

# The Oak "K"



## Inside this issue:

2004 Homecoming • Presidential campaigning taken too far • Adults can be your friends too • Is plastic surgery the answer? • Boys' volleyball

## Undefeated academic team eyes state

Rebecca Wilson  
Staff Writer

The academic team is more than a bunch of brainy kids. They are hardcore competitors. Ask anyone who has ever been to an academic meet. The competition is heated and fierce. Compare it to Jeopardy...except with teams competing instead of individuals.

The varsity members of the Lone Oak Academic Team are Peng Zhang (12), Darren Turner (12), Sneha Pampati (11), Rachael Wooten (11), Kara Bowen (12), Nick Johnson (11) and Rebecca Choudhury (10).

Junior varsity members are Katie Chapman (9), Lee Cole (9), Zia Choudhury (9), Summer Doles (9), John Golightly (9), Jon Fejes (9), Olivia Fellows (9), Mark Kaltenbach (9), Eric Kiser (9), Kyle Oetjen (9) and Blake Parker (9).

They practice Monday and Wednesday mornings and Tuesday and Thursday after school preparing their fast thinking skills in pseudo quick-recall matches.

So far, the varsity team has had eight matches and won all of them. The junior varsity has played four matches and won each.

Academic meets are always a fun thing to observe. Everyone hops in the good ole Suburban and travels to the school at which the meet will take place. While there, one will encounter top-of-the-class intellects fighting it out in a battle of the wits.

Then after Lone Oak wins (which they obviously do), there are laughs and celebration of yet another victory all the way home.

Their next meet is Thursday, Nov. 11, at which they will be playing Heath, Reidland and Tilghman at Tilghman High School.

On the fifth of February, the academic team will be representing Lone Oak at the Governor's Cup district assessment. If they do well there, they will move on to regionals, ultimately hoping to make it to Governor's Cup State Finals in March.

Last year, the academic team made it to regionals, and while individual members of the team went on to state, the academic team as a whole did not.

Just because there is a lack of physical activity does not make the academic team any less fun, interesting or compelling than sports, so support your academic team.

## The Key to being a Rotarian

Emily Suhrheinrich  
Editor-In-Chief

October's Junior Rotarian stands tall in the halls of Lone Oak High School. Jarad Key has certainly proved himself to be a great representative of our school.

Jarad has been an active member of the school's athletic department. Key has been a four-year member of the boys' varsity basketball team. In basketball, he has set the record for most blocked shots in a season last year with 119! He also received an award for most three-point field goals made last year. Key also played junior varsity basketball one year.

"Jarad is an excellent role model for the younger players on the basketball team," said basketball coach, Mr. Poore.

Jarad has maintained a 4.0 GPA and has been named an honour student the last three years. He is the secretary of the Math Club and a three-year member of Beta Club and a two-year member of FCA.

"He is a great person that is always looking for ways to help others - especially if it makes them laugh!" said Mr. Watwood.

Outside of school, Key has been asked to be Lone Oak's representative on the "Smoking Is Not For Me" billboards commonly seen in our area. He attends Lone Oak First Baptist church.

Key enjoys being around water - he loves to scuba diving and spends his summers at the

lake with friends.

"I like being around water whether its having people over to swim at my house or chilling' at the lake," said Key.

Key also played on Kentucky Hoopsters' AAA basketball team this summer. His interest in sports has led him towards a career as a sports agent, although he is also considering a corporate lawyer or going into medical school. Whatever Key does, we'll surely expect the best!

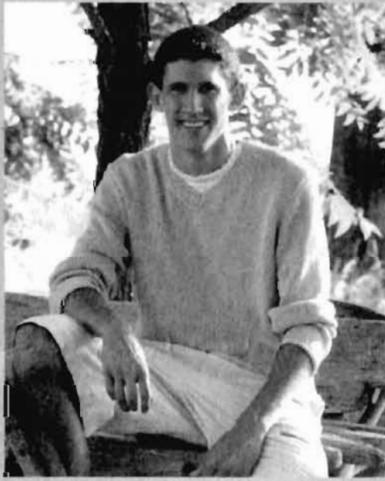


Photo by Gene Boaz

## Seniors get college advice from those who know

Sara Anderson  
Motivational Spirit Leader

This month, LOHS had the honor of having seven people come speak to our seniors about all aspects of college. Those attending were representatives from Murray State University, Western Kentucky University, Western Kentucky Community and Technical College, Kentucky Wesleyan, Transylvania University, the Navy and a financial aid spokesman. Mrs. Light organized the event.

Each representative had the opportunity to speak and give an opinion on getting into college, college life and how to make the best of the college years.

One point that was made repeatedly was to take the ACT and to raise your grades as high as possible. Every college has a scholarship for those who have a high GPA or a high Act score, or more importantly, both. The higher you score, the better off you will be, both with financial aid and getting accepted.

Another thing that stuck in my mind was many of the representatives telling us that college would be what we made it. This means that in order to do well, you must put in the work it takes. It also means that in order to enjoy college you must take classes you enjoy and hang out with people you enjoy. In college, people discover who they really are and their lives will start to show that.

