



The Oak "K"

Volume 62

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April 30, 2004

"If no one ever took risks Michaelangelo would have painted the Sistine floor."
—Neil Simon

April 30, 2004

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LOHS students donating money to save lives

Jessica Gordon
Archivist

FCCLA is selling shoes. Not real shoes, but the paper shoes you've been seeing around the cafeteria. For a dollar you can buy one and possibly save a child's life.

FCCLA is donating all the money from selling these shoes to the March of Dimes. The March of Dimes is an organization that has a walking marathon in which people pledge money to the walker. The money that the March of Dimes collects goes to helping babies born premature or with defects.

The March of Dimes supports these children in various ways. For one, a portion of the money goes into medical care for the special needs all premature babies, especially those with birth defects, have. Another portion goes into research to find prevention and cures for premature birth and defects.

FCCLA is a club that encourages such community projects. They have had a FCCLA team in the marathon for the past ten years. Mrs. Stubblefield, the teacher in charge of FCCLA, encourages all students, faculty members, and staff to donate at least one dollar to the cause for March of Dimes.

If every person did so, the FCCLA would be able to meet their \$2000 goal by their May 4th deadline. She also said, "We challenge all clubs to match or top our \$50 donation to the March of Dimes."

Please support the March of Dimes and their cause to prevent and cure premature birth and defects. Just a dollar will do.

Contact any FCCLA member to donate a dollar and buy a shoe. Sign your name and tape the shoe on the cafeteria walls to show your support and maybe save a life.

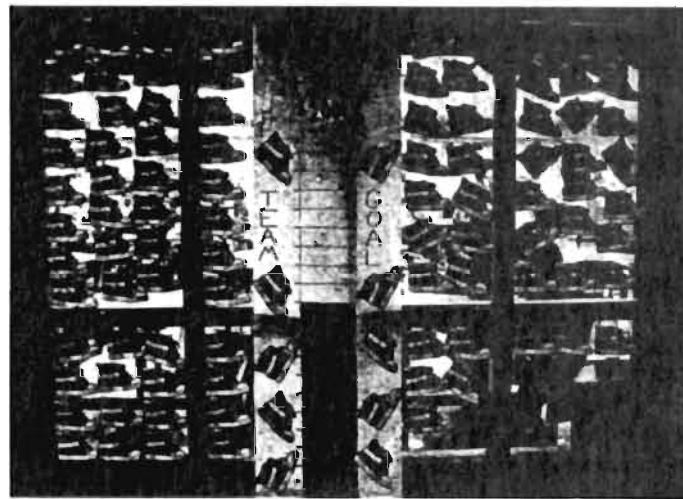


Photo by: J. Gordon

FCCLA is well on its way to reaching its goal.

LOHS baseball Team hitting hard and playing strong

Eric Chumbler
Sports Editor

Entering his 33rd year as head coach of Lone Oak baseball, coach Jim Mizell had a big task he had to fulfill with his team. Replace his whole infield. The only thing that remained in tact from last year's squad was the solid outfield combination of **Matt Scheer (12)**, **Jared Roberts (12)**, and **Michael Sollitto (11)**.

However, with the number of seniors that Lone Oak lost, the First Region Coaches' Poll still had Lone Oak to finish second in the region behind the Heath Pirates. "With the amount of youth on our team, and combined with our difficult schedule, if we can play .500 baseball through the first half of the season, this team will be in great shape," said Mizell.

Lone Oak (0-0) vs. Jackson Northside (3 games). The opening three games of the season for the Flash were a three-game series down in Tennessee versus the Indians of Jackson Northside. In game one, a three-run homerun by the Indians' Cody Dennis capped off a nine-run third inning and helped the Indians coast to an easy win by the score of 12-0.

Game two brought a reversal of fortunes for both squads. A two-run single by **Kenny Ford (11)**, and a two-run homerun by **Micah Walker (12)** capped off a seven-run second inning that helped the Flash roll onto victory by the score, 10-2. In game three, an offensive explosion by both squads created 34 runs and 27 hits combined. Fortunately for the Flash, they found themselves having most of those runs and hits, after coming back from a 9-2 deficit and winning it, 19-15. Walker contributed another 3-run homerun and two more hits to lead the offense for Lone Oak.

Lone Oak (2-1) vs. Christian County: **Andy Ford's (11)** first career high school homerun over the wall in right field sparked the Flash to a quick 2-1 lead over the second region powerhouse Colonels. With four more hits in the fifth inning, the Flash plated two more runs, capped off by **Jared Millay's (11)** two-run double. **Tim Downs (11)** pitched six strong innings, giving up three runs, to get the win for Lone Oak. **Blake Lawrence (11)** also contributed into the offense for Lone Oak, finishing the scoring in the sixth inning with an RBI Double and finishing the day two-for-two at the plate.

Lone Oak (3-1) vs. Murray High: In their rematch this year, Matt Scheer hit the first pitch of the game over the left field fence for his first homerun of the year and helped Lone Oak jump to the quick 1-0 lead. Five more runs in the second inning and two more in the third helped Lone Oak put the game away as they cruised to victory by the score

of 10-5. Scheer and Jared Roberts combined for five hits and six RBI's to provide most of the offense for Lone Oak.

Lone Oak (4-1) vs. North County, MO: North's starting pitcher, Shea Brady, baffled Flash hitters with 19 strikeouts and only giving up two hits to hold the Flash scoreless and give Lone Oak it's first ever loss in the McCracken County Wooden Bat Tournament. **Colin Lafferty (11)** and **Jared Roberts** were the only two able to get a hit off Brady. North won it, 5-0.

Lone Oak (4-2) vs. Trigg County: Five hits and four runs in the first inning would be all Trigg County needed to get it's first victory of the season by the score of 4-2. Michael Sollitto scored both runs for Lone Oak, while Scheer, Lafferty, and **Wesley Sawyer (9)** all contributed with two hits apiece. **Bobby Dowell (10)** also contributed with a hit in his lone at bat, giving Lone Oak their first run of the game.

Lone Oak (4-3) vs. Millington, TN: An RBI Double by Lone Oak's Bobby Dowell in the fourth inning helped extend Lone Oak's lead to 3-0 but that lead wouldn't last for long. One hit and two errors would help the Trojans score three runs in the top half of the fifth to tie the game at three apiece. Lone Oak answered again in the sixth, scoring four runs on two hits, capped off on a three-run double by Matt Scheer and giving Lone Oak a 7-3 lead, only to watch the lead waste away in the 7th. With two outs and three runs already in, T.J. McCracken contributed a clutch RBI single for the Trojans that would send the game into extra innings. In the ninth, a fielding error and an RBI double gave Millington the lead and the win in nine innings by the score of 8-7. Walker led the offense for Lone Oak, going three-for-five at the plate with one RBI.

