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Tia's Terrific!

Aaron Megibow Features Editor

This month's Junior Rotarian can be spotted all over town. From conducting the marching band during half-time at Flash Field, to hosting at El Chico, to just hanging out around town with fellow seniors **Seth Bowden** and **Chelsea Coorts** in her stylish Volkswagen Bug. Of course, I'm talking about none other than **Tia Thistlewood (12)**! What makes this avid Coldplay fan such a great Junior Rotarian? It would have to be her sizeable laundry list of academic achievements! Tia attended the 2006 Commonwealth Honors Academy, is a member of the National Beta Club, is listed among the Who's Who of American High School Students, is an honor student, was on the 2006 prom committee, and served in the marching band for five years along with being a member of Lone Oak's highlyacclaimed indoor drum line. In addition to all of this, she even takes time to volunteer at Lourdes hospital.

Of this achieving senior, her friend Seth Bowden says, "Tia is awesome! She puts all her effort into everything she does!" There are two things that drive Tia to be the great student that she is: Her parents, and a little bit of healthy academic competition with her older brother and Lone Oak alum, Kaelin. When asked how she does it she said, "I set my priorities straight, school always comes first". Teacher **Mr.Neel** notes our Junior Rotarian's hard working ethic as saying "Tia is one

of the best students I've had and one of my favorites."

This Biology Club officer of two years places great importance on the friendships that she has built over the years. When asked about the subject of friendship, her loyal boyfriend **Zachary Hughes(10)**, says that Tia is "Easily one of the greatest friends I've ever had, and I couldn't be happier with anybody else". Reminiscing about childhood memories with Tia, Chelsea Coorts notes, "Tia has a special place in my heart. I've known her for 12 wonderful years and I just think she's great." Tia says that her favorite memory in school is of putting Gertrude the Skeleton back together in Anatomy with Seth, Drew, Emily, and Chelsea.

Surprisingly enough, Tia does have free time! When she isn't having fun in her two favorite classes (Anatomy and AP Calculus) she simply enjoys being with her friends and listening music (Interpol and Radiohead being two of her favorite bands).

Tia has a bright future ahead of her. She plans on attending either the University of Kentucky or the University of Louisville and will major in nursing. Last but not least, Tia has a word of advice for all of you Junior Rotarian-hopefuls out there. "Be active, strive to be the best, have good moral character, and challenge yourself."



Photo courtesy of Gene Boaz



Lone Oak students enjoy a visit from a rather prestigious guest. Full story on Page 6 Photograph taken by James Summerlin

The Spooky

Halloween How-Jo

Autumn Midyett Business Manager

Halloween is right around the corner. You know that deep down you miss dressing up in some silly costume and going trick-or-treating, but you also know that if you were to try it now, you would certainly receive some strange looks. However, there is still a very obvious way to get around this little difficulty and still manage to wear a cape and eat sugary, unhealthy, but delicious treats. Throw a party!

Halloween parties for adults first became popular during the "Roaring 20s", but later during the World Wars, Halloween parties became popular for children. Later adults started having Halloween parties again. Now Halloween is an occasion for any age group to celebrate.

One of the most important aspects of the Halloween party is, of course, the costuming. Some people, though I don't understand why, don't like to dress up on Halloween, so the best bet is to make costumes optional at your party. They should still be strongly recommended though, because really, costumes are half the fun. Also, a costume contest of some sort is quite necessary to a successful Halloween party.

There are numerous options for coming up with a costume. You can go to one of many websites and order a costume, you can buy one at generic we-carry-everything-you-could-ever-imagine stores like Wal-Mart or specialty Halloween stores, rent one, or make one on your own. Halloween is all about

being something you aren't and you can dress up as anything you want. You can be scary, funny, cute, skanky, or a number of other adjectives. You can go with a trendy costume by dressing up as a popular tabloid icon or character from a recent film. You can go classic with costumes like witches, vampires, mummies, and grim reapers. Other standards include once trendy characters who have been around for a long time like the Scooby Doo Crew, the characters from the Wizard of Oz, or your typical superheroes, Batman, Spiderman, Superman, Wonder woman. If you are feeling more creative and are handy with a glue gun and cardboard or a needle and thread, homemade costumes are usually fabulous ways to get noticed in a sea of costume wearers because there won't be anyone else in your costume and because homemade costumes can have a lot of spunk. If you feel a deep need to win that contest mentioned earlier, categories usually include Best Overall Costume, Funniest Costume, Scariest Costume, and , sometimes, Worst Costume. However a number of other Categories could be included in a costume contest as well. Another very important aspect of a Halloween party is the food. Obviously there must be candy. Ideally, there should be a mix of what you would receive trick or treating, mini chocolate bars, suckers, candy corn, and random fruity candy and traditional Halloween foods that can't be found by going door to door since people became so concerned about poison and razor blades, like popcorn balls, rice crispies, and candy apples. You also need creepy, fun food...you know the stuff room mothers made for elementary school "fall parties" like floating ice cube hands in green or red punch (ideally served in a caldron), dirt and worms (pudding and gummies), and kitty litter cake (cake with crumbled up cookies and pudding-cake pieces on top served in a new, clean litter box with a pooper scooper). You also have to have some sort of activities for your party. There is, of course, the costume contest. Bonfires are also an excellent Halloween party activity. You can bask in the warmth of the fire and tell scary stories. However, its probably a good idea to have to some stories prepared for this instead of trying to make one up or trying to remember that one story you heard that everyone's already heard a billion times since the third grade that no one can agree on how the story actually goes. Horror movies are another excellent addition to a Halloween party. The best parties are usually not overly structured though so don't go overboard on the planned activities. One or two goofy-fun activities should be fine, but odds are most of the guests would rather just hang out, eat, and socialize. Besides what has been covered here, there is an absurd amount of ideas for things to do at Halloween parties online. You can find all sorts of recipes, games, and costumes. So, now what? Instead of sitting at home waiting for trick or treaters despite the fact that you'll get about five besides your next door neighbors and little cousins, plan a party!

History of Halloween

Rebecca Choudhury Editor-in-Chief

What do the Celts, the Romans, medieval Europeans, and the early Catholic Church have in common? Halloween, of course! Our favorite fall holiday has quite a long and interesting history, though "Halloweens" past were very different from Halloweens present. Over the centuries, Halloween adopted a number of new traditions, and a number of different names, as it evolved into the celebration we know and love today.

The story of Halloween begins on the Emerald Isle in the fifth century BC. Ireland's Celtic inhabitants observed a most special event each October 31: Samhain (pronounced SOW-en), the official end of the summer season and the start of the new year. During that night, it was believed that the natural order of the universe was turned upside down, creating a bridge between the world of the living and the world of the dead. Spirits, free from the void, would travel the countryside hunting for bodies to possess. To keep these unwelcome guests away, villagers would dress in elaborate, frightening costumes and roam around town causing all kinds of noisy mayhem. This tradition of donning scary costumes and parading around the neighborhood would later combine, in the Middle Ages, with the practice of begging for cakes on All Souls Day, resulting in the most beloved of Halloween activities, trick-or-treating.

