



# The Oak "K"

Volume 61 Number 4 December 2002

Wisdom is knowing where you cannot be wise.

December 13, 2002

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# Moooving BETAs

**Brittany Fellows**  
News Editor

The 62<sup>nd</sup> Annual State Beta Convention was held in Louisville, Kentucky at the International Kentucky Convention Center on December 6-8, 2002. Beta Club from all over Kentucky traveled to attend and compete in the Convention, including 53 Betas from LOHS and 4 sponsors Mr. Morehead, Mrs. Metzger, Mr. Watwood, and Mr. Roe. The convention's main purpose is the election of new state officers and featuring guests such as inspirational speaker Clayton King.

LOHS was well represented and junior Chlodys Johnstone cam-

paigned for the Beta Club State President. Lauren Wolf (12), with the help of Amanda Bazzell (12), coordinated and choreographed the campaign skit of "Cow Chlodys" featuring linedancers, squaredancers, a cow (Bethany Hobbs (12)), a cowboy and a cowgirl performing stylish western dances. This year's campaign theme was "Got Chlodys?" "The campaign was great this year! Chlodys gave a wonderful speech, and everyone was willing to "herd" together and perform the best skit ever! It was a very moooving moment to see our group of Lone Oak Betas get along so well," Bethany

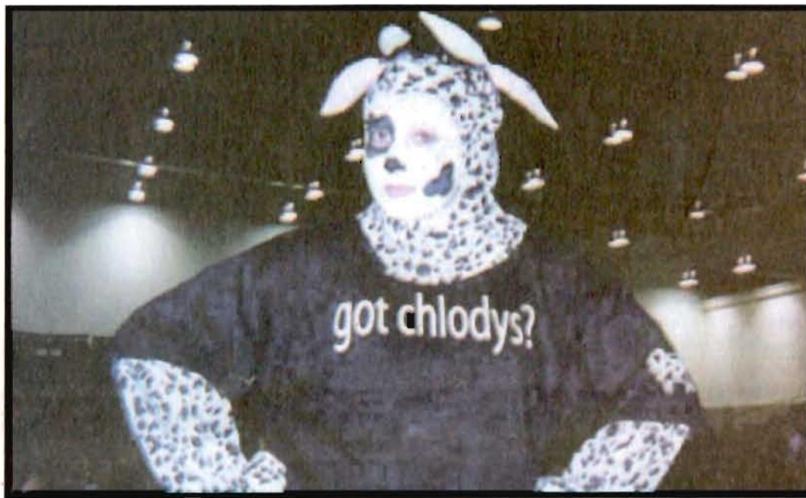


Photo by: E. Parker

Senior Bethany Hobbs shows off her costume from the BETA skit

Hobbs (12) commented enthusiastically.

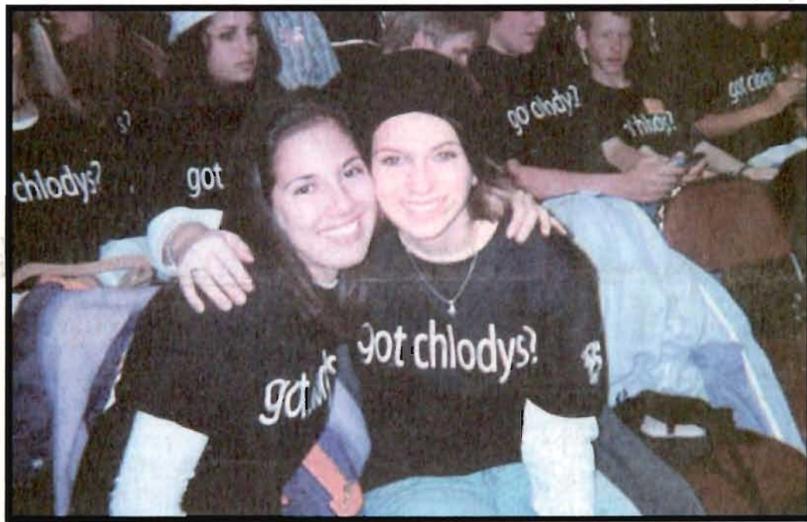
Many students from LOHS placed at the sev-

eral competitions held on Friday and Saturday. Lane Crawford (12) placed 1<sup>st</sup> in the state in the English academic contest. Lan Nyguen (11) placed 3<sup>rd</sup> in the Creative Writing contest and Walt Whinnery (11) placed 3<sup>rd</sup> in the Social Studies academic contest. In the Special Talents contest, Amanda Bazzell (12) and Bethany Hobbs (12) sang and played guitar their way into 3<sup>rd</sup> place out of 46 Special Talent groups. Megan Thomason (11) placed 1<sup>st</sup> in the Tempra Painting competition and Brittany Fellows (12) placed 1<sup>st</sup> in the Handmade Holiday Card art competition. Amanda

Beckman (12), Peng Zhang (10), Darren Turner (10), and Bruce Carter (10) advanced to the final round in the annual Quiz Bowl.

1<sup>st</sup> and 2<sup>nd</sup> place winners are allowed to attend the National Beta Convention in Nashville in June 2003. New state Beta Club officers are Kateland Beals (president) daughter of Beta Club state sponsor Mrs. Kelly Beals, David Hughes (vice president), and Randa Lee Stovall (secretary).

Mrs. Metzger reflected on the weekend, "It was a wonderful experience for students, teachers, and sponsors altogether, and we are very proud of them [students]."



Senior Liz Conyer and Junior Emily Parker pose for a picture at BETA convention

## All district band and choir members recognized for outstanding talent

**Tressa Wilham**  
Business Manager

Every year on the first weekend in February, high school choir students from around the state meet in Louisville, Kentucky for a little thing called All-State. There are about 575 students who are invited to go to All-State; they are divided into three different choirs. A large congratulations is in order for the following LOHS students who successfully accomplished their audition for All-State Choir 2003:

- \*Brad Jett(10)
- \*Andy Keeling(11)
- \*Casey Strong(11)
- \*Walt Whinnery(11)
- \*Brandon Roberts(12)
- \*John Robinson(12)



John Robinson (12), Andy Keeling (11), Casey Strong (11), and Brad Jett (10) were among those selected for all district choir.