Lone Oak (4-4) vs. Massac Co. IL: A two-run double in the second inning by Jared Roberts, and an RBI single in the 3rd inning by Micah Walker helped the Flash to a 2-2 tie with the Patriots after three innings. In the 5th inning, an RBI double by Scheer gave Lone Oak the lead and sealed the victory to stop the three-game skid for the Flash.

Lone Oak (5-4) vs. Millington, TN: Seven runs on only four hits, and six Lone Oak errors would be all Millington needed to seal the deal. Andy Ford and Jared Roberts both went two-for-three at the plate to provide most of the offense for Lone Oak. Millington cruised, 7-1.

Lone Oak (5-5) vs. Brighton, TN: Trey Billingsley was able to throw seven strong innings and allow only one run to the Lone Oak offense and help Brighton win it by the score of 6-1. Michael Sollitto was the only one for Lone Oak to get multiple hits, going two-for-three at the plate. Jared Millay got the lone RBI for the Flash.

Lone Oak (5-6) vs. Fayette Academy, TN: A big 9 run first inning was all Lone Oak needed to put away Fayette Academy. Matt Scheer led off the game with a single followed by a walk by **Blake Lawrence (11)**, then Colin Lafferty drove in the first run of the game two batters later with an RBI single down the third base line. A mammoth three-run homerun by Micah Walker in the seventh capped off the scoring for Lone Oak, coasting to victory by the score of 16-9. Walker led the game with four RBI's while Scheer and Lawrence both had two RBI's apiece. **Michael Leigh (10)** also had a good day at the plate, going three-for-three with a double and two RBI's.

Lone Oak (6-6) vs. Paducah Tilghman: Matt Scheer led off the game for a Flash with a single and was later brought in on Micah Walker's RBI single down the first base line to give the Flash an early 1-0 lead. In the fourth inning with the game tied 2-2, Jared Millay knocked an RBI double into left field to give the Flash the lead. After getting the first two men out in the top of the seventh, Tilghman made a 2-out rally to tie up the game at 4 apiece. But in the Flash half of the seventh, Andy Ford led it off with a double to left. After a sacrifice bunt by Michael Sollitto moved Ford to third, Jared Roberts laced a game winning single through the left side of the infield to give the Flash the win, 5-4. "We should never be in that situation with Tilghman, but we were, and I'm just glad I didn't screw that up," said Roberts.

Lone Oak (7-6) vs. Herculeneum, MO: Herculeneum used 11 Lone Oak errors to score 13 runs on only seven hits and blank the Flash in five innings of play. Colin Lafferty and Jared Millay both had a double in the game, accounting for the Flash's two hits. Blake Lawrence pitched 3 1/3 innings, giving up five earned runs in the loss.

Lone Oak (7-7) vs. Calloway County: Lone Oak quickly erased from their minds the game earlier in the day versus Herculeneum by pounding Calloway County with 16 hits and 16 runs. Jared Millay came about a foot short from knocking out his first career Grand Slam, instead getting a two-run single off the top of the wall. He finished the day going three-for-four at the plate with two RBI's. Bobby Dowell, Matt Scheer, Micah Walker, and Colin Lafferty also contributed with multiple hits in the game. Final score, 16-4 Lone Oak.

The halfway point of the season has come for the Flash, finishing the first half of the season with a 8-7 record against an extremely tough schedule.

NOTE: Due to a lack of space, the May sports section of the Oak "K" will recap the Lady Flashes softball season.

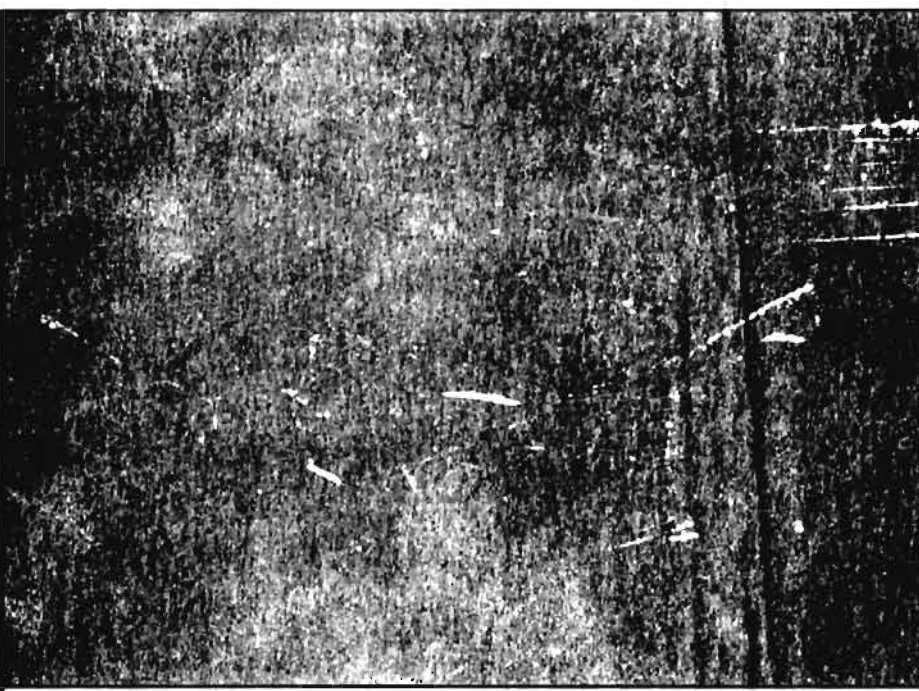


Photo by E. Suhrheinrich

Rachel Wooten, Amber Lamber, Lauren Walker & Lacey Smith practicing "My Strongest Suit" part of the upcoming variety show

"Let's do the Timewarp again!"

An update on the up and coming variety show, "Something Old, Something New."

Dress Rehearsal/Teacher performance: May 6

Opening/Closing Night: May 7

Tickets on sale: April 30-May 7 for \$6. Bring a canned good or boxed item when purchasing ticket and receive a dollar off ticket price.

Features scenes from:

- "Chicago"
- "The Princess Bride"
- "Taming of the Shrew"
- "Ten Things I Hate About You"
- "CATS"
- "Rumors"
- "The Wonderful Wizard of Oz"
- "Wicked: The Untold Story of the Witches of Oz"
- "Aida"
- "Julius Caesar"
- "Phantom of the Opera"
- "Pygmalion"
- "The Star-Spangled Girl"
- "Breakfast at Tiffany's"
- "RENT"
- "The Rocky Horror Picture Show"

The Windy City holds many surprises for LOHS Choir

Emily Suhrheinrich
Business Manager

The Lone Oak chamber choir is back again after a fun and exciting trip to the Windy City, also known as Chicago.

After their distinguished scores at the choir festival at Tilghman, the chamber choir began concentrating on their music for their trip to the Golden Heritage Festival in Chicago. Because of their distinguished scores at their competition last year in New York City, the chamber choir was qualified to compete in the Golden competition, which has come of the most prestigious choirs in the country.

