

Marvelous Millizer

Danielle Harrison
Features Editor

This month’s Junior Rotarian is a well-known young lady at LOHS, seen anywhere from the mall to church to the dance studio. Emily Millizer, an outstanding student at Lone Oak, has an amazing list of accomplishments and achievements that continue to grow. As a student, Emily has maintained a 4.0 GPA throughout her high school career and looks forward to walking across the graduation stage as a valedictorian in May. She has been on the Honor Roll for four years, was named an Outstanding Student her freshman year in French I, Biology I, and Geometry, and has been named to several honor societies including the National Honor Roll, National Honor Society, and Who’s Who Among American High School Students. She also served as the junior class vice president and helped tremendously with prom planning last year, as this author will testify.

Emily is also involved in several clubs and exercises her leadership muscle in these groups—she is a member of the Beta Club, the Pep Club (where she serves as secretary), Fellowship of Christian Athletes (where she serves as the missions leader), and Lone Oak’s sorority, Phi Alpha Delta, in which she is the treasurer. She can be found at Lone Oak Middle several weeks out of the year teaching younger students at the PSI (Postponing Sexual Involvement) program, which shows that Emily is a great role model! Miss Millizer has also been a member of the yearbook staff for two years, and this year you can find her serving as Editor and scrambling each day to put together the awesome pages we all see in the coming year. In recognition of her journalistic abilities, she was also named to the Quill and Scroll Honor Society—but that’s about all there is to Emily. (Yeah, right.)

Not only is Emily academically magnificent, she’s got an incredible artistic side, as most of us know. For three years she was a member of the Lone Oak Kentucky Colonel Marching Band, where you could find her sweatin’ it out on the field for two years, and then workin’ it out on the podium her junior year as Field Commander. Though she’s not a member of the marching band this year, she is still a member of the Symphonic Band, where she still racks up the recognition. She’s been ranked in the highest chairs in First District Honor Band for several years, and was selected for the Quad State Honor Band her freshman through sophomore years

(but don’t count it out for this year, auditions haven’t even come yet!). Fellow band members have voted her Most Distinguished Musician for three years running, but this chick isn’t *just* a band kid. This year she was selected to be a member of the Chamber Choir, only adding to her musical well-roundedness, and she’s gained several achievements in vocal music too—she participated in the First District Choir this year and will also be participating in the All-State Honor Choir in February. **Mr.Neelley** couldn’t have said it better: “Emily is a well-rounded person who has great perspective on the most important aspects of her life as she sees them.”

Emily is probably best known for her wicked dance skills, and she should be, considering she’s been dancing for fifteen years at both the Beverly Rogers and Center Stage Dance Studios. She placed 8th at Nationals this past year and was also named Miss Teen Dance in both 2004 *and* 2005, and you can also find her this Christmas dancing in “The Nutcracker” at the Carson Center. The senior class recognizes her great dancing abilities too, and voted her “Most Likely to Appear on Broadway.” Emily’s greatest artistic accomplishment state-wide likely is being selected for and attending the Kentucky Governor’s School for the Arts in 2005, a tremendous honor for any Kentucky student artist. **Drew Robison (12)** affectionately comments, “I can’t wait to see Emily dancing with her flute on “So You Think You Can Dance!””

This Kentucky girl can’t be contained to little old Paducah and looks forward to graduating and attending college at either Point Park University in Pittsburgh, Pennsylvania or Fordham University in New York City. She plans to major in Dance and minor in Anatomy or related field so she can achieve her dreams of traveling across the United States and the world as a part of a dance company *and* being the company physical therapist or trainer. In her spare time (if there is spare time left), Emily enjoys dancing, scrapbooking, photography, shopping, and hanging out with her friends and boyfriend. Best friend **Sarah Parker (12)** says, “She’s my best friend and I *heart* her. We love our mini-cake movie nights...and she’s recessive too!” (As a side note, Emily was selected as McCracken County’s Junior Miss representative for this year and will be competing in coming months for the Junior Miss title.)

That should cover all of Emily’s bases, but if you get to know her you’ll find that she’s a sweet, caring, passionate, vibrant person, which you don’t exactly get from a rap sheet

of all of her accomplishments. But rest assured she is a fantastic young lady and will be doing great things in the future—so keep your eyes open for her name...in lights!



Photo by Jellyphish Photography

U.S. Population Hits an All Time High

Blake Harrison
Online Editor

With every passing second, a new life starts. Every single day, our borders and coasts are being flooded by outsiders, or people hoping to start fresh and pursue the American dream. In doing so, each person is adding to the ever-growing population of the United States. On October 17, the 300 millionth member of our nation came to stay.

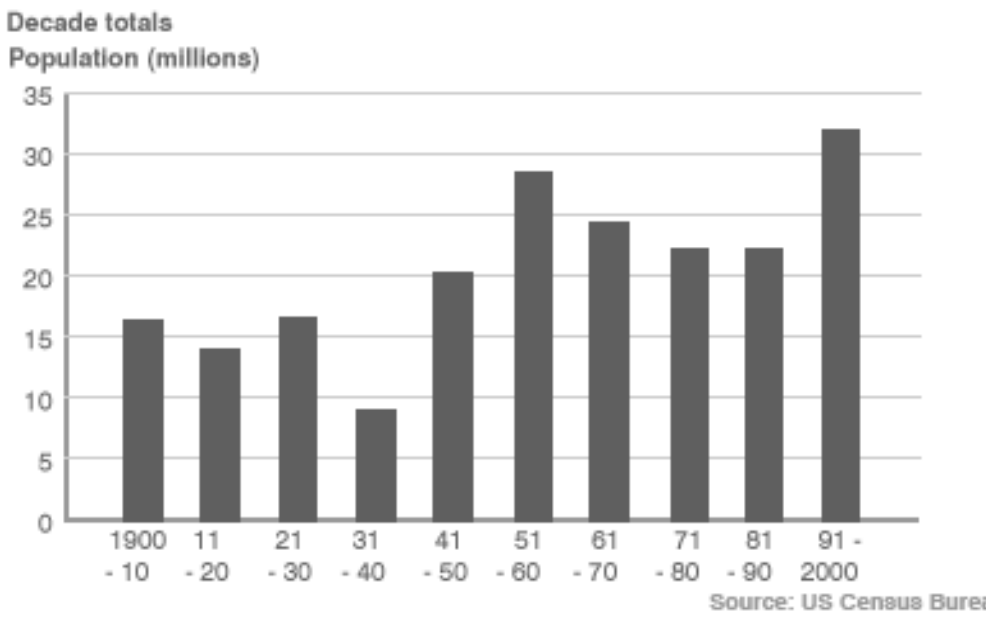
Whether this person was a new born or an immigrant is not known. Each individual person represents something. That's the beauty of our country. Everyone is different; we all have different views, ideas, hopes and dreams. Unlike many countries, we do have the freedom to choose and to have an opinion. In large part, that's a main reason why we were able to reach such a magnificent milestone. It may seem as though a rapidly increasing population can only mean great things, and in some cases it does.

However, there are many dangerous aspects of having a population so large. For instance, the more people we have, the higher chance there is for crime. The risk gets greater every moment of our lives. Common sense tells you that the more people there are, the greater risk you take by walking down darks streets alone, putting personal information online, leaving children unattended and leaving doors unlocked.