I also remember hearing over and over again to apply for every scholarship. The more you apply, the more you will get. Also, it is not possible to know which ones you may be by chance receive. Use your KEES money and all scholarship money wisely, do not waste it.

Overall, college is coming for those graduating seniors. Make the best of what you have now, and look forward to what is coming for you. Don't be afraid to apply for scholarships and college, the worst that can happen is you won't get accepted. As long as you are trying, you will find somewhere to go, and something to do with your life.

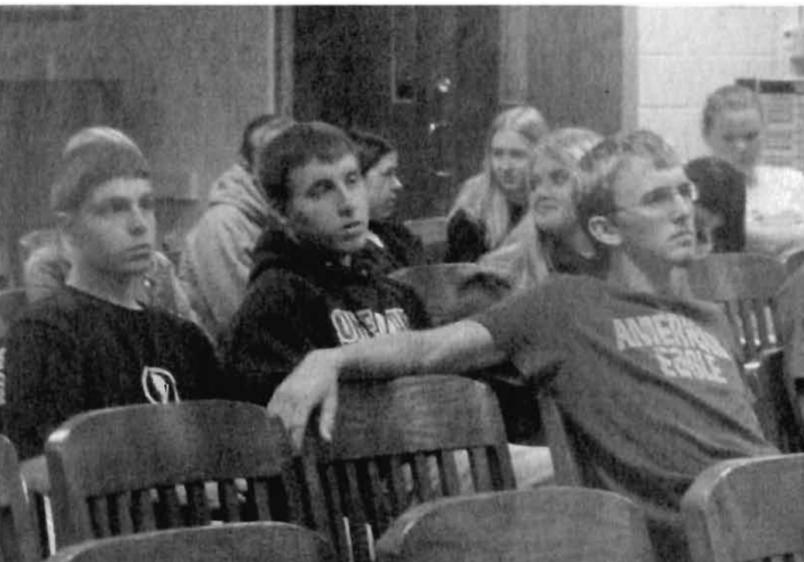


Photo by Brad Wilkins

Seniors listen intently to information about getting into college and being successful

## TCIM sponsors Red Ribbon Week

Emily Suhrheinrich  
Editor-In-Chief

Our annual Red Ribbon Week is taking place this week. Red Ribbon Week, sponsored by The Choice is Mine club, is an effort to prevent drug use in high schools.

Headed up by president Lauren Walker (12), the members of TCIM have been busy during lunch periods. They have been handing out red ribbons and stickers to the student body and also encouraging them to sign up for the raffle. Two tickets will be drawn each lunch to win candy and other prizes.

Walker hopes that with Red Ribbon Week, TCIM's biggest project of the year, will not only increase the awareness of drugs in our school but also prevent use.

Other projects TCIM is hoping to be involved with this year are fundraiser for the Dream Factory, food drive for Paducah Cooperative Ministry and possibly field trip.

If you are interested in helping with any of these projects, feel free to come and visit the TCIM club, which meets in Mr. Smithmier's room.



Photo by Sara Anderson

TCIM members Emily Suhrheinrich and Lauren Walker Hand out pretty papers and ribbons of red during Red Ribbon week.

## Volleyball ends season with strong record

Brad Martin  
Sports Editor

The 2004 volleyball season here at Lone Oak High School has been nothing short of awesome. Coach Whitis made his debut as the head coach this year and in his inaugural year has taken the girls to a district crown.

Led by the tag team seniors of Megan Millay (12) and Carly Marquess (12), the girls have dominated the district and are notorious for being a threat to take the regional trophy.

The girls defeated Heath in the first round of districts. Lone Oak had too much power, too much patience and just flat out out-played the lady pirates.

The next game of the night featured the Paducah Tilghman Tornado vs. the Warriors of Christian Community Academy which was decided in the third set where the Tornados took over and earned the final spot for the district champion with our Lady Flash.

Once again our girls put forth a clinic. In all the games I have attended, that game was the happiest I have seen the girls play all year. Carly Marquess, Megan Millay and Amanda Brediak (11) were chosen to the all district team and Abby Thomas (11) was chosen as the MVP of the team.

Even though they earned a bye in the first round the girls will have a tough opponent in the second round facing the winner of the Graves/Christian Fellowship game.

"We are 2-0 against Graves this year and never went to a third set with them. But still

we need to not look over them if that's who we get," says Coach Whitis.

The girls have never beat CFS but have gone to three sets with them. "They are very well coached. Their coach is smart and he knows the game well," explains Megan Millay.

"They don't have certain setters or a certain powerful hitter, they are all strong and they are all good, but its nothing we can't handle," Carly Marquess said.

Murray handed Lone Oak their first loss of the year. Millay said, "They are good too. Just another one of the dominant teams in our region. They have the benefit of being in a weak bracket but as long as we keep the intensity and the will to go to state, we will."

The regionals were hosted here. Lone Oak walked onto the court with one mission: to take down CFS. In the first game it was a back and forth battle that CFS finally took an edge on and won 26-24. Coach Whitis fired up our girls and sent them out in the second set with a new attitude.

