

Beckman's the Best

Rebecca Choudhury
Editor-in-Chief

Our first Junior Rotarian is **Emily Beckman (12)**. Known and beloved by all as the distributor of “Happy Friday” stickers, Emily is involved in many other activities around school as well. For one, she’s a member of Lone Oak’s stellar tennis team. She’s been playing with the varsity for the past five years and was the regional girls singles champion in 2004 and a member of the all-state team in 2005 and 2006. She’s also a member of 4-H Club and, with the start of the new school year, Beta Club treasurer and Math Club secretary. Emily’s certainly a busy person – and she’s still managed to maintain a 4.0.

Looking back over her high school career, a few things really stood out in Emily’s mind; case in point, the fact that she spent three years’ worth of fourth period’s studying español with **Coach Poore**. Aside from weird scheduling coincidences, it was the inside jokes she remembered most: asking “guntas” in **Mr. Toy**’s fifth-hour English, and tipping the bus with **Mrs. Goodman** and the rest of sixth hour. She also enjoyed **Mrs. Helmich**’s Algebra II. Not terribly surprising for a Math Club member!

Outside of school, Emily enjoys spending her time shopping and “being with **Tim Cook (12)**, the most amazing boy-

friend ever!” She loves hitting the beach, skiing, and Indianapolis Colts football. “I can’t imagine having a better girl-friend than Emily,” said Tim. “How many girls want to watch football with their boyfriends?” She whiles away the hours, too, working as a hostess at the Lepanto Steakhouse and where else but practicing tennis. “I love Emily’s great attitude at tennis practice,” commented teammate **Drew Robison (12)**. “She always manages to quit or hate tennis before the end of the day.” Easy to see how she’s become a champion! She may not be able to keep up a sunny smile on the tennis court, but she always has one ready for that most wonderful of days, the last of the working week. “I look forward to getting a Happy Friday sticker from Emily every week,” said **Eric Kiser (11)**, who also happens to be one of her team buds in AP Chemistry. When Emily’s gone each Friday will still be commemorated with a sticker, but they just won’t be the same.

After graduation, Emily plans to attend college “somewhere, hopefully on a tennis scholarship.” She may not be very certain about where she wants to go, but she knows what she wants to do when she gets there: major in nursing. College life can be full of unpleasanties like homework, physics, literature, and onions, but Emily’s not worried. She can handle it. With any luck, she’ll eventually become a CRNA.



Photo courtesy of Gene Boaz

GSA a GAS

Danielle Harrison
Features Editor

Where will you find 218 high school students engaging in eight artistic disciplines (Architecture, Creative Writing, Dance, Drama, Instrumental Music, Musical Theater, Visual Art, Vocal Music), enjoying professional arts events, studying under distinguished professors, meeting new artistic friends from every corner of Kentucky...for sixteen hours a day, *every* day, for three weeks? Nowhere but the prestigious Governor’s School for the Arts, of course! The 218 members of the GSA Class of 2006 were selected from nearly 1,200 applicants through a highly selective application and audition process, culminating in a summer of rigorous artistic study at Transylvania University in Lexington.

Four Lone Oak students attended the program this summer: **Mitchell Dunaway (12)** and **Courtney Martin (12)** in Visual Art (Sculpture), **Sarah Parker (12)** in Architecture, and **Danielle Harrison (12)** in Vocal Music. Courtney’s favorite part of the experience was meeting new people who became like a new family, as well as attending “smorgs” (GSA’s interdisciplinary classes) because she got to experience new forms of art. Mitchell especially loved the small class sizes, which made it easy to

build close relationships with instructors and gain new insight—an especially important part of the GSA environment. He was also given two offers from GSA faculty for his “swamp tree” sculpture which was in display in the art gallery for Final Day exhibits—talk about talent!

For both Sarah and Danielle, one of the best parts of GSA was meeting new people with similar artistic interests and each of them say they met the best friends they’ve ever had at the program. Sarah’s favorite activity in Architecture was drawing a giant orange—one of the “silliest, but most fun” things she did in class—but her most memorable event was “watching the hilarious staff skits making fun of all of us on the last night.” Danielle’s favorite activities were an Alexander Technique workshop for performance relaxation, RA group meetings, and eating Chinese food with new friends. She says her most memorable moment was definitely “sneaking up to a dark fourth floor room to watch Fourth of July fireworks with Sarah and my new best friend. No one else saw them...and we could have gotten in huge trouble if we’d been discovered!”

So, sophomores and juniors, if you’re an exceptionally talented artist and want to experience an intense (yes, *intense*) three weeks of growth, audition for GSA. There is never a dull (or non-artistic) moment!



GSA Alums (from left to right) Sarah Parker, Danielle Harrison, Mitchell Dunaway, and Courtney Martin
Photograph taken by Staci Alexander

Scholarly Shenanigans at GSP

Danielle Harrison
Features Editor

Two outstanding Lone Oak High School students, **Christina Cosoraneau (12)** and **Emily Staley (12)**, were chosen to attend the Kentucky Governor’s Scholars Program (GSP) this past summer. Accepted from a pool of nearly 1,700 applicants, approximately 1,000 other rising seniors throughout the state of Kentucky joined these ladies for five weeks of intense academics, friendship, and fun. Participants are chosen competitively based on academic and test records, extra-curricular involvement, and overall well-roundedness. The program is held on three college campuses each summer, which included Bellarmine University, Centre College, and Morehead State University during the summer of 2006. Governor’s Scholars choose to major in one of twenty-five subjects, while GSP staff choose another class for the Scholars to participate in during their stay at the program. Though students are awarded no grades or college credit for these courses, there’s no doubt receiving instruction from esteemed college professors and field experts is an enriching experience!

Emily Staley attended the program at Morehead State in Morehead, KY and ma-

jored in Astronomy. Interestingly, the class chosen for her to take was called “It’s a Wal-World After All”—a class about Wal-Mart! One would assume this would be a fascinating study, but that’s not so, Staley confessed: “It was actually kind of boring.” The strangest thing she did while at GSP was actually going to meet the director of the local Wal-Mart with the class...dressed in pajamas. As far as Astronomy goes, it wasn’t all telescopes and terminology—she was once lucky enough to stretch out under the stars with her class until four o’ clock in the morning!

Our next Scholar, Christina Cosoraneau, attended the program at Centre College in Danville, KY and majored in Architecture. Her second class was Food Sciences, which she described as “basically a cooking class.” Christina remembers her favorite part of the program being all of the interesting people and making new friends, an aspect that seems to be a common characteristic for all alumni of the program. With no shortage of excitement during her stay, Christina took part in blowing up Diet Coke bottles with rolls of Mentos mints and playing tennis with friends in torrential rain.

What *won’t* you find at GSP?!



Governor’s Scholars Emily Staley (left) and Christina Cosoraneau (right)
Photograph by Danielle Harrison

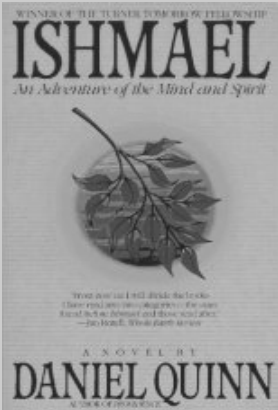
CALL IT ISHMAEL

Coran Stewart
News Editor

It was the phrase “An Adventure of the Mind and Spirit” written on the book’s cover that initially drew me to it. The quotes from raving reviews on the back cover served to further increase my curiosity and interest. When I started reading about a telepathic gorilla, I was hooked.

Ishmael by Daniel Quinn is told from the point of view of an unnamed man who becomes the pupil of a telepathic gorilla named Ishmael. Ishmael uses the Socratic Method to show the man “how things came to be this way” for mankind and the environment. Ishmael talks of Takers, people normally referred to as civilized and whose culture began at the Agricultural Revolution, and Leavers, people normally referred to as primitive. He challenges his pupil to come up with the stories each of these cultures enacts. Ishmael illustrates how the way of life of the Takers is leading the world to destruction and tells how the ideals of the Leavers must be embraced.

