



The Oak "K"

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"Neither a lofty degree of intelligence nor imagination nor both together go to the making of a genius. Love, love, love, that is the soul of a genius."
Wolfgang Amadeus Mozart

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AP Students Explore Elizabeth I in Chicago

Lan Nguyen
Editor in Chief

In the modern city of Chicago, lie the remains of one of the most famous periods in history — the Elizabethan Era, the Golden Age of England. Mr. Neel's AP European History class received the privilege of being able to view the ancient artifacts of this long-past era in addition to experiencing a few of the many activities offered by the city of Chicago.

Sara Anderson (11), Brandon Little (11), Tamela Hayton (12), Walt Whinnery (12), Lan Nguyen (12), Hallie Bryant (12), Kristen Lambert (11) and Ioana Cosoreanu (11) and chaperones Mr. and Mrs. Neel and Mr. Franklin.

Although the main purpose of the group's trip was to visit the Elizabethan Artifact Exhibition, the crew also visited to the Art Institute of Chicago where they saw various works from olden to modern times, such as Picasso's "The Guitarist" and the figure of a dog hanging from the ceiling in the modern art gallery.

"Ahh...the art museum...what else can I say but that there were lots of drawings and colors?" said Lambert.

After the art museum, the students were set loose for shopping. The first place they hit was the famous House of Blues.

"It was worth the forty-five minute walk!" said Little. After a pit-stop at Starbucks, the group progressed onwards to the larger "uptown" stores that Chicago had to offer.

For the duration of their stay, the party resided at the antique, luxurious, and haunted Congress Hotel. Several of the students not only felt but heard the presence of the supernatural while exploring the most haunted areas of the hotel.

"The highlight of the trip was definitely the haunted hotel," said Cosoreanu.

The finale of the trip of course was the Elizabethan Exhibit housed in the Newberry Library. The exhibit is the largest collection of Elizabethan artifacts in North America. The assembly of relics included portraits of Elizabeth I and other important figures tied to her, official documents and letters (some of which were signed by Elizabeth I herself), pictures depicting major events of the era and hand-carved seals from letters and documents. The group was left in awe of the accomplishments of the extraordinary queen.



Sara Anderson (11), Tamela Hayton (12), Ioana Cosoreanu (11) and Lan Nguyen keep smiling through the shivering cold outside the House of Blues in Chicago.

Photo by Kristen Lambert

not to mention the information they learned. "I would've driven back all the way up there just to see her signature on that sheet of paper," said Mr. Neel enthusiastically.

After spending two days and a night in Chicago, the crew returned home with an invaluable experience, new knowledge and a round of "Shooey, Shooey, Icky, Icky, Shooey, Shooey Wickcliffe."

Me, Myself and I: Art students discover themselves through self-portraits



Photo by Ian Joslyn

Looking good on Masonite: Nicole Mitchell (12), Corey Gregory (11) and Chris Heine (11) painted self-portraits for a project in Mrs. Linda Harper's Art II class.

The invincible A-Team ends season 14-0

Lan Nguyen
Editor-in-Chief

When you hear "A-Team," who do you think of besides Mr. T? The members of the LOHS Academic Team, of course. This year both the varsity and junior varsity teams have remained on top and undefeated. They have competed against most of the schools in the area.

Among the toughest were Tilghman, St. Mary's, Mayfield and Heath.

Heath, according to the team, has been their fiercest competition so far. After a vigorous and trying match, Lone Oak came out fifteen points ahead of Heath, a rather close call... for Heath that is.

"Our margin of victory was very low considering the caliber of our team," said team member Kara Bowen (11). "Our hardest competition should be Graves County, but I have confidence that we will defeat them."

The varsity team, coached by Mr. Morehead consists of Bowen, Bruce Carter (11), Sarah Huyck (12),

Darren Turner (11), Walt Whinnery (12) and Peng Zhang (11) and the junior varsity team, coached by Mrs. Metzger, consists of Chris Baker (9), Rebecca Choudhury (9), Jordan Hines (9), Nick Johnson (10) and Sneha Pampati (10).

They practice two times a week. Sitting on one of the practice sessions, I observed that these individuals are hard at work sharpening their wits for the next match.

The group does make a point to have fun though. Along with questions and answers shooting back and forth, there was much laughter during the practice routine.

The Flash finished their regular season with matches against Calloway and Graves, on Nov. 18 ending with a 14-0 record.



Sneha Pampati and Kara Bowen mix learning and fun at academic team practice.

Staff Photographer

Their next match is against Heath, Reidland and Tilghman at the district tournament, and the team has been

eagerly preparing for what they feel will be one of the most difficult matches of the year.

PSI program starts up for winter

Emily Suhrheinrich
Business Manager

It's that time of the year again: Postponing Sexual Involvement classes have begun at Lone Oak Middle School. Teen leaders from Lone Oak High School conduct the classes.

The teen leaders teach students abstinence and raise awareness about sexually transmitted diseases. The classes started Nov. 14 and are held on Fridays during core classes first through fourth hours. The teen leaders teach concepts using role-playing, videos, props and question boxes. The question boxes are used so that questions the students have may be submitted anonymously. The leaders feel the students learn a lot during the course.

Bruce Carter (11), a two-year member of the program, said, "PSI is very beneficial and I enjoy working with younger peers."

High school students wishing to become PSI teen leaders must undergo training sessions led by Bobby Gray, the Health Education Coordinator for the Purchase District Health Department. During these sessions, the teen leaders learn the principles and ideas they will be teaching during their sessions at the middle school. They also practice the role-playing, and view the videos that will be also be used.

The program lasts a total of five sessions and will conclude near the middle of December.

FBLA sponsors Operation Christmas Child

Tamela Hayton
Opinions Editor

A shoebox, the simplest gift you can give, brings so much joy around the world. FBLA is sponsoring Operation Christmas Child again this year. It will last from Nov. 10-14. The club members will fill shoeboxes and turn them in to Mrs. Harper's room. The shoeboxes will be delivered to children all around the world.

This project is run by Samaritan's Purse. When they deliver these boxes they will teach the children that receive them about Jesus Christ. They ask that the person who made the box to pray for the child that received it.

Items that are allowed in the boxes are toys, school supplies, hygiene items, hard candies and small clothing items. Items that are not allowed are used items, war-related items,

chocolate or perishable food items, liquids, medicines and breakable items.

The shoeboxes are sorted by age and gender. Boxes can be made for two-to-four-year-olds, five-to-nine-year-olds or 10-to-14-year-olds. Samaritan's Purse also asks that participants donate \$5 to cover the cost of shipping and handling.

