

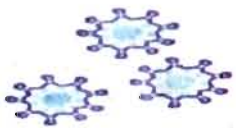


"No one controls your destiny. Even at the worst—there is always a choice."  
—Gregory Maguire

December 19, 2003

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# Betas leading all the way in Louisville

Lan Nguyen  
Editor-in-Chief

"Well, I guess you'd say...who can lead us all the way?"

"Betas, Betas, Betas... talkin' 'bout Betas..."  
Yes, our Beta Club members are definitely the people to lead us to success. They displayed supreme leadership skills at the 63<sup>rd</sup> annual Kentucky State Beta Convention held in Louisville Dec. 5-6.

The group left on Thursday, Dec. 4 at noon and after a brief detour in Indiana, arrived in Louisville around 6 p.m. There, they checked into the Galt House and then headed down to Joe's Crab Shack for some seafood eating and disco dancing. The rest of the night was spent wandering about the hotel and engaging in random activities.

"The best part of Beta Convention is all the stupid things you do," said Darren Turner (11) in his freestyle rap.

Friday was the official start of the convention. After a couple hours of early morning shopping, members Peng Zhang (11), Bruce Carter (11), Sneha Pampatil (10), and Turner competed in the quiz bowl while I competed in the creative writing competition.

In the evening the entire club attended the first general session, during which most of the cam-

paigned for presidential candidate Shadea Mitchell (11) took place.

"I didn't fall or embarrass myself, so I guess I did well," said Mitchell. Her theme was "The future's so bright that you gotta wear shades" and her skit involved snapping, dancing, a little "doo-wopping" in a spin-off of the popular Temptations song "My Girl" and a yellow, squawking rubber chicken.

Two of the hardest campaigners were Mitchell Hultman (11) and Thomas Bailey. (10). "Never mix Chinese and a chicken," commented Bailey.

Many of the Betas enjoyed their free time: "Get the rubber chicken, the funnel, and the video camera and meet me in my room," said Bruce Carter. (11)

Saturday more of our Betas showed off their skills as they competed in the rest of the academic and talent competitions. Competing in agriculture was Megan Taylor (12), in English, Sarah Huyck (12), in math, Daniel Staley (12), in oratory, Rachel Wooten (10), in Science, Tara Kollenberg (10), in Spanish, Chlodys Johnstone (12), in Social Studies, Walt Whinnery (12), in Arts and Crafts, Megan Thomason (12) and in Spelling, Abigail Simon (12).

The quiz bowl team made it to the semi-finals and did exceptionally well. At the second general session, the Betas were inspired by motivational

speaker some dude, who is a co-author "Chicken Soup for the Athlete's Soul" and a contributor to many other "Chicken Soup" books. Later that evening the Betas attended the third and final general session.

"I loved how everyone was so nonchalant about things and I think the rubber chicken really brought us all together," said Thomason. There was a moving memorial service to Betas who died during the past year and then the installation of the new state officers. Afterward, talent finalists entertained the group.

Lastly was the presentation of awards. Taylor placed third in agriculture, Huyck placed third in English and Whinnery placed second in social studies.

Another Beta Convention has gone by, no short of memories or fun, and both students and sponsors agree that it was one of the best conventions ever.

"It was one of the best Beta Conventions for LOHS's students. The school should be very proud of the academic competition winners and quiz bowl participants. Our students must compete against magnet schools, so it is really an honor for us to place in any competitions," said sponsor Mrs. Metzger.

## Prevention a key factor in avoiding the flu

Rebecca Choudhury  
Staff Writer

Ah, winter...a time for holidays and pumpkin pie, and for a few bouts of seasonal sniffles. Most sore throats and runny noses are nothing to worry about, caused by allergies or dusty, leafy air. Add a fever and achy muscles, though, and you might have a serious problem.

Fever, headache, dry cough and extreme tiredness are just a few common indicators that you may be coming down with the flu. These symptoms start suddenly, usually appearing within four days after the virus enters the body. A person with the flu becomes contagious about one day before they actually become sick and may be able to spread the virus for three to seven days, or longer. Particles containing the virus are usually spread through the air, released when a person infected with the virus speaks, coughs or sneezes. Rarely, the flu can be transmitted to a person if he or she touches a contaminated surface and later touches his or her mouth or nose.

While it is very hard to avoid catching the flu, there are a few things you can do to increase your chances of staying well. The best method of flu prevention is, in most cases, the flu vaccination. However, despite its reliability, this shot may not be the best option for everyone. Aside from vaccination, you can practice other habits to help ward off infection.

Always wash your hands before eating, and avoid touching your face, especially around your mouth. Try not to come in close contact with friends or family members who have the flu, as it is highly contagious and easily transmitted through the air.

If you should come down with influenza, be sure to drink plenty of fluids and get as much rest as possible. Try to avoid alcohol and tobacco, and use only non-aspirin medications to relieve your symptoms (studies have shown that teenagers who use aspirin to treat the flu have an increased chance of developing Reye syndrome, a severe neurological disorder). Be sure to consider the risk of infecting fellow students and family members and take necessary precautions to avoid spreading the virus to others.

## It's beginning to look a lot like Christmas!



Sarah Parker (9) and Tera Millay (10) hang their hand-made holiday ornaments on the tree in Mr. Morehead's classroom.  
Photo by Ian Joslyn

## Three easy steps to the perfect college admissions essay

Rachael Golightly  
Photography Editor

College application due dates are getting close and most of you are still staring at that little "Please send the following with your application" section where it reads "include a one-to-two page typed essay." If you're human, you're not jumping up and down shouting "Oh, goody! I love writing about an experience that's changed my life!" No, you're most likely heading for the trashcan with the crumpled-up application in your hand, prepared to top-shoot a three-pointer.

If only college scholarships didn't require an essay, but sadly, they do. Even though I'm one of those people who's been throwing my applications away, I've come to the realization that I can no longer hide from these essays. Through many hours slaving over a glowing computer screen, I have finally developed three steps to writing the perfect college essay.

### Step 1: Brainstorming

The most important part of your essay is the subject matter. You should expect to devote about one to two weeks simply to brainstorming ideas. Here

are some ideas to help get you started:

Does any attribute, quality or skill distinguish you from everyone else? How did you develop this attribute? What was the most difficult time in your life, and why? How did your perspective on life change as a result of the difficulty? What is your strongest, most unwavering personality trait? Do you maintain strong beliefs or adhere to a philosophy? How would your friends characterize you? What would they write about if they were writing your admissions essay for you?

### Step 2: Selecting an essay topic

You must now confront the major problem of the admissions essay. Consider topics that will allow you to synthesize your important personal characteristics and experiences into a coherent whole while simultaneously addressing your desire to attend a specific institution. Leaving a lasting impression on someone who reads 50 to 100 essays a day will not be easy, but here are some guidelines to help you select a topic:

Select a topic that describes something of personal importance in your life, with which you can use vivid personal experiences as supporting details. Offer vivid supporting paragraphs to your essay topic.

If you cannot easily think of supporting paragraphs with concrete examples, you should probably choose a different essay topic. Keep the reader's interest from the first word.

The entire essay must be interesting, considering admissions officers will probably only spend a few minutes reading each essay.

### Step 3: Tips to help you write your essay

In writing the essay you must bear in mind your two goals: to persuade the admissions officer that you are extremely worthy of admission and to make the admissions officer aware that you are more than a GPA and a standardized score, that you are a real-life, intriguing personality:

Answer the questions that were asked of you. You can follow all guidelines but will not be admitted into any college unless the essay fully reflects the questions.

Be original. Even seemingly boring issues can be found interesting if creatively approached. Don't "thesaurize" your essay. Some students think that they can make their essay better by using the thesaurus to make their vocabulary sound more extensive. Think Hemingway.

