mart and other stores like it have taken it upon themselves to censor the music in its stores. To some parents this may seem like a gift but to most record buyers, it seems like they're getting the short end of the deal. I hate to break it to you but we are. When I buy a

song, I want to hear all of it, bad words and all, because they do not offend me. This is where Wal-Mart has its problem. The powers that be at Wal-Mart assume that we all share their value system; and you know what they say about assuming.

One such example is that of Nirvana's album In Utero. Because Wal-Mart didn't like the title of one of their songs, they made them change the title. Nirvana spoofed

the incident by changing the title to Waif Me. This seems pretty funny

When I buy a song, I want to hear all of it, bad words and all...

coming from a store that trades with Myanmar (formerly Burma) a country that uses 90% slave labor in its factories. That's real family quality right there.

I think before Wal-Mart and other chain stores try and decide what's good for us, they should re-examine themselves first.

Anne's Bridal



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Emptying the Pockets for Popcorn

Brittany Fellows
Sports Editor

Weekend ritual for movie lovers: going to the theater. Movies are a source of entertainment for everyone. However, going to the movie theater can become quite expensive, especially for \$6.25 per ticket. Of course, you must throw in a bucket of popcorn and a coke to quench the thirst. The amount of money you spend rises to about \$10 per person. On the other hand, turning the existing Paducah movie theater "Cinemark" into a

"Dollar Movie Theater" would decrease the ticket admission and provide an inexpensive treat for everyone.

If you have visited the mall lately, you have probably seen the construction site of our new Paducah movie theater. Well, what could the city of Paducah do with the old one? Use it for a dollar movie theater. Many big cities such as Nashville, have dollar movie theaters. I, for one, am 3 of 6 in my family. It costs

around \$40 dollars just for admission, whereas a dollar theater only \$6.

A dollar movie theater plays movies that were recently played in "regular" movie theaters and the admission is of course, a dollar! This means that the old movie theater would be still put into use and would be earning a profit at the same time. Not to mention it would create job openings and an opportunity for those with big families or groups of friends to

have inexpensive fun. In addition, a dollar movie theater makes it easier for bigger organizations such as daycares and schools to afford mini field trips for the children.

Instead of destroying the old theater or not using it, Paducah should make it useful. A dollar movie theater would be advantageous for everyone. People can go have fun on the weekends and still have pocket change leftover to use throughout the week.



So much to be thankful for

Lori Speer
Advertising Manager

I will be the first to say that I take many things for granted. Hunter will be the second. But I'm not going to talk about all the people who do this, I'm simply going to explain a recent realization.

My grandfather, known to me as Paw-paw, has had cancer for a long time. I am aware of the fact, and have been aware, that he is not immortal and will eventually die. However, when I recently received a phone call saying that he was in the hospital, I was jarred into reality.

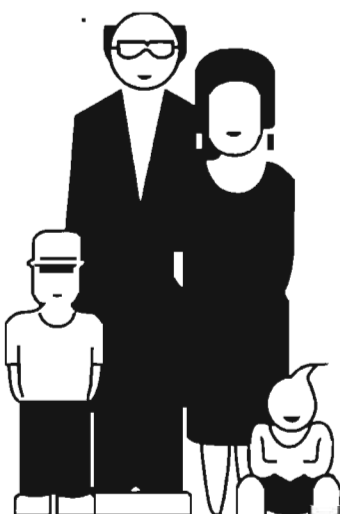
Well, it shouldn't have been any big deal just to be in the hospital, he's been there before after all. I went to go visit him anyway. When I say how terrible he looked, I knew

that the end was drawing nearer. Then I realized how unprepared for it I am.

As a senior, I graduate in under a month. Chances are that he won't be here for that life-changing moment. I hadn't taken time to think about the significance of his presence in my life. Then I took another step back to see that I haven't realized the importance of all my other family members in my life.

I'm not trying to preach, by any means. I simply want to let everyone know that I have realized how important life is and the people who are in it.

I hope that others, too, will stop taking others for granted. You never know, even when it is expected, when an event will throw your life off track.