Laura Forsythe (10) filled a shoebox with Beanie Babies, candy, lip balm, coloring books and toothpaste, among other items. "I did it to help children not as fortunate as I am. I went shopping with a friend to pick out items for the box, and we had a lot of fun," Forsythe said.

Mrs. Daralea Haper, who is helping sponsor the program at Lone Oak, thinks Operation Shoebox is a worthwhile activity for students. "It gives them the opportunity to learn that it is very satisfying to help others," she said.



Betsy Elliott (10) sorts shoeboxes that will be delivered children all over the world.

Staff Photographer

Fourteen choir students make All-State

Staff Writer

The All-State Chorus tryouts in Western Kentucky were held on October 16th with seventeen of Lone Oak's Chamber Choir students vying for spots on one of the choruses. The choruses are selected from a pool of 1,700 students from all across the state, and only 600 are picked, with the judging based on sight-reading and vocal performance of a prepared piece, "Sing Joyfully."

Justin Edwards (11), Sarah Huyck (12), Andrea James (10), Brad Jett (11), Andy Keeling (12), Jennifer Mason (12), Ashley Strong (11), Alan Strong (12), Casey Strong (12), Emily Suhrheinrich (11), Walt Whinnery (12), Serena Wilson (12), Rachel Wooten (10), and Scott Pullen (10).

"I can't explain how awesome it feels to know I made it, and it won't get here soon enough. I'm so excited!" exclaimed Ashley Strong, conveying the general feelings of the students selected to attend.

The All-State Choruses meet to practice in Louisville Feb. 4-6, and perform the last night in the Kentucky Center for the Arts. The choruses are a nation-wide event, with one being held in most states, selecting from among the best choir students to perform live in a city in their state.

"This is the largest number of students from Lone Oak to make All-State in the past eight years. I was very proud of how they did," said Ms. Durham, the students' choral director. She will accompany the students as a chaperone on their trip to Louisville.

FCCLA focuses on service projects

Walt Whinnery
News Editor

The Future Community and Career Leaders of America is an organization that focuses on developing young people as leaders for tomorrow's society through service in their schools and communities.

The club provides service for charitable organizations like Martha's Vineyard, for whom club members collect canned goods and serve dinners at Thanksgiving and Christmas. The Lone Oak chapter also serves the Salvation Army as bell ringers during the annual Christmas drive.

The Lone Oak Chapter of the FCCLA is headed by Whitney Overstreet (12), president; Whitnee Hayes (12), vice-president; Shawn Seldat (11), treasurer; Sarah Ramage

(12), reporter and vice-president of achievement; Ashley Strong (11), secretary; Ashley King (12), Star Events leader; Lindsay Hale (10), historian; and Mrs. Stubblefield, sponsor. These officers help the local chapter stay active in our community and develop ideas for service projects.

Some of the projects include collecting baby items for Hope Unlimited and the Ready, Set, Read Program where FCCLA members go to local elementary classrooms and read to children and discuss the stories with them as a way to encourage the youth to expand their reading skills.

Despite being only one of the many service organizations at LOHS, the FCCLA distinguishes itself by continuing community service and participation.

Veteran's Day program a success

Peng Zhang
Features Editor

On Nov. 11, the students of Lone Oak High gathered in the gym to commemorate the veterans who have served in the United States military.

For the past two years Lone Oak has hosted a Veteran's Day program. This year all schools are required by federal law to host such a program.

Chlodys Johnstone (12), Bruce Carter (11), Brandon Phillips (10) and Tyler Brewer (9) each gave a short speech about their personal interpretations of Veteran's Day.

Like the past two programs, the choir performed in the proceedings. Serena Wilson (12) sang a solo and the entire choir sang "Battle Hymn of the Republic."

The faculty also participated in the program. Mrs. Becky Buckley sang "America the Beautiful."

This year, along with recognition of Mr. Alan Cox and Mr. Jim Mizel as faculty veterans, Mrs. Wear also brought to attention the seniors already committed to the military — Grant Hosfield, Nick Blackston, Travis Puckett and Ryan Reniker. Mrs. Wear's father also attended the program.



Christina Lanier (10) invited her grandparents, Lex, an Army veteran, and Sue Lanier to the program.

Staff Photographer



Paige Franklin (10) celebrated Veteran's Day with her grandparents Rudy and Elverine Franklin. Rudy is a World War II Army veteran.

Staff Photographer

A different sort of report card

Jessica Gordon
Archivist

The students at a Cambridge, Massachusetts elementary school participated in a recent study by the Associated Press. The students were given a health report card at the end of the year. No, not a report about the child's sickness issues, but a report telling whether or not the child was obese.

The response to the health report cards was encouraging. Parents that received them began diet plans and weight-control activities for their children.

Mr. Whittis, the health teacher at Lone Oak High thought the report cards could be helpful. "It could be a positive thing if handled in

the correct way," Whittis said.

Ultimately, health report cards could cut down the costs of healthcare, or they could cause outrage among students and parents. Either way, this could be the wake up call some parents and children need. Many consider the fight against obesity and effort to create a healthier style of living for students is a worthwhile goal.

The study was conducted due to the fact that in the two decades between 1979 and 1999, health-care costs associated with obesity in children rose by nearly \$100 million, according to statistics published by Wellness International Institute, Ltd. The report appeared in August 2003 issue of Archives of Pediatrics & Adolescent Medicine.

New club teaches students about teaching

Rebecca Choudhury
Staff Writer

In September of 2003, Lone Oak High School's newly formed chapter of Future Educators of America attended the club's regional conference, its first major event of the year. While there, student members were able to attend a multitude of interesting, informative seminars with topics ranging from the subject of teacher pay to the differences between educating at the high school and college levels. One seminar, Science Teachers are Cool, was directed by two local teachers. Another program was a reunion for students who attended FEA's summer camp.

Although the FEA regional conference may be the most noticeable program the Lone Oak High School chapter has participated in, it is not the only one. Club members have had the opportunity to work with the Murray State University College of Education. In addition the club has participated in many outreach programs, designed to help the students learn more about what it really means to have a career in education.

Mr. Toy, who sponsors Lone Oak's chapter of FEA, thinks the club allows interested students to learn more about careers in education. "I firmly believe educators are some of the most important people for changing the world," he said.

Nicole Mitchell (12) has learned much about the realities of teaching from her participation in FEA. "Teaching isn't as easy as it seems," said Mitchell.

