

Military Mail

Jessica Gordon
Archivist

Here are the dates when mail needs to be sent to reach military addresses by Christmas.

Express Mail should be sent by Dec. 20 (not applicable for ZIP code 093). First class mail and letters and Priority Mail should be sent by Dec. 11 (Dec. 6 for ZIP code 093). Parcel Airlift should be sent by Dec. 4. Space Available mail must be sent by Nov. 27.

Here are the dates for international civilian mail to reach the Middle East by Christmas. Express Guarantee should be mailed by Dec. 20; Express Mail by Dec. 17; Priority Mail by Dec. 16; Airmail letters and cards by Dec. 13; and Airmail Parcel Post by Dec. 13.

For more information not listed log on to www.usps.com. Remember parcels (packages, boxes, gifts, etc.) must be sent through a post office window.

Art students win regional competition

Sam Hadfield
Staff Writer

There were several Lone Oak High School girls who came away with first place in the Regional Women's Club High School Art Competition, and will represent the first region in the state competition in May.

Vanessa Winters (12), an Art II student, got first for her acrylic painting of a fire. Corey Gregory (12), an AP Studio Art student, and a member of the GT Art program, got first place in watercolor.

Nicole Garcia (10) was first place in ceramics and sculpture. Janet Spees (12), another AP Art student, went to the Governor's School of the Arts during the summer, and got first in basket weaving in this competition. Jeremy Elias (12), an AP Art student, won first in computer design, and Timothy Wood got first in the special students drawing

Key Club continues helping community

Kelcey Buchanan
Staff Writer

The Key Club has had a very successful year so far.

The Lone Oak Purple Flash T-shirts and sweatshirts sale went very well. Special thanks to Rachel Blackburn (12), Jennifer Webb (12), and Carey Talley (12) for the dedication they had to the sell of these items. The Key Club will be selling the shirts again during the beginning of December.

Club members went to Lourdes Day Break adult daycare center on Oct. 29, and provided some very good Halloween entertainment to approximately 35 senior citizens.

The entertainment included skits with Halloween costumes and treat bags.

The Lone Oak Kiwanis Club provided candy for the treat bags.

For Thanksgiving the Key Club include providing ingredients for a Thanksgiving meal to a family.

They will sponsor a family for Christmas and ring bells for the Salvation Army.

"Our club is starting the school year on a very positive note," sponsor Mrs. Buckley said.

Biology Club goes south

Brad Martin
Sports Editor

On Friday, Nov. 12, the Biology Club took a trip to Tennessee to visit various tourist attractions that fit well with the club.

Forty of our finest students were aboard on the trip to Chattanooga which included a visit to the Nashville Zoo, stopping by the the Aquarium in Chattanooga, catching an IMAX flick and taking a little time off at the Hickory Hollow Mall.

Mr. Wallace, Mrs. Wallace, Mr. Watwood, and Ms. Titsworth chaperoned the trip.

At the new Nashville Zoo, club members observed the newly built "Unseen New World." It was filled with poisonous spiders, frogs and snakes, one of which was a huge Anaconda.

The bats were also a highlight of the zoo. President Tara Kollenberg (11) said, "The bats were fun to watch because they were so acrobatic and they chased these little bugs that no one had any idea of what they were. But all in all it was awesome!"

At the aquarium located in Chattanooga, the

first thing that caught the students' eyes was the seahorse exhibit. There were sea horses from all over the world put together in one tank to make a beautiful display of the species.

The aquarium was four stories packed with various sea creatures such as swamp fish, river fish, sharks and even fishes that were safe to touch and play with.

At the IMAX, the club saw "T-REX" in 3D. "Coach Wallace looked so goofy in his 3D glasses! That made the experience even more enjoyable," Kollenberg said.

Then for a little break from biology they stopped by Hickory Hollow Mall. They spent two hours shopping and eating dinner before they took the long trip back to good ole Paducah. "Everyone had a blast and it was a great trip. It was educational and fun at the same time," said Kollenberg.

If you would like to join the Biology Club here at Lone Oak High School, pay your \$12 dues to Mr. Wallace or Mrs. Wallace before the next meeting.

Other club officers are vice president Michael Sollitto (12), treasurer Emily Staley (10), secretary Catherine Stohl (10) and reporter Brad Martin (12)

Lone Oak choir students to attend all-state chorus

Becca Wilson
Staff Writer

In February, several students in the Lone Oak Chamber Choir will venture to Louisville to participate in the coveted All-state Choir. The All-state choir is a state-wide select choir for which thousands of students tried out. Only 200 were selected.

Students who wished to try out for All-state worked for several months learning a piece of music to sing at the audition. Each sings a selection from the piece as a solo, and the piece in its entirety with a quartet.

The quartet consists of one soprano, one alto, one tenor, and one bass. This year, Tilghman held the auditions in October. Each prospective All-state member received a score out of 100: 90 for the vocal audition and 10 for sight-reading (which is always the most difficult part).

Sixteen Lone Oak students tried out for the All-state choir from Lone Oak and eight qualified. These students were Thomas Bailey (11), Brad Jett (12), Scott Pullen (11), Justin Edwards (12), Neil Houser (12), Ashley Strong (12), Kristen Warren (11), and Emily Surheinrich (12).

The aforementioned students will spend a weekend in Louisville, practicing with the other members from all over the state. They perform a concert at the end consisting of somewhat advanced music.

Congratulations to all who made it and have fun in Louisville.

JV academic team sweeps the Student Loan People Junior Varsity Challenge

Rebecca Choudhury
Assistant Editor

Ah, November. As the month draws to a close, there is much to think about: Thanksgiving, Christmas shopping, the upcoming winter break, and ... academic competitions.

On Nov. 20, 13 freshmen and sophomores traveled to Trigg County High School to represent Lone Oak as one of five teams competing in the 2004 Student Loan People Junior Varsity Challenge.

Continuing what has been an excellent season, Lone Oak dominated the competition, beating second place overall team Murray High School by a little over 33 points.

