



The Oak "K"

Volume 62

Number 5

February 6, 2004

"Does the walker choose the path or the path the walker?"
— Garth Nix

February 6, 2004

News

Governor's Cup



Page 2

Opinions

Make a difference this year.

2004

Page 3

Features

Paintball. DUCK!



Page 4

Entertainment

Feeling artistic today?



Page 6

Sports

Basketball recap



Page 7

Something old, something new, something borrowed...wait!

Rebecca Choudhury
Staff Writer

It's that time of year again: the time to begin preparations for the annual school play. This year's selection mimics last year's show in that the show is comprised of a selection of scenes and songs from famous musicals and plays. The production has been entitled, "Something Old, Something New."

Students who wanted to be involved in the production met in the journalism room on Jan. 14 to discuss details and set some important dates.

It was decided that auditions for acting roles would be held on Jan. 29 and 30, and, as this year's production also involves much music, separate auditions for musical talent were held on Jan. 26.

A list of chosen students will be posted today. If all goes according to plan, the performance will be in mid-April. A tentative date of April 16 has been set.

"I chose to do a mix and match like last year due to the variety and also because the availability of roles would be larger, thus allowing more people to participate," said student director, Lan Nguyen (12).

The show contains selections from famous works such as, "Aida," "The Star-Spangled Girl," "Julius Caesar" and "The Wizard of Oz."

"I am really looking forward to working with everyone," said Emily Suhrheinrich (11), the assistant director. "We had so much fun last year, and I know we'll have just as much fun this year."

If past successes are to be taken into account, this year's play should be a smash hit.

"There was lots of good feedback about last year's play," said Laura Cash (10). "A lot of my friends said it was really fun."

In the process of providing a night of entertainment, the play will also be helping out Paducah Cooperative Ministry. A dollar discount will be given for those bringing in a canned good or boxed item to be do-



Lauren Walker (11) and Peng Zhang (11) read the script for their audition.

Photo by: E. Suhrheinrich

nated to PCM.

With plenty of creativity and hard work from the cast and crew, plus a little community service on the side,

"Something Old, Something New" could be Lone Oak High School's best play yet.

A.P. Night provides valuable tips for students

Walt Whinnery
News Editor

A.P. Night. It sounds deceptively like a singles dance for intellectuals, but what really happens at it is, to a high school student, far more important. Advance Placement night is a new concept, developed by a group of teachers to educate students and their parents on the A.P. tests. The teachers, Mrs. Masden, Mr. Watwood, Mr. Sensing and Mr. Whitley, decided that it would be helpful to bring in students from past years who had experience taking A.P. tests, and have them share their experiences and tips with the current round of test takers. The students had many things to share, ranging in topic from what type of course load they recommend to the free food available from student organizations.

Other topics of the night were the method of paying for the tests, the benefits it would have on the student in the classroom and the amount of credit students would be able to receive for their efforts.

Probably the most awaited part of the evening, according to students and parents, was the A.P. test raffle. As each student or parent entered the room, they placed their name on a numbered sign in sheet. At the close of the evening, a random number generated on Mrs. Masden's graphing calculator selected numbers. The third number drawn would select the recipient of a free A.P. test (to be paid for by L.O.H.S.). The evening's winner was Megan Taylor, whose \$80 test fee will be paid by the school. The evening was a complete success according to faculty members, who only see bright things in the program's future.

"The evening was a definite success, and Mrs. Masden did a wonderful job of organizing it. We are planning to continue this event in the future," said Mr. Watwood.

Co-op program keeps students, teacher busy

Eric Chumbler
Sports Editor

There's only one place in this school where you can hear laughter coming out of the class almost every moment of the day. Sometimes out of the students, but most of the time, it's coming from the teacher. Whose classroom can you find this in? In the classroom of our co-op teacher, the one and only Mrs. Daralea Harper.

Mrs. Harper has been teaching in high school for 22 years now, 14 of those years have been at Lone Oak. She is the backbone to one of the most beneficial programs this school has to offer, the cooperative education program for LOHS seniors. In 1990 here at LOHS, there were three students in the program, two students after one was kicked out.

Then came Mrs. Harper. Fourteen years later, the co-op program is almost 20 times larger than before and the biggest program in western Kentucky.

Every afternoon, you can find Mrs. Harper running all over the Paducah area checking up on her students at their workplace. She knows every schedule of all her students and expects them to be at their job when she shows up.

"Seniors get the opportunity to work in an environment that will help them decide on their career choice after high school and the chance to learn and make money in the work force" said Mrs. Harper. "All of this has created a growing number of students wanting to participate in the program."

Mrs. Harper also has a class for her co-op students. To participate in co-op,

you must take electronic office. The combination of this class and the co-op program is what sets this program apart from other classes. In a normal class, students can receive one credit a year.

With electronic office, students can receive one credit a year, and with co-op, students can receive two credits a year. All together, students can receive three credits in this program. This, in Mrs. Harper's opinion, is the biggest reason for success for the program. "Those seniors who are not academically motivated, but really try to do their best, need co-op to graduate. And some need the financial help that their job provides."

Upcoming seniors at LOHS should consider the co-op program. It has too much to offer to turn down. More credits, fewer school loans, making money and one spunky teacher makes it all worthwhile.



Photo by Eric Chumbler

Senior Kaleb LeNeave works on filing in Mrs. Harper's electronic office class. The class is required for seniors in the co-op program.

A.P. Art students working hard and aiming high on portfolios

Lan Nguyen
Editor-in-Chief

As A.P. students prepare for their upcoming exams in the spring, the A.P. students who stand out the most are those in the A.P. Art class. A.P. Art is a class consisting of a group of select students whose only task is to work independently throughout the year on pieces they wish to enter in their portfolio that takes the place of an exam.

Mrs. Harper describes the class as "not something you can just come into without taking art. It's more a four-year process than a one-year."

The portfolios are sent to New York where the National College Board grades them using the same scale as A.P. exams (1-5). Students have to send in a maximum of 24 pieces. The portfolio is divided into two sections,



the student's concentration (for instance a country) and the student's breadth (which can include works from the concentration as well as ones from outside). In his or her concentration, the student's goal is to explore one subject through various mediums; five works are required in this category. In the breadth area no bond common bond is necessary. "You don't have anybody to tell you what to or what not to do. You pick your levels of difficulty," said Dara Tubbs (12) on the class. Her concentration is African people and animals.

The types of portfolios that the students have to choose from are

Hayley Trevathan's sketch of a cowboy is a work she completed in A.P. Art class.

drawing, two-dimensional, and three-dimensional. In the drawing and two-dimensional portfolios five original pieces must be sent in and the rest of the works are photographed and the slides of the photos sent in. Very few people choose to do a three-dimensional portfolio but senior Choldys Johnstone has decided to pursue the project.

"Chris Heine loves my wife man" said Johnstone referring to her three-dimensional concentration piece, a wire sculpture of a man.

Heine (11) himself is a member of the class and is focusing in on black and white sketches. "Chris Heine works magic with black and white!" added Johnstone.

The students in A.P. Art are definitely working hard on their portfolios and it seems that each is aiming for a five.

Anyone for a game of matchmaker?

Tamela Hayton
Opinions Editor

Valentine's day is next month and with whom are you going to share the holiday? Most of you will say your boyfriend or girlfriend, but what about those of you who don't have a special someone?

The Academic team is conducting a fundraiser called Data Match. This fundraiser will help them cover buzzer repair costs and help defray the cost of Governor's Cup.

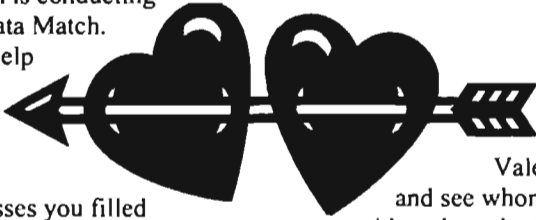
In your English classes you filled out a sheet that asked you to fill out questions to find who is compatible with you.

