



The Oak "K"

Volume 62 Number 2 October 2003

Taking one's chances is like taking a bath, because sometimes you end up feeling comfortable and warm, and sometimes there is something terrible lurking around that you cannot see until it is too late and you can do nothing else but scream and cling to a plastic duck. - Lemony Snicket

October 31, 2003

News

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Greetings from the Daily Living Skills Class

Tamela Hayton
Editorials Editor

Who is that enthusiastic red-headed kid playing the drums at the pep rallies? The talented artist who painted our lunch menus? Or the blond haired girl who participated in the Special Olympics softball game?

These are members of the Daily Living Skills Class taught by Mrs. O'Neill. Alecia Payne and Sheila Clark are the paraeducators (teacher assistants). The goal of the class is to allow students with disabilities to live independently as possible. They participate in many activities such as community-based instruction, in school jobs and jobs in the community. The class consists of ten students: **Jason Beachel (12), Lauren Gray (10), Jarrod Hawkins (12), Tommy Hoover (12), Brett Jackson (10), Amber Kimbler (9), Christina Lanier (10), Richard Mahmet (10), Jerry Staten (10), and Thomas Williams (10).**

Three students new to the class are **Amber Kimbler (9), Jerry Staten (10) and Thomas Williams (10).** Amber joins us from Lone Oak Middle School and Thomas has transferred from Tilghman High School. Jerry transferred from Carlisle County.



Photo by: T. Hayton

First row: **Jason Beachel (12)**, Second row: left to right, **Brett Jackson (10), Christina Lanier (10), Amber Kimbler (9), Lauren Gray (10)**, Third row: left to right **Jerry Staten (10), Tommy Hoover (12), Thomas Williams (10), Richard Mahmet (10)**

The students participate in many jobs over the school year. Some of their jobs are filling the silverware and condiments, fold towels, put the chairs up and down in the cafeteria everyday; they disinfect the nurse's bench in the office and wash the blanket once a week.

The seniors have also been really busy they will be completing an alternate portfolio. The alternate portfolios take place of the CATS test. It targets skills, core content areas, and students have to prove they are friends with

non disabled students. Other teachers in the district score the alternate portfolios.

You may have seen **Brett Jackson (10)** playing the drums at the pep rallies. "Brett is a great inspiration to us all. His heart and desire to play percussion instruments motivates all of us," comments **Mr. Ford (music teacher)**. He will continue playing the drums at every pep rally. **Thomas Williams (10)** is also very talented and draws many pictures. One of his paintings was entered in the Woman's Club Art contest; it was selected to compete at the high school Regionals sponsored by the Woman's Club. He also drew the colorful designs on our lunch menus on the cafeteria. **Lauren Gray (10)** participated in the Special Olympics regional and state Softball Tournament.

"My main objective when teaching this class is to help my students become as independent as possible. Not only do I expect my students to become more independent this school year, but to continue their goal of total independence for the rest of their lives," commented **Mrs. O'Neill**.

Flash Football Finale

Eric Chumbler
Sports Editor

Football season is winding down and the Purple Flash find themselves in a situation they haven't been in since the 2000 season. With a win Friday night, the Purple Flash will be playoff bound, something Lone Oak High School hasn't achieved since the 1992 season when they were narrowly defeated by McClean County. In the 2000 season, Lone Oak had a chance to make the playoffs with a win over Union County, at Flash Field, but lost by the score of 44-40.

After an 0-4 start and losing our starting quarterback, Joseph Elliott to an ankle injury, nobody in the district figured that Lone Oak would make any noise the rest of the year. Nobody except Lone Oak, that is. After a humbling loss to the top team in the district, Fort Campbell, it was time for Webster County to

come to town. They left town in far worst shape than they came. Webster came out and scored first but Lone Oak never backed down. They grabbed their first lead of the game when kicker/quarterback, Elliot Treece, knocked in a field goal to give the Flash a 17-14 lead. They never relinquished the lead. The Flash moved on to post an impressive victory, 31-21 over Webster, and get their first district victory of the year. Once again, everyone else in the district considered that game, "an upset." Everyone except Lone Oak.

The next opponent on the Flash schedule was a trip to Muhlenburg South to face the Suns. Led by Elliot Treece and Micah Walker, the Flash rolled out to a 40-6 lead at one point and ended up winning by the final score of 40-22. Walker led all receivers with 9 receptions for 162 yards and 1 touchdown and Treece continued his great play

while backing up Joseph Elliott. "Elliott has stepped in and done a very good job" said assistant coach Brad Patterson. "His completion percentage and his ability to read the defenders has improved each week." This win gave the Flash two district victories, and moved them two spots up in the standings.

Lone Oak's next task was to bring down a giant. A giant that's ranked in the top 10 in the state of Tennessee and has a long-time tradition of winning. This giant, Brentwood Academy out of Nashville. To understand how big of a giant they really are, in his thirty-third year as head football coach in the fall of 2002, Brentwood Head coach Carlton Flatt's 87 percent winning percentage ranks as one of the best in the nation. Flash head coach, Allan Cox, has had a long-time friendship with coach Flatt and has coached against him many times while he was at Paducah Tilghman in the

1980's. Brentwood showed their superiority and went onto a 42-7 victory over the Flash.

After the Eagles, Lone Oak held their last home game of the year against cross-town rival Reidland High School. Lone Oak showed all critics that they weren't going down without a fight and rolled over the Greyhounds, 36-0. With the win, the Flash are 3-3 and the district and tied with Webster County for the final playoff spot. Which makes Friday night's game at Trigg County even more important. A loss by Lone Oak and Webster, and a Caldwell County victory sets up a 3-way tie for the final spot which would bring up the tie-breaker scenarios. It would most likely come down to your record vs. non-district opponents which wouldn't help Lone Oak much. However, a win, we're in!