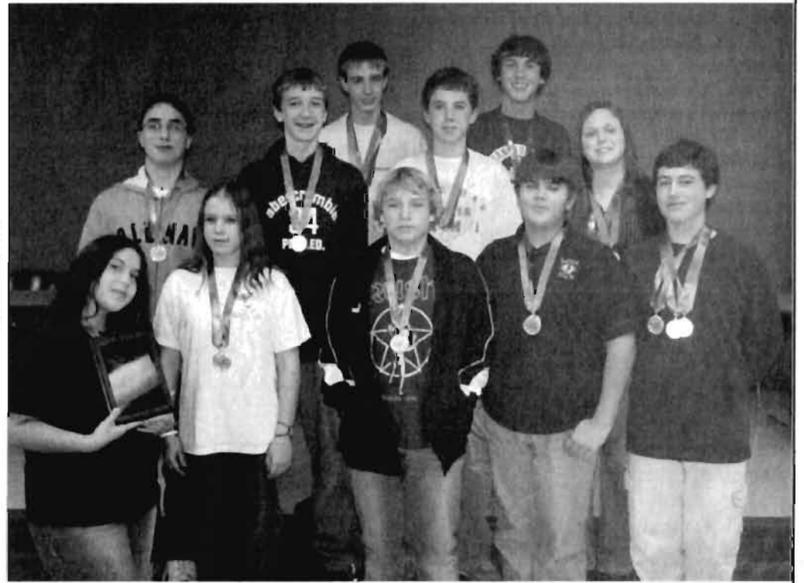
A major component of the team's success was its victory in quick recall. Students Katie Chapman (9), John Fejes (9), Olivia Fellows (9), Kyle Oetjen (9), Eric Kiser (9), Lee Cole (9), Zia Choudhury (9), Mark Kaltenbach (9), Blake Parker (9), James Summerlin (9), and Rebecca Choudhury (10) all competed to seize first place.

However, although quick recall is an important source of points for a team's overall score, it is nearly impossible to win on this event alone.

Very few teams do well who do not place in written examinations as well. John Fejes (9) placed first on the arts and humanities and social studies tests, Kyle Oetjen (9) placed first in science and second in mathematics, Rebecca Choudhury (10) placed first in language arts and third in social studies, Zia Choudhury (9) placed second in social studies and sixth in mathematics, Lee Cole (9) placed second in arts and humanities, Katie Chapman (9) placed fourth in language arts, Mark Kaltenbach (9) placed fifth in arts and humanities, and Olivia Fellows (9) placed sixth in language arts. The combined efforts of students and coaches and the support of parents made Lone Oak's victory a complete one.

One "challenge" may have been met, but more are still to come. Academic team practices continue as the students prepare for future matches, as well as an upcoming tournament in Daviess County and, of course, Governor's Cup. With hard work and lots of studying, Lone Oak's academic team as a whole will hopefully be as successful as its junior varsity.

Top row (left to right): Kyle Oetjen and Lee Cole. Middle row: James Summerlin, Eric Kiser, Mark Kaltenbach and Olivia Fellows. Bottom row: Rebecca Choudhury, Katie Chapman, Blake Parker, Zia Choudhury and John Fejes.



Staff photographer

Top row (left to right): Kyle Oetjen and Lee Cole. Middle row: James Summerlin, Eric Kiser, Mark Kaltenbach and Olivia Fellows. Bottom row: Rebecca Choudhury, Katie Chapman, Blake Parker, Zia Choudhury and John Fejes.

COMBINATION OF STUDIES SHOWS LOW AMOUNT

Homework habits

Staff Report

Information released by the Brookings Institute and the RAND Corporation shows that recent reports of the increasing amount of homework for today's students is false.

The Brookings and RAND researchers gathered information from a number of surveys and studies, including surveys completed by the National Assessment of Educational Progress, the Third International math and Science Study, the Population Studies Center at the Institute for Social Research at the University of Michigan and the Higher Education Research Institute at UCLA.

The information gathered shows little change in homework trends from previous years.

The majority of students at all grade levels now spends less than one hour studying outside of school on a typical day.

This amount of homework has not changed significantly in the last 20 years, according to Brookings and RAND researchers.

Only about 35 percent of 17-year-olds spends an hour or more a day on homework, according to a 1999 NAEP study.

According to the same study, homework amounts are even less among younger students. Thirty-four percent of 13-year-olds report having an hour or more of homework a night and only 17 percent of 8-year-olds have an hour or more per night.

The NAEP study actually found that across the three different age groups, the amount of homework has decreased since 1984.

In 1984, only 59 percent of 17-year-olds reported less than an hour of homework, 63 percent of 13-year-olds and 81 percent of 9-year-olds.

Of the 20 countries studied in the TIMSS survey, the United States finished tied for next-to-last in the amount of homework done by students.

Students in France, Italy, Russia and South Africa reported spending at least twice as much time on homework as American students of the same age.

A 2000 poll conducted by the Public Agenda Foundation found that only one in 10 parents believes their child is given too much homework.

The Brookings and RAND researchers conducted the study after a wave of media reports citing the increasing amount of homework among American students. Such reports have appeared in "Time," "Newsweek" and "People," as well as the New York Times, Washington Post, Los Angeles Times and the CBS Evening News, among others.

Study shows body piercings indicative of risky behaviors

Staff Report

Teenagers who sport body piercings are more likely to take part in several risky behaviors that their unpierced counterparts, according to research presented at an annual conference of the Pediatric Academic Societies in Baltimore.

But the link with risk behavior such as smoking and becoming sexually active at a young age is weaker than the link between tattoos and such actions, according to researchers from the University of Rochester Medical Center, who reported on a similar study of tattooed teens last year.

Girls were more than four times as likely to have a body piercing: 7.1 percent of girls, compared to 1.7 percent of boys, have body piercings. Teens living with one instead of two parents are nearly twice as likely to get a piercing.

Results indicated pierced girls in particular are more likely to engage in risky behaviors than girls without body piercings. The study found that girls with body piercings — piercings in body areas other than the ears — are more than twice as likely as other girls to smoke, to skip school and to have sex.

Pierced girls were also three times as likely to be involved in activities like shoplifting and graffiti. The research found no link between piercings in girls and poor grades or violent behavior.