The girls sacrificed their bodies the whole game diving all over just to keep the ball from landing on the floor. The Flash then took that game 26-24. Going into the final game the girls were physically and mentally tired. CFS pick up on the girls' weakness and defeated us 25-13 to give them a ticket to the championship.

"I am proud of our girls and I am proud of Coach Whitis. They did a great job this season," says Mrs. Wear. The girls' put up a great record this year and gave Lone Oak a district title to show for 2004.

## Girls' soccer team fights hard

Gabby Swab  
Sports Editor

The LOHS girls soccer team participated in the First District Tournament over fall break. Having a great season finishing second in the district, the girls on the soccer team were pumped for the tournament, hoping for a win!

Lone Oak was scheduled to play the third seeded Reidland for their first game. During the season, the two teams had played against each other twice, with Reidland winning once and Lone Oak winning once. Going in the game, many girls were nervous but Shadea Mitchell (12) said, "I am confident in our ability to win. We are all anxious and ready for regionals."

With that positive attitude in mind, the girls came out strong. The beginning of the first half was a battle, with no one scoring. With

not much time left in the first half, Tara Kollenburg (11) crossed the ball in the front of the goal. Abby Hart (10) dove for the ball and headed into the goal, giving Lone Oak a 1-0 lead. The Lady Flash came out the second half even stronger with Abby Hart (10) scoring another goal and Melissa Curry (12) putting another two in the goal. Lone Oak finished the game with a 4-0 win, putting them into the district championship game and they were on their way to regionals!

The next night the Flash faced off against Heath, who was seeded fourth. Our girls had beat them once, tied them once, and were seeded higher, so Lone Oak was expected to win. Nothing is sure in the game of soccer, as everyone was to find out that night. The girls played a hard game, but not hard enough. Heath pulled through with a 1-0 win, putting the girls second in the district.

## Lend us a hand (turkey)

Announcing The Oak "K" Newspaper's First Ever "Hand Turkey Decoration Contest!" Due to the popularity of last year's segments on hand turkey and other hand decorations, we have decided to hold a contest for best hand turkey. Entrants are due by November 12 to Mr. Morehead or Emily Suhrheinrich. Top entries will be displayed in the next issue of The Oak "K" and the winner will receive a small\* prize. Think how good a win would look on those college applications!



Not an actual hand turkey.

\*and we mean small

## Thoroughly Modern Emily

Emily Suhrheinrich  
Editor-in-Chief

So, the other day, I was at a band competition, sitting on top of a field commander's podium with Mr. Larry Jett (parent of students at Lone Oak High School and members of the LOHS Band). With myself as a member of the pit and Mr. Larry a member of the pit crew (parents who help get all the pit instruments on the field), we had a lot of free time to amuse ourselves until it was Lone Oak's turn to perform.

True to our natural style, we spent much of our time laughing and goofing off as we read Bazooka Joe comics and made fun of each other. I had a lot more fun with Mr. Larry than I've sometimes had at school in class with students my own age.

A couple of weeks ago, I was sitting at my computer in Journalism, as usual, and was chatting with B-Mo, Mrs. Downey (who takes her lunch with us), Shelley Hicks and Sara Anderson. I then received the joy and the pleasure of hearing B-Mo relate the story of how Mr. Fred Myers (driver's ed teacher) called him saying that a Ben Morehead's mother had called him about driving lessons. (B-Mo then had to explain that he was 28 and a teacher at a high school.) By the time we were finished with this story, we were all close to tears with the amount of hilarity that had welled up.

As teenagers, we tend to take a skeptical view of "grown-ups." Adults are the people who teach us, admonish us and punish us. They're the ones who set the rules, make sure the rules are followed and the ones who force us to face the consequences when we don't. We tend to brush them off as a sort of necessary evil – but it doesn't have to (and shouldn't) be this way.

Some of my very good friends are adults. My dance teacher (who is also the mother of one of my best friends) and I frequently end up having long conversations on the phone when it all started out as me calling to ask her a question about dance. Another good friend is a young woman at church who just has a one-year old baby girl. When I'm not baby-sitting for her, I still love to talk to her about my life and what's going on with me. My mom is the number one person who helps me solve some of my problems. I would much rather spend the evening at my dad's house watching stand-up comedy and eating his homemade dinner than going out to eat somewhere cheap and watching another dumb teeny-bopper movie. And nothing brightens my day more than when Mrs. Daralea Harper comes into Mr. Morehead's room and gives me a hug and tells me about her day.

My point is that we, as teenagers, should not brush off adults as merely the caregivers and rule-enforcers that we tend to see them as. They (despite the age difference) can be as good (and probably smarter and more loyal) of friends as those you spend your weekends with. A young adult from church or a teacher can provide guidance and insight that your teenage friends can't offer. Likewise, these people can offer advice on subjects that you might not feel comfortable sharing with your parents. If you give these "grown-ups" a chance, you might find yourself richly rewarded with a lot of help, support and friendship.