Hopefully these hints will help you write a winning essay. See you at Harvard!



## NEWS

## Math Club focuses on community service projects

**Peng Zhang**  
Features Editor

With the school year almost half-finished, the Math Club is in full swing. They have completed a major project and are currently working on another one. On Nov. 8, the Math Club, along with members of the Beta Club attended the Lions Clubs Telethon to cheer on their favorite stars through the night. Many members stayed as late as 2 a.m. and sacrificed precious sleep to keep the performers motivated.

Tomorrow, Math Club members will be ringing bells at the neighborhood K-Mart for the Salvation Army. Most people know that the Salvation Army is an organization fo-

cused on helping the needy. Every year around Christmas, the Salvation Army draws volunteers to collect donations in front of stores and pharmacies. Members of the Math Club are required to either participate in the bell ringing or collect food for Paducah Co-operative Ministry if they did not attend the Telethon, but most members are doing both.

Lucas Elliot (12) said that the goal of this project is to try to help out the less fortunate during the holidays. The Math Club is one of the biggest organizations at Lone Oak, but they are always trying recruit more members with incentives like fun-filled field trips and colorful T-shirts. "We are trying to be a part of more projects that help out more needy people," said Elliott.

## Students attend countywide creative arts seminar

**Walt Whinnery**  
News Editor

Recently, artistically inclined students from Lone Oak High School attended a daylong seminar on different topics at the McCracken County School Board offices.

The students chose from drama, instrumental and vocal music, creative writing, art and dance seminars. Once there, they met with students from other McCracken County schools, and divided into their respective groups.

When prompted as to what she felt she gained from the day, Emily Brantley (10) said, "I took Creative Writing, and it was

very helpful in developing my skills as a novelist."

To attend the seminar, students first had to be recommended by one of their teachers, and then, among the recommended students, several were chosen from each grade level. Students in the Gifted and Talented Visual and Performing Arts group also attended the workshop.

Participant Brad Jett (11), said, "I took the Vocal Path, and that has made all the difference."

Both Brantley and Jett agreed that the programs offered had an impact on their skills, and assisted them in their development as creative individuals.

## Choir presents a diverse holiday offering

The program included children's choirs and brass for the first time

**Reuben Gearhart**  
Circulation Manager

On Dec. 8, the Lone Oak Choral Department held their Christmas concert at the Lone Oak First Baptist Church. The concert upheld the excellent standards set by LOHS choir in the past combining not only seasonal songs, but also classical songs from other genres and styles.

The evening started with an arrangement of "Joy to the World" by all choirs, accompanied by brass from Murray State University and also Matt Butterfield (12). Then the chamber choir sang "In Dulci Jubilo," also accompanied by the brass. This song was followed by "For Him All Stars Have Shown" with the voices of the fifth grade choir from Lone Oak Elementary and the "Flashastics" from Hendron Lone Oak, directed by Mrs. Dukes and Mrs. Rubenacker, respectively.

"Working with the kids was really fun! They were so cute and really good for their age," said Sara Cunningham (11).

These songs were followed by selections from the girls choir, "Dea Gracias," "What Sweeter Music," and "Ding Song Merrily on High". The boys sang "Riu Riu Chiu" and "Low, How a Rose Ere Blooming."

These groups were followed the chamber choir singing "And the Glory of the Lord," "Sarcitus," featuring a tenor solo by Chris Thomson, the choir's student teacher for this fall, "Still, Still, Still," with solos by Serena Wilson (12) and Andy Keeling (12), and the long-awaited "Wassail Song of Gloucestershire."

The evening was finished off with more joint performances by the concert choir, including "On Christmas Night All Christians Sing" and "Gloria" with a solo by Scott Pullen (10).

"I was very pleased with the concert," said Mrs. Durham, choir director. "It was the first time I've had instruments other than the piano, and the fifth grade choirs were also an added benefit."

## Academic team shows at JV Challenge



Staff photographer

Sneha Pampati (10), Chris Baker (10), Rebecca Choudhury (9) and Nick Johnson (9) proudly display the medals they won at the Student Loan People JV Challenge at Caldwell County High School.

**Marshall Toy**  
Assistant Editor

With a long line of success, the Lone Oak High School academic team program proved they know how to do it. The 2003 Student Loan People JV Challenge on Nov. 22 marked a good year for the young academic team.

Led by coach Mrs. Metzger, the team took to the road and headed to the home of the Tigers, Caldwell County High School, with intentions to leave a tremendous impression on their opponents.

Sophomores Sneha Pampati and Nick Johnson, and freshmen Rebecca Choudhury

and Chris Baker represented LOHS at the meet.

Awards were given in six categories: science, math, language arts, arts and humanities, social studies and quick recall. With their great trivia skills and quick thumbs they placed third in quick recall, with all four team members making an impact.

But the best was yet to come. The written tests proved to make the difference for the team. Pampati came in fifth place in arts and humanities, and Choudhury, the freshman phenom, placed first in language arts and social studies.

## Wear attends national awards reception in Washington D.C.

**Rebecca Choudhury**  
Staff Writer

Our very own principal, Mrs. Donna Wear, was one of only 93 principals from around the nation to receive a Principal of the Year award from the National Association of Secondary School Principals.

The winners, Wear included, were selected by their respective state chapters of ASSP based on their performance and achievements in a number of areas, including leadership, commitment to the betterment and well-being of students and staff, problem-solving skills, and community involvement and service.

Though recipients of these awards were notified in late February last year, the awards ceremony was not held until November.

The 93 principals attended a reception in Washington D.C. for the awards presentation. Before the ceremony was held, two days of seminars and workshops were offered, giving the attendees the opportunity to gain new ideas and insights from the presenters and each other.

"Just seeing other people from all over and how they work was amazing," said Wear.

During the conference, the honored principals also visited the old executive building



Photo by Rebecca Choudhury

Kentucky Principal of the Year, Mrs. Donna Wear attended an awards ceremony in Washington D.C.

near the White House. There they received a briefing from the Deputy of Education, discussing "No Child Left Behind" and other new education programs and policies.

## FBLA helps Lourdes Hospice

**Tamela Hayton**  
Opinions Editor

Imagine receiving a basket filled with all sorts of gifts and a card wishing you well, and it's from people that you don't even know. Lone Oak's chapter of FBLA helped fill baskets for Lourdes Hospice.

The baskets contained Christmas decorations, hygiene items, cards, jewelry, small photo albums, candy, silk flowers, stuffed animals and night-lights, among other items. "It's so wonderful to see students give and give so generously," said FBLA sponsor Mrs. Daralea Harper. If patients cannot use an item given to them, they can give it to another patient or someone in their family.

Lourdes Hospice, which serves ten counties in Western Kentucky and three in Southern Illinois, allows the patients to remain in their home environment with their families and friends. It enables them to maintain their self-esteem and dignity

while receiving quality patient care from nurses, social workers, pastors, volunteers and aides. "I can't tell you the number of families who have told me they wish they had known about Hospice earlier," said Susanna Boyd, R.N., an admissions nurse at Lourdes Hospital.

All students at our school were able to participate in this act of giving which lasted from Nov. 30 until Dec. 4. Lourdes Hospice picked up and delivered the baskets on Dec. 5.



Photo by Daralea Harper

Representatives from Lourdes Hospice join students from Lone Oak High School with the baskets they made for hospice patients.

## LOHS students bake 100 dozen cookies for Seamen's Church Institute

**Lan Nguyen**  
Editor-in-Chief

Cookies, cookies everywhere, but not a bite to eat.

Mr. Toy's and Mrs. O'Neil's classes have joined with the Seamen's Church Institute to bake cookies to be sent in Christmas packages to local mariners working on the river on Christmas Day.

The Seamen's Church Institute is a full-service shore-based agency that serves the special needs of the world's trade mariners and the maritime business.