Because fewer boys have body piercings, researchers weren't able to determine if the same findings hold true for boys, although it appears boys with piercings are more likely to drink and skip school than those without piercings.

The study was done with a national sample of 4,595 adolescents. People in the study were in junior high or high school; all were ages 12 to 21, with the majority 14 to 16 years old.



Staff photographer

Girls with body piercings are more likely to engage in risky behaviors than girls without body piercings according to a study presented at an annual conference of the Pediatric Academic Societies in Baltimore.

According to a public relations release from the university of Rochester Medical Center, when doctors see a teenager who has a piercing, they should ask about their behaviors and where they got the piercing done to see if the procedure was safe.

An article from Reuters said body piercings do not guarantee that a child is misbehaving, but they should serve as a warning to parents, pediatricians and other healthcare providers. The piercing is a sign of rebellion, they said.

Thoroughly Modern Emily

Emily Suhrheinrich
Editor-In-Chief

It's true. Cafeteria food is not exactly what you would call "gourmet." It wouldn't get its own show on the Food Network, and taking your date to the school's cafeteria for some good ole crispy steak probably wouldn't be your first choice.

But the fact is that it's cafeteria food we're talking about here. Considering the time allotted for preparation, the budget and the amount of serving time allowed, our cafeteria workers do a pretty great job of preparing tasty food to help us last the day.

Think about it. Our school has even more students this year than in years past. Somehow, the lunch ladies find time to prepare enough food for more eight hundred students, plus faculty and staff, plus extra helpings for some of us.

They have to do this all in a few short hours, and still we students don't appreciate their hard work as we wait impatiently for the fries to finish cooking or for the computers to hurry up.

On some days, such as "Oriental Day" or

"Crispy Steak Day," the food is in such high demand that the lunch ladies are kept constantly busy.

Not only considering the time constraint, think about the variety offered by our school's cafeteria.

Everyday you are offered a hot meal with several side dishes to choose from. Even if you can find nothing whatsoever to tempt your palate on the hot line, there is always the third line, which offers pizza, hamburgers and various other sandwiches.

The great thing is that it doesn't stop there. For those of you more health conscious, the cafeteria has recently added turkey wraps and salad boxes available everyday. These probably take more time to prepare in addition to the other meals, but the box lunches are al-

ways there and the lunch ladies are even kind enough to find one if there are none on the line.

The lunch ladies work hard to make sure we students eat well and they aren't even very well rewarded. Take time to thank your lunch lady not only the next time they go out of your way to help you during the lunch rush hour, but everyday they prepare a tasty meal at a low cost.

"The lunch ladies work hard to make sure we students eat well..."

Choudhury Chats

Rebecca Choudhury
Assistant Editor

Ramadan. To some, it's nothing more than a word. Others recognize it as Islam's holiest month. For my fellow Muslims and myself, it is a challenge.

For any readers who aren't very familiar with Islamic tradition, Ramadan is the month during which the Qur'an was revealed to the prophet Muhammad (s.a.s.). To commemorate this, Muslims who are physically able abstain from all food and drink from sunrise to sunset for 30 days.

Because the Islamic Calendar is lunar, the month of Ramadan shifts dates slightly each year.

As I am writing this, I have had nothing to eat or drink for a little over six-and-a-half hours. I cannot eat or drink anything for another five-and-a-half.

When I describe Ramadan and its conditions to non-Muslims, many of them comment about its harshness or attempt to console me from the unbearable discomfort I must be feeling. In reality, I rather enjoy the experience. True, it can be less than pleasant at times, but fasting during Ramadan provides many benefits, mental as well as spiritual.

One reason Muslims fast during Ramadan is to express religious devotion, as many would expect. We demonstrate that our dedication to Islam and its teachings is far more important to us than the comforts sustenance provides us throughout the day.

However, contrary to the opinion held in the main, this is not necessarily the chief reason why Muslims fast. More than for religious reasons, fasting is emphasized to stir empathy for the unfortunate.

As a very charity-oriented religion, Islam requires that followers to what they can to give help to those who need it. Although a day without food cannot by any means be compared to a lifetime of hunger, it provides a bit of insight into the sufferings of millions upon millions of men, women, and children all over the world. It is hoped that the experience of Ramadan will encourage Muslims to be more generous in the future.

As I said before, I do not endure Ramadan. Rather, I enjoy fasting. I look forward to it every year, and not because I'm a religious zealot or some sort of anorexic masochist. I look forward to Ramadan because I, for one, enjoy a challenge.

Perhaps the most important teaching of Ramadan is the importance of self-control. A certain special pleasure can be derived from the sense of achievement that comes from the fast.

By denying ourselves food when our stomachs are empty and resisting the temptation of water when our mouths are uncomfortably dry, we Muslims seek to strengthen our resolve and self control. We harden our

minds against outside influences and internal urges in order to better ourselves and prepare us for greater difficulties that may or may not be ours in the future.

In a single editorial, one moderately informed 15-year-old couldn't hope to validate a tradition dating back to the seventh century.

I can, however, illustrate the fact that most Muslims do not feel fasting is excessive or cruel. We do not need sympathy, and we don't mean to make others uncomfortable or self-conscious. We do what we do willingly, some gladly, because to us, a little bit of mental torture is more than worth the insights that come after.

"As I am writing this, I have had nothing to eat or drink for a little over six-and-a-half hours."

Rebecca's Reveling

Becca Wilson
Staff Writer

Daylight savings time: something that has been occurring for hundreds of years and still occurs to this day, recently, in fact. It came into existence in the grand days before a wonderful thing called electricity when farmers needed more daylight to do their work.

During the summer months, sunlight was plentiful for a substantial amount of time. Then in the winter, as the days grew darker, it became more difficult to progress in their work without the aid of the sun. So it was decided to save daylight time.

Fast forward a few hundred years. Agriculture is no longer the predominant source of income in America, in fact, it's slowly becoming an endangered job. Not to mention the fact that we have many sources of artificial sunlight that can aid the farmers still in existence. So the question is, "Is daylight savings time still necessary?"

