

The Oak "K"

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Wear's winning attitude leads school toward success

Walt Whinnery

How does she always seem to keep a smile on her face? What motivates that cheerful voice on the intercom every morning? "I truly believe that I am blessed. I work with an interesting, cooperative faculty and student body. How could a person have anything but a great attitude with such a job?"

These are the words of the "Prima" Donna of Lone Oak High School, Mrs. Donna Wear. In an interview with Kentucky's Principal of the Year for 2003, I asked for her thoughts on several important topics.

I started by facing her with the question that's on all of our minds: What does she see as the greatest obstacle for the school in general this year?

"We have quite a few more new students than last year, which means that our classes are going to be larger and our teachers worked harder than ever before," said Wear.

Wear has also had to deal with cuts by the McCracken County School Board in faculty and other resources.

As a result of increased enrollment and a decrease in staff, the school's greatest challenge, according to Wear, will be maintaining its excellent traditions in all areas.

Wear also gave her views on the problems that the new freshmen will strive to overcome. "The most important thing for freshmen to do right now is to stay focused, and to make academic and curricular goals that will set their course for the rest of high school."

When Wear first came to Lone Oak as assistant principal, she set specific goals for herself and the school. "I wanted to maintain and improve on the excellent academic program that was always present here, and I hoped to build a positive atmosphere in which students could learn."

"How could a person have anything but a great attitude with such a job?"

Another of Wear's goals was to help Lone Oak become the leader in CATS testing.

Since Wear became principal, the school has continued to have some of the highest scores in the county, as well as the region. "I want to expand our tradition of excellence," Wear said.

Wear has made considerable progress in her time here, and is sure to continue leading Lone Oak High School toward more success in the future.

As the new signs in the school lobby say, Mrs. Wear hopes students, faculty and staff "Enter with enthusiasm" and "Return with honor."



Mrs. Wear chats with Megan Taylor (12), Rachel Woleben (11) and Megan Thomson (12) in the hall between classes.

News

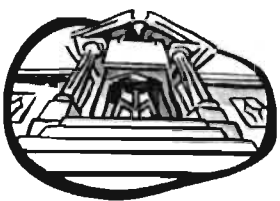
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What did Mrs. Wear do before she came to Lone Oak High School?

- Studied a double major in English and business with a minor in history at Murray State University
- Earned her Master's Degree and her Rank 1 at Murray State University
- Taught English and History at Mayfield High School for ten years
- Taught at Ballard, then served as principal of Ballard Middle School, and Ballard Memorial High School during the years before she came to Lone Oak

Colonels named Grand Champions at Heath Competition



Jacob Wynn (10) and Johnny Thompson (11) practice marching after school.

Emily Suhrheinrich

The Lone Oak Kentucky Colonels Band attended competition on Sept. 14 at Heath High School. The competition consisted of a semi-final and finals competition. The Colonels performed in both rounds, placing first each time in their class — AAA.

The drum line achieved the high drum line award in the finals competition, and the color guard achieved the high guard in both competitions.

In the final round, the Colonels won the award of Grand Champion, which is the highest overall score, regardless of class. The band then performed the show again in exhibition, a privilege of the Grand Champion.

Kasey Newton (10) and Lacey Smith (10) agreed that it was an interesting day, but

when they started to play the show for the third time, it got old.

However, most of the band members were very positive about their performance. "It feels good to know that all the work we put in is finally paying off," said Kristin Warren (10). "I was really proud of Aaron Megibow (an 8th-grade marcher from Lone Oak Middle School) counting and keeping us together during the second song," said Danielle "Yelly" Musgrave (10).

The band's show this year is entitled "Celebrations of Humanity," including selections from "Appalachian Morning," "Amber Waves" and "Appalachian Spring." The show focuses on the diversity of the human race and rejoices in the strength of patriotism, not only in America but in all the world.

Lone Oak welcomes two teachers, three student teachers

This year Lone Oak High School has two new teachers and three student teachers.

Mrs. Becky Buckley teaches in the special education department. Buckley graduated from Murray State University in 1974. Although Buckley has taught for several years, this is her first year to teach at the high school level. In addition to teaching resource classes in biology, integrated science and careers, she sponsors the Key Club. "I am enjoying everything about working

at LOHS," said Buckley.

Ms. Kelly Hack is another new teacher in the special education department. Hack teaches keyboarding and collaborates with other teachers. She graduated from Western Kentucky University in 1991. She previously taught in Paducah City Schools.

Ms. Marybeth Harris is a student teacher for Mr. Neel's world civilization classes. A peer-tutoring experience in high school influenced Harris to become a teacher. "One

day I was explaining a math problem to a kid and he looked up at me like he really understood the concept since I had helped him. It was a great feeling for me and I knew it was what I wanted to do for the rest of my life."

Mr. John Christopher Thornton is student teaching with Ms. Durham's choir classes. After touring with a band for two years after high school, Thornton decided to be a teacher. He enjoys the positive responses he receives from students.

Mr. Michael Wallace, who graduates from Murray this semester, is student teaching in Mrs. Sims' resource classes. After helping his three daughters with their schoolwork, Wallace decided that he wanted to make teaching his career. "My first impression of Lone Oak High was how very mature and responsible the students were. I thought I was on a college campus," said Wallace.



BUCKLEY



HACK



HARRIS



THORNTON



WALLACE

NEWS

Students attend summer National Youth Leadership Forum on Medicine

Staff Report

This summer, three students from our school, Ashley Montgomery (12), Peng Zhang (11) and Bruce Carter (11) had the honor of attending the National Youth Leadership Forum on Medicine in Chicago from June 22 to July 3. The students toured medical colleges, mental institutions and medical facilities like the Northwestern Hospital.

Montgomery had the opportunity to observe three surgeries and learned about putting people to sleep for surgery. Her most memorable experience at the forum was viewing the cadavers that the medical students were dissecting and feeling the texture of a heart, lung, liver, kidney and other organs.

Many speakers also influenced the students. "The AIDS speaker was especially memorable because she had gotten it from extensive drug use and prostitution. I couldn't believe that she had the guts to tell about her experiences," said Zhang.

During the forum, all of the students were separated into groups, where they held their sessions. Each group



Bruce Carter, Ashley Montgomery and Peng Zhang enjoy an evening on Lake Michigan while attending the National Youth Leadership Forum in Chicago.

was required to demonstrate a mock residency match, debate a controversial medical issue, and present a project for the Public Health Symposium.