With the growing shortage of teachers in America, organizations like FEA are doing whatever they can to help willing students enter the field of education successfully by offering programs, in and out of school, that allow students to gain experience in practical tutoring and teaching. Students are exposed to important educational specialty areas, including incorporating technology into the classroom, the benefits of extracurricular sponsoring and coaching, and multiculturalism. Through such skill-building programs, FEA strives to encourage talented high school students to consider education-related professions.

Got News?

If your class, club or organization has news for The Oak "K," please let us know. We will include your news in an upcoming issue.

OPINIONS

Quit being so nosy, please

Lan Nguyen
Editor-in-Chief

As humans we're naturally curious, correct? *But*, there is a difference between being curious and just plain nosy. Most people can't seem to tell when they should leave events well enough alone and when it would be best for them to try to help. For instance, I went to a party expecting to have a good time and while there, two people "hooked up" causing a fight between two friends, and another couple started having problems. Suddenly everyone was divided into one of three groups – those who were trying to get the arguing couple to make up, those who were trying to get the two friends to stop fighting with one another, and those who knew that neither was any of their business.

By the end of the night, not only was everyone having a lousy time, but the problems were still far from resolved. I strongly feel that if people had stopped trying to play "humanitarian" or "couples therapist," the issues at hand could have been solved. Although there will always be exceptions, staying out of someone's business does not mean you don't care. It simply shows that you have respect for his or her privacy.

People need to learn to refrain from trying to solve other people's problems. Having been on both ends of the spectrum, I know that interference often ends up hampering the solution process and irritating those involved. As one who chooses to remain uninvolved in other people's squabbles, I can only view nosy "busybodies" with disgust.

Zero tolerance for zero tolerance

Rebecca Choudhury
Staff Writer

Santana, Columbine, Heritage, Thurston... four high schools, among many, which will never be the same. I'm referring, of course, to the tragic shootings that occurred at these and other schools, leaving broken lives and horrible memories in their wakes.

There was once a time, we are told, when parents and students regarded schools as fairly safe environments, but, as of late, this is not the case. This sudden anxiety, this fear, has led many schools to enact tough behavioral regulations, known by most as zero tolerance policies in an effort to make schools safer for students and staff and to soothe the worries of families in the communities.

When enforced reasonably and fairly, such behavioral restrictions can bring positive changes, but, when applied too stiffly, they can also do unprecedented harm. Policies like zero tolerance have the potential to ruin innocent lives almost as effectively as school violence, even when they are enforced with the best intentions.

The effects of zero tolerance can be staggering. A student in Florida was suspended for writing a story about a group of boys conspiring to shoot up their school, even after his locker, his entire house, and his car were searched without any incriminating discoveries; nothing was ever found to indicate that he was involved in the planning of a school shooting, or even the planning of the planning of a school shooting.

An unloaded hunting rifle was found in the trunk of one high school senior's car. The model student and member of the National Honor Society was suspended from his last semester of school and was not allowed to graduate with the rest of his class, and on the night of graduation, he climbed into his bathtub and shot himself in the mouth.

Another zero tolerance behavioral policy resulted in the suspension of 33 kindergartners from a single Pennsylvania elementary school.

If there is one thing all human beings have in common, it is that we make mistakes. Frequently. The main problem with zero tolerance policies is that they don't allow for the fact that some infractions are carried out unintentionally, without any malice. By treating all misconduct the same way, disregarding any legitimate excuses or extenuating circumstances, some students are punished with unnecessary harshness.

I realize that principals and other school officials do have the final say in issues of punishment, but zero tolerance policies set the bar too high. Heavy-handedness in giving out suspensions and even expulsions, even for the excellent purpose of preventing school violence, can have catastrophic results.

Playing favorites hurts others

Jessica Gordon
Archivist

You've all heard of the teacher's pet. Maybe you were one once. But how do other students feel toward the teacher and the pet?

Teachers usually get along well with the more responsible and mature students, which seems pretty natural. Sometimes a student has respect and admiration for a teacher, which also seems natural, but there is a difference between friendship and favoritism.

Favoritism is usually shown when a student is given special privileges, such as excusing the student for lateness to class several times or giving full credit for late assignments. This causes envy, hurt and anger against the favorite because other students may follow the rules but are not given the special privileges and are punished for their lateness or possible forgetfulness.

The teacher's pet can also be referred to as a suck-up. A suck-up usually says or does things to make a teacher like them. They may do favors or compliment a teacher at any given opportunity. Generally, the other students become disgusted or even angry at the favorite. The other students may put down, make fun of and/or ignore the favorite.

Favoritism can be shown in sports too. A coach, captain or instructor may set an example with one of the players. The coach may make a speech about what it takes to be in this sport, and the last line would end, "...and I see all of this in (insert pet's name here)." This sort of speech causes the rest of the players to feel inadequate or not good enough.

So as you can see, the harm can go to the "pet", the other students and the athletes.

As I walk the runways of LOHS

Marshall Toy
Assistant Editor

Walking through the halls of Lone Oak High School is a fashion experience. With all the females sporting tops that cut off half way up their rib cage, and their belly buttons studded with diamonds, teenagers today feel they have to dress a certain way to be cool. Clothing has become a favorite way to show your social group. Whether it's sporting a throwback sports jersey and baggy pants, the latest brand-name T-shirt from the mall, or even a black T-shirt with your favorite rock band's logo, cliques depend on clothing to get their point across.

The logical response to this problem would be enforcing a dress code. I know we had one in middle school that was poorly enforced, but with a little effort from the LOHS faculty and staff, the way students dress could become a little less distracting. I've heard that some parents, and students for that matter, want to adopt a uniform policy. The problem with uniforms is that years ago some parents took this idea to the board and that is about as far as it got. Nobody voted to wear uniforms. Personally, I would hate wearing uniforms. They just wouldn't be comfortable, and most students would despise the fact of looking just like their classmates.

So why can't we have an enforced dress code? It doesn't even have to be that strict, just nothing outrageous – no purple hair, no eyebrow chains that connect to nose piercings, and no pants that are four sizes too big. If we have a little help from the front office, maybe the world of Lone Oak High School will become more of a learning atmosphere and less of a fashion show.

Should we ban English class?

Peng Zhang
Advertising Manager

If you had been paying attention to your English classes from 6th grade to your junior year, you would have discovered that the curriculum offered by each one are vaguely similar. So what does that tell you about our English classes? They are the same from year to year. I have been waiting since my 8th grade year to move on from the generic English classes that I've had since elementary school, but so far, that hasn't happened. I believe that it is time for a drastic change.