Reactions to this novel vary greatly. This book ranks among the favorites of a former teacher of our school while a current teacher of mine asked me to please tell him I was not reading this book. Your reception of this book will probably be based on the beliefs you already have about the environment. If



you couldn’t care less about overpopulation or the destruction of the rainforest, this book will probably be ill-received by you. On the other hand, if you are one of those tree-huggers, you’ll love it. Just maybe, though, if you approach the novel with an open mind, you’ll find how interesting and well written it is regardless of your environmental views. Personally, I am definitely not much of an environmentalist by any stretch of the mind, but I enjoyed looking at and learning about a viewpoint different than my own. My beliefs were definitely challenged, and I was forced to look at how I develop my beliefs and why I stand for them. In this sense, *Ishmael* really is “an adventure of the Mind and Spirit.”

Ishmael is a very quick read. I found myself unable to put it down as I hungered for Ishmael to reveal more and more of his teachings. The book is very suspenseful in that the reader is constantly ready for Ishmael’s next morsel of knowledge. The book brings up many emotions. I became frustrated when the narrator struggled with an idea and elated when something became clear. While some may find the absence of a real plot mundane, I found that the central conversation was interesting enough to hold my attention. I would definitely recommend this book to anyone looking for a good book to spark their intellect. For further reading, one should definitely check out *The Story of B* and *My Ishmael* which are the other two books of the *Ishmael* trilogy.

Image from Amazon.com

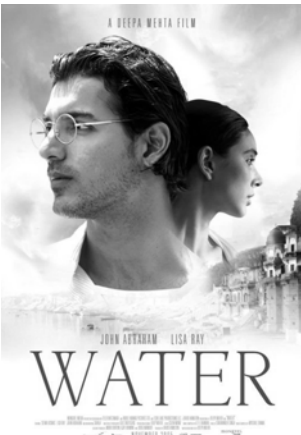
Submerge Yourself In "Water"

Autumn Midyett
Business Manager

This weekend I went to Maiden Alley to see a movie that a friend of mine had been saying we absolutely had to see for a couple of weeks. When I asked her what exactly this “Water” was about, all she could tell me was the film was about oppressed widows in India. Sounds depressing, right? To be perfectly honest it was. It was also really good.

The movie takes place in 1930s India. This was a time when Gandhi and his methods of nonviolent protest were becoming popular. The movie follows a child widow, a little eight year old girl who never met her husband. This little girl, Chuyia, is forced to go live in a home for widows where widows live together, sleeping on mats on the ground and begging for money. When Chuyia arrives, the other widows are shocked by how feisty she is.

Chuyia soon makes friends with one of the widows, a young woman named Kalyani, who the housemother forces into prostitution to make money for the rent. Because of Chuyia, Kalyani meets a young man named Narayan and begins an affair with him. He wants to marry her despite the social issues evoked by her status as a widow. According to ancient Hindu scriptures, widows have only three options; they can marry their husband’s younger brother, commit suicide, or live a life of celibacy and solitude amongst other widows. In this time, a law has recently been passed saying that widows can be remarried, but it is very unpopular. Both Narayan’s mother and the housemother at the widows’ house object. I don’t think I can really say much else about the storyline without giving away some major plot twists.



This movie, directed and written by Deepa Mehta, is the third in the director’s Elements trilogy. The first two films were “Earth” and “Fire”. All of them focus on women in India and are known for being feminist films. I haven’t seen either of the other two movies, but I would like to. These films are well known for their controversy in India. The production of “Water” faced all sorts of difficulty when filming began in India. The director got permission from the government to begin the filming of “Water,” but Hindu fundamentalist then attacked and burned the movie sets and issued threats against the director and two of the main actresses. The

Indian government chalked this up to freedom of speech and provided troops to protect the production of the film, but the extremists would not be stopped. One protester even attempted suicide by jumping into the Ganges River in opposition of the film. This led to the Indian government shutting down the film’s production as an issue of public safety. About five years later production began again, this time in Sri Lanka with new actors and actresses replacing the originals. The film was even produced under a fake name for safety.

This movie, though only very recently being shown in theaters in Paducah, came out on DVD on August 29, 2006. While the only version shown in theaters was the one in Hindi with English subtitles, the film was also shot in English and both versions are available on the DVD. This movie is very good. For a while you think it will all end happily, but it doesn’t. The ending is a bittersweet one at best. This is certainly not a feel good film, but it is still definitely worth watching.

Image from google.com

Wi-Fi Hot Spot Washed Up

Evan Tharp
Staff Writer

Allen’s Coin Laundry has been in business for 13 years and after new ownership, changes have been made. The business, beside Domino's Pizza in Lone Oak, has stepped up into the 21st century. If you think I’m talking about painting the walls and putting in newer TV’s, you are terribly mistaken. Not only has Allen’s Coin Laundry totally redone its entire Laundromat, it has also put in a Broadband wireless internet. This makes Allen’s Coin Laundry not only a hotspot to do your laundry, but a Wi-Fi hotspot too. Business people and college kids can come in to Allen’s Coin Laundry to do their laundry and work on their laptop simultaneously.

The Laundromat can be helpful even for those owning a washer and dryer. Washing large items such as comforters and bed sheets for a king and queen size bed can be taxing on regular appliances. On top of that, it takes a long time. So throw in a little incentive like “FREE WIRELESS INTERNET”, and many would gladly do their laundry at a Laundromat.

In addition to a broadband wireless inter-

net connection, Allen’s Coin Laundry revamped their washers and dryers by putting in high-efficient washers and dryers that save money and conserve water. They also have installed games, vending machines, and TV’s. Owner Steve Bebout said, “Well, as a very busy traveler I like to stay connected. I go to a lot of different places, and when I go to these places I like to be able to multi-task and get more accomplished, so I was trying to be nice as a common courtesy. Plus I put in the latest technology in the security field by putting up cameras which then feed a live stream of video to my PDA, cell phone or laptop. So if I am out of town, I can view what is going on in my store. Say I look at my security software on my laptop and see a washer or dryer’s coin area needs to be emptied. I can get in my car or call someone and solve my problem before it becomes a problem with the customers. ”

So, the next time you have to wash your bed sheets because you spilt a drink or dropped your sour crème from your taco, go to the Laundromat of the future where you can check your e-mail and do your laundry at the same time. Go to Allen’s Coin Laundry.

OINGO BOINGO: TOO COOL FOR A REAL TITLE

Student Contributors

Before the posers assimilated *The Nightmare Before Christmas*, and before Agent K told Agent J to buckle his seatbelt, there was a man in a clown suit. You may not know it, but he was there. You may not realize the relevance of this, but it’s there too. So what do *The Nightmare Before Christmas* and *Men in Black* have in common? Well, besides the fact that both main villains have obsessions with insects, Danny Elfman composed the score for both. Before that, he displayed his freakish talents as a member of an alternative rock band known as Oingo Boingo.

It’s easy to see that Oingo Boingo didn’t start in someone’s garage. They began as The Mystic Knights of the Oingo Boingo, a musical theatre troupe founded by Richard Elfman. Later on, Richard’s younger brother Danny became the new frontman for the group. Soon after, the name was shortened, and they made the transformation to rock band, Danny being the lead vocalist and rhythm guitarist.

Oingo Boingo’s music has a very professional sound. At the same time you get the



OINGO BOINGO

sense that for them it’s about the music and about having fun. The presence of a horn section gives their music an original flavor not present in most bands. Danny Elfman’s unusual style and stage presence are a major element of their music. His wide vocal range gives the band diversity.

The levelheaded side of Oingo Boingo is apparent in their lyrics. The way they portray society in such stark colors below the surface of the seemingly innocent story shows their satirical point of view. The song “Only a Lad” is about a problematic kid and how the people believe his faults are the result of society. Oingo Boingo, however, suggest otherwise. Danny Elfman’s

vocals in this song have just the touch of sarcasm that you can almost hear him laughing.

Oingo Boingo is a band definitely worth looking into. Their combination of unusual music and strikingly practical lyrics has its own kind of allure. Not only that, but how many bands do you know that could look cool with a guy in a clown suit?