The program seeks high school students with strong academics, leadership potential and an interest in the

field of science and medicine.

Participants must have a 3.3 or above grade point average and expect to graduate from high school within the next three years.

Mark your calendar

Oct. 20-24	NO SCHOOL Fall Break
Nov. 4	NO SCHOOL Election Day
Nov. 26-28	NO SCHOOL Thanksgiving Break
Dec. 22-Jan. 2	NO SCHOOL Christmas Break
Jan. 16	1/2 Instruction, 1/2 Fixed Planning
Jan. 19	NO SCHOOL MLK Jr. Day
Feb. 13	1/2 Instruction, 1/2 Fixed Planning
Feb. 20	NO SCHOOL Flexible PD
March 19	1/2 Instruction, 1/2 Fixed Planning
March 26	NO SCHOOL Flexible PD
March 29-31	NO SCHOOL Spring Break
April 1-2	NO SCHOOL KEA Days
April 9	1/2 Instruction, 1/2 Fixed Planning
May 24	LAST DAY FOR STUDENTS
May 25	Closing Day

Designated make-up days are Jan 16, Feb. 13, Mar. 19, April 9, Feb. 20, Mar. 26, May 26-28 and June 1-3.

On the 1/2 Instructional Days students attend only half the day. Only faculty and staff attend PD days.

Teen court now in session



Lauren Waker (11), Aaron Hudson (11), Kristin Warren (10), Walt Whinnery (12) and Kara Bowen (11) take a recess from Teen Court.

Marshall Toy

"All Rise, Teen Court is now in session." These are the words heard by all members participating in Teen Court. The new Teen Court year is here.

Teen Court is a program by the judicial system to keep juveniles out of prison and help keep them out of trouble. It provides young people interested in careers dealing with law with experience. Lone Oak High School is represented by the following people: Lan Nguyen (12), Walt Whinnery (12), Aaron Hudson (11), Kara Bowen (11), Lauren Walker (11), Eddy Dunlap (9), Kristin Ross (10), Shannon Stafford (10), Sneha Pampati (10), Krisen Lambert (11), Brittany Andrews (10), Nick Johnson (10), and Patrick Hall (9).

Currently the Teen Court members are in training, and after five training sessions they will officially be sworn in at the McCracken County courthouse. They will then be able to serve as a jury member, attorney, bailiff, or stenographer in an actual case.

Mississippi classrooms get web cams

Staff Report

Public schools in Biloxi, Miss., have added a watchful eye on students and teachers by installing web cameras in every classroom.

The cameras, which the schools began installing two years ago, are housed in circular domes on the ceiling, according to an Associated Press article. The location of the cameras allow administrators, who access the cameras through a web site, to see a sweep-

ing view of the classroom.

Parents, teachers and students are unable to see camera recordings unless they go through court.

This limited access concerns privacy activists, but overall the reaction has been positive, according to school officials. Parents and students welcome the increased security.

The Biloxi district is believed to be one of the first in the nation to install such cameras. Casino revenues funded the purchase of the 500 cameras.

Chicago schools reward attendance

Staff report

Although it has been nearly two decades since Ferris Bueller sluffed classes at a Chicago-area high school, schools there are still looking for ways to increase attendance — and state dollars.

The latest attempt, according to a story in the Chicago Sun-Times, includes an incentive program complete with free tickets to sporting events and coupons to stores.

Although some students compared the program to

bribing students to attend, officials say it is simply an incentive plan.

So far, the Chicago Bears, Chicago White Sox and Chicago Bulls have all promised tickets, although specific numbers weren't available at press time.

The incentive program, if successful, will have both academic and financial ramifications for the district. An increase in attendance from last year's 93 percent to 95 percent could bring in an extra \$55 million for the schools.

October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Crispito with Chili Calif. Blend Vegetables Potato Rounds Tossed Salad Peanut Butter Cookie Fruit Milk	2 Chicken Noodle Soup Crackers Toasted Cheese Garden Salad Banana Pudding Fruit Milk	3 Chicken Patty on Bun Leaf Lettuce Tomato French Fries Black-eyed Peas Baker's Choice Fruit Milk
6 Build Your Own Nachos All The Works French Fries Refried Beans Apple Crisp Fruit Milk	7 Hot Dog Bar Curly Fries Baked Beans Carrot Sticks Rice Krispy Treat Fruit Milk	8 Spaghetti & Meat Sauce Mushroom Sauce Mixed Vegetables Caesar Salad French Bread Fruit Milk	9 Chicken Nuggets Potatoes & Gravy Green Beans Slaw Hot Roll Fruit Milk	10 French Bread Pizza French Fries Buttered Carrots Garden Salad Baker's Choice Fruit Milk
13 Crispy Steak Potatoes & Gravy Green Beans Carrots & Dip Roll & Butter Fruit Milk	14 National School Lunch: Turkey Sub Lettuce & Tomato Bag of Chips Buttered Corn Frozen Strawberry Cup Brownie Milk	15 Soft Shell Taco (2) Salsa Chopped Tomatoes Mexican Beans French Fries Chocolate Chip Cookie Fruit Milk	16 National School Lunch Burrito & Cheese Sauce Potato Rounds Shredded Lettuce Chopped Tomatoes Salsa Peaches Milk	17 Domino's Pizza Chips Corn on Cob Tossed Salad Pudding Cup Fruit Milk
20	21	22	23	24
<div style="display: inline-block; text-align: center; vertical-align: middle;"> <h1 style="margin: 0;">FALL BREAK</h1> </div>				
27 Corn Dog Mac. And Cheese Fried Okra Veg. /Dip Snickerdoodle Fruit Milk	28 Chicken Nuggets Potatoes/Gravy Green Beans Sliced Tomatoes Roll /Butter Fruit Milk	29 Ravioli Whole Potatoes Green Peas Garden Salad French Bread Fruit Milk	30 Deli Sand. /Works Potato Smiles Pickle Spear Baked Beans P-Nut Butter Bar Fruit Milk	31 Domino's Pizza Chips Buttered Corn Fresh Salad Little Debbie Fruit Milk

Increased risks accompany early intercourse

Staff report

Risk factors increase among sexually active young teens compared to their virgin peers, according to a recent study by The National Campaign to Prevent Teen Pregnancy. The report studied the sexual trends of teens under 15 years old.