Long before the 900s when the European "soulers" traveled from village to village in search of that special bread, the ancient Romans had picked up on the Samhain customs and had adapted them to their own purposes. In their case, it meant incorporating Celtic practices into the festival of Pomona, the Roman goddess of the harvest. Pomona celebrations were, in a manner of speaking, the first Halloween parties, an occasion to celebrate the conclusion of a bountiful harvest season with food, drink, and debauched revelry. The Pomona festival is, some theorize, the origin of the tradition of bobbing for apples, a classic game for fall parties of all kinds. There isn't much real proof to support the idea, but, as Pomona's symbol was the apple, it seems to have a hint of plausibility.

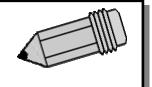
The popularity of Halloween - or, rather, its Dark-Ages equivalent - was such that it transcended cultural barriers and was celebrated, with variety of customs, in towns and villages across the European continent. For the early Christian Church, the widespread practice of rituals pagan in origin, even if they had lost their original meanings by-in-large, was alarming, A vain attempt was made to force the faithful to abandon their late-October celebration, and when it met with failure, the Church made it's own distinct mark on the holiday. Renaming it All Hallows Eve, the Church intended it to become a night of piety and prayer before All Hallows Day (All Saints Day), observed on November 1. The suggestion of prayer didn't stick, but the name did. It's not difficult to imagine how All Hallows Eve could become Halloween.

From centuries ago to the present day, the Halloween tradition continues to grow and change. The plastic-ghost-and-pumpkinbedecked holiday we enjoy may have been altered radically from its humble beginnings on a smallish island in the Atlantic, but to catch a glimpse of its ancient origins is an interesting sight indeed..

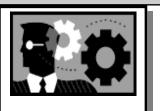
har har har har har har har ha



Beam Me Up, Scotty! Page 2



The Pencil Debate Counter "Point" Page 3



It's a free country Page 4



This page is poppin' Page 5





A soccer sendoff Page 7

The Oak "K"

Set your Phaser on Fun!

Michal Gurrola Entertainment Editor

If you watched Spike TV at all last month, you probably noticed that they were playing a great many Star Trek episodes. In fact, On Friday, September 8th Spike TV played an entire twenty-four hour marathon of Star Trek the Original Series. "Why?" you may ask. The answer is simple. Because Friday, September

8th was the 40th anniversary of Star Trek the Original Series, a day to eat qagh, drink Romulan ale and humiliate your friends by asking them in-

questions. All over the United States people are celebrating this momentous occasion. For instance, in Seattle a week-long gala event was held at the Science Fiction Museum and Hall of Fame. It was attended by the majority of the Original Series cast, the inventor of the first portable cell phone, the head of the Search for Extraterrestrial Intelligence project and more notable guests. A momentous event was the toasting of

the airing of the first Star Trek episode at the top of the Space Needle. The fifth annual Star Trek Convention in Las extremely delicious.

and many of the actors from all five Star Trek series. William Shatner (Captain Kirk) and Leonard Nimoy (Science Officer Spock) have had a

busy month, appearing first in Chicago and then in Sacramento before attending the convention in Las Vegas.

Vegas was held from September 17th to the 20th

and included four out of five Star Trek captains,

There were also some interesting artifacts appearing a these events.

> These include the ashes of the recently deceased James Doohan (Beam me up Scotty!) and a set of seven wax figurines featuring the Original Series

cast, from the Movieland Wax

Museum in Orange County. Fans had the opportunity to pose with the figures and have their pictures taken.

I, myself, hosted a little party at which my friends and I dressed up in Star Trek regalia, ate qagh, drank (non alcoholic) Romulan ale and humiliated each other by asking insanely difficult Star Trek trivia questions. While I can't boast any of the prestigious guests listed above, I can say that the company was pleasant, the games were fun and the rokeg blood pie was

NO NEED TO SCREAM!

Evan Tharp Staff Writer

Ladies and gentlemen I present you with IP-RELAY.com. It was the first service to offer deaf and hard of hearing persons the ability to place calls over the Internet. Calls originating within the United States are confidential and free of charge. On Dec. 13, 2004, MCI announced the launch of My IP Relay Number service. This service provides deaf and hard of hearing individuals with a unique local number, giving them the ability to receive telecommunication relay calls on any stationary or mobile computing device that features the AOL® Instant Messenger® (AIM®) service.

Users have the ability to request a male or female operator based on preference so the call sounds like its being made by a real person Plus IP-RELAY.com users are not required to register or provide proof of disability.

Calls can be placed either by the "Call Now" option which automatically connects to a relay operator at the click of a button, or through the "Custom Calling" option which

gives you the ability to customize communication.

In addition to voice-assisted calls, IP-RELAY.com users can place "Video Relay" calls. IP-VRS allows you to communicate with anyone you want using sign language and the speed of the Internet. Through the use of a "Video Interpreter" and video conferencing, you and the person you're calling can communicate in the language which is most natural. You sign to a "Video Interpreter" who communicates to the voice caller and then in turn, signs the voice user's response back to you.

Video Interpreters are certified by the Registry of Interpreters for the Deaf (RID) and/or National Association of the Deaf (NAD IV/ V). Interpreters are required to meet strict codes of ethics so users can be assured of confidentiality.

Now, you're probably thinking right about now, "oh I can do some serious prank calling now, and no one will know it's me". But please don't abuse this service, because it is for an actual purpose and it provides a much needed service to those with the inability to speak or hear.

<u>fomlin Rocks Out!</u>

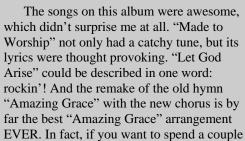
James Summerlin Assistant Editor-in-Chief

I don't know about you, but when it comes to seeing the morning, I'm not usually excited . But that's what Chris Tomlin's latest CD See the Morning, which was released last month, is about. And that is something I'm definitely excited about.

You most likely have heard Chris Tomlin before or at least listened to some of his music.

Tomlin is the top dog in Contemporary Christian music and worship. And that's a fact. He is one of the worship leaders in the Passion Conferences led by Louie Giglio (the conference and the live CD's of the event are very suc-

cessful). He has written top worship songs that are sung everywhere like "How Great is Our God", "Enough", and "The Way I Was Made." Not only that, Tomlin achieved greatness in the 2006 Dove awards by winning Artist of the Year, Male Vocalist of the Year, Song of the Year (How Great is Our God), and Best Worship Song. So how is Tomlin going to top all that with another album?



extra bucks, you can buy the special edition which includes four new songs and a behind-thescenes video. This album is definitely a must-have for any CD collection.

Now, although it is a great CD, I really think that his last album, Arriving is the better album. This really doesn't take anything away from the album, but usually you must out-do your

last work. The album is still great and we will be hearing the songs on this album more often, but I still think that his last album was the better than the latest release.

Despite that criticism of the CD, See the Morning is a really good album and I really recommend it. Chris Tomlin has taken worship and Contemporary Christian music and bumped it up to a whole new level. I give Chris Tomlin's See The Morning a 4 out of 5.

Lookin' for a Laugh **Patrick Hollowell** Staff Writer

The other night I was flipping through my movie collection hoping to find a good comedy to give me a few laughs. I finally came across the movie Anchorman, and the cover caught my attention. A picture of a man with no pants on sitting at a desk with a shirt and tie on the cover. It is easy to see how the

movie grabbed my attention. So I decided to throw the movie in.

The movie immediately had my full attention and I could not stop watching. From Ron Burgundy's sly suit, to Brick's inability to carry on a coherent conversation, the movie is downright hilarious, and had me gasping for air.