Image from google.com

MMMM...EAR CANDY!

Aaron Megibow
Features Editor

It’s a normal Saturday afternoon and you find yourself craving some new tunes to rock out to. You open up your wallet to check out your music budget and all you see is a few wadded up George Washingtons and a five that you found on the sidewalk. You start brainstorming places to go that carry quality yet cheap CDs. Places such as FYE, Circuit City, and Best Buy are immediately crossed off of your list due to high prices. Then, suddenly, inspiration hits. You remember a friend telling you about a place called P Mac Music which carries cheap used CDs that are in great condition.

Walking into this small Park Avenue shop you become amazed not only at their dirt cheap prices, but at their variety! Everything from Ace of Base to Slipknot to Three-Six Mafia is at your disposal. After picking out your CDs from the pop/rock section and the extensive one dollar bargain bin you are able

to preview your selections at one of PMac’s two complimentary listening stations, which, unlike FYE, allows you to listen to the entire CD and are almost always in working order.

Once you’re done listening to the CDs you’re planning on purchasing, you take them up to the cash register. If you make a purchase of ten dollars you get a stamp on a discount card, redeemable for free merchandise and discounts upon filling it up with ten stamps. There’s another not so well-known discount that you would definitely be interested in, coupons. No matter how many CDs you purchase you should still ask for a bag, because it comes with a coupon chock-full of amazing offers redeemable at your next visit.

So, next time you find yourself strapped for cash and in need of some tasty ear candy, check out P Mac music at 3401 Park Avenue. With its great discounts, quality listening stations, and friendly workers, you are sure to be pleased!

Tokyo Sushi: Raw, But Real

Rebecca Choudhury
Editor in Chief

At Tokyo Sushi the décor is as tasteful as the food. Hah. Get it? Tasteful? Yeah? (Nudge, nudge.) All cheesy puns aside, the restaurant is quite classy and very clean. There’s woodwork and engaging decoration everywhere you look, and the bamboo floors are well swept and waxed to a brilliant shine. Don’t worry though; you’re in no danger of slipping. Still, if you should, you can always grab onto one of the elegant, comfortably sized tables or break your fall with a stylish, Asian-inspired chair.

When you’ve finished admiring your surroundings, have a seat, order a drink, and consult the colorful and informative sushi menu. Even if you’re not into raw fish – it’s not all raw, by the way – the pictures are fun and interesting. While you’re waiting for your meal, you can engage your tablemates in conversation. Take advantage of the perfect medium between eerie library-like quiet and

banging, clanging noise. When your food does arrive, you’re in for a visual treat. Tokyo sushi is an establishment where the food looks as good off the menu as it does on. All of the presentations are absolutely beautiful. If you feel like washing your hands after your meal, check out the restroom. It’s not only clean, but also rather pleasant. Be sure to check out the very cool faux-shoji-screen sliding doors along the way.

Tokyo Sushi features good service in addition to its inviting atmosphere. The employees are helpful and the servers are patient and flexible. If you ask, they can even give you recommendations, which is always a good sign. They’re also attentive and polite. We received our food promptly, our glasses were always filled, and we didn’t have to wait endlessly for the check. At no time did we feel rushed, only comfortable and relaxed. In every way, dining at Tokyo Sushi was an enjoyable experience. If you’re a fan of Japanese or just curious, be sure to drop by. You won’t be disappointed in what you find.

Michal Gurrola
Entertainment Editor

One fish, two fish, red fish, fugu fish. At Tokyo Sushi choosing your meal is an adventure. You look through pages of colorful pictures searching for the most interesting, or if you’re like me, the least interesting combination of fish, vegetables and rice.

During my visit, I decided to order eight Philadelphia Rolls. These consist of smoked salmon, cucumber and cream cheese all rolled up inside seaweed and rice. I must admit that I was a little nervous about eating “raw fish” but I was pleasantly surprised by the way the ingredients mixed together to create a most enjoyable flavor. Of course, if you go with friends like I did, everyone has to try some of everyone else’s meal. Therefore, I was also fortunate enough to try an Alaska Roll and a Vegetarian Roll, both of which were quite excellent.

Tokyo Sushi also has an alternate menu offering beverages, sides, appetizers, soups,

salads and, for those less brave than I, teriyaki. With such a range of side items at my fingertips I couldn’t resist ordering a bowl of fried rice and trying one of my friend’s gyoza (fried dumplings with your choice of filling). The beverages include the regular soda fountain colas, iced tea and hot green tea.

Pricing at Tokyo Sushi is not too terrible for a nice, sit down restaurant. The prices on the sushi range from around \$5.00 to about \$10.00, so you can choose how much you want to spend. My entire meal of a hot green tea, a bowl of fried rice and eight Philadelphia Rolls came to about \$11.00 including a tip.

With Paducah’s restaurants sorely lacking in ethnic choices, Tokyo Sushi is an exciting step away from the steakhouse norm. Offering choices to please even the vegetarian palate, Tokyo Sushi is the perfect place to eat out on a Friday night. Though, I should offer one word of advice before closing. Sushi does not taste nearly as good coming out of your refrigerator as it does at the restaurant, so nix the takeout box and finish your plate.

Midyett's Musings

Autumn Midyett
Business Manager

Ah, my first opinion piece of the year. It should be something profound, something uplifting, something political, something relevant. I hope you won't be too disappointed that its not. Not at all, but hopefully it will be close in its level of randomness to Sneha's shampoo/dust bunny opinion piece last year.

One sticky summer evening (okay, so I don't actually remember the sticky part, but we all know it was) I had sort of a random conversation. I'd had this conversation a time or two before. It concerned one of the great mysteries of the world. This one is right up there with the question of what exactly eats one sock, but leaves the other one alone in the dryer. Some very finicky cotton eating monster of some kind that hides in the lint trap perhaps? But, that's beside the point. This story isn't about laundry monsters. Its about something much more thrilling....shoes on the side of the road.

You know what I'm talking about. It doesn't happen all that often, but every now and again you'll notice it. You're driving down the road listening to whatever's on the radio, in your CD player, or on your iPod (hmmm...Word says iPod is misspelled...how behind the times!) when you notice up ahead on the side of the road lies a shoe. One lone shoe. It has no mate. There is no one in

sight to claim it. I have a few questions. Where did it come from? Why is it there? Why is it that a shoe would take time to take off (a high top, a boot, a tennis shoe)? Why is there only one?

There are only a few logical reasons a shoe might end up on the side of the road. Maybe someone or someone's kid threw it out the car

window. Maybe there's a body lying somewhere. I guess a jogger could have lost his or her shoe, but they probably would have put it back on.

If it were a shoe that were easy to take off, like a flip flop, you could understand how it might get thrown out of a car. Some-

one could have had their feet hanging out the car window and a shoe could have flown off. The driver could have slipped off their sandals and someone else in the car could have tossed it out as a joke or something. The odds of this happening with tennis shoes and boots seem a lot less likely, though.

I'm pretty sure I've never seen a pair of shoes lying about on the side of the road either. If two shoes were lying on the road together you might think that maybe someone just wanted to get rid of them—but just one, that doesn't work. Where did the other one go? Then again, maybe it all has something to do with that sock-eating monster after all. There's only one sock, so you can only have one shoe.

**Where did it
come from?
Why is it
there?**

Sums Says

James Summerlin
Assistant Editor in Chief

Fantasy football has changed my life. No really, it has.

In 1962, Danny Dulac created the idea of fantasy football with help from Bill Tunnel, Scotty Stirling, and George Ross. These men were all involved with the Oakland Raiders organization and came up with the idea of an Oakland Raider three week road trip to the East Coast. The idea has spread into a worldwide phenomenon that has been become more popular because of the magic of the internet.

Now, I know what some of you are thinking. What exactly is fantasy football? A fantasy football league usually consists of 8-12 "owners" who manage teams. The owners will draft NFL players from all around the league and try to get the best team possible. When the season starts, owners will go head-to-head and receive points based on the stats their players get. The owner with the most points in a match-up receives a win. During the last few weeks of the season, the best records make the playoffs. Owners get eliminated until there are two teams left playing in the championship. Winner takes all.