The study cites that of women under 20 years old, those who had sex at age 14 or younger had more sexual partners, on average, than girls who first had sex at 15 or older. This increase in partners equals an increase risk for pregnancy and sexually transmitted diseases.

Young adolescents who were sexually experienced also were more likely to engage in other risky behaviors, such as smoking, illegal drug abuse and drinking.

The study found that parental understanding of sexual experience is lacking. There is also a discrepancy

between parents and teens about sex education.

Only about 33 percent of parents of sexually experienced 14-year-olds know their child has had sex. Also, although the majority of parents claim to have discussed sex with their young adolescent, far fewer teens report a sex education talk has taken place.

The study also found that parental supervision is lacking at times, providing more opportunities for sexual intercourse.

About 33 percent of 12-year-olds and 50 percent of 14-year-olds report having attended a party without an adult in the house for supervision.

Overall, the study found that about one in five teens has had sex before his or her 15th birthday.

Of those, one in seven 14-year-old girls who has had sexual intercourse reports having become pregnant.

FAST FACTS

- Approximately 20 percent of adolescents have had sexual intercourse before his or her 15th birthday.
- One in seven sexually experienced 14-year-old girls has been pregnant.
- Only about 33 percent of parents of sexually experienced 14-year-olds know their teen has had sex.
- About half of the respondents, aged 12 to 14, report having been on a date or having a romantic relationship over the last 18 months.
- Of those who reported having a romantic relationship, 25 percent say the relationship was with someone at least two years older.
- About 33 percent of 12-year-olds and 50 percent of 14-year-olds report having attended a party without any adult supervision.

Wondering what happened to the Bill of Rights

Walt Whinnery



Once upon a time, there was this little document called the Bill of Rights. It guaranteed to all of us these petty, insignificant things called "civil liberties." Now, thanks to our good friend, John Ashcroft and his cronies at the "Justice" Department, we no longer have to worry about such little things as privacy and the requirement of a warrant to invade our property. They have given us — during the post-9-11 scare — a bill which in effect declares "national security" to be more important than individuals' rights.

Benjamin Franklin said it best: "Those who would give up their essential liberties for a bit of temporary safety deserve neither liberty nor safety."

While most of us will never personally feel the presence of this law, it is the mere fact that the government, which was originally designed to protect our rights, is invading our privacy for a vague cause of protecting the "greater good." Breaching our computer accounts, reading our private mail, and tapping our phone lines are inexcusable, especially by our nation's leaders.

So remember, whenever you talk on the phone, mail a letter or chat on the Internet, Big Brother might be looking over your shoulder.

Rules of etiquette ignored in Lone Oak cafeteria

Emily Suhrheinrich



I got up to dump my tray and when I returned, not only my chair, but those of three of my friends were missing. Where had they gone? We had no idea. This was the first of many incidents in a growing problem in our cafeteria.

The problem I'm talking about is a lack of cafeteria etiquette. Chair stealing is only part of it. How many of you have been jarred in your seats while someone tries to pull out or move their chair? Maybe you've even been bumped in the head as someone lifts their chair over you without even letting you know of the obstacle nearby. And I know all of you have been both the victim and the instigator of cutting.

The solution to this dilemma is simple: a little common courtesy and politeness. Next time you're moving your chair, warn the people nearby so they don't turn unsuspectingly and hit it. If you're moving between people, or their chair is caught on yours, say excuse me so they can move out of your way. This will make things easier for all parties.

Also, ask if someone is using a chair before you take it. The cafeteria is a big place — there's another chair there somewhere, I promise! Pick up your trash so the table is clean for the people in the next lunch.

And finally, while I know the idea is very tempting, don't cut. It just makes the line longer for someone else. You'll get there eventually, and there'll be plenty food for everyone.

These simple suggestions will make life more pleasant for everyone and the favor will be returned to you someday.

Attention whiners: complaining changes nothing

Lan Nguyen



"Actions speak louder than words."

This common proverb now seems limited to major political and civil rights movements.

One often tires of hearing people whine and rant about certain matters from "social injustices" to class curriculums to there not being enough food at lunch. Everyone is eager and willing to complain and agree that the problem needs to be solved. How many though, are the first to stand up and say, "I've had enough!" and take a course of action?

Many fear "persecution," not from authority but from their friends or fellow classmates. This persecution takes the form of ridicule, harsh criticism, or both. The thought of "What is everyone else is going to think or say?" holds so many voices back.

People cannot expect changes to occur if nothing is done about the matter. Nor can they expect one person to accomplish everything. But think, one idea can spark a revolution.

So take a stand and fight for what you believe in. To those who limit themselves to words, do not condemn those who possess the nerve and passion to accomplish what you will not. You cannot be called part of a cause if you're not willing to defend and fight for it with every fiber of your being.

Leftover lunch food doesn't have to go to waste

Rebecca Choudhury



If you've ever watched other students dump their trays after lunch, you've probably noticed the huge amount of food being thrown away. Try to imagine how much food is wasted at every lunch period. Even worse, think of how much food is wasted in a day, or an entire week.

Consider that about ten percent of all American families don't have enough to eat, and you should see something very wrong with this picture. Most students just don't realize how much food they waste; maybe they don't care. Either way, these terrible eating habits have to stop.

The main thing that concerns me is the fact that there are many better uses for leftover cafeteria food than rotting at the bottom of a trash heap. Perhaps we could make an arrangement with our local Martha's Vineyard and donate our extra food. Other schools throughout the country have started similar programs, almost always to good results. What harm could there be in at least trying to apply the program here? Wouldn't it be worth the difficulty to know we'd be making life easier for so many people?

The next time you're standing in line at lunch, please remember to take only what you know you will eat. Don't take for granted the fact that you have food to eat when so many all around the world are starving.

All extra-curricular activities deserve recognition

Peng Zhang



Can you name one person in the color guard? Do you know the captain of the academic team? How about the location of the next team golf tournament? Many people in extracurricular activities do not get recognized for their outstanding achievements. While Mrs. Wear does a good job of including many activities in her announcements, many groups are neglected when it comes to pep rallies and school spirit. Many students in the school do not even know that we have a Future Problem Solving Team.