After a six-hour drive, the choir arrived at the O'Hare Hyatt hotel. On that Friday, the choir and its chaperones attended a dinner-dance festivity for all the choirs competing. The high-light of this evening was when **Thomas Bailey (10)** won the scavenger hunt for Lone Oak.

"They thought I cheated when I went to the girl's bathroom for toilet paper (the final and winning item in the hunt), but they never said I couldn't!" said Bailey.

On Saturday the choir performed in competition. After singing their five songs ("Sing Praises," "Ubi Caritas," "Achieved is the Glorious Work," "Erev Shel Shoshanim," and "My Soul's Been

Anchored in the Lord"), the choir had a clinic with one of the judges, Dr. Gackle, from Tampa, Fla.

After a somewhat interesting bus ride, the choir viewed the Museum of Science and Industry.

Sight-seeing opportunities included Shedd Aquarium, a Cubs game, Blue Man Group, the Sears Tower, Navy Pier and, of course, shopping. At the aquarium, the group saw a dolphin show and special "Wild Reef" exhibits. At the Cubs game, Sammy Sosa hit two home runs and Moises Alou hit one. All the group agreed that seeing Blue Man Group was one of the most interesting experiences ever.

"It was a truly unique show, and I really enjoyed it," said **Rachel Wooten (10)**.

The choir received a Distinguished (92, to be exact) rating and placed twelfth out of twenty-two. All of the chaperones and Ms. Durham

agree they were very proud of the performance.

"The twenty-two choirs in the competition had a point spread of only eleven points, so I was extremely proud of ranking twelfth out of twenty-two. The last time we participated in a Festival of Gold (in Washington D.C.) we didn't place nearly as well. This shows that the hard work and dedication of those students has paid off," said Ms. Durham.



Photo by D. Durham

The choir poses with a man from the Blue Man Group

"From the bus, we saw a man driving with no pants," said chaperone and pianist, Mr. Morhead. "And when I say no pants, I mean no pants."

The rest of the week involved many sight-seeing opportunities and practices for the Mass Choir and Honors Choir, for which each director selected a soprano, alto, bass, and tenor to sing in the choir. Attending for Lone Oak were **Sarah Huyck (12)**, **Emily Suhrheinrich (11)**, **Neil Houser (11)**, and **Brad Jett (11)**.

Miss Kentucky Miss Pageant has mixed response

Rebecca Choudhury
Staff Writer

On July 4 and 5 the Miss Kentucky Teen and Miss Kentucky Junior Teen pageants will be held at the Hyatt Regency Hotel in Lexington. The two competitions are specifically designed for 16- to 18-year-olds and 13- to 15-year-olds, respectively. Although the competitions themselves are still months away, mailings and fliers are already being distributed to spark the interests of teenaged girls across the state.

Despite appearances, National American Miss, the broad pageant organizer responsible for these and other related Kentucky contests, maintains that these pageants are not so much about judging beauty as they are about helping young

women develop the grace, poise and confidence that will help them to succeed later in life.

Contestants in National American Miss pageants are judged based on four major competitions: formal wear, in which the teens are expected to demonstrate their pride and self confidence while modeling the gown of their choice, accounts for 30 percent of the total score; personal introduction fills in another 30 percent of the score; the interview section, in which judges seek to learn more about the contestants, also comprises 30 percent; and the community involvement competition, a book and stuffed animal drive for needy children, makes up the final 10 percent of the final score.

Whatever National American Miss may say, the fact remains that many teenagers view such pageants as indecent

and degrading. Moreover, others are concerned with the cost of entrance fees, which in this case amount to \$380.00. With no reimbursement offered to those girls who finish without a title, entering such a competition may be considered a very unwise financial investment.

"Personally, I think it's a big rip-off," said **Cristin Coram (9)**, referring to the Kentucky pageants.

For other girls, the promise of excitement and opportunity is well worth whatever risk may be involved. "It's a good opportunity for girls to meet other girls from all-over and experience new things," said **Courtney Martin (9)**.

For those interested in entering a pageant, or those who are simply curious about NAM in general, the pageant organizer has set up a website at <http://www.nationalamericanmiss.com>.

Another blood drive collects 82 pints



Photo by T. Hayton

Andrea Fagan (12) donates her blood enthusiastically.



Photo by T. Hayton

Grant Hosfield (12) smiles for the camera while giving blood.

Students get a crash course on drinking and driving

Reuben Gearhart
Circulation Manager

On April 13, the seniors and other students with their drivers' licenses got to experience driving drunk. Well, simulated drunk driving anyway.

Students who returned a signed permission slip got to participate in the Fatal Vision program, which is designed to show teens how dangerous it is to drive drunk.

First, students donned "drunk o' vision" goggles, which are devices designed to recreate the visual effects of being inebriated. Then they attempted to toss a ball back and forth along with various other depth-perception related activities to show how impaired they were.

Then they got behind the wheel of a small electric car and tried to navigate their way through a course of road cones with names written on them, representing people. Each cone hit meant one person hit.

Many people said it was a valuable learning experience. "It made me realize how inept drunk drivers really are," said senior Walt Whinnery.



Photo by E. Suhrheinrich

Sara Gestrian (11), Lori Beth Life (11), Suzan Roberts and Melissa Curry (11), ride in the Fatal Vision car.

The classes visited the program in thirty minute shifts, with each group being composed of about 15 to 20 people.

Congratulations!

- ◆ GSP
- ◆ GSA
- ◆ CHA
- ◆ The Oak "K" for 3rd place in overall design in State
- ◆ Lan Nguyen for Honorable mention for Newspaper in Review Category
- ◆ Students who competed in Foreign Language Festival
- ◆ Band at Concert Festival for scoring Distinguished
- ◆ Prom Court Candidates
- ◆ Walt Whinnery for being the Kentucky Eagle Scout of the Year
- ◆ Edd Roe for not announcing STI failure



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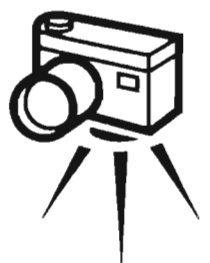
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What not to wear...ever

Emily Suhrheinrich
Business Manager

All right: ya'll know I am not big on what one wears. I mean, to me, as long as you're wearing something and it's clean-you're good to go. But lately I have been discovering more and more disturbing "fashion trends" around the school that are, quite frankly, disturbing. (And yes, most of them pertain to girls, probably because we have more freedom in variety of dress.)

'Twas in the Moon of Wintertime I love looking tanned, believe me-and luckily the little bit of Cherokee blood I have blesses me with darker-than-normal skin. But this is natural. Yes, I can maintain my band season tan well into December, and that works for me. It's not something I stress over. But some girls clearly think this is something to stress over.

There really is no need to be height-of-summer dark in the middle of winter. It's winter. We ALL get pale. And you know that due to the frigid weather, there's no way these girls are lying out and getting it more naturally. This only leaves one thing; something I fondly like to call the Cancer Bed.