One of the questions asked was "If you could be an animal, what would it be?" The choices you could choose from were an elephant, a porcupine, a bunny, a snake or other! The questions ranged from personality to interests and beliefs.

"Sean Connery is James Bond; no questions asked. I scoff at Pierce Brosnan," said **Dan Staley (12)**. You also can choose between grades 9 and 12 you want your matches to be compatible with. The results will be more accurate if you filled out what you really feel and not what you think would be the best response.

The Data Match results will be available on February 13 during lunch. The cost to find out your matches will be two dollars. Don't let yourself be lonely on Valentine's day, go ahead and see whom your most compatible with and maybe find a new friendship.

Purchasing your Data Match results is optional but you may never know what you were missing out on. "I'm looking forward to see who I am most compatible with it should be interesting" said **Sara Cunningham (11)**.



Fletcher cuts education funding

Jessica Gordon
Archivist

Schools already struggling with tight budgets are about to struggle even more.

Governor Ernie Fletcher has a new proposal. Take more than \$7 million of the state's funding for education. He defends this cut by saying this plan will help to balance the state budget without raising taxes. What does this mean for our school?

Fletcher stated that this would cause less pain and not hamper the education process. The plan does not go into basic school funding. Instead, after-school programs, Family Resource Centers, educational technology and other such programs are feeling the cut.

After school programs and Family Resource Centers are facing a 2.5 percent funding cut. The Family Resource Centers may not be able to help as much as they could a month ago. Things like this are the cause of much criticism at Governor Fletcher and his plan.

Mr. Watwood, a Government teacher, had this to say on the plan. "It's terrible. School funding should not be cut anymore than it already is."

Yet this plan also means that taxes will not be raised. Our state's goal is to have a budget deficit of \$300 million by next fiscal year will possibly be a success through this plan. Plus, lawmakers plan to restore funding the next fiscal year.

LOHS students compete in first round of Governor's Cup

Emily Suhrheinrich
Business Manager

On Jan. 22, students of Lone Oak High School competed in the District Governor's Cup Competition. Competitions on this day were in Future Problem Solving and composition.

The Future Problem Solving team consisted of **Nick Johnson (10)**, **Daniel Staley (12)**, **Emily Staley (9)**, and **Kristen Warren (10)**.

During the competition, the team was presented with a problem or a situation and through the course of their work, they then were to brainstorm and find the best solution or answer to this problem. FPS's mission is to promote and design positive futures using creative problem solving. The district topic was on rage and bullying.

Three students competed separately in the composition category: **Lan Nguyen (12)**, **Sarah Hyuck (12)** and **Emily Suhrheinrich (11)**. Participants were given a topic and 90 minutes in which to write an essay or story on that topic. This year's topic was on administrative censorship of student media.

"I was really looking forward to writing and competing," said **Hyuck**. "It's always fun to test your writing skills."

Results will be released Feb. 14 at Heath High School where the remainder of the competition will be held. On that day, students will compete in quick recall and written assessments in math, science, language arts, social studies and arts and humanities.

Winter Guard: 'Nothing else matters'

Rebecca Choudhury
Staff Writer

The Lone Oak winter guard started the season off well with their performance of "Nothing Else Matters," a guard program based partly on the lives of the homeless, at a competition at David Lipscomb High School in Nashville, Tenn.

The competition, held on Jan. 17, provided the guard with their first opportunity this year to showcase their skills before judges and students from other schools. The winter guard also prepared rigorously for a competition in Smyrna, Tenn.

Members of this year's winter guard are no

strangers to hard work. As many of them are new to the sport, they have had to spend a lot of time practicing to improve their skills.

"We've made a lot of progress," said guard member **Ashley Barnhill (10)**, "but we still have a lot of work ahead. I know when we're finished we're going to be outstanding."

Quite apart from resenting these tough practice sessions, most of the guard members enjoy them. "I have a passion for dance, and with guard I get to add flag, which is cool," said **Courtney Martin (9)**. With such dedicated students, Lone Oak's winter guard is sure to continue as a part of our high school for years to come.

Art Club looks to another busy year

Lan Nguyen
Editor-in-Chief

All the clubs have been busy this year with various projects. With all the attention focusing on the mainstream clubs we decided to focus on the activities of the art club.

The club is sponsored by art teacher Mrs. Harper and is presided over by Brittny Ellis. The club recently met on Jan. 23 to discuss possible future activities. The group's next big project is decorating for the basketball homecoming dance. Later they plan to visit Nashville's Yeiser Art Museum to view the exhibits there and later in the year travel to St. Louis to spend a day at Six Flags riding rides and sketching.

Amid the various activities such as painting the cafeteria and teachers' bulletin boards, the

group invites guest speakers such as architect Nick Warren to lecture at meetings on various topics.

The club is also sponsoring a presentation by the Art Institute National Program about careers in game art, photography, interior design, fashion, culinary, animation, graphic design and multimedia. Interested students can sign up in the art room to attend the presentation, which will be held in the library on Feb. 10 at 10 a.m.

In addition the crew is active in community service activities in and outside of school. Whether painting, helping out the community or decorating the art club is certainly staying busy.

Will the real New Year please stand up?

Peng Zhang
Features Editor

On Jan. 1, 2004, six billion people in the world acknowledged the arrival of a brand new year with parties, resolutions and a ball drop in Times Square. The western world celebrated and rejoiced, and afterwards, put away their streamers and party hats and began their 366-day cycle. Meanwhile, in the Eastern world, the celebrations had only just begun.

On Jan. 22, millions of Chinese people celebrated their more important new year: the Chinese, or lunar New Year. The Chinese New Year is based on the lunar calendar, which keeps track of time by the changes in moon phases. Each Chinese New Year falls sometime between the middle of January to the end of February in the advent of a new moon.

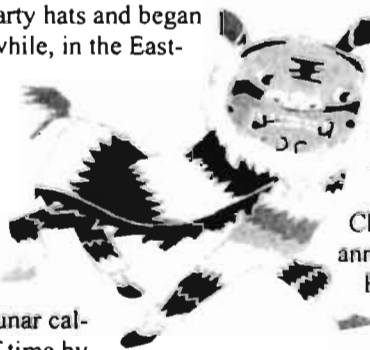
Chinese New Year is extremely important to the Chinese people because it has been celebrated for thousands of years. Farming has been the most important and honorable line of work for centuries. Farmers in China depend on the lunar calendar to know when to

plant and harvest, so the new year according to the lunar calendar is more important than the Julian calendar (the one that we use).

Chinese New Year is actually a fifteen-day celebration starting with the new moon and ending with the full moon. Families flock to the oldest relative's place and spend time with family. During the festivities, people pay respect to elders, deceased ancestors and pagan gods. The Chinese New Year involves 15 days of feasting. The amount of food consumed is comparable to 15 days of American Thanksgiving.

This year, more than half of the Chinese population tuned into the annual CCTV broadcast of the Spring Festival Evening Event, which is the equivalent of the Super Bowl in the United States in terms of percentage of viewers. The program featured comedy acts, magic and acrobatic performances, and many famous Chinese singers.

In cities across China, Shanghai and Beijing for example, had huge firework displays that literally lasted all night. In addition, the president helped usher in the Year of the Monkey by making a speech immediately after midnight.



Democratic race heats up

Marshall Toy
Assistant Editor

Well, it's finally here 2004, and in a few months it will be time to elect (or reelect) the president of the United States. With George W. Bush entering his last year of the current term things are starting to heat up in party races. With Bush likely to be reelected for the Republican nomination, the Democratic Party race is heated among three candidates.

With his face all over national magazines, newspapers, and popular websites Vermont-native Howard Dean was looking like the front-runner in the polls. With John Kerry of Massachusetts, and John Edwards of North Carolina nipping at his heels.

The biggest story to this point is Dean, with all of his hype, coming in third place in the Iowa caucus. Dean has also received a lot of media for his "screaming" where during a speech he kept pumping his fist in the air and making a strange screeching noise. Kerry took home the victory in Iowa, and is currently leading the New Hampshire race.

With more than 10 months until the presidential election, it is already looking to be a dramatic, unpredictable race for the top spot.