What is so cool about this game, you ask? I really haven't figured that out yet, but it is very addicting. It's popularity could be because of the fact that you begin to enjoy foot

ball in a new perspective. You're not cheering just for your favorite NFL team to win anymore. (You can still root for that team, but if your team is terrible you have an alternative.) Now, you begin to cheer for players on your fantasy team to do well. I think what also makes the game so addicting is that you can win yourself instead of watching paid professionals win football games. You feel like you

accomplish something if you do well in the league.

If you're reading right now and thinking, "Holy statistics, Sums. I really don't have time to play," don't fear. Fantasy football isn't time consuming at all. All you need to do is set aside an hour for a draft and check your team once a week. That's it. If you use the magic of the internet, it will keep scores and stats for you so you

don't have to. WOW!

Don't know where to play? You can play for free at Yahoo.com and ESPN.com. ESPN is the best choice in my opinion, if you had to choose one. But hey, you don't have to have one team. You can purchase upgraded leagues at both of these websites, but if you are new or cheap, I don't recommend these upgrades. If you do, you're buying something you really don't need.

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Danielle's Digest

Danielle Harrison
Features Editor

As you probably read previously in this issue, I had the privilege of attending the Kentucky Governor's School for the Arts this summer for vocal music. Though I had talked to alumni of the program about GSA, nothing could have prepared me for the intensity of the work *or* for how emotional I would be. Through a series of professional performances, performance anxiety "smorgs", and rigorous voice lessons, I was forced to confront my biggest foe and roadblock—perfectionism.

Wikipedia describes perfectionism as "an unhealthy belief that anything less than perfect is unacceptable." Normal perfectionists derive pleasure from painstaking effort; neurotic perfectionists are unable to feel satisfaction because they believe they are never good enough to experience that feeling. Before attending GSA, I definitely would have described myself as a neurotic perfectionist. Missing one or two points on that insignificant quiz or giving a wrong answer made me feel completely incompetent; cracking a note during a solo caused me to believe I'd never be good enough. Not only did I constantly become disappointed when I missed the mark of perfection, I was unable to enjoy things I *should* have been enjoying—I was too worried about making a mistake and the criticism I may have faced from others to have fun. Many of you may under

stand exactly where I'm coming from, and I plead to you: *let go of perfectionism!*

Giving your best effort to all you do and being devoted to a task are perfectly honorable, but degrading yourself because you made a mistake is not. You're depriving yourself of satisfaction and joy if you're constantly stressing over making a small mis-

take. Mistakes are unavoidable—but they're beneficial too. How else could we learn where we need to improve and be reminded that we are not perfect beings? Allow yourself to make mistakes! Learn to forgive yourself *and* others for being human and having flaws; there's no value in feeling guilty for that. I finally had

to ask myself, "If I'm so concerned about others criticizing me, why would I criticize others for their mistakes?" Judging others so harshly will only lead to judging yourself just as harshly. Once you stop being so critical, you can stop beating yourself up for faults and stop having unrealistic expectations for yourself and for others. Remember: just because you make a mistake doesn't mean you are any worse (or better) than another person. As my GSA voice teacher reminded me, "perfect" people disappear and are extremely boring. Our flaws and imperfections make us interesting! Embrace them, and embrace the fact that you are not, and never will be, perfect.

**Learn to for-
give yourself
and others
for being hu-
man...**

CO-RAN RANTS

Coran Stewart
News Editor

"It can hardly be argued that either students or teachers shed their constitutional rights to freedom of speech or expression at the schoolhouse gate." This statement didn't come from some crazy, rebellious student. Rather, it is from a Supreme Court decision in the case *Tinker v. Des Moines Independent School District*. Judge Gewin, speaking for the Fifth Circuit, said, school officials cannot suppress "expressions of feelings with which they do not wish to contend." It's a fact that students cannot be stripped of their first amendment rights when they enter the school. So the question remains: why the absence of displays of expression in our school?

I must give the background story about how my interest towards this issue was peaked. As FCA Co-president, my fellow officers and I had ideas to change the image of FCA and effectively abolish it in favor of a program known as FISH. Our sponsors encouraged us and told us there should be no problems with the switch. Well, there was a problem. What I was told is that by bringing about a new club then the door would be opened for new clubs such as perhaps a Muslim club or a Gay/Lesbian club. My question: what's the problem? My interpretation and the interpretation of many of our nation's courts of the Equal Access Act lead me to believe these clubs

would be constitutionally protected clubs that, as long as they followed the rules like any other club, could not be persecuted by the school. According to the Supreme Court in the *Tinker* case, school administrators can prohibit student speech only if it "materially and substantially interfere[s] with appropriate discipline." Even if a club or group's beliefs

differ significantly from the status quo, this does not constitute substantial interference with appropriate discipline by any stretch of the mind.

If you know me, you know that I am quite the conservative guy, and, granted, there are many things I do not necessarily support. However, it is my firm belief that I,

along with everyone else on this planet, have no right to judge others for their alternate beliefs. This is why, even though there are views I am not for, I am most definitely against their persecution. Maybe our school will come around one day and let us have that Day of Silence or other demonstration. When that day comes, I will be standing with all of you out there who are for these causes showing my resolve to work against persecution. I hope there are many in this school with those same sentiments because it is only with that kind of determination that hearts will be changed and minds opened.

**...it is only
with that kind
of determina-
tion that
hearts will be
changed...**

The Oak "K"

Editor-in-Chief
Rebecca Choudhury

News Editor
Coran Stewart

Assistant Editor-in-Chief
James Summerlin

Sports Editor
Andrew Latino

Business Manager
Autumn Midyett

Online Editor
Blake Harrison

Assistant Business Manager
Chaelim Young

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Staci Alexander

Entertainment Editor / Cartoonist
Michal Gurrola

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Rebecca Ruminates

Rebecca Choudhury
Editor-in-Chief

I dislike mechanical pencils. I really do. There's something about them, absolutely every aspect of them, that bothers me a very tiny bit, niggling at the back of my brain softly and incessantly every time I use one. I don't like the way they feel between my fingers; they're just too light for comfortable writing, utensils without real substance as a wooden pencil has. They feel brittle somehow, probably because of all the strange clicking sounds they make when moving across the page. Very different from the smooth skritch and scratch graphite is meant to make. Erasing with a mechanical pencil sends a sort of shockwave through the entire instrument, jerking the eraser itself back and forth wildly and making the loose lead inside rattle. Even the quiet ones choke out a barely perceptible, squeaky kind of groan that I just can't stand, and for some reason even stationary mechanical pencils appear to me about to come apart at the plastic seams. Their design feels and looks unstable, though I'm sure it actually isn't. Why would so many people use them if they really fell to pieces so easily?

Maybe they don't look defective as much as unattractive. Mechanical pencils are ugly. That's not to say that all wooden pencils are aesthetically pleasing, but, think about it: when have you ever seen a nice looking mechanical pencil? There's something about a traditional pencil that's sleeker and more inviting, especially if the pencil in question is black. Black gives everything a smart edge,

I suppose...except a mechanical pencil. A wooden pencil has a heaviness and a fullness, almost a warmth, that you can see as well as feel. All the mechanical pencils of my acquaintance resemble knobby, anorexic pens, scraggly and starving and a little ticked off. Call me crazy, but they strike me as angry and ill-tempered. Perhaps that's why I can't trust them.

And another thing, the absolute worst thing, as a matter of fact: mechanical pencils write flatly. Well, all pencils write flatly in the literal sense, but I'm talking emotional flatness. Pencils have no emotions, of course, but their users do. Have you ever written with a mechanical pencil when you were

agitated? Depressed? Cheerful? Your words might express your feelings, but the writing itself will not. Mechanical pencils can only make the same fine lines, perhaps a few shades lighter or darker. The lines don't change thickness or shape when you vary the pressure; they're terrible at conveying any type of mood. I wonder...They say, some do, that by analyzing a person's handwriting you can learn about his or her personality. But mechanical pencils have their own personalities. Or, rather, they share the same lack of personality. Hmm...Not really a lack of personality. More like a personality black hole. Wooden pencils have a lack of personality. That's why they make such a perfect conduits for our own.