As the movie went on, I was surprised to find that the movie was also very diverse. There

was a romantic love story between two anchors, both of whom had the same aspirations to be a big-time network anchor. These two anchors, Ron Burgundy and Veronica Cornigstone, however lovers, were competing with each other to be the best anchor. This competition eventually leads to sabotage of one another which eventually cost Ron Burgundy, the legend, his job.

This movie contains inner conflict with the lead character Ron Burgundy. After he is fired, he loses his girlfriends, his friends, and

his whole life is gone. He goes into a deep depression, and starts drinking very heavily. However, the triumphant Ron Burgundy eventually pulls himself out of this hole, gets his job back and eventually becomes a network anchor.

The movie also has physical battles between all of the different San Diego news teams. In one scene, all of the news teams meet in an alley for a deadly duel. The battle

consists of weapons ranging from swords to grenades to handguns. This bloody battle has one rule, "No touching of the face or hair." In this battle Brick kills a man and another anchor loses an arm.

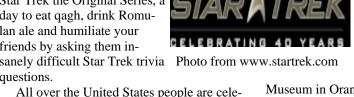
Anchorman is also a heartwarming story for pet lovers. In this movie the director illustrates the love that one man has for his

dog when he is emotionally destroyed. You will catch yourself showing great compassion for Ron.

The diversity of comedy, tragedy, love, and the variety of conflicts are all reasons to experience the movie Anchorman. The movie will take you through an emotional rollercoaster full of highs and lows. These are all reasons why the movie, a year later, is still popular today. I find myself and others constantly quoting the movie. I strongly recommend the movie Anchorman.



Before Our Time: North or South?



Business Manager

In 1985 the first of three installments of the mini-series North and South premiered on television. The mini-series was so successful that it was followed by North and South: Book Two which premiered in 1986 and Book Three, Heaven and Hell, which came out in 1994. The entire series is now available in a 5-disc DVD set and it is fabulous.

Picture from amazon.com

This mini-series tells the story of two families before, during, and after the Civil War. Orry Main and George Hazard meet at West Point Military Academy and become best friends. Orry is a southerner whose family owns slaves and George is a northerner whose family runs a factory. The two boys' friendship leads to the lives of the Hazard and Main families becoming very intertwined despite some very different political views held by each family.

The series pulls you in with a blend of action, romance, and tension. There are a lot of characters to keep up with. There are the two men, Orry and George, their families and love interests, and *their* families and love interests. You can't help being drawn into all of their stories.

The series features an impressive cast as well. Orry Main is played by a young, beautiful, Patrick Swayze. Kirstie Alley stars as George's psycho sister. David Carradine plays a bad guy.

Several soap opera stars acted in the series also. Even Johnny Cash and Elizabeth Taylor had small parts in the series.

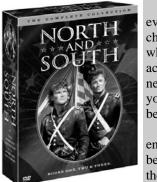


Photo from google.com

The first two installments of this mini-series are both really, really good. However, Heaven and Hell, the third installment at first seems like one of those really cheesy Lifetime movies. It is pretty obvious that a third "book" was not planned when they ended the second. A character is killed off because they couldn't get the actor to come back, a character who should be dead is actually alive, and a brother never previously mentioned by anyone mysteriously appears to cause trouble. If you can stand some annoying, unbelievable stuff at the beginning though, it does get better and it's really best to see the whole thing.

This mini-series is not some history class documentary with terrible reenactments of battles. It has more of a Gone With the Wind feel except it may be better. There's something for everybody between the battle scenes, the love stories, the friendship between two families with completely different beliefs, and the rivalry. It also delves more into what was actually happening historically and shows good guys and bad guys on both sides. If you have even the tiniest inkling of interest in history or the civil war or have a lot of spare time on your hands you should

definitely check out this nine and half hour mini series. I know; it sounds long, but once you start you won't want to stop.

Around Town: J's Café and Bistro

Rebecca Choudhury Editor-in-Chief

Once it was Flamingo Row. Then it became Sarah's. Now it's J's Café and Bistro, and it's still a great place to grab a classy yet casual bite. The menu at J's isn't huge, but there is a variety of sandwiches and salads to choose from. Like most restaurants in Paducah, it's really geared more towards the meat eaters among us. Still, rest assured my fellow vegetarians, though J's doesn't offer a lot that's meat-free, what it does offer is good. Or it sounded that way, at least.

Truthfully, I can only speak for the foods I ate personally. Fortunately, it's not a bad sampling. My coreviewer and I started off our meal by sharing a basket of sweet potato fries with a praline dipping sauce. Until then I had eaten sweet potatoes mashed, candied, baked, and in soufflé, but never fried. I must say, it was a pleasant experience. The sweet potato strips were pleasantly crispy and not greasy. A dusting of cinnamon accented their slightly sweet taste and the nutty, brown-sugary sauce complemented them very well

By the time we had finished our snack, it was time for the entrée. Salads all around! While my dining companions chose club salads, tasty-looking underneath their meaty toppings, I went with the spinach salad...minus the spinach, of course. Although I was aching over the absence of my favorite leafy vegetable, my plate was brimming with tasty and colorful spring greens, red onions, mandarin oranges, Portobello mushroom slices, and a sprinkling of cheese, so I was happy. I was more than satisfied with my choice of dressing. Try the tangerine balsamic vinaigrette, guys! It's excellent, and a little goes a long way. The same could be said for the salad, actually. The serving was quite large - not gargantuan, but at least a meal and a half - and the interesting mix of flavors made it refreshing and filling.

Last and not least was dessert. Feeling very full, my tablemates and I decided to share. We ordered on the light side: amaretto biscotti cake. Layers of amaretto cream and fluffy yellow cake topped with slivers of almond. Yay! It was pretty and delicious. Dividing it three ways as we did, we still couldn't finish. To be honest, when I had skimmed the menu earlier, I seriously considered skipping real food altogether and just ordering a torte.

After an hour and a half of leisurely grazing and casual conversation, it was time to leave. I, for one, will definitely be going back...

Next time, though, it's cheesecake first...

Michal Gurrola Entertainment Editor

When I tell someone that the location of J's Café and Bistro is next to the Market House Theatre and that it's the building with all the tile on the front I usually get a response along the lines of "Oh, you mean that restaurant that's been four different things since I've lived here." Well, not having lived in Paducah long enough to have known any of the previous restaurants I can only tell you that what is in that building now is a nice restaurant with fun decor and a delicious menu.

The outside of J's Café and Bistro immediately tells you that this restaurant is different. The entire front of the restaurant is covered in colorful ceramic tiles. These tiles awaken a curiosity to see what's inside the restaurant, if it's this interesting on the outside then what are they hiding inside? Well, after entering you are not to be disappointed. The walls are painted in bright vibrant colors and are accented with artwork from Paducah's very own downtown art district. Not all the pieces are paintings, either. If you happen to eat in the red room the walls are decorated with small quilts.

The food at J's is just as interesting as the interior. While everything on the menu seems like a typical sandwich or salad everything has a unique and interesting twist, for instance I ordered a Philly Steak sandwich which had, on a ciabata, steak, sautéed onions and feta cheese. You can order French fries at J's but they aren't typical fries, they're made out of sweet potatoes. And if you order them as an appetizer they come with a delicious praline dipping sauce.