Those are all risks and issues we all need to be aware of. Even so, that should not stop us from living a full and adventurous life. We should all embrace growth and see it as an opportunity. Maybe there's someone out there that you can share your feelings with or maybe there's someone who just moved here from a foreign country that can teach you how to run a business more efficiently. Whatever the case, try your best and see the good in a larger population. Who knows; there could be someone to move to the U.S. tomorrow that will help discover a cure for cancer or someone that could help bring peace between enemies.

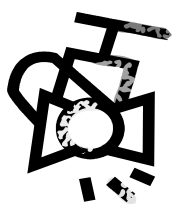
As it stands, a new life is born every 7 seconds. After comparing that with our death toll, a life is gained approximately every 13 seconds. In early November, the population had already cleared the 300,150,000 mark. At that rate, by November 2010, over 310,950,000 people should be able to call the United States home.

US POPULATION GROWTH 1900- 2006



Graph from <http://news.bbc.co.uk/1/hi/world/americas/6057004.stm>

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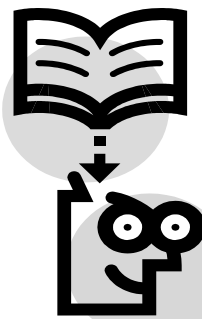
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A Few Tips for the Road

Rebecca Choudhury
Editor-in-Chief

When is the most dangerous time for teens to be on the road? If you guessed weekend nights, you'd be correct, but if you guessed weekday afternoons, you wouldn't be far off. A surprising new study by AAA reveals that nearly as many teenagers are involved in fatal wrecks driving home from school as are killed in serious crashes on Friday and Saturday evenings. The relaxed, somewhat reckless mentality that comes with the end of the school day combines with rush hour traffic to create a very unsafe environment for teen drivers, says AAA.

The study isn't based on logic and conjecture. It's based on statistical fact. Between 2002 and 2005, 1,100 teens died in weekday afternoon accidents, compared to 1,237 deaths in late-night weekend wrecks. A gap of 137 may look rather wide, but considering most teens and their parents don't seriously consider the risk of an after-school accident, it's pretty startling. Many factors of automobile accidents are out of the control of even the most conscientious driver, road conditions and the behavior of other drivers, for example. Still, AAA offers some suggestions for teens on the road Monday through Friday from 3:00 – 5:00 pm:

Neither a chauffer nor chauffeured be. That means avoid hitching rides with your friends, especially if they haven't been driving long, and don't carry any passengers until you've had your license for a while and are comfortable behind the wheel. I've done it. You've done it. Sometimes getting or giving a ride really is the most convenient and most practical way to get from point A to point B. Despite the study, we'll all continue to do both, I'm sure, but hopefully a bit less often. And we'll always buckle up, of course.

Hang up the phone. Whether hand-held or hands-free, research shows that cell phones can be a major distraction and impair the driving of even the most experienced. If you're used to driving phone-to-ear, wean yourself of it for your sake. Just because you didn't get into an accident yesterday doesn't mean you won't have one tomorrow. Whatever call you need to make can wait. If it can't, find a nice parking lot to pull into and sit for a few minutes. Saving a little time by chatting while you're driving isn't worth getting a ticket or smashing up your car, and it certainly isn't worth a trip to hospital, or the morgue.

Wear a seatbelt. Yes, they're uncomfortable. No, they're not attractive. But you've been to enough safety assemblies in your lifetime to know that it's important that you wear them. Surely you don't need me or AAA to tell you why. So don't be stupid. Exercise some common sense and sacrifice a sliver of adolescent hubris. Death is even less becoming and a heckuva lot more painful.

Do what they say, not what they do. Be a better driver than your driving role models. You've definitely seen your friends drive poorly without totaling their cars or getting fines. Chances are you've seen more than one adult driver do something dangerous and pointless without suffering any negative consequences. Just because they've gotten away with it, just because you've gotten away with it, doesn't mean you won't suffer for your bad conduct at some point in the future. And hard. A quick and easy way to circumvent the rules of the road can also be a quick and easy way to driving disaster; that's a statement too cheesy not to be believed.

Club Spotlight: FCCLA

Danielle Harrison
Features Editor

This month we're beginning a series of articles that highlight specific clubs at LOHS and let students get a glimpse of groups in which they may not be able to be involved. The first club we're spotlighting is Family, Career, and Community Leaders of America, otherwise known as FCCLA. FCCLA's focus is on the family, youth concerns, and community service, aiming to "expand their leadership potential and develop skills for life."

At Lone Oak, FCCLA's sponsor is Mrs. Stubblefield, assisted by several outstanding officers: **Clarissa Turner (12)**, President, **Allee Blackburn (11)**, Vice President, **Devyn Tubbs (12)**, Vice President of Peer Education, **Courtney Cunningham (12)**, Vice President of Community Service, **Kelsey Winters (12)**, Vice President of Public Relations, and **Martin Colon (12)**, Finance. FCCLA has approximately thirty members, all of whom are instrumental in the club's success and the many projects the group undertakes. During the month of October the group participated in collecting cat and dog food for the local Humane Society and also

read to elementary students for the Reading Buddy System. But do they stop there? Absolutely not! November and December are big months for volunteering, and FCCLA's schedule is no exception. During the month of November, the group is collecting canned goods and non-perishable food items for Martha's Vineyard, a drive that has sparked a contest among first period classes...so get those goodies in before Thanksgiving! In addition, FCCLA also goes to Martha's Vineyard and prepares delicious meals on Thanksgiving Day for those who may not have the resources available for themselves or their families to have a hearty meal.

In December, the club collects toys, clothing, and other items to donate to the Salvation Army and also sponsors a local child to provide a great Christmas he or she may otherwise may not have had. Another big project for FCCLA is the March of Dimes to benefit children, which usually occurs in May. To be involved in some of these activities and drives, simply ask an officer how you may help or keep your ears open for announcements in the coming months. FCCLA is a fantastic opportunity for community service and leadership, and a great representation of the caring students found all over LOHS!



A-Team: Pities Those Fools

Coran Stewart
News Editor

Ten years ago, a crack commando unit was sent to prison by a military court for a crime they didn't commit. These young men and women promptly escaped from a maximum security stockade to the Lone Oak underground. Today, still wanted by the government, they survive as an academic team, answering all questions asked. If you have a problem, if no one else can solve it, and if you can find them, maybe you can hire... The A-Team. I pity the fools that face this year's Lone Oak High School academic team. Rolling up in their black and grey GMC van, or suburban as it may be, they dish out punishment on their unsuspecting opponents. Starters **Zia Choudhury (11)**, **Rebecca Choudhury (12)**, **Jon Fejes (11)**, and **Kyle Oetjen (11)** are supported by such fine students as **Mark Kaltenbach (11)**, **Eric Kiser (11)**, **James Summerlin (11)**, **Lee Cole (11)**, **Jeannie Suhrheinrich (11)**, **Patrick Hollowell (11)**, **Kayla Rumsey (11)**, and **Olivia Fellows (11)** who round out the team. Even though neither sports an iconic Mohawk haircut or an obscene amount of gold jewelry, coaches Mr. and Mrs. Jarvis are certainly the dynamic duo that lead the team to success.