Red Ribbon Week gears up

Lan Neuyen
Editor-in-Chief

Red Ribbon Week is back again with the TCIM (The Choice is Mine) Club heading it up.

The members have worked hard to promote the prevention of drug, cigarette, and alcohol use—the theme of Red Ribbon Week.

Mrs. Wear proudly praises the group's cause saying, "Red Ribbon Week is a great thing and way for students to show that they are drug free."

The members have also decorated the school with a variety of posters spreading the message of Red Ribbon Week. One poster stands out among all the others, The Pledge to be Drug Free. This poster contains all the names of the TCIM members, and the club is hoping to gain at

least 200 signatures by Friday.

I think it's a good thing and I'm proud our school is a part of it. And I hope everyone takes advantage of being a part of Red Ribbon Week," comments Mr. Smithmier, the club's teacher sponsor.

Using positive reinforcement, the club will not only be giving out red ribbons to those who are drug free, but prizes in the form of hackey sacks, footballs, and soccer balls. Drawings for the prizes will be held during each of the lunch periods and five from each lunch period will be chosen for a prize. On Friday in the spirit of Halloween, 25 people will be drawn from all the lunch periods combined to win a stadium cup filled with candy.

"I'm glad I am the club president TCIM so that I can promote Red Ribbon Week more than it has been in the past," remarks Tamela Hayton.



Football Homecoming Court 2003 – 2004



Homecoming King and Queen Eric Chumbler (12) and Lauren Blackburn (12)



The Homecoming Court attendants are: Corey Gregory (11), Hannah Walker (9), and LeAndrea Bell (10)

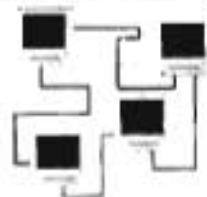
Don't teach your kids to share!

Walt Whinnery
News Editor



On April 4th of this year a unprecedented action took place, the music industry filed several immense lawsuits against individuals who shared copyrighted music. These lawsuits, filed for immense amounts, all ended up settling out of court, with the students charged paying approx. \$15,000 each to the music companies.

"Given that these were the first lawsuits of their kind, and that the individuals had limited means, we believe that the settlement amounts were appropriate," commented a spokeswoman for the Recording Industry Association.



As a part of the settlement, the students agreed not to download or distribute any recordings off the internet, and will prevent access to others to music already downloaded on their computers.

Many proponents of music sharing say that the industry had no right to violate these peoples' privacy, and that the actions taken against them were excessive. However, the music industry claims that the individuals were in violation of copyright laws, laws in effect to protect the musical artists and their recording companies.

The new lawsuits, despite the proponents' of music sharing protests, are continuing, and will most likely persist until the recording industry has completely eliminated the file sharing wave that has swept our country.

Biology Club "spelunking" at Mammoth Cave

Emily Subrheirich
Business Manager

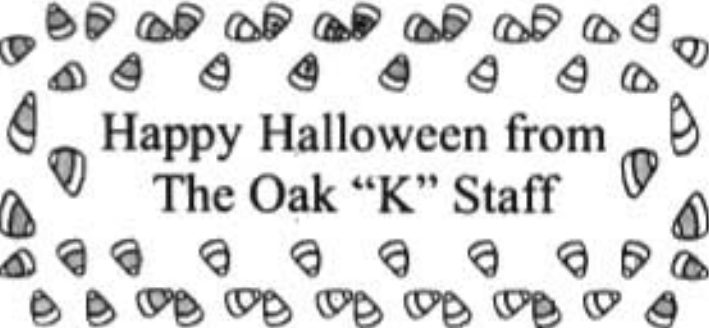
On October 4, members of the Biology Club took a field trip to Mammoth Cave in Cave City, Kentucky. They took the Frozen Niagara and Violet City Lantern.

The Frozen Niagara tour features many of the cave's beautiful stalagmites and stalagmites. The Violet City Lantern tour is in many of the larger areas of the cave and is led by lantern light.

The students attending were Choldys Johnstone (12), Chris Grief (12), Lauren Nance (11), Elizabeth Block (11), Erin Freeman (12), Ben Malmquist (12), Lori Eddings (12), Jessica Perry (10), Andrew Hook (10), Marie Templin (10), Jennifer

Frey (10), Kristen Hage (9), Zach Roach (10), Mandv Yates (12), Lindsey Schaffer (9), Chayne Dixon (9), Kristen Clay (9), Jennifer Chandler (9), and Jennifer Gessel (9). The sponsors attending were Mr. and Mrs. Wallace and Mr. Patterson.

All the participants thoroughly enjoyed the trip. "It was interesting and a lot of fun. You are so funny, Bob!" said Liz Block.



Staff Report

School administrators and parents would like to believe that the idea of parties with alcohol are an exaggerated part of high school, but a recent report put together for the Institute of Medicine and the National Research Council shows that underage drinking is a major issue in the United States — a \$53

Battling Booze Among Teenagers

and consequences of underage drinking, raising taxes on alcoholic beverages, and creating driver's licenses and identification cards that can be electronically scanned, limiting identification fraud for the purchase of alcohol.

Some opponents of the tax hike on alcoholic beverages believe raising taxes only

truly penalizes one group — law-abiding adults. Jeff Becker, president of the Beer Institute, was quoted in an AP story saying: "Such measures do nothing to lower teen drinking."

and consequences of underage drinking, raising taxes on alcoholic beverages, and creating driver's licenses and identification cards that can be electronically scanned, limiting identification fraud for the purchase of alcohol.