Besides the fact that everyone knows it's fake, everyone also knows how dangerous tanning beds are. It's one thing when you go a couple times before prom to prevent bad tan-lines. It's another when you're going weekly - every week. Girls, for your own health, try to not be so religious about your tan. After all, pale skin used to be revered as more beautiful, while tanned skin was considered coarse and dirty.

It's "Hat and BOOT day," not "Hat and BUTT" day: Not only on this popular Homecoming festivity day, but also throughout the school year there is an alarming trend of mini-skirts. No, let me rephrase: mini-mini skirts. I mean it, These skirts commonly worn by girls in our school would make a normal mini skirt blush at the immodesty so blatantly displayed.

It's school, kids, it really is - not the street corner. (Pardon me if I'm being harsh.) These skirts really only make you look trashy, and those of us who do not feel these skirts are the height of chic are disgusted at the amount of skin we are exposed to. Please, for your own modesty and that of those of us forced to see you, save the mini-mini skirts for a date.

I just KNOW there's a face under there somewhere! Humans have a natural intrinsic beauty that is undeniable. Despite this fact, women (and some men, maybe, what do I know?) have taken to using make-up to heighten certain features and disguise other features as they see fit. Again, I have no problem with this trend...except when it's taken too far.

When you see girls not wearing make-up during Rush week and it honestly takes you a few minutes to recognize people who you've known since elementary school, you know some people are wearing too much make-up. When a person's actual facial features are obscured due to excessive amounts of make up they have on, it's gone too far. And when you are honestly distracted by the amount of glittery eye shadow someone's wearing, it's definitely gone too far.

While make-up can be a good thing, it's not a good thing when it changes you from a person into a mask. Tone down the make-up and release your inner beauty.

So what if you're a size four...? Girls are always obsessed with their weight: "I'm too fat," "I'm too thin," or "Does this make my butt look big?" and we have how interpreted these worries to be a measure of out self-worth. For example, the smaller your clothing size, the more attractive you are.

Well...I think this may only pertain to people whose clothes actually fit. That's right, I'm seeing an alarming amount of skin peeking out from people wearing too small jeans and too small shirts.

I don't know if these people think this is attractive or are just oblivious, but let me clear something up: your stomach hanging out because your jeans are two or more sizes too small is NOT attractive. I would much, much rather see a girl in a size 10 pair of pants that fit than in a size six or lower because she thinks that makes her look better...I think we all agree: it doesn't.

Likewise, keep your tops appropriate. If they're too small, they may just help contribute to the stomach showing. If they're too low cut...well, let's just say it's like you've just received free tickets to a Britney Spears concert.

I'm not (by far) the skinniest girl in the school. But you are really, really unlikely to see my stomach, unless I'm stretching or something, because when selecting my clothing: I choose stuff that fits.

Rock the vote this November

Peng Zhang
Advertising Manager

On Nov. 2, the quintessential democratic process will be initiated once more as the 2004 presidential election takes place. It is difficult to believe that four years has passed since the last presidential election and many events have happened since then. The attack on the Pentagon and the World Trade Center, the American invasion of Afghanistan, and the war in Iraq have been the main focus of the last four years, but they are only a part of the changes that have occurred. The 2004 election is your chance to voice your opinion about these changes.

For some juniors and most of the seniors, the next election marks the first time that they would be able to vote in an election, and it is very important to vote in the upcoming election. Many teenagers are informed in politics, even if it is by Jay Leno or Saturday Night Live, and politicians often forget our opinions during their campaign. It is time that we make our thoughts count by taking thirty minutes on Election Day to cast your vote.

To make sure that you choose the candidate that best concurs with your own beliefs, you need to research each one over the Internet, through magazines and newspapers and on television. A great way to see a candidate's true image is to watch debates on television.

If you are going to vote, a single issue should not make your decision for a candidate. You should not vote for candidate just because he would push for the legalization of marijuana if you don't agree with any of his other issues. Consider all the facets of the candidate's campaign before your decision, and keep in mind that some of his promises will not be honored.

Remember that voting is a privilege that few people outside the United States have. Although one vote out of three hundred million people does not seem significant, it is important for everyone to contribute their opinions. And that is the foundation on which our country was built.

Feminist or foe?

Lan Nguyen
Editor-in-Chief a.k.a. Ferocious Feminist

Feminist, definition: a person (not necessarily female) who strives for equality in society, politics, and economics for women; well that's what used to be the definition of a feminist. Nowadays when a person says he or she (that's right, guys can be feminists too) is a feminist automatically the ever popular labels lesbian, unchristian, psycho, man-hater, murderer, militant, unfeminine, "femi-nazi" (need I say more?) are thrown out. Now does the situation really sound fair? Sure there are some psychos out there, but they make up a rather small part of the feminist population. The majority of feminists are actually quite normal including lesbians.

It's not difficult to differentiate between general feminists and gender (or as I fondly refer to them "psycho") feminists. If you're a male, the latter will be a female eagerly waiting to rip you to shreds literally whereas the other will simply treat you as a person although he or she may question your views on women's issues. Furthermore a person's religion or sexual preference has nothing to do with his or her being a feminist.

Another point that has yet to be examined is feminists' motivation. The question "Why are you a feminist?" is a frequent one. To me, feminism is recognizing and reveling in my femininity. To fully revel in it, I want what's due to me and every other person, women in particular, equal rights.

"Women have everything they could want. There's no need for feminism," is the claim often made by "unenlightened" individuals. I guess violence against women, unequal pay for equal work, and being considered the "weaker sex" is clearly "having everything I could want."

Finally, why has feminism become such a bad ideal? People seem to focus more attention on the negative doings of radical feminists than the positive works of ordinary feminists. I guess obtaining education, gaining the right to vote among many other rights, women's liberation, and the awareness of sexual harassment really doesn't matter because of a few outspoken and extreme feminists' sayings and actions.

Guys please note that you all can be feminists too. There have been a number of male feminists who have supported the more prominent female feminists, Susan B. Anthony's father for instance.

Furthermore, girls, if you decided to become and call yourself a feminist, bear in mind that you can't use your sex as an excuse to remove you from a disagreeable situation or to keep from doing an unpleasant task. Feminists stand for equal share in everything for both men and women. Making exceptions defeats the purpose of your cause and may also further nasty stereotypes.

The stereotyping of feminists needs to stop. Replace the rigid idea of what a feminist is with an attitude of respect. Remember not all of us are raging, bloodthirsty, man-hating, lunatics.

No more PG-13 spring break tales

Tamela Hayton
Opinions Editor

Spring break is over and we all have stories to tell. Some are good and others are well... how should I say...less pleasing to the ear. It's great that you had a fantastic time over spring break, but I don't want to know what you did unless it is appropriate.

If you must tell your friend all the details of your trip to Panama City, please, tell them on your own time. It is hard to concentrate on your schoolwork already from coming back on spring break without stories to distract us even more. We only have about four weeks of school left. We need to do our best and keep our grades in the safe zone. The fewer distractions the better. If you absolutely have to tell someone while tests or homework are being done in class, write it in a note. Give your peers the same quietness and respect you want when you're doing your work.