Every year the organization is takes on an enormous task. They will send between 500 and 700 boxes of cookies to between five and

seven thousand mariners. The packages contain three different kinds of homemade cookies: ranger, chocolate chip and peanut butter; hand-knit scarves, Christmas cards, a liturgy and a letter from the institute.

LOHS students were eager to help out with this respectable cause and did so by baking cookies. The school's goal was 99 dozen cookies, but students surpassed this number with approximately 100 dozen cookies.

Mrs. O'Neil's Daity Living Skills Class baked a total of 48 dozen, and Mr. Toy's combined classes baked 58 dozen cookies. Among the heaviest bakers were Emily Brantley (10) with eight dozen cookies and Leslie Wyatt (10) and Shelly Hicks (10) with 11 dozen cookies.

## Take care in sending holiday packages

Items should be mailed tomorrow at the latest for Christmas Eve arrival

**Jessica Gordon**  
Photography Editor

You have to get some packages sent today. There's only one problem - you have no idea what to do. You've put the gifts in the boxes, but where do you go from there? Here are some tips for mailing your holiday packages.

Delores Gordon, a postal worker who works at the postal annex near the Kentucky Oaks Mall area, told us what it takes to get your Christmas cards and gifts to their destination. "It depends on how much you're willing to pay," Gordon said.

It turns out the least expensive mail is the slowest. So, if your main priority is to mail your gifts for the least cost, your presents would probably come a day or so late. If your goal is speed, you will have to pay a bit more.

The most common choice during the Christmas season is first class and Priority mail. This type of mail takes two to five days to

arrive. So, if you want to be careful, send your Christmas packages by Dec. 26.

Probably the most important thing is that after Sept. 11, 2001, many changes were made. Anything over two pounds must be handed directly to a postal window clerk at the nearest post office. Everything you send must have a return address and proper postage. Don't try to be cute and put North Pole as the sender.

"I think the saddest mistake people make," Gordon said, "is not packaging their gifts properly." You probably didn't know, but high-speed machines sort the mail before it goes to the postal workers.

A Christmas card with a small item inside, such as a pin, gets caught and shredded because the envelope is not flat. Boxes need to be strong enough and big enough to prevent breakage.



## OPINIONS

## Give your teacher a break!

Jessica Gordon  
Archivist

You walk into first hour. There he is. The worst teacher in the school, and that's no lie. Your friend and your friend's friend all hate him. He is ready to flunk you, and you know it.

Well kids, it's all in your head. Teachers are here to help you, not flunk you. If teachers were flunking you out of meanness they would have been fired a long time ago.

Instead of hating your teacher, get to know your teacher. It makes all the difference. Once you become closer to the teacher, it will seem like you were the mean one. Although it's nice to be friendly, don't become a kiss-up. It's pathetic and no one likes kiss-ups.

Don't be afraid to ask your teacher questions. Asking shows you have an interest in the class and that you truly wish to understand the material. Now, don't get smart and start asking questions that don't relate to anything about the class. This will show the teacher you're immature and don't wish to understand much of anything.

Be responsible, get homework in on time, be on time and don't be lazy! Laziness is a big no-no; it shows disinterest and big-time immaturity. Please, at least pretend to be interested in the class. This means no yawning.

With these tips, maybe you'll be able to get past the hate and have a better relationship with the teacher. Maybe the class will become one of your favorite classes, who knows? Or you might get laughed at right in the face and become traumatized for life. Either way, things will change.

## Give me some real news

Rebecca Choudhury  
Staff Writer

The American news media – entertaining, informative and almost always annoyingly repetitive. News programs have a way of latching on to an interesting story and beating viewers over the head with it until they die from boredom or become too dazed to tear themselves away.

Instead of seeking to inform and enlighten, networks try to boost ratings by pandering to every little whim of the public, no matter how petty or vulgar. It works for a while, to be sure, but a person can only listen to the same thing so many times before he or she grows tired of it; only when viewers become utterly disgusted with a story will the news media cut it loose.

Take, for example, the Scott Peterson case. Although the mania has faded as of late, there was a time when you couldn't watch the news for ten minutes without hearing the latest "update" from the investigation or trial. We are now all very aware of every gruesome detail of the crime, and we know about every seedy and scandalous happening of the Peterson household.

Still, the media sees fit to remind us of these things over and over again. The story is starting to lose its shock value, if indeed it had any to begin with.

Anyone who watches the news regularly has seen similarly horrific reports more times than they could count...or would want to count. By trivializing tragedy, our media troubles our hearts, addles our minds and hardens our souls.

The disregard shown for the victims of unhappy circumstance can be as chilling as the stories themselves; just look at the events surrounding Jessica Lynch. At first we admired her and pitied her and welcomed her home. Now many of us are so tired of hearing about her, we've started to resent her.

Actually, my heart doesn't go out to her as a media victim so much as it does to the other soldiers captured and held in Iraq. They suffered as much as she did, if not more, and yet they receive no honors and no renown.

News programs are too busy capitalizing on the interest and sentiment surrounding P.F.C. Lynch to mention the other men and women, no less deserving than she, who endured the same trials and tortures. They are too busy to give us actual news.

## Don't blame entertainment for violence

Reuben Gearhart  
Circulation Manager

I'm sure everyone remembers the Heath High School shooting, as well as the Columbine High School shooting. But does everyone remember who was to blame for them? You may be thinking, oh, that's easy, it was Michael Carneal and the "Trench Coat Mafia". Well, if that's your answer, apparently you don't remember the accusations towards movies, music and video games.

Yes, after the shooting at Heath, the blame was placed on a movie called, "The Basketball Diaries" that supposedly influenced Carneal. And after Columbine, Marilyn Manson became the poster child as a bad influence on children. Many distraught parents were livid when the shock rocker was scheduled to play in the hometown of Columbine and attempted to ban him from playing. He cancelled that show, but returned to Littleton, Colo. two years later, and although Marilyn Manson was persecuted for attempting to play in Columbine, not nearly as many people noticed that Charlton Heston, the president of the National Rifle Association, held a pro-gun rally days after the tragic shooting.

After the spree of school shootings that occurred over a period of a few years, many people assumed violent video games and "bad" music was the cause of all the school violence. They saw their kids playing video games with plenty of blood and guns, and automatically assumed that those games must be the cause of the violent tendencies in youth today. They said violent video games like "Quake," "Doom" and many others desensitize kids to the point that they wouldn't feel killing a human being is wrong. Of course, if you look at most of the violent video games targeted, the guns, environments, and targets are all unrealistic.

Many musicians received criticism for making violent and influential music that caused the rash of school violence. But if you look more closely into the other criteria that could have caused the school violence, you wouldn't give music's influence a second thought. Many of the school shooters did not have very good home lives, and the members of the Trench Coat Mafia were constantly made fun of at school. So, to completely lay all the blame on music, movies and video games is ridiculous.

## Enjoy the spirit of giving

Emily Suhrheinrich  
Business Manager

What were the items you last spent money on? Clothes, fast food, jewelry, or technology? How much of it did you actually need? In this day and age, many teenagers seem to be vastly materialistic. We need to put these tendencies aside and concentrate on being more benevolent and altruistic.

How much of your paycheck or allowance goes toward charity? I think it is wrong when we spend all our money on ourselves, buying so many outfits that it seems we never wear the same one twice, or owning video games or CDs that we never play. Some teens never think twice about other uses for their money, but just a small donation could do wonders for others.

If you're looking for ways to help other people, think about giving a monetary donation to Paducah Cooperative Ministry, Martha's Vineyard or your local church. Even going through your old possessions such as clothes, CDs, books or childhood toys and donating them to Salvation Army or Goodwill can help a family in need.

If, after trying these two types of donating, you find them enjoyable and worthwhile, you may even want to try volunteering your time at any of these organizations.