Some opponents of the tax hike on alcoholic beverages believe raising taxes only

Mon	Tue	Wed	Thu	Fri
3 Chicken Noodle Soup Toasted Cheese Tossed Salad Cottage's Fudge Fruit Milk	4 OUT **	5 Breakfast for Lunch Eggs Sausage Gravy Biscuit - Jelly Banana - Milk - U.J	6 French Bread Pizza Fries Buttered Corn Tossed Salad Baker's Choice Fruit Milk	7 Chicken Patty/Bun French Fries Leaf Lettuce/Tom BK Eve Peas Baker's Choice Fruit Milk
10 Spaghetti Meat And Mushroom Sauce Mixed Vegetables Caesar Salad French Bread Fruit Milk	11 Build Your Nachos Refried Beans Potato Smiles P-Nut Butter Cookie Fruit Milk	12 Chinese Day **** Sweet Sour Chicken On Rice Stir Fry Veg Meat Egg Roll Fortune Cookie	13 Corn Dog Macaroni Cheese Fried Okra Sliced Tomatoes Baker's Choice Fruit Milk	14 Turkey Sub / Hoagie Lettuce Tomato Bag of Chips Buttered Corn Baker's Choice Fruit Milk
17 Ravens Fries/Potatoes Green Peas Tossed Salad French Bread Fruit Milk	18 Taco Salad Fritos Potato Rounds Mexican Beans Chee Cake Fruit Milk	19 Chicken Tenders (2) Baked Potatoes Broccoli Chz. Sauce Tossed Salad W. W Bread Teddy Grahams	20 THANKSGIVING MEAL Turkey / Dressing Potatoes Gravy Green Beans Shaw Roll Pumpkin Pie	21 Domino's Pizza Bag of Chips Corn Baker's Choice Fruit Milk
24 Crispy Steak Potatoes Gravy Green Beans Carrot Sticks Roll Fruit Milk	25 Crispito - Chili Au Gratin Potatoes Lima Beans Sliced Tomatoes Snickerdoodle Fruit Milk	26	27	28



Kentucky "Colonels" Marching Band rated top again

Ian Neuyen
Editor-in-Chief

Once again the marching band has triumphed, this time in their competition at Hopkins Central. With the stunning performance by the band and guard came a score of 90 in the final round of competition. The Lone Oak Kentucky Colonels toppled the Henry Clay Colonels,

showing which Colonels were the best. The overall rating was, of course, distinguished. The group received high marks from the judges and hauled home a hefty load of awards including, best guard and best percussion, and Grand Champion.

At Hopkinsville, the band received a score of 88.4 and the rating of distinguished. They placed fourth in the top

twelve. Sean Hardin won first place in the in the AAA class, but our band was not far behind with second place. Out of the eleven other bands present the Colonels placed fourth overall, just two and half points short of Grand Champion. "Hopkinsville was a great run, but we still have a lot of work to do," commented Mr. Ford.



Editorials

To "Punk" or not to "Punk"?

More and more I'm seeing a disturbing trend in the fashion of today. Mass produced "punk" clothing is slowly infiltrating department stores and showing up on teenage girls' backs. You may think I'm being too critical, but it's a fact that these outfits are being worn by people who have never heard of The Ramones, The Clash or other wonderful masters of "Punk Rock." They just see the shirts in their favorite clothing stores and magazines and think, "Hey, I wanna be a punk rocker today." That is one of the things that irks me.

I hate the way major clothing companies are trying to cash in on naive little girls' ignorance. I've flipped through my sister's "girlic" clothing magazines, such as Delia's and Girlfriends, and I was disgusted at the shirts and jewelry therein. The selection of "punk" outfits included The Clash and Alkaline Trio shirts, and ones with witty sayings such as "I'm with the band," "I love Punk," and "Skateboarders Rock." The jewelry includes studded belts, studded bracelets, and chokers. These companies are deliberately trying to sell a way of life that started with a do-it-yourself attitude.

So next time, as you thumbing through the latest issue of Alloy or walking through the Wet Seal store in your local mall, don't give in the brainwashing of big businesses. Instead, take a trip to your local thrift store and see what punk fashions you can find. You'll not only be saving money, but saving yourself from ridicule.

Aren't fieldtrips suppose to be fun?!?

We all love fieldtrips but what about the aftermath? What is this aftermath I speak of? Well, the left over homework of course! Sometimes teachers don't consider that the students are being doubly pressured by going on an educational fieldtrip and having to complete schoolwork that they would not have been assigned had the fieldtrip not been taken. Now I can understand why teachers aren't exactly ecstatic about their students missing class but that's no reason to punish them.

Have you ever gone on a field trip and found out that your assignment for that day was nearly double that of what it normally is? This is sometimes a common practice in LOHS. Field trips will always have some sort of educational purpose, and students shouldn't be punished because they choose to attend. Many students don't attend fieldtrips as they are in fear of being left behind or becoming overwhelmed with homework or new concepts being taught while they were gone.

If fieldtrips were scheduled early enough teachers should be able to schedule in the work that those people going on the trips will miss. It would also leave a sort of catch-up day for the students that aren't on the trip. And I know teachers don't like to grade homework at home. These fieldtrip days will help everyone overall.

Spare Time? What Spare Time?

We all know there are 24 hours in a day. Or are there? Lately, it seems like more and more of our time is being forced to be used for school and extracurricular activities.

Now, I have no problem with homework. I understand that homework is sometimes necessary to help students understand the concept. What I don't understand is loading students with hours upon hours of homework. Anything more than an hour's worth of homework per class is a bit excessive with the possible exception of an AP course.