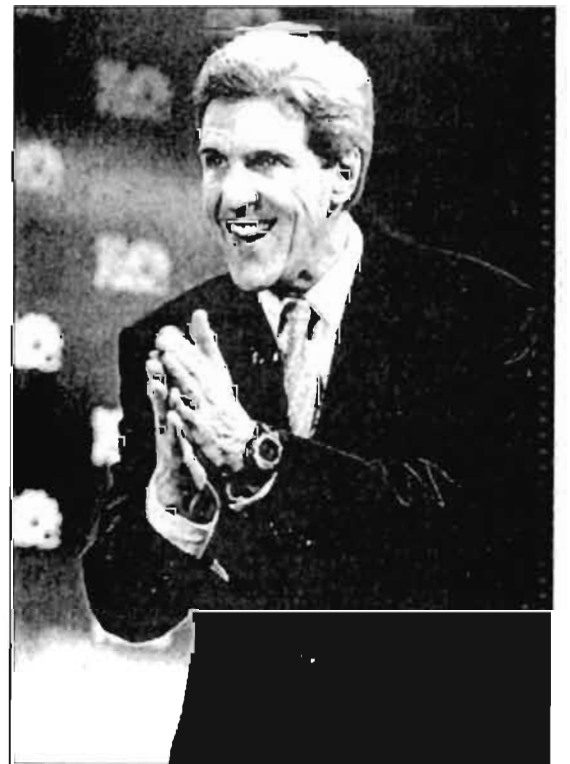


Photo from www.johnkerryforpresident.com

John Kerry is the current frontrunner in the race for the Democratic nomination.

Cafeteria lockdown not arbitrary

Ian Joslyn
Staff Writer

Have you been wondering why the cafeteria has been locked up at all times except lunch lately? It is due to a new law that basically says that schools can't sell unhealthy and sugary foods; due to the fact that the young people keep getting more obese.

Sixty-two percent of Americans are overweight; forty-two percent of the sixty-two percent are under the age of twenty. One contributing factor to this problem is that kids and teens ingest about 75 percent more sugar than they really need, thus causing an increase in child obesity and diabetes. Lawmakers and dietitians say that by eliminating unhealthy, sugary snacks, child obesity and diabetes rates will drop.

Eliminating snacks will mean that student will have no choice but to eat at least one healthy meal a day. However, some dietitians say that one meal a day will not make a noticeable difference. They say that only low and no fat foods should be served, but no plans to make this into a law have been made.

Snacks and fast food can be a part of a healthy diet if portions and frequency are monitored carefully, which is sometimes difficult for underinformed teenagers to determine.

Overweight and obese children tend to turn into overweight adolescents, who then become overweight adults. Much of this is because eating habits — which greatly influence obesity — are established at an early age, according to a New York Times News Service article.

In addition, a group of researchers from Yale University discovered a glucose intolerance in 25 percent of obese adolescents and children.

This finding indicates higher susceptibility to Type 2 diabetes later in life, according to a recent study in the New England Journal of Medicine. Type 2 diabetes is a leading cause of kidney and heart failure.

Proper diet and exercise during the adolescent years will help create healthy habits and lifestyles later in life.

Additional information from Scholastic News Service.

FAST FACTS

- The American School Food Service estimates 30 percent of public high schools have some sort of name-brand fast food available on campus during lunch.
- Today more than 20 percent of preschoolers are overweight — double the percent who were overweight in 1970.
- One in 10 preschool children is clinically obese.
- A study by Yale University — published in the New England Journal of Medicine — shows that 25 percent of obese children have a glucose intolerance that may lead to Type 2 diabetes later in life.
- Doctors at the University of Cincinnati found that 25 percent of obese adolescents and young adults have an enlargement of the heart's left ventricle — a condition that is indicative of future heart disease.

Make a difference in 2004

Take charge and be a leader

Lan Nguyen
Editor-in-Chief

Being a leader is a difficult task. I know that personally, being a newspaper editor and play director. As a leader you're expected to know and do everything and be able to handle whatever comes your way. It's a rewarding job, true, yet it's also a frustrating one as well. Often you just want to throw your hands up, scream, "I don't care anymore!" and storm off never to be heard or seen from again. Somehow though, that never quite happens. As a leader, you develop a sort of devotion and attachment to your group and task, keeping you from deserting them.

While being a leader you learn the art of being patient. If you have an inexperienced group on your hands, they're not going to know everything that's going on or to make sure all tasks are finished. Additionally, people don't like to work or rather being required to work, especially when the task is demanding or unpleasant. Being a successful leader means you have to be able to push and motivate your team to work not only hard but also well. Positive motivation is often more effective than negative.

No one appreciates a slave driver; then again, no one values a smart aleck or slacker either. Finding a balance between work and "play" (pardon the pun) is a trying task when you're working with someone particularly irritating or even your friends, when they are expecting leniency.

Leading a group is difficult also due to the fact that people always want to do what they want, and believe that their opinion or idea is best. When people can't have their way they become "sulky," like a 5-year-old child. People then start to or attempt to question the head of the group. I can tell you personally that this is one of the most frustrating times. When this occurs I often want to either go scream and rip out my hair or sit down and cry my eyes out.

Often times in order to relieve stress and keep from thinking of ways to beat my staff into submission, I often approach a teacher or friend uninvolved in the activity I'm stressing over to "vent" off quite a bit of steam. After a few words of sympathy and comfort, I return to my job with renewed confidence in both my staff and myself. Usually by then tempers have cooled and compromises can be reached.

Leaders, remember why you took on or were assigned your position in the first place. Even if you're only seeking a high grade for yourself, think about the other people in your group who need your help to obtain a high grade as well. If a member or your entire group decides to slack off, don't be afraid to assert your authority. Although it may be that you're the only one truly devoted to whatever project your team is working on, you cannot allow your teammates to rely solely on you to accomplish what needs to be done. The only task they can rightfully depend on you for is leading them.

Being in the role of a leader requires you to put your entire heart and best effort into an assignment. Sometimes you may have to pull double or even triple duty to complete a task. Don't complain or constantly remind others in your group about how much work you've finished or tell how they should be indebted to you for your efforts. The role of a leader is one in which you have to give, so you shouldn't be expecting an honor or a reward for your labor. Most likely you'll end up with an obscure stress-related condition, such as an ear inflammation due to grinding teeth.

Once you've put all you can into a task and with your group's contributions, you will have, as cheesy as it sounds, obtained a wonderful and worthwhile learning experience. In addition, when finished, you will have an absolutely fabulous product whether it is a newspaper, dance, or science project.

Make the world a better place

Emily Suhrheinrich
Business Manager

It's that time of the year again; most people are well on the way of beginning their New Year's Resolutions. Year after year most of these resolutions are the same: lose weight, make better grades, or get a girlfriend or boyfriend. When you look back on this past year, who and how did these resolution actually help? Most of the time these resolutions are made to help you. In the year 2004, think about making resolutions that will help others. Here are a few small things that can make a small but worthwhile difference in other people's lives.

First off, listen. When was the last time you actually listened to someone? No, I don't mean let them speak and as soon as they're done, add your own comments. There's nothing more annoying and unsympathetic to me when you try and talk about your cold, and someone immediately cuts you off with descriptions of their bronchitis, pneumonia or other miserable sickness. When you talk to your friends or family, actually listen to what they have to say. This enables you to give heartfelt advice that may actually help the person, instead of just getting them to shut up. Even if the person is just venting, they will feel better knowing that someone actually listens to and cares about what they say.

It's a general rule that you're supposed to be nice to everyone. Remember that "everyone" means "everyone," not just your friends. Just because someone bumps you in the hall doesn't mean they're out to get you. A slow driver is not the Devil's "gift" to other drivers. Help people out, and have patience. Remember that you have bad days too, and just a smile or a kind word can make someone's day just a little bit brighter.