The problem with the current English classes is not the teachers, the stories or the assignments, but the way English is taught. Each week, the teacher gives you the vocabulary list on Monday, you read stories from the literature book Tuesday through Thursday, and after each story, you answer the "Check Your Comprehension" and "Critical Thinking" questions. On Friday, you look at the vocabulary list two minutes before test time, and wing the test. Some days, you deviate from the current pattern and write a paper about an event that you just made up. Meanwhile, the only thing that you are learning in English is the grading habits of your teacher and random vocabulary words that get stuck in your mind. This is not the way students should be learning English.

Instead of having English classes that repeats the same things every year, specialized English classes should be offered in place of the normal English credit. For example you can choose topics like drama, writing or literature for your English topics. Some students might even decide to take two English credits. English teachers would also specialize in separate English categories. Another way that English could be taught is to have a rotational English curriculum. Each day, a different teacher lectures about a different topic. For example, drama could be offered on Monday, writing on Tuesday, grammar on Wednesday and literature the rest of the week. This way, all the English teachers would be incorporated into your weekly schedule and since they would have the same students from year to year, they would know which areas of the subject that the students have already learned.

Changing the tedium of everyday English will be beneficial to both the school and the students. The students are better motivated to study English because of better subject selection, and motivated students means better test scores, which means better funding.

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.

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Student privacy important

Tamela Hayton
Opinions Editor

"You need to lose seven pounds."
"You guys need to gain two pounds."
"If you can't lose the weight you need muscle to be showing."

Can you believe this is actually told to students at our high school?

Weight – one thing that many high school students are conscious about – is not something that should be discussed in front of other students in gym class.

It's embarrassing for some high school students to be weighed in front of their classmates. I can't imagine how it feels when your teacher says you need to lose or gain a certain number of pounds in a certain time frame.

I don't believe a teacher should tell students what they should change about their bodies. Doing so can degrade someone's self-esteem. It is neither teacher's nor any other student's business; it's an invasion of privacy.

A student's weight should be kept private. If a student does not want to know his or her weight, it should be kept confidential.

If students feel that they need to lose or gain weight, they can ask the teacher for help or tips, but the teacher should not target a single student. Students should also have the choice of whether they want to be weighed at all. If they chose not to be weighed, it should not affect them in that class. Personal privacy is a right we have as high school students and it should never be abused.

File sharing can be a good thing

Reuben Gearhart
Circulation Manager

As most everyone knows, there has been a major crackdown on "heavy music file sharers" resulting in heavy fines and promises of never to share music files again. The record industry claims that this crackdown is justified by the fact that they believe that file sharing is the cause of the major drop in record sales.

But according to a recent study by Jupiter Research, 34% of veteran file sharers have spent more money on music since they started downloading files. They reported that about 19% of "average music sharers" are also spending more money on CDs. Another 36% of "veteran file sharers" with CD burners also say they have been shelling out more cash. Only 14% of those surveyed said they were spending less money than they were before they started sharing.

How is it then that more people spending more money on music due to file sharing could account for the drop in record sales that the industry has seen in the past few years? Apparently the record industry and recording artists sharing their views don't care, and will continue to file lawsuits of up to \$15,000 against "heavy file sharers."

To me, this just seems like a blatant quest for cash led by the recording industry and artists.

Although many popular recording artists support the recent lawsuits, many others are not so money-driven and support online file sharing. They see it as a good source of getting their name around, and realize that online sharing often causes people to become more interested in an artist's music and want to purchase more. Hopefully many other artists will take on this approach and the record industry will stop the lawsuits, but until then, happy downloading.

Pep rallies no fun for claustrophobics

Ian Joslyn
Staff Writer

School assemblies...students jam-packed in the school gym. Elbow-to-elbow, people above, below and beside you. You sit, hoping everyone remembered to wear their deodorant. For most students, school assemblies are eagerly anticipated – an opportunity to get out of class; a time to socialize with friends. Pep rallies, guest speakers – whatever the occasion – sitting in a crowded gym with 790 other students is not something all of us look forward to.

There are some students in this school who are claustrophobic – my being one of them. So when we have assemblies in the gym, it causes me a lot of stress, but it doesn't have to.

Our gym was built to hold about 1,500 people. But during an assembly or pep rally there are only about 850 or fewer, teachers and students, so why can't we spread out a little? As it is, we are not supposed to use the top bleachers. Why? There is no reason why we can't. The grades are separated by about three feet. Why can't we change this to about 15 feet?

Those of you in charge of pep rallies and assemblies, remember: by spreading students out to the full potential of the gym, everyone would have more breathing room and these gatherings would be more enjoyable for many of us.



Looking chic on the cheap

Lan Nguyen
Editor-in-Chief

"You look so cute!"
"Thank you!"
"Where'd you get your outfit?"
"Well the jeans are from Structure, and the shirt's from American Eagle."
"How much did pay for it?"
"Ninety-eight dollars...for just the jeans..."
Ok, unless you have unlimited access to copious amounts of money, you aren't going to, or rather *can't* spend \$98.00 on jeans alone. Unless you absolutely *must* have what's currently in season, the shopper's philosophy known as "Cheap Chic" is important. The key to the application of this philosophy is patience and "smart shopping."

Here are the three golden rules of "Cheap Chic" to help you keep your wallet full and your fashion high.

Rule No. 1: Decide what's worth the price and what's not

Going back to the example of the \$98.00 jeans, one can automatically decide that jeans, no matter what the brand name or how they look, are *not* worth \$98.00. When debating whether or not to purchase an item, consider the following: fabric, durability, how often and where you're going to be able to wear the item of clothing and just the overall look of

the item. You're not going to want to spend \$25 on a sparkle-covered shirt only to have the sparkles wash off in one wash cycle. More often you can find silk at cheaper price than its copycat polyester. In addition who really wants to pay \$20 for a shirt that simply says "Guess?"

Rule No. 2: Watch prices

All stores have sales ranging from 15 to 60 percent off regular prices. Stake out your favorite store and watch for the sales. Most stores have a "cycle" of sales, the obvious being of course fall and summer clearance. Usually though, there are sales at least once a month.

But, be careful when buying things on sale. Just because it's on sale does not mean it's cheap. A \$35 pair of jeans that is 25 percent off is hardly what I call a bargain. Often stores will mark up prices and then place them on sale, so it helps to know the original prices.

And don't be afraid to return something and buy it back for a cheaper price. Hey, why pay more for an outfit you haven't worn yet when you can get it for less?