**Lane Crawford**  
Coroner

Try-outs for All-District band were held November 18 at Mayfield Middle School. "After all the work, it was well worth it," said tuba player Matt Butterfield (11). Students from around the district auditioned to participate in the annual three-day event, which will be held in January at Murray State University. Outstanding student musicians from a number of area schools will practice music together to perform in a final concert.

LOHS students selected to participate in this year's All-District band are Lauren Murphy (9), flute; Matt Crouch (10), percussion; Jacob Winn (9), trumpet; Lara Fejes (12), flute; Amber Galloway (10), clarinet; Jared Abernathy (11), flute; Matt Butterfield



As a reward for all of their hard work, the members of the band (pictured above) were among the lucky few selected to be in all district.

(11), tuba; April Tucker (9), bass clarinet; Ross Farmer (9), alto sax; Danielle Musgrave (9), clarinet; Susan Spencer (9), clarinet; Laura Cash (9), clarinet; Amanda Hodges (9), clarinet; Elizabeth Wontor (10), eupho-

nium; Alison Crawford (9), percussion; Lacey Smith (9), mallet.

LOHS band director Scott Ford was pleased with the results of auditions. "We had five kids recommended to audition for All-State," he said, "which is up significantly from last year." Said Crawford and Smith "It was hard work, but it was a wonderful experience."

"It was hard work, but it was a wonderful experience." -Alison Crawford and Lacey Smith

In the School

# Winterguard ready for big season

**Rachel Megibow**  
Editorials Editor

The LOHS winterguard season kicks off this month. For those who don't know, winterguard is similar to color guard; only winterguard takes place inside and is not accompanied by the marching band. Winterguard usually competes in gyms once a month and dances to taped music. The LOHS winterguard's show is similar to "Leave it to Beaver" with Tori Amos's "Silent all these years," a song about the oppression of women in the fifties, as the theme song. The guard will be dressed in black, white, and gray fifties style outfits.

The group who will be performing this show is led by coordinator: Amanda Bowden, Movement captain and co-commanding officer: Lane Crawford (12), Weapons captain and co-commanding officer: Erin Murphy (12), and Flag captain: Rachael Golightly (11). The 2002-2003

LOHS winterguard is Jared Abernathy(11), Samantha Buckalew(11), Calvin Cannon(9), Alison Crawford (9), Laura Fejus(12), Tamalea Hayden(11), Victoria Jackson(10), Jessica Kolb(10), Kelia Morris(9), Danielle Musgrave(9), Ashley Ramage(9), Kate Roberts(10), Susan Spencer(9), Emily Surheinrich(10), April Tucker(9), Lauren Walker (10), Kristen Warren(9), and Jacob Winn(9). The winterguard will be competing on the following days: 12/18 Smyrna

1/1 Hunter's Lane

1/22 Smyrna Regional

2/8 Centennial

2/29 David Lipscomb

4/4-5 SCGC Championships

Good luck to the 2002-2003 LOHS winterguard.

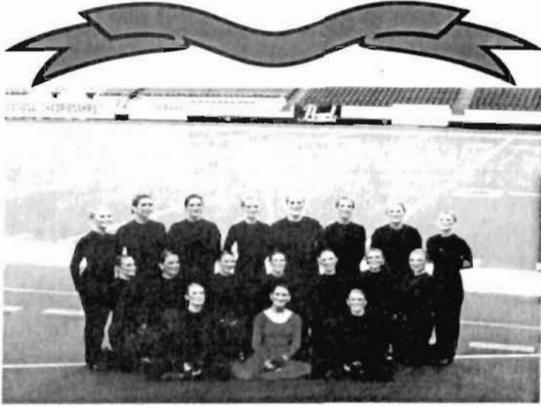


Photo by D. Chu

The color guard poses for a group picture after their performance at Bands of America at Indianapolis, IN.

# Congratulations to all Beta Club Winners



Photo by R. Megibow

Lanny Nguyen (11) placed third in creative writing, Lane Crawford (12) placed first in English, and Walt Whinnery (11) placed third in Social Studies.



Photo by R. Megibow

Peng Zhang (10), Amanda Beckman (12), Bruce Carter (10), and Darren Turner (10) (not pictured) advanced to the finals in Quiz Bowl during the Beta Convention in Louisville.



Photo by Mrs. Campbell

Bethany Hobbs (12) and Amanda Bazzell (12) placed 3rd in the special talent competition. Brittany Fellows (12) placed 1st in Holiday Card Craft, and Megan Thomason (11) placed first for her tempera painting.



Photo by T. Lyons

Jessica Jones (12) displays the gingerbread covered bridge she built.

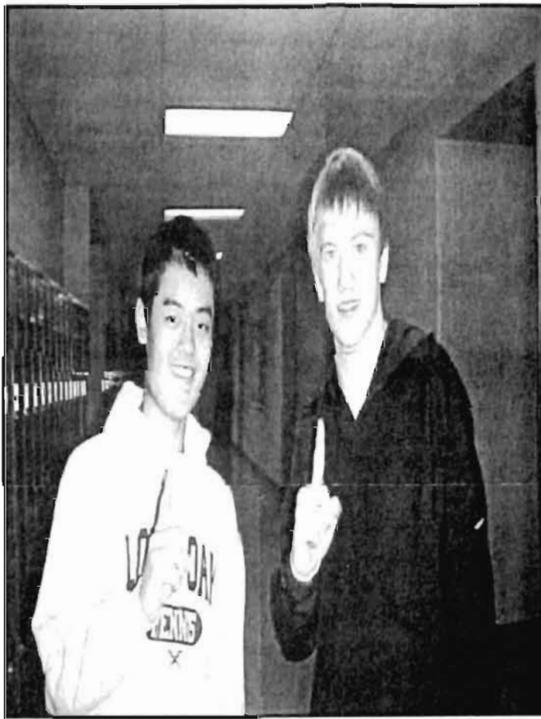
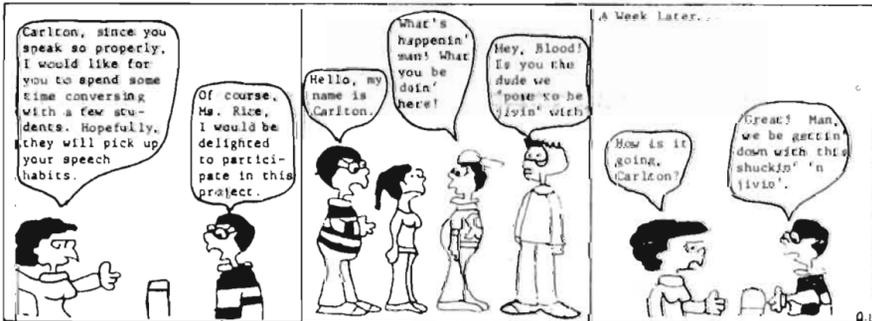


Photo by R. Megibow

We are #1! Peng Zhang (10) and Bruce Carter (10) show their enthusiasm for the Beta Club! Go Betas!