This problem can be resolved by giving recognition to every single group in the school. If each football player, cheerleader and basketball player is announced at a pep rally, then each swimmer, baseball player and welding team member should also be announced.

Whether students are football players or teen court members, they should be recognized for their hard work.

Hayton those hall traffic jams: Keep it moving!

Tamela Hayton



Red light, green light, stop, go...are the hallways of LOHS going to have to resort to this?

The traffic jams by the main stairway are out of control. One of the causes of these jams is people stopping in the hallway to tell their friend what happened in class, or to talk about what they want to do after school. It is rude to suddenly stop on the stairs or in the middle of the hallway while someone is trying to rush to class.

The second cause is that some students don't know which stairwell doorway to go through. We end up having a big mass of people shoving and trying to barge their way in.

In an effort to keep these traffic jams to a minimum, step to the side of the hallway when you have something to tell your friends. You could also wait until lunch or after school to chat with them. The doorway you use will always be the one on your right. You go in on the right and others go out on the left! If everyone goes the right way traffic can flow in both directions, and there will be no need for traffic lights!

'Dress for respect' revisited

The following editorial originally appeared in the April, 23, 2003 issue of The Oak "K," so it does not necessarily reflect the views of this year's staff. We are reprinting the editorial along with a letter received in response to its publication.

Staff writer

I can't speak for anyone else, but I will be glad to see fade away into a bad and distant memory the current fashion trend among the high school girls to look like Britney Spears — showing off as much cleavage, midriff, and legs as humanly possible without going stark naked.

These same girls wonder why boys treat them with little if any respect, viewing them as objects rather than human beings with a brain. Well, the reason is obvious — girls you are not using your brain or showing any respect for yourself when

you bare as much skin as you do.

Wake up and see how you're denigrating the female sex in general by perpetuating the stereotype of females as sex objects.

What have feminists been fighting for all these years? Well I guess they've fought for you to have the choice to be viewed as less than what you are — an ironic and sad outcome for those who sacrificed so much for progress of women in our society.

Demand respect for yourself by treating yourself with respect. Don't fall into the illusory trap door of advertising that leads you to believe you'll be happy, cute, popular, rich, etc. if you dress like Britney. This door leads you instead further into the depths of bondage.

Girls, save what little self-respect you have left and dress more modestly. You will be pleasantly surprised that anyone whose opinion is worthwhile will again treat you with the respect you deserve.

Dear Editor:

The article "Dress for Respect," in my opinion, was more degrading than any fashion trend that has ever made its way through Lone Oak High School. Not only does it make those girls who are confident enough in themselves to wear form-fitting clothes feel they've done something wrong, but it also gives men the idea that if a girl wears revealing clothes, she is asking to be disrespected. It is this same outlook that causes women to be raped and taken advantage of. No matter how barely dressed a woman is, she still has a right to demand respect from her fellow women and especially from men.

The fact that the writer of this article would not reveal his/her identity shows that he/she must know that believing the amount of respect given to a woman is only determined by the amount of cloth-

ing she wears is clearly unacceptable.

The feminists of our country, I agree, have fought long and hard to revolutionize how women are viewed. Being able to dress the way we feel comfortable is proof that the all the hard work feminists have done has not been in vain. However, the views of the author of "Dress for Respect" only takes us back to a time when women weren't able to choose for themselves how they dressed.

The girls of this school should dress how they feel most confident. To those who feel comfortable enough with their bodies to show them off in a tasteful manner, I highly admire and respect you; I hope that an article like "Dress for Respect" would not discourage your confidence.

Sincerely,
Jaimee Redd (2003 senior)

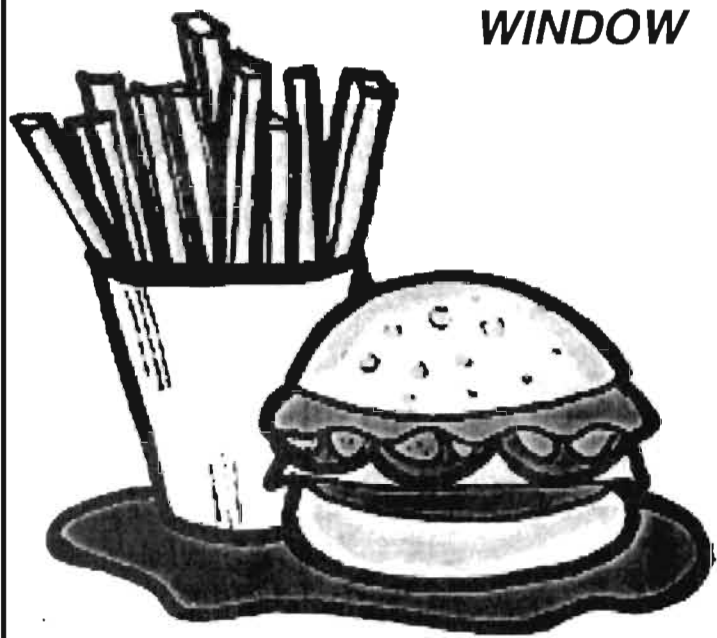


FEATURES

Fast Food

FRENZY

MAKING HEALTHY CHOICES AT THE DRIVE-THRU WINDOW



Rebecca Choudhury

Increasingly over the years, many Americans find themselves constantly hurrying about their daily routines, and high schoolers are no exception. Between class, jobs, chores, friends, and who knows what else, we find we just don't have enough time for sit-down meals anymore.

More and more people are turning to fast food as a quick food-fix and time-saver. As a result, adult obesity rates are on the rise, and the number of overweight children in America is higher than ever before.

For most of us, the phrase "fast food" brings to mind thoughts of messy burgers and greasy fries. To fight this bad image, more and more fast food chains are adding new, healthier items to their menus.

Despite what you may hear on television, some of these "healthy" alternatives are not healthy at all. The only way to tell which foods are better than others is to

look past the advertising and examine the facts.

One common misconception is that chicken is always a better option than a burger. Though this is usually true, there are exceptions. Take, for example, the BK Broiler Sandwich from Burger King, with 29 grams of fat and 550 calories. It has more fat and calories than a Whopper Jr. with cheese. A Grilled Chicken Deluxe sandwich from McDonald's has roughly the same amount of fat and calories as a Quarter Pounder.

Another common mistake is assuming that anything called a "salad" is automatically healthy. The fact is, a salad can be every bit as bad as any other fast food. If you stick to lighter salad dressings and skip fried toppings, such as chicken fingers, you should be fine.