Birth control takes new form

Lauren Wolf
Staff Writer

I have discovered a new form of birth control for which an individual can actually be paid: babysitting. I baby-sit for two families twice a week, and after spending three hours with children, the last thing I want to do is go impregnate myself. Now I love to baby-sit, and I love the kids I take care of, but I only have them for a few hours a week, not 24/7. Every time I watch someone else's kids, I realize just how much work has to go into raising a child. It is one of the most eye-opening experiences ever.

If you're considering taking that big step, or you have already done

so, go baby-sit. It might change your mind about a few things. It certainly made me acutely aware of the consequences of certain actions. Aside from seeing what

it's like to raise a child, babysitting can also help you earn some dough. It is usually good money, it's tax free, and I don't know one teenager that couldn't use a few extra bucks. So if you want to see what you could be getting yourself into, go spend a few hours with some kids. You might be surprised at what you find out about what life is like with a child, and it might make you think twice about some risky decisions



Alternative calendar can be stress relief

Joshua Woleben

Technology Coordinator

On February 27, 2002, the McCracken County School Board voted unanimously to retain the alternate calendar for the 2002-2003 school year. While some cite it as a universal conspiracy to shorten summer vacation and to rob them of their opportunity for summer jobs, the alternate calendar is one of the best ideas the school board has had, especially after the consolidation incident.

After nine solid weeks of never-ending homework, extracurricular activities, and lectures, most students are quite burnt out on

school. Some feel the weekends provide a sufficient break, but for most high school students, the weekends are an

excuse for an employer to work them to death. So weekends often offer little relief for students needing a long break with nothing to do but hang out.

Enter the alternate calendar.

At the end of every nine weeks, a wonderful two-week break comes along and pulls the burden of

school, work, and social stress from the students' backs. Furthermore, those who messed up during

school can have a week off, and then come back for five half-days and are given a chance to redeem themselves. If a better variety of enrichment classes were available, the other students who

needed to find something engaging to do could use the period to attend an enrichment class.

The alternate calendar has received quite a burn from proponents of the old calendar with its huge summer break. To tell the truth, most students got very bored during the summer unless they were rich enough to go on multiple vacations. Others protest that the farming students don't get a chance to work on the farm during the summer. The problem is that McCracken County is mostly urban now, with very few actual farms. The rural areas seem to be all trees or aspiring subdivisions. The alternate calendar clearly is here to stay and its advantages far exceed its disadvantages.

"After nine solid weeks of never-ending homework, most students are quite burnt out on school."

True love waits

Jennifer Gholson

Circulation Manager

I know that abstinence was pounded into all of your heads in the seventh grade during PSI. But, since then many have taken a different look at abstinence. Even though it is the only 100% protection against diseases and pregnancy, many teens disregard abstinence as a method of birth control.

I have many reasons for staying abstinent other than the obvious that I have previously stated. I have decided that I want to save sex until after marriage. This is the only gift a person can exclusively give to his or her spouse. I expect my husband to save himself for me as I have done for him. This will make it more special knowing that we have given ourselves only to each other. This brings the aspect of respect into perspective. I respect my future spouse enough to wait for him to

have sex. I expect my boyfriend to respect me in the same way. My main reason, though, like many others at LOHS is my religious beliefs. Being a Christian, I know that I need to save sex for its purpose and only then will it be without regret. By staying abstinent I have developed self-control. This self-control will last a lifetime. Sex isn't worth it for me. I have too much to lose.

I have decided that I'm going to earn the white dress that I wear on my wedding day. I'm not going to have to regret anything I do. Pregnancy and STD's won't be a worry for me. I encourage everyone to develop this same discipline of staying abstinence. If not for your religious beliefs, do it for yourself and your future spouse.

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Tony Stewart

RACING

"Good Luck
to the
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- Tony Stewart



Let's talk about...

• The baby issue

Lori Speer

Advertising Manager

Babies are cute. I love babies, as do most people. However, babies are not cute at 3:00 in the morning, especially when you're 16 and have to be at school at 7:30, only four and a half hours later.