# Choir helps bring Christmas Spirit

**Lanny Nguyen**  
Circulation Manager

The choir was definitely brimming with the holiday spirit as they performed their annual Christmas concert Sunday afternoon at Lone Oak First Baptist Church. All the choirs performed, including the freshman, concert, chamber and men's choir. "It was an outstanding performance," said Brandon Little (10). There were a number of solos, two by

females and two by males. The soloists were Ashley Strong (10), Serena Wilson (11), Brad Jett (10) and Brandon Roberts (12). Flute player Jared Abernathy (11) accompanied the song Before the Paling of the Stars. The songs performed were *Bogoroditse*, *Jesus Jesus*, *Candlelight Card*, *Jingle All the Way* and *The First Noel*. "I was surprised how well everything came together," adds Walt Whinnery (11).

**Come and enjoy the band concert on December 15th in the LOHS Gymnasium. There will be a dinner to precede, and the concert starts at 4:00 P. M. Both concert and symphonic bands will be performing as well as all three middle school bands.**

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Editorials

# Finding true love... or not Rachel's Random Ramblings

**Tressa Wilham**  
Business Manager



As you walk through the halls of LOHS, you can't help but notice the relationships throughout the halls. The holding hands, hugging, kissing; the PDA is practically unavoidable. Then as the couples are departing, the whisper a gentle, "I love you" before losing complete eye contact. Every time I here those words, I can't help but ponder, "What is love?" The dictionary definition of love is a feeling of intense desire and attraction toward a person with whom one is disposed to make a pair. Whoah, that is pretty intense. Are teenagers truly capable of such a strong emotion, or are we just in love with the idea of being in love?

**"Are teenagers truly capable of such a strong emotion, or are we just in love with the idea of being in love?"**

I am sure that every student at LOHS who has ever been involved in some sort of relationship has been told that he/she is too young to love; that teens don't know what love is. What does that mean? That makes love sound as if it is something

that is supposed to happen. I feel that love should be effortless; that the hardest part of loving another person is admitting that love to one another.

Teenagers these days are growing up faster and faster. Not to say that teens are not capable of loving, but it does kind of scare me when I hear high school students beginning to plan out their wedding.

Even if you have found the person of your dreams, this is Paducah, Kentucky- there's a whole other world out there! I think that one reason why teenagers are so set on falling in love at such a young age is because they are scared of what is going to happen after high school graduation. A serious relationship is like their support and assurance of avoiding loneliness.

Like every senior here at LOHS, I am scared of graduating; however, I am anxious as well. Love is an amazing thing and I can't wait until I find the person of my dreams, but until then, I plan on living my life how I am happiest. So, no, I do not think that falling in love is impossible for teenagers, but I do think that finding and loving the person of your dreams comes with years of adventure.

**Rachel Megibow**  
Editorials Editor



One day, while sitting in the cafeteria, I was pondering the meaning of life and I was struck with inspiration. All throughout life there are rules, rules for school, rules for work, and rules for washing your clothes. As fun as these rules may be, I decided to make my own rules for life. My rules are fun and ever so enlightening, plus they're easy to keep.

- 1) **Respect everything and everyone.** That's all I have to say about that
- 2) **Sometimes you just have to be crazy.** Go wild, say something funny, or randomly start clapping

**"Being crazy makes life fun, just don't forget to take a bow."**

in the cafeteria. The trick is to not care who's watching, let them stare. Being crazy makes life fun, just don't forget to take a bow.

- 3) **Take risks.** Life

would be awfully boring if all people did was sit in front of the TV. Speak your mind, even if people disagree. Sometimes the most enlightening conversations are debates.

- 4) **When all else fails, relax.** I mean really relax, not just going to sleep. Sit down and eat ice cream, read your

favorite book, or take a nice dip in a bubble bath. It doesn't matter how you relax, just so long as you do.

- 5) **Hug your friends.** A little hug can let your friends know you care or that you're happy to see them. Hugs are good for the soul, so good in fact, that the American Psychological Association found that people who don't get enough hugs are more prone to depression than those people who do give and receive a bounty of hugs.

There are no penalties for not following these rules. However, life will definitely be more interesting with these rules.

## Reach out with a helping hand

**Brittany Felows**  
News Editor



With the holidays approaching, everyone seems to inherit the lovely holiday cheer. The shopping, the cold weather, the caroling, the exchanges, the holiday parties- everyone seems to enjoy this time of year the most. However, there are so many people around us who aren't as fortunate to receive the many gifts some of us obtain.

Look at your hands. Have they helped someone in need lately? Kindness and love are some of the most important gifts in life. Seeing a needy child smile or an

**"Look at your hands. Have they helped someone in need lately?"**

elderly person cry out of happiness are priceless moments. They give you a feeling inside that is indescribable. I want everyone to challenge him or herself to spread an act of kindness each and every day.

Donate your time to a nursing home or volunteer at local shelters, schools, or places like Paducah Cooperative Ministry and Helping Hands. Dig in that cluttered closet and get rid of clothes that you never wear anymore and donate them to Salvation Army or Goodwill. Even something small like a friendly smile or opening the door for someone can brighten a person's day. So, next time when you have nothing to do, reach out and touch someone with your helping hand.

## I would've thought up a headline, but..

**Seth Bowen**  
Editor-in-chief



You're sitting in class diligently working on a lengthy vocabulary assignment when the incessant chatter from the back of the room floods your ears. Looking up from the reams of paper on your desk, you realize that the entire back row has decided to put aside their textbook in favor of the latest edition of *Four Wheelers Weekly* and have taken it upon themselves to prattle about the new Eminem movie *8 Mile*.

Just when you think you've heard all that you can stomach about the rapper (turned actor), the teacher thankfully inquires as to why the students have yet to start their assignment. To everyone's amusement, one particularly glib student replies, "I never turn my vocab in anyway, so why bother doing it?"