Finally, be sympathetic. Sometimes I think we as human beings become wrapped up in ourselves and forget about the plights of others. But when we have bad days, we are highly affronted that no one pays attention to us. Be sympathetic! We've all had bad hair days, forgotten our homework, or felt tired or sick. Keep in mind how you would feel in another's bad position. What would you want them to do or say?

Making a difference starts small. Increasing feelings of good nature and friendship is the first step to solving bigger problems in the world today.

Be kinder to the environment

Peng Zhang
Features Editor

As a new year approaches, resolutions are being made to lose weight, to be with friends. This year, and hopefully for years to come, I challenge you to make a new resolution, one that you've probably never made before: to help out the environment.

In the effort to protect our precious resources and keep our planet clean, we are fighting a losing battle. We throw away harmful products without a second thought. Our quest for an alternative fuel source has suddenly become very urgent, because our collection of fossil fuels will be depleted in the near future, although not in our generation. These sources of energy take millions upon millions of years to be replenished naturally.

Our air, water and land are all under heavy strain, and the polluters are suffering the consequences. Over 500,000 people die each year from air pollution. Think about that. The population of Nashville is about 550,000 people. Our pollution of the oceans and lakes severely endanger much aquatic wildlife. If you consider the fact that we have also caused oceanic warming with air pollution, the aquatic creatures are in danger.

So how can you help solve these troubles on the environment? Recycling reusable material is one of the most beneficial things you can do for the environment. You can recycle newspapers, aluminum cans, rechargeable batteries, glass, and other materials if you know where to go. Even around Paducah, there are some places where you can recycle specific material, even though there is not a general recycling plant. And most other cities have recycling programs.

Another way you can help out is to conserve your energy. Turns off lights if you're not using them and don't drive a car when you can walk or ride your bike. Not only do these actions conserve energy, they save you money and health problems.

Also, if you're about to buy a car, think about getting a new gasoline-electric hybrid vehicle. This technology helps you save gas and preserve our air quality. A Hummer might look cool, but a hybrid would be ten times more beneficial, for the environment and your pocketbook.

Until we can find another Earth-like planet to colonize, we are stuck on our planet, so let us make an effort to preserve our planet. And now is the perfect time to begin.

Make the grades for a brighter future

Marshall Toy
Assistant Editor

As the new year comes I think it would be a great time for L.O.H.S. students to start thinking about their grades more seriously. With a new semester comes a clean slate, a time to start over, a time that you can change for the better. Most kids, including myself, don't realize the effect that making good grades can have on your future. I know that everyone hears this all the time, but good grades really do mean something.

Some students aren't as financially well off as others and this would present a good reason to try hard in the classroom. If you can make a 4.0 GPA in high school, and take decently hard classes then you are probably guaranteed a scholarship to most state schools. And it would provide a world of opportunity when you get out into the open world.

Sure, you hear the stories of people who didn't even graduate high school who end up making billions of dollars. But the odds are not good. It's not good to tell people that because then they drop out of high school and still have hope of making money. The world doesn't work that way. It is hard enough now-a-days to find a job if you have graduated from college, the job world is very competitive and if you can't even manage a high school diploma it would be hard to compete with the people that have a bachelor's or master's degree.

Lastly, not only will making good grades give a good start for college and the job field, but it will also help you with your work ethic in everything. If you can make yourself sit down and study, then it will also help out if you want to do other things that require time and lots of effort.

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.

The Oak "K" Staff

Editor-in-chief	Lan Nguyen
Assistant Editor	Marshall Toy
Opinions Editor	Tamela Hayton
Features Editor/	Peng Zhang
Advertising Manager	
News Editor	Walt Whinnery
Business Manager	Emily Suhrheinrich
Circulation Manager	Reuben Gearhart
Photography Editor	Rachael Gollightly
Sports Editor	Eric Chumbler
Archivist	Jessica Gordon
Staff Writers	Ian Joslyn
	Rebecca Choudhury
Adviser	Ben Morehead

Volunteer to mentor a child

Eric Chumbler
Sports Editor

Most of us ask ourselves the same question year after year. What's our New Year's resolution? For some, it's easy to think of one. For others, it's a little more difficult. To those, I offer an easy solution. Challenge yourself to mentor a young child. Some would never even consider that possibility. But it would mean so much to a young child for a high school student to show care for them.

Elementary-age children are the future students of Lone Oak High School, and they are so easily influenced. They need good examples from their parents and adults, but also from people our age. They look up to us, watch our every move, and try to imitate how we behave. Therefore, it is important to be positive examples to them. Mentoring is the greatest way you can be an example to them.

If you have the chance to work with elementary students, do it. It won't hurt you, and it will please them. Start a friendship. It's not like you have to hang out with them everyday, but they can talk to you anytime they feel the need. Ask them how their day was, or what they're doing over the weekend or how they did in their ballgame.

Some elementary-age children are heading toward is the temptation to try drugs and alcohol. Someone our age can really help children with that decision. If they see you staying away from drugs and alcohol, they will follow your example. Tell them it's not right, stand up for what you believe in and they'll most likely follow. They need this encouragement to help them make the right decision.

I'm not asking you to spend all of your time with little children -- just one or two hours a week. Little efforts like that can go a long way in the eyes of a child. Make that your resolution this new year; it shouldn't be hard to keep.

Focus on good deeds, not materialism

Walt Whinnery
News Editor

Hot Wheels: the unattainable made accessible to the masses. If one thinks about it, Hot Wheels are the most satisfying creation for men of any age. They give us a taste of what it feels like to be part of the uber-rich, owning masses of exotic automobiles that can just be left in the garage, and surveyed at your whim. (Don't worry, I'm getting to my point.)

Sometimes I feel like I need a vacation from the materialistic. To most, our education is designed to prepare us for a profitable career, and that career designed to provide us with our wants (which, ironically are determined by the same culture that sends us forth to be educated), and our wants (usually) are to raise a family, and thus the cycle repeats itself, sending generation after generation off to school, off to work and off to buy new "stuff."

What I hope though, is that other people besides me see this cycle, and realize how foolish society's "wants" are, and that there is more to life than the materialism that pervades our culture. This hope is for the ascetics, the hippies, the selfless givers and the discoverers. The ones that live, not for the sake of progressing in society and amassing physical wealth, but for actually contributing to the world and helping it become a better place.

Think about this; the next time that you consider your career plans and your life goals, and ask yourself a question or two. "What am I striving for?" and "Who am I trying to please in my life?"

If you ask these and are not happy with the answers you receive, reconsider your goals and look for something else in life. The world could always use a few more selfless givers. So go out there into the world, and fight the good fight, stop injustice, eliminate oppression, and help others whenever possible. Hot Wheels will rust and break, but a good deed is always remembered.

Make the most of your time here

Rachael Gollightly
Photography Editor

The new year is here and before you know it we'll be graduating! Yes, seniors, we're almost there. But don't get too caught up in the future. It's still the new year and you have a resolution to make. The definition of resolution, from www.dictionary.com, is a course of action determined or decided on. Have you decided on an action that you would be determined to do?

Since we seniors have a lot to look forward to, these 2004 resolutions should reflect our goals for the coming year. Making sure your grades stay in tiptop shape should be easy right? I mean, you've been doing it pretty well so far. Well, this semester won't be as easy. Yes, we all know about senioritis. You're up until the early hours of the morning, cramming in all of the calculus knowledge you can fit in your head before that day's big exam. Then, falling asleep in chemistry and health to catch up on that oh-so-needed rest. Maybe this year you should concentrate more on spreading your studying time out over a period of two to three days instead of two hours. If you're still having trouble keeping your head off the desk, maybe your resolution should be going to sleep earlier, or drink more coffee.

So maybe you're not the type that applied for Early Decision. Maybe you're still undecided about that perfect college or university. What if you have always wanted to go to Harvard or U.C.L.A. and know that's where you would be happiest, but you're parents would rather just pay for U. of L.? Choosing a college and scholarship deadlines are haunting every senior. A great way to start out the new year might be applying to that one college your parents won't pay for. Hey, you've already started your scholarship essays and at least you'll know you tried.