If you start thinking of others, without any hope of reward, you will feel better about yourself and will make a difference in the world.

## Put a little pep in the game

Eric Chumbler  
Sports Editor

In my final year at Lone Oak High School, I have realized one thing that's lacking in our basketball games year after year. The pep band. Almost everywhere you go in the first region, you will find a pep band pepping up their team at each and every game.

When opposing teams come to Lone Oak, they rarely see that. Once, maybe twice a year, the pep band will play during basketball season. We're grateful that they'll even do that, but more appearances during the year would be appreciated.

As a former player, I remember going through the tunnel and onto the basketball floor with the fight song blaring in my ears. I loved that feeling. It made all of us pumped-up and ready to play. The arena was loud, and it made the crowd very enthusiastic. Why isn't there more of that?

Another complaint that I have been told about by several people is the pep band at football games. We appreciate them being there, but the team would love for the band to stay for the whole game. It makes the school look bad for the band to only play for the first half and then leave like they normally do. It makes it look like the band has given up on the football team. I can't think of another school in this area that does that. The band should try staying for the whole game.

I'm not trying to say that our pep band is terrible at what they do. I haven't heard a better rendition of the National Anthem by any other high school band to this date. I'm just requesting that they show up at school events more often. They make a bigger impact than they realize.

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

The newspaper is designed by staff members using Microsoft Publisher and is printed by The Paducah Sun, 408 Kentucky Ave., Paducah, Ky. 42003.

Letters to the editor are to be under 250 words in length and signed by the writer. The Oak "K" reserves the right to edit all letters for placement as long as the meaning is not altered.

The 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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## Quit 'Hayton' on chemistry

Tamela Hayton  
Opinions Editor

Chemistry this...chemistry that...I have heard so many people complaining about how hard chemistry is. They say that when the semester is over they are going to drop the class. They don't like how the class is taught and it's not their fault they are failing. Well from personal experience last year, chemistry is hard and not a class you can slack off in.

In chemistry you have to pay attention or you may not understand what is going on. You have to work to earn your grade. You can't expect to sleep in class and be able to make an A-plus. It's hard to catch up on something in chemistry if you have missed a lot of school days.

Many students drop out of chemistry because they don't want to tough it out the rest of the year. How can you challenge yourself if you don't give yourself a chance? Chemistry does get easier along the way because you start understanding and know what you are doing. Many people don't realize how much they are actually learning. They think since they messed up on some problems that they would never be able to understand chemistry.

Improving your grade is not hard. All you have to do is take good notes, show up to class, listen, and, if needed, go to tutoring. The main thing, though, is to ask questions. That's what your chemistry teachers are there for. You can't expect yourself to know everything and understand it right at the beginning.

Don't be scared to ask a question and think you are going to look stupid. How can you learn if you don't ask? Even Einstein asked questions!

Think about why you took chemistry in the first place. Don't give up! Strive to be one of the best. You know that you can pass chemistry class if you put effort into it. Many people would improve their grade just by studying as much as they complain about chemistry.

## I'm an adult. So what?

Walt Whinnery  
News Editor

Well, I finally made it. On Nov. 22, I turned the big 18. Now I can legally participate in all sorts of vices: using (or abusing, depending on how you view the matter) tobacco products, the right to participate in the "stupidity tax," also referred to as the Lottery and the ability to go into the nearest Adult World to rent an inane stupid adult video that probably has about the same plot content as a Jackie Chan movie. In case you were wondering, that is NOT a compliment! So, as one can tell, I'm not too psyched about my coming of age.

Apart from these newfound "perks" of being an adult, I also have some new responsibilities. I will be of voting age, a privilege that I believe is one of the few things I will truly gain from this turning of the chronological clock. I plan to use this new right as often as I can, doing my best to cancel out all you conservatives with my "liberal whacko ideas," quoting Mr. Neel.

Another responsibility that I am not as fond of is registering for the draft. Yes, even my type, the anti-war folks, must sign up to serve in the military if called. As I write this, I am planning to mosey down to the courthouse and obey the Selective Service in all of its glorious power. (Wow, the sarcasm is getting heavy.) It is impossible to avoid signing up, as five years of imprisonment could result, but I plan on developing a pacifist religious belief before I make my visit.

Overall, becoming an adult isn't proving to be that wonderful of an occasion. I look ahead, and see college on the horizon, and beyond that, the looming shadow of employment. It isn't a pretty sight, that real world out there, but you can only be a child for so long. What is there to do, but go forth and make the best of it? Life beyond your teens can't be that bad, because, in the words of an adult I once knew, "If you look back on your existence and say, 'Ah, High School... those were the best years of my life!' then you've definitely slept through too much since then."

## Offer a healthy alternative for lunch

Peng Zhang  
Advertising Manager

Once upon a time, the high school had a very healthy lunch alternative: the salad bar. For some reason, the school decided to get rid of it, which was a very bad decision.

I recently attended a conference with many other high school teenagers from all over Kentucky. As teenagers often do, we complained about the ennui of school and the issues that we have to deal with. When the topic shifted to school lunches everyone was surprised when I told them that our school does not have a salad bar.

The cafeteria does include a great deal of variety in their selection of school lunches, and I admit that our lunches cost very little in comparison to fast food and even other schools.

On the other hand, our lunches aren't exactly for the health conscious. Meals meet the required standards, but afterwards, the cafeteria sells food like Ho-Ho's, ice cream bars and cookies. Even the vending machines sell junk food. It would be nice if the cafeteria sold bags of baby carrots or celery sticks. But sadly, they do not.

The best way to solve all of these problems is to re-initiate the old "healthy selection" bar. It should have a variety of healthy options like salads, soups and maybe even a baked potato bar. If cost is a problem for the cafeteria, I am certain that many people are willing to pay a little bit extra for the new addition. This way, instead of buying awful meals and waiting for the snack tray, there's a variety of items to choose from.

There are many complaints about the school's cafeteria every day, and many of them are about the nutritional value of the lunches. With a salad bar, many of these complaints will disappear. Plus, there would be a new alternative to crispy steak other than protein burger and rectangular pizza.



FEATURES & ENTERTAINMENT

# 'Guess the car' is back!

...and it's better than ever!

Marshall Toy  
Assistant Editor

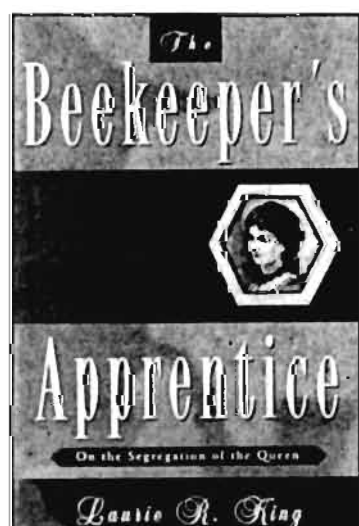


Answers: A - Coach Poore; B - Eric Chumler; C - Airnee Borden; D - Elliot Treese; E - Lauren Blackburn; F - Kenny and Andy Ford; G - Mike Sollitto; H - Elizabeth Brock; I - Brandon Phillips; J - Darren Turner; K - Lake Richardson

## Curl up with a good book during Christmas vacation

Emily Suhrheinrich  
Business Manager

Winter has come and it won't be long before spring fever sets in. When you're tired of watching TV and making snowmen, you might want to curl up with a good book. Here are a few suggestions to keep you occupied during the long winter.



however: What would happen if a retired Sherlock Holmes came across someone with a mind as nimble and keen as his? Mary Russell becomes Sherlock Holmes apprentice and friend. The plot of the story rages from smaller