Sadly, there are quite a few students who, for lack of better words, simply don't care. While no one can force a student to "do stuff," students who choose not to do class assignments could still show common courtesy to fellow classmates by keeping their boisterous tendencies to a minimum.

## When the going gets tough, the tough stick with it

**Lan Nguyen**  
Circulation Manager



I'm sure everyone has had that one teacher or class that they couldn't stand or was too hard. Most people usually solve this problem by dropping the class or changing teachers. Did you ever consider that actually toughing out the class might be more beneficial? After all in college you won't be able to avoid those types of classes or

**"Staying in a hard class will give you a challenge to meet..."**

professors. Staying in a hard class will give you a challenge to meet and causes you strive hard to get a good grade, making it all worthwhile. Teachers well, there's not much you can do about them, but they at least you'll be prepared to handle the professors at college. There's bound to be ones who act and think similarly to your current teachers. So put on your best face, clench your teeth, whatever you have to and tough that class out.

The Oak "K" is a publication of Lone Oak High School, distributed monthly to all students, faculty, and advisers.

The newspaper is designed by staff members, using the Microsoft Publisher 98 system, and printed by The Paducah Sun 408 Kentucky Ave., Paducah, Kentucky 42003. Letters to the Editor are to be under 250 words in length and signed by the writer. The Oak "K" reserves the right to edit all letters for placement as long as the meaning is not altered. The newspaper attempts to inform and entertain its readers in a broad, fair, and accurate manner or 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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News Editor	Brittany Fellows
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Business Manager	Tressa Wilham
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Coroner	Lane Crawford
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# Russell named Junior Rotarian Heroes of LOHS

Lane Crawford  
Coroner

"Paul has many respectable qualities. He's a hard worker, good student, and loyal friend. The world could use more like Paul." This statement, made by **Ross Cook (12)**, describes this month's Junior Rotarian **Paul Russell (12)** perfectly. This Eagle Scout is as well rounded as they come, excelling in both athletics and academics. He is a member of the track team and has played varsity soccer for three years, but has also made the Honor Roll all four years and been named an Outstanding Student for two years. Additionally, **Russell** is a three-year member of the Beta Club and a one-year member of the Biology and Math Clubs, and has been recognized nationally for his academic excellence by *Who's Who Among American High School Students*. In November, he attended the National Youth Leadership Forum on Law in Washington, D.C.



Photo by: R. Megibow  
Junior Rotarian Paul Russell (12) flashes his winning smile for the camera

Last summer, **Russell** participated in the Governor's Scholars Program at Northern Kentucky University, with a focus area

"I will always remember the grade that girls are taller than boys thanks to Coach Norris' earth/space science class."

shaving his head. Perhaps because of the sense of

humor demonstrated by this act, **Russell** also received a senior superlative for "Best Personality." Commenting on memorable high school experiences, **Russell** said, "I will always remember the grade that girls are taller than boys thanks to Coach Norris' earth/space science class." After graduation, **Russell** plans to attend the University of Kentucky, pursuing a major in economics.

Marshall Toy  
Sports Editor

Over fall break two of our own LOHS students, **Eric Parsley (12)** and **Richard Walter (11)** took a trip to Florida and helped save the life of Margaret Rozzi, 49 of Warren, Ohio. Rozzi was swimming in the ocean one afternoon and apparently was taken under by the tide. **MT:** What were you doing

By saving her life, this just proves that anyone could be a hero.

when you noticed that the person was in need of help?

**EP & RW:** We had just gotten out of the shower and were standing on the

balcony eating fruit snacks.

**MT:** What was your first instinct when you figured out what was going on?

**EP & RW:** At first we thought she was just boogie boarding. When

we realized what was really happening we yelled at Eric's dad and all three of us ran down immediately.

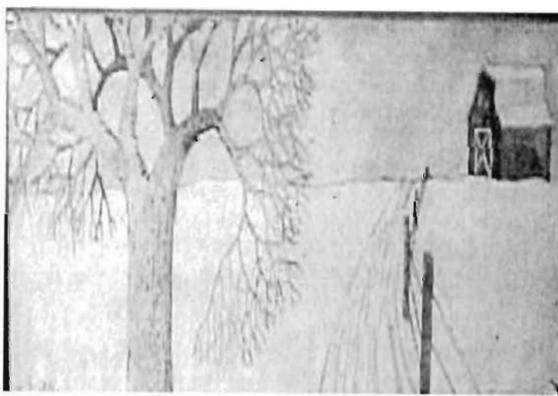
**MT:** What did you do to help the person?

**EP & RW:** We obtained a 30-ft. rope and walked out into the ocean so that my dad (Jeff Parsley) who was holding the lady, could grab the rope and we could pull them from the riptide and onto the shore.

**MT:** How did you feel afterwards?

**EP & RW:** Exhausted. We also had been bitten by some animal and were itching everywhere. We were worried for the lady also who looked like she may not make it.

By saving her life, this just proves that anyone could be a hero.