I'm not saying I will not talk about my spring break vacation. Of course I will, but it will be at an appropriate time not while someone is trying to take a test. I will be respectful to others even though I may not receive the respect back, but I will let you have your quiet time. You can expect that when class is over and everyone is done working I will be talking about my spring break.

I hope you realize that not everyone wants to hear your story. So have respect and courtesy for others around your by not yelling across the room. In the words of Aretha Franklin, it's all about R-E-S-P-E-C-T!

Palestinians should not receive all the blame for conflict

Rebecca Choudhury
Staff Writer

Israelis. Palestinians. Every day we hear more and more about their continuing conflicts, about damage and destruction and death left in the wake of their perpetual warring. The horrible products of their ongoing feud grace news broadcasts, newspapers, and magazines in the forms of graphic images of charred bodies and burned-out buildings and varied accounts of the carnage, both official and unofficial.

In the face of such brutality, people try to rationalize the violence by assigning blame, and, in most cases, the media chooses to demonize the Palestinians. This is appalling and unfair, and if we are ever to have good relations with fellow nations in the Middle East it must stop.

We are all familiar with the cycle of events in Israel and the West Bank. Each new attack brings retaliatory attacks in a never-ending loop of bloodshed. This pattern has been continuing for far too long to trace the credit of "starting it" to one side or the other; however, many analysts have noted that an increase in tensions began to form in late 2000, when then Likud party leader Ariel Sharon visited the al-Aqsa/Temple Mount complex, one of the holiest sights in Islam, with an armed guard.

The resulting outrage and demonstrations are believed to have blossomed into the *al-Aqsa intifada*, or uprising, that was the root of many acts of violence in the following years. Palestinians resorted to evil, underhanded methods of revenge, and Israelis responded with devastating raids, occupations, and missile strikes.

After the human rights organization Amnesty International visited the sight of a particularly destructive battle between Palestinians and occupying Israeli forces in 2002, the concluded that the army had committed war crimes against the Palestinian people, though this claim was later refuted by the United Nations.

This is not to say that the Palestinians are innocent victims of Israeli cruelty. Anyone who has witnessed the aftermath of a suicide attack or heard reports of a recent car bombing knows that is not the case. However, it cannot be denied that as many, if not more, Palestinians suffer and die in day-to-day skirmishes as Israelis do.

Why, then, don't we hear about all of the Palestinian lives that have been wasted? Why do we hear only of the havoc wrought by "militant separatist groups" and not of atrocities committed by Israeli soldiers? For whatever reason, American coverage of the Israeli-Palestinian conflict is biased, and it causes resentment around the world as well as in the Middle East.

We have to take a greater interest and more neutral position if we are to lessen tensions between ourselves and the region and regain a bit of understanding and respect lost in times past.

Show respect for our space

Emily Suhrheinrich
Business Manager

The sign on the door says "Journalism Room." But why does everyone think that applies to them?

Sure, we love it when people visit us. I mean, the Journalism Room is the place to be, right? We staffers know this, as we spend all of our free time here and pretty much use this room as our lockers/closets/bedrooms.

But for some reason, people feel this gives them license to use our room for all these things too. People come in, watch TV, use our computers and phone, move our furniture and listen to records- at all hours of the school day. Perhaps they're just looking for a place to hang out, perhaps they're jealous of all our cool technology. (Ah-the sarcasm-it kills me!) - but it really messes us up.

First of all, I don't know what gives people the idea it's ok for them to move our furniture. Would you go into any other teacher's room and move the desks, chairs or bookshelves? I think not; so don't move our couches or our chairs!

Secondly, yes, we are very lucky to have computers, slow and ancient though they may be, but this is because we have to use them to create the newspaper you all hold so dear. They aren't to be used for Internet, entertainment, or finishing your homework. That's what the library computers are for. If people continue using our computers, we are going to continue to have problems with our computers. We have had many problems with stories being deleted, random web sites being displayed and lay-outs messed up, not mention passwords put on and personal setting tampered with. Again, I ask you: would you mess with any other students' books and notebooks?

Our most recent problem is that the entire "Oak K" folder was deleted. This means not only our stories and archives from recent issues were deleted, but our layouts and prototypes were deleted as well. You cannot imagine the stress this puts on us, having to search for backup files or completely rewrite and redo stories. This problem most likely wouldn't have occurred unless people decided to fool around with out technology.

My point is not that you should never come into the Journalism Room. As I said before, we love visitors. However, out of courtesy, only come during Journalism hours, otherwise have a staff member's permission. If you do come in, again, have a staffer's permission to use their computer or any other equipment. DO NOT mess with anyone's personal stuff, the furniture or news stories!

Giving us the courtesy you would give other teachers, class rooms and students will only help us make a better newspaper for you.

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 Golightly
Sports Editor	Eric Chumbler
Archivist	Jessica Gordon
Staff Writers	Ian Joslyn Rebecca Choudhury
Stylist	Katee Buchanan
Adviser	Ben Morehead

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.

Which member of the Oak "K" Staff are you compatible with?

Emily Suhrheinrich Business Manager

As you read the issues of The Oak "K" each month, you may often wonder how such fantastically talented and physically attractive people can all exist in the same class without the universe imploding due to such perfection.

You might also wonder which of these fantastic people you would best be paired with. Or you may have never wondered any of these things, but might enjoy taking this little test anyway. (Choose the choice most like yours, there may not be an exact choice.)

Please note that this quiz is for entertainment purposes only and we do not recommend that you try to initiate any form of contact with any of these people.

If you're a guy...

- Your idea of the perfect date is:
 - Going to the theatre
 - Walk along the beach
 - Just so long as you aren't going "Unfortunately" and "If I may Ask" every two seconds...
- The music you listen to most often is:
 - The "Wicked" soundtrack and other Broadway tunes
 - Evanescence
 - Disney, Disney, and more Disney!
- How often do you fight with your parents?
 - EVERY SINGLE DAY
 - Never
 - Very, very, very seldom
- Your last relationship didn't work out because:
 - They couldn't take a hint!
 - ...uh...what relationship...
 - Zzzzz...I'm sorry, were you droning on again...?
- Your friends often describe you as:
 - LOUD and other words that are not appropriate for public publication
 - Strange and sometimes kind
 - SKANK! NO, just kidding, uh.... random?

- What sort of student are you?
 - mostly well-disciplined but sometimes lazy
 - average
 - when you're not correcting the teacher, pretty good
- What's your favourite colour?
 - Violet
 - Purple
 - Green
- Your favourite stories in the Oak "K" usually are:
 - Everything!
 - Editorials
 - Features, especially hand decorations!
- Your hobbies include:
 - Reading, Writing and Acting
 - Writing, Reading, and Guard
 - Reading, Writing and Making People Laugh
- If you were forced to sit in a room and write stories for a newspaper everyday, how would you react?
 - YAY!
 - If I'm paid, I'll do it!
 - Oh, we can make that more creative... we can make that. A LOT more creative!