The team is off to a great start, dominating such teams as Reidland, Tilghman, Hickman, and twice Heath. Mr. Jarvis believes this could be the best academic team Lone Oak

has seen. Both Mr. and Mrs. Jarvis believe there is much more success in store for this group of gifted students. Hopefully those predictions will prove true, and they will win big at their upcoming matches at Calloway and Reidland. Also on the horizon is the President's Cup, where the team may face arch-nemesis Madisonville, who has beaten Lone Oak at every meeting for the past few years. For that match they will certainly need to be at the top of their game. Coming in February are Districts and Regionals where the team is expected to make a great showing and proceed on to the Governor's Cup state finals. It is crucial for every member of the team to be focused and ready in order to make up for last year's disappointing performance at state where they were defeated in the second round.

Lone Oak High School is certainly proud of its A-team. Senior **Jon Miller** said, "I'm glad they're making the rest of us look good." Lone Oak High School has a long standing tradition of excelling and the academic team serves as the academic ambassadors for our school and as representatives of the high standards of learning practiced at Lone Oak. The success of the academic team is a clear mark of success for Lone Oak. So I wish good luck to our academic team that, according to team member **Patrick Hollowell**, is "too legit to quit." And remember: Don't be a fool, stay in school.



Photos by Mrs. Goodman

Sand in the City

Evan Tharp
Staff Writer

On October 27th a group of students from Linda Harper's Art class went downtown to the floodwall to participate in the annual "Sand in the City" sand sculpture contest. Students from schools across the district such as Livingston, Heath, Lone Oak, Community Christian Academy (CCA), Paducah Tilghman, and Reidland were there to participate in the sand sculpting contest.

In order to be a participant in the contest you had to attend two sessions which were taught by the master sculptor Bert Adams who lives in California, and pay a fee of \$2,000. That is a big chunk of money to give up just to play in sand, but generous sponsors from across the region such as Hannan Supply, Lone Oak's Sponsor, gave the whole \$2,000 so Lone Oak could take part in "Sand in the City".

Some of the various sculptures were a Buddha, a Bear in a Chair, a fallen knight, a pirate and a mermaid, a frog on a log, children playing in a pool alongside a greyhound and a boy on a Slip' n' Slide. Lone Oak's was a pumpkin with a haunted house on top with relief pictures on the side of the pumpkin. But not all of the people attending were great sculptors--that's why Bert Adams with his other friend (whose name I did not get) was there, helping him by his side. He was also critiquing all of the masterpieces that were slowly being built and hopefully giving some good advice to put some jive into each sculpture.

Some of the attendees that were there included: **Sarah Parker (12)**, **Courtney Martin (12)**, **Mark Foglesong (12)**, **Amanda Ball (12)**, **Cristin Coram (12)**, **Becky Ryherd (12)**, **Kristy Graziano (12)**, **Kim Bradford (12)**, **Kacie King (11)**, **Jackie Reeder (11)**, **Rachel Carter (11)**, and **Evan Tharp (10)**. But in the end, Buddha won the show and Lone Oak took home the gold...or should I say, the shovel.

Photos by Mrs. Linda Harper

DANIELLE’S DIGEST

Danielle Harrison
Features Editor

As a senior this year, I am currently taking and have previously taken classes that satisfy the requirements of the Pre-College Curriculum, which includes several Advanced Placement (AP) classes in several subject areas. Since I’ve had my sights set on attaining college credit before I even set foot on a college campus, the number of AP classes available to me is important—unfortunately, in many instances, my choices are and have been limited. Admittedly, there is a meaty list of options at Lone Oak, from AP Chemistry to AP English, but many AP classes outside of the core curriculum are not offered, which is an obstacle for students wishing to gain credit for non-core classes. The shortage of AP class choices limits some students’ future opportunities, so more AP classes in a broader spectrum of subject areas should be offered.

Taking AP classes and passing the exams allow students to earn credit early and enable a student to be on the fast-track to earning his or her college degree. This helps college students take courses in their specific major or area of interest much earlier than would normally be possible. Who doesn’t want to “get to the good stuff” more quickly? Secondly, AP classes taken in high school decrease the amount of tuition and fees students must pay in college. Many college courses cost several hundred dollars per semester, so in the grand scheme of things, the money spent for college credit is cut drastically by taking AP classes and passing the exams for \$82. AP classes also cover a broader range of topics and demand more of students than regular classes, increasing the chances of success in

The very nature of an AP class also is beneficial for students—AP classes cover a much larger range of topics, often more in-depth than regular level courses. AP classes allow for a student to learn more about a

particular subject and regardless of passing the AP exam, experiencing AP classes better prepare students for college-level courses. Even so, this preparation heavily depends on the number *and* type of AP classes offered at a student’s high school and on the rigorous level at which the class is taught.

In light of these benefits, why should Lone Oak students miss out on the opportunities AP has to offer? LOHS offers fourteen AP classes—the College Board has 35

AP courses. In recent years, the AP Academy at the Board of Education has been developed, as and the popularity of KVHS, the Kentucky Virtual High School, has increased. In the case of the AP Academy, students have to drive during the day to the Board to take classes—and in my situation, I was enrolled to take AP Psychology, which was suddenly dropped before the

year even started due to an issue with the teacher. So, I enrolled in AP Psychology on KVHS. Is it a much improved situation? Think again—I don’t even know what my teacher looks like, communication is completely electronic, and getting help when I need it just doesn’t happen. Sure, I could have taken classes like AP Calculus and AP Chemistry offered at Lone Oak, but that would have been completely unwise (and even just plain stupid), considering I’m going to be a psychology major and those classes would have been completely *pointless* for me to take. Instead, the classes that would have been incredibly useful to me, AP Psychology, AP Statistics, and even AP English Language (rather than AP English Literature), aren’t available. So what’s the solution to provide classes in more areas for more students? Hire more teachers in these areas, or hire teachers qualified to teach these courses. Simple, eh?

“LOHS offers fourteen AP classes — the College Board has 35 AP Courses.”



In a recent poll about the Kerry debacle 10% of Americans think it was a botched joke, 30% of Americans are trying to find the joke and 60% of Americans think that you can get your education, graduate from Yale, become a US senator, run for president and end up being a joke.

The Oak “K”

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Midyett’s Musings

Autumn Midyett
Business Manager

A couple of weeks ago my friend Rachel forwarded me a truly ridiculous email. She had added a comment at the top about how absurd it was. It was one of those annoying please forward me to everyone you’ve ever met or made eye contact with sort of emails, only even worse. It was anti-Islam email with a patriotic Christian cover. Sure, Muslim attacks, not good. I get that. Any kind of attack is certainly not a good thing, but not everyone who practices Islam is attacking the United States or anyone else.

The email began by listing off several Muslim extremist attacks against the U.S. This was followed by the author’s plea to all the good, patriotic, Christian Americans. The email stated that the U.S. Postal Service was issuing a new holiday stamp. This stamp was to honor the Islamic holiday, Eid. The author begged anyone who was a “patriotic AMERICAN” to boycott these stamps and to forward the email along to everyone they knew.