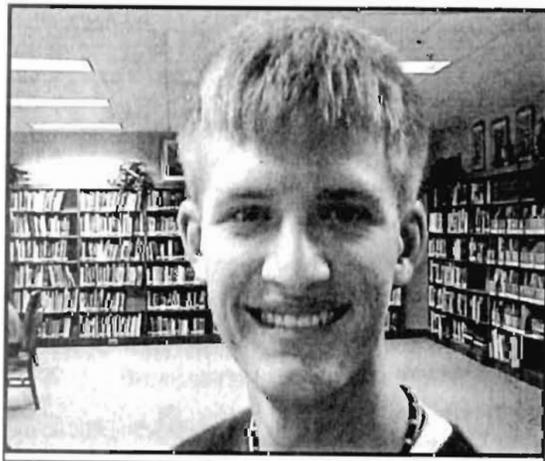


Untitled by: Cody Walls

Photo by: R. Megibow

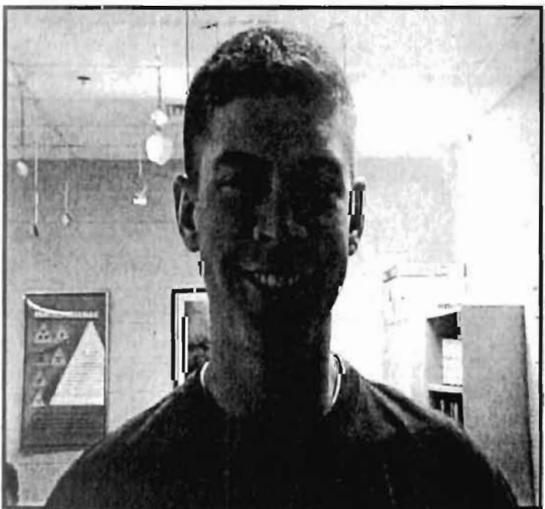


# Senior Superlatives From the Window



Mr. LOHS: David Bailey

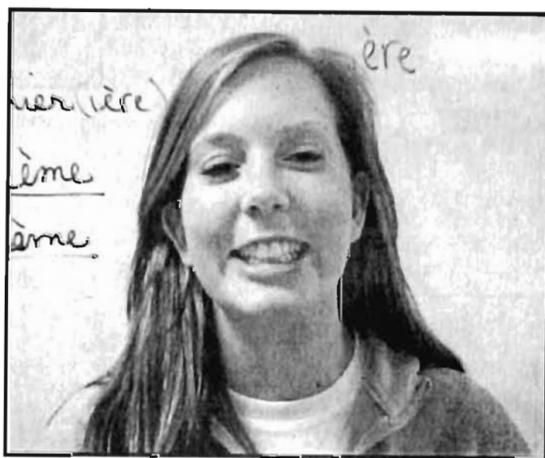
Photo by: R. Megibow



Mr. Senior: Ross Cook

Photo by: R. Megibow

- Mr. & Miss Senior  
Ross Cook  
Tressa Wilham
- Most Unforgettable  
Brandon Roberts  
Sarah McGregor
- Most Athletic  
Eric Parsley  
Katie Shelbourne
- Most School Spirit  
Jordan Wexler  
Bethany Hobbs
- Most Likely to Succeed  
Steven Walter  
Lane Crawford
- Best Personality  
Robert Russell  
Rebecca Davis
- Most Respected  
Ross Cook  
Chelsea Swab
- Most Talented  
Ryan Cothron  
Tressa Wilham
- Friendliest  
Matt Dennis  
Jessica Jones
- Most Dependable  
David Bailey  
Amanda Bazzel
- Trendsetters  
Brady Camp  
Terin Roof
- Mr. & Mrs. LOHS  
David Bailey  
Bethany Hobbs



Miss LOHS: Bethany Hobbs

Photo by: R. Megibow



Miss Senior: Tressa Wilham

Photo by: R. Megibow

Seth Bowen  
Editor-in-Chief

As night emerges from day  
Groups of scholars gather to do as they will  
Yet one lady stands out in many a way

Effortlessly, she catches my eye as I sit on the ledge of my sill  
Wondering what her dreams are or what she's thinking about  
Could she be the desire I long to fulfill?

Alas for I have doubt  
My mind questions what might be in store  
My mouth says nothing, though my heart aches to shout

My conscience begs to implore  
Me to conquer my fear  
And proclaim the thoughts that resonate my inner core:

Oh sweet maiden, my darling dear  
How much I adore thee and yearn to have you near.

*Shaver*  
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Christmas



Photo by: R. Megibow  
Lan Nguyen (11) showing support for the pet food drive. Over 320 lbs. was collected and donated to the local animal shelter.



Photo by: Mrs. D. Harper  
FBLA and Beta Club members show off the gift-boxes collected to distribute to needy children.



# LOHS's Holiday Helpers

**Lan Nguyen**  
Circulation Manager

LOHS students have been busy this season. Aside from Christmas shopping, throwing and attending parties, students have been accomplishing a variety of community service and charity activities.

LOHS's FBLA, Beta Club and various other generous students contributed once again to Operation Christmas Child. Students filled shoe-boxes with various gifts and miscellaneous items for needy children of various ages all around the world. 52 students participate and a total of 70 shoe-boxes were filled.

Mrs. Titsworth, one of the sponsors for FBLA commented, "We are very impressed at the response we got for the project this year. FBLA has always been active in Operation Shoebox, but after taking a hit in membership this year we didn't expect much involvement. We are very proud of the participants and their efforts and thank them."

The whole school has begun to collect labels for Labels for Education. The labels range from Campbell's soup to Pepperidge Farm. They are to be turned into Mrs. Sims' room, E208.

The FCCLA is clearly one of the busiest clubs

at LOHS. They started the season by filling 50 stockings for the Salvation Army. They are once again helping at Martha's Vineyard, this time before Christmas. Both FCCLA and the Key Club are sponsoring a family each, in Lone Oak, providing for their Christmas, and making their holiday season a merry one.

Finally LOHS has again completed a pet food drive. Mrs. Campbell, Mr. Neel, and Mr. Jarvis sponsored the drive in honor of Mr. Toy. "It's a good cause and I'm glad we could do something for Mr. Toy," comments Mr. Neel.

## Which reindeer are you?

**Rachel Megibow**  
Editorials Editor

Which of these events happened to you the most as a child?

- A) You watched while the other children played dodge ball, but were never asked to play.
- B) You were always running races, and winning
- C) You were surrounded by friends, and you were the leader

Which of these descriptions fits you?

- A) A loner
- B) An athlete
- C) A social "butterfly"

What do you look forward to most about the holidays?

- A) Getting out of school, that way you can avoid people for three weeks.
- B) Getting into a massive snowball fight with your whole family.
- C) All the presents people give you.

Do you fit in?

- A) No
- B) To an extent
- C) Yes

What is your favorite cookie?

- A) Sugar cookies
- B) Chocolate chip cookies
- C) White chocolate chip and macadamia nut cookies

How do you get along with you family?

- A) Well. In fact, I have a great relationship with my family.
- B) All right, they're like a fan club that won't go away.
- C) Not really, they tend to get in my way.

If you had the choice of being rich or famous which would you be?

- A) Famous, everyone loves famous people
- B) Rich, then you could still lead a normal life
- C) WHAT!!! Do you mean I have to pick just one?

**Mostly A's**

"But do you recall, the most famous reindeer of all?" Yes, you are Rudolph the infamous red nosed reindeer. Just like Rudolph, you may feel isolated watching all the other children playing their reindeer games. However, remember that even though Rudolph was ignored, he rose to the occasion when Santa depended on him. You will get your chance to be adored, just stay true to your talents.