New Year's resolutions are mostly hard to keep, but these you are planning on doing anyway. This should give you a little push out the door. And with a map in hand you're sure to get somewhere, no matter what road you take.

Paintin' the town red

Tamela Hayton
Opinions Editor

Your heart is pumping fast and adrenaline is racing through your body. A paintball whizzes in front of your face. You crouch lower and try to sneak up on your opponent and are ready to roll. You peek around the bunker and you have your opponent in sight. You fire your paintballs and it's a hit! You have taken out one of the other team's members.

Paintball is a new and upcoming sport in which many teenagers around the county are involved. Even though the sport's population consists mainly of teenagers there are many adults that actively participate. The dominating gender is males but a few girls do play.

"More girls should play paintball," said **Will Cook (12)**. Paintball unlike other sports is not limited to a specific type of court or field and can be played anywhere.

The main piece of equipment you use is a marker. Markers can cost between \$80 and \$2,500. They run on compressed carbon dioxide or oxygen.

Paintballs are a .68 caliber ball. They are filled with a non-toxic washable vegetable oil. They usually run about \$15 for 500. A hopper is what you carry your paintballs in on your marker. They can be electric to feed your paintballs faster.

You can carry extra paintballs in a pod. The pod can be carried on your back. They can hold about 100 to 150 rounds each. Masks must be worn at all times and are a safety feature.

A local place to play is Shooter's Supply. They offer four different fields to play on. You have to pay a field fee of five dollars per day. They also rent markers and sell everything you need to use to play. If you don't have five dollars to spare your back yard can work also!



Photo by Gene Boaz

Nick Blackston (12) hides behind a bunker in a game of paintball.

Paintball when played properly is an excellent sport. It is a great way to keep in shape and relieve stress. Like all other sports it takes skill, concentration, and practice to become better at it. Paintball is more than a way to vandalize street signs it's a legitimate sport that is here to stay!

Junior Rotarian: Katee Buchanan

Emily Suhrheinrich
Business Manager

This month's Junior Rotarian has certainly made a lasting impression on Lone Oak High School.

Katee Buchanan has been participating in sports and other extracurricular activities through out her high school career and has made a big difference.

Buchanan is a four-year member of the girls' basketball team and has participated in the all-region and all-district teams for two years. Besides basketball, she has played three years of softball and in her year of volleyball she was co-captain.

Beside her athletic capabilities, Buchanan has participated in several of the school's clubs, including the FCA, math club and FEA. She is a member of the chamber choir, where she sings alto. She has been named a Who's Who

Among High School Students, while upholding an excellent GPA.

Buchanan describes herself as a strong Christian who is ready for what the world has to offer.

"She is always considerate of others and always optimistic. She is a true leader and has a positive influence on everyone around her," says friend **Laura Bredniak (12)**.

In her spare time, Katee enjoys playing basketball and going to church at Lone Oak First Baptist, where she has been a long-time member.

Despite her heavy load of extracurricular activities, Buchanan still maintains her grades and is a good student.

"Katee B' is one of those students who always brightens my day, and she is always more concerned with others than herself," said her Spanish teacher, Mr. Morehead.



Photo by Stacey Higgins

Mystery Stars

Emily Suhrheinrich
Business Manager

This month's Miss Mystery is a five-foot sophomore whose favourite colour is black, as she wears it all the time. She enjoys dance class, which she has taken since she was very young. You may have seen her recitals on Channel Two.

Miss Mystery is also an avid percussionist, and has played in the marching band's pit since her eighth grade year. She has also won several awards for solo and ensembles on marimba and other percussion instruments.

Interesting facts about Miss Mystery: she owns two long-swords, dislikes her last name, and has NEVER cut her brown hair, so don't ask.

Mr. Mystery is a senior, who has brown hair and blue-green eyes. He is an Eagle Scout in Troop 200, but he doesn't really attend much anymore. He likes to backpack, play guitar (and he plays in The Larry J. Heflins band), and plays paintball. He drives a red 96 Chevy Blazer and his girlfriend of one year and three months likes iced tea.

He has a brother who is a freshman who played tenors in our high school marching band. His mom is the head uniform mom for the band as well. Mr. Mystery's favourite colour is green and he loves "King of the Hill" and "That 70's Show."



2003's worst fads

Marshall Toy
Assistant Editor

2003 has come and gone and as it did we saw many fads, and that brings us to this month's question of the month. What exactly was the worst fad of 2003?

- Initial purses shirts- Katey Myers (11) and Jordan Hearell (11)
- Punk'd - Mr. Jarvis
- Multiple highlights put in hair - Drew Ramage (11) and Rhiannon Scronce (11)
- Cleveland Cavaliers Jerseys - Megan Thomason (12) & Rachel Woleben (12)
- Big Glasses - Daniel Roe (11)
- The Atlanta Braves losing in the playoffs again - Michael Sollitto (11)
- Trucker Hats - Jessica Eisenga (9)

Please support our advertisers!



A **SYLVAN** Moment

The **moment** he got accepted to the college of his dreams.

Help your teen get a great score on the SAT or ACT. If your teenager is anxious about getting a low score - and not getting into that favorite college - call Sylvan now.

We begin with a unique approach called *Team Prep*:

- We start with small classes for individual attention.
- Followed by a comprehensive program including state-of-the-art course materials, delivered by highly trained teachers.
- And we guarantee satisfaction.

To help your teenager feel more confident about taking the SAT or ACT, call Sylvan today.

FREE PRACTICE SAT/ACT TEST & ANALYSIS

Just bring this coupon to your scheduled appointment for a FREE practice SAT/ACT test and analysis.

270.554.4111



SYLVAN
LEARNING CENTER

Learning feels good.

www.sylvanprep.com

Work Education
ACHIEVE YOUR EDUCATIONAL GOALS

Work for Education is a tuition-aid program for those wanting to pursue higher learning. Ask to learn how this program can help with your future educational expenses.

Participating Companies
McDonald's

COLGAN
ORTHODONTICS
JOHN A. COLGAN • DMD-MS-PSC

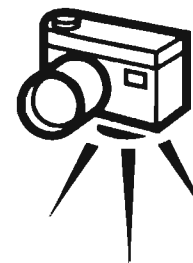
your smile is our specialty

105 KIANA CT. • PADUCAH, KY 42001
PHONE 270.534.8776 • 800.298.8776 • FAX 270.534.8780
www.colganorthodontics.com • email: john@colganorthodontics.com

CO - AIR
For Home & Office
(502) 443-2083

P.O. Box 7473 • Paducah, KY 42002-7473
Fragrances for home and office.

Gene Boaz
Photography



709 Bleich Road
554.1454

The Best Meal You Never Made.

Pizza House

Profile of a substitute teacher: Mrs. Shelby

Tamela Hayton
Editorials Editor

Your teacher is gone... who will take her place? Is it Mrs. Frizzle or the teacher from the black lagoon? No, it's Mrs. Donna Shelby!

Mrs. Shelby's least favorite subject is math, but she wishes that she were better at it. Her favorite subject is business. Mrs. Shelby has been a substitute teacher for eight years. She attended Paducah Community College. She said she wanted to become a substitute teacher because she likes the hours and the days off.

She continues to sub because she really enjoyed high school students. Their energy, enthusiasm and excitement about their future possibilities are just a few reasons why she enjoys subbing.

Mrs. Shelby's hobbies include working in the yard, spending time with her family, shopping, reading, baking every once in a while and walking with

her neighbors. In her free time she likes to go to the movies, eat out and visit her daughter in Florida.

The favorite thing she likes to do while subbing is getting to know the students and learning from them. "Just a couple of weeks ago I learned about what 'seat jack' is. If I had been working in an office somewhere I still wouldn't know," said Mrs. Shelby. Her least favorite thing is to discipline the students. She asks herself what she could have done differently to motivate the student to behave better or work harder.

She said that she expected high school students to behave correctly because they are older and good people. Mrs. Shelby likes all the classes she subs for.

"I can't pick a favorite. There are things I like about all of them."