My first issue: the Christian aspect. So, this email actually didn’t scream Christianity is the only way, but remarks about not being able to post the 10 Commandments on federal property and how “They” are getting their own “Christmas stamp” when they don’t even believe in Christ demonstrate that the author holds Christian beliefs and expects his or her reader to be a Christian. I’m a Christian, but I’m not subscribing to this.

Isn’t tolerance one of the big principles of Christianity anyway? This scenario is rather hypocritical. I imagine that this is the sort of thing that makes non-Christians glad that they aren’t Christians.

Second issue: that whole “patriotic AMERICANS” thing. What comes to mind

when you think about the history of the U.S.? Does something about a melting pot come to mind? Nation of immigrants? The United States’ history is full of influential people from all kinds of backgrounds. This country is largely based on the ideas of people from different nations, races, and religions. Since when does being patriotic mean lashing out at certain groups? Furthermore, does the author of this email think that practicing Muslim citizens of the U.S. don’t

count as Americans? There are Muslims all throughout this country that aren’t attacking anyone. What about them?

Seriously though, if you want to fight against Muslim extremists, couldn’t you do something other than boycott a stamp anyway? The money made from the stamps is obviously not going to be going to fund some terrorist group just because the stamp is related to Islam. It’s going the U.S. Postal Service. There’s no way that not buying a stamp is going to change the world anyway. Most people don’t even use very many stamps anymore. They can talk to their friends and family through email and pay most of their bills online.

The way that this email depicts Christians and patriotic Americans seems fairly ridiculous to me. I just don’t see being Christian or patriotic as meaning that my way is the only way and everyone else sucks. I think its important to be more open minded and tolerant of different people.

“Sure, Muslim attacks, not good. I get that. Any kind of attack is not a good thing...”

Co-ran Rants

Coran Stewart
News Editor

Statistics can be powerful. Think about \$340 billion, the cost the war in Iraq is rapidly approaching. I’d like to recommend a visit to <http://costofwar.com/index.html> where you can watch the cost of the war in real time. You can imagine my surprise as I saw 100,000 dollars fly by in the matter of a couple minutes. There are a few other statistics that hit me pretty hard, too. 36.2% of the population of Africa live on less than a dollar a day. Compounding Africa’s economic problems are the 24.5 million HIV cases reported there in 2005 that led to 2 million deaths. With a far from stable economy, how is Africa supposed to manage the health and financial problems of its population?

“What about all the aid the United States and other countries send?” you ask. What aid? Each year Africa sends more money to Western bankers in interest on its debts than it receives in foreign aid from these countries. Furthermore, what aid the United States does send is often in the form of emergency food relief. All this does is further destroy the agriculture industry in Africa and further fill the pockets of the giant food corporations in America who gladly sell their surplus to the government who uses it for aid.

So what do we do? Here’s an idea: stop wasting hundreds of billions of dollars on a war that is going nowhere and start helping a continent whose very existence could be in jeopardy very soon. America gets a bad name for causing problems. What if we started solving problems? If the United States used its financial power to help stabilize Africa, the next insane dictator who got the idea to call us the Great Satan would be mocked and

shunned by the entire international community.

HIV/AIDS is a preventable disease; it doesn’t have to occur. More education is the key, but education costs money. Where can that money come from? Foreign aid, especially from the United States. AIDS is also becoming increasingly more treatable with new anti-retroviral drugs. However, only 7% of the 6 million people in developing countries who are urgently in need of ARV treatment are able to access them due to their high

“...the real terror is the devastating toll AIDS and poverty are wreaking on Africa.”

cost. Again, where can the money come from? Money that is being spent on a war that has led to at least 44,803 civilian deaths, in addition to the deaths of 2,814 American soldiers.

The war in Iraq is hailed as the War on Terror, but the real terror is the devastating toll AIDS and poverty are wreaking on Africa. Yes, I believe there are evil

people in this world that do not look very friendly at the United States and, quite honestly, would love a chance to kill some Americans. However, I do not believe we are fighting them in the correct way. Rather than causing violence and killing people and, in the process, fueling more hate, we should work to save lives and give the world a reason to love America.

Rebecca Ruminates

Rebecca Choudhury
Editor-in-Chief

Ah, 2008. The long-awaited year when I will finally be able to take my place as a responsible American adult and vote for the president of the United States. Weird kid that I am, I’ve very much been looking forward to the day when my voice will join the grand chorus that is republican democracy and, in an extremely small way, be heard. Unfortunately, as the time is fast approaching, I find I’m at a loss for words. Positive ones, at least.

Franchise is not something I think about every day. I’m not that strange. Still, as we find ourselves in the middle of a Congressional election year, it’s difficult for anyone who watches television or listens to the radio to avoid politics right now. Too bad. Alright, so it’s naïve to expect politicians to campaign without taking a swing or two at their opponents. It’s inaccurate to say that political campaigns today are dirtier than those in the past; at least nowadays there are laws against spreading complete lies about your competitors. Still, you would think, or I would, that after 200 years’ worth of campaign seasons politicians would grow up a little. To be fair, many of them have, but far too many have not. Petty, spiteful, mean-spirited campaigning is an epidemic among candidates of all positions and all parties. It’s enough to make a conscientious voter sick.

Currently I can think of few politicians

who share my views and have my respect. I would be uncomfortable voting for anyone who did not fit both criteria. What good is a shining beacon of liberalism without class and integrity? Someone with the best ideas and attitudes who lacks the maturity to participate in a discussion with maturity and civility is not someone I want representing me before the nation and the world. Does anybody, can anybody, vote for character and personality alone? Who honestly would vote for a likeable man or woman who, though a wonderful person, holds an opposing ideology? Why do good personality and good politics have to be mutually exclusive anyway? Maybe for most people they’re not. Perhaps I’m exceptionally hard to please. I just don’t want to cast my ballot for a Democrat

because (s)he’s not a Republican and there’s no chance whatsoever a Green will occupy the Oval Office in my lifetime. I want to vote Democrat because I like the candidate. I really want a serious change in the political party structure, but the former seems a tad more likely.

As of yet, 2008 is looking a little iffy for me. None of the prospective Democratic candidates have caught my eye...unless Senator Obama should choose to run, of course. For the moment, I suppose I can only cross my fingers, hope for the best, and wait for the campaigning to begin.

“...you would think...that after 200 years’ worth of campaign seasons politicians would grow up a little.”

CHATTIN’ AWAY WITH CHAE

Chaelim Young
Assistant Business Manager

In today’s society, life is more difficult than it was many years ago. Years ago you simply had to listen to the instruction of others to survive. Everything was thought about for you, especially if you were a girl. To survive today, we must create a future, one that is not presented to us. Even though everyone thinks it is presented to you. A future that is complicated, full of mistakes, and altered destinies. Some people slack in their everyday lives, resulting in lazy, unhealthy, and uneducated people. We think society is just growing in obesity; really we are diminishing in knowledge and goodness. I hope we can slow the process down. We need to regain the knowledge of our fathers in history. Life today is shaming the past even through its advancements.

The question I pose to all is: Why not give life all you have to give? Few people believe that “lemonade” is handed to you. Most understand the objective “life gives you lemons, make lemonade”. We need to make our own way in society, and achieve our destiny. Even little things can change one’s destiny. Teens do not understand this; most think slacking off and getting in trouble is the way to go.