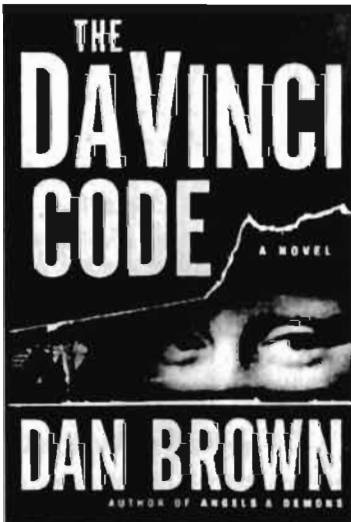
mysteries solved by Mary, to larger ones that require both the skill of Mary and Holmes. The final mystery tests both the intelligence and friendship of Holmes and Mary. The Beekeeper's Apprentice provides an interesting and meaningful read for all ages and genders. Rated \*\*\*\* (out of five)



long-term relationship with her boyfriend ends. Out of boredom, and at the request of a friend, she begins keeping a website where she writes about her life - some of which is real and some that is not. Her life gets increasingly more complex when she actually gets fans at her site. This book is hilarious and will keep you laughing throughout the whole story. From shaved heads and Barbie dolls to tae bo

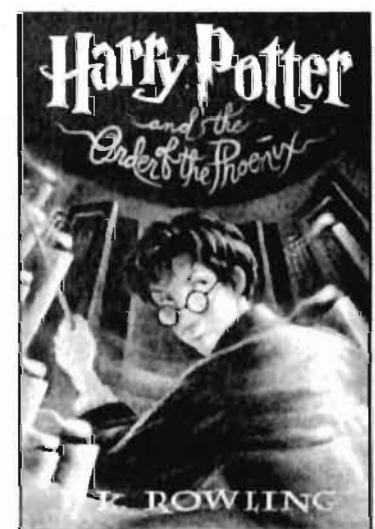
"Why Girls are Weird" by Pamela Ribon. The new genre of "chick books" is literature's answer to the chick flick. "Why Girls are Weird" chronicles the life of Anna K, a post-college student stuck at a boring library job after a

and the ghost of Christmas past. "Why Girls are Weird" is thoroughly enjoyable. Rated \*\*\*\*



useum. A professor of iconology and a cryptographer are led on a suspenseful quest for clues to solve the mystery of the murder. Along the way, they also learn about a secret group, the Priory of Sancton who are the protectors of the Holy Grail. The interesting thing about this book, besides the in-depth description and exciting plot, is that all the information presented in the book is true, including little-known secrets and explanations of icons about some famous artworks by Da Vinci. Rated \*\*\*\*\*

You may have heard of "The Da Vinci Code" by Dan Brown because of the controversy surrounding it, but it hasn't stopped it from being a bestseller. Set in Paris, this story starts with the murder of the curator of the Louvre Museum.



"Harry Potter and the Order of the Phoenix" by J.K. Rowling. Everyone has heard of Harry Potter and his adventures at Hogwarts. Now is the best time to start the series if you haven't before, or finish it now. The newest book in the series deals

with the growing danger of Lord "He-Who-Must-Not-Be-Named" in the magical world. Harry and his friends meet a new, secret order of wizards to help deal with this danger. This book is just as good, although darker than, the rest of the series, complete with Rowling's usual humor, details, danger and surprise, with several new characters and the return of beloved characters from other books. Rated \*\*\*\*\*

"The Beekeeper's Apprentice" and "Harry Potter and the Order of the Phoenix" are currently available in the Lone Oak High School library.



FEATURES & ENTERTAINMENT

December's Mystery Stars

**Peng Zhang**  
Features Editor

**M**r. Mystery for the month of December is no novice to adversity. He attained Eagle Scout status after completing a large project for Noble Park two years ago.

Mr. Mystery is one of the older juniors who got his driver's license a long time before anybody else, an accomplishment he greatly enjoyed. He will be eligible to vote this coming March.

Mr. Mystery has vermilion-colored hair and blue eyes. His favorite color is green. He is an excellent student, always near the top of his class. He is also a section leader in band. In his free time, he loves to swim and surf in the lake. If Mr. Mystery could choose any place he wanted for a vacation, he would pick Hawaii because he likes beaches, tropical areas the water, and the ladies.

Mr. Mystery is considered to be the Lord of the Swords, and believes he has his next five years' Christmas presents already picked out. Speaking of Christmas, his most memorable holiday moment was his older

brother's Christmas presents. They would be inside a two-liter bottle and Mr. Mystery would have to get them out. The most original one Mr. Mystery recalls is a present in a papier-mâché ostrich egg. He is also a really good rapper.

**M**iss. Mystery is 5 feet 9 inches tall, 17 years old and, like our Mr. Mystery, has dedicated herself to music and band.

She has brown hair, hazel eyes and her favorite color is black. Miss. Mystery's favorite food is stuffing, which she enjoyed a few weeks ago. She is a baritone player and a section leader in the marching band.

Miss Mystery has two sisters, one of similar age and another in eighth grade at Lone Oak Middle.

In her spare time, Miss Mystery says that she likes to take baths and spending time with her friends. If she could go anywhere for vacation, she would go to London to see Steven Mead.

Her most memorable Christmas was when she lit a firecracker upstairs in her home and burned the carpet.

Last month's mystery stars were Emily Suhrheinrich and Peng Zhang. If you know our Mystery Stars, report to Mr. Morehead. You must to know both mystery stars to win the prize.

'Luther' offers history, religion and action

**Lan Nguyen**  
Editor-in-Chief

Ninety-five Theses. Rebelled against the Catholic Church. Was excommunicated by the Catholic Church and as a result formed his own religious denomination.

It's blatantly obvious the person described here is none other than Martin Luther, major religious reformer, founder of the Lutheran Church and now the star of the widely successful independent film "Luther."

The film, true to its namesake, chronicles the life of Martin Luther. Joseph Fiennes has the lead role as Martin Luther. Fiennes is probably best remembered from the ever-popular and Oscar-winning film, "Elizabeth," in which he played the dashing Lord Robert Dudley. Fiennes does not shy from excellence in his role of the courageous and brilliant Martin Luther. He portrays Luther as an eloquent and powerful speaker, and a priest devoted to teaching the word of God to the German people.

The movie, sponsored by the Lutheran Church, accurately tells the story of Luther's life and the trials he endured while attempting to reform the Catholic Church. The film begins when Luther is caught in a storm and promises to devote himself to God if he will save him. Then the scene switches to Luther's first mass, and afterward to Luther in his cell where he does battle with some inner torment he believes is caused by the devil. Luther is soon sent off to Rome to learn. There he is shocked by the corruption of the Church. It's

not long before Luther nails his famous 95 Theses to the door of the Church. One is amazed at the passion and anger relayed by Fiennes.

The movie is not all drama; at several times there are many humorous and memorable remarks made, most by the endearing Prince of Saxony, played by Sir Peter Ustinov, for instance his response to the Catholic Church's demand that he surrender Luther. He says, "There are two ways to say 'no.' One is to say nothing. And the other is to say 'no' in such a nice way that it befuddles them."

For the revolution fan, there is plenty of gore and battle. The Thirty Years War is started and its gruesome results are displayed. The peasants' revolt against the princes is a violent scene, filled with lots of mobs, shouting, stabbing, poverty damage and fire.

Drama, humor and revolution are all present and of course a tiny bit of romance is thrown into the mix as well. Viewers catch a glimpse of Luther's personal life when Caterina Von Boron, a runaway nun seeking him, enters. The two fall in love and marry, and their marriage is a happy one, much to the satisfaction of the audience.

History is once again brought to life in "Luther." It is an enthralling motion picture that throws one into the midst of the religious turmoil and revolutions in Germany along with the Inquisition. Events are sped quite up a bit for the sake of time, so it seems that events such as Luther's translation of the Bible from Latin to German, occurred within a matter of months. The movie keeps viewers in suspense as to what Luther's fate or next trial will be. "Luther" is an terrific film and definitely worth braving the cold outdoors to see.