Teen pregnancy is a growing issue in the United States. The predominant reason is the thought that is most commonly mixed up: Babies are forever, and five minutes of "passion" are not.

About one million teenage girls become pregnant. That's one in every ten girls. This is an excessively large number. On top of that, over 70 percent of these mothers end up on welfare or live in poverty. Then, the babies who were "accidentally conceived" end up costing the government approximately \$29 billion per year. Now you are aware of where your tax money goes after you have worked so hard to earn even a dime.

Teens who have their own children depend on other people to help them support their kids. They can't work to make their own money because they have to take care of the child. If they do work, someone else must look after their child. It is very difficult to overcome these circumstances, though some do; however, not having to face these problems in the first place is best.

The best, and most effective, way to prevent this is abstinence. However, there are teens that will not abstain from sexual activity. Sometimes the urge may seem too overpowering to handle. In these cases, at least try to use

protection (no, the kinds at the gas station are not 100% effective). Neither are the highly-rated forms of contraception written about in Cosmo. This could prevent you from changing the rest of your life, and someone else's you haven't even met. Accidents can happen. One must be prepared to take the results of his/her actions.



• Protect yourself!

Lauren Wolf

Staff Writer

You must be aware that the only form of protection that is 100% effective is abstinence. There is a point, though, in everyone's life when the decision is made to "do it." Hopefully, it will be within the confines of marriage. Before making this decision, one must consider the consequences of sex: pregnancy, AIDS, and other STD's. In order to prevent these things from happening, one must use protection, and there are options for both males and females.

Although men have less of a choice as to what forms of protection are available, they still have a choice. The condom is the most common contraception for males, as it helps protect from both pregnancy and STD's. Aside from protecting partners from STD's and pregnancy, the condom is also the most cost-effective form of protection outside of abstinence. The only other option for the male is withdrawal, and it is the least form of protection, often resulting in pregnancy and STD's.

Since women are the ones who get pregnant, they also have the

most choices on ways to protect themselves. The number one contraceptive choice for women is the birth control pill. If used correctly, it is highly effective against pregnancy. However, it can cost up to \$35 a month if not covered by insurance, and it does not protect against STD's. Depo-Provera and Lunelle hormonal injections are given by healthcare professionals every one or three months, and they also provide protection from pregnancy, but not STD's. Hormone shots, however, cost up to \$75 dollars, and have more noticeable side effects.

Women also have the option of using "barrier protection." Spermicides, contraceptive sponges, diaphragms, and cervical caps are over-the-counter options that many women chose. These methods, though, have a high pregnancy risk and do not protect against STD's. A new choice that has emerged for women is the female condom. It is available over-the-counter and protects against both pregnancy and STD's.

If you have any questions, or for more information, consult your family doctor. There is no excuse for not protecting yourself.

www.youngwomenshealth.org

• Top ten reasons for sex education

Brittany Fellows

Sports Editor

10. By the time students reach their senior year in high school, nearly 67% of them have had sex.
9. 4 out of 10 women become pregnant before the age of 20.
8. 50% of all high school students have been involved in sexual activity.
7. Half of HIV cases belong to young adults under the age of 25.
6. HIV is the second leading cause of death for African American women aged 25-44.
5. A 17% decline in teen pregnancy rates happened to those who received abstinence-only sex ed.
4. 9 in 10 American parents support comprehensive sex education.
3. 1 in 4 new STD cases are discovered in teens.
2. Gonorrhea rates have increased for the first time in 13 years.
1. Teens would be able to make responsible decision about their sexual involvement.

Gene Boaz

709 Bleich Road
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SEX

• STD's

Stacey Jarvis
Business Manager

During these difficult years of high school, many teenagers put themselves in situations that may alter their healthy lives forever. Adolescence is a time when hormones are raging and sex is on their minds, and they need to be exposed to some serious information regarding that three letter word... SEX... and the sexually transmitted diseases that may come along with it.