All the mechanical pencils of my acquaintance resemble knobby, anorexic pens.

A First For Forsythe

Andrew Latino
Sports Editor

The next generation of the Lone Oak Band Dynasty is here. Mr. Forsythe, the recently hired band director at Lone Oak High School, is here to follow up the Scott Ford tradition. Even though this is Mr. Forsythe's first job as a band director, there is no better place to start than in the Lone Oak High School Band.

Mr. Forsythe always had a love for both music and instruments beginning with his years as a middle school and high school student. Inspiration for his love of music during these years mostly came from his band directors. The main reason Mr. Forsythe is at our school today is his history of musical talent. Mr. Forsythe's instrumental talents range from low brass, such as the tuba and baritone, to woodwinds, such as the saxophone and clarinet. As you can see, his wide range of talent is perfect for directing a marching band and will fit in flawlessly with the Lone Oak High School Marching Band.

Mr. Forsythe is also committed to make sure we are once again the top band in our

region. When asked how he was going to provide a great marching band performance, he replied that he would "Pick exciting and challenging shows" and "will put an emphasis on excellence and work ethic." The past few years of marching band performances have been nothing but great and this type of attitude is an indicator of an amazing performance this year and years to come.

He is also excited to see that we have a drum line at our high school and thinks they are very good. He recently came from a place that had a drum line and he, along with the rest of our school, is excited to see our line perform. The students of the band are also excited to have him as the new band director. Drum God **Tim Cook (12)**, a current member of the drum line, commented, "I'm glad to see Mr. Forsythe come here and I'm interested to see what he'll do with the program in the next few years." Cook also added, "Maybe one day he (Forsythe) could join drum line and become a Drum God like me." The staff and other advisors of the marching band are excited too. Mr. Watwood says, "Everything is going smoothly and I have never been happier."



Psyched Over Sims

Blake Harrison
Online Editor

Believe it or not, there is another new Jarvis relation at Lone Oak High School. After adding Mrs. Jarvis last year, we now welcome her younger brother, Adam Sims, 24. If you're keeping score, that's three members of the same family all in one high school!

Adam attended high school right here at LOHS and graduated in 2000. While in high school, he enjoyed playing baseball for the Flash. After completing high school, Mr. Sims enrolled at Murray State University, where he majored in history and graduated in 4 years.

When asked about previous employment, Mr. Sims was proud to say that his very first teaching job started this August. After applying at Marshall County High, where he served as a student teacher, and Lone Oak, he received a phone call from our very own Ms. Wear, who offered him a position at LOHS. He teaches economics and government and helps out as an aide to students whenever possible. To add intrigue to the already

twisted plot, it was interesting to find out that Mr. Sims is a teacher's aide in one of Mr. Jarvis's history classes. What a coincidence! I really wanted to get to know the real Mr. Sims, so I asked him a few personal questions. I inquired about his high school experience, and if there was any memorable times or classes he had. After careful thought, he decided he was very fond of flex

time, which was a time to relax after lunch. At the time, parts of the school were being remodeled, particularly Mr. Nall's room, to his recollection. He vividly remembers "signatures and graffiti" all over the walls.

Like most twenty year olds, Mr. Sims also engages in normal leisure activities.

For instance, he's an avid PS2 gamer, he loves animals, and he's a real movie buff. If there was a saying or motto Mr. Sims could pass along that would help the students of LOHS, it would be, "Don't waste your time getting frustrated and angry. It will only hurt you in the long run, so try your best to succeed."



Hookin' Them In

Danielle Harrison
Features Editor

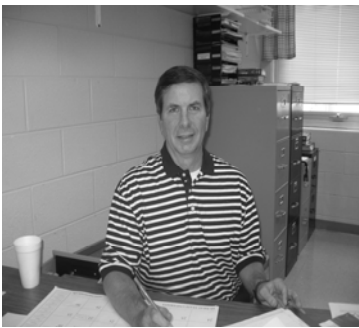
Lone Oak High School enthusiastically welcomes another addition to the English department, Mr. Lee Hook. Though he only teaches three periods a day, he's instrumental in teaching all of the fresh faces of LOHS the ins-and-outs of our lovely language.

Mr. Hook attended Murray State University and majored in psychology, in addition to a minor in English. He also earned a Master's degree in guidance counseling. Mr. Hook says he became a teacher because he enjoyed

being around kids—apparently we're so irresistible he came out of retirement to teach again!

Before coming to Lone Oak, he taught at both Murray and Reidland (but we won't hold that against him). Mr. Hook reports his favorite thing about Lone Oak is our infectious school spirit, an important thing to this easygoing sports nut. He loves golf and softball and says he is a major University of Kentucky and St. Louis Cardinals fan.

Ready for this interesting tidbit? A student in Murray once asked Mr. Hook if he could throw up on his desk...and then the kid did.



Taylor's Teaching

Evan Tharp
Staff Writer

You've been wandering the halls of Lone Oak and you've noticed some new faces; not just the new, tiny freshmen, but also the new teachers, lots and lots of new teachers! Mrs. Trena Taylor has been teaching since the fall of 1993 which is about 13 years. Not only does she have 13 years of teaching on her shoulders, but she has gone to college for a total of 12 years at MSU, SIU, PCC, and Purdue University. That's a very long time to go to college.

In those years of college, she gained a Bachelor of Science in mathematics major with a minor in physics and a Master of Arts degree in mathematics. She also has a Master of business administration with an emphasis in accounting. She wanted to get her Doctorate in mathematics, but that did not happen as planned. So after forgoing the doctoral degree she has settled into a new life with us at Lone Oak High School, and what a wonderful life it is going to be.

Throughout the day, Mrs. Taylor teaches geometry and Algebra II. This being her first year teaching here, she certainly has an abundance of work set out for her, especially teaching freshman all the way to seniors. She is teaching in Mrs. Mornar's old room, but, before she started working here, she taught at West Kentucky Community and Technical College (WKCTC) as an adjunct instructor. Mrs. Taylor's ways of teaching colligate kids and high school kids have to be different because of the drastic maturity change. She was hired the day before school started. The school called her Tuesday at 5:00 and told her

to come in the next day and be here by 7:15 to teach class. I bet that was a nice surprise.

Being a new teacher is hard! However, Mrs. Taylor says that she loves Lone Oak. She also said, "Members of the faculty have been very supportive." Good job, faculty! So, Mrs. Taylor, I hope you have a good year at Lone Oak and many more to come.



Fountains Of Fun

James Summerlin
Assistant Editor In Chief

Ladies and gentlemen, boys and girls, children of all ages. We now present to you one of Lone Oak High School's new teachers, Mr. Fountain!

Mr. Fountain is one of Lone Oak's latest additions to the science department. Mr. Fountain, a Murray State University graduate, will be teaching Integrated Science 1 & 2, and physics. This science teacher has been teaching for 12 and a half years. The schools he has taught before coming to Lone Oak are Carlisle County High, Paducah Tilghman High, and Crittenden County High School. Pretty good resume, don't you think?

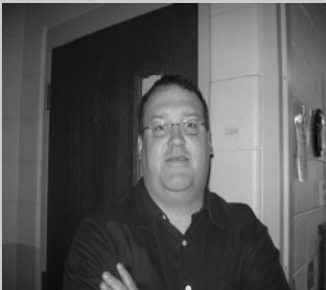
Mr. Fountain loves to hike and watch television when he isn't teaching science. Speaking of television, Mr. Fountain said if he could live in any television show, he would live in Star Trek. Who wouldn't want to live in the future? When asked about his favorite movie, Mr. Fountain started quoting

Monty Python lines. Yep, the man is a fan of the comedy, "Monty Python and the Holy Grail." If Mr. Fountain wasn't a teacher, he says he would be a park Ranger in Yellowstone National Park. His hidden talent is acting. And you will be excited to know that Mr. Fountain answered the question all of you were all afraid to ask him yourself. Mr. Fountain's favorite superhero is none other than . . . BATMAN!