Rule No. 3: Money savers

Make good use of coupons. Often you can get extra discounts on already reduced merchandise in addition to regularly priced items.

Invest in frequent buyer cards. These are very nice to keep handy, because it's easy to rack up stamps at a place you shop at often. Normally you'll get a ten to fifteen percent discount depending on the store. At some stores, such as the Limited Too, you can even get twenty dollars off a purchase of twenty dollars or more.

Rule No. 4: Look where you shop

If you only buy clothing from the Limited and are hoping to apply the principles of "cheap chic" there, you're going to have a hard time doing so. No one is going to grab you by the collar in the hallways and interrogate you about where you got your clothes.

It's OK to shop at thrift stores or buy generic brands. It's even better if you hunt through the clearance bins and racks at name-brand shops or raid the outlets. It may take you a while to dig through all the "janky" clothes and items, but usually you can find at

least one or two items to make it worthwhile. Another option, if this applies to you, is to shop in the kids' section. You can frequently find clothing similar to that in the juniors' section for a lower price.



An 'Absolutely Fabulous' pick-of-the-month



Emily Suhrheinrich
Business Manager

Calling all Lord of the Ring fans! Are you ready for more adventures of Gandalf and Dedo. I know you're thinking, "Hey, that doesn't sound right!" but it does once you've seen this month's pick-of-the-month: "French and Saunders," a British sketch comedy from the creators of "Absolutely Fabulous."

"French & Saunders" (starring Dawn French and Jennifer Saunders) often starts out with sketches reminiscent of "Saturday Night Live," with a little bit of Monty Python and "Robin Hood, Men in Tights" thrown in.

Covering everything from prima ballerinas, clueless professional tennis stars ("Well, I

think the main thing we're lacking is...the ability to play, yes, I think that's it."), and dance crazes through the ages, these sketches are hilarious.

French and Saunders also create sidesplitting parodies of famous TV shows and movies, including "Braveheart," "Baywatch," "Dr. Quinn, Medicine Woman," "Batman," and James Bond. French and Saunders star in these satires, with realistic costumes and settings, with just the right amount of randomness and word play to keep any fan happy.

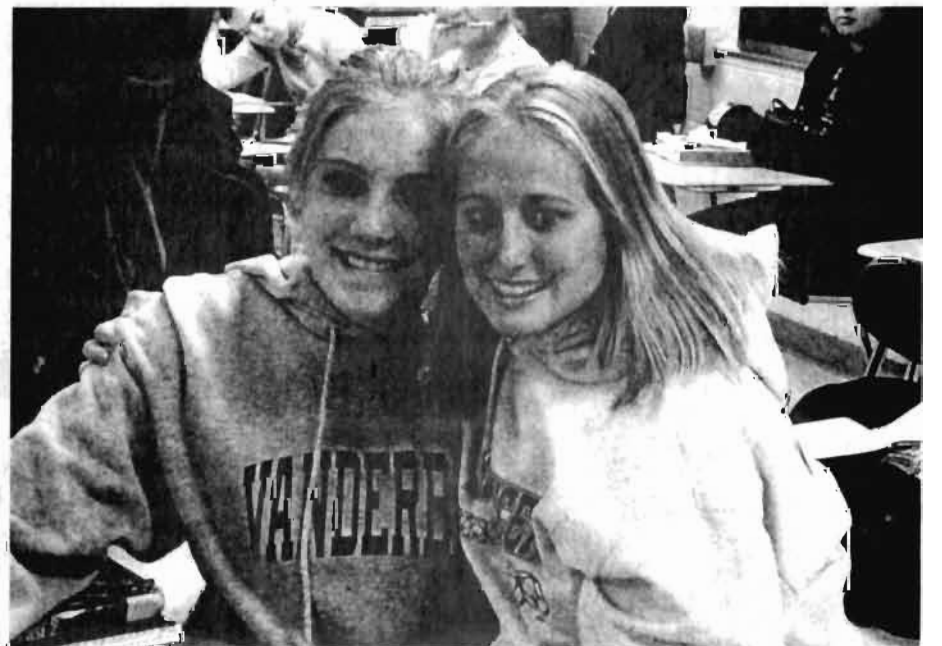
French and Saunders often feature musical numbers, re-writing songs by music greats, such as Madonna, The Cranberries, Alanis Morissette and Liza Manelli in Cabaret.

So, whether you're looking for a video to entertain guests, or are just looking for a few laughs, "French & Saunders" is sure to tickle your fancy.

"French & Saunders" is available on BBC Video and is written by and starring Dawn French and Jennifer Saunders, produced by Jon Plowman and directed by Bob Spiers. For more information, visit <http://www.bbcamerica.com> and <http://www.frenchandsaunders.com>.



"Si, yo hablo español muy bien." Seth Thomas (12) stays busy during 5th hour working as Mr. Poore's teacher's aide.



Brittany Andrews (10) and Debbie Whitelock (10) show their friendship during a break from studying.

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Suhrheinrich offers a helping 'hand' with Thanksgiving decorEmily Suhrheinrich
Business Manager

Thanksgiving decorations are hard to find. Are you looking for a fun and easy way to celebrate this wonderful holiday? Hand turkeys are a creative and fun project that anyone can make.

The materials you will need are a piece of paper, a pencil, crayons or colored pencils and your hand. First, trace your hand on the piece of paper. Then add a beak, an eye, and a gobbler (yes, that's the technical term) on the thumb of the picture. Add more finger-shaped "wings" behind the original five fingers. Next, draw feet at the bottom of the hand. Now you have the basic form of the turkey.

Color your picture in various Thanksgiving and fall colors: red, brown, orange, and yellow. Add various details as you see fit. Perhaps you would like to add a festive Thanksgiving message. Once finished, you now have a wonderful Thanksgiving decoration that anyone can enjoy for years to come.



This is what the finished product of your Thanksgiving decoration should look like. By Emily Suhrheinrich

The Oak "K" staff wishes everyone a **Happy Thanksgiving!**

Thanksgiving TraditionsMarshall Toy
Assistant Editor

Every Thanksgiving, people do many different things to enjoy the big feast. Here is what some Lone Oak students do for their celebration:

"I go to three different houses in the same day."

—Jordan Smith (12)

"I go to my aunt's house and help cook while I'm watching the Macy's parade."

—Sara Anderson (11)

"We always go to my grandparents' house."

—Treska Womble (11)

"We scream at each other, we eat, and we hug a lot."

—Shadea Mitchell (11)

"I go to both of my grandmas' houses, and eat."