In the United States, approximately five of the 10 most commonly reported infectious diseases in the U.S. are sexually transmitted diseases. The rise such diseases is becoming a problem, especially for teenagers. Many teenagers become sexually active as early as age 13. At this age, teenagers

are immature to the ideas of STD's and have not completely developed physically leading to more serious problems in the future, such as cervical cancer for females. Many teenagers also ignore the fact that condoms are not 100% effective towards pregnancy and especially STD's. Sexually transmitted diseases are serious and teenagers often think, "Oh, it won't happen to me," but they should not neglect the fact that it can happen to them as fact as they can say, "Yes." Before you decide to say "Yes" so easily, you must first be exposed to the signs, effects, and dangers of STD's. If you believe you may be infected, never be afraid to call your family physician. However, do not ignore the fact that abstinence almost always leaves you free of STD's.

➤ Genital Herpes

Genital herpes is an infection caused by the herpes simplex virus

or HSV. There are two types of HSV, and both can cause genital herpes. HSV remains in certain nerve cells of the body for life, and can produce symptoms off and on in some infected people. Most people get genital herpes from someone who has HSV active in their body. Unfortunately, most people who have genital herpes do not know it because the symptoms often do not reveal themselves.

➤ Human papillomavirus (HPV)

HPV is one of the most common causes of sexually transmitted disease in the world. Health experts estimate that there are more cases of genital HPV infection than of any other STD in the United States. About 30 types are spread through sexual contact. Some types of HPV that cause genital infections can also cause cervical cancer and other cancers.

➤ Chlamydia

The sexually transmitted disease

chlamydia is caused by a bacterium called Chlamydia trachomatis. Chlamydia is a venereal disease which is usually transmitted by a bacteria that can enter the body of a person through contact of certain body fluids. As many other STD's, the symptoms are at times unnoticeable and can be left untreated. This can be dangerous to one's health.

➤ Syphilis

Syphilis is transmitted by sexual contact, kissing, and/or sharing needles with an infected drug user. Most recent cases occur in the age group of 15-30 years of age. There are three stages of syphilis. The first stage, called the primary stage, is highly contagious. About 1/3 of patients with primary Syphilis get secondary syphilis and so on.

Sources: www.bu.edu/cohis, [Sexually Transmitted Diseases](#)

MYTH: YOU CAN TELL BY LOOKING AT A PERSON WHETHER THEY HAVE AN STD

• Startling rape statistics

Rachel Megibow
Staff Writer

The National Violence Against Women Survey found that 683,000 women are raped annually. Rape is the act of having sex with someone who has not given their consent. In fact, rape is reported to be the fastest growing crime in America.

According to the U.S. Department of Justice, 91% of rape victims are women and 9% are male and 99% of all offenders are male. Another scary thought is that 54% of the victims are under 18 and 83% are under 25. It also states that 1 in 3 women will be raped

before they finish college.

Rapists use many ploys to take advantage of the victim. One such tool is the date rape drug whose technical name is Rohypnol. This drug is sold in most countries, except America, as a prescription sleep aid. This drug can knock a person out for hours at a time, especially when mixed with alcohol. Most rapists slip this into their victim's drink and take advantage.

Another deadly drug is GHB, which is also a sedative. Some

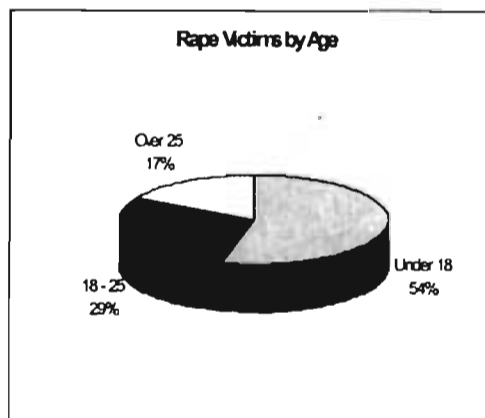
symptoms of this drug are ten minutes after ingesting this drug; they begin to feel dizzy and disoriented, hot and cold at the same time, or nauseated.

He or she will have difficulty moving and then pass out. This drug is also colorless, odorless and tasteless,

making it nearly impossible to detect.