Mr. Fountain says that his worst grade in high school was an "F" in the third quarter of his AP English class. He passed the class with an "A" even with the "F" in the third quarter, which is a pretty impressive achievement. His least favorite subject in school was PHYSICS! Yes, he is a physics teacher! His favorite teacher in high school was Dr.

Leon Leelange. The class wasn't easy but according to Mr. Fountain, Dr. Leelange taught his students responsibility.

When I asked Mr. Fountain what advice he would give to students, he said, "Work hard for what you get and be responsible with your actions." Those are some words we can all take to heart from the physics teacher, Mr. Fountain.



Combin' Over From The Middle School!

Brick Green
Staff Writer

Mr. Jason Neelley, although new to the high school, isn't unknown in Lone Oak. He taught at Lone Oak middle for nine years prior to coming to the high school. There he taught seventh grade science and a couple of extremely difficult study hall classes. Now at the high school he's teaching freshmen science and sophomore biology. He lives in Mr. Ceglinski's old room out of the main way so some of you may not have seen him. For those of you that have not, the first thing

you notice is his extreme comb over and his fun sweater vests. But when you really meet him, you will see that the comb over and sweater vest are a perfect description of his personality. The vest says "intellectual and witty" but the comb over says, "I'm here to party."

Mr. Neelley graduated from Tilghman High School then from there he was off to David Lipscomb University where he majored in biology education and physical education. Neelley says "I got my inspiration for teaching from my parents who were teachers and from some other really good teachers along the way." For the five percent

of the time that he didn't have his head in a book he played intramural softball and soccer. While playing we was scouted and asked to play soccer for the university but fell ill and wasn't able.

Along with teaching, Mr. Neelley has been coaching the boys soccer teams. At the middle school he coached for nine seasons and the high school for four years. One of Mr. Neelley's most beloved students and players Andrew Latino says "Mr. Neelley's comb over may set him off as a stiff, but his infatuation with the Bob and Tom show says that he's really fun guy."

Something that you might not see at first in Mr. Neelley is that he's a handyman. A few years ago he and three friends built a log cabin on a gravel road in the middle of nowhere. Since he lives miles away from civilization there's nothing else to do but go hunting with his wife and three dogs or go fishing.

Luckily these are Mr. Neelley's favorite things to do away from students. Mr. Neelley got married recently to now Elizebeth Neelley. Elizebeth works at News Channel 6 WPSD. Another fun pastime for him is acting cool in his Porsche while going to see his dad FRED MYERS. Yes Mr. Neelley grew up with Fred Myers and how he grew up to be so calm no one will know.



Hola, Senora Cunningham!

Chaelim Young
Assistant Business Manager

Mrs. Sherron Cunningham is among the new teachers to grace Lone Oak High School this year. I know you're thinking, "Wow, another new teacher. Who cares? Really they are the ones to mold us and cram every little detail we care nothing about, at the time, into our minds." To me Mrs. Cunningham seems to be the one who can accomplish this as our new Spanish teacher.

Mrs. Cunningham attended college at Murray State University. She has a double major in biology and Spanish, and a Masters in guidance and counseling. She has also dealt with intellectual assessment (I.Q. Tests) and school administration. Mrs. Cunningham retired from Reidland, where she was a guidance counselor for 6 years. Since she has been retired

since 1999, she taught science at the trade school. She has taught, substituted, and counseled in many schools through out the region.

Mrs. Cunningham feels she was born to be a teacher. She said, "I have tried other things, but always seem to end up back in teaching." She also feels she is a free going teacher, but wishes she could be the workaholic type. So don't push her over the edge. Mrs. Cunningham's reason for coming to

Lone Oak was all because of our dear Mrs. Wear. Apparently, Mrs. Wear just called her up and said she needed a Spanish teacher and she wanted her. So here she is.

So far she likes it here and she can't get over how nice everyone is. The only thing I would suggest, for those who are fortunate to have her, is don't ask her "Why do we have to do this?" This question

seems to strike a nerve. Mrs. Cunningham is a very nice person and teacher and I hope we can all make her feel welcome.



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Meet the Staff Quiz

Chaelim Young and Staci Alexander
Assistant Business Manager and Photographer

1. What is the name of Mrs. Goodman’s beta fish?
a. Nathaniel Hawthorne
b. Flounder
c. Donny Hathaway

2. Rebecca Choudhury is severely creeped out by:
a. Beanie Babies
b. street performers
c. lawn mowers

3. What is James Summerlin’s Fantasy Football team’s name?
a. Talladega Knights
b. Lords of the Ring
c. Scarlet Letters

4. When Autumn Midyett was a little kid, she had an imaginary ____?
a. duck named Waddles
b. boyfriend named Kicky Aerobics
c. pink platypus named Eugene

5. What went wrong with Chaelim Young’s tonsillectomy when she was four?
a. the doctor couldn’t find her tonsils
b. her doll, Tiffany, wouldn’t stop acting up
c. the doctor took out an eyeball instead

6. Michal Gurrola has a life-sized cardboard cut-out of which person in her bedroom?
a. Mr. Spock
b. Legolas Greenleaf
c. Darth Vader

7. What did Danielle Harrison discover this summer at GSA?
a. her long-lost twin sister
b. a love for opera
c. the best cafeteria banana pudding in the world



1. c, 2. a, 3. a, 4. b, 5. b, 6. a, 7. a, 8. c, 9. b, 10. c, 11. a, 12. b, 13. c, 14. c, 15. c

8. What is Aaron Megibow’s favorite body accessory?
a. his confederate flag tattoo
b. the double bacon cheeseburger that’s always in his mouth
c. the titanium rod in his leg

9. What body modification does Coran Stewart want?
a. a forked tongue
b. a tattoo
c. a naval piercing

10. What mad skill does Andrew Latino have?
a. unicycle champion
b. amateur beat box champion
c. professional Kool-Aid maker

11. Who does Blake Harrison plan on marrying shortly after high school?
a. Mrs. Jarvis
b. Jessica Simpson
c. Anna Kournicova

12. What is Staci Alexander’s guilty pleasure?
a. taking pictures of her toes
b. taking random pictures in Wal-Mart
c. taking pictures of James Summerlin as he runs around Mrs. Goodman’s room throwing bottles of window cleaner in the air

13. What sport does Patrick Hollowell like to play?
a. water polo
b. underwater basket weaving
c. golf

14. What is Brick Green’s favorite animal from Harry Potter?
a. Argog the spider king
b. Fluffy the three-headed dog
c. Buckbeak the hippogriff

15. What random act did the Harlem Globe Trotters ask of Evan Tharp?
a. prance around the court in size 20 shoes
b. make muscleman poses with his shirt off
c. both a and b



Images from google.com



Mystery Stars!