So, next time you're looking for something interesting to do on a Friday night try eating at J's Café and Bistro. The food is good, the art is fun and the overall experience is something to be remembered.

<u>The Oak "K"</u> **OPINIONS**

Latino Lays It Down

Andrew Latino Sports Editor

The game may seem childish, and the rules are as simple as one, two, three, but it can be as addictive as chocolate-covered, rainbow sprinkled, cream filled cake to a hungry fat kid. Simply shoot various figures at the other figures, get three of the same figures connecting,

and eliminate all the figures from the screen in order to achieve victory. These figures are called snoods, which is also the name of this great game. These characters, differing from seven colored snoods and one neutral snood, make up the almighty game I play every day.

Snood, a game downloaded on most teachers' computers at our school, is a puzzle-like game consisting of

predetermined snoods in a rectangular box. A 'shooter" at the bottom launches snoods at the ones in the box in order to clear the board. Most people are thinking, "How can someone like such an easy game?" The answer is simple; each game board provides challenging and mind-penetrating situations that test one's ability to think and even test one's ability to remain calm. Not only can you become better at the game the longer you play, but you can work your mind in various ways that let you solve real-life problems.

For example, the game of Snood does not always give you the required snoods in an order that would be conducive to winning each

Sometimes, I really wish I could just tell

words I'm thinking of aren't dirty words, but

these three words I'm thinking of could be said

everyone I meet three words. No, the three

level. Therefore, snooders, or players of the game of Snood, must learn to deal with these so called "garbage snoods." Placing these "garbage snoods" in locations that won't allow

defeat is one of the components to the game. My school life is actually one big Snood

game. As each year progresses, like each level in Snood, difficult tasks are put upon me as a student, and I have to overcome these challenges with critical thinking.

One specific example was in ... It can be as Enriched English III last year. addictive as Mrs. Goodman assigned the classic novel The Scarlet Letchocolateter. To my classmates and me, this book was a bunch of long, covered, rainbow drawn out sentences that made no sense. I could not undersprinkled, cream stand one single page of this filled cake. . . book, and I was then required to pass the test. With the skills I learned from Snood, I real-

ized I could use Cliff's Notes[©] to "supplement" my reading and pass the test. Even though some people view this as cheating, it was just a way to avoid one of the worst novels ever written.

To sum it up, I personally think that Snood will become an actual class at school in a few years. Even though it is a game, I'm sure Mrs. Wear will understand that it is actually much more. So for all you freshmen, why not try and convince Mrs. Wear to make Snood a class in years to come and realize that Snood is life.

Aaron Asks

Wiccans are

you average

run-of-the-mill

person ranging

from teen to

grandma...

Aaron Megibow Features Editor

As you know, it's time for The Oak K's infamous Halloween issue. So, I figured that I would stick to the theme by writing about one of the biggest symbols in Halloween history: the witch. Most likely, you probably picture a

witch as an old woman with green skin, warts, a big nose, a pointy hat, and a broomstick. Yet, in today's world, we don't have many of those old-school witches (as if they ever existed!). However, in the early 1940's a group of people lead by Gerald Gardner revived the old pagan religions and created the fastest growing religious movement among college students and the most misunderstood faith, Wicca.

I'm sure you've heard of Wicca or people who practice it, and you probably have some pre-conceived notions about this faith. You probably picture a Wiccan as a "goth kid" that prays to Satan, sacrifices animals, and hexes their worst enemy. The truth is you could not have painted a more inaccurate picture.

Over the years, a variety of media has negatively influenced society's perception of Wiccans. From popular TV shows to box office hits and best-selling Teen books, Wicca's image has been tainted. These media outlets take liberties with this religion to make it seem glamorous (shows like "Charmed" and "Buffy the Vampire Slayer") or even dangerous (many popular teen books and the movie "The Craft") Of course, Wiccans aren't a group of goth kids who worship Satan, sacrifice animals, and hex people. Wiccans are your average run-of-themill person ranging from teen to grandma, doctor to McDonald's worker, cheerleader to band

kid. They worship a God and a Goddess and most whole-heartedly reject the Christian idea of Satan, believing that personifying evil in the form of a creature is merely giving it power. They also respect animals (therefore do not sacrifice them) and believe in the law of three (the Wiccan version of karma, stating that anything you do will come back to you three times as good or three times as bad). This is undeniably a completely different

picture than what society has painted.

So, as you can see, Wiccans are, for the most part, a kind group of people that serve as functioning members of society. Yet, society has twisted their image into a very negative stereotype. So, next time you hear about someone being a Wiccan, I ask you not to see the false image that Hollywood has painted but to see the true image. Beware, if you don't, they just might sic Satan on you, sacrifice your pets, and turn you into a frog!

Gurrola Grumbles

Mechanical

pencils are a

race far

superior to

the traditional

wooden kind.

Michal Gurrola Entertainment Editor

Last month, the editor-in-chief of this paper chose to write an article which deeply insulted my writing instrument of choice. The result was so degrading that in response, I feel I have no choice but to take up my mechanical pencil and defend those who can not defend themselves.

Mechanical pencils are a race far superior to the traditional wooden kind. You may look at me and wonder if I'm insane, but think about it: how many times have you been in

class, doing something that involves an excessive amount of writing, when the tip of your traditional, wooden pencil snaps? Now you have to get up, walk past everyone else in order to get to the pencil sharpener, and spend what seems like hours filling a silent classroom with the harsh, grating sound of a traditional pencil being sharpened, only to return to your seat and have half the remaining lead

fall out of your pencil and into your lap. Wouldn't it be so much easier to just avoid mechanical pencils are always the highquality, white rubber erasers that margindoodlers, like myself, praise.

Now, about the way a mechanical pencil looks. I find them to be slim, sleek and smooth. They're just the right length too. When I hold a brand new wooden pencil I feel like it is off balance, the length of the body puts the eraser too far above my hand making the pencil top heavy. After a few sharpenings the pencil becomes the right length, but only for a precious short while. Soon, it becomes too short and one's hand becomes cramped with the effort of holding it comfortably. Not so with a mechanical pen-

cil. They never change. The body length always stays the same and the eraser can always be boosted up with a small piece of crumpled paper. If you use up your eraser it's gone with a traditional pencil, there is nothing you can do about it.

In all honesty, is it even possible to look at the mechanical pencil and not see that it is ob-

viously far superior to all other writing instruments known to mankind? It far surpasses the quill, which was made obsolete by the invention of the ball-point pen. While I do like writing with ball-point pens, I have a tendency to chew on the caps, a desire which is impossible to satiate when using a mechanical pencil. And the wooden pencil? Well, as I've made perfectly clear, the mechanical pencil is way out of the traditional pencil's league.

If everyone began to live by my three words...we could be happier. . .

we look. Listen, it could be worse. GET OVER IT! If you don't like what life has given you, get off your butt and do something about it. Stop complaining about how your life doesn't fit your expectations. NEWS FLASH: If you keep worrying about all the inevitable problems in your life, you'll be miserable and you will never be satisfied at all. Here's a suggestion. All those little things that happen that tick you off, man up and GET OVER IT!