There are ways to prevent rape. Some tips are travel in groups and stay in well-lit areas. If you are attacked, put up a fight, do any-

thing you can to draw attention to your situation. Some ways to avoid the date rape drug is to bring your own drink to parties and never leave it unattended. If you are raped, go **directly** to the nearest hospital and ask for a rape kit, which involves tests for pregnancy, STDs, as well as looking for evidence that may help catch the rapist.



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Photos by: Rachel Megibow and Brittany Fellows

Senior staffers offer prom pointers

Lori Speer

Advertising Manager

May 4, 2002. This is the date of Prom. So, in order to keep your girl happy on that night, here are some tips.

1. Ask- Obviously, you must ask a girl in order to have a date in the first place.
2. Go get fitted for your tux at least a week before- Don't wait until the day of Prom and expect to get one.
3. Make reservations- Don't leave everything up to the girl.
4. Order flowers- You can't just pick them out of your backyard and expect them to match her dress.
5. Pick up the flowers you ordered- She will be too busy making herself beautiful to worry about having to drive downtown to the little flower shop to retrieve the flowers for which you should be responsible.
6. Be early- Don't make your date sit and wait on you. You should be there before she finishes getting ready so that her makeup doesn't fade before the parents start snapping those cameras!
7. Be awe-stricken by her beauty- So what if you don't like the color of her dress, you should still tell her she's the most beautiful creature on the face of the Earth.
8. Smile for pictures- Don't stand there and act like you hate to be in a tux even if you do. Pretend you are the happiest person in the world to have your picture taken.
9. Open doors and pull out chairs for her- She's in a dress, and a nice one at that, so don't make her have to do

the work for herself.

10. Have manners at dinner- Chew with your mouth closed, don't eat her food, get up when she gets up, etc.
11. Pay for stuff- Yes, Prom is expensive. But think about how much one dress costs. Enough said.
12. Dance at the dance- Don't stand around like you don't have legs. Be social and have a good time.
13. Give her your complete attention- She shouldn't have to worry about whether she'll have someone to dance with on the next song. That's what you're there for.
14. Make plans for after Prom- Don't decide as you're leaving the dance what you think would make the rest of the evening interesting.
15. Go out of your way to make sure she has a wonderful evening!!!

If you can pull off even half of this list, Prom should shape up to be a great evening for both of you. If it doesn't work, then you didn't try hard enough.



Hunter Campbell

Editor-in-Chief

Well...now that we know what the guys do wrong at prom, it's time to hear about what the girls could do a little better themselves.

- 1) Be ready on time: Shooting the breeze with your parents for a few minutes when we come to pick you up is fine.

Shooting the breeze for an hour while you finish powdering your nose is not fine. Besides, after too long your parents will start to reveal incriminating things about you.

- 2) Eat: We're not taking you out to a "break-the-bank" res-

taurant to have you eat a salad. Even if starving yourself is the only thing that will make you hungry enough to eat something relatively substantial, then start thinking Ethiopian. Remember...McDonald's has salads, too.

- 3) Compliment us: Where is it written as law that guys are responsible for incessantly

showering girls with compliments, while receiving only the casual, "You look real nice," in return? Guys have feelings, too. I promise.

- 4) Don't complain: So the guy screwed something up. I distinctly remember someone saying that, "To err is human." Just because we have a tux on does not mean we will not do something wrong. However, once we realize we've done something wrong, we generally do not like to be reminded of it over, and over, and over, and over, and, well you get the point.

- 5) Desertion is not an option: Walking in the door at prom does not give you the license to run off and have girl talk while we are left eating your dust. Chances are, if we asked you to prom, we'd like you to hang around us. I don't think your friends asked you to prom, did they?

Most of the things that girls can do better at prom are covered. Do these things and your guy's sure to have a good time. Besides, we have to wear tuxedos. Having to look like a penguin is bad enough, so anything girls could do to make things easier on us is much appreciated.