## Choudhury Chats

Rebecca Choudhury  
Assistant Editor

With all of the challenges facing America today, it isn't difficult to understand why the upcoming presidential election has been a very close and hotly contested one. The world as a whole is in turmoil, though that is, truthfully, nothing new; and whether or not Americans believe we are the cause of these global problems, it can't be denied that we have a huge stock in many of them.

The fate of our nation may not hinge on that powerful leader we call "President," but it is he, or she, who has the most power and the best means to effect America's future for the better.

Unfortunately, as we have all seen in the news media, the issues are not the only issues considered when selecting a president, and neither are the candidates' qualifications for the office. As in voting for 8<sup>th</sup> grade superlatives, many people rely on their perceptions of the candidates and their personalities as much as, or more than, the positions those candidates hold.

After following this election closely for nigh on a year, it has become clear that potential voters and those networks that pander to them are more focused on the petty than the important issues our new president must resolve as leader of our nation.

If you've ever watched one of president Bush's campaign ads or heard him speak in public, you're probably very familiar with his favorite anti-Kerry phrase: flip-flopper. Invariably, our president feels the need to point out that Senator Kerry changes his political views like a snake sheds its skin, that he bases his opinions on daily polls from the Times.

However, if one believes this, shouldn't one also acknowledge that there must be a reason for his flip-flopping? Perhaps he changes his mind so often because he sees the error of his own ways and recognizes that there may be better methods available.

Is it better to constantly reevaluate your views, or to stick to your guns even when you shoot yourself in the foot, as the president seems wont to do? Or is it better to find a happy medium, which both major candidates seem to have trouble doing?

Admittedly, questions such as those above are very important. No one wants a president whose stances change with the seasonal winds, or a president who is so focused on doing things his way that he brings about his own destruction.

Less important questions, in my view at least, seem to receive more attention, however: questions about the past, especially in regard to the respective military records of Senator Kerry and President Bush. We've heard over and over about Kerry's participation in anti-Vietnam War rallies, and about the shadowy doubts that the president served in the war at all. Maybe it is true that the senator received undeserved honors for his service, and perhaps President Bush never reported for duty. Both assertions are possible, though they seem to ring false to me.

The real question is, should considerations such as these really matter so much? Everyone, including presidential candidates, makes mistakes when they are "young and stupid." People lie, people cheat, and, if they are decent, which both candidates seem to be, they regret. They repent, they try to make amends, try never to make such horrible decisions again.

I say, let past be past. Concentrate on the present and the future. Look away from the mud-slinging and block your ears to the slanderous barbs and focus, focus on the issues, our problems and the world's, and base your vote on the belief that your candidate represents more than a political party, war medal or social class. Vote for president and only for president, for the person who represents your interests and has a plan to make America better for his or her leadership, not based on past actions or mistaken statements.

## B-Rad's Ruckus

Brad Martin  
Sports Editor

Girls' volleyball has become a great sporting event to watch at Lone Oak High over the last three years. Watching these girls go out and play volleyball with a live-or-die mentality is awesome to spectate. Carly and Megan's powerful spikes, Amanda and Leandra's beautiful sets, or Betsy and Abby diving across the floor to keep play alive pulls you into the game. You can't miss Coach Whitis on the side barking out different sets to the girls and motivating the crowd with his many expressions. My only question is, why are girls getting to have all the fun?

I think guys should have a volleyball team here at Lone Oak. Not that it does me any good now, but after watching the girls my sophomore year until now, I would have loved to play on a volleyball team, and so would a lot of guys who watch the games. It could be because the school can't front the money or they think not many guys will come out for it, but in the future it has to be a consideration. We are such an athletic school and there is little competition locally, we could easily compete with schools that haven't had the privilege of playing Lone Oak in other sports, which, in turn, could bring in teams to play us in other sports such as basketball or baseball.

The reason guys can't have a volleyball team is due to the Title 9 rule. This rule says neither male nor female sports should dominate a school. Therefore, for a guys' team to form, we would have to get rid of another one of our sports. This rule basically tries to keep equal athletic opportunities for both sexes. So any hopes you had for the new men's volleyball team is pretty much lost. The only way the school could bring in the sport would be to drop a current sport or pick up a new one for the females.

Now that you know your chances of slamming a volleyball in the face of a Heath player up on the net is pretty much shot, that gives you more of a reason to come support our girls. They've worked hard to give us a team we can be proud of. If you have never watched them compete, you are missing a great experience. If nothing else, you can watch Coach Whitis get fired up on the sideline after a big-time ace or another uncalled-for double card.

## Sam Says...

Sam Hadfield  
Staff Writer

Have you ever sat down and thought about how boring and unoriginal "rock" music has gotten? It's truly pathetic. People just throw together worthless lyrics and power-chords and call themselves a band. Back in the '60s and '70s all bands were new and different. Now, however, it's the total opposite.

All you have to do is compare the Led-Zeppelin's and the Jefferson Starship's to Nickelback and Puddle of Mudd and you will see what I mean. These new bands have nothing on the old favorites. I can only think of a handful of mainstream bands that are still together that I actually respect. Jet, for example, goes back to their roots, and very few people can resist the tunes of Incubus. There are so very few of these bands left however, that they will not be able to hold their positions in the world of music for much longer.