—Mr. Morehead.

"I go to my grandmother's house to eat, and then watch the Cowboys."

—Eric Chumbler (12)

"I'm not doing anything this year."

—Jessica Gordon (9)

Thanksgiving Wordsearch

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

Can you find the following Thanksgiving words?

Almost Christmas
Cranberry Sauce
Dressing
Family
Indians
Mashed Potatoes
November
Pilgrims
Potatoes
Sauce
Stuffing
Thankful
Thanksgiving
Turkey
Wishbone

The real story of the first ThanksgivingTamela Hayton
Opinions Editor

I can't believe that they forgot the forks. How could they forget forks? You may be wondering what in the world is going on. Did you know that at the first Thanksgiving the pilgrims did not use forks? They used only spoons, knives and their fingers. The first Thanksgiving was at a Plymouth colony in December 1621. Thanksgiving was a celebration of surviving the rough winter in the New World and managing to have crops that survived!

Thanksgiving is widely known to have a main course of turkey. Back in 1621, however, the feast might have consisted of cod, eel, clams, lobster, wild turkey, goose, duck, crane, swan, partridge, eagles, venison, seal, wheat flour, Indian corn, pumpkin, peas, beans, onions, lettuce, radishes, carrots, plums, grapes, walnuts, chestnuts and acorns.

Items that probably weren't on the menu are ham, sweet potatoes, potatoes, corn-on-the-cob, cranberry sauce, pumpkin pie, chicken, eggs and milk. Ham would not have been found because there was no evidence that pigs were butchered at this time. Potatoes just weren't common enough. The colonists couldn't make cranberry sauce because they didn't have any sugar. They didn't have a recipe for pumpkin pie — only for stewed pumpkin. They didn't take cows with them on the Mayflower, though they may have used goat's milk to make cheese.

Thanksgiving was not at first a continuous tradition. The first national Thanksgiving was declared in 1777. In 1789, President George-



Washington issued the first presidential Thanksgiving in honor of the new Constitution.

Thanksgiving has been celebrated on different days through the years. President Abraham Lincoln appointed the last Thursday of November as Thanksgiving Day. Then in 1939, Franklin D. Roosevelt moved it to the third Thursday of November because he felt that it fell too closely with Christmas. Then just two years later it was changed back to the last Thursday of November by the president and Congress. This was changed again because not all the states complied with moving it to the third Thursday. So to compromise, Congress and the president moved it to its current date — the fourth Thursday, which is not always the last Thursday of the month.

When Thanksgiving comes around, remember those pilgrims that started this great feast and be thankful that you have all this food. This holiday helps us remember the hardships the pilgrims had while adjusting to their new environment. So celebrate Thanksgiving for what it really is and be thankful for your family and all that we have in the United States.

Question of the Month: 'If you could have Thanksgiving dinner with anyone, dead or alive, who would it be?'Reuben Gearhart
Circulation Manager

Who would you choose? Gloria Steinem, Robespierre or how about Colonel Sanders? Here's who several of our students would like to dine with:

Marilyn Monroe — Brittney Ellis (12)

Reuben — Jessica Ramage (12)

The turkey — Megan Taylor (12)

Tom Petty — Emily Millizer (9)

Charlie Chaplin — Shadea Mitchell (11)

Shirley Manson — Jordan Heines (10)

Richard Nixon — Jon Griggs (12)

Genghis Khan — Sam Hatfield (10)

Jesus! — Rachel Wooten (10)

Bob Dole Marley — Amanda Hodges (10)

Reuben — Danielle Musgrave (10)

My mom — Becky Brookshire (10)

Lucy Liu — Jacob Winn (10)

Sam Hatfield — Tia Thistlewood (9)



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Soccer teams continue toward success

Eric Chumbler
Sports Editor

Coming into the 2003 soccer season in western Kentucky, not many people expected the Flash or Lady Flash to do well. In fact, many had them predicted to finish in the lower half of the district. Who forgot to tell the Lady Flash that? Finishing second in the district, and inches away from the Regional Finals, the Lady Flash proved to be a force in the region.

The Lady Flash started the year in Graves County. Graves was one of the teams that was expected to contend for their district title and have an outside shot at regionals. Lone Oak took an early first-half advantage with a goal by sophomore Brittany Andrews but was tied with the Eagles at the half, 1-1. In the second half, on a penalty kick by **Melisa Curry (11)**, Lone Oak took another lead but ended up with a hard-fought tie. After that, it was the opening night game at Flash Field when the top-ranked Tornado came to town. After 20 saves by goalkeeper **Katelyn Halicks (9)**, the game ended in a 0-0 tie, which made Lone Oak's record no wins, no losses and two ties.

The first win of the season came in the next game against Murray High School. Even though Murray out-shot Lone Oak by six, a goal by Curry proved to be the game winner. However, the next game at Calloway County was a different story. With a 2-0 lead in the second half, the Lakers reeled off three goals in four minutes to take the lead and the game. "We played hard, but we let our concentration slip and it cost us," said **Andrea Fagan (12)**.

The next four of five games were against district foes. With the exception of a loss to Heath, Lone Oak defeated St. Mary twice, and Heath once to make the Flash record five wins, two losses, two ties leading to a second-place tie in the district. "We fought very hard in those four district games and almost ended up with a sweep. We knew that if we could win three or four, we would be in great shape," said Curry.

After two tough losses at the competitive Lady Donley Classic in Madisonville, Lone Oak came back to town with three more district battles. After two easily handled victories over Reidland, Tilghman used rainy conditions on their home field to take care of the Lady Flash, 4-0. "It was hard (being goalie) with the rain and all, but the score made it even worse," said goalkeeper Halicks.

After defeating Caldwell County on senior night, it was district tournament time. With a first-round bye, Lone Oak had to play their district rival, Heath. After 106 minutes, four overtimes and a few close calls, **Tara Kollenburg (10)** scored the game winner to give the Lady Flash a regional tournament birth and a chance at the district championship the next night. "Everyone thought this year would be a rebuilding year, but look how far we made it. This team definitely has heart and I'm proud that we could make it to regionals for our seniors," said **Brittany Andrews (10)**. However, fatigue from the previous night played a factor in the champion-



Photo by Gene Boaz

Chris Latino (10) maneuvers his way around his Tilghman defender to try to score a goal for the Flash.

ship and Tilghman was able to defeat Lone Oak and win the district title. With the loss, the Lady Flash would have to play the District winner out of either the first, second or third district. They drew the best team in the region, third-district champion, Marshall County.