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April rotarian keeps the beat

Lauren Wolf
Staff Writer

This month's Junior Rotarian is an Eagle Scout that lives to the beat of his own drum. Kyle Weishaar (12) is a four year member of the LOHS marching band, concert band, and symphonic band. He has been leader of the percussion section in both concert and marching band, and was selected as an outstanding student in concert band. Kyle extended his musical bounds by participating in the Eclipse Winter Drumline 2002 and starting a musical group to intro-

duce elementary students to music.

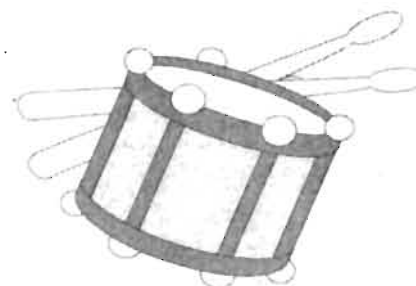
Along with his musical achievements, Weishaar has numerous academic accomplishments. He has successfully maintained a 3.833 GPA all four years of high school. He was selected to be in Who's Who Among High School Students and participated in the Kentucky Governor's Scholar Program. Another award Kyle received was the Scholastic Achievement award from McKage. Kyle has also been a two year member of the Beta Club and presided as

vice-president his junior year. He participated in the Key Club his junior and senior years, and acted as junior representative his junior year and secretary his senior year.

Kyle's extracurricular activities parallel his academic and musical successes. He has been an eagle scout and attended Philmont Boy Scout Camp during the summer of 2000 where he was selected to be Crew Chief by his fellow scouts. Weishaar has also earned his PADI open water diving certification. He participated in children's bible hour and vacation bible school at his church, and he was a counselor for the past two summers with 4H.

Next year Kyle plans to attend the University of Kentucky where

he will continue his academic and extra-curricular successes. For April Junior Rotarian, Kyle Weishaar is definitely a student that LOHS can be proud of.



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Flash baseball: A rollercoaster ride

Hunter Campbell
Editor-in-Chief

There were high expectations for Lone Oak's baseball team coming into the 2002 season. Ranked 19th in the preseason state coaches' poll, the Flash were expected to waltz through their season and make a long run in the post-season, behind the pitching of University of Kentucky bound lefty **West Harris (12)** and the rest of a strong senior core. On paper, Lone Oak was on track for a stellar season.

Then again, baseball's not played on paper. Lone Oak lost to

Christian County, also ranked in the top 25, and narrowly escaped St. Mary with a late-inning comeback victory. Then, in a Jackson, TN tournament, facing perennial powers from the Volunteer State the Flash were humbled by the out of state foes. Kentucky coaches showed no mercy on the Flash, dropping them completely from the state poll in the second week following their string of losses.

After their Tennessee futility, someone must have said the

magic words to the team: District Game. The Heath

Pirates made the trip to Lone Oak, lacking a loss on their record but certainly not lacking confidence.

Harris quickly did away with both their perfect record and confidence,

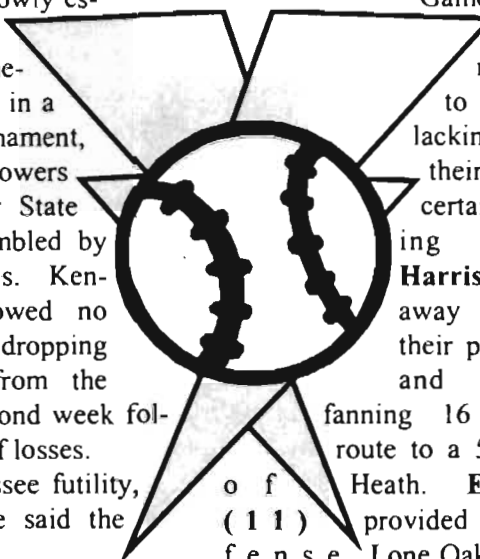
fanning 16 Pirates en route to a 5-1 thrashing of Heath. **Eric Parsley (11)** provided all the offense

Lone Oak would need with a first inning homerun, as they plated five runs in the first three innings to finish off the Pirates quickly. Lone Oak followed up this performance with two victories in the second annual Wooden Bat Classic, which the Flash won last year. The Classic's second day of games was cancelled this year, however, due to rain.