What I can't understand is how people can actually think bands like these have talent. For example, on MTV's Music Awards, Hoobastank sounded horrible. The singer's voice cracked numerous times, and he even put the mic up to the crowd as if to say, "I don't remember the words, could you guys please help me out?" It's so very disheartening that people actually consider them to be good. He was nervous, I'm sure, but that's no excuse. He's a singer for a very popular band, so he should act like it. The bands of old took you in and actually made you feel like you were part of something. These new modern rock bands make me want to cry.

Another musical genre that has changed for the worse is punk rock. Bands like Black Flag, Bad Brains, Minor Threat, and The Clash used to be punk rock. Now it's Good Charlotte, Yellowcard, and Story of the Year. These bands are pop, and do not have the edgy appeal of their predecessors. Punk rock used to be about not caring about anything but the music, and now the only thing that matters is looking the part.

Also, pop icons like Britney Spears and "J-Lo" are not just musicians now, but entrepreneurs. They have their own clothing lines, and their own perfumes. Rap artists such as P. Diddy, Eminem and Jay-Z have their own clothing companies now, known as Sean John, Shady Unlimited and Roca Wear, respectively. What has happened to the music industry? Where clothing and appearance used to be peripheral issues, now they are the most important issues at hand.

I wonder if these people realize that they are crippling the music industry, and if they do realize this, I wonder if they even care. We must face the facts that music is dying and we need to do something about it.

## Rebecca's Reveling

Rebecca Wilson  
Staff Writer

Bigger boobs! Smaller waist! Tighter buns! Perfect face! These are phrases that are drilled into our minds by the media, our peers, and sometimes even our physicians. Throughout time, people have been seeking physical perfection. Of late, it has become a dangerous obsession. Push-up bras and anti-wrinkle cream are no longer sufficient. Now it's breast implants and botox. Modern society advocates drastic measures in the search for self-perfection.

Some observe that society has become particularly shallow in recent years. The media is pushing this idea of "beauty at all costs" to the masses. According to an online poll, "More than 8.7 million cosmetic plastic surgery procedures [took place] in 2003..." (<http://www.cosmeticsurgery-news.com/article2108.html>) This is 32% more than 2002. So, if you don't like something about yourself, just change it!

Television programs have been promoting this idea adamantly with shows such as "Nip Tuck," "The Swan," "Extreme Makeover," and MTV's "I Want a Famous Face." There has never been such a large interest in drastic plastic like there has been lately.

In the past, it was the money-makers that went "under the knife." Now, more and more middle class citizens are forking over the big bucks to change their appearance due largely to the plethora of media coverage.

Many plastic surgery advocates argue that they made the decision to have the surgery as a result of low self-esteem. If surgery is what it takes to make you feel worthy, then by all means, do it. However, there is something to be said for inner beauty...a kind of beauty society has forgotten. Only when you love and appreciate yourself will you feel comfortable in your own skin. Surgery can't buy that kind of love.

True, it is a long and difficult battle to find yourself, but when you consider the cost of surgery, it is definitely worth it. Not just the "dollars and cents" cost, but the price you'll pay for the consequences of plastic surgery: if something goes wrong, if you don't like your "new look," or if you feel just as empty as you did before the surgery. So try to help yourself before you give up and hurt yourself. There's simply too much at risk. †

## Gabby Gabs

Gabby Swab  
Sports Editor

What is your definition of punishment at school? It's probably different for each person you talk to depending on whether they're a teacher or student. Teachers consider Alternative school and MAPS a severe punishment, but is that really the way the students feel?

If I was failing a class, all I would have to do is do something wrong, go to A-school for twenty days, and end up making a grade I certainly didn't deserve. I'm not saying kids try to get into trouble if they are failing, but why shouldn't they? Doing bad things at school seems to get you more benefits than punishment.

When you go to A-school or MAPS, I realize you can't go to any school functions such as ball games, Homecomings, and even Prom. You also can't participate in any school sports or band. A certain few may care about not being able to participate in these events, but many students don't. During pep rallies, our gym is completely full of students. When you go to a basketball game in the winter, only one small section is filled. That proves how many people in our school don't even consider it punishment because they don't participate anyway. So this shouldn't be considered a big punishment when a variety of students don't even care whether they can participate or not. I also know that you can't talk while you are there, but there are some teachers here that won't let us talk either.

Let me tell you about the benefits students receive for making the wrong choices. Someone could have a failing grade and go to MAPS the middle of first semester for doing drugs at school or being drunk at a dance. They can come back the middle of second semester and by then have pulled their first semester grade up enough to get a "B" in the class; because if you just do your work in A-school or MAPS you receive and "A". Because the student was gone enough of the second semester, they were able to pass the class although they didn't learn anything the whole year. Now how is that helping their education or even teaching them a lesson? I realize the government cannot afford to have certified teachers in every subject at this school so it would be impossible for everyone to get a proper education. If the government cannot provide the proper education, we should not have this school as punishment. Every student should get the same education.