"She's great and rocks," said **Reuben Gearhart (12)**. Mrs. Shelby is undoubtedly loved by the students. "She's better than a regular teacher," added **Jonathan Bloodworth (12)**.



Photo by Tamela Hayton


Mrs. Shelby keeps complete control of Mr. Whitis' classes while he is gone.

Cheers Food & Fuel

Located off Exit 3
on Old Cairo Road

443-4578





2856 Lone Oak Road
Paducah, KY 42001

(270) 554-7832
Out-of-State 1-800-554-7832

WHAT KIND OF ARTIST ARE YOU?

Lan Nguyen
Editor-in-Chief

What kind of artist are you?

1. How passionate are you about your art?

- a. I hate art.
- b. It depends on how much money there is to be made...
- c. I LOVE it!
- d. Art is...life.

2. Where do you live?

- a. Kentucky
- b. Well, Italy in the summer, Paris in the fall...
- c. Greenwich Village
- d. In a run-down cockroach infested apartment in the slums

3. Which appeals to your "muse?"

- a. What's a muse?
- b. Cold, hard cash
- c. Love
- d. Strife

4. What do you wear?

- a. Camo...need I say more?
- b. Gucci, Prada, Armani
- c. "Flowy" or loose clothing, scarves,
- d. Whatever I can afford after food and rent

5. Activities?

- a. Hunting
- b. Cashing in on my latest masterpiece
- c. Performing, staging a revolution...it varies from day to day
- d. My art calls for me...

6. How do you receive criticism?

- a. Depends on whether it's helpful or not
- b. What do you mean it's only worth \$10,000?!
- c. Just because it doesn't *appear* to be art, doesn't mean it's not art!
- d. Peh! What do people know about art nowadays? Nothing!

7. Goal?

- a. Go to college and get a job
- b. Become a millionaire within the next three years and a billionaire in the two years after that
- c. To be able to continue my art without regard for what anyone says or thinks
- d. To reach the epitome of my career and meet an early and tragic death

8. Artists you identify with:

- a. Refer back to question one
- b. Those who built mass fortunes from their works
- c. Those who rebelled against society
- d. Those who suffered tremendously for the sake of their art

9. Pick a fruit:

- a. Apple
- b. Lychee
- c. Napa Valley Grapes
- d. Who cares?! It's food and I haven't eaten in a week!

Answers:

Mostly A's: Well you're no fun; you're not even an artist! Despite the fact that you're grounded, you're probably very unimaginative. For entertainment, you probably engage in normal activities such as hunting, shopping, playing sports, etc. Try to obtain a little culture. Attend a ballet, a symphony concert, paint or sketch, maybe somewhere along the line you'll find your niche and become an artist yourself or at least develop an appreciation for the arts.

Mostly B's: Shame on you! You're a commercial artist interested only in how you can profit from your art.

You often are in a rush to get jobs done. Perhaps you have a problem with controlling how much money you spend or maybe you just enjoy burning money. Additionally you're likely materialistic and enjoy the finer things in life. You're probably a fabulous dresser.

Mostly C's: You're so...BOHEMIAN and an artist after my own heart. You love *all* the arts not just your own branch. You're quite unique and a little of a rebel; if you say it's art, it is art! You enjoy going to the theatre in the city yet you're just as at home in a local coffee shop in a rural area.

Mostly D's: You're a starving artist. Congratulations you're just like Van Gogh and Pachabel. You're very immersed in your art, yet cannot find anyone to appreciate it to the extent you do, at least not while you're alive. You possess a deep and insightful character.



OF CABBAGES AND MARTIN LUTHER KINGS (JR.)

Jessica Gordon
Archivist

Did you know it took almost two decades to create Martin Luther King Jr. Day? King's birthday wasn't considered worth the time, effort, or money? It's true. Even though King had died, the battle for recognition was just beginning.

Petitions were signed for the holiday. Over 6 million signatures, said to be the largest petition drive in history, were submitted to Congress. Even though so many wanted this, the holiday would not be approved.

King was the only one besides George Washington to have his birthday celebrated. One of the many arguments against the holiday was why put King above the rest of the celebrities? Many didn't believe King would stand the test of time. However, many believed his philosophy and stature would keep him in the books for a long time to come. That argument came to a standstill.

Even though they tried to avoid this, the racial issues also created many arguments over the legislature. Many racist and narrow-minded people thought King should not have a holiday in his honor. Even when though he passed away, many still sought to stunt the changes King had brought.

In the end, President Regan signed the legislature to officially declare Martin Luther King Day a national holiday, then later, a federal holiday. With the help of many representatives, the people of America, and the need for King to be remembered and recognized, we can now celebrate Martin Luther King Day.



Peng Zhang
Features Editor/ Advertisement Manager

Test your knowledge of Martin Luther King Jr. and the Civil Rights Movement in this mini-quiz.

1. In which month was Martin Luther King, Jr. born?

- a. January
- b. February
- c. August
- d. November

2. Where was King born?

- a. Alabama
- b. Tennessee
- c. Georgia
- d. Mississippi

3. Which Supreme Court case called for "separate, but equal facilities" and which one later overturned the first one?

- a. Marbury v. Madison; McCulloch v. Maryland
- b. Brown v. Topeka Board of Education; Dred Scott v. Sanford
- c. Gibbons v. Ogden; Korematsu v. United States
- d. Plessy v. Ferguson; Brown v. Topeka Board of Education

4. In front of which famous place did King deliver his famous speech?

- a. Lincoln Memorial
- b. Jefferson Monument
- c. Smithsonian Museum
- d. National Left-Handed Rugby Players Memorial

5. King used the "civil disobedience" tactics of which famous protestor?

- a. Ayatollah Khomeini
- b. Mohandas Ghandi
- c. Caesar Chavez
- d. Alfred Adler

6. Who sparked the effected boycott of the Montgomery, Alabama bus system?

- a. Coretta Scott
- b. Hilary Clinton
- c. Lou Diamond Phillips
- d. Rosa Parks

7. King, the leader of the Southern Christian Leadership Union, had differing views from a outspoken, radical member of the Nation of Islam. Who was this member?

- a. Stokley Carmichael
- b. Malcolm X
- c. Elijah Muhammad
- d. Jesse Jackson

8. During whose presidency was the Civil Rights Act passed into law?

- a. Dwight Eisenhower
- b. John Kennedy
- c. Lyndon Johnson
- d. Jimmy Carter

Answers: 1.A 2.C 3.D 4.A 5.B 6.D 7.B 8.C

Strange...yet true

Ian Joslyn
Staff writer

- The Crawler is the name of the slowest moving land vehicle in the world. It is used to tow American spacecraft to the launch pad. It has a top speed of 2 mph.
- The tallest sunflower ever measured was 23 feet 6 inches tall.
- When a housefly has finished its meal, it flies off and regurgitates its food, then eats it again. The dirty spot you see on windows is the fly's vomit.
- You have about 62,000 miles of blood vessels in your body.
- The record length of a South American earthworm is 22 feet.
- Flamingos get their color from the food they eat – shrimp and tiny water plants that contain an orange substance called carotene. With out this substance, their color would change to a dull gray.
- The world record number of puppies in one litter is 23.
- A larger portion of your brain is used to control your thumb than your entire chest and stomach

Please
support
our
advertisers!

A Happy New Year!

from the staff
of The Oak "K"

MARY KAY[®]
wildly
popular!

Call me to experience
the fabulous fragrance
called Velocity™! It's
like having a burst of
energy in a bottle!

LORI GORDON
marykay.com/dgordon1
554-3782

MeadWestvaco

There's a lot to learn out in the forest.
That's why we build nature trails, sponsor field trips
and initiate outdoor programs.
So while our company's name has changed,
nothing is different about our commitment
to bringing us a little closer to nature.

1724 Westvaco Rd.
Wickliffe, KY 42087
www.meadwestvaco.com
270-335-4000

Sid W. Brantley, D.M.D., PSC

ORTHODONTIST

166 NORTH FRIENDSHIP ROAD
PADUCAH, KENTUCKY 42001



Telephone 270-554-0123
Toll Free 888-554-2359
Fax 270-554-0336
www.drbrantleyortho.com

How to choose the right college

Walt Whinnery
News Editor

Ah...college, that wonderful place where you pay to do exactly what you did in high school – learn. However, there are many factors in the search for your "right" college that decide where you spend the next four years of your life. Some of these factors are obvious, like the programs the college offers and the size of the college.