Okay, I'm gonna get off my rant and calm down a bit. We can' always say GET OVER IT to every single situation. Sometimes people do hurt us and we need to lick our wounds. We all need a five-minute pity party. We can't always slap ourselves in the face and tell ourselves to get over our problems. Sometimes, we need can just say things like, "Why is this happening to me?", or "I wish

that (fill in the blank)" and "I should have done this.'

mplaining about your homework, you tionships, and your 1974 Chevy that only runs if you push it downhill and start living your life. Life is going to give you lemons. Don't stare at your lemons complaining about how they aren't ripe enough. Live your life and make some lemonade.

began to live by my three words, I guarantee

to everyone (including me) with a slap in the face when the going gets tough. If everyone

But when those five minutes are up, stop

that short period of time where we

SUMS SAYS

James Summerlin Assistant Editor in Chief

you that we could be happier

What are these three words?

Not so friendly advice, is it?

But think about it. If we all just

lived by these three words, we

would be a healthier nation. If

we would just relax and stop

blowing things out of propor-

tion, we might stop this stress

and depression thing that is

tearing up our nation.

and the people around us

would feel the same way.

GET OVER IT!

you that offends you, GET OVER IT! When someone ticks you off, forgive them and GET OVER IT! If you fail your big chemistry test, GET OVER IT, study, and do better next time. Stop thinking about the small things that annoy you and the little things that keep you unsatisfied. Don't mope around and pout about how life isn't going exactly the way you want it to.

How exactly do we live by these three

words? Simple. If someone says something to

I think we complain too much in America. We complain about the car we have, the parents we live with, the food we eat, and the way

the whole embarrassing situation with only three clicks of a mechanical pencil?

Another aspect that makes the mechanical pencil superior to its wooden counterpart is its eraser. As a traditional pencil ages its eraser becomes less and less effective. In the past I have even used the eraser on a brand new wooden pencil, only to find what I had been trying to erase completely legible and covered with a grubby pinkish gray film. I have never experienced this problem when using a mechanical pencil. The erasers on

The Oak "K"

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The Oak "K" is a publication of Lone Oak High School, distributed to students, faculty and the community. The newspaper is designed by staff members using Microsoft Publisher 2003 and is printed by The Paducah Sun, 408 Kentucky Ave., Paducah, Ky. 42003. Letters to the editor are to be under 250 words in length and signed by the writer. The Oak "K" reserves the right to edit all letters for placement as long as the meaning is not altered. The Oak "K" attempts to inform and entertain its readers in a broad, fair and accurate manner on all subjects that affect the audience. Final authority for the content of The Oak "K" rests in the hands of the principal.

Brick Brick

Brick Green Coroner

Comb-overs: are they glorious or lame?

Hairstyle is an expression of one's self. Some styles represent how you are feeling that particular day, while other styles show what social group you are in. I see it this way--there is one special type of hair style that stands above the rest, and that's THE COMB-OVER. A comb-over gives you everything you want in a

hairstyle and nothing you don't. The only disappointing part about them is that there are only a few select people that the almighty one has given the ability to sport it. One of these people is a teacher at our school, whom you may have noticed in our last issue. The comb-over on this person is a perfect example of what a comb-over is and should be. It should give the person

wearing it a sense of accomplishment and a feeling of self-worth. If someone sees you wearing one it should make them think, "Wow, that guy is insane in the membrane."

The quality of a comb-over that I most enjoy is that it can work for any occasion. They can work in a business scene, saying a guy is serious and has a flashy side. It can also work in a leisure scene to say, "Even though I'm relaxing I'm still serious."

If there are any of you readers out there that question how I know what a comb-over wearing person feels, you should know that I myself am a former "comb-overer". However, for those of you that are unable to sport a comb-over, I can feel for you as well. Now that my hair follicles have outgrown their comb-over ability, each day starts out badly when I look in the mirror. For you readers who dream of having a comb-over, I understand what you are going through. I understand the hunger for the power and celebrity

status only a comb-over can give you. Some days it amazes me how much perseverance and willpower we non-comb-over wearing people have and use in order to just make it through a day.

If there are any people reading this that think comb-overs are "out of style" or "outdated," I wrote this piece for you. I want to persuade you to think that a comb-over is a thing of the future. If there is anyone that has the ability to sport a

comb-over effectively, but is ashamed of it, I also wrote this for you. I want you to know that you should always wear it with pride--if you don't use it you lose.

A comb-over gives you everything you want in a hairstyle. . .

The Oak "K"

Features

Flashes of Goodness at LOHS

Chaelim Young and Staci Alexander

Assistant Business Manager and Photographer

Everyday, students and teachers at Lone Oak High School are helping others. Even the smallest gesture, has the potential to change a person's life. Throughout the beginning of the school year, students and teachers have witnessed these acts and decided they were worth sharing with the school and community.

Chantae Spencer is very willing to help teachers and peers. She tackles challenges with enthusiasm. - *J. Sims*

Nathan Atkins is always very positive and fun to be around. He adds something extra to class and has a smile.

- M. Jarvis

Forrest Walters has been helping students in French class ever since school got started.

- Steven Simak

Mr. Watwood always greets me with a smile and a hello every morning. It brightens my day and starts it off in a positive way.

- M. Jarvis

Aaron Megibow brightens up 4th hour English with his hilarious and authentic portrayal of Tituba in 'The Crucible'.

- Katie Chapman

John Osucha sat with the Special Ed at lunch and took one of their trays to throw away. - *Heather White*

I witnessed the caring, amazing Miss Alyssa Davis holding the door open for the handicapped students while leaving lunch. She is a caring and considerate person.

- Katie Hagan

Ms. Adler, Mr. Wood, and Mr. Smithmeier were instrumental in the success of the first ever 'Santa Cares for Special Kids Program'. They generously donated or solicited donations for our very deserving students. Every single student, in the FMD Unit, had presents under their trees last Christmas morning. On behalf of our students and our parents, I would like to extend our deepest thanks for all they have done, and continue to do for students with special needs. We are blessed to have many 'angels' among us.

- Annie Evers

Mark Capece completed his AP Calculus Princeton Review problems at home, but came to the 3 hour review session at my house to help others. He also stayed after school on Wednesday for 1 ½ hours to help his classmates with their test corrections.

- D. Beckman

Every day at 10:25, two young ladies walk to the cafeteria to pick up the lunch trays for two of our medically fragile students. Cathy Henson, along with all the other cafeteria employees, do everything they can to meet the dietary needs of our students. We are eternally grateful for their efforts. Once the meals are delivered back to our classrooms, Shamika and Jennifer spoon-feed the meals to our students. Many students would be disgusted at the prospect of feeding their peers, yet these two young people volunteered to complete this task, and do it without hesitation <u>every</u> day. We appreciate their compassionate efforts and caring attitudes.

- Annie Evers

For the past nine weeks, Tyler Parker has been a peer tutor in the FMD Unit at LOHS. Since the first day, Tyler has gone 'above and beyond' in his interaction with our students. Jonathon Henley (a.k.a. Johnny Rocket) and Tyler became friends almost instantly.

I have witnessed innumerable acts of kindness and friendship between Tyler and Johnny. On our first field trip, Jonathon became quite uncomfortable on the uneven terrain at Maggie's Jungle Golf. During the Jungle Tour portion of the fieldtrip, Tyler offered to hold Jonathon in his lap while Mr. Crawford drove the golf cart. In almost ten years of teaching, this is one of the most touching moments I have witnessed. In the front seat of the golf cart, sat Tyler Parker lovingly holding one of our physically impaired students with the love and care of a parent.