I don't know who came up with this form of punishment, but it is not helping the student in any way. They are not being punished very severely, and they are learning nothing on top of that. There needs to be a new form of punishment so students can learn and earn their rightful grade while receiving proper punishment.

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 2000 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 placements 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

Emily Suhrheinrich, Editor-in-Chief  
Rebecca Choudhury, Assistant Editor  
Sara Anderson, Motivational Spirit Leader  
Kelcey Buchanan, Staff Writer  
Jessica Gordon, Archivist  
Samuel Hadfield, Staff Writer  
Shelley Hicks, Business Manager

Ian Joslyn, Staff Writer  
Brad Martin, Sports Editor  
Gabby Swab, Sports Editor  
Robert E. Lee Wilkins, Staff Writer  
Becca Wilson, Staff Writer  
Ben Morehead, Adviser



Photo by Gabby Swab

Cheerleaders Brittany Gilliam, Drew Ramage, Whitney Jones, Jessica Richards, Stephanie Kaufman, Andera Hall, Lori Beth Lile, Sara Anderson and Chelsea Harrison take a break from the Homecoming pep rally to take advantage of a photo op.



Photo by Gabby Swab

Grant Price, Jacob Adams, Ethan Feldner, Adam Perry and Thomas Bailey take Homecoming festivities very seriously.



Photo by Gabby Swab

Kristen Chappell, Corey Camp, Jackie Proctor, Aimee Borden and Tiffany Butler enjoy Dippin' Dots before the pep rally.



Photo by Devin Haneline

Teacher Homecoming Queens Linda Harper, Kelly Hack, Susan Helmich, Ellen Powless and Daralea Harper stick together.