What they don’t understand is, as soon as the prison doors close, their future is shot. Ask a criminal that has been released how hard it is to find a job where people can trust you. They are constantly ridiculed for their past wrong doings. No one understands what they could have been thinking, to ruin their lives like that. Then they go and do the same or similar thing. Basically we all need a slap in the face to realize we have a future.

No one should let people influence them to be a bad person. We all just need to remember to make our own path and stick to it. Parents have good advice for ones future, they lived it, but no one wants to listen to them .Teens think they know everything about life, and they are never wrong. Well unfortunately they are lying to themselves.

We don’t have to convert to the image society has portrayed us as. Society will only survive with everyone putting their two cents in. Everyone needs to contribute in some way. Next time some one asks you to jump off a bridge think how much it could alter your future. Just back slowly away from the bridge and find a new way to get to the bottom. You need a future and you have to make your own. Choose the right way. Don’t be afraid to let parents and wise older people to help guide you along the way. Remember they lived it, and you don’t want to make the same mistakes you have your own to achieve.

“Basically, we all need a slap in the face to realize we have a future.”

Pat’s Problems...

Patrick Hollowell
Staff Writer

Have you ever gotten sick and had to miss school because you were deathly ill. Or maybe you went on a college visit and had to take off a day just because you wanted to explore your options and figure out the perfect school for you. Well, a couple weeks ago I had to miss school for both instances and the next week was the worst week of my life.

I had homework out the whazoo for the next week and had little time for little else but homework. I went home everyday after school and worked on homework all night. All of this homework caused me to miss many activities including academic team, and Purple Bear Basketball practice. I missed out on all of these fun activities just because I was sick and had prior obligations the week before.

In addition to having homework, I also had tests to study for that I had no teacher instruction on. When I tried to study for the tests it was very hard to learn the material by just reading the book. Although I tried to study for the tests, it seemed pointless, without having been taught the information, so I went in at 7:00 the next

day. After the 30 minutes of instruction one of the teachers gave to me one morning, I had a little of just one of my classes made up, which was pretty much no help in the whole scheme of things. I stayed after school until 4:30 that day, and got a little more caught up. I went to school everyday that week at 7:00 in order to get the rest of my work caught up.

Even though all of my absences had a legitimate excuse, that made me feel no better as I was falling asleep in my bed trying to work on Physics problems. As much stress as all that homework and studying caused me, many of my teachers were very understanding and gave me more time than the regulatory amount. I finally got everything done and I felt at ease until I started to work on the regular homework I had for the day.

The point of this is “Don’t miss School.” If you are taking the load of classes I am taking you can honestly not miss school. It is nearly impossible to make everything up, and it will cause more stress than missing school is worth. So don’t get sick and don’t go on college visits. Pick a school, don’t visit, and you might get lucky or you might not.

“I had homework out the wahzoo for the next week...”

HARRISON HOLLAZ

Blake Harrison
Online Editor

If you know me, you know what an avid sports fan I am. Unlike most people, I enjoy watching the NBA. There’s just something about 35 year old men sweating and yelling at each other that appeals to me. Granted, the game’s not like it used to be. There’s no more Birds, Jordans, or Magic Johnsons that take the world by storm, with a very few exceptions. However, unlike the days of afros, short shorts, and the Celtic dynasty, there seems to be an outrageous amount of players, coaches and owners (cough, cough Mark Cuban) that find it more necessary to cause a scene than it is to go all out at their opponite and put on a show that people actually WANT to see. Yes, there were plenty of whiners back in the good ole’ days, but it has increasingly worsened recently. Because of the complaining and bickering, Commissioner David Stern has put a zero-tolerance rule into effect. The rule states that, at the discretion of the referee, if any player shows any amount of question or aggregation after a call, they are to be given a technical foul immediately. Personally, I love the move. There are several players that are constantly crossing the line and are never dealt with properly. In my estimation, the rule may prompt more people to tune in and watch games, because one of the main reasons most people don’t watch the NBA is that they can’t stand to watch millionaires cry over spilt milk. The only major problem there could be with the new rule is the fact that all officials are different and they may not always be consistent when using the rule. Exactly how far is too far? What warrants a “T” and what doesn’t? Those are two questions that cannot be answered down to a science, so as long as the rule is in effect, there will be discussion about whether or not it is fair or necessary.

As expected, the zero-tolerance policy was used pretty quickly. Opening night saw several referees use their judgment to hit players with a technical foul. In one case, a player (Rasheed Wallace) was even ejected from his home opener after receiving a double shot of reinforcement from an official. This comes as no surprise to most. As soon as the rule was introduced, it was dubbed the “Rasheed Rule.” With the season in full swing, the rule is being used nightly, and in some cases, more than once in a single game. It looks as if outsiders have embraced the rule and feel as though David Stern has once again helped better the game. As far as I can tell, many players have learned their lesson and have heeded the warnings. Still, there are some who like to be the center of attention and show no signs of change. In my opinion, I’m glad Stern finally tried to put a stop to the madness, and keep Rasheed locked in his cage. Although only one of those has actually materialized, the NBA is on the right path.

In this day and age, there needs to be a voice of reason. Someone has to take charge and make a change. That’s exactly what Commissioner Stern has done. I applaud you, oh grey haired one. You have taken a step toward good and you have prevented grown men from making complete fools of themselves on national TV.

Next time you are watching an NBA game, I encourage you to try and notice what a difference the rule has made. If it was up to me, Stern would have his own “Real Men of Genius” commercial saluting him for all of his hard work. Can’t you just hear it? “Today, we salute you, Mr. Put Up or Shut Up Guy. For without you, watching a basketball game would be like the Jerry Springer Show with timeouts, halftime entertainment, and commercials promoting a new pair of \$150 sneakers.