**Mostly B's**

Run reindeer run! You are definitely Dasher, the fastest reindeer in Santa's team. You can fly the fastest and the highest, and lead all the reindeer games. Dasher is the star of the team; he even starts off the Christmas carol about the equally popular Rudolph. Keep flying high and reaching for your dreams.

**Mostly C's**

A little proud aren't you? You parade around just like Prancer, the prettiest reindeer of all. You hold your head high as you strut around Santa's stable. Indeed you have everything you could ever want. The problem with having everything is that sometimes pride can be mistaken for arrogance. Just remember that sometimes, not everyone wants to hear about that new sweater you got two weeks ago. It is good to have confidence because this radiates to other people.

Photo by L. Crawford  
Mrs. Masden's students applied mathematical concepts as they created boxes from Christmas cards. The boxes help to add a little fun to the wonderful world of math.

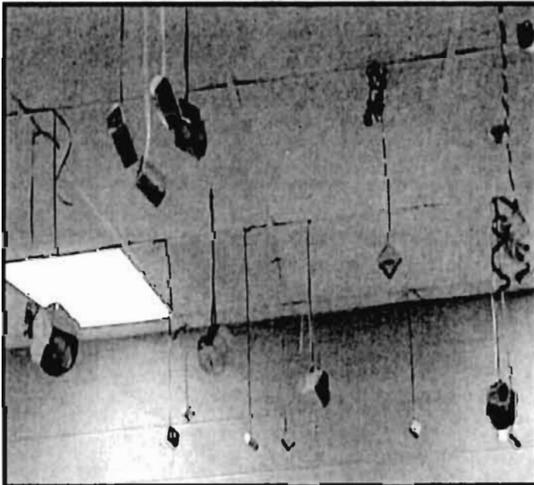
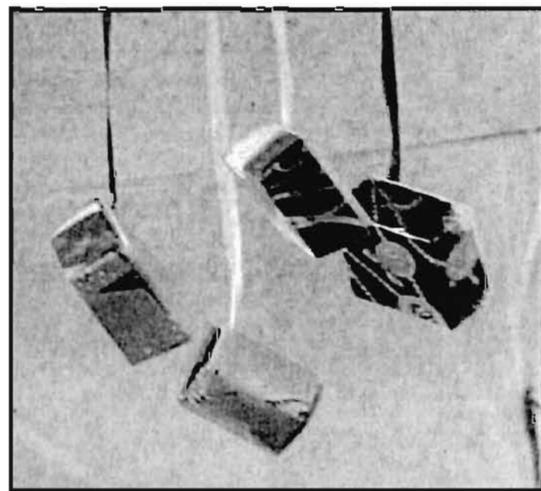


Photo by L. Crawford  
Mrs. Masden's students proudly display their creative talents.

## The Search For Christmas

**Seth Bowen**  
Editor-in-Chief

After finding the twenty-one words in the jumble below, use the remaining letters to form a holiday salutation from the Oak "K" staff.

Y U L E H N R C E L  
L E O N O E M R I O  
L E R G G V S G A R  
O S Y N R A H S K N  
H S A C S T A R W A  
W M D N S A M M A M  
O G I F T Y N I N E  
N H L E T R V T Z N  
S T O C K I N G A T  
A Y H A K K U N A H

NOEL KWANZAA NOG SANTA YULE STAR  
HOLLY GIFT SNOW LIGHTS HANUKKAH  
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**Don't Forget about the**  
**Christmas Dance!!**

Saturday  
December 14, 2002  
9:00pm-12:00pm

Christmas

# Chow down with these Christmas recipes

**Tressa Wilham**  
Business Manager

Everybody loves Christmas, especially the food. This season, try out some new recipes for your family and friends. These goodies would be great as snacks and/or as gifts.

## \*Banana Nut Bread in a Jar\*

Makes 8 Jars

Prep Time: 10 minutes

Cook Time: 45 Minutes

Ready in: 1 Hour 5 Minutes

### Ingredients:

2/3 cup shortening  
1/2 teaspoon baking powder  
2 2/3 cups white sugar  
2 teaspoons baking soda  
4 eggs  
1 1/2 teaspoons salt



2 cups mashed bananas  
1 teaspoon ground cinnamon  
2/3 cup water  
1 teaspoon ground cloves  
3 1/3 cups all-purpose flour  
1/3 cup chopped pecans

### Directions:

- 1) Preheat oven to 325 degrees F. Grease insides of 8 (1 pint) straight sided, wide mouth canning jars.
- 2) In a large bowl, cream shortening and sugar until light and fluffy. Beat in eggs, bananas, and water. Sift together flour, baking powder, soda, salt, cinnamon, and cloves. Add to banana mixture. Stir in nuts.
- 3) Pour mixture into greased wide mouthed pint jars, filling 1/2 full of batter. Do NOT put

lids on jars for baking. Be careful to keep the rims clean, wiping off any batter that gets on the rims.

- 4) Bake at 325 degrees F for 45 minutes. Meanwhile, sterilize the lids and rings in boiling water.
- 5) As soon as cake is done, remove from oven one at a time, wipe rims of jars and put on lid and ring. Jars will seal as cakes cool. Place the jars on the counter and listen to them to "ping" as they seal. If you miss the "ping", wait until they are completely cool and press on the top of the lid. If it doesn't move at all, it's sealed.
- 6) Unsealed jars

should be eaten or kept in refrigerator for up to a week.



Sealed jars can be stored in a cool dry place for up to 6 weeks.

### \*Snow Flakes\*

Makes 6 dozen

Prep Time: 20 Minutes

Cook Time: 10 Minutes

Ready in: 1 Hour

### Ingredients:

1 cup butter flavored shortening  
1 teaspoon orange zest  
1 (3 ounce) package cream cheese, softened  
2 1/2 cups all-purpose flour  
1 cup white sugar  
1/2 teaspoon salt  
1 egg yolk  
1/4 teaspoon ground cinnamon  
1 teaspoon vanilla extract

### Directions:

- 1) Preheat oven to 350

degrees

- 2) In a medium bowl, cream together shortening, cream cheese, and sugar. Beat in egg yolk, vanilla, and orange zest. Continue beating until light and fluffy. Gradually stir in Flour, salt, and cinnamon. Fill the cookie press, and form cookies on ungreased cookie sheet.