I haven't even touched on extracurricular activities yet. Students involved in extracurricular activities are sometimes giving up three and four hours several afternoons a week. What does this do for people taking multiple AP courses or enriched English? It means that upon being adjourned from practice between 4:30 to 6:00 p.m. (sometimes even later), these students will have to do their homework, which as we have discussed, can be more than an hour per class! Let's do the math: an hour of homework, for each of six classes, and at least two hours of practice. This means you may not go to bed until 12:30 a.m., assuming

you don't do anything weird, like showering, eating, laundry, or just spend a little time relaxing by reading or watching TV.

Let's think about your future needs for a moment. Very few of us (or our families) have enough money to pay for college or a car without some financial strain. To help with this situation, many high schoolers try to get an after school job. Yet again, school and extracurricular activities prevent some people from doing this. The few people who do have a job often find it hard to work with their schedules, and their hours are limited, due to sports and other activities. In some cases, people wish to participate in an extracurricular activity, but cannot commit to the rigorous practice schedule due to homework, work, and other obligation. Is this fair to them? Even if you can find equilibrium between work, homework and a possible school activity, by the time you are done with school and practice, and get off of work, you are too exhausted to put forth your best effort or even do homework at all.

It's common knowledge that teenagers need more sleep than adults and most of us are over-exhausted anyway, probably due to these habits. To help put an end to these problems, teachers, coaches and sponsors need to remember a few little things: coaches and advisers, remember your participants are in high school and have all the assignments that come along with it. Teachers, remember that your students are teenagers and need to celebrate their youth by being involved their youth by being involved in extracurricular activities, and keep your assignments reasonable (i.e. only assigning enough to make sure the students will have sufficient practice at the ideas covered). Collaboration and cooperation from both parties will give students more energy and they will do better at school and in their activities.



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Tamela Hayton
Editorials Editor



Emily Suhrheinrich
Business Manager



Peng Zhang
Features Editor



Rebecca Choudhury
Staff Writer

Mission Impossible? NO!

When people hear the word "AP" they think "Oh no! A college course with lots of homework and tests, not to mention tons of studying for the AP test. No way am I taking one!"

For a time certain AP courses were cut from the school curriculum due to lack of interest in participation. There should be no reason for lack of interest or participation in AP courses. People should be eagerly jotting down on their schedules. AP courses are *not* impossible and are actually more enjoyable than average classes.

First of all, the atmosphere in an AP course greatly differs from that of a regular course. The students in an AP class are not necessarily the brightest students in the school, but more the students who have a passion for learning about a certain subject. The teacher may expect the best of you, but that's because they know there is the best in you.

This type of attitude leads to fun in-depth discussions where you know no one is going to say, "Well that's wrong because it's stupid!" and if ever that horrid argument were ever made, the person would be shunned.

The piles of homework and tests everyday are purely myth. AP class curriculums rarely differ from that of regular courses. Usually though, a small amount of independent work is required. For example, AP English students are required to read one novel from a specific time era and write an analysis based on their reading every nine weeks.

As for taking the AP test, well that's optional. The class is designed to prepare you for the test, but it helps to study outside and if you have an actual interest in the subject. So you're not going to be slaving over AP test prep booklets and taking tons of practice tests all the time.

AP classes are less of a class and more of an experience, and a worthwhile one at that. No one need fear or hesitate from taking an AP course.

From Back to Front

Sitting in the back of the class does seem appealing... I mean come on, easy to doze off and talk to your fellow peers, why not? But by sitting in the *front* of class, is one of the factors that may help improve your grade.

When you sit in the front, you are less likely to doze off and not pay attention. It will be easier to see the board and follow along with a "difficult" math problem. Also, from my experience it is easier to get the teachers attention and you will be less distracted and more focused on the lesson.

Sitting in front may not seem "cool" at first but will help you out in the long run. You will have a better understanding of the materials being presented and your grades may improve, especially if you have a short attention span. The only thing now is just to make your choice of seating. For one of your harder class it will benefit you to sit in a seat that will allow you to learn more efficiently. For an easier class just make a wise decision. Hopefully, you will sit where it will benefit you the most.

Cheater, Cheater, "Pumpkin" Eater!

A problem that is prevalent throughout the country is cheating. Almost every student at Lone Oak has cheated once, twice... or every hour of every day. Many students rely on cheating on their fellow classmates for assignments, quizzes and tests. Like many other questionable actions, the degree of severity is in the eye of the beholder.

Why do we cheat? Some people need homework assignments that they forgot to do the night before. Others people cheat on tests because they are too lazy to study or because they're too shy to ask for help about a subject that they don't understand.

So what does all this mean? This problem doesn't involve other people, it is about you. Either you are too lazy or too shy. You need to step up. Are you lazy? Consider changing your attitude because you're going to be in trouble after high school. Too tired to study? Then cut out on your activities. If you're too shy to ask for help, then the best option is to make an effort. Ask a friend for help.

If you don't cheat, you have to make an effort to not help others cheat. If someone asks for your homework, say no. If you notice someone looking at your paper during the test, subtly cover it with your arm. Confront the cheater afterwards, but don't tell a teacher about it. Cheating affects everyone and is unfair to those who actually do our work.

What if you go to school, discover a huge chemistry test that you forgot to study for last night, and begin to cheat? Then you are taking the easy way out. Challenge yourself to make a bad grade, because the person that you are copying from probably spent hours of their life studying for this test. If you take the responsibilities for your actions and the grade that you deserve, you will come out of this situation stronger morally.

Praying for Separation

Some debates fade with time, but the issue of public prayer in schools is not one of them. It's not hard to understand why this is true, when you consider how important religion is to so many people. Naturally, many of them would feel the need to share their beliefs with others, but school is not the place to spread religion.

Public schools are funded by the government, so it violates the first amendment for them to promote religion. After all, that's what public prayer in school is. Even if it may not seem that way to you, you must consider it from a neutral prospective.