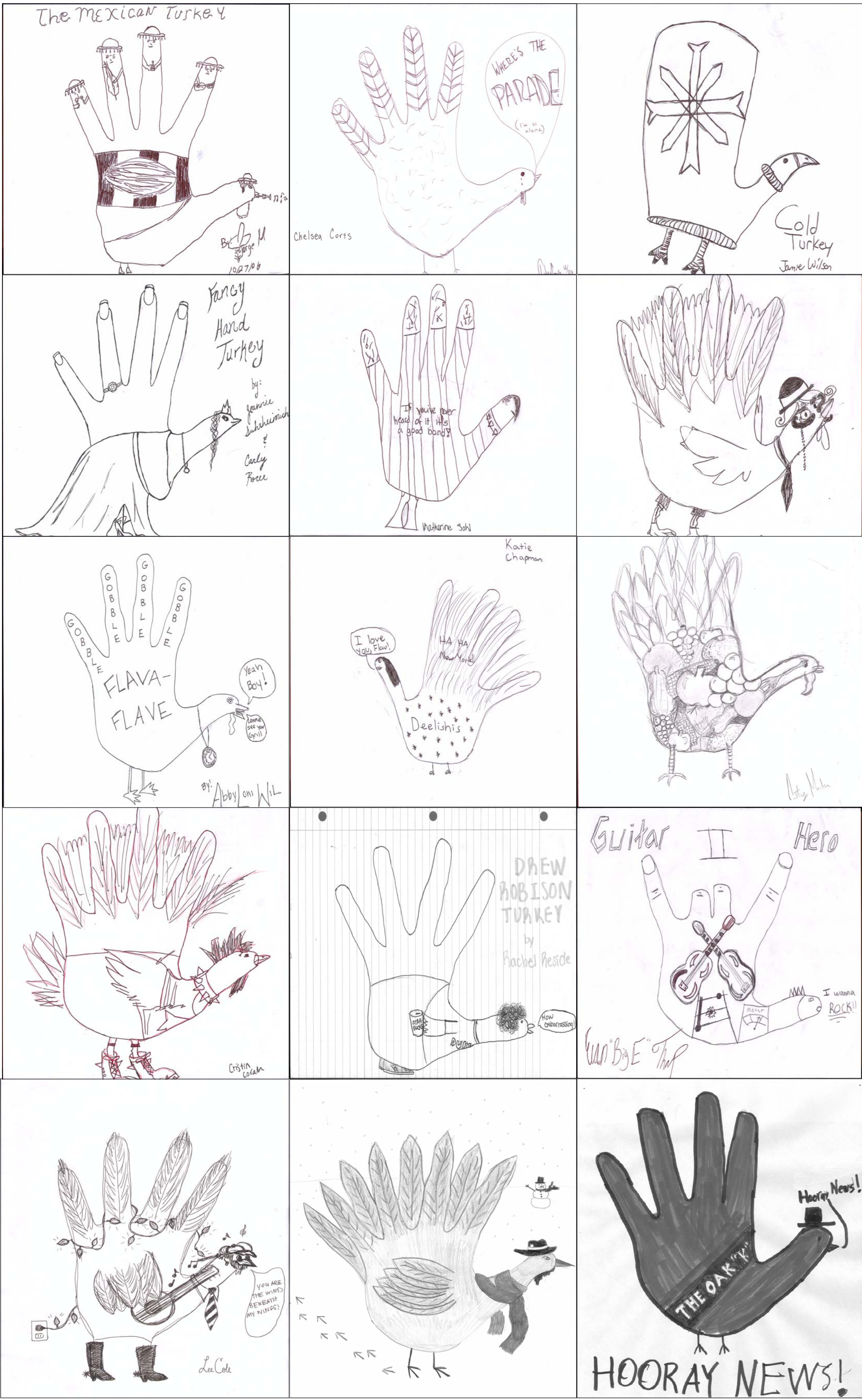
“Next time you are watching an NBA game, I encourage you to try and notice what a difference the rule has made.”

Let your voice be heard!
The Oak “K” welcomes letters to the editor. Letters 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.



Hand Turkeys

The annual Hand Turkey Contest, a time honored tradition at Lone Oak High allows students to stretch their imaginations and create original and magnificent pieces of art. To those who submitted one - the news staff salutes you. To those who didn't - look where you could have been.



THANKSGIVING: A HISTORY

Staci Alexander
Staff Photographer

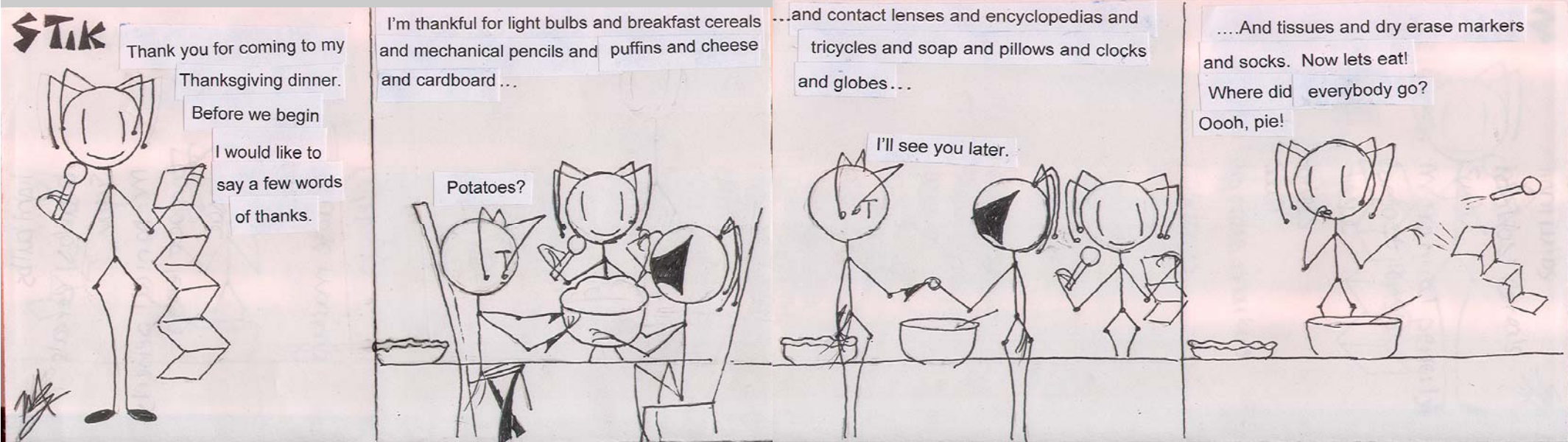
Ever wonder about the first Thanksgiving? Do you find yourself asking questions like, “what was served at the first Thanksgiving meal?” or “how many people were there at the first feast?” Never fear! I’m here with the Lone Oak Newspaper to answer all the questions that have been taunting you year after year, Thanksgiving after Thanksgiving.

Picture it, the year is 1621 and the Plymouth colonists along with the Wampanoag Indians sit down to enjoy a massive feast with all the vegetables, dressing, cranberry sauce, and turkey you could possibly imagine. But wait, that’s the American depiction of Thanksgiving – pilgrims didn’t have stoves and ovens to cook the dressing or bake your favorite pie. So what did they eat? According to teachervision.com, the table was set with plenty of meats, such as venison (deer meat), turkey (roasted, not stuffed), geese, ducks, and even swans. A few side dishes included squash, beans, dried fruit, cranberries of some kind, and dried Indian maize (corn). Because their sugar supply from the Mayflower was nearly diminished by that time, wheat pudding was most likely the only sweet dish served.

So, if the pilgrims didn’t have much of the modern day accessories, how did they eat their food? Generally, the pilgrims didn’t use forks, but rather spoons and knives. Large cloth napkins, used for wiping their hands, were also used to pick up hot morsels of food, since their only heat source was fire. Salt was the only spice accessible at the table, considering all others were generally used in preparation and cooking. The pilgrims didn’t eat in courses as we do today, but instead, all foods were placed on the tables and people ate in any order they chose.

Staci, you’re so smart, you’re thinking. How do you know so much about Thanksgiving? Well, I’ll tell you. Most of my information is credited from history.com, where “the most detailed description of the ‘First Thanksgiving’ comes from Edward Winslow who wrote *A Journal of the Pilgrims at Plymouth*.” In this journal, Winslow documented “...many of the Indians coming amongst us, and among the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted.” As far as the answer to how many were at the first feast, that’s the closest I could find. However, this information leads me to a general conclusion of the Thanksgiving holiday – the feast lasted for three days. Maybe that’s why local schools give us a nice, weekend break for this national holiday.