- 3) Bake in preheated oven for 10 to 20 minutes. Remove from cookie sheet, and cool on wire racks.

### \*Christmas Breakfast Sausage Casserole\*

Makes 8 Servings

Prep Time: 20 minutes

Cook Time: 1 Hour 30 Minutes

Ready in: 9 Hours 50 Minutes

### Ingredients:

1 pound ground pork sausage  
1 teaspoon mustard powder

1/2 teaspoon salt  
4 eggs, beaten  
2 cups milk  
6 slices white bread, toasted and cut into cubes  
8 ounces mild Cheddar cheese, shredded

### Directions:

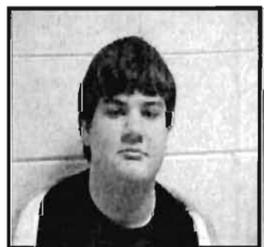
- 1) Crumble sausage into a medium skillet. Cook over medium heat until evenly brown; drain.
- 2) In a medium bowl, mix together mustard powder, salt, eggs and milk. Add the sausage, bread cubes, and cheese, and stir to coat evenly. Pour into a greased 9x13 inch baking dish. Cover, and chill in the refrigerator for 8 hours, or overnight.
- 3) Preheat oven to 350 degrees F
- 4) Cover, and bake 45 to 60 minutes. Uncover, and reduce temperature to 325 degrees F. Bake for an additional 30 minutes, or until set.

## My favorite Christmas memory is...



"When I got my first stereo and my NSYNC pillow."

-Carey Talley (10)



"When I set a trap to catch Santa, but when I woke up I forgot about it and tripped into the wall."

-Cody Walls (12)



"Making 'candy cane' cake with my grandmother on Christmas Eve."



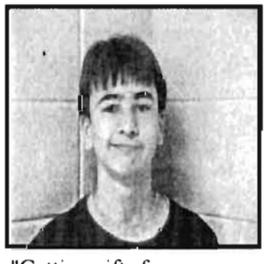
"My brother, sisters, and I all got up at 4:00 in the morning and started going through our presents. We woke up my parents, and they decided since we'd already seen most of them we might as well see them all. So we celebrated Christmas at 4 o'clock in the morning and went back to bed. When we finally got up, we did it again."

-Jennifer Galloway (12)



"Seeing videos of my mom folding wrapping paper that somebody just ripped off their presents."

-Jared Roberts (11)



"Getting gifts from my aunts which includes a jar full of green beans, a dead fish named Travis, pig feet, pig ears, and pig intestines."

-Colby Ballowe (9)



"One Christmas my mom made a turkey and ham, but the turkey didn't come out until 11:00 p.m. Then, our mashed potatoes exploded in the mixing bowl."

-Debbie Whitelock (9)



"My parents lied to me. Santa's not real!"

-Clint Cobb (10)



## Christmas Poems

Caroling  
Happiness  
Ribbon  
Incense  
Snowmen  
Trees  
Merry  
Angels  
Stockings

## Another Holiday Special

### Rachel Megibow

Editorials Editor

Everything is just so perfect

The Christmas lights go up  
In a multicolored shower  
The light bounces off the snow  
Fake aurora  
In what couldn't even pass  
For the North Pole  
But maybe it's the snow  
It just makes thoughts crazy.

Inside a roaring fire  
Mom and Dad  
Brother and Sister  
Don't forget Bobo the dog  
Drinking hot cocoa  
And reading a story  
The kids being angels  
The parents are saints  
Gingerbread houses  
Untouched by destruction  
And a tree to end all trees  
The mellow music plays  
The clock strikes 8:00  
I turn off the T.V.  
Just another  
Christmas special.

## Christmas Favorites

Top Five Christmas Movies

(according to LOHS)

1. A Christmas Story
2. Nightmare Before Christmas
3. It's A Wonderful Life
4. The Santa Clause
5. Home Alone

### Brittany Fellows

News Editor

"Fa la la la..."  
"What's Your Favorite Christmas Carol?" I asked 50 students at LOHS. The holiday season wouldn't be the same without the caroling of our favorites. Here are the results:

Winter Wonderland 30%  
Silent Night 5%  
Merry Christmas 4%  
Twelve Days of Christmas 12%  
Dance of the Sugar Plum Fairies 20%  
Frosty the Snowman 4%  
It Came Upon a Midnight Clear 4%  
Hark the Herald Angels Sing 12%



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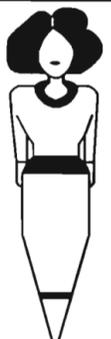
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## Merry Christmas

from The Oak "K" Staff

"May you have a wonderful Christmas vacation and a happy New Year!"



### TEXTURES

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# Basketball gets a jump start



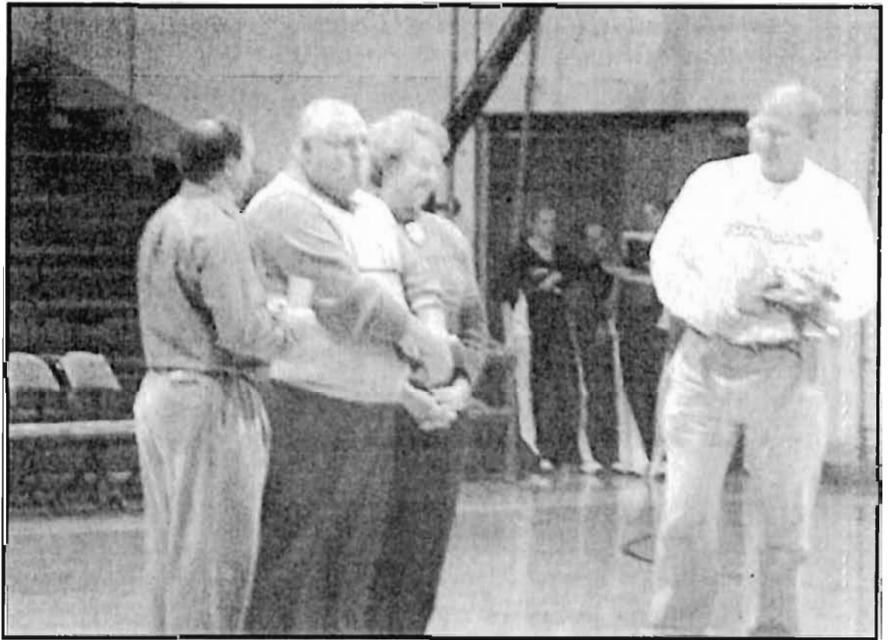
Lady Flashes fight for the rebound against Calloway County. The ladies beat Calloway 39-34 on Wednesday, December 4.  
Photo by S. Bowen