Only someone who practices a religion different from his or her classmates can tell you how awkward it feels to be singled out for his or her beliefs. Allowing students to pray publicly during school would only deepen these feelings of discomfort or, in the worst case scenario, anger or offend others. No one should ever be made to feel that way, especially not in a school environment. None of us has the right to knowingly or unknowingly force our beliefs on others, especially not with money provided through tax dollars.

Supporters of organized school prayer claim that by keeping students from praying aloud in schools, the government is violating their right to religious freedom. Contrary to what many may think, forbidding public prayer in school does not in any way prevent students from praying. Why can't those individuals who chose to pray during school hours do so quietly and privately? By keeping your prayer to yourself, you can express more your beliefs without making any of your fellow students feel uncomfortable, and shouldn't prayer really be between the follower and his or her god or gods? Anything more is just an attempt to show off.

Features

Meet the Staff



Alias: Lan Nguyen
Rank: Senior
Position: Editor-in-Chief
Quote: "It's so...BOHEMIAN!"
Interesting Fact: Recently reunited with her long-lost Mongolian twin Peng-is-my-hero



Alias: Rachael Golightly
Rank: Senior
Position: Photography Editor
Quote: "So 'hott'...so beautiful...MY Johnny Depp."
Interesting Fact: Secretly a famous French model and singer



Alias: Reuben Gearheart
Rank: Senior
Position: Circulation Manager
Quote: "I told mom I wanted to grow up and be a rock star, and she said I couldn't do both."
Interesting Fact: Is really Tom Petty in disguise



Alias: Marshall Toy
Rank: Junior
Position: Assistant/Layout Editor
Quote: "You can play hurt, but you can't play injured." - Coach Cox
Interesting Fact: Likes long walks on the beach, getting caught in the rain and drinking Pineapple beverages



Alias: Eric Chumbler
Rank: Senior
Position: Sports Editor
Quote: "Go Cards!"
Interesting Fact: He'll be takin' Bob Costas' job before too long.



Alias: Rebecca Choudhury
Rank: Freshman
Position: Staff Writer
Quote: "...But if you crossdress as a crossdresser, is that *really* crossdressing?"
Interesting Fact: Loves sushi, fenne foxes, and techno music



Alias: Tamela Hayton
Rank: Senior
Position: Editorials Editor
Quote: "Josh Hartnett...ahhhh..."
Interesting Fact: "Committed" to Walt Whinnery



Alias: Peng Zhang
Rank: Junior
Position: Features Editor/Advertising Manager
Quote: "Asian people are just naturally smarter than everyone else." - Brad Sanders
Interesting Fact: NOT Asian, ESKIMO



Alias: Ian Joselyn
Rank: Freshman
Position: Staff Writer
Quote: "Drive sexy cars."
Interesting Fact: Collects coffee pots



Alias: Walt Whinnery
Rank: Senior
Position: News Editor
Quote: "Existentialism is such a drab philosophy of the human psychological existence."
Interesting Fact: Looks good in a purple toga



Alias: Emily Suhrheinrich
Rank: Junior
Position: Business Manager
Quote: "My goal is to someday have my editorial posted up on Mr. Whitley's wall."
Interesting Fact: Slowly dying from complications of consumption



Alias: Jessica Gordon
Rank: Freshman
Position: Archivist
Quote: "I'm a geek, and I'm proud!"
Interesting Fact: Not here

Masden aims for National Board Certification



Mrs. Masden is prepared for her next class

Eric Chumbler
Sports Editor

Debbie Masden, longtime teacher of Lone Oak High School, may soon become a part of the most prestigious boards for all teachers, the National

Board of Certified Teachers. Only few, after much hard work and many hours of training, are a part of this organization. Mrs. Masden began thinking about the Certification in 2001, but actually started working on it in June of 2003. She must complete her portfolio pieces and tests by June of 2004. Then, depending on her scores, she may have to try certain portions again. "This could take as long as two additional years," says Mrs. Masden.

The minimum requirements for being certified are having completed at least your Bachelor's and Master's degrees and having at least 3 years of teaching experience. Many great benefits are rewarded to you after achieving Certification. "If I am successful, I earn Rank

1 certification in Kentucky plus an additional \$2,000 annual salary increase. That will mean about \$5,500 extra per year for me"

If she should choose to relocate to another state, her National Certification would be recognized throughout the United States. She wouldn't be required to apply for Certification again. However, anyone wanting to get certified must first pay \$2,300.

The National Board has identified specific characteristics they feel best characterize accomplished teaching. Candidates must present convincing evidence that they meet the characteristics and standards for their particular certification area. "For instance, an elementary teacher must meet different criteria than a middle school art teacher or high school science teacher," says Mrs. Masden.

Mystery Stars

★ Lan Nguyen
Editor-in-Chief

★ Mr. Mystery is a junior with blonde hair and

Miss Mystery is an 18-year-old senior who stands 5'6 tall, with blonde hair and blue eyes. She's quite nice and often quiet around most people. Get her around her friends though, she'll be loud and silly.



Her favorite subject happens to be World Civilization. Among Mr. Mystery's dislikes are Chinese food and going to school. Chinese food may not be suited to his tastes but his favorite food is pizza. Mr. Mystery plays baseball and football. He possesses a good personality and is generally described as athletic.

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She dislikes mornings but enjoys spending time with her family, cooking and dogs. Her favorite food is cookies, and right-fully so, her homemade chocolate chip cookies are famous. She likes learning about history—her favorite subject. She is the official statistician for the volleyball team. Miss Mystery has a variety of hobbies, including reading, scuba diving, horseback riding, and volunteering. She is fond of the quote "We act out what we believe, not what we know," by Vickie Aruda.