No. In fact, one could go as far to say that it is a pointless inconvenience in today's times. It is simply a burdensome, confusing, and even tiring expense that people will never be accustomed to as long as time endures. It throws off people's biological time clock, which is the most natural way of keeping time

known to man. When nature is confused, there can only be chaos, however small.

Daylight savings time is simply an annoying habit that should be broken. It's like watching someone bite their nails. You just want to run up to them and remove their hands from their gnawing mouth and dip their hands in buffalo sauce. The same is true for daylight savings time. I just want to run up to Washington D.C. and adamantly invoke an official amendment

banning daylight savings time.

So many people have problems adjusting to the time change. For example, people are inevitably going to be late for work, church, or school in the immediate days that follow. Some even gain more weight because they're used to eating earlier (or later for that matter) and end up eating more. This is yet again another instance of sheer inconvenience.

So if we have any students planning on a job in politics or preferably presidency, I advise you to consider my plea of insanity in regards to daylight savings time.

One more year of that horrible inconvenience and I just might have to check myself into a psyda ward. Of course, inept politicians have more important things to address right now, so the problem won't be solved any time soon.

Gabby Gabs

Gabby Swab
Sports Editor

What is the big deal with football and basketball, and boys sports in general? They get so much more attention than other sports.

When football has a big game, we have a pep rally. If boys and girls soccer make it to regionals, we get a pat on the back. When tennis makes it to state every single year, they get their name announced over the intercom in the morning.

The basketball team can have a game against Heath, and we have this huge pep rally and signs all over the school. I have never seen a pep rally in the spring, but how many spring sports do we have again? Many people don't even know because they don't get much credit for what they do.

And what about our band? They made it to state this year. We got announcements over the intercom for them too. Why wasn't there a pep rally for them so we could all show them how much we support them? They need our support just like any other school activity.

What do you think a cheerleader is? Some-

one who cheers for everyone! So why doesn't anyone cheer for them? Our cheerleaders recently competed in a competition and did very well. They will also be attending nationals. Why don't they get a pep rally for all the hard work they have been doing?

When I recently vacationed in Destin, I was wearing a Lone Oak sweatshirt. A random lady came up to me and asked if I went to the Lone Oak High School with the "awesome" tennis team.

I was proud to tell her yes. But how much do the other students at LOHS know about our tennis team? They go to state every year and have won many times. Shouldn't we give them more recognition for clearly being the most successful sport at our school?

I am not saying football and basketball don't deserve recognition, but what about everyone else?

The football team practices hard, but guess what, so do cross country, volleyball, soccer and all the other sports teams. All the other teams put in just as many hours.

We all work hard for our school and deserve the same credit.

"We all work hard for our school and deserve the same credit."

Sara Says...

Sara Anderson
Motivational Spirit Leader

Is it possible to hate, love or moderately like the students at Lone Oak more than we already do? What I am trying to say is at some point, each and every person at LOHS has been the target of ridicule, no matter what you think.

Yes, even if you think that you have never been talked about... you have. Even if you think you haven't spoken terribly about someone, you have. Everyone does it, and we all know it is wrong, but how do you fix it?

"When you look at someone and think to yourself how much you hate a characteristic they have, or a way they act, look at your own behaviors. Chances are, you exhibit many of the behaviors and attitudes they do. More often you are annoyed by people who are just like you." This anonymous quote has really stuck with me through my high school years.

It's crazy to look at someone or a situation and apply those thoughts to yourself. They almost always apply, or so I have found. If you look at it and think, "Nah, I'm not like that," look again.

Many times after I have been "bad-mouthing" someone, I think about what was bothering me about that person. I think back to all similar situations I have been in and realize that I would have handled it the same way, or acted

the same way, or said the same thing that that person did.

Sometimes it is best to think before saying or acting... gee, that sounds familiar. We have grown up with rules of behavior.

"If you can't say anything nice, don't say anything at all." is perhaps the most famous, and clichéd, of all. What ever happens to the sweetness and innocence that we all once possessed during our adolescence?

I miss those years, when hearts wouldn't break, reputations wouldn't ruin, and everyone got along.

Now that I have limited time available, I remember how much I love everyone in my grade. I can look at everyone and remember a special moment we had and it makes me want to cry. It really bites to know that I may have said some things about them that I really didn't mean.

I really wish I had the opportunity to talk to everyone I have ever said anything bad about and apologize. Even in the future, I wish I could put a negative block on my mouth that keeps anything bad from coming out.

All of these concepts also go back to the bullies on the playground that would chase you around and tease you. The only reason they did was because they were jealous or weren't happy with themselves. Remember, you only have a short time left with the people you are talking about, so fix yourself and the complaining will be greatly reduced.

"I really wish I had the opportunity to talk to everyone I have ever said anything bad about and apologize."

B-rad's Ruckus

Brad Martin
Sports Editor

Kazaa, Winmx, Morpheus and LimeWire have all become the popular way to get music today. The free file sharing method has saved people money, time in stores, and have be-

come a more beneficial method of finding and listening to your favorite music. As a consumer there is almost no better way to get music and spend little if any money on your musical interests. But along with this little activity there are consequences along the way.

As long as you download the music you aren't really causing havoc among the people who are "anti-file sharing," but if you share any file you've downloaded you are performing an illegal action. The rule is cheap in more cases than one but it is still a rule we have to follow to get the music we want. You can't really argue what they are wanting you to do if you have any intelligence of business or how people are getting screwed out of so much money over this.

Another reason file sharing music isn't a

great thing is that it takes a lot of money out of band's income. As a musician and someone who pays a lot of attention to the music industry, a lot of bands these days are making so much less than bands like Motley Crue or Def Leppard.

The profits off songs, posters and pictures, or even a DVD special are being taken for free over the Internet. Granted, big-name bands are getting plenty of cash for live shows and appearances they make but its money they have earned by spending a year-and-a-half writing and recording for an album release and not getting anything back. The bands now almost have no chance to have a record-selling album because the public refuses to buy their music because they can download them for free over the web.