Then the season started looking down one more time. The boys traveled to another tournament,

this time to play some Kentucky powerhouses. After winning the tourney opener, they lost two in a row, one to Top 10 Lexington-Paul Dunbar High School. It seemed that the team was still not quite prepared to step up as one of the state's elite. After this tournament, the guys defeated the team that was supposed to give them the most trouble in the first region, Ballard County, rather easily behind the pitching of **Junior Jeremy Reel**. Things were back on the up and up. By now, however, it seemed only fitting that the Flash would lose again. **Harris** pitched another gem against Heath. The offense, however, didn't back up his performance. He held the Pirates to only two runs, but the Flash managed only one and lost the tight pitching duel.

If the first half of the season was any indication, then the rest of the year should be an adventure. Consistency will be the name of the game for the Flash, if they want to make the run at the state tournament that they have the potential to make.



Harris commended for sportsmanship



• **Senior West Harris** was awarded the Rex Chapman Award at the regional basketball tournament for his good sportsmanship along with excellent academic credentials.

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Lady Flash turns up the heat again

Lori Speer

Advertising Manager

Spring is in the air, the weather is turning warmer, and the girls of the Flash Softball Team are turning up the heat. The Varsity Softball Team consists of senior Whitney Morreau #8, juniors Kaleena Defreitas #2, Jenny Galloway #5, Sarah McGregor #4, Sarah Puckett #31, and Susie Whitelock, sophomores Rachel Anderson #12, Katee Buchanan #9, Lauren Emery #1, Jessie Fox #21, Tasha Goldsby #7, Ashley Montgomery #10, Meghan Mornar #3, Megan Thomason #19, Hayley Trevathan #13, Sara Vinson #15, and freshmen Carly Marquess #6, Jill Massey #18, Tara Utley #17, and Jessica Vandenburg #11.

This talented group of girls is coached by Gerald Vaughan, Bill Fox, and Stephanie Beebe.

When asked about the performance of the team, Coach Vaughan said they were definitely "catching up" with all their competitors. When matched up with their biggest rival, the Reidland Grey-

hounds, the girls managed to keep the score tied up even into the seventh inning with two outs. Coach Vaughan said, "These girls are definitely in the running this year. They are going to be a big competitor."

As can be determined from the grades listed above, this is a young team, but don't let that fool you. "As a young team, not many have considered us competition, but each girl has stepped up and proved them wrong," stated senior Whitney Morreau. "I couldn't be more proud to be on the same team with this amazing group of girls."

Listed below is the record of the girls' season thus far.

Tilghman	16-0	W
Reidland	4-0	L
Murray	8-7	W
Graves	6-3	W
Massac Co.	5-3	W
Ft. Campbell	10-0	W
Mt. Juliet	11-1	L
St. Mary	10-4	W
Mt. Juliet	8-0	L
Heath	12-1	W



Pictured here are the girls as they huddle up with their coaches to plan their game strategy against the Reidland Greyhounds.

Massac Co.	8-5	L	Louis. Mercy	9-0	L
Murray	6-2	L	Meade Co.	5-3	W
Fulton City	6-1	L	Grayson Co.	5-2	W
St. Mary	9-0	W	Caldwell Co.	8-7	W
Murray	7-5	L	Davies Co.	10-0	L
Hender. Co.	5-0	L	Reidland	8-4	L

Running the race

Jennifer Gholson

Circulation Manager

Boys Track

The fastest men at LOHS came out 7th overall at the Radfor/Wallace Invitational at Trigg County. In the 400 m Dash, Ross Cook came in 4th place running around the track in 57.2 seconds. Cook also ran 4X400 Relay with Jon Deaton, Matt Dennis and Will Cook. The team came in 6th place with a time of 4 minutes and 15 seconds. Shawn Seldat placed 5th in the Shot Put competition with a throw of 37'7".