The Paducah Sun used the term "heavy underdogs" to describe Lone Oak's chances against the Marshals. With five minutes remaining in the game, the Flash were in a scoreless tie with the Lady Marshals. Unfortunately, Marshall County was finally able to slip a shot by Halicks to give them the lead and eventually the game.

"We fought really hard and almost won but barely came up short. This team has a lot of heart and showed it in that game" said **Debbie Whitelock (10)**. The region recognized Curry for being on the all-region team and named **Elizabeth Block (11)**, Halicks and **Lauren Blackburn (12)** as honorable mentions. The Lady Flash finished with a District record of five wins, two losses and one tie, with an overall record of nine wins, eight losses, and two ties.

For the guys, the season didn't bring as many wins but did bring some great games. The season started out very well for the guys, pounding Christian Fellowship 9-0. After two tough losses to top quality teams, Marshall County and Tilghman, Lone Oak tied Graves County and defeated St. Mary by the score of 5-1. **Jon Deaton (11)**, **Andrew Osbron (12)**, **Dillon Lynn (10)** and **Brad McDuffee (12)** all scored goals for Lone Oak while **Andrew Latino (9)** held the Vikings to just one goal.

After defeating the Vikings, Lone Oak traveled to Trigg County. Lone Oak made it uninteresting early, scoring six first-half goals and taking the game by the score of 7-0. **Zach Brooks (12)** scored the first two goals for the Flash, and Deaton, McDuffee and **Tim Burnett (9)** also helped out in the win. After losing to Heath, the Flash basically crushed Hickman County. Deaton, **Scott Cunningham (9)**, **Jacob Adams (10)**, Brooks, McDuffee and Burnett all contributed with goals in the 11-0 win. The

next victory for the Flash came four games later against Reidland. With two first half goals, Lone Oak sealed the district victory and basically guaranteed themselves the third seed in the district tournament.

The seniors went out in style on senior night, defeating Caldwell County 2-0. With the district tournament coming up, the Flash owned a 7-7 record overall and a 3-5 record in the district. That gave them the number three seed and a battle with Tilghman. Down 2-0 at the half, Lone Oak stormed back to make it a 3-2 game but couldn't quite pull it out. Tilghman went on to take the game and the District Championship.

"We played a lot of good teams down to the wire, if the ball could've bounced a different way, our season could've been totally different" said senior Zach Brooks.

The last game of the season for the Flash brought the titans of the soccer field to Lone Oak. Coming into the game, Mayfield had 16 wins and only one loss and usually beat their opponents by a considerable margin. At the end of the first half, Lone Oak had managed a tie with the Cardinals. Mayfield ended up winning the game by the score of 5-1 but had to use everything they had to escape from Lone Oak with a win.

"I was pleased overall. That's one of those games where the score doesn't show the actual outcome of the game. We gave them all they wanted and more during the first half. They were frustrated, unhappy and yelling at each other," said head coach Jason Neelley.

Even though the guys didn't make the regional tournament, Neelley was able to find some areas in which his team did very well.

"Our record doesn't indicate a stellar season, but when you look at things like the number of goals we scored this year as compared to last year, that shows what a significant improvement the boys made. I think they scored something like 14 goals total last year and we scored somewhere in the neighborhood of 50 this year," Neelley said.

Another promising year for Flash basketball

Eric Chumbler
Sports Editor

In girls' first region basketball, only a few teams are always above the rest. In the fourth district, it's Marshall County. In the third district, it's Graves County. And in the second district, it's the Lone Oak Lady Flash. Few teams can boast what the Lady Flash can — seven consecutive district titles and countless regional tournament appearances.

In his third year as head coach, Coach Adams doesn't expect anything less this year. "Our expectations are very high. We know we have a lot of hard work to do", said Coach Adams.

Last year, Lone Oak's season came to a disappointing ending with a loss to Marshall County in the regional tournament. This year, the Lady Flash are returning a wealth of talent from last year's squad. The three returning starters, **Jessie Fox (12)**, **Katee Buchanan (12)** and **Laura Bredniak (12)** are expected to be the leaders of the team while **Ashley Montgomery (12)**, **Megan Millay (11)** and **Emily Scheer (10)** are expected to play a big role in each game for the Flash. Coach Adams will be able to turn to options on the bench. **Amanda Bredniak (10)** and **Katie Rorer (10)** are expected to produce this year off the bench.

With the emergence of teams like Calloway County and Paducah Tilghman just to name a few, Lone Oak's road to the state tournament is a little tougher than in previous years. Last year, after three solid quarters of play from the Lady Tornado in the district championship, the Lady Flash were able to pull out the victory in the fourth quarter with team play to retain their district title streak.

"There are a lot of teams that are improving, so we must continue to work hard," said Coach Adams. "We have three goals everyday in practice: have fun, improve in every practice and play together."

The schedule for the Lady Flash this year features two different regular season tournaments. Starting on Dec. 26, they will compete in the Independence Bank Classic in Owensboro and also play Christian County at the Hopkins County Central Shootout on Feb. 7. The first game of the year is at Calloway County on Dec. 2 and their first game in Robinson Arena is Dec. 12 against Reidland.

As for the guys, they are returning a load of talent from last year's squad as well. **Lucas Elliott (12)**, **Joseph Elliott (12)**, **Brad McDuffee (12)**, **Seth Thomas (12)**, **Richard Walter (12)**, **Jarad Key (11)** and **Chase Denson (10)** are all returning for the Flash while **J.M. Ponting (11)** and **Neil Houser (11)** should provide an impact off the bench. New faces on this year's varsity boys' team are **Will Seidleman (11)**, **Shawn Seldat (11)** and **Sean Loooper (11)**.

Few teams in the region can claim that many returning players. Carlisle County, Marshall County and Paducah Tilghman are some of the toughest challenges the boys will face this year but that doesn't seem to faze any of the players. "We're going to come, we're going to look our opponents in the eye and we're going to rock their worlds!" said Seth Thomas.

The varsity boys schedule this year features a lot of tough games around the Christmas season. With a trip to Byron Station in Lexington for a competitive statewide tournament, as well as the annual John E. Robinson Tournament here at Lone Oak, the Flash will be busy nine out of 12 days between Dec. 19 and 30. The opening game of the season is also on Dec. 2 at Calloway County while the first two games in Robinson Arena are two big district match-ups against Reidland and Paducah Tilghman.