Hopefully, you’ve come to a better understanding of Thanksgiving and where the traditions really came from. So this year at Thanksgiving, while you’re cramming your face full of turkey and cranberry sauce, and questions start popping in your head about Thanksgiving and its traditions, you can pull out the good ‘ole “Oak ‘K”” newspaper, read this article, and remind yourself of all the answers to your trivial questions.



“Turkey

Andrew Latino
Sports Editor

Turkey Day only comes once a year,
So there are some things you may like to hear.
Let’s thank the Pilgrims and Indians,
The day is dedicated to their amends.

The fourth Thursday, six months from May,
Which happens to be Molly G’s B-day.
It’s time to grub, it’s time to eat,
Sit on your butt, get off your feet.

“Set the table” your mom commands,
“Or you shall not get the yams that are canned!”
With little hesitation and no reply,
You set out silverware and napkins in bow ties.

But what dinner would be complete,
Without a centerpiece that’s really neat.
A few fake flowers and a couple fruits,
Lighted candles that sparkle your suits.

“Please sit down, it’s time to eat”
You hurriedly take your assigned seat.
Everyone then bows their head,
Even hillbilly Uncle Fred.

Buttered and shiny are the rolls,
Inside the expensive, engraved bowls.
Pass the pre-sliced turkey with no fat,
Drop the veggies for the dog on the mat.

A spoonful of stuffing is a must,
Cranberry sauce is a hit or bust.
Roll up your sleeves, throw your face in,
It’s finally time for the grubbing to begin.

Mashed potatoes sliding down my pipe,
This feast is living up to the hype.
A glass of milk to wash it down,
All the food pound for pound.

Finally your fork begins to slow,
For reasons you obviously know.
Your stomach won’t let anymore in,
“May I please be excused, Aunt Sinn?”

Unbuttoning your pants on the way,
Holding it in as long as you may.
It’s time to let it all out,
A sigh of relief and then you shout.

Thanksgiving is my favorite holiday,
Nothing lives up to today!



Thanksgiving Word Search

Turkey		Feast		Indians		love		mums		gourds		Thursday			
Pilgrims		cornucopia		stuffing		grateful		pumpkin pie		gravy		laughter			
Thanksgiving		giving		family		sweet potatoes		pecan pie		football		Plymouth Rock			
Leaves		Mayflower		cranberry sauce		rolls		corn		November		puritans			
Wishbone		Macy's Parade													
F	A	M	I	L	Y	E	R	K	Y	A	E	T	O	F	S
D	T	P	V	W	L	L	C	C	V	D	O	H	U	I	P
A	H	E	W	G	P	N	T	O	A	L	F	A	R	C	I
S	U	E	C	U	A	S	Y	R	R	E	B	N	A	R	C
R	R	P	T	H	A	G	A	H	G	N	S	K	T	E	P
L	S	W	E	E	T	P	O	T	A	T	O	S	N	W	U
A	D	T	F	V	S	E	W	U	C	A	M	G	O	O	R
U	A	B	U	Y	A	I	D	O	R	U	A	I	V	L	I
G	Y	M	C	F	S	P	R	M	M	D	A	V	E	F	T
H	R	A	V	H	F	N	I	Y	G	C	S	I	M	Y	A
T	M	A	B	K	U	I	E	L	I	N	P	N	B	A	N
E	G	O	T	C	L	K	N	P	G	N	I	G	E	M	S
R	N	F	O	E	R	P	M	G	A	R	D	V	R	V	E
E	S	P	A	U	F	M	O	C	R	P	I	I	I	G	T
E	I	V	T	R	A	U	E	V	O	L	I	M	A	G	S
A	E	V	R	A	S	P	L	P	R	O	L	L	S	N	N
S	U	E	P	K	F	O	O	T	B	A	L	L	P	D	S

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FREE ASSOCIATION!

	<u>Teacher</u>	<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>
	Mr. Jarvis	Aaron Soloman	Jasmine Holcomb	Caitlin Carrico	Alex Croft
Crispy Steak	Not steak. Not crispy	School	Yummy	Nasty	Good lunch day
Academic Team	Rocks!	Mr. Wilson (middle school A-Team coach)	Smart	Smart	Winners
Snood	Looks like my Steelers tie.	Computer game	Computer game	I don't know	Amazing
College Basketball	March Madness	UK	Athletes	Awesome	Kentucky
Thanksgiving	Food, Family, Fun	Turkey	Food	Yummy	Turkey

Mmmm. . . . Lunch

Patrick Hollowell
Staff Writer

Who doesn't love everything about our school cafeteria? From potato smiles to Chinese Day, everything is pretty awesome, even if there are a few bumps in the road (such as crispy steak.) Although crispy steak does have some followers, there are many other foods that the students do enjoy. I took a survey to find out what the students favorite lunches are.

1. Chinese Day
2. Chicken Tenders
3. Crispito
4. French Bread Pizza
5. Taco salad
6. Popcorn shrimp
7. Dominos Pizza
8. Ravioli
9. Hot ham and cheese
10. Grilled Cheese

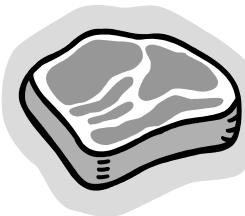
Nearly everyone I talked to said their favorite lunch day was Chinese Day, however I did get a few other opinions. I caught up with **Truman**

Feldner (10) who said, "Dominos Pizza Day is money." I also talked to **Alex Croft** (12) who quoted, "Crispy Steak is legit"

I believe what we have for lunch also effects the students behavior. When we are having something good for lunch the students are in a better mood and tend to behave better. I talked to **Mr. Neel** who said, "I can definitely tell when there is something good for lunch, the students definitely are in a better mood when it is Chinese or Chicken Tender Day." I also caught up with **Mr. Whitley** who stated, "I can tell when there is something good for lunch by the students' behavior and attitudes; but only before lunch."

Although the school lunch ladies do a good job feeding us, there are a few problems the students have with the lunches. Chicken fajitas, chicken tacos, and chicken quesadillas are the same thing. Just because the words are changed on the menu, that doesn't fool us. It is the EXACT same thing. I talked to **Kyle Oetjen** (11) who was not happy with the extras this year, or the long lunch lines. I agree, the 100 calorie packs just are not cutting it, and, if you are in the back of the line, you do not have near enough time to enjoy your meal because you are scarfing your food down in five minutes.

Although there are some problems with the school lunch, all in all the lunch staff does a very good job. The food is pretty good, they are very nice, and always try to accommodate our needs. So thank you for keeping us energized and helping to enhance our learning.



Mystery Stars!



Michal Gurrola and Chaelim Young
Entertainment Editor and Assistant Business Manager

This outgoing senior has an affinity to Mountain Dew and a tendency to state the obvious. At one time in her life she spoke German but now she can't remember any of it. Her favorite movie is Pretty Woman and her dream car is a DeLorean. If she were trapped on a desert island with only one thanksgiving food she would choose cranberry salad. Given a choice between Orlando Bloom and Brad Pitt this senior would pick Johnny Depp. Her favorite color is pink and her favorite letter is AAAAA! In her spare time she collects shoes and rubber ducks.