I am guilty of downloading files over the Internet as well but in small amounts. Downloading every song a band has ever produced is a cheap way of showing appreciation toward a band. It is almost a total disrespect toward the bands who work hard to get great reviews and please the fans then your top fans go off and download their work rather than purchasing their work from stores.

"Downloading every song a band has ever produced is a cheap way of showing appreciation toward a band."

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, 498 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.

Get on Nickel Creek's 'Side'

Rebecca Wilson
Staff Writer

Bluegrass is almost a dirty word these days, mostly for its association with country music. Most people think bluegrass is — shall we say — a "hardcore" form of country.

While many country singers have done some modern bluegrass of late, most people don't have a good idea of what bluegrass is or can be.

Nickel Creek's album "This Side" opened my eyes, and my mind for that matter, to a wonderful genre of music. The Appalachian melodies, the deep, sometimes ironic, lyrics, the melodic blend of haunting voices and, of course, the mandolin, banjo and fiddle.

While listening to Nickel Creek, one feels a part of the music. Imagine driving (or walking) down a country road in the middle of fall, red and orange leaves aflame, a kind of chill to the air — a serene, reflective setting.

The members of Nickel Creek are Chris Thile (mandolin and lead vocals), Sean Watkins (guitar and background vo-

cal) and Sara Watkins (fiddle and vocals).

While labeled as a bluegrass band, their music combines genres of psychedelic, alternative rock, pop and folk.

I've walked into coffee shops in Seattle that were playing Nickel Creek. They are currently touring with Howie Day, whose music is just as diverse.

Nickel Creek's CD, which won a Grammy in 2003 for Best Contemporary Folk Album, begins with the catchy instrumental "Smoothie Song," which foreshadows the many different types of sounds to come in the album.

There is everything from the haunting "Speak" to the crazy "Should Have Known Better" and the lonely "Sabra Girl."



Photo from nickelcreek.com

Sara Watkins, Chris Thile and Sean Watkins make up Nickel Creek.

No written description can recreate the sound of the music; it's something everyone must experience for him or herself.

Nickel Creek was included in Rolling Stone's "Best of 2002," and was named one of the five Music Innovators of the Millennium by Time Magazine.

Board games offer family fun

Emily Suhrheinrich
Editor-in-Chief

During the holidays, hopefully all of us will get together with our families and celebrate.

After you've eaten your fill and seen as much football as you can handle, you may be looking for something else to fill your time over the break. Board games are a fun and challenging way to not only test your knowledge and skill but to also spend time with your family and friends.

Taboo tests your creativity. Divided into teams, you must get your team members to say a certain word or phrase to get points. However, there is one tiny complication. Each card provides a list of words associated with the word that you are not allowed to use in trying to get your team to guess.

For example, in "apple," you could not say "seeds," "core," "Granny Smith" or "pie." Both the clue-giver and the rest of the team have to use

creative tactics to get points and win the game. The clues given are always sure to give laughs and a good time to all involved.

Guessures puts a new spin on the old game of charades. Again, divided into teams, the actor must get the rest of his or her team to say a certain phrase or word. This time, however, the actor must act out the word or phrase as the clues to the word.

This game is even more difficult as the cards with the words are placed in a stand with a timer. Take too long to guess and they will drop out of reach and thus you forfeit the point. Guessures always provides fun and laughs and it suitable for all ages.

Catch Phrase: this game is similar to both Taboo and Hot Potato. Like Taboo, you aim to get your

team members to say a certain word or phrase. Unlike Taboo, there are no word restrictions.

Team members must get their team to say one word and then pass it on. The teams alternating guessing until the buzzer sounds. The team who isn't caught with the word at the buzzer gets to move forward on the game board. This game is high-speed fun and entertainment.

Scene It? is another board game that is sure to be popular this holiday season. This game requires a TV and DVD player (not included). Teams answer trivia questions about movies and actors from cards, or watch movie clips from the DVD and answer questions about those clips.

If you and your family and friends are movie buffs, you'll have a great time playing this game. Scene It? is available in regular, junior and Disney versions.



SEEING DOUBLE!

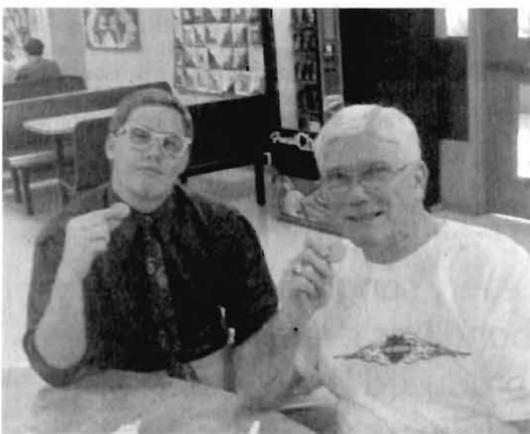


Photo by Bobby Wilkins

Mr. Franklin and his lesser-known twin brother share a bite to eat.

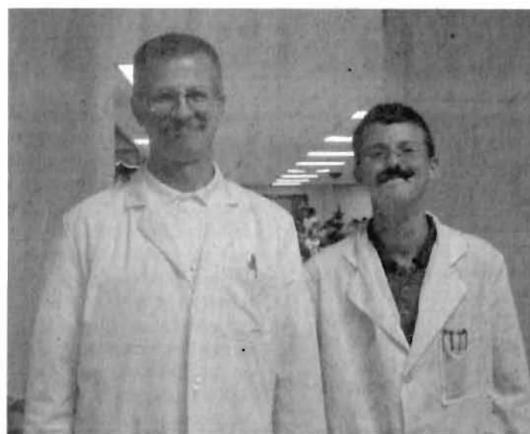
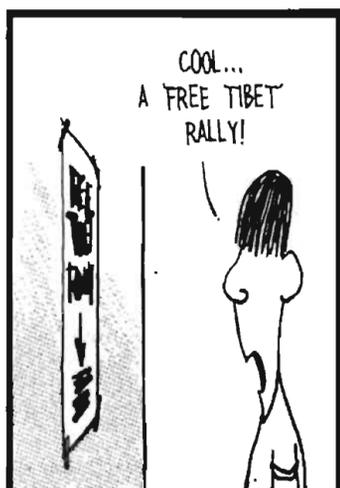


Photo by Brad Martin

Chemistry students learned twice as much on Halloween.