Know our Mystery Stars? Report to Mr. Morehead A.S.A.P. The first to guess correctly wins a prize. Good luck!

Last month's mystery stars were Lan Nguyen and Marshall Toy. Congratulations to Tera Millay for guessing correctly!

Huyck Named October's Junior Rotarian



This month's Junior Rotarian is Sarah Huyck.

Huyck keeps herself very busy with her academics. She is currently enrolled in four AP classes, where this year she has maintained a 4.0 GPA. She scored a 32 on her ACT, and is a member of the undefeated academic team. She has been on the honor roll all four years of high school.

Sarah has proven to be a leader in several school wide organizations. She is currently the secretary of the Beta Club, and a co-president and co-founder of the newly formed Book Club. She is also a member of the Math Club.

Huyck was an active participant in Kentucky's 4-H Club. She attended the 4-H Issues Conference with several peers, and was the only Lone Oak student present at the 4-H Leadership Conference held at the University of Kentucky.

Last summer, she spent five weeks at East-

ern Kentucky University while participating in the Governor's Scholars Program, a highly selective program.

Huyck is a three-year member of the LOHS Chamber Choir. She has earned herself a spot in the All-State Choir this year by scoring a 97.2 out of 100 on her audition.

Sarah has also been known to perform in local singing contests, and has sung the National Anthem at a volleyball game.

In addition, Huyck is active in athletics. She is a two-year varsity track team member and has been a member of the school's softball team.

An active member in the community, Huyck has performed various service projects while participating in the Beta Club and Math Club.

This is her second year as a Peer Leader in PSI, a program that encourages younger students to practice abstinence.

Despite such a busy schedule, Sarah is trying to enjoy her last year here with her friends at LOHS. Next year she plans to attend the University of Kentucky.

Huyck has proven to be a leader in several school wide organizations.

Halloween



Halloween Movies

Marshall Toy
Assistant Editor/ Layout Editor

With every Halloween there comes scary movies. With hundreds of titles and thousands of sequels to choose from, We at the Oak "K" took a poll of some students to see their favorite movies to watch on October 31st.

This poll was taken of 106 L.O.H.S. students:

- Halloween Series: 11%
- Scream 1,2, & 3: 8%
- Friday the 13th series: 3%
- The Ring: 23%
- The Rocky Horror Picture Show: 4%
- The Exorcist: 17%
- The Texas Chainsaw Massacre: 5%
- Urban Legend: 3%
- Hocus Pocus: 17%
- Casper: 8%



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 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.

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A sweet treat to "pop" in your mouth

Ian Joslyn
Staff Writer

Here's a recipe for caramel popcorn from the "Davis County Cook-book" sure to be a sweet sensation:

Ingredients:

- 2 cups of Brown sugar
- 2 sticks of margarine
- 1/2 cup of Corn syrup
- 1 tsp. Salt
- 1/2 tsp. Baking soda
- 8 qts. Popped popcorn

Instructions:

Cook together the brown sugar, margarine, corn syrup, and salt together until melted over medium heat. Add the Then pour the mixture over the popped popcorn. Afterward, roll the popcorn into balls of desired size. Transfer onto cookie sheets and bake for one hour at 250 degrees fahrenheit. Remove when finished and let sit until cool. Then, eat up!



Halloween Candy Treats!

Peng Zhang
Features Editor

It's that time of year again. The time where kids dress up as frightening monsters and various animals to obtain precious calories in the form of candy. Here is a list of the favorite candies of all time, plus some new flavors that kids will be expecting in their pillowcases this year.

Chocolate candy bars- most candies in this category are given out in miniature form.(fun size and bite size) and will make up the bulk of a trick or treaters candy collection:

3 Musketeers, Snickers (Crunchy, Almond), Hershey's Chocolate (milk, dark, cookies & cream, almond), Mr. Goodbar, Almond Joy, Mounds, Twix (peanut butter), Zero, Hundred Grand, Fifth Avenue, Milky Way (Midnite, Lite), Skor, Kit Kat(white), Rolos, Reeses (Nutrageous, Peanut Butter Cup, Fastbreaks), Butterfingers, Krackel, York PP, Mars Bar, Baby Ruth, Pay Day, Caramello, Krunch.

Piece Candies- these come in small bags and are as popular as the bar form. Be sure to include lots of these when you give away candy:

M&Ms (crispy, milk chocolate, peanut butter, peanut, almond, minis, dulce de leche), Skittles (regular, tropical, mint, wild berry), Reeses pieces, Wachmacallits, Raisentets, Sugar Babies, Butterfinger B-Bs, Popables (various candy bars in ball form).

Hard and Soft Candies- a traditional favorite, these types of candies are still popular but not as fattening as the chocolate candy.

Jolly Ranchers, Starburst(cream, regular, tropical, sour), Warheads, Spree, Shock Tarts, More Nerds, Pop Rocks, Laffy Taffy, Now & Later, Wurther's, Caramel Squares, Nerds.

Candy on Sticks- Jolly Rancher Suckers, Blow Pops, Duri-Dums, Tootsie pops, Sugar Daddies, Warheads.

Questionable Treats -food that are very good to some people and nasty to others: Candy Corn, caramel popcorn balls, apples, those nasty soft candy in orange or black wax paper, licorice, juice, alcohol in any form, prunes, cough drops, generic candy, arsenic.



L to R: Pong, Princess Red Hair, Mexican Man (man, man, man), The Duchess, and the Cowgirl

Happy Halloween from the staff of The Oak "K" !

Quick and Easy Costumes!