The best tool you can use to make good food choices is your common sense. With good sense, and nutritional information charts available from most fast food restaurants, you should be able to determine for yourself which foods are the best.

Mystery Stars

Tamela Hayton

Here's an idea we got from our archives. In 1949, Mystery Stars was a popular column in The Oak "K." We thought it would still be fun more than 50 years later. The first person to report to Mr. Morehead's room (216) with both correct answers wins a prize. Good luck!

Miss mystery is a 17-year-old senior who has brown eyes and black hair. Her favorite color is purple, and her favorite food is crab. Her favorite subject is AP English. She wears a size 5 shoe and is 4'9". She is in a group of friends known as the "ya-yas."

She doesn't play any sports. She is in Beta Club and TCIM. Miss Mystery is this year's director of the school play. She has a younger sister who is a freshman. She is a HUGE fan of Orlando Bloom! She

gets questioned about her age all the time. Who is she? Mr. Mystery is a 16-year-old junior who has brown eyes and brown hair. His favorite color is green, and his favorite food is chicken sandwiches. He wears a size 14 shoe and is 6'3."

He plays football, baseball, and basketball. He is in the FCA. His favorite subject is history. He is also known to have a "secret life!" He really likes sports! Who is he?



MISS MYSTERY



MR. MYSTERY

What's your FFIQ? Take the fast food health challenge

Questions

1. A medium order of French fries has about as much fat and calories as a cheeseburger. True or false?
2. Which Arby's sandwich has more fat: a Turkey Sub or a Grilled Chicken BBQ Sandwich?
3. A Taco Salad (with salsa) from Taco Bell contains more fat than four Steak Fajitas. True or false?
4. Does a slice of Veggie Lover's Pizza from Pizza Hut really have fewer calories than a slice of Pepperoni Lover's Pizza?
5. A McSalad Shaker Chef Salad (without dressing) from McDonald's has just as many calories as a cheeseburger from McDonald's. True or false?

Answers

1. True. A medium order of French fries from Burger King contains about 370 calories and 20 grams of fat, and a cheeseburger from Burger King contains about 380 calories and 19 grams of fat.
2. The Turkey Sub has around 550 calories and 27 grams of fat, while the BBQ has about 388 calories and 13 grams of fat.
3. True. A taco salad contains about 52 grams of fat! Each soft taco contains around 10.
4. Yes, the Veggie Lover's Pizza has slightly fewer calories than the pepperoni. However, you would do better to avoid pizza in general, or make your own.
5. Absolutely false. A McSalad Shaker Chef Salad (without dressing) has only 150 calories, less than half of the 330 calories in a cheeseburger.

Single-gender classes gain popularity at LOHS

Rachael Golightly & Emily Suhrheinrich

Most of us think of all-boys schools as being like "Dead Poet's Society" and all-girls school's being run by Catholic nuns. But the newest trend in gender-specific schooling is on the public school front.

Schools like the Young Women's Leadership School in Harlem, N.Y., and others are rethinking the issue and finding strong academic results.

Rosemary Salomone, professor at St. John's University School of Law in New York, in an interview with the Christian Science Monitor, says that single-gender schools can — and do — work in today's world.

She cites advantages for students of all income levels and social standings. Public, all-female charter schools offer the advantages of a single-gender environment without the accompanying expense of private schools.

There aren't preconceived ideas

about male-female activities and students are able to participate in activities they might not be as likely to look into at a co-ed school.

Girls are more likely to be president of the student body or involved in a vocational class once reserved for boys. Conversely, boys attending single-gender schools may be more likely to play the violin.

These classes are being tried at Lone Oak High School, as well, although on a smaller level. Both Mr. Nall and Mrs. Wallace have taken on one single-sex freshman English class, boys and girls respectively. Both classes are first hour.

"My grades are definitely better," said Chelsea Coorts (9). Nall agrees that his classes are getting better grades since "there are no girls to distract the boys." Mrs. Wallace's class average is easily 20 points higher than those of her coed classes.

Another benefit of these classes is that they don't require any changes in curriculum or in processes of the class-

room, although Mrs. Wallace said she may try reading some "girls'" books that she wouldn't use in coed classes.

Students in these classes seem to exhibit more camaraderie since they are with the same sex. Boys tend to open up more to take on the jobs of answering questions and leading discussions. Both teachers feel they can be closer to their students and that the students are not as self-conscious.

"We joke about things we wouldn't normally with boys in the room," said Mrs. Wallace.

With the success of the English classes, LOHS may consider trying gender-separated classes in different areas, such as math and science. Possibly all freshman classes could become separate, which would provide an easier adjustment to high school for the incoming freshmen.

On the whole, these classes seem to have good results for everyone.

Peng Zhang

Emily Parker is this month's Junior Rotarian.

A leading lady of the senior class, she was vice-president last year and is running again this year.

She is the current president of the Beta Club and a co-president of the newly

formed Book Club. She is also a member of the Fellowship of Christian Athletes and of the Math Club.

Parker is also very active in statewide leadership, attending the Commonwealth Honors Academy this summer and the 4-H Issues Conference last year.

As for athletics, she has played junior varsity and varsity soccer for two years. Parker has been an honor student for all three years and has a 4.0 grade point average — a difficult feat considering her workload.

When asked to summarize Parker's personality, classmate Sarah Huyck said, "Emily is a very hard-worker and loyal friend."



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

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

Final authority for the content of The Oak "K" rests in the hands of the principal.