If you want a small, intimate experience, then without a doubt you will not end up at the University of Kentucky or other such schools. On the other hand, if you are planning on majoring in Urban Studies or Indian Pottery, then you would want to go to a large school that has a large variety of course offerings, as many small colleges do not have the resources to maintain a specialized field of study like these.

Another factor you must consider when applying to schools is the people. Are these the students with whom you want to stay in close quarters with? Will their studious habits blend well with your habits, or do they seem to be focus on nothing but parties and drunken revelry?

Also, if you talk to the school's represen-

tative, you might want to ask some of the following questions:

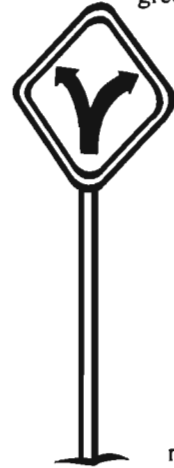
What percentage of classes is taught by actual professors, and not teaching assistants?

What is the teacher-student ratio? A good ratio is one teacher per 25 students, the best (Ivies, etc.) have around 1:13 ratios.

What percentage of students graduate in four years, and of those that do, how many get jobs? If a school wants to give you a full paid tuition, great, but also consider if you are going to be able to find employment once you graduate. Even if going to school didn't cost you anything, it's no good unless you can find a job with your degree.

What size city is the campus set in? The best answer to this question varies from person to person. It all depends on what you want.

Finally, what do you want your college experience to be? There is no right or wrong answer to this question, but different choices will lead you down different paths. Your entire life depends on your performance in one of the 3,000 or so institutions scattered across the nation, so make the best of it, and remember, have fun in the process.



Anne's Bridals



7400 U.S. Highway 60
Paducah KY, 42086
(270) 744-6841



it's PROM time ladies!

First region still wide open

Eric Chumbler
Sports Editor

When describing the action in First Region boys' basketball in Kentucky this year, only one word can effectively be used: parody. For the first time in a few years, there is no clear favorite to win the first region with a little over a month left in the season.

Lone Oak, with wins over Calloway County twice, Paducah Tilghman and Carlisle, has lost to Graves, Tilghman and Heath who has lost to Calloway and Tilghman. Tilghman has defeated Graves, Heath, Calloway, and Marshall while losing to Lone Oak and Marshall. Calloway has lost to Lone Oak and Tilghman while beating Heath and Marshall. Marshall has defeated Lone Oak and Tilghman but was destroyed at home by Calloway and Tilghman. And Graves would be undefeated in the First Region if it wasn't for two losses to Tilghman. Follow that? Me neither.

So as of Feb. 2, there is no undefeated team in the region. The top team in the loss column versus the region would be a tie between Carlisle and Tilghman, whom have both lost to Lone Oak. If you go by the win column, the top team goes to Lone Oak with 11 wins (four losses), Carlisle (11 wins and two losses), and Fulton County (11 wins and five losses). However you look at it, it's wide open.

Currently in the second district, Tilghman has a half-game lead on Lone Oak and Heath. With key victories over Reidland and Tilghman at home, Lone Oak jumped out to an early lead in the district, starting off 2-0. However, an ugly game at Heath took away the Flash's chance at a 6-0 district run with a 55-53 loss to the Pirates.

The Bryan Station Holiday Classic in Lexington brought Lone Oak some big-time competition to prepare for the teams in the first region. The first game was nothing short of a thriller. **Jarad Key (11)** dropped in 30 points for Lone Oak to lead the Flash to a 68-63 overtime win over Cawood High School and put Lone Oak's record at 6-0. However, Dupont Manual, Scott County, and the host Bryan Station weren't too friendly to Lone Oak. Lone Oak left Lexington with a 1-3 tournament record and an impressive 6-3 regular season record.

Going into the fifth year of the John Robinson Memorial Christmas Tournament, Lone Oak had yet to capture it's own crown. Three wins by an average of 26 points gave Lone Oak the tournament championship with wins over Christian Fellowship, Livingston Central and St. Mary.

"We played very well as a team, it felt good to finally win that thing," said **Joseph Elliott (12)**. **Richard Walter (12)** and **Lucas Elliott (12)** were mentioned in the all-tournament team for the Flash.

The past few years, a trip to Carlisle County for any boys' team in the region was one tough trip. Lone Oak managed a three-game sweep of the Comets including a 16-point victory for the varsity squad on Jan. 6. Key pulled in a triple-double with 10 points, 12 rebounds and 11 blocked shots. "It feels good to be playing as a team and winning", said Key.

After wins over Calloway, Ballard Memorial and Reidland and a tough loss to Marshall County, Lone Oak finds themselves right in the middle of the regional contenders. With big games at home against Heath and a rematch with Graves County, the Flash should know where they stand at the end of the regular season.

For the Lady Flash, the story of their season seems to be full of key injuries. At the beginning of the year, Lone Oak was forced to play without **Ashley Montgomery (12)**. With her return to the squad on Dec. 9, the Lady Flash remained fairly healthy for the next nine



Emily Scheer(10) lines up for an important free-throw in a game against Ballard Memorial.

Photo by Gene Boaz

games. Then **Jessie Fox (12)** fell to an unfortunate ankle injury at Ballard Memorial on Jan. 13. Currently, the Lady Flash is a respectable 6-4, which includes four games at the 18-team Independence Bank Classic.

The second district so far is between two teams, Lone Oak and Paducah Tilghman. With the impressive win at Tilghman, the Lady Flash are currently tied with the Lady Tomado for the top spot in the district.

The regional outlook still includes Lone Oak in the list of contenders for the regional title. With an undefeated record in the region to this date, Marshall County seems to be the frontrunner midway through the season. Teams following closely behind include Tilghman, Graves County, St. Mary, Murray and the Lady Flash.

After a tough loss to Tilghman, Lone Oak hosted Union County, considered a contender in the second region. With a consistent lead throughout the game, the Lady Flash managed to put away the Lady Bravettes in the final few minutes and went on to the 51-40 victory.

At the Independence Bank Classic in Owensboro, Lone Oak drew the late game of the night in first round action, starting at around 9:30 p.m. and ended a little after midnight. That didn't seem to bother them much, Lone Oak managed a 59-49 win over Owensboro Catholic. "It was the only game that our team has played in 2 days!" said **Jessie Fox**. "The team bonded while admiring 1970's Daviess County track pictures for several hours awaiting our next game."

After losses to Larue County and Daviess County, Lone Oak was able to end the tournament on a high note, defeating North Hardin, 66-56, without key senior **Laura Bredniak**. "The tournament was a good experience for us. We achieved a lot as a team," said **Ashley Montgomery**.

Going into the New Year, the Lady Flash had to travel to West Paducah to face the archrival Heath Pirates. After a close first-half contest, Lone Oak managed to pull away from the Pirates in the second half and notch another district victory under their belts. The schedule didn't get any easier after that, Calloway County was able to steal a two-point victory here at Lone Oak. Two games later, Marshall County had to work hard every minute of the game to take a six-point win here at Lone Oak.

Upcoming games for the Lady Flash include three games against strong Graves County and Marshall County squads, and another district match-up with Heath. Come out and catch the action.

An interesting off-season for baseball

Marshall Toy
Assistant Editor

Normally, during the winter months the baseball world is calm. The sports world is usually concentrating fully on basketball, but not 2004. This off-season has brought one of the biggest in recent memory.

Not only is the free-agent market buzzing, but the biggest news is the coming-clean of all-time hits leader Pete Rose of his gambling addiction. After denying his addiction for more than 14 years the 62-year-old Rose admitted his addiction, and also admitted to putting money on his own time during his time as manager of the Cincinnati Reds.