Bredniak signs letter of intent with SIUC

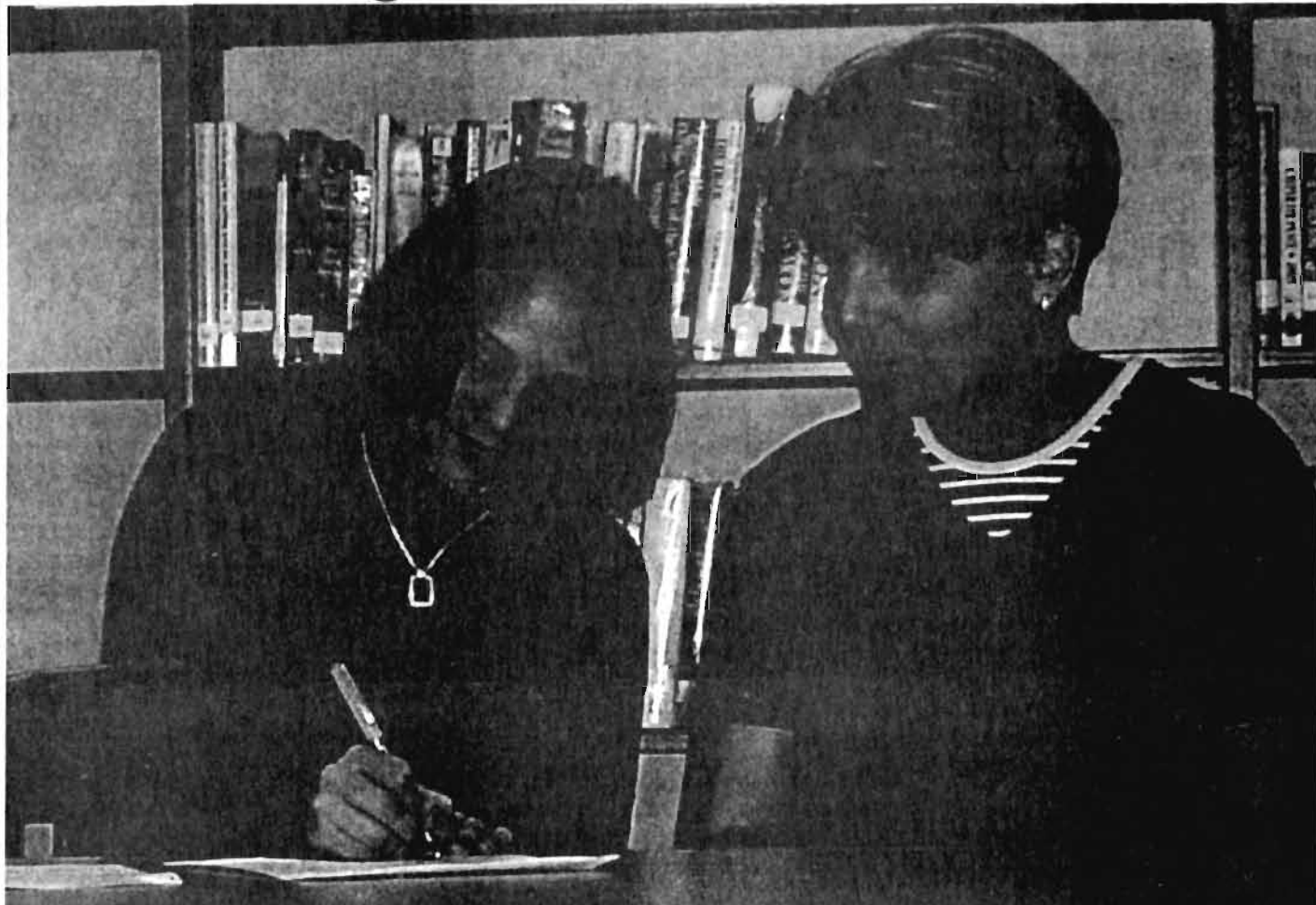


Photo by Peng Zhang

With her mom by her side, **Laura Bredniak** signs a letter of intent with Southern Illinois University at Carbondale. Bredniak received a full scholarship to SIU, where she will be playing on the school's Salukis tennis team.

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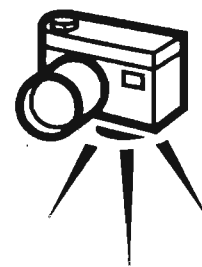
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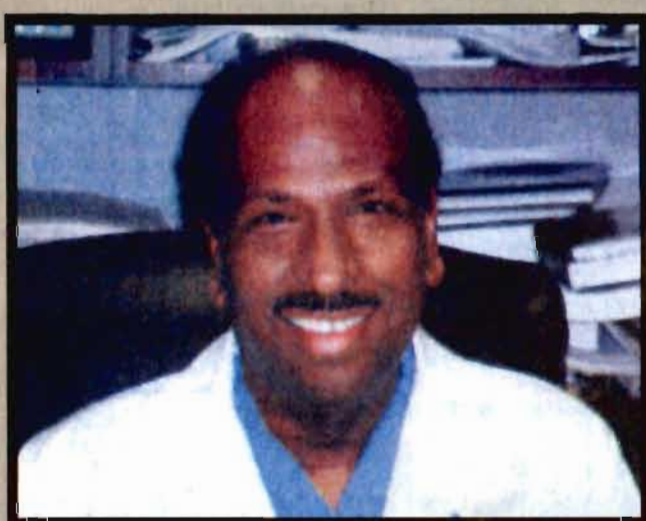


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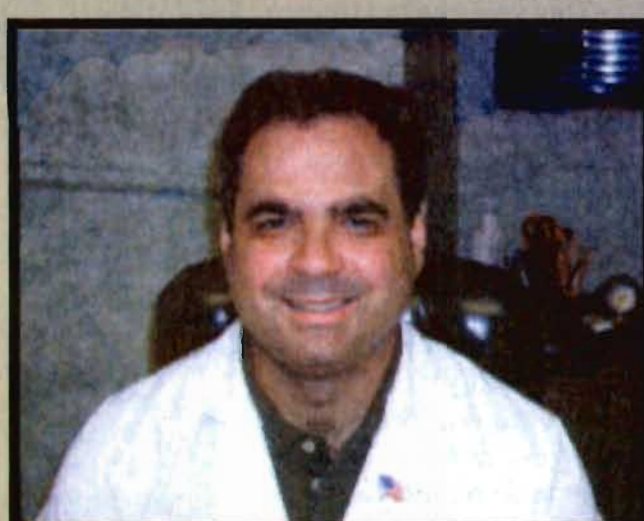
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