- Annie Evers for Jonathon Henley

Sanitone

September Mystery Stars were Alex Croft, Karl Heidtbrink, Jessica Heine, and Clayton Isenberg

FREE ASSOCIATION

Evan Tharp

3	la	v	v	11	ιe	7	

	<u>Teacher</u> Ms. Warmack	<u>Freshman</u> Dallas Haneline	<u>Sophomore</u> Jasmine Burchett	<u>Junior</u> Kyle Jett	<u>Senior</u> Hannah Walker
O.J. Simpson	Ford Bronco	Glove	Murder	Guilty	Death
Myspace. Com	Dirty	Add Me	Addicted	Hate It	Teenagers
Spaghetti O's	After School	Canned food	Yummy	Uh Oh	Circle
Midterm Elections	Midterm Grades	Huh	Vote	Yeah Whatever	Political
Purple Flash	Woo Hoo	Flash o' Lightning	Lone Oak	Yah	Football
	My	ster	y Sta	ans	

Brick Green and Blake Harrison Coroner and Online Editor

The senior star is a five foot four inch captain of the girl's soccer team and a demon on the field. Next to high school soccer this saucy lass is also part of the Jackson Purchase Elite Girls, a competitive girl's team that competes in many tournaments around the state. Besides soccer this special senior has a talent that not many people know about. It is the ability to stack six to seven golf balls one on top of the other. During the off season you can usually find this girl hanging out at k-mart or just cruising around with her friends.

This multitalented and extremely beautiful junior stands 6'1" and wears a 30 waist 32 length pant. He has black hair enjoys long walks on the beach and reading sonnets while sitting on Mr. Watwoods bench. He is also a brilliant soccer player and a better then average football and basketball player. This delicious man also has an unusual talent of bubble gum bubble blowing. He can blow a bubble then blow another inside of that one and then another inside of it and then another and then another. On the weekend he can usually be seen at the bowling ally winning hundreds of turkeys.

This October mystery star is a 16 year old sophomore. He's 5'9 and enjoys watching the Discovery Channel in his spare time. Outside of school, this cool dude spends most of his time studying martial arts, which he enjoys immensely. As many other teenagers, he also craves a good plate of oriental food from time to time.

Another one of our Mystery Stars this month is a freshman guy. He enjoys reading and spends almost every spare second he has at our library. You may have seen him re-shelving books or chatting it up with Mrs. Metzger. This particular young man is slightly vertically challenged and has dark hair; did I mention he has well over 300 AR points already this YEAR? Somebody get me this kid's phone number!

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The Oak "K" FEATURES

"Snood" (A Halloween Story)

It was bright and early on a crisp autumn morning and, as usual, Dr. Heinous was puttering around his evil laboratory. The good doctor was oblivious to the balmy, beautiful weather as he was totally absorbed in the completion of his latest project: a trans-galactic time machine. From the age of twelve when he had seen his first Star Wars film, Dr. Heinous had dreamed of traveling to a long long time ago in a galaxy far far away. In fact, his wish was about to come true... but not as he had hoped.

Intergalactic travel was proving to be a rather difficult task for Dr. Heinous. He could time travel with great ease, but time traveling to another galaxy was another thing entirely. Then one day, suddenly, everything fell into place and the mad scientist found himself in the galaxy of Omega Hyperbole 9 in the year 1214. The doctor was not nearly as excited to be there as one might have expected though. He was being held captive in a large glass bottle of sorts by the natives, who rather resembled the humans from our galaxy except that their heads were shaped like tropical fruits. One particularly nasty looking pineapple head seemed to be in charge of watching over Dr. Heinous to see that he didn't escape.

Being trapped in a large glass bottle wasn't all that great for the time-traveling Dr. Heinous. His favorite fruit was pineapple, and with a native of the galaxy Omega Hyperbole 9 watching him, the guard's pineapple-shaped head made the doctor hungry. The doctor was planning to escape from the captivity of the natives, and fast. His time traveling techniques weren't going to bring him out of the year 1214 unless he got out of the bottle.

So that was it. Dr. Heinous had to escape. He had to get out of the bottle, out of the galaxy Omega Hyperbole 9, and out of the year 1214. But how? The pineapple-headed guard was making things difficult. Suddenly, Dr. Heinous got an idea. He threw all his weight against one side of the bottle. Then he threw himself against the other side. Then he threw himself against the first side, then the other side, and back to the first side until the bottle was rocking wildly back and forth. The bottle hung balanced in space for a moment, and fell to the ground with a crash.

The guard turned and faced Dr. Heinous. They made eye contact. Dr. Heinous, knowing he was faster than the ferocious guard, ran and fled into the woods. The guard called backup, and, before Dr. Heinous knew it, he and had the whole Fruit of the Loom Army chasing him. Dr. Heinous saw a light in the distance which looked to be shining on some sort of a box. He ran to it, hoping it would be some sort of portal back to his world. When he reached the light, he discovered that the awkward box was a computer. The computer had one program on it: *Snood*.

Dr. Heinous quickly sat down at the computer and opened up Snood Version 4.5, and, simultaneously, the Snood God formed a barrier around him and the computer, impenetrable by the guard and the Fruit of the Loom Army. The Snood God spoke to Dr. Heinous and said, "I will



help you back to your world if you can achieve one and only one thing. You must beat Andrew Latino's top score on the 50 level puzzle format of this Snood game. If you fail, the barrier will break, and you will die." Little did Dr. Heinous know, Andrew Latino was the Snood God's twin brother.

Dr. Heinous, with the Snood God whispering poetry of death in his ear and the rainbow level

awaiting his first shot, pushed off on the journey that would end in his salvation or demise. The guard and the Fruit of the Loom Army sat eagerly around the force field with t-shirt cannons in hand, waiting for the first missed shot. However, perfect shot after perfect shot and level after level went by until he saw the eyes of the smiley meet his own.

A menacing laugh pierced the air, signaling the arrival of the dreaded Queen of the Panties, the high commander of the Fruit of the Loom Army. The army grew more restless with her presence. Thirsty for blood, they beat their cannons on the ground. Dr. Heinous began to lose his focus and started missing shot after shot. The force field was beginning to look weaker. The Snood God looked on approvingly.

The outlook was grim as the yellow of the danger meter rose perilously higher. The faces of the purple triangles laughed at Dr. Heinous as they inched closer to the brick wall. He kept getting garbage Snoods. Images of skulls filled his head as he contemplated his demise. The Queen and her Fruit of the Loom Army could almost taste their victory. The force field was beginning to look uncomfortably thin to Dr. Heinous. Suddenly, a Snood bomb appeared. This was his last chance. Now one questioned remained: where should he place it?

That was when he woke up from his dream, and he felt a little relieved. Still, he wanted to see how the game ended, so he tried every way possible to go back to sleep. Nothing worked. Not hot milk, not sleeping pills. Nothing. After these failed attempts, he decided to walk down to the nearby store to play Ultimate Snood, registered, of course. So after beating every high score he headed home. When he got there, the door was open, and he started to get a little scared. Dr. Heinous couldn't think of anything to do but call the police.

The police showed up shortly after his phone call. To their shock and horror, he lay in a corner curled up in the fetal position, pupils dilated and hair mussed, with scabs forming on his face. Over and over again he whispered "Snood, Snood, Snood." The police determined it to be an affliction sweeping the nation: he had played Snood way, way too much.