More staff picks

Sam Hadfield
Staff Writer

Here at The Oak "K" we know how much our opinions influence you and your decisions when building your DVD library or purchasing your latest CD or book, so we decided to give you another round of our staff picks. Here's what the staff had to say this month.

Movies

"Shall We Dance." It's really interesting and so happy it made me cry. — Gabby Swab
"Equilibrium." Like 1984 meets Fahrenheit 451, with undertones of "The Matrix" — Rebecca Choudhury



Music

"Shania Twain's Greatest Hits." It's awesome. She sold 15 million copies on the first day! — Gabby Swab
Switchfoot's "Beautiful Letdown." It's a really good CD to calm you down. — Kelecy Buchanan

Books

"The Claws" by Bill Weaver. The plot takes a strange twist that you would never expect. — Gabby Swab
"Wasteland" by Francesca Lia Block. It's very well written, very sad and reflective and very ironic. — Rebecca Wilson



Video Games

"Test Drive: Eve of Destruction." It's entertaining. — Ian Joslyn

We're thankful for...

Gabby Swab
Sports Editor

Mrs. Metzger — I am thankful for families, good health and happiness.

Devin Haneline (12) — I am thankful for my family, my friends, my girlfriend, health and LOHS basketball! Go Flash!

Jason Garcia (11) — I am most thankful for my parents.

Lauren Dixon (11) — I am thankful because my family is together right now. I am happy that I am back at school and healthy again.

Paige Franklin (11) — I am thankful for my family, friends, my dog Bailey, good health and tennis!

Justin Frye (10) — I'm thankful when I'm not getting into trouble!

Amanda Huyck (10) — I am thankful because I am surviving Coach Mizell's class!

Kayla Ramsey (9) — I am thankful for my friends and family.

And now for something entirely different...

Jessica Gordon
Archivist

Tired of the same old thing every year? The turkey, visiting relatives, relatives visiting and all the cranberry sauce that takes two weeks to finish off. You lay around watching movie marathons and feel like you've gained ten pounds. It's all so boring and dull. Let's spice it up a bit, shall we?

Turkey doesn't have to be the main dish every year. Ham, duck and chicken are some tasty substitutes. You can even skip meat all together and go for the vegetarian dinner. From salads to meatloaf, just be sure it's tasty and different at the same time.

Use your imagination and create a new dish. Mix and match fruits and veggies, add whipped cream, and one more ingredient of your choosing, then viola! A brand new dessert! Mix together cake box stuffs, such as vanilla and chocolate, add a little bit more sugar, and you've got a twisted treat. Just remember your food has to be edible as well as imaginative. Don't go mixing up things that shouldn't, like vanilla cake with orange juice or anything else weird and gross.

Be sure to keep off the pounds with some exercise! Make some games up in the backyard, or go to a park if you don't have one. Some examples are play a game of horseshoes, run in a race, or play some sport. Baseball, basketball or kickball are some favorites. Do not sit around and watch the TV. Americans spend too much time damaging their eyes and gifting their thumbs with arthritis.

Don't forget to try a new dish someone else made. Just because it's new don't be afraid to try it. You may find your new favorite food.

If your relatives visit or vice-versa, be sure to catch up on the family news. Talk, laugh, and have a good time with the members of your clan who you may not see for another year or so. Do not miss the chance to show them you love them and care for them. Many things can happen in one year, sometimes good and sometimes bad. Regret can come before you know it.

Make this year's holiday season one to remember. Let it be new and different, but still hold those family traditions. Play instead of watching someone else do that on some electronic screen. Spend time with your family like there is no tomorrow.



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20 EXCUSES FOR BEING LATE TO CLASS

Ian Joslyn
Staff writer

1. I was up so late studying that I overslept.
2. I was going to skip class but I changed my mind.
3. I got lost.
4. I was talking on my cell phone.
5. I was finishing my homework.
6. I'm a slow walker.
7. I was trying to get the Coke machine to work.
8. Two words: text message.
9. I was putting out my cigarette.
10. The Coke machine was out of Tab.
11. I thought it was third hour. (Use only in second hour.)
12. I thought it was fourth hour. (Use only in third hour.)
13. I couldn't remember my locker combination
14. There is no toilet paper in the bathroom.
15. The escalator is out of order.
16. I got locked in my locker.
17. I blew a tire on my lawn-mower.
18. I just got out of jail.
19. I need a new watch battery.
20. I was working on the school newspaper.