Emily Suhrheinrich
Business Manager

Do you know what your Halloween costume is? Some people leave their costumes to the last minute, and some people are just out of ideas. Here are a few quick and easy ideas:

- Mummy-** Wrap yourself completely in toilet paper or linen.
- Ghost-** Cut eye holes in a sheet. Quick and Easy.
- Baked Potato-** I know you're going "...Huh?" but stick with me for a second: wrap yourself up, like the mummy, but with aluminum foil. Voilà! Baked Potato!
- Life Guard-** Girls wear a one piece swimsuit with a towel pinned around and guys wear swim trunks and a T-shirt (preferably with something swim or sport related on it). Add flip-flops and a whistle on a lanyard. Wet hair is optional.
- Playing Card-** This one is a bit more complex: buy two pieces of poster board. Decorate them with matching playing card designs (Queen, King, Jack, Deuce, etc.), tie together with string like a sandwich sign. Dress completely in red or black underneath.
- White Trash-** This one was Brno's suggestion: get a white (very important) trash bag, cut armholes and head hole, and, now you are white trash.
- French Person-** Draw a mustache (curly) in eyeliner. Wear a beret and a black and white striped shirt, and carry a croissant or candy cigarette.
- Reuben Gearheart-** Spike up your hair and possibly dye it green or blue. Wear mismatched clothes from thrift stores and Chuck Taylors are a must.
- Mrs. Wear-** Wear purple and gold and make for sure you are very energetic!

These costumes will make your Halloween funny and easy!

Halloween History 101

Walt Whinnery
News Editor

The holiday of Halloween was not always a cause for celebration. In medieval times, the festival of All Saint's Day on November 1st was the beginning of the Catholic Church's new year. The day before, All Hallow's Eve, was considered by many to be the height of Satan's power on earth. The mention of that day inspired fear and murmuring, instead of the joyful yells and thoughts of candy that the children of today express.

Still, many of our customs of today are descendants of those practiced by the people of the middle ages. For example whenever your neighbors place a jack o' lantern on the porch, they are imitating a custom designed years ago to ward off evil spirits.

Or in another similar situation, the masks that children wear out when they are trick-or-treating. These masks are descendants of masks worn by villagers of the dark ages for occasions when they went out after dark. The purpose of these masks is similar to that of the jack o' lanterns, to protect the wearer from demons that came out after dark.

So remember, whenever you celebrate Halloween this year, keep in mind that several of the customs which we use so flippantly have meanings behind them. They are traditions, passed down from age to age, and we should respect them for what they are.

Happy Halloween!

Celebrate Halloween- With this SPOOKY word search!

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

- | | |
|----------|-----------|
| CANDY | SPIRITS |
| COSTUMES | TOMBSTONE |
| DRACULA | TRICKS |
| GHOST | VAMPIRE |
| GHOULS | WEREWOLF |
| MUMMY | WITCH |
| PUMPKIN | |
| SKELETON | |
| SPIDERS | |

The Groovie Ghoulies Rock Paducah at American Legion Building

On October 17 the Groovie Ghoulies came to the American Legion building in Paducah to put on a show. They played a set that was handpicked by the Llamas, who set up the show. The set included songs such as "(She's My) Vampire Girl," "That's That," and a cover of Chuck Berry's song, "Trick Or Treat." With Kepi on vocals and bass, Roach on guitar, and Scampi on drums, it was a classic Ghoulies line-up. During songs such as "Island of Pogo Pogo" Kepi had the crowd "pogo-ing" right along with him, and during "Breakout" he had everyone pumping their fists in the air.

The Ghoulies kept the energy high throughout the show, barely pausing between songs and when they did, only to announce the name of the song or to add a little comment. They also took requests near the end of their set, but ended with "Ghoulies are Go!," a song stating that everyone is a member of the Groovie Ghoulies family.

Playing with the Groovie Ghoulies were the Flipsides, One Size Fits All, and The Llamas. One Size and The Llamas are from Paducah, with members from Reidland and other area schools. The Flipsides are touring with the Groovie Ghoulies as they cruise across America.



Photo by: R. Gearhart

The crowd listens intently as the Groovie Ghoulies' Kepi "bells" out a tune.



Reuben Gearhart with Groovie Ghoulies member Kepi.

Picture by R. Gearhart

Pick of the Month: Have "Fun in the Dark" with the Groovie Ghoulies

Reuben Gearhart
Circulation Manager

If you're looking for a quick fix of punk rock, "Fun in the Dark," the Groovie Ghoulies' March 1999 Lookout! released album is a must have. The album delivers a big dose of pure punk ecstasy. Keeping with an upbeat tempo throughout the album, you're sure not to get bored through tracks such as "She's My (Vampire Girl)," "Carly Simon," "She Gets All the Girls," and the title track.

The Ghoulies are changing their line up almost as much as they're touring, but that hasn't slowed them down. They're almost constantly on the road, playing Lollapalooza, Halloween with The Cramps, and

even at the California State Capitol. They also recently stopped to play in Paducah at the American Legion Building Oct. 17.

"Fun in the Dark" is an album that will satisfy even the most picky music fans with easily "singable" songs that can brighten anyone's day. Kepi, Roach, and the rest of the band burn through 13 songs in 30 minutes and 1 second, making for a short, but very enjoyable record. So next time you're browsing through an Indie record shop, or just about any other music store, pick up "Fun in the Dark" or any other Groovie Ghoulies album and take the time to listen through the album. It'll broaden your musical horizons, and who knows, you might decide to find more obscure bands and be pleasantly surprised.

Fall Break Excursions

Emily Suhrheinrich
Business Manager

Wonder what everyone else did for fall break? Here are some peoples' breaks.

"I went to Sea Side, FL. Some of the eighth graders got arrested for throwing grapes at cars."

-Amanda Young

"We went to Rockapella concert, it was a lot of fun, even when we got lost!"