The Oak "K" Staff

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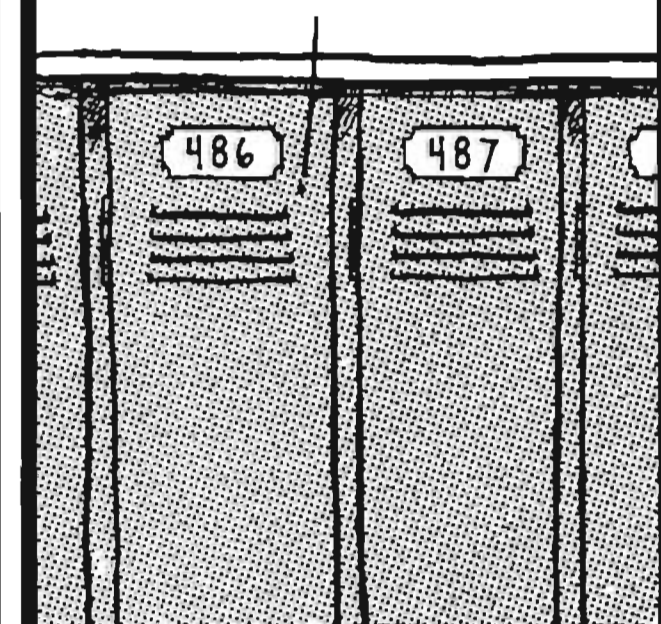
Ben Morehead, adviser

I JUST LOVE THE DARK.
IT ALLOWS ME TO
PONDER LIFE'S MORE
IMPORTANT QUESTIONS...

Taylor

WHAT'S THE PURPOSE OF LIFE?
WHERE DOES THE UNIVERSE END?
IS ANYBODY OUT THERE?

SERIOUSLY, IS ANYBODY
OUT THERE? I CAN'T GET
OUT OF MY LOCKER!



FEATURES

“Wicked” pick-of-the-month makes readers think

Lan Nguyen

The time-honored tradition of telling a classic tale from another character’s point of view (particularly that of the villain) has been twisted and turned upside down by author Gregory Maguire in his work “Wicked: The Life and Times of the Wicked Witch of the West,” published by Harper-Collins. Far from the ordinary “this is how it really happened,” Maguire delves deep into the life and character of Elphaba, the Wicked Witch of the West.

Maguire does not shy from detail when chronicling Elphaba’s personal life. Everything from her birth to demise, the silver slippers and the transition to “evil” is explained.

Elphaba is an outcast from birth due to her green skin in the oppressive Land of Oz. She later gains a sister (the eventual Wicked Witch of the East), Nessarose, who is severely crippled, in addition to a younger brother. It is prophesied that both girls are destined for greatness.

While attending school, Elphaba encounters a variety of characters, among them Madame Morrible, the head of Crag Hall and agent to the Wizard; Galinda or Glinda the soon-to-be Good Witch of the North and best friend of Elphaba; Fiyero, an Arjiki prince who is befriended by Elphaba and inevitably falls in love with her; Dr. Dillamond the Animal (an animal able to think, speak and reason), professor of life sciences, and even the mysterious all powerful Wizard of Oz.

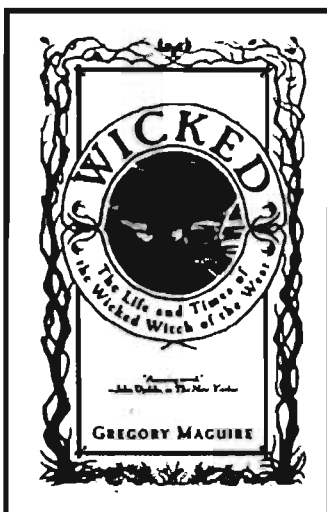
Throughout the book Maguire poses many thought-provoking questions such as what are the roots of evil, fate and freewill and the existence of a soul. Elphaba struggles to find the answers to these questions as she fights for change in Oz and while on the path to self-discovery.

In doing so, according to author Wally Lamb, she “is as scary as ever but this time in a different way; She’s undeniably human. She’s us.”

Maguire so passionately relays Elphaba’s emotions that her cause becomes our cause, her emotions our own; Every ounce of frustration, fear and pain become present within our very being.

“Wicked” challenges the reader’s original ideas and morals. This masterpiece does not simply retell an original tale with a different cause and/or ending; it is a novel detailing and questioning life, our role in it and what we do with it, while examining the true nature of good and evil.

One thing is certain: “Wicked” is amazingly unique and powerful. Although it may not move one to tears, it will definitely create a current for thought.



Locker organization saves time, grade

Ian Joslyn

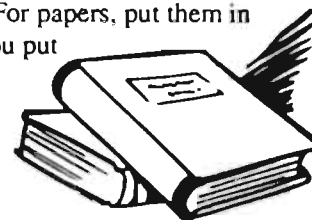
How many times have you been late for class or received a late grade on your homework because your locker was a mess? Well, you can fix this problem in a few easy steps.

To get better organized, you need to first start with your locker. First, you can't have loose paper lying in your locker. This is very important because it can cause confusion and loss of homework. To correct this problem, place all of your paper in a designated folder, binder, or throw them away.

Next, you need to get your binders, folders and textbooks in order. The best way to do this is to arrange them in the order of your classes. If necessary, get a locker shelf. By arranging your books in order, it's easier to find the right book at the right time.

If you carry a backpack, it might be a good idea to get an extra locker shelf to put it on. For those of you with coats, place the coat in your backpack before you put it in your locker.

Finally, and most important, is maintenance. Without this, organization would be useless. For papers, put them in the appropriate binder before you put them in your locker. Books and binders should be placed in the right spot each time you put them in. Backpacks are easy – they always go on top.



Thoughts from the freshman class

Rachael Golightly

Do you remember what it was like to be a freshman? For some of us it has been quite a while since we were at the bottom of the ladder. The following quotes are from this year's freshmen on their feelings:



Q: How are you adjusting to high school?

A: "It's fine."
—Chrissy Conyer



Q: Do you feel that the high school teachers are using as much "one-on-one" in classes as the middle school teachers did?

A: "In high school they just go over it once and then expect you to know it."
—Emily Murphy



A: "I think they use it less here than in middle school."
—Marley Rounds



Q: Do you think you are being treated fairly by upperclassmen?

A: "They don't give me any trouble or anything."
—Lindy Bule

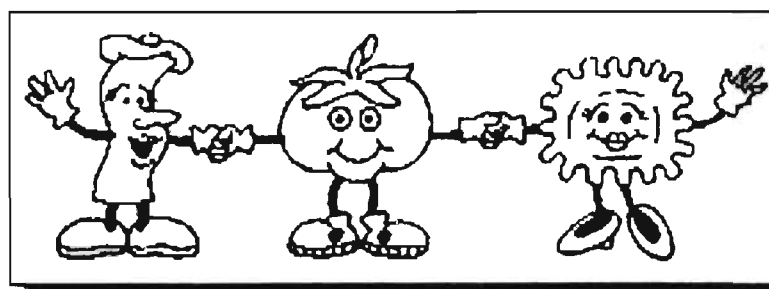


A: "Yeah."
—Andy Lipford



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NEED ADVICE?