As for the current baseball world, the biggest move so far is the departure of veterans Andy Pettite and Roger Clemens to the Houston Astros from the New York Yankees. After leading the Yankees to an American League title and a game 6 loss in the World Series the Texas-natives decided to return home to pitch in the National League. Along with Wade

Miller, and Roy Oswalt, the addition of the two veterans gives the Astros four starting pitchers with a career winning percentage of .600 or better, and arguably the best pitching staff in baseball.

Another blockbuster move was slugging young outfielder Vladimir Guerrero from the Montreal Expos to the Anaheim Angels. Guerrero said his main reason for leaving Montreal was that he thought he would have a chance to make the playoffs for the first time in his seven-year career. The Angels may have to do some position swapping, or alternating their DH with four former all-star outfielders (Tim Salmon, Garret Anderson and Darin Erstad).

With the free-agent market shipping away other starts like Miguel Tejada from Oakland to Baltimore, Mike Williams from Pittsburgh to Tampa Bay, and with talks in the making of Greg Maddux possibly going back to Chicago with the Cubs, it looks like we haven't seen the last move of this off-season.

Fun, unusual sports

Peng Zhang
Features Editor

Have you heard of the badminton? Or maybe boules? How about jai alai? These are sports popular to a specific region of the world. Many of these sports are found in college clubs and intramural programs. Here is a list to familiarize you with some of these uncommon sports. Most of these are very simple and easy to learn, so try them out.

Badminton:

What do you think is the fastest racquet sport? Yep, it's badminton. The fastest tennis serve went 149mph, while shuttlecocks average 150mph. Popular in Asian countries; this sport was invented in ancient civilizations thousands of years ago. Badminton involves a "ball" called a shuttlecock and can be played one-on-one or in doubles format. Badminton requires superhuman reflexes, catlike agility and a little bit of everything else. See photograph 1.

Fun Factor: (5 circles) (out of five)
Learning curve: (3 circles)
Equipment needed (more faces means more equipment): (2 circles)
Athletic Ability Required: (3 circles)

Disc Golf:

Disc golf is exactly what its name implies: golf with a Frisbee. Disc golf is becoming rapidly popular in big cities and fans are making disc golf courses throughout the country. Disc golf is played on a regular golf course and the object of the game is to throw the Frisbee into an elevated basket on the green. Disc golf is not very hard to learn and relatively inexpensive (in big cities).

Fun Factor: (3 circles)
Learning Curve: (3 circles)
Equipment need: (1 circle)
Athletic ability required: (2 circles)

Sumo

Extremely popular in Japan, Sumo is a type of contact sport that tests resiliency and strength. Professional Sumo wrestlers have a strict protein diet and may eventually weigh over 300 pounds. Although Sumo involves stringent rituals and traditions, and actual event usually lasts less than a minute. You don't have to be 300 pounds to play, so you can even enjoy this sport from your own backyard. See photograph 4

Fun Factor: (3 circles)
Learning curve: (3 circles)
Equipment needed: (1 circle)
Athletic ability required: (5 circles)

Boules

Boules is a very common sport in Europe, and it is similar to horseshoes in the U.S. Called boccia in Italy and lawn bowling in England, Boules is a leisure activity played by young and old alike. Boules involves players tossing or rolling heavy balls in order to get close to the target ball, which is usually smaller than the other balls. A sport similar to Boules played in Canada and Scandinavia is curling. Curling, however, does not involve balls.

Fun Factor: (2 circles)
Learning curve: (1 circle)
Equipment needed: (3 circles)
Athletic ability required: (1 circle)

Jai Alai

Jai Alai came from the Basque region in France, but is now an extremely popular sport in Florida. The sport involves throwing a hard, small rubber ball at one of three walls or the other player. The sport was first played by hand, but later evolved into the ball being propelled by a curved basket worn on a player's arm. Rules of jai alai, or *pelota*, it is called in Spanish, are intricate and require complete understanding before playing the sport. See photograph 5.

Fun Factor: (4 circles)
Learning curve: (4 circles)
Equipment needed: (4 circles)
Athletic ability required: (4 circles)

Falconry

Finally, a sport worthy for the great outdoors. Falconry is a sport for animal lovers and hunters alike. Hunters use falcons, hawks, eagles and sometime buzzards to help catch small prey. The most popular bird of prey used are peregrine falcons, famous for their seemingly superhuman dives. Hunters usually develop a strong relationship with their trainees. See photograph 3.

Fun Factor: (3 circles)
Learning Curve: (5 circles)
Equipment needed: (3 circles)
Athletic ability required: (1 circle)

Squash

Squash is a racquet sport played in an enclosed room. If you have played racquetball before, then you know the basic rules to squash. The scoring system is similar to the old volleyball scoring: only the server may gain points. Squash is a difficult sport to play because the ball is very small and the racquet head is of similar size (Yes, a similar size to the ball). See photograph 2.

Fun Factor: (3 circles)
Learning Curve: (3 circles)
Equipment needed: (2 circles)
Athletic ability required: (4 circles)

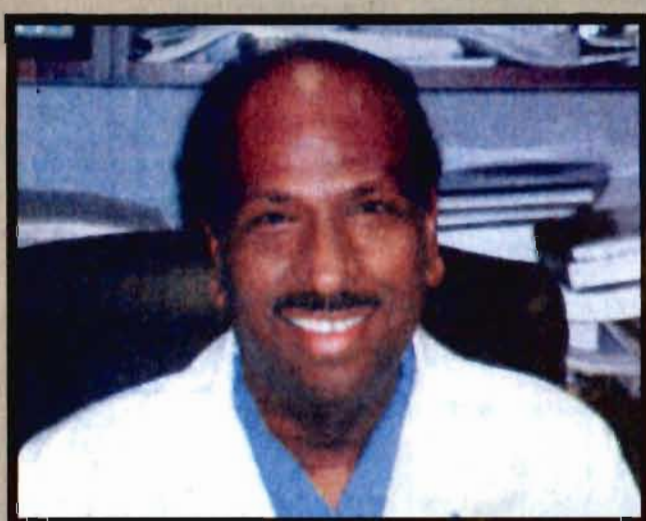


Is Pain Disabling You?

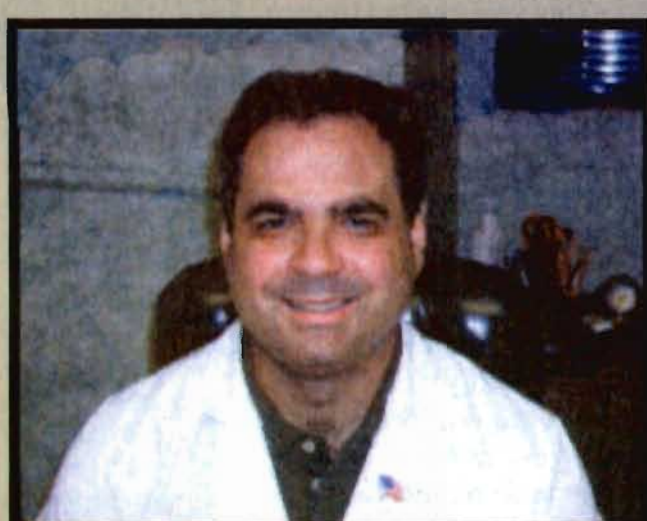
**Offering New
Hope for Victims
of Chronic Pain**



Joint Commission
on Accreditation of Healthcare Organizations



LAXMAIAH MANCHIKANTI, M.D.
MEDICAL DIRECTOR



JOSE J. RIVERA, M.D.

PAIN CONDITIONS TREATED

- Low Back & Neck Pain
- Headaches
- Neuropathies
- Sympathic Dystrophy
- Myofascial Pain
- Cancer Pain
- Various Other Conditions

Paducah
270-554-8373
2831 Lone Oak Road

Marion, Illinois
618-997-7820
108 Airway Drive

PAIN MANAGEMENT CENTER OF PADUCAH

“Meeting the Health Needs of Patients Without Regard to Race, Color, Religion, Sex,
Age or National Origin.”

www.thepainmd.com