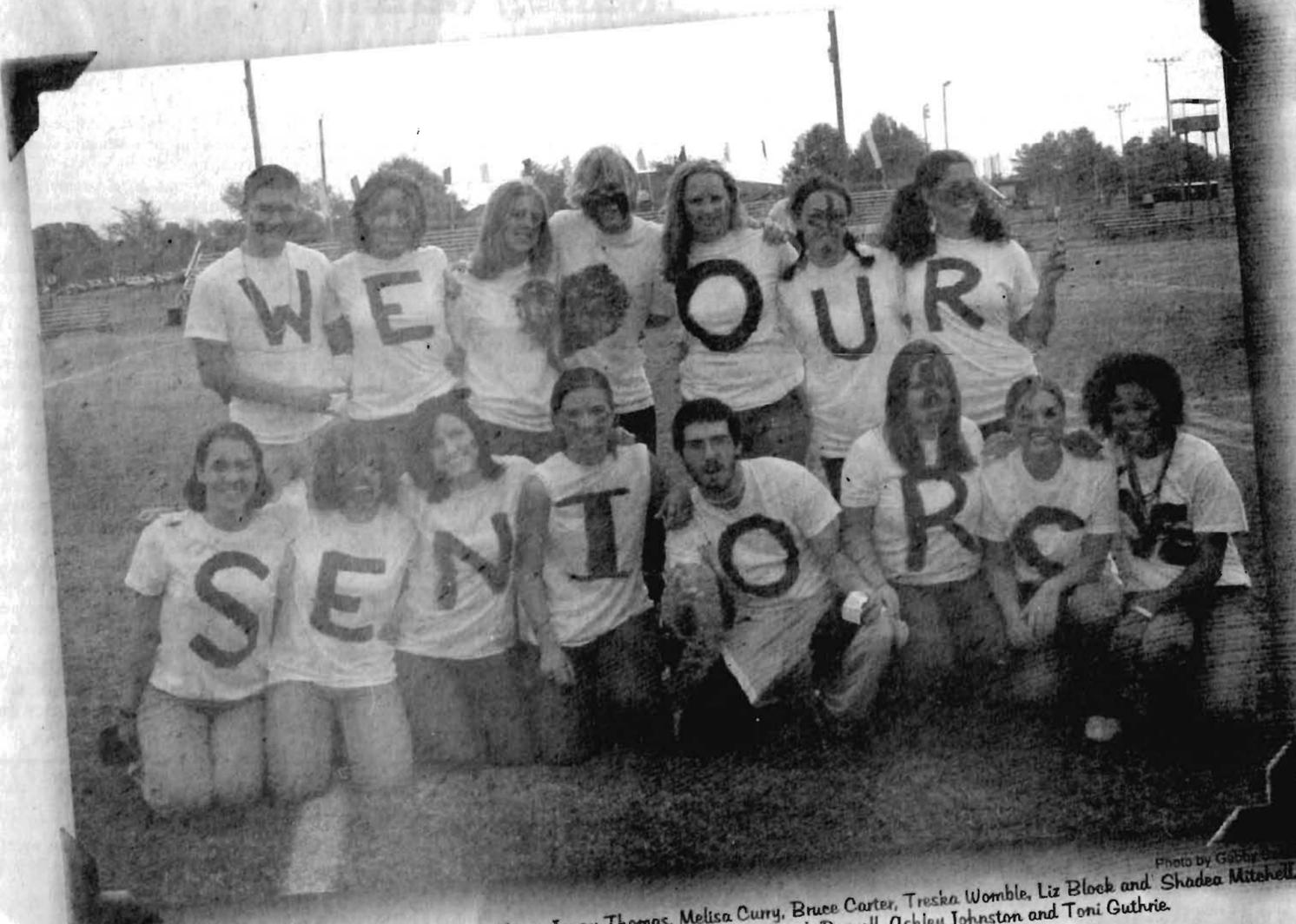


Photo by Gabby Swab

We do love our seniors at Lone Oak! Top row: Chris Heine, Janay Thomas, Melisa Curry, Bruce Carter, Treska Womble, Liz Block and Shadea Mitchell. Bottom row: Erica Maddux, Corey Gregory, Stacey Allen, Sara Guerian, Jared Owen, Sarah Russell, Ashley Johnston and Toni Guthrie.



Football players Daniel Roe, Raleigh Sugg, Marshall Toy and Brandon Phillips were confident before their game against Muhlenberg South.  
Photo by Gabby Swab



Top to bottom: Gabby Swab, Brittany Andrews, Rachel Wooten, Leandra Bell, Emily Brantley, Whitney Valdez and Meagan White show their Purple Flash Pride at the football field.  
Photo by Gabby Swab



Sara Anderson, Mrs. Downey, Mr. Morehead and Shelley Hiebs had twice the fun and twice the cowbell on twin day!  
Photo by Kelcey Buchanan

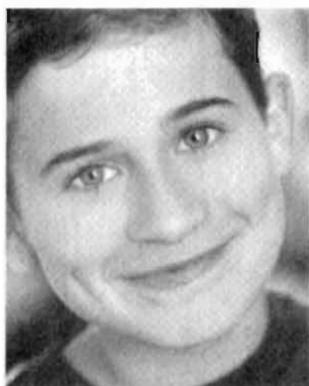


Tera Millay was Whitney Jones' twin and Whitney Jones was Tera Millay's twin on twin day while Gabby Swab and Debië Whitelock made a religious statement.  
Photo by Brad Martin



Clint Cobb and Jenna Grief were crowned 2004 Football Homecoming King and Queen at the ceremony before the football game.  
Photo by Gene Boaz

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# STAFF PICKS

Rebecca Choudhury  
Assistant Editor

When the time comes to assign stories, there is one column that the entire staff fights for: Pick of the Month. Everyone wants the chance to share their favorites with the masses, and we know how much you, the readers, value our opinions on music, movies, and, generally speaking, everything.

If you're one who would never dream of purchasing a new CD or reading a book without getting our input first, rejoice! With our new section of staff picks, you'll never have to make such important decision for yourself ever again.

**Movies**

"'Eternal Sunshine of the Spotless Mind' and 'The Hours.' Very unique and thought-provoking." – The Two Rebeccas (Wilson and Choudhury)

"'Mean Girls.' It's a lot like high school and teaches you some good lessons. Really cute!" – Gabby Swab

**Music**

"'We are not Alone' (Breaking Benjamin). Great lyrics, strong vocals, insane guitar licks, and complicated drum beats." – Brad Martin

"'Autobiography' (Ashlee Simpson). It's a variety of music. It's just a fun CD that can put you in a good mood." – Gabby Swab

"'This Side' (Nickel Creek). Variety of sound and haunting melodies. Really good instrumentals." – Rebecca Wilson

**Books**

"'The Bell Jar' by Silvia Plath. It's a captivating novel that takes you into the mind of a disturbed woman...in a mental hospital." – Rebecca Wilson

"'The Guardian' by Nicholas Sparks. It's a mystery, a love story, and very suspenseful." – Gabby Swab

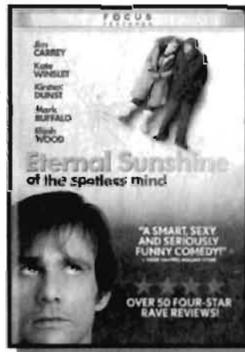
"'Sabriel' by Garth Nix. The plot is absolutely wonderful, especially if you love fantasy." – Jessica Gordon

**Miscellaneous**

"Exploring abandoned theaters downtown. The creepy, scary, old ones that make you have nightmares." – Anonymous

"(The television show) 'Monk.' I'm O.C., so I understand what he's going through." – Ian Joslyn

"Fictionpress.com. A fun and easy way to get your writing out there and to get feedback with the safety of anonymity." – Emily Suhrheinrich



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# Students, be heard!

**Becca Wilson**  
Staff Writer

Ever feel that everything you read in the newspaper involves sports, clubs or people who are out in the limelight? Well, now students have a chance to be included in the newspaper simply if you have an opinion! Exercise your right to free speech in the press!

**Question:** If you could change one thing about Lone Oak High School, what would it be and why?

**Lauren Nance, senior:** "Fewer students, which would obviously make the hallways less crowded and create smaller classes."

**Tyler Parker, freshman:** "...the price to get into sports activities. Instead of \$2 for students and \$4 for adults, I would make it \$3 for adults and \$1 for students."