Walter named December's Junior Rotarian

**Lan Nguyen**  
Editor-in-chief

**T**his month's Junior Rotarian is Richard Walter - a model student and athlete. A four-year varsity basketball player, he is the president of the math club and is aiming high for the Commonwealth diploma. He's been named "Who's Who Among America's High School Students" and is on the National Honor Roll. He is also a long-standing member of St. Paul Lutheran Church.

Walter is very athletic and loves to play basketball - his favorite sport - but also enjoys watching and analyzing all sports. He has received numerous awards for basketball, including being nominated for Boys' State. His other awards include the Fraternal Order of Police's Citizen of the Year and being a nominee for the Andrew Carnegie medal.

Walter considers himself a laid-back guy and many people find him funny.

"Richard has always been a nice guy," said Joseph Elliot (12) of his friend.

Even teachers have high praise of Walter. Mrs. Masden calls Walter an amazing math club president, coordinating events and organizing meetings for 91 club members.



Photo by Todd Ferren

"I tease him that he will president of the United States one day," said Masden. We will certainly wait and see.

Pick-of-the month: Flogging Molly

**Rachael Golightly**  
Photography Editor

It's the band that's been quoted by Jimmy Kimmell as "The only Irish-punk band that matters." They have been on major tours, done the Conan O'Brien show, the Craig Kilborn Show and the Jimmy Kimmell Show, and won a music award for Best Punk Band in the Third Annual New Times Los Angeles Music Awards. They're **Flogging Molly**.

This is one band that you will never be able to classify easily! Their music is best described as a mix of traditional Irish music, folk music with thrash and punk music rounding it all out.

Flogging Molly's first album, Swagger (SideOneDummer Records 2000), studio-recorded in downtown Chicago, is just

opposite of that. The small pub smack dab in the middle of the big city of LA is the perfect place for the birth of all Flogging Molly's hit creations. "Swagger" is said to be an outlook on life, mixed with "drunken school boys wanting to get out."

"We're taking a love of Irish music and we're making our own thing. We are our own little dot on the map. What we have is really special," said one member of the band.

That is exactly what is so captivating about their latest album, "Drunken Lullabies," a combination of traditional Irish folk and the punk rock you've grown to love.

Cross-breeding traditional Irish influences and heavy-hearted storytelling with brazen punk rock, feel free to call Flogging Molly what you'd like - "Agro-Celt," "jig-punk," "Celtic core" - they've heard it all before.



Photo by Eric Chumbar

Ain't it good to know that you've got a friend? Jared Owen (11) and Lori Beth Lile (11) share their holiday cheer with The Oak "K."



**Lone Oak First Baptist Church**  
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Sunday School 9:30AM



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JANKYS?

## Question of the month

**Reuben Gearhart**  
Circulation Manager

This month's question is, "What is your definition of the word 'janky?'"

- Three unmatching tubas at Murray - Jordan Hines (9)
- Really bad; not good - Lindy Buie (9)
- Clockwork Orange (Hype!) - Marley Rounds (9)
- Ghetto-rigged - Tia Thistlewood (9)
- Jacked-up - Sam Hadfield (10)
- Something cool - Jon Griggs (11)
- Tacky - Seth Bowden (9)
- Mixed up and tangled around - Scott Pullen (10)
- Really ghetto - Alison Crawford (10)

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HAPPY HOLIDAYS!

## All I want for Christmas is ...

Lan Nguyen  
Editor in Chief

Its time for give giving and of course, gift receiving, so what do you want for Christmas? Here are some of the replies from the student body and faculty.

"1973 Porsche 9-11 S black with black leather interior" – Mr. Neel

"A dog" – Kelli Williamson (10)

"Cable Internet" – Nick Johnson (10)

"Love, laughter, and happiness" – Mrs. Daralea Harper

"A puppy" – Lauren Blackburn (12)

"I just want to see my little brother happy on Christmas" – Lacie Gagnon (12)

"A thousand bucks would be nice" – Ernest Tubbs (12)

"Peace, love, and happiness...and a million dollars" – Mr. Watwood

"A new car" – Jackie Procter (11)

"A bundle of joy" – Kyle Hawes (11)

"World peace and kisses" – Lauren Walker (11)

"Me, I want a hula hoop" – Bruce Carter (11)

"Aretha Franklin" – Brandon Little (11)



## An unconventional treat for the holidays

Rebecca Choudhury  
Staff Writer

Red misti. Is it an alcoholic beverage? An exotic perfume? A militant political faction from a cheesy spy movie? Actually, red misti is a traditional Bangali dessert. The sweet, juicy morsels can be a little tricky to make, but the end result more than makes up for difficulties in the recipe. So, if you're looking for something different to serve at your next holiday soirée, or just a delectable treat to enjoy with family or friends, give them a try.

### Ingredients

2 envelopes of Carnation brand dry milk  
1 cup bleached all-purpose flour  
1 teaspoon baking powder  
2 tablespoons plain Cream of Wheat  
1 tablespoon oil or butter  
3 to 4 drops red food coloring (feel free to substitute any color for red)  
1 cup heavy cream  
6 cups granulated sugar  
4 cups water  
Oil for frying

**Step One:** In a large, deep pot, combine the water and sugar and heat, stirring to melt the sugar. Once the mixture comes to a boil, lower the heat. Leave the pot on the stove.

**Step Two:** Combine the dry milk, flour, baking powder, Cream of Wheat, oil or butter and food coloring. Mix well.

**Step Three:** Take a handful of the mixture from step two and very carefully add 2 or 3 teaspoons of cream. It is extremely important that you add the cream gradually; if you add too much at one time, the dough will become one big, hard blob.

**Step Four:** Now pinch the handful of dough into small balls. You should be able to roll five or six from each handful. Repeat this process until all of the dough has been used.

**Step Five:** Fill a deep fryer or steep sided pan with oil until the container is at least halfway full.

**Step Six:** Drop the balls of dough into the hot oil and fry them until they are a light orange-brown color.

**Step Seven:** After they have been fried, transfer the balls into the pot containing the sugar-water mixture. Leave the balls in the syrup for five to seven minutes. Pour the misti into a refrigerator-safe container and chill. Serve cold.

## A handy dandy Santa Clause

Emily Suhrheinrich  
Business Manager

Due to the popularity of last issue's Thanksgiving decoration (the Hand Turkey), we have now created the Christmas alternative: The Hand Santa. This is a fun art project that you and your family can use for years to come.

Like the Hand Turkey, for the Hand Santa, you will need paper, pencil, markers or crayons and your hand. To start, trace your hand on the piece of paper. To complete the Santa, you will need to turn the hand upside down. The thumb and the top of the hand will become Santa's hat. Add a ball to the end of the thumb and an oval to be the trim of the hat.

In your palm, draw a face, complete with mustache and a twinkle in his eye (optional). On either side of the face, draw an ear. The fingers of your hand will be the beard. Add a few more "fingers" to the bottom of the hand to make the beard appear more full.

Finally, colour your picture in red, white and other Christmas colours. Add a Christmas message if you

want and use it to help decorate your home for this season. For our Jewish friends, we have also designed a Hanukkah Hand Menorah. Have a friend help you trace both of your hands, outlining eight of your fingers. Outline the fingers (a.k.a. candles), adding flames. You might even want to add a Star of David on the base, and add a seasonal message.



## The History of Kwanzaa

Jessica Gordon  
Archivist

December 26 marks the celebration of Kwanzaa, a time to celebrate the history and traditions of African-American culture. It's a time for families to get together and have a good time. And, guess what, you don't have to give up Christmas or Hanukkah. It's not a religious holiday!