Staci Alexander and Patrick Hollowell
Photographer and Staff Writer

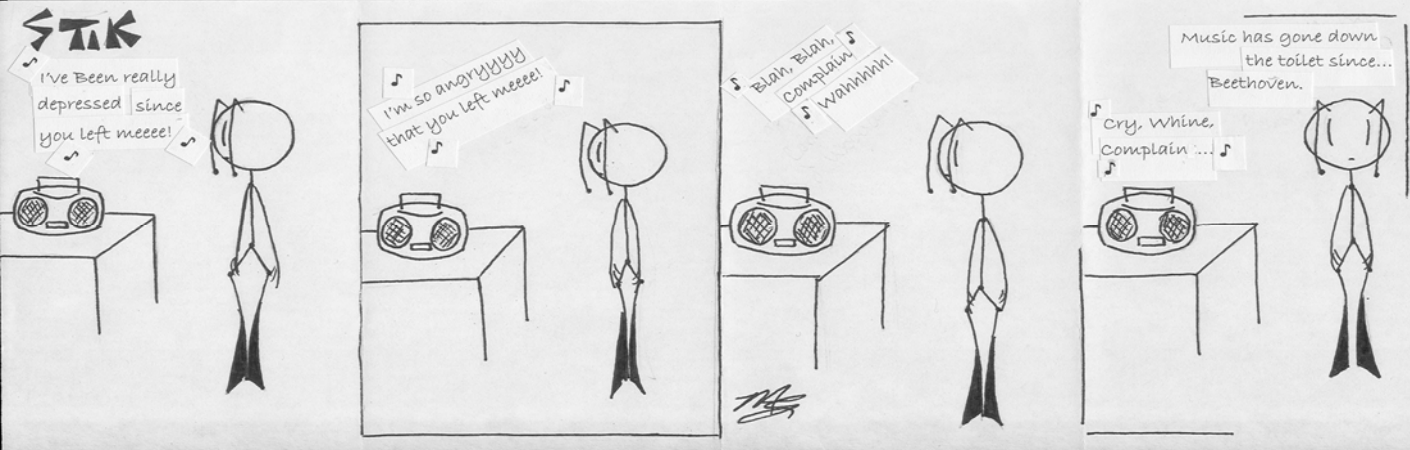
This strikingly handsome senior with green eyes and dirty blonde hair is 6 feet tall and drives a Ford Escape. At 17, he plays football and has a great sense of fashion. He actively participates in the Math Club and loves Mrs. Goodman’s first hour English class. On the weekends, he can generally be found sitting on the couch at Andrew Latino’s house.

This good looking junior stands at 5’10, has blonde hair, and striking blue eyes. After school he hits the books and works on homework, then joins his online gaming community. He has made many game modifications to games such as Quake 3 engines and Star Wars Jedi Academy.

This star is an asset to our junior class, and I am proud to say he is a friend of mine. Live long and prosper.

This gorgeous sophomore girl stands 5’7” with dirty blonde hair and intriguing blue eyes. After school, she focuses on her vocal and piano lessons. She loves participating in Chamber Choir and has recently become active in the Beta Club. On the weekends, her and her friends like to hang out at her house, and she can’t wait to turn 16 on April 23rd.

This tall freshman stands at a whopping 6’1. He has brown hair and blue eyes. After school he usually practices his basketball and baseball skills. He is also a member of the FBLA. On the weekends he likes to go to the movies and hang out with his friends. Hope you remembered to wish him a “happy birthday” because he turned 15 on September 17.



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Feel the Squeeze?

Coran Stewart
News Editor

Feeling the squeeze in our school? Well, it could get worse. According to figures supplied to The Paducah Sun by school officials enrollment in our county's 12 schools is at a record 6,932, which happens to be 205 more than at the end of last year. According to **Donna Wear**, principal of Lone Oak High School, this school grew by sixty-four people. Our county's schools have a total capacity of 6,900, thirty-two less than the current enrollment. This abundance of students is leading to several problems. Students at Hendron-Lone Oak Elementary already have to meet for class in trailers. Mrs. Wear stated that the large number of new students at Lone Oak has caused some confusion in the hallways in between classes; however, she added that it was not serious yet. The problem may become serious in the next four to five years when those elementary students start spilling into the high school.

Various solutions are being considered to remedy the crisis. Mrs. Wear believes that short-term solutions such as building more classrooms at existing school buildings would be easier but are only postponing the inevitable. According to The Paducah Sun, county school board chairman Neil Archer believes building a new high school at the site of the old school board offices could be a viable solution. The problem with this is that a new high school building would cost \$40 million, much more than the school system's current bonding capacity. Another solution that is being contemplated is drawing new school boundary lines. Mrs. Wear is personally not a fan of this remedy because she loves the students that attend Lone Oak and believes parents send their children to the school because of the high standards Lone Oak students set.

The fact remains that the longer solutions are talked about rather than being implemented, the more looming a major over-crowding crisis becomes. Lone Oak High School student **Alex Croft (12)** is already feeling the stress. "Fighting my way through the halls in-between classes is getting to be a hassle," he says. When the school's population approaches 1,000, as Mrs. Wear estimates will happen in the next few years, the hallway problems will be greatly amplified. That is why the school board must act quickly to assess a feasible outcome that will fix the long-term problems. McCracken County schools have a long history of excellence, and to continue that legacy, the schools must not become crowded to the point that learning is stifled.

CHA—Living On the Edge

James Summerlin
Assistant Editor in Chief

Most people just want to get out of school during their summer break. However there are the few that would like to continue their education for extra stuff, like tuition in college. For those kinds of people, there is Commonwealth Honors Academy, better known as CHA.

CHA is a three week program held every summer in which students can earn up to six hours of college credit. Students who go must have completed their junior year and have a 3.5 GPA. Students must also have scored a 25 or better on the ACT. Students who fulfill these requirements can apply for the program at Murray State University. The theme this year for the program was *Living on the Edge: Finding the Boundaries of Freedom*.

Four CHArming students from Lone Oak High School CHA-CHAed their way into to Murray State University on June 10, 2006 for the three week summer session, and they came back on the first of July. **Amanda Dycus (12), Payden Harned (12), Autumn Midyett (12), and Tia Thistlewood (12)** were our proud representatives from LOHS.

Harned said about the experience, "I loved being around some of the smartest individuals in Kentucky. There was also a

Resident Attendant that was really, really, really hot." Let's just leave it at that. He also said he probably got on average about 4 hours of sleep a night. And yet he still was able to work for his college credit. Midyett said one of her awkward moments was when "my roommate moved my bed into the isolation room." I'm not sure what to think of that.

It's pretty obvious that the CHA participants had a lot of fun packed into three weeks at Murray State University. CHA VII will held next summer; so if you want to have fun, earn college credit and make some new friends that will move your mattress to another room (and you have the academic requirements), look into CHA for this upcoming summer. You won't regret it.



Photos by Staci Alexander

Melting the Competition

Brick Green
Coroner

Since 1985, the Lone Oak Agriculture department has been known across the land as welding masters. The welding teams have represented Kentucky fifteen times in the Mid-South, which is the highest level possible in welding for high school students, and has never lost this contest while competing. Before heading to the Mid-South competition the teams make a pit stop at the state championship. This contest has been won sixteen times by LOHS welders. In this competition there are eleven regions and one hundred and twenty counties. Even before the state championship, the team starts out with the regional championship. Here the team competes against five other schools: Reidland, Marshall, Ballard, Graves, and Caldwell.

The team that last won these three competitions was composed of **Jack Athenas (12), Cody Clark (12), Dean Bechtold (11), and Adam Hall (11)**. Jack placed first in the individual regional, state, and mid-south competitions. After a person is on the team he/she cannot be on the team again. This year

the team consists of **Derrick Farlee (10), Chris Springer (11), Micheal Farmer (10), and Justin Keeling (11)**. This team has already won the regional and state championships, where Chris placed first in both individual competitions.

Apart from arc welding there are two other types of welding competitions. One is mig and the other is oxy-acetylene. These two competitions are only at the regional level and is only an individual competition. This year Cody Clark competed and won the mig competition and Dean Bechtold competed and won the oxy-acetylene competition.




Photo by Brick Green

MEGIBOW AND EDWARDS

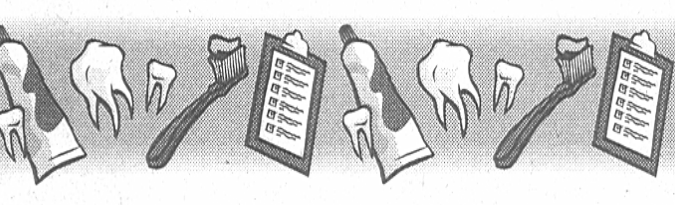
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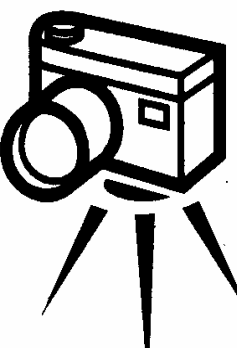


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Fall Sports Preview

Andrew Latino
Sports Editor

The beginning of school is here and sports are back in gear for the 2006 season. This time in the school year is always jam-packed with sports action almost every-day of the week. Our sports teams are currently on a smooth and fantastic start and our expectations are set high as usual. Most sports are halfway finished with their seasons or getting close, so remember to go out and support your fellow Purple Flash athletes.