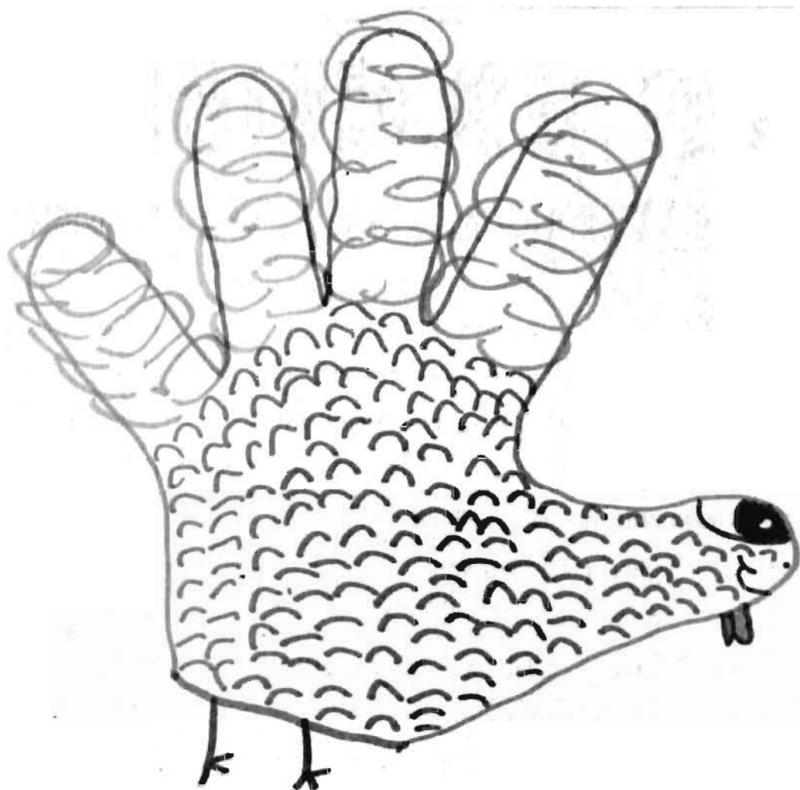
Don't be



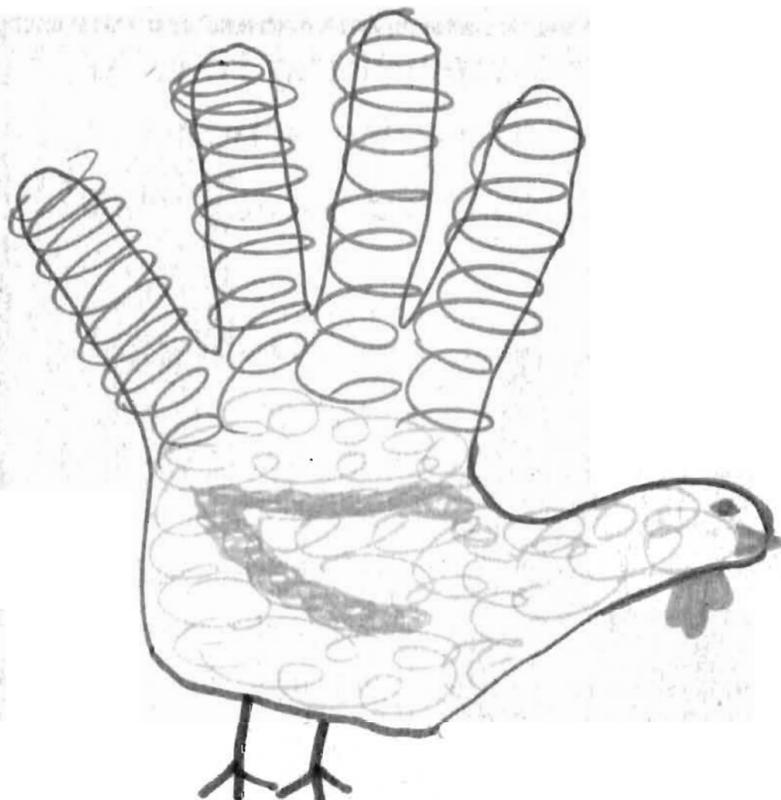
a TURKEY!

STAY DRUG & ALCOHOL FREE!

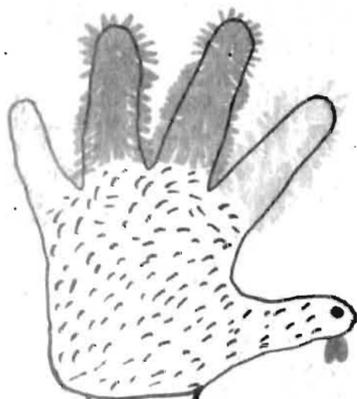
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First place: Bart Lewis really outdid himself with this multicolored masterpiece. The look in this hand turkey's eye grabs the audience's attention in a way that has never been seen.



Second place: Here, Tera Millay mixes tradition and new wave. There is a very traditional body style with an innovative take on the feathers.



Third place: Hannah James shows us how to bring spirit into the hand turkey world, leaving the feet to the viewer's imagination. Each feather seems to be in motion with Hannah's creative marker strokes.



Honorable mention: Perfectly in place and perfectly groomed...just like artist Chelsea Harrison.

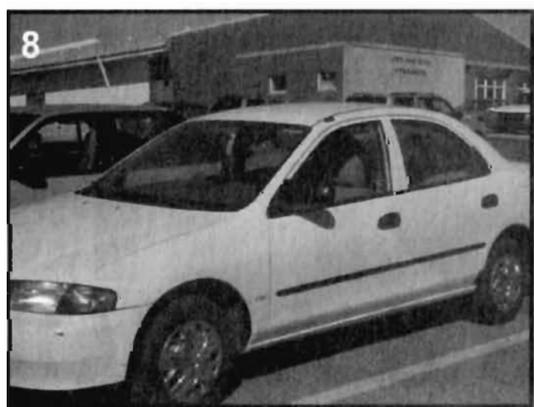
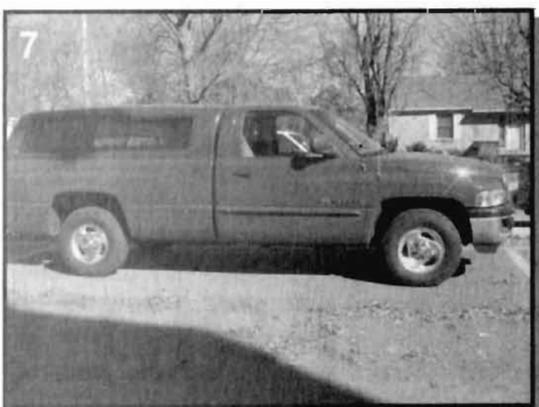
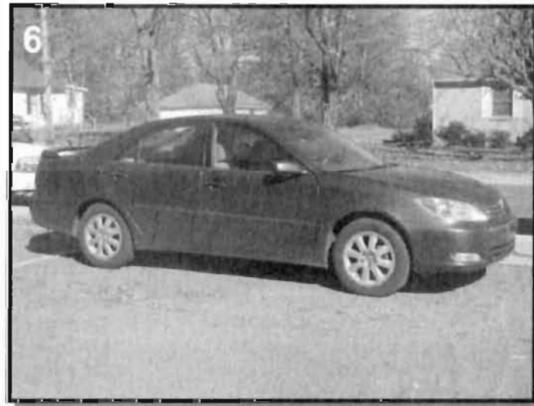
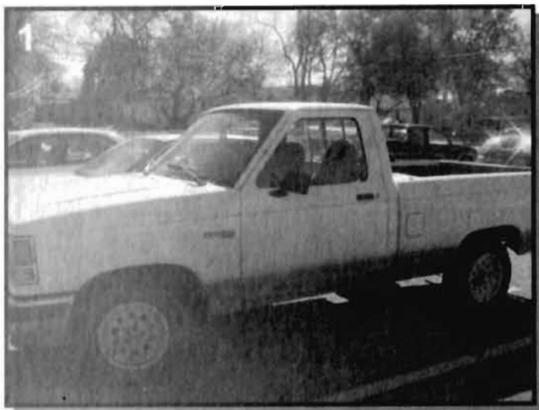


Honorable mention: Turkeys have bad hair days too! Artist Toni Guthrie may be a multi-millionaire after she invents turkey gel.