Kwanzaa is actually pretty new. Maulana (Ron) Karenga created the holiday, and, even though it wasn't an official holiday, Kwanzaa is in the African culture and history. In the Swahili language, the word Kwanzaa means "first fruits of the harvest." The gathering of the harvest was celebrated in a variety of festivals, and Karenga combined many of these traditional festivals into the holiday Kwanzaa.

To clear up misconceptions, Kwanzaa is a celebratory, not religious, event filled with ceremony and symbolism. Kwanzaa lasts a week and follows a well-organized schedule. At nighttime, a candle is lit and one of the Nguzo Saba,

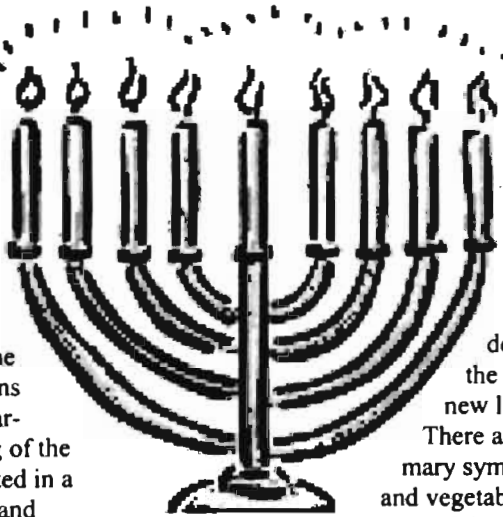
or seven core principles, is discussed. The seven principles are Umoja (unity), Kujichagulia (self-determination), Ujima (work and responsibility), Ujamaa (cooperative economics), Nia (purpose), Kumba (creativity) and Imani (faith).

On December 31, a huge feast takes place – the Kwanzaa Karamu. It's pretty much a party night with a lot of food like Southern cuisine, African dishes and Caribbean specialties. Usually, the food

is mixed in with the culture and celebration of Kumba.

The main colors of Kwanzaa are red – the blood of the African ancestors, black – the skin color of African decent and green – the remembrance of new land and new ideas.

There are also seven primary symbols, Mazao – fruits and vegetables, Mkeka – a straw placemat, Kinara – a candle holder for seven candles, Mishumaa Saba – the seven candles in red, green and black, Vibunzi – an ear of corn for each child in the family, Zawadi – simple gifts related to African culture, and Kikombe Cha Umoja – a communal unity cup.



## New Year's Resolutions

Ian Joslyn  
Staff Writer

The end of the year is coming. Now its time to make your New Year's resolutions. Several faculty and students were asked what their resolution would be.

"To lose weight" – Mrs. Titsworth

"To get more organized" – Mrs. Wear

"To get better grades" – John Miller (9)

"Not make any more New Year's resolutions" – Cory York (9)

"Be more patient" – Mrs. Daralea Harper

"To have a two day concert with all the rock bands in Lone Oak" – Eddy Dunlap (9)

"To graduate high school" – Will Cook (12)

"To pass Spanish" – Matt Sanderson (11)

"To do better in school" – Sara Cunningham (11)

"To limit myself to eat out only once a week" – Eric Chumbler (12)

"To win a lifetime supply of crispy steak" – Jared Roberts (12)

## Happy Holidays Word Search

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



BELLS  
CANDLE  
CARING  
CAROLS  
DECORATIONS  
DINNER  
FAMILY  
HOLLY  
LIGHTS  
MISTLETOE  
NORTH POLE  
PRESENTS  
SANTA CLAUS  
SCARF  
SLEDDING  
SLEIGH BELLS  
SNOWFLAKE  
SNOWMAN  
TOYS  
WREATH



# A flashy start for Lone Oak basketball

**Eric Chumbler**  
Sports Editor

Last year in region one basketball, the Calloway County basketball program was dominant. Rarely has a school won both the boys and girls regional title in the same year, the Lakers managed to do that. Coming into this year, the Lakers were the heavy favorite to repeat as both boys and girls first region champions. Little did they expect what was about to happen on their opening night. The first game of the year for Lone Oak was a trip to Calloway.

Scott Sivills' Lady Lakers came out on fire and jumped out to an 11-point lead at the end of the first quarter. The Lady Flash managed to cut the lead down to three by the end of the first half, but still had a lot of work ahead of them. However, the Lady Flash started out the second half flat, scoring 12 points in the third quarter and once again finding themselves down 11. The final eight minutes would be proof that the Lady Lakers weren't quite ready to repeat as champs.

Katee Buchanan (12) opened up the fourth quarter with back-to-back field goals, and Jessie Fox (12) scored in the post to cut Calloway's lead to 54-51 with less than three minutes on the clock. Fox would come through a couple more times before it was over. With Lone Oak trailing 55-53, she drove the baseline to miss a four footer but got her own rebound and put it back while drawing a foul. Fox sank the free throw to give Lone Oak it's first lead, 56-55, since the first quarter when they led 5-4.

"I knew when I stepped up to the line that these were crucial free throws, and luckily both went in," said Fox. With the same score, Calloway's Carrie Radke helped out the Flash by traveling at the top of the key with 14 seconds left. A desperation foul sent Fox back to the line to seal the deal with two free throws.

With the girls accomplishing a win, it was the boys' turn to face the regional champs. Calloway seniors Terry Adams and Roger Jones are expected to be the top two contributors for the Lakers, however, with sweltering defense, Lone Oak managed to hold them to shoot 9-37 from the floor. It especially showed in the second quarter. Calloway ended the first quarter with a 17-12 lead but only managed to score four points in the second while Lone Oak was able to lead at the half, 24-21.

After a back-and-forth third quarter, Lone Oak opened up the fourth with a four-point lead. That was the closest Calloway got the rest of the way. Joseph Elliott (12) went to the line to sink two free throws to give the Flash a 45-38 lead with 1:02 left and Richard Walter (12) sealed the win and the sweep for Lone Oak with an offensive rebound and putback with 30 seconds left.

"We rebounded very well as a team", said head coach Andy Poore. "It really was a team effort."

The Lady Flash's next opponent was at Murray to face the Lady Tigers. Lone Oak would have to survive foul trouble to come home with the victory. After jumping out to a 18-6 lead, Buchanan, Fox and Emily Scheer (10), would have to sit much of the second quarter due to fouls.

Murray responded furiously with a 16-0 run and held Lone Oak to just two points before the half. With the Lady Flash trio returning in the second half, Lone Oak managed to tie the game going into the fourth quarter. In the fourth, Buchanan and Fox contributed with 15 points to carry the Lady Flash to their second win of the year, beating Murray by the score of 47-44.