-Kasey Newton, Alison Crawford and Dainelle Musgrave.

"I stayed home and rested."

-Autumn Midyett

"I visited my dad and my grandma."

-Heather Jones

"I had marching band practice."

-Susan Spencer

"I went to New England and visited colleges."

-Walt Whinnery

"I went to the soccer regional and we lost."

-Brittany Andrews

Halloween Quiz, Who are you?

Emily Suhrheinrich
Business Manager

Which Halloween character are you? Dracula? Frankenstein's Monster? Or a witch?

1) Where would you most like to live?

- A) A coffin in a basement
- B) Anywhere, as long as you're not being chased by an angry mob of villagers
- C) A hut in a swamp

2) What's your favorite food?

- A) Blood-like substances, and NO GARLIC!
- B) Nuts and Berries
- C) Children

4) What is your most distinctive feature?

- A) A cape and...er... interesting teeth
- B) Bolts accessories and height
- C) Warts, large nose, and oddly tinted skin

5) What is your favorite pet?

- A) Bats
- B) I do not understand this concept of "pet"
- C) Black Cat

6) What are some of your favorite hobbies?

- A) Sleeping during the day and paying calls on unsuspecting victims at night
- B) Terrorizing villagers
- C) Flying and making potions

Results:
Mostly A's: You are most like Dracula, the vampire who loves blood and bats, and despises garlic and direct sunlight.

Mostly B's: You are Frankenstein's monster: you are hopelessly misunderstood and are searching for your bride.

Mostly C's: You are a witch, you like making potions with horrifying results and flying on your broom with your cat.

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Golf team wins top 10 finish

Peng Zhang
Advertisement Manager/
Features Editor

The old adage "practice makes perfect" proves to be right yet again as the Lone Oak High School boy's golf makes a bold statement at Eagle Trace Golf Course in the Boy's State Golf Tournament at Morehead.

The golf team's journey began at the Princeton Country Club, during the regional tournament, where they won second place in a close playoff against St. Mary. Paducah Tilghman came away with the Region 1 crown.

From all the schools in Kentucky, 24 teams and 30 individuals qualified for the state tournament. The Lone Oak High School golf team attended the state tournament from October 8th through the 10th. They arrived Wednesday for a practice round and began

play Thursday.

The state tournament had very strict guidelines. Players were required to play all 18 holes per day and players were disqualified for cheating. Jared Roberts (12) shot a 75 on the first day of the tournament, which was the lowest score

from Lone Oak.

By the end of the day, 10 teams were eliminated from the tournament and the outline for individuals was a score of 80.

During the second day, Lone Oak performed much better, scoring an average of 78. Brad Robbins (11) shot a 74, the lowest round of Region 1 players. Lone Oak came away with the 6th place spot with 624 points. Louisville Trinity secured the top team spot and Ben Fuqua of Danville won the individual competition. Jared Roberts who finished 34th, best of the Lone Oak players, states, "I'm glad that we beat Tilghman, and that I've finally played to my potential."

This year, the boy's team is composed of five seniors and only 1 junior. Brad Robbins predicts, "We will be a very inexperienced team. There will only be two seniors: myself and J.

M. Ponting, and the rest are underclassmen. I don't think our team will be as strong next year, but you never know." Meanwhile, congratulations to the current team for their achievements.



Photo by P. Zhang
The golf team stops in the hall for a picture. From left to right: Jared "Sanchez" Roberts (12), John "Fudgy" Warren (12), Casey Smithson (12), and Josh Binford (12).



Photo by K. Myers
The football team looks on at the 2003 football Homecoming pep rally.



Photo by K. Myers
2003 football homecoming king Eric Chumbler and queen Lauren Blackburn.

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Lady Flash take home district crown

Rebecca Choudhury
Staff Writer

The Lone Oak High School volleyball team received one of its greatest honors this season, with its victory at the district tournament on October 7. The team defeated Paducah Tilghman twice in the doubly elimination competition, qualifying to play in the regional tournament at Graves County. A specific date for this contest has yet to be set.

Mrs. Helmich, the team's coach, is very happy with their performance so far. "The girls have worked so hard . . . I'm so proud of the work they've done." She went on to express her confidence in the team's ability to win at the regional competition. "If we play like we did yesterday (at the district tournament), I definitely think we could win (the regional tournament)," she said.

The night of October 7 was not only eventful for the volleyball team in general, but for a few individual team members as well. Three players, Amanda Bredniak, Laura Bredniak, and Katee Buchanan were selected to play for the all-district volleyball team because of their excellent performances at the tournament on Tuesday.

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Gene Boaz
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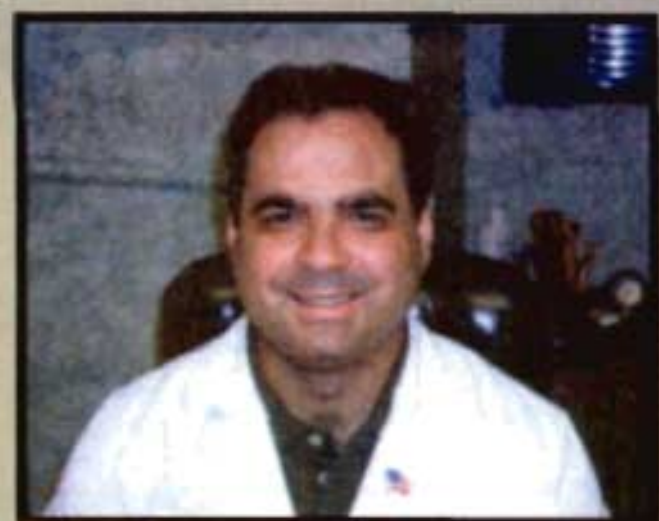
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