If you're a girl...

- Your idea of the perfect date is:
 - Going to a Rock Show
 - Movies
 - Long walks on the beach
- The music you listen to most often is:
 - Punk and Tom Petty
 - Zepplin
 - Country
- How often do you fight with your parents?
 - We'll say quite often
 - Couple Times a Month
 - Once a month

- Your last relationship didn't work out because:
 - We never talked
 - What last relationship?
 - We never officially met.
- Your friends describe you as:
 - A Rebel
 - Angry
 - One hilarious individual
- What sort of student are you?
 - Pretty good
 - Straight Awesome
 - Pitiful
- What's your favourite colour?
 - Green
 - Blue
 - Red
- Your favourite stories in The Oak "K" usually are:
 - Editorials
 - Entertainment
 - Anything not by Lan
- What are your hobbies?
 - Being a Rockstar
 - Not being a Rockstar
 - Playing HORSE
- If you were forced to sit in a room and write stories for a newspaper everyday, how would you react?
 - Play Snood!
 - Cyanide
 - As long as I have my lunch buddies, I'm ok.

Mostly B's: Peng Zhang: Stereotypically, you like Chinese geniuses. In all other respects, you probably have a love for sports (particularly tennis), studying and current events. Personality wise, you can come across as angry, but you can occasionally show your soft side and give people hugs...but not that often....

Mostly C's: Eric Chumbler: Like our leading sports writer, you probably have a great love for sports. As you know, Chumbler is the basketball announcer, and like him, you too probably enjoy being the center of attention. Personality wise, you are pretty outgoing and also easy going. You are friendly and have a good sense of humour.

Guys: If you chose...

Mostly A's: Lan Nguyen: Like our editor-in-chief, you enjoy being in charge and are good at it. You may or may not be short and Vietnamese. You enjoy drama and music and spending time with your close friends. You may have a little bit of a temper, but you're probably so adorably cute that no one seems to mind.

Mostly B's: Jessica Gordon: Archivist Jessica Gordon loves physical activity, but more artsy stuff like color guard. You may also enjoy poetry and video games. You are outgoing once you get to know people and enjoy spending time with those you have brought into your confidence.

Mostly C's: Emily Suhrheinrich: Like this "Queen-of-the-Universe-Wannabe," you probably enjoy being the center of attention at all times. You may have a childish demeanor but you can be grown-up if necessary. You probably enjoy repartee and other forms of witty conversation. Your interests may include reading, writing, laughing and spending time with friends.

Results...

Girls: If you picked...

Mostly A's: Reuben Gearheart: You are most compatible with one of the school's most notorious punk rockers. As such, you probably enjoy punk music, the Rocky Horror Picture Show, records, and percussion. Personality-wise, you are very outspoken and opinionated. If something's not going your way, you'll be sure to let everyone know.



Catching up with Lone Oak's Junior Rotarians

Lan Nguyen Editor-in-chief

February's Junior Rotarian Chlodys Johnstone has many accomplishments to her name, being highly active in sports, academics and the community.

Johnstone has only one love in her life, running. Although she enjoys playing soccer, track is definitely her sport. Johnstone is a four-year track and cross-country team member. She also happens to be this year's cross-country team captain.

As for academics, Johnstone simply takes the cake. Keeping busy, she is currently enrolled in four AP classes, English, Spanish, Calculus and Art. Her favorite of these classes is AP English due to the oh-so-enlivening discussions regarding Shakespeare and other such literary masters.

In addition she is the highly respected Senior Class President. Johnstone holds herself to high standards; she has successfully maintained a 4.0 GPA throughout her entire high school career, earning her the title of Valedictorian. Furthermore, Johnstone has been named "Miss Senior," "Most Likely to Become the Next President of the U.S.," "Miss LOHS," and "Person Most Likely to Resolve



JOHNSTONE

all the Problems of the World" (ok, so she wasn't voted for that superlative, provided it doesn't exist, but hey, it could've been a possibility).

Johnstone has put in hundreds of hours of community service; to her, it's a hobby. She

is vice-president of the Beta Club — a club devoted entirely to community service. Some of Johnstone's favorite places to volunteer are Paducah Cooperative Ministry, Hendron Lone Oak Elementary, and during summer vacation, Yugoslavia (well she would if she could get there).

With all she has to do, Johnstone still makes time to have fun. In her free time she enjoys creating wire sculptures depicting people in various poses. She is an avid collector of snails; her collection spans from average garden snails to the more difficult to obtain marine snails. Johnstone is clearly a person of many talents, for in addition to all her current activities, she's also participating in LOHS's current variety show.

Johnstone is a very busy Rotarian and will remain so, as she will be journeying into the Borneo Amazonian Rainforest to study weather climates and engage in one of many protests against the mass destruction of the Rainforest before attending Nevada's top liberal arts college.

Alright, I made that all up: In actuality Johnstone is still undecided as to where she'll be attending college and what she plans to major in. Until then Johnstone continues to work hard and aim high.

Tamela Hayton Opinions Editor

You're likely to hear "Happy Friday to you and to you," from Junior Rotarian, Lan Nguyen. Nguyen is noted for all her hard work here at LOHS. She is the editor-in-chief of The Oak "K," director of the school play, and reporter for the Beta Club. Nguyen has been a three-year member of Teen Court and an outstanding two-year member of The Choice is Mine Club.

Nguyen is enrolled in AP English and AP European History classes and plans to take the AP tests in May. She has maintained a 3.6 GPA making her an Honor Roll student for four years. Nguyen is also a member of the

National Society for High School Scholars.

At the 62nd and 63rd Kentucky State Beta Conventions she has taken second and third place for creative writing and competed at National Beta Convention for our school in Orlando, Fla.

A few hobbies Nguyen enjoys are writing, reading, acting and playing Snood. She has written many short stories and is an "exceptional" Snood player! She loves using strange and unusual words in her writing and in everyday speech. Such as WOOT, rebuke, and saying that everything is exciting. Nguyen's friends think highly of her and will always have something to say. "Lanny is a great friend and her energy makes everything fun I love her bunches," says **Lauren Walker (11)**.

Nguyen is planning to attend the University of Louisville, where she received an honors scholarship. She plans to major in business administration and pursue a law degree. She hopes to "become a lawyer and knock long-time rival and friend Walt Whinnery (who is also planning a career in law) down."

"Lan is an excellent person and a fine student. Even though she is much too liberal, I enjoy having her in class," says Mr. Neel.

"Lan is a very nice, mature young lady. She is a very good student, friendly and an asset to our school," says Mr. Smithmier.

Walt Whinnery News Editor

Understanding is the word used to describe this month's Junior Rotarian. Whitney Overstreet is Lone Oak's April representative to the Rotarian Club Luncheon, and she intends to make the best of it. That's not hard for her because, in her own words, "I love most food."