Put your problem on paper and place it in The Oak "K" advice box in the library. You may get the answer you've been waiting for in our next issue!

Help for the time-challenged: tricks and tips to avoid those dreaded tardy slips

Emily Suhrheinrich

You wake up to your mom yelling that it's 7:15 and you're going to be late, you have no clean clothes, don't know where your homework is and — Hey! Was that the bus driving by?

Does this sound familiar? For some teens, this is how every school day starts, but it doesn't have to be this way.

Be prepared!

Yes, I know it's the Boy Scout motto, but it can work for you too. Prepare as much as you can the night before. You'll be surprised how much faster you'll be ready when your clothes are laid out, all of your school stuff is together on the kitchen table and you've already had your shower.

Have a back-up plan!

Ok, so your washer broke down and your jeans aren't clean. That's ok, because you have other options. Always have a back-up outfit in case your mom vetoes it or your dryer didn't start.

If you miss the bus, know which of your parents can take you to school, or if there are friends nearby who can pick you up on

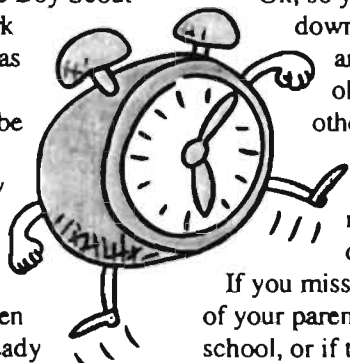
their way to school. In the event you're running late, these things will help you catch up.

Find out what works best for you!

What gets you out of bed in the morning? It differs from person to person: some people can just have someone knock on their door, others need someone to bang on a pot two inches away from their ear. If you're like me, for example, you just reach your alarm from your

bed and turn it off, then roll back over and go back to sleep. Try moving your alarm across the room, where you have to get out of bed.

All of these little things will help you get ready for school faster and more efficiently, maybe even increasing your sleep time! Also, you're likely to do better in school in the long run, which is always a plus.



SPORTS

Second-year volleyball builds on success

Tamela Hayton

As this year's district tournament approaches, the volleyball team nears the end of another successful season. In just two years, the players' efforts have succeeded in helping the school have an outstanding team. This year's team captains are **Laura Bredniak (12)** and **Katee Buchanan (12)**.

In September, the team traveled to Lexington's Kentucky Basketball Academy for the Lafayette Invitational tournament where they won two games and also watched other teams play. Coach Susan Helmich is hoping that seeing the competitiveness of the other teams there will help lead her team to a strong finish.

"It's been really fun watching them," Helmich said. The best thing about the second season of volleyball, according to Helmich, was seeing the girls "finally put it together and show Lexington what Western Kentucky is about." Both the players and Coach Helmich really enjoyed the tournament.

"We've learned a lot and gotten better as a team," said **Erin Freeman (12)**. **Amanda Bredniak (10)** agreed: "We are more experienced and know what is going on, also the new seniors helped out," said Bredniak.

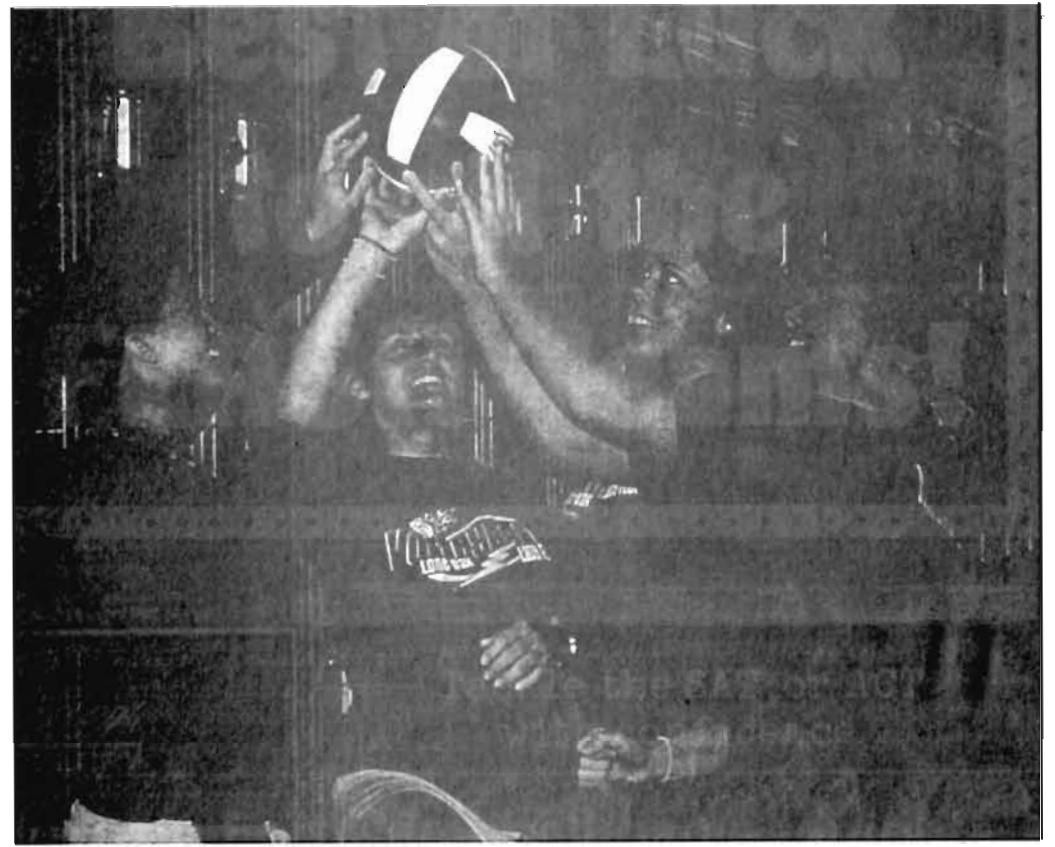
This year's varsity team is **LeAndrea Bell (10)**, **Amanda Bredniak (10)**, **Laura Bredniak (12)**, **Katee Buchanan (12)**, **Betsy Elliott (10)**, **Erin Freeman (12)**, **Carly Marquess (11)**, **Megan Millay (11)**, **Jenna Stamper (12)**, **Abby Thomas (10)** and **Tifanie Treece (9)**.