Girls Track

The girls came out 4th overall at the same meet. Chlodys Johnstone came in second in the 3200 m run with a time of 13 minutes and 52 seconds. Johnstone along with Elizabeth Block, Annemarie Cason, and Sara Cunningham came in 4th on the 4X400 relay at a time of 4.5 minutes. Tabi Morris placed 3rd in the high jump, jumping 4'4", and 5th in the 300 meter hurdles with a time of 58 seconds. In the Triple Jump, Erica Maddux came in 6th, jumping 24'4".

Way to go Track teams!

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Tennis season swings into action

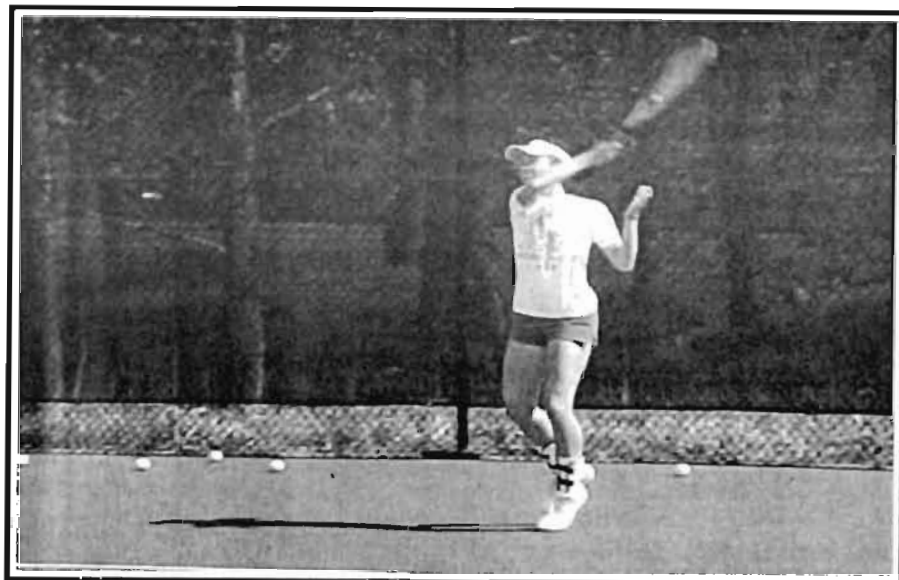


Photo by: Amanda Beckman

Junior Liz Conyer smashes a forehand at practice

Abin Matin
Coroner

The tennis season has already spun into action. Not much has made about this highly successful program at LOHS this year.

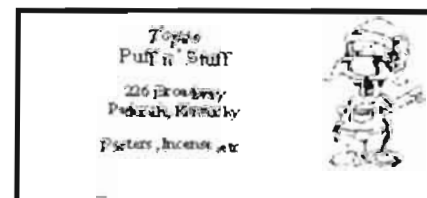
Why? I don't know. Recently, the team showed its winning ways during its participation in the Chattanooga Rotary Tournament, which has 16

girls teams and 24 boys teams. In this prestigious event, the girls finished 4th (out of the 16 participating teams), while the boys finished 1st in the C Division. Individually, Elliot Treece (9) and Jared Owens (9) won 1st and 6th place in the Singles tournament, respectively. In addition, fresh-

men Brad Robbins and Jared Owens won the #3 Doubles Division.

The girls team is led by senior Jenni Gregory, while the boys are led by Matt Barks (12). The captains along with their coaches have developed differing goals for each team. The girls hope to win the Regional title and then move up to capture an unprecedented 9th State title. The boys, meanwhile, want to win the Regional title and place in the top 5 showing at State tournament.

Long time outstanding coach, Mr. Heflin, says, "All of our athletes are working very diligently to achieve our team goals. I am proud of the way they are representing LOHS!" We are proud of you too!!!



Mister Penguin

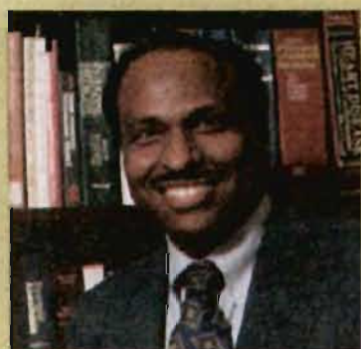


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