Overstreet will not only get a chance to enjoy some delicious lunch, but will also get the pleasure of some delightful company in the form of the Paducah Rotary Club.

Overstreet is a very active student at Lone Oak High School, and is involved with several extracurricular sports and organizations. President of the FCCLA, member of the LOHS Women's Varsity Golf team and self-professed backyard football pro are a few of her claims to fame.

Other activities Overstreet enjoys include soccer, baseball, reading, and the outdoors in general.

Her plans for the fall are to attend Murray State University, and study either medicine or social work.

Overstreet's friends speak highly of her. "She is the most understanding and best friend ever," said **Rachel Anderson (12)**.

Thank you to all our Junior Rotarians for representing our school so well.



OVERSTREET

Out-of-the-ordinary Prom Ideas

Emily Suhrheinrich
Business Manager

The perfect dress, the perfect tux, the perfect prom...these conventional ideas have always been behind high school proms. But have you ever thought of doing something a little less traditional for prom? This season, why not try something...

A Little Sticky

Did you know that Duck Tape brand offers scholarships for high school students who wear ensembles made of duct tape to prom? That's right, making and wearing

a dress and tuxedo from Duck tape can give you college scholarships. The amount varies depending on how creative your outfit is, and, although it may not be the most Cinderella-esque prom, the college money is definitely worth it.

Casual

Prom is usually a night for splurging; spending obscene amounts of money on food and entertainment. Going to places more casual might be more fun.

McDonalds, taco Bell, picnics, all of these ideas might seem odd at first, but when you think about how much money you save...

Hidden

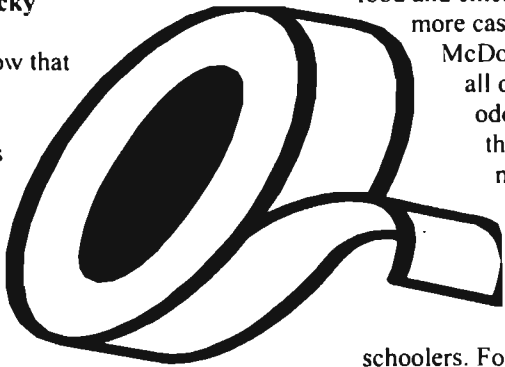
Scavenger hunts might seem something for pre-schoolers. For prom, this could be a fun and interesting experience. Organize a



group of friends and a list of things to find.

The first person to have a picture taken at all the locations and with all the items when a prize. This will not only make for fun memories but also unique photos.

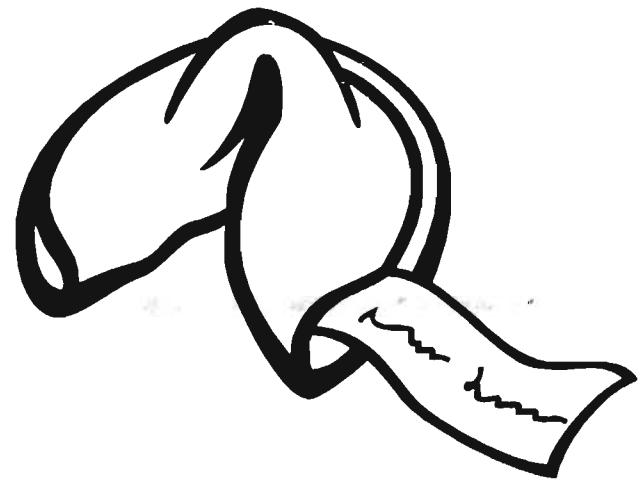
Brainstorm with your friends for more ideas for how to spend your prom. With a little bit of creativity and imagination, you can truly make this a night to remember.




Some predictions for 2004...

Peng Zhang
Advertisement Manager

1. The value of the U.S dollar will drop approximately to one-thousandths of a Japanese Yen.
2. Due to oil shortages, carmakers devise a Twinkie powered automobile. Car sales quadruple.
3. The new fad diet will involve no solid foods. The next Thickburger will be served in a 32 ounce plastic cup.
4. Following the footsteps of Freddy Adu and Lebron James, the next big high school star will be featured on the cover of Sports Illustrated and will be prodigious in the sport of curling.
5. Tired of mudslinging, Bush and Kerry agree to go on Celebrity Boxing of Fox, refereed by Ralph Nader. Bush comes out strong in the first two rounds, but gets knocked out in the fourth.
6. *The Fellowship Return to the Two Towers: the Tale of the Hobbit*, becomes the highest grossing movie of all time, surpassing *Dumb and Dumberest*.
7. Scientists discover the cure to AIDS and five different forms of cancer in the DNA structure of the saber tooth tiger.
8. Friends and Frasier films a "reunion" episode. Cast members get into a huge brawl and many end up in a hospital run by the cast of ER.
9. The next great reality show will involve fifteen trailer-trash hobos stranded on a desert island with a bewildered beautiful woman. Each hobo will have one million dollars to spend in their efforts to win her heart. But where will they spend the money?...
10. Peng Zhang becomes the greatest, most talented basketball player on earth. His 2 feet growth spurt doesn't hurt either.



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Two Word Puzzles

Ian Joslyn
Staff Writer

The following groups of words have something in common. Can you find out what?

Example: human; table; ant
Answer: legs

1. ideas; oranges; dandelion
2. book stores; waiting rooms; hand guns
3. computers; old homes; laboratories
4. needle; hurricane; human
5. tar; olives; strip mining
6. sidewalk; grocery; computers
7. ocean; heat; ight
8. railroad tracks; suits; friends

Answers: 1. seeds 2. magazines 3. a mouse 4. eye 5. pits 6. chips 7. waves 8. ties

Jessica Gordon
Archivist

Unscramble the following words related to spring and Easter.

1. rofeswl
2. gipnsr
3. sreeta
4. irpla
5. ndcya
6. nunby
7. geg nhtu
8. uiplt
9. ldfodisa
10. tkesba



Answers: 1. Flowers 2. Spring 3. Easter 4. April 5. candy 6. bunny 7. egg hunt 8. tulip 9. daffo-dils 10. basket



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Across

- 2 The bunny that clucks and brings you candy
- 4 What you put your eggs in
- 7 The beginning season
- 9 The holiday in April
- 10 Colors of Easter

Down

- 1 Herald of spring
- 3 What makes you eggs change colors
- 5 April ____ brings May flowers
- 6 The bunny brings them, but doesn't lay them
- 8 Marshmallow ____

MYSTERY STARS

Lan Nguyen
Editor-in-Chief

Miss Mystery stands at a height of 5 feet 6 inches and has long brown hair and brown eyes. She is a quiet 17-year-old junior. Sometimes her younger sister, who is a freshman, is mistaken for her.

Miss Mystery drives a gray Nissan Altima. Red is her favorite color, and her hobbies include reading and listening to music. One book she especially likes is "First They Killed My Father" by Loung Ung.