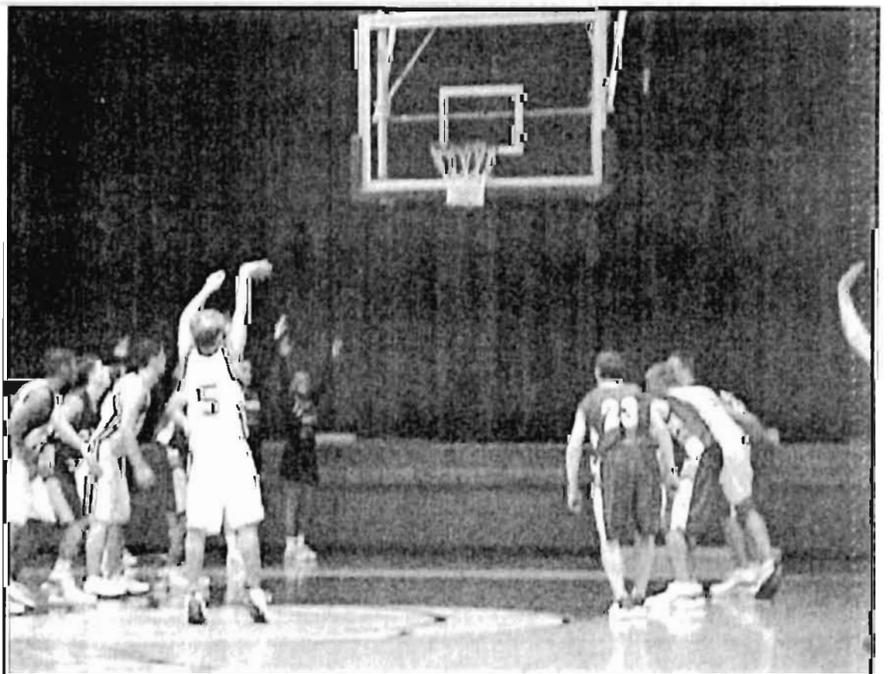
James Bowles (12) goes for the goal against Calloway County. The boys lost 69-52 against Calloway on Wednesday, December 4  
Photo by S. Bowen

## 2002-2003 Flash and Lady Flash Basketball

Date	Opponent	Place	Time	Teams
12/02	Calloway Co.	Away	6:00	F/JV
12/03	Calloway Co.	Home	6:00	VB/VG
12/05	St. Mary	Away	6:00	F/JV
12/07	Hopkins County Tournament	Away	TBA	F
12/09	Murray	Home	4:30	F/JV/V
12/10	St. Mary	Home	4:30	JVB/VG/VB
12/12	Graves Co.	Away	6:00	F/JV
12/13	Reidland	Away	6:00	VG/VB
12/14	LOHS JV Tournament	Home	8:30	JV
12/16	Massac Co.	Home	6:30	F
12/17	Paducah Tilghman	Away	4:30	JVB/VG/VB
12/19	Crittenden Co.	Away	6:30	F/JV
12/20	Owensboro Apollo	RSEC	4:00	V
12/26-12/29	Collierville Christmas Tournament	Collierville, TN	TBA	V
1/02	Massac Co.	Away	6:30	F
1/03	Heath	Home	6:00	VB/VG
1/04	Paducah Tilghman	Home	10:00	F/JV
1/06	Fulton Co.	Away	6:00	JV/V
1/09	St. Mary	Home	6:00	F/JV
1/11	Owensboro Catholic	Bellarmino University	TBA	V
1/14	Ballard Co.	Home	4:30	JVG/VG/VB
1/17	Reidland	Home	6:00	VB/VG
1/18	Murray Tournament	Away	TBA	F/JV
1/20	Heath	Away	6:00	F/JV
1/21	Marshall Co.	Away	6:00	VG/VB
1/23	Hickman Co.	Home	6:00	JV/V
1/25	Crittenden Co.	Home	2:00	F
1/28	Paducah Tilghman	Home	4:30	JVB/VG/VB
1/30	Calloway Co.	Away	6:00	VB/VG
1/31	Graves Co.	Home	4:30	JVB/VB/VG
2/01	Paducah Tilghman	Away	10:00	F/JV
2/10	Mayfield	Away	6:00	JV/V
2/11	Fulton City	Home	6:00	VG/VB
2/13	Heath	Home	6:00	F/JV
2/14	Heath	Away	6:00	VG/VB
2/15	Mayfield Tournament	Away	1:00	F
2/18	Ballard	Home	6:00	F/JV
2/20	Marshall Co.	Home	6:00	JV/V
2/24	Livingston Co.	Away	6:00	JV/V
2/27	Graves Co.	Away	4:30	JVG/VG/VB
3/03-3/08	District Tournament	Reidland	TBA	V



Coach Smithmier receives recognition for his long-standing support as a coach for the LOHS Purple Flash. Smithmier was recognized before the basketball games on Wednesday, December 4. Pictured from left to right: Mr. Pope, Athletic Director, Coach Smithmier, Mrs. Smithmier, and Rick Walter, president of the Basketball Booster Club.  
Photo by S. Bowen



Eric Parsley (12) shoots a foul shot against Calloway County.  
Photo by S. Bowen



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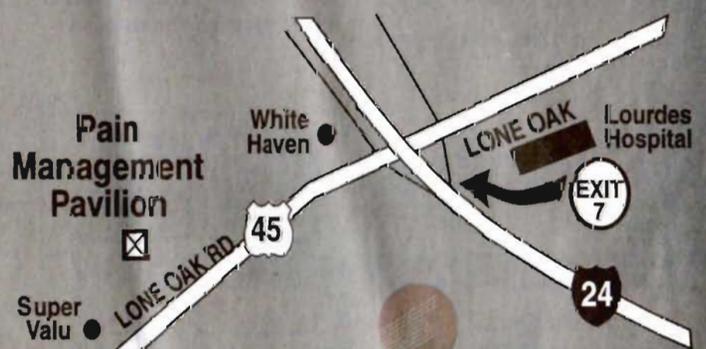
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