The junior varsity team is **LeAndrea Bell (10)**, **Bethany Culver (9)**, **Jessica Eisenga (9)**, **Betsy Elliott (10)**, **Amy Houser (10)**, **Tiffany Johnson (10)**, **Megan Millay (11)**, **Kayla Schnuck (10)**, **Tifanie Treece (9)** and **Jill Watkins (9)**.

You still have time to see the volleyball team play Sept. 29 at Murray High, Oct. 6 at the regional tournament and Oct. 13 at the regional tournament.

"We've learned a lot and gotten better as a team."

—Amanda Bredniak



Abby Thomas (10), Amanda Bredniak (10), Katee Buchanan (12) and Megan Millay (11) take a quick break from class to become one with the volleyball.

Flash continues to improve game despite losses; Fort Campbell game tonight

Eric Chumbler

It's football season once again here at Lone Oak High School and our Flash started out the year heading to Murray State University to play the Murray High Tigers. The Tigers jumped out to

an early 7-0 advantage but due to lightning, the game was delayed and eventually postponed to the next night where it would be played at Murray High's football field. When it was resumed, the Tigers trounced the Flash and ended up winning by the final

score of 35-7.

The next game for the Flash was the home opener against Caruthersville Tigers from Missouri. After a turnover committed by the Tigers, the Flash immediately took advantage with a 43-yard touchdown pass from **Joseph Elliott (12)** to **Matt Hopper (10)** to give the Flash an early 7-0 lead.

"I looked the field over and saw that Hopper had his man beat so I fired it to him and he took it in," Elliott said. The Flash defense then stopped the Tigers next possession and caused the Tigers to punt. Matt Hopper received the punt and ran about 50 yards to find the end zone once again and put the Flash up 14-0.

"My blocking held up and I saw the whole right side of the field was wide open, so I took it," said Hopper. The Tigers fought back to take a 20-14 lead midway through the second quarter, but moments before the half was over, Elliott hit **Micah Walker (12)** with a 42-yard pass to put the Flash on the three-yard line

where **Michael Leigh (10)** later ran it in for the Flash touchdown to put them up 21-20 at halftime.

The 2nd half wasn't as pretty for the Flash, as the Tigers came out running and ended up winning the game by the final score of 53-28.

The Flash's next opponent on the schedule was the Caldwell County Tigers. The Tigers have been a powerhouse in AA football the past few seasons and it was their defense that gave the Flash trouble. They shut out Lone Oak by the final score of 20-0.

Looking at the Flash's record this year, one would think that the team had not made any progress from last year's squad. The record doesn't tell it all, though.

"We've really worked hard, we've had some mistakes at inopportune times, but we've shown flashes of what we can do," says assistant coach Brad Patterson. "Our offense has shown that they can put points up on the board and our defense showed against Caldwell that

they can stop their opponent inside the 25 yard line." Lone Oak stopped Caldwell five separate occasions deep in their own territory. "We're about to hit the meat of our schedule and it's important that we work on our consistency."

See the Flash play Fort Campbell tonight at Lone Oak.



Quarterback Joseph Elliott scans the field for a Flash receiver while being protected by fullback Dan Gronau.

Flash Football Schedule

- Sept. 26, Fort Campbell at home
- Oct. 3, Webster Co. at home
- Oct. 10, Muhlenberg South at home
- Oct. 17, Brentwood Academy at home
- Oct. 24, Reidland at home
- Oct. 31, Trigg Co., away

Golf team stays ahead of the game

Reuben Gearhart

Did you know that the golf team had wins over Calloway and St. Mary? Or that they won the Marshall County Invitational? Well, according to golf coach Mike Murphy, the team is "doing well" and is "winning the matches it should win." He said their major goal was to attend the state tournament in October, which is achieved by placing first or second in the region, and Murphy said the team has been competitive.

The boys team lost Michael Sither and Brandon Roberts from last year, but has **Josh Binford (12)**, **Tyler Morgan (12)**, **Sean Copeland (12)**, **John Warren (12)**, **Jared Roberts (12)** and **Casey Smithson (12)** returning as seniors. But what impresses Murphy the most is that the team

has so many members that are able to play on the high school level. The problem is that they have nine and are only allowed five.

As for the girls, it's the same group of girls as last year, but they're better players and more experienced. **Whitney Overstreet (12)** and **Lyndse Coleman (12)** are the returning seniors, and **Corey Gregory (11)** is the much-improved junior. **Andrea James (10)** is representing the sophomore class and has worked extremely hard this summer. She is playing at a high level and can compete with anyone in the region. She also got a hole-in-one at the Princeton Country Club.

The big events coming up include the regional golf tournament at Mayfield Country Club on Sept. 29, and if the team places first or second, they will go to the state tourney in Ashland, Ky.

Catch a soccer game

Staff Report

Both the boys' and girls' soccer teams have games left in the season. See the schedules below to find out when the teams play next.

Girls' Soccer

Sept. 30 Marshall Co., away
Oct. 2 Reidland, away
Oct. 4 Heath, away
Oct. 7 Caldwell at home

Boys' Soccer

Sept. 29 Tilghman, away
Oct. 2 Reidland, away
Oct. 4 Heath, away
Oct. 7 Caldwell at home
Oct. 9 Mayfield at home

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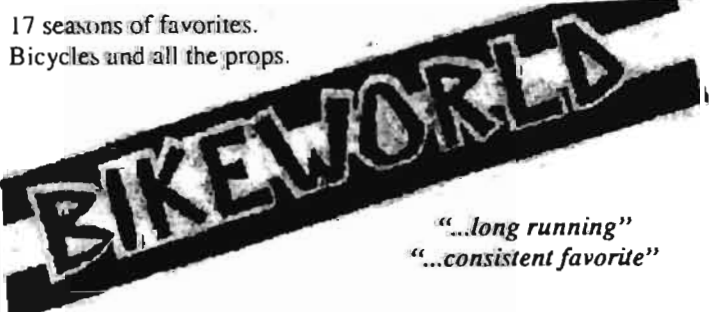
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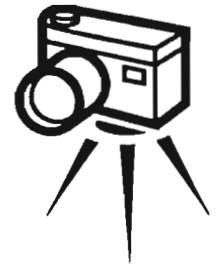
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