Miss Mystery is very easy going when it comes to music; she enjoys all types with the exception of country. As for food, Miss Mystery loves to eat grilled chicken Caesar salads.

Miss Mystery works very hard in school. Her favorite classes are AP Spanish and AP European History because they are "challenging and fun."

Miss Mystery is also very active in athletics, having played tennis for five-years, but she has only played one-year for Lone Oak.

Some fun facts about Miss Mystery: She is originally from the country of Count Vlad Dracula, and her best friend is originally from Turkey. Miss Mystery is a highly talented individual, and speaks four languages, which include her native language, Spanish, German and English. Keeping true to her love of music, Miss Mystery plays an instrument, although slightly unusual, the accordion. One phrase you'll always hear from Miss Mystery is "Whoops!"

Mr. Mystery has short brown hair and blue eyes. Like Miss Mystery, he is a seventeen-year-old junior.

He is very outspoken and has a distinct accent.

He has no siblings currently attending high school. He drives a white pickup truck, which he found does not serve well as a flotation device. Mr. Mystery only accepts yellow Happy Friday stickers as "Police Badge Yellow" is his favorite color.

His hobbies include police work and developing conspiracy theories. Mr. Mystery loves to eat Domino's Pizza and Hardee's Biscuits and Gravy. His favorite class is AP European History where he spends most of his time arguing with Mr. Neel.

Interesting "tidbits" on Mr. Mystery: To Mr. Mystery everything goes back to "the law." He is heavily involved with a certain youth police group. His friends refer to him as "Chief Little Moose." Mr. Mystery is also quite the actor, playing two roles in this year's variety show.



2004 Prom

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Rotary win kick starts tennis season



Junior Elliott Treece practices his backhand in preparation for his next match.

Marshall Toy
Assistant Editor

With another historic tennis season underway for the Lone Oak Flash, it looks like it's going to be one for the

ages. With region stud Elliott Treece (11) atop the boys team, and Southern Illinois signee Laura Bredniak (12) leading the girls squad, the Flash are off to a terrific start. With Coach Larry Heflin entering his 31st year as the tennis coach, he once again has Lone Oak in the hunt for a state title.

The Rotary Invitational, which is held in Chattanooga, ranks as one of, if not the top tennis venues in the south. With experience in this tournament before, The Purple Flash won both the Girls' (A bracket) and the Boys' (B Bracket) tournaments.

"That's probably the biggest highlight of our year so far, the Rotary is a tough tournament to win," said Treece. While back in the local circuit Elliott took the latest victory in an ongoing rivalry against Paducah Tilghman star Vic Mazzone. The boys won the team match against Tilghman by a score of 7-2, and the girls made a clean sweep of them with a 9-0 victory. With that being by far the biggest win for the guys team (and a rematch coming up), the girls did suffer a 6-3 loss against Henderson Co. When asked what opponent she was looking forward to the most Bredniak replied "Henderson, so we can get revenge." Looking forward to the regional tournament Peng Zhang (11) and Drew Robison (9) defeated the St. Mary duo of Chad Bassi and Chris Wallace to ensure a top four seed. At the same match Emily Beckman (9) grabbed the number one seed in the region by defeating Anne Wallace. With a lot of tennis left to play for the flash this year looks to be no disappointment.

Lone Oak track races toward success

Peng Zhang
Features Editor

Track

The track team, quiet for the last few years, has exploded from the starting line this season in their competitions, winning their first meet and coming in second place in two others.

According to Mr. Patterson, the coach of the track team, "up to this point, the season has gone well; several of our athletes have gotten personal bests in their events. The women's team has been very competitive in our first three meets."

The men's team, however, lacks the firepower necessary to be a regional track power. Coach Patterson feels that a lack of members is hurting their chances. "To really improve we need to increase our participants, especially on the men's team," he said.

Patterson, however feels confident about the upcoming regional competitions. "We will be competitive at regionals and I expect several of our ath-

letes to qualify for state.

Some leaders of the team include senior Chlodys Johnston, a four-year member of the track team who participates in the 1600 and 3200-meter events. Bruce Carter (11), a leader on the men's team, participates in middle and long distance events.

Shawn Seldat (11) and Xavier Petty (12) both excel in shot put and discus, and both have a chance to reach the state tournaments.

As for the future, Patterson feels confident in Natalie Shumpert, a seventh

grader. "Natalie should qualify for state in two events: long jump and triple jump." With a big meet coming up this week, the track team seems well poised to strongly close out the season.



Junior Bruce Carter runs by the school in a blur in training for his next meet.

Photo by P. Zhang

Test your LOHS sports knowledge

Eric Chumbler
Sports Editor

Marshall Toy
Assistant Editor

- When was the last time that the Lone Oak boys' basketball team took home the 2nd District title?
- How many state titles has the girls tennis team won?
- When was the last year that the Lone Oak baseball team won the region?
- Who led the Flash boys' basketball team in scoring in 2003-04?
- Name the leading male and female scorers for the 2003-04 Flash soccer teams.
- Who was the leading homerun hitter for the Lady Flash softball team in the 2002-03 season?
- Including the current head coach, name the last 5 head coaches of the Flash football team.
- When was the last time that the Purchase Player of the year came from Lone Oak in girls basketball?
- True/False: The Golf team finished 6th in the state behind Tilghman
- How many years has head coach Jim Mizell coached baseball at Lone Oak?
- Who did the Lady Flash soccer team defeat in OT this year in the first round of the District Tournament?
- How many district titles have to Lady Flash's volleyball team won?
- Name the boys' basketball head coach that won his 300th game in 1991.
- Which of the following set of twins competes for the LOHS swim team?

- A. Dylan & Lee Darrell
- B. Kenneth & Andrew Ford
- C. Nicole & Stephanie Osucha
- D. Michael & Phillip Sollitto

Answers
1.) 1993-94 (2.) 9 (3.) 1987 (4.) Chase Denson (5.) Melissa Curry & Jon Deaton (6.) Sarah McGregor (7.) Huskins, Cox, Dew, Neel, Grimes (8.) 2004 - Kate Buchanan (9.) False, we finished 6th, but ahead of Paducah Tilghman (10.) 33 (11.) Health (12.) 2 (13.) Roy McKamey (14.) C

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PainManagement

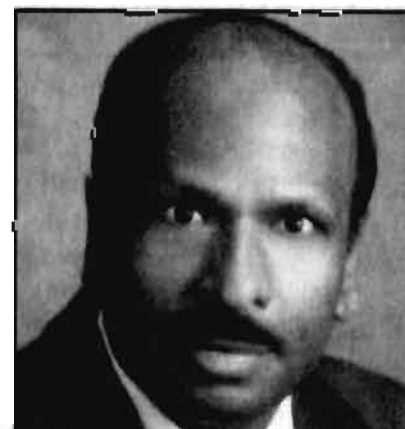
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