The football team has just come off a huge rivalry victory against Heath. Led by **Corey Robinson (11)** and his seven total touchdowns, the Flash destroyed the Pirates in the second half in which the defense didn't allow any points. After this result, the Flash has no place to go but up in the district standings and is most likely headed to a playoff game (maybe at home). Senior **Davin Ramage (12)** commented, "If the line blocks, Coach Haskins could take us to state." Even though this sounds a little farfetched, why not set our goals high.

The volleyball team has been busier than ever this year and has participated in tournaments at locations throughout Kentucky such as Owensboro Apollo, Lou-

isville, and Lexington. Lone Oak volleyball has also had regional victories over teams such as the Tilghman Tornadoes and Marshall County. Going into the final portion of the season, our volleyball team's record is comfortably over .500 and hopefully improving to prepare for the district and regional tournament.

The Cross Country team is conditioning everyday of the week unless they are attending a meet. Competing at invitationals all throughout Western Kentucky, the team has been "running" everywhere. Along with school invitationals, a few of our students have recently run in a half-marathon in St. Louis. One of these students, **Nate Brelsford (11)**, had this to say about the team and the season to come: "We are a very strong team this year. We have two great coaches and plenty of dedicated individuals. We've worked hard up to this point, and now it's time for us to show off."

Coming up in the October issue of The Oak "K" - Soccer information.

Spike! In Excitement

Blake Harrison
Online Editor

Our volleyball team is in the midst of another very productive season. Lead by seniors **Emily Murphy (12)** and **Sarah Parker (12)**, the Lady Flash were sporting a 17 and 11 record as of September 19th. Coach **Tim Whitis** has been pleasantly surprised by the girls' performance thus far saying, "To be honest, I'm quite pleased with our effort so far, considering we lost four key seniors after last year."

To help fill the void, Murphy has contributed a 61% passing percentage to go along with **Tiffany Treece's (12)** 112 kill points. Parker has also added a big boost as the team's outside hitter. The team is not relying solely on seniors, however. Junior **Cortney Ellerman (11)** had already added 65 kills and 16 aces by mid-September. Along with Ellerman, sophomore **Miranda Rouse (10)** is looked upon to provide essential defense throughout matches, which Coach Whitis added was a

"huge bonus."

Throughout the season, we face several extremely competitive teams, including CCA and Christian Fellowship. This year has been especially challenging to keep up with the tougher competition due to the loss of experienced leaders Amanda Bredniak and LeAndrea Bell. Thankfully, LOHS has a great fan base to feed off of, including an enthusiastic student section headed by **Drew Robison (12)** and a very supportive staff. "Our players are able to feed off our fans' excitement, and that really helps our team's morale," Whitis commented.

Team re-building is nothing new to Coach Whitis. Every year that Whitis has coached the volleyball team, he has lost four seniors. Even so, he doesn't make any excuses, saying, "That's just part of the game." Coach did point out that, even with an inexperienced team, they "attack every ball and never take a play off." He believes that the girls' hard work and relentless efforts are a big part of their success. We better get used to this re-building thing; we are going to lose several more seniors this year. But not to worry, there are some skilled 8th graders coming up to help lighten the load next year. Doesn't that just brighten your day?

Fore! Golf is In Swing

Andrew Latino
Sports Editor

Golf season has been well underway since the beginning of school and our boys' and girls' golf teams have consistently been near the top of the region. Even though power house St. Mary remains undefeated in region play, Lone Oak, Marshall, and Heath have been competing strongly for the number two spot. Our team has beaten both Marshall and Heath and is looking ready for the regional tournament on September 25 at Drake Creek in Ledbetter.

The boys golf team this year consists of the lone senior **Ryan Timmons (12)**, juniors **Adam Butler (11)**, **Patrick**

Hollowell (11), **Dean Bechtold (11)**, **Colby Pennington (11)**, **Briggs Krauss (11)**, and sophomore **Alex McKinney (10)**. Our girls golf team consists of **Emma Robinson (10)**, **Madison Mundy (9)**, and 2 middle school students. These men and women represent our high school and have been performing in competitions almost daily since the beginning of August. Since golf isn't a spectator's sport in high school and support is at a minimum at each golf meet, the next time you see a member in the hallway give them a high-five or complementary hug.

Timmons, a 3-year member of the golf team, says the golf season so far has been "mind-blowingly amazing." Timmons and the rest of the team are confident that they can qualify for the state tournament, which requires a top two team performance or a top three individual performance at the regional tournament. Hollowell commented, "We have been performing well enough to make it to state this year." This type of confidence will be helpful for the rest of the season.

Robinson, a 2-year member of the girl's golf team, replied that her season experience so far has been "great." Though she didn't have much to say, Robinson also believes that the girls will have a good showing at the regional tournament and with a few breaks, she believes there will be a favorable outcome for her and her teammates.

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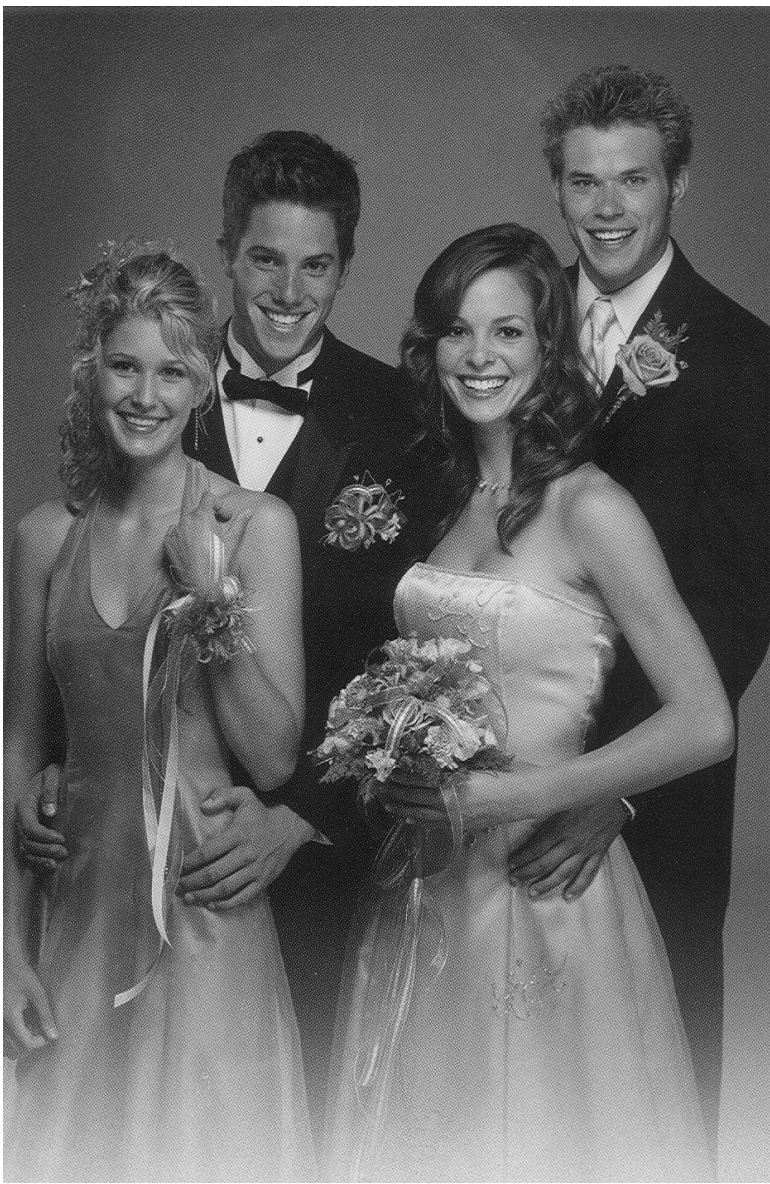
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