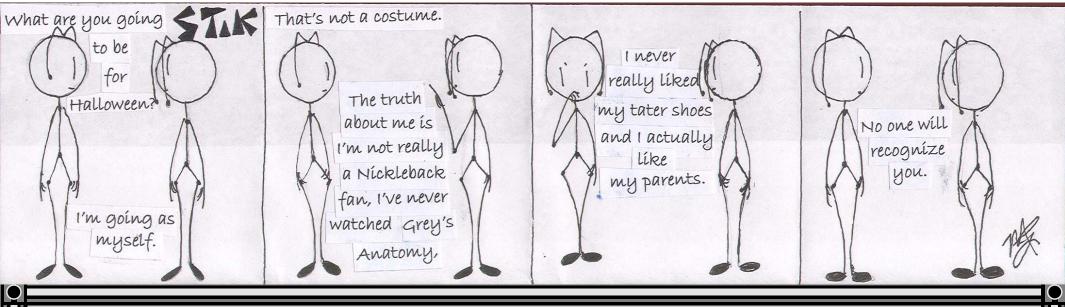
Soon after, the ambulance showed up to take him to the hospital. Upon his arrival, the nurse shrieked at the sight of him. "What happened?" she exclaimed. "We're not sure. We're thinkin' a Snood overdose, but there is a possibility it's somethin' more...somethin' horrific," said one of the officers. The nurse wheeled the patient to his room. The doctor began to examine him, peeking into his ears. Much to his surprise, he found figures of green, blue, purple, and yellow. The diagnosis was Snoodoexocitis.

Knowing the patient's affliction, the doctor realized the case might be fatal; the only cure for Snoodoexocitis was to never, ever, even once, play or watch Snood ever again. No one had ever succeeded in such a task. After learning of his fate, Dr. Heinous was devastated. His life of Snood would have to end, or it would be the end of him.

Dr. Heinous spent the rest of the day consumed with Snood. He saw "Snood" written on store fronts, on restaurant menus, even on the digital display of the gas pump. As he stood filling his tank, a massive explosion occurred. He suddenly found himself very confused about where he was. Why was he there? What was running towards him? Were those...little Snoods?



** Editor's note: If the story above sounds a little odd to you, it should. It's a popcorn story. What is a popcorn story, you ask? Simply put, it's a collaboration, the result of the combined efforts and imaginations of a group of people. Generally speaking, very, very bored people. The first Oak "K" popcorn story, which you may remember from last October, was a result of pure desperation. You, our readers, put us out on a remarkably unsteady limb by refusing to enter our Oak "K" Halloween Story Contest. Shame on you all. The gaping hole in the features page had to be filled with something, so fill it we did. None of us felt like writing another story so we split the work. And we found the end product to be surprisingly...amusing. In the end, we had fun with our last-minute project, so we decided to give it another go this time around. If you think it's stupid and a total waste of space, just bear in mind the fact that it's utterly, completely, 100% your fault. Yes, yours. So don't complain and read it again. It's funnier the second time. We promise.



Jeremy Ian Smith

-Attorney-Criminal Defense &

Personal Injury



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The Oak "K" News

U of L Prez visits LOHS

Coran Stewart News Editor

It isn't everyday that the president of a university with 22,000 students comes to visit Lone Oak High School. That's why it was such a big deal when Dr. Jim Ramsey, president of the University of Louisville, came to our school. Dr. Ramsey takes a trip to the Paducah area every year to meet with alumni and legislatures to get them "fired up" about Louisville and funding. He tries to visit a school in the area on each trip, and this year he chose Lone Oak. Dr. Ramsey stated the Paducah area is very impor-

tant to Louisville; the student body of the university includes over 300 Paducah natives. Fifteen students from Lone Oak High School are a part of this year's freshman class.

Dr. Ramsey brought along 2004 graduate of Lone Oak High School Zach Brooks,

many. Zach has been deeply involved neering and the strides that are being at Louisville as a member of the women's soccer team staff, as part of the student government body, and as a dents that were able to listen to such a member of the athletics committee where he was privileged to vote on a contract extension for Bobby Petrino. Zach was full of information about campus life and all the opportunities available to University of Louisville students. Even though Louisville is a big school, Zach was quick to point out it has a small school feel, and individual attention is readily available.

Rather than give the standard spew

of facts and information an admissions counselor would, Dr. Ramsev took time to point out all the exciting things going on at Louisville. The University of Louisville has the only five-year, integrated Bachelor of Science - Master of Engineering/ Bioengineering degree program in Kentucky. The newly completed Belknap Research Building has several labs, including a "clean lab" for use in nano-technology and MEMS (Microelectromechanical Systems) research. Professors at the university have developed the first vaccine for human papilloma virus. This adds to the long list of medical firsts that have been accomplished at Louisville, in-

cluding implanting the first self contained artificial heart and performing the first successful hand transplant. Dr. Ramsey also spoke about the top notch students that are being

Photo by James Summerlin

known affectionately as "Heavy Z" to drawn to the Speed School of Engimade within that school.

> It was a great privilege to the studistinguished guest as Dr. Ramsey. Lone Oak High School has had a history of great academic achievements and is becoming a much talked about name in the circles of higher education. Hopefully, Lone Oak will continue in this tradition and receive visits from many more university presidents and other important individuals.

LOHS Health Watch: Vaccine Cuts Risk of Cancer

Danielle Harrison Features Editor

In recent months, a new vaccine developed to prevent cervical cancer and other diseases caused by the Human Papillomavirus (HPV) has been recommended by the Advisory Committee on Immunization Practices (ACIP). The vaccine, Gardasil®, protects against four HPV types, which combined are responsible for 70% of cervical cancers in women and 90% of genital warts. According to the Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA) recently approved the use of this vaccine in girls ages 9-26, which is given in a three-shot series over a period of six months.

The ACIP recommends that 11-12 year old girls should receive the vaccine, though it has also been approved for girls as young as 9 years old and is also recommended for women 13-26 years of age who have not yet received the series. Females should receive the vaccine before they become sexually active to reap the full benefits of the vaccine, as they would have not yet contracted any of the four forms of HPV.

The vaccine has been 100% effective in preventing the four types of HPV covered by the vaccine, but the vaccine does not treat existing cancers and sexually transmitted infections and does not prevent against all types of HPV and sexually transmitted infections. The vaccine does not prevent about 30% of all cervical cancers and 10% of genital warts, so women should still be screened for cancers (Pap tests) and avoid exposure to HPV (CDC, 2006).

The HPV vaccine has been deemed as safe and ef-

fective by the FDA. The vaccine retails \$120 per dose, a total cost of \$360 for the full series of treatments. Some insurance companies may cover the cost of the vaccine, while some may not, but due to the recent introduction of the vaccine there may be some "lag-time" before the vaccine is covered by insurance plans. Vaccines for Children (VFC), a federal health program, will cover the cost of the HPV vaccine for children and teens under 19 years of age who are uninsured or Medicaid-eligible.