Honorable mention: For Jack Athenas, and most Americans, Thanksgiving can be summed up in one word: Turkeyfro.

Guess the car's owner!



Cheerleaders go to competition!

Gabby Swab
Sports Editor

Since school started in August many of our cheerleaders have been working hard for one reason — competition. They have practiced three times a week, equaling about seven hours a week.

In the weeks before their first competition, they got up before school and practiced at 6 a.m. They have spent so much time, gotten sore muscles and sacrificed sleep to get where they are.

The first competition the cheerleaders attended was Oct. 16 in Nashville, Tenn. They had a solid performance finishing first in their division.

When talking about their first competition, **Jessica Eisinga (10)** said, "Competition is so exciting. There is nothing like being in front of a cheering crowd while you perform something you have worked so hard on."

Not only have the cheerleaders practiced hard, they have had to do many other things to prepare. They have spent a lot of time on fundraisers. They have



spent a Saturday morning doing a clinic for children, and also sold cookie dough.

Cheerleader **Whitney Jones (11)** said, "Competition practices and trips have really brought us together as a squad because we have spent so much time to-

gether!"

Our cheerleaders will be at nationals Dec. 26-28 at the Opryland Hotel in Nashville. Encourage them and go watch them if you can. They cheer us on all year, so cheer them on for their big upcoming competition!

Girls' Basketball Schedule

Nov. 30	Calloway Co.	H	6:00
Dec. 3	Murray	A	6:00
Dec. 7	St. Mary	H	4:30
Dec. 10	Reidland	A	6:00
Dec. 14	Paducah Tilghman	A	4:30
Dec. 17	Union Co.	A	4:30
Dec. 20-22	Muhlenburg Tourney	A	TBA
Dec. 27-30	Owensboro Tourney	A	TBA
Jan. 3	Fulton City	H	6:00
Jan. 6	Carlisle Co.	H	6:00
Jan. 14	Reidland	H	6:00
Jan. 18	Marshall Co.	A	6:00
Jan. 21	Heath	H	6:00
Jan. 25	Paducah Tilghman	H	4:30
Jan. 28	Graves Co.	H	4:30
Feb. 7	Mayfield	A	6:00
Feb. 8	Calloway Co.	A	6:00
Feb. 11	Heath	A	6:00
Feb. 17	Fulton Co.	H	6:00
Feb. 19	Hickman Co.	H	6:00
Feb. 21	Livingston Co.	A	6:00
Feb. 24	Graves Co.	A	4:30

Boys' Basketball Schedule

Nov. 30	Calloway Co.	H	6:00
Dec. 2	Christian Co.	A	6:00
Dec. 3	Murray	A	4:30
Dec. 7	St. Mary	H	4:30
Dec. 10	Reidland	A	6:00
Dec. 14	Paducah Tilghman	A	4:30
Dec. 17-21	Lexington Bryan St.	A	TBA
Dec. 27-30	J. Robinson Tourney	H	TBA
Jan. 4	Carlisle Co.	H	4:30
Jan. 14	Reidland	H	6:00
Jan. 18	Marshall Co.	A	6:00
Jan. 21	Heath	H	6:00
Jan. 25	Paducah Tilghman	H	4:30
Jan. 28	Graves Co.	H	4:30
Feb. 1	Livingston Co.	H	4:30
Feb. 5	Marion at Benton	A	TBA
Feb. 8	Calloway Co.	A	6:00
Feb. 11	Heath	A	6:00
Feb. 15	Ballard Co.	H	4:30
Feb. 19	Hickman Co.	H	6:00
Feb. 21	Fulton City	H	6:00
Feb. 24	Graves Co.	A	4:30
Feb. 28-	District Tourney	A	TBA
March 4	at Heath		

Boys' soccer team pulls ahead

Gabby Swab
Sports Editor

The Lone Oak boys soccer team has had a great season, getting placed third seed in the district. Being third, they had a tough district tournament schedule. They were up against Hickman County the first game. The boys had beat them twice in the regular season, so they knew as long as they stayed tough, they would be able to win.

Our boys played smart and won 6-0. Goals were scored by **Jon Deaton (12)**, **Jacob Adams (11)**, **Chris Latino (11)**, **Scott Cunningham (10)**, and **Tim Burnett (10)** finished up with two goals.

The second game the boys played was against Tilghman. With Lone Oak already having lost to Tilghman twice in the regular season, this was going to be a difficult game for our boys. Before the game, **Chad Taylor (12)** said, "This is going to be a tough game to win, but I think we can do it," and he was right.

With **Chris Latino (11)** scoring in the first half, the boys got pumped and stayed strong from there. Tilghman was unable to score, and Lone Oak won 1-0 putting them into the district championship game and saving them a spot in the regional tournament.

The championship was played against Heath. Our boys played a tough game, but ended up losing 1-0. Lone Oak boys finished second in the district, and played against Marshall in regionals.

The 'new' Flash

Bobby Wilkins
Staff Writer

This year's football team has gone further than any of our football teams in recent years.

This year's team has a 6-4 record compared to the failed seasons in previous years with losses just about every game.

That is definitely not the case this year with **Elliott Treece (12)**, **Ricky Hall (12)**, and the rest of the seniors followed by some juniors.

In their last regular season game, the Flash gave a good fighting effort against the Glasgow Scotties, losing 43-7.

The team ended the season in the playoffs, once a foreign place for the Flash. Not Anymore!

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