Opening night at Robinson Arena featured the guys' squad

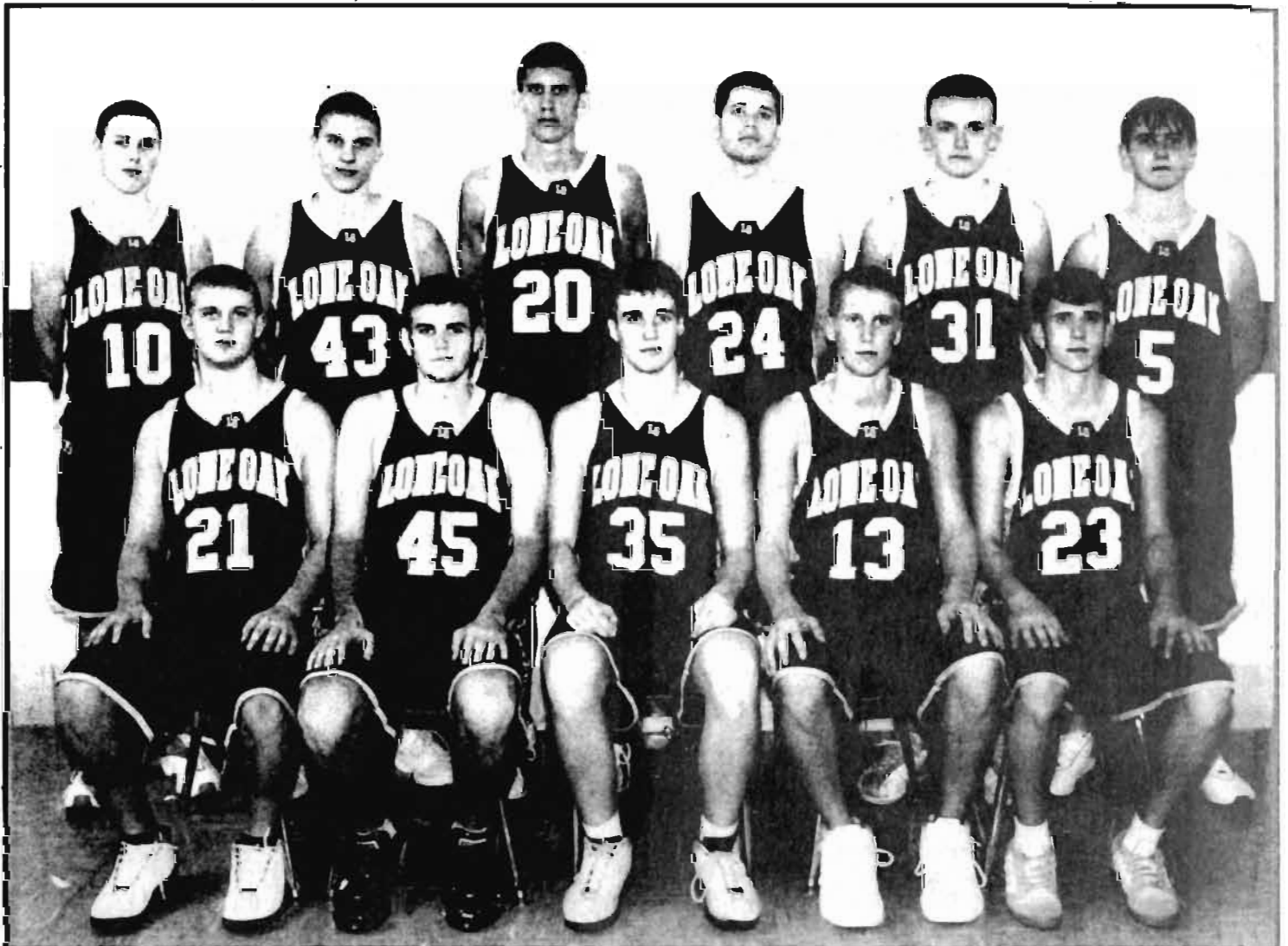


Photo by Susan Bredniak  
The Flash are off to a solid start with big district match-ups on the way. Back row: J.M. Ponting (11), Will Seidelman (11), Jarad Key (11), Chase Denson (10), Sean Looper (11), Neil Houser (11). Front row: Joseph Elliott (12), Lucas Elliott (12), Seth Thomas (12), Richard Walter (12) and Brad McDuffee (12)

against Murray High — the tallest team in the first region. The defense was the story once again for Lone Oak as they held Murray to 19 points at the half and used a man-to-man defense in the second half to handle the Tigers to just 13 more points.

Murray forward Mark Daniel led the Tigers with 10 of the team's 32 points. Murray hung around with Lone Oak for most of the game until late in the fourth quarter when the Flash used full court pressure and an emphatic slam dunk by Jarad Key to seal the win. Chase Denson (10) and Walter led the Flash with 16 points apiece.

After both squads easily handled Murray, Lone Oak had to travel cross-town to face the St. Mary Vikings. For the girls, it was the returning game of one of their leaders, Ashley Montgomery (12), who was officially back after undergoing rehabilitation for a knee injury she sustained late last year.

"I was very nervous but the standing ovation was awesome!" said Montgomery. Lone Oak was able to open up a double-digit lead in the third quarter when Buchanan scored 12 of her game-high 25 points along and ending the quarter on a 10-2 run with help from teammate Laura Bredniak (12). Lone Oak would maintain the lead in the fourth and breeze onto a 57-47 win.

The guys' game featured the return of a friend. St. Mary head

coach Greg Overstreet has been working with Coach Smithmier, Coach Poore and Coach Whitis for the past three-and-a-half years in the Lone Oak program. Now he heads his own team. During player introductions, each Lone Oak starter that was introduced went over to give Coach Overstreet a hand-shake and a hug. Afterwards, Coach Poore would do the same.

In between was one very intense game. Back-and-forth action for three quarters carried over to one very exciting fourth. St. Mary freshman Gabriel Shaw cut the Lone Oak lead to 54-52 with 4:44 left, and with the Vikings in a 2-3 zone. Denson dribbled three minutes off the clock until the Vikings finally came out and contested him.

St. Mary sent Denson to the line and nailed two free throws with 1:12 left to make it 56-52. The Vikings would come back with Nick Wright hitting two shots at the line to cut it back to a two point lead but that would be all they could manage. Key put the nail in the coffin with two more free-throws to send Lone Oak to the 58-54 victory.

Two big district match-ups are coming up for the Flash, both teams have Reidland and Paducah Tilghman coming to Robinson Arena. Both squads have the opportunity to have a 5-0 record (2-0 in the district) and be in the driver's seat for the district race.

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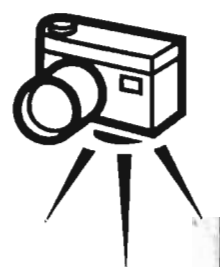
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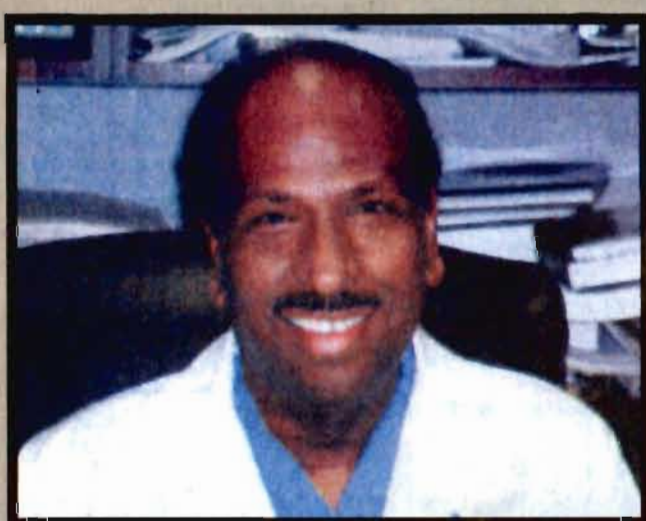


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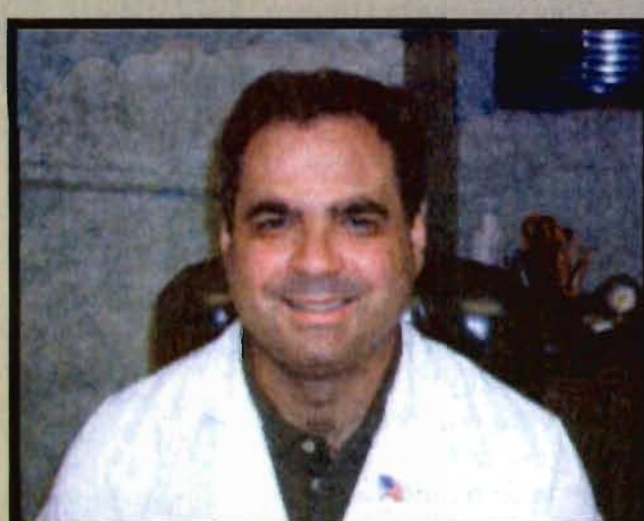
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