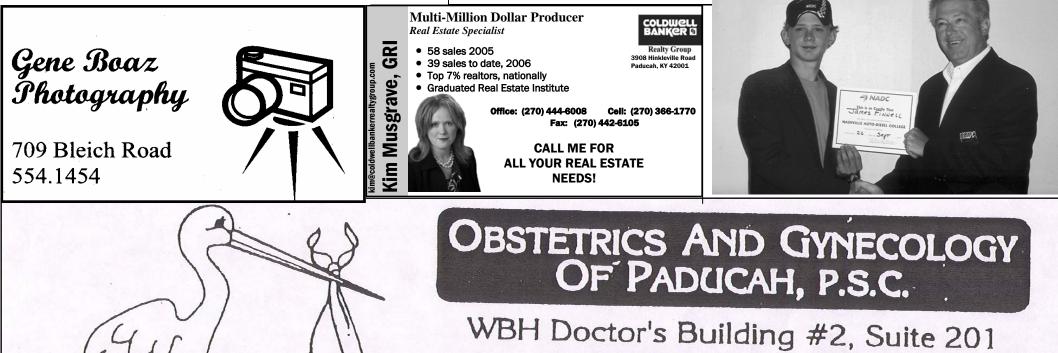
Many HPV types (40 total) cause no symptoms and go away after a period of time, but sometimes the HPV infects a woman's cervix, leading to cervical cancer. Nearly 9,700 women in the United States will be diagnosed with cervical cancer in 2006, and 3,700 of these women will die from the cancer. Infection of HPV may also lead to other less common genital cancers, but only symptoms of HPV can be treated-the virus itself cannot be. About 50% of sexually active people in the United States will contract a form of HPV, most of these including those in their late teens and early 20's. The only sure way to prevent contracting HPV is sexual abstinence.

Area doctors and health care professionals comment that they are having a difficult time reaching teenagers and those in their early 20's with information of this new vaccine. Prevention of HPV and cervical cancers is now easily obtained by a simple threeshot series of this vaccine, Gardasil®. The vaccine should not be used an excuse to be sexually active, a main criticism of the development of this vaccine. Speak with your heath care professional or doctor for more information on this newly developed treatment.

The Skills to Finish First

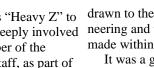
On September 26, 2006 Mr. Ron Mann, Western Kentuck Admissions Representative from Nashville Auto Diesel College presented an \$8000.00 scholarship to James Finnell (12). James also attends Paducah Area Technology Center where he is enrolled in the Auto Body Repair class and a member of Skills USA. James received the scholarship due to a first place finish at the SkillUSA KY Leadership and Skills state conference in Louisville, Ky. He is also a SKillsUSA KY state officer for the 2006-07 year. James is scheduled to attend NADC in

Photo taken by Becky Buckley



July







<u>he Oak "K"</u> SPORTS

Home Field Flash



Corey Robinson making another fabulous throw against Heath. Robinson led the Flash to a victory against our rivals and had seven total touchdowns. Photo Courtesy of Time Piece Photography

Andrew Latino Sports Editor

The Lone Oak Flash Football Team has been more than solid during home games this year, but has had disappointing defeats on the road. Winning at home against Murray, Heath, and Muhlenberg South and a neutral site win against Ballard Memorial, the Flash have won and outscored opponents by a margin of +140 points. The losses on the road, excluding the Marshall game, have been reasonably close, and it's just a matter of finding a way to win to come out with success on the road. Their record is a respectable 4-4, and they still have a chance to make the state playoffs.

Along with the dominating home field performances, this year's offense has seen record-

breaking feats in the passing game. As the number one ranked scoring team in Class AA Region 1 through the first eight games, the Flash has scored 255 points, topping even Caldwell County who is the number one team in our region. Corey Robinson (11) can be credited with most of the scoring offense, but wide receivers Davin Ramage (12) and Jamarielle Brown (10) deserve credit as well. Robinson, one of the top-rated quarterbacks in the state, has a combined 25 touchdowns and over 2000 yards passing, which is tops in the region as well. Ramage and Brown both have over 700 yards receiving and are near the top or at the top of state wide receivers rankings in Class AA. These deadly combinations provide for most of the touchdowns the Flash have scored this season.

When asked about the remaining games to come, Robinson replied, "We will dominate Reidland at their field, and Trigg is down this year, so I will dominate their defense by throwing at least 4 touchdowns." At least Robinson is confident in his abilities, and, though it sounds a little arrogant, I'm sure we can win on our home turf. Wins against Reidland and Trigg County, the last two opponents for the Flash football team, will tremendously increase our chances of clinching a state playoff spot. Good luck football team!

Soccer Season Bounces to a Close

Blake Harrison Online Editor

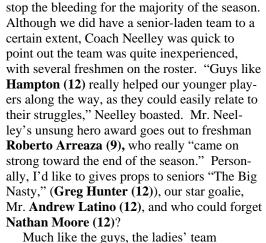
With another season in the books, it's time for a run-down of our soccer season. Our guy team finished the year with a record of 5-9-1, ending with a loss to Tilghman in the second round of the district tournament. According to several team sources, their first goal was a very controversial play, which lowered the spirits of the team tremendously. Headed by leading scorer Tim Burnett (12), the Flash had a "disappointing season," in the words of Coach

Sophomore Ally Heine in action.

Photo Courtesy: Time Piece Pho-

Jason Neelley. "Our biggest disappointment was the fact that our record was a poor reflection of the talent we had on the roster." The team faced many difficult challenges including cross-town rival Heath, and they relied on senior "Mr. Golden Toe"

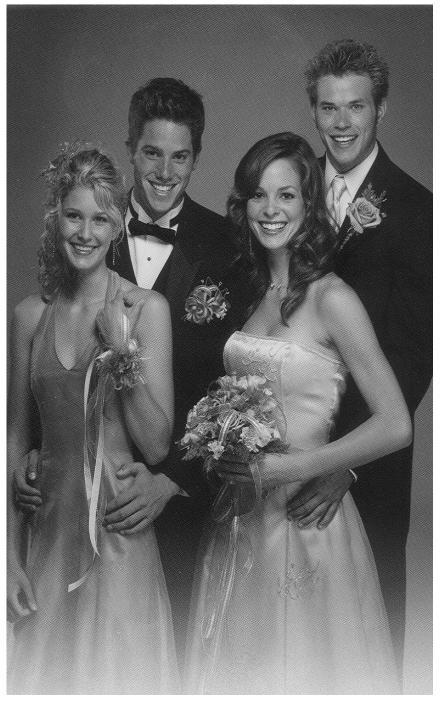
Micheal Adams to help



wrapped up on a sour note. They finished the season with an 8-8-3 record, losing to Reidland in the first round at districts. (It's worth mentioning that goalie Katelyn Halicks (12) was injured and didn't return.) Head Coach Nick Stuber was disappointed with the early-round exit, but understands that this year was somewhat of a transition season. "We lost an awful lot last year," said Stuber. "I just would've liked to see our seniors go out on top," he added. However, the season had many bright spots as well. The team had several key contributors; Super Sophomore and top scorer Ally Heine (10), defensive specialist Kaity Lafferty (11), versatile senior Abby Hart, our outstanding, fierce goalie Katelyn Halicks (12), and the girl with the awesome neon yellow spikes, (my locker buddy) Hayden Goodnight (12), to name a few. We look forward to next season and hope they are able to build around a foundation established by this year's underclassmen.







Dr. Rheanel Tolar is now accepting new patients ages 16 years and older. A complete history and physical is performed at the first visit with emphasis on health and maintenance procedures if appropriate. Dr. Tolar will assess your medical needs at that time and will incorporate your previously performed tests and labs into your medical evaluation. If you would like an appointment please call:

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