**Bethany Culver, sophomore:** "One thing I would change about our school would be the gym because...well let's just say ours isn't the cleanest or coolest. Maybe if you were going to sit in a sauna it would be all right and the dirt and gum has been there since my mom went to school here."

**Scott Pullen, junior:** "If I could change one thing in the school it would be that we could have cokes during class. [We] need sugar to keep us going all day!"

**Levi Boutwell, freshman:** "I would change the number of options for each class. I think the options are too general. The classes should reflect the students' interests."



# Lone Oak students and politics

**Gabby Swab**  
Sports Editor

You can't pick up a newspaper or turn on the television without hearing about this year's election. Many people would say it is supposed to be a close race and others may say it is going to be a blow out on the side of their choice. There are many die-hard Bush fans as well as die-hard Kerry fans. There are also many people out there for a different candidate, and still some undecided. Who do you choose for this election, and do you support them for the right reasons?

I recently conducted a poll about politicians and their issues. An English class from all four grades were polled, which equaled 102 Lone Oak High School students. It was a set of five questions. There were two things this poll showed me. For one, I got to see what students in this area feel about the candidates and government issues we are facing every-day. The second thing this polled showed is how much our students truly don't know about what they are voting for.

When looking at the results below, it is not hard to see that students today are rooting for someone just because of their political party or it is whom their parents like. I realize many of us are too young and unable to vote, but if you are voting in this election or plan to in future election, remember to vote for your candidates for the issues they stand for. Voting is a big decision so research the candidate's issues and vote for what you believe in, not what someone else says.

1. What is your view on abortion?  
A. 54 chose it is wrong and for no reason should it be legal.  
B. 15 feel women should have a choice about having a baby or not.  
C. 33 feel it is okay in some circumstances.

2. What is your view on gun control?  
A. 8 feel guns should be illegal  
B. 20 feel everyone should have freedom on what they own  
C. 74 feel you should have a license but not abuse your right to have a gun.

3. What are your feelings on the war?  
A. 37 support the war and feel it is necessary  
B. 20 think it is ridiculous and we should not be in Iraq  
C. 43 are undecided on war issues

4. What do you feel about DNA research?  
A. 12 think it is unnecessary and a waste of government money  
B. 41 think we should figure out as much as possible no matter what the cost  
C. 49 don't have any views on this subject

5. Which candidate are you rooting for?  
A. 63 for Bush  
B. 15 for Kerry  
C. 5 for Nader  
D. 2 for Other  
E. 17 are undecided

## Top 10 Worst Halloween Costumes Ever

**Bobby Wilkins**  
Staff Writer

10. Mario dressed as a hamburger.
9. Tooth
8. Charles Manson
7. Tom Green
6. A Peeping Tom
5. A Ghost (dressed in a sheet)
4. Hand Turkey
3. Skanks
2. CLOWNS!
1. The opposite sex

# A few good things to do this Halloween

**Jessica Gordon**  
Archivist

All Hallows Eve, better known as Halloween, is one of the most favored holidays. It's right up there with Thanksgiving and Christmas. The one night everyone dresses up in wacky costumes, parties till midnight, and receives bucket loads of sweets. However, the fright night can be filled with other activities besides the usual fun and games. It can still be filled with the terror and mystery the holiday was named after.

How about a tour inside a real haunted house? Not Tador Falls, although it is good for a scare. If you go on the Internet there are thousands of websites with various places to visit. Here's a helpful tip, the older the house is increases your chances of a true haunting. And don't forget, Halloween is the night spirits are restless. Maybe nothing will happen, or maybe the night will sound with your screams.

Get together with your buddies and have a movie fest. Scare yourselves silly with the greatest horror movies of all

time. "Texas Chainsaw Massacre," the "Halloween" series, "The Ring," "Darkness Falls" and anything else your morbid mind can come up with.

It is advised that while you are watching these scream machines to lock your doors and windows. You will feel a little ease with the knowledge you are safe inside your house. Besides, you can never be too careful.

Don't forget, you can help others enjoy this ghastly holiday. Why not volunteer your time at the elementary and middle schools? Your church would more than likely need your help for any activities they have planned too. Adults and children alike go and have a wonderful time, and you would be reasonable for that happiness. The one catch, you cannot scare the children unless you're hired for the haunted house. There's a good chance you could get fired and kicked out of the festivities.

Everyone does something on Halloween that pertains to the nature of the holiday. The daytime fades away as darkness takes over to reveal what lies in the shadows. The things you can do in

that one night are limitless. Partying, watching a movie, working, or something else that makes you get in the spirit of Halloween. Just remember, All Hallows Eve can be filled with people and creatures you won't see again for another year.

Enjoy the night to it's fullest, and be safe as well. Oh yeah, trick-or-treat.



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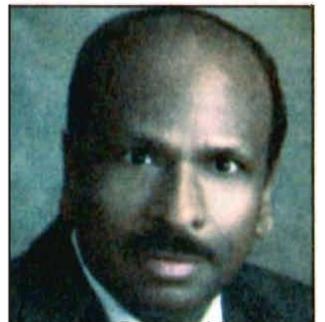
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