This spirited girl is 17 years old, stands 5'4, and is a beloved junior at our high school. She loves sports. She goes to every football, basketball, track, and baseball games. This junior certainly has school spirit written all over her face. She is very involved with football, being right down there with the team. Her life revolves around one of our schools star players, her boyfriend of course. When she is not with him, or at a game, you might be able to catch her watching her favorite television show *Grey's Anatomy*.

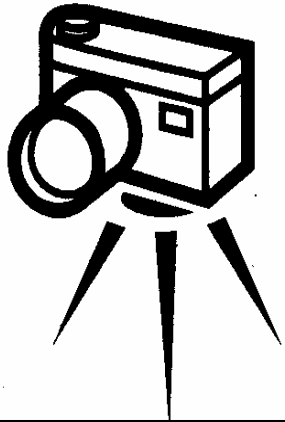
This multi-talented sophomore is 15 years old. He stands 6'2 and loves sports. He is left handed and a lover of life. He is crazy, but fun loving at the same time. He is not a sophomore you can miss. He plays basketball, football, and baseball. This delightful sophomore refers to himself as the "beast". His favorite brand of shoes is the Jordan's. The most interesting thing he said he did with his life is he loves hangin' with his homies.

This freshman has a perky and outgoing personality. She's full of energy and loves to shop. Even though she can't drive yet she dreams of zooming around town in a yellow VW Beetle with pink polka dots. While she doesn't play for the school, this freshman enjoys playing both golf and tennis. If she were trapped on a desert island with only one item and one thanksgiving food for the rest of her life she would choose her lip gloss and turkey. Finally, given the choice between the two of them this Freshman would pick Orlando Bloom over Brad Pitt.

Your October Mystery Stars were: Abby Hart, Jordan Adams, Derek Taylor, and Garret Watson.

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Squids, Zombies, and Hicks! Oh My!

Autumn Midyett
Business Manager

I must admit before I begin this review that I am, by no means, an expert on zombie movies. In fact, this may be the first actual zombie movie I've ever seen. I've always been more of a drama kind of girl, but I'm not afraid to try new things. I was renting a movie with a couple of friends and the first thing that we were all willing to see was a new horror/zombie movie. I'd never heard of the movie, *Slither*, but apparently it had received some pretty good reviews.

So my friends and I settled down with bowls of Ben and Jerry's and began to watch this funny, scary movie. At least that was what it was supposed to be. Apparently the film was made to resemble a classic B-rated zombie movie. Overall, the movie was fun, but not very impressive.

The movie takes place in a small hickish town. One night an asteroid falls to the ground in the woods in this town. A local school-teacher's older husband, Grant Grant, is in the woods and finds the asteroid. Upon poking it with a stick a giant insect like creature comes out and sort of stings/drills itself into Grant's stomach. Over the next few days Grant develops an insatiable taste for raw meat and turns

into this sort of giant man squid thing who has tentacles that protrude out from his stomach which he uses to turn the townsfolk into zombies. These zombies are like a part of him and apparently he is a form of some alien who travels from planet to planet killing everyone. In the end Grant is killed by the recently instated town sheriff who naturally has the hots for Grant's wife. The sheriff, Grant's wife, Starla, and a young girl are the only people in town to survive.

I didn't really think this movie was very funny. There were a couple of half laugh, mild chuckle worthy moments, but nothing major. It was also not scary. Gross, yes, but not scary. It was a fun, mindless sort of movie, but not a great quality one and not one I'll really want to see again. It made for a good late Saturday night sort of movie though. I think that true fans of the genre that have seen some of the other zombie movies that this movie pays homage to might enjoy it a lot more than I did.



Image from imdb.com

THIS IS THE REVIEW ABOUT DAY OF FIRE

James Summerlin
Assistant Editor in Chief

Day of Fire can really be described in one word. Darkhorse. Who would have known that Day of Fire would start out with an award winning debut? They won a Dove award in 2005 for their self-titled debut and they were nominated for a Grammy. They have appeared on CNN, and their song "Run" was the theme song to a WWE pay-per-view event. This band has made a huge impact in the music industry. How could a band this good come out of nowhere?

Well, these guys really didn't come out of nowhere. Lead singer Joshua Brown was once in the band Full Devil Jacket. This band had a strange trip; going from dreams of becoming famous, to being on top of the world, to ending up on rock bottom. Joshua brown was heavily involved in all types of drugs. Brown was a broken man. He found himself giving his life to Christ. He later formed Day of Fire, which released their sophomore release, "Cut & Move", last summer.

This CD is one of the best releases this year. The lyrics are deeper, but still meaningful. Day of Fire tackles issues like love, suicide, and

falling into sin with the lyrics. For example, "Love" isn't a love song at all, but is a cry for love from a broken family, a girl who tries to commit suicide, and someone who dispatches a 911 call. Dark, huh?

OK, let's get to the important thing. This album rocks! The best songs on the album are "Hole In My Hand," "Regret," and "Love." These are my favorites, but every song on this CD is worth a listen. Josh Brown and his band are really maturing and it shows on this album.

I only have two criticisms of "Cut and Move." One, the CD is about 30 minutes long. It's very short and it's a big letdown when you realize there is nothing left. Two, Day of Fire is in danger of becoming a one-trick pony. (A one-trick pony is a band that finds their niche and style and doesn't change anything or be creative.) This style that Day of Fire uses is the same

style on their last CD. There's not anything wrong with that and it doesn't change the quality of the album, but I'm wondering what's going to happen to Day of Fire when their music gets old.

This CD is great and I definitely recommend it. If you are a fan of bands like Creed, 12 Stones, or Fireflight, you will like this CD. I give Day of Fire's "Cut & Move" a 4 out of 5.



Image from google.com

Tap On! Tap Off! The Tapper!

Evan Tharp
Staff Writer

Have you ever been driving or riding in your car and this really nifty song comes over the radio, through the speakers and into your car. But soon after the song is over you can't seem to think of the name of it or even who sings it, and all day long you have it in your head, humming it while you do your work, singing it in the shower, but your brain hasn't clicked; you can't recall the artist or the name of the song. That's why a group of students at Simon Frasier University by the names of Geoff Peters, Caroline Anthony, and Michael Schwartz got to together to make a helpful tool to prevent those days of mind busting, brain racing, head exploding days.

Here's how it works. first you go to www.songtapper.com and then once you get there you click on the "Click Here to Begin" button, and then follow the instructions as shown on the screen. It may help to sing the song aloud, but spare the souls around you by singing it

softly. If you are an inexperienced tapper, there is a link on the website that will open up windows media player to teach you how to become an experienced tapper, the example is Jingle Bells, it may not be the best song to teach you, but you'll get the gist of it, hopefully.

The behind the scenes look: the technology behind it is complicated according to the original song tapper website "There implementation takes a MIDI file containing a monophonic sequence of notes, and analyzes the rhythm to generate a rhythmic contour string and there MIDI analyzer module is programmed to normalize the durations of the beats, in order to eliminate any global tempo dependence when searching for matches. To normalize the durations, the average duration of a beat is calculated, and then you get the result of your tap inquiry". Whew! See told you it is complicated.

So the next time you cannot remember the name of a song, or the DJ is lame and doesn't tell you the name of the song or even the artist; remember "The Song Tapper" at www.songtapper.com, "where you can tap the rhythm of the songs melody."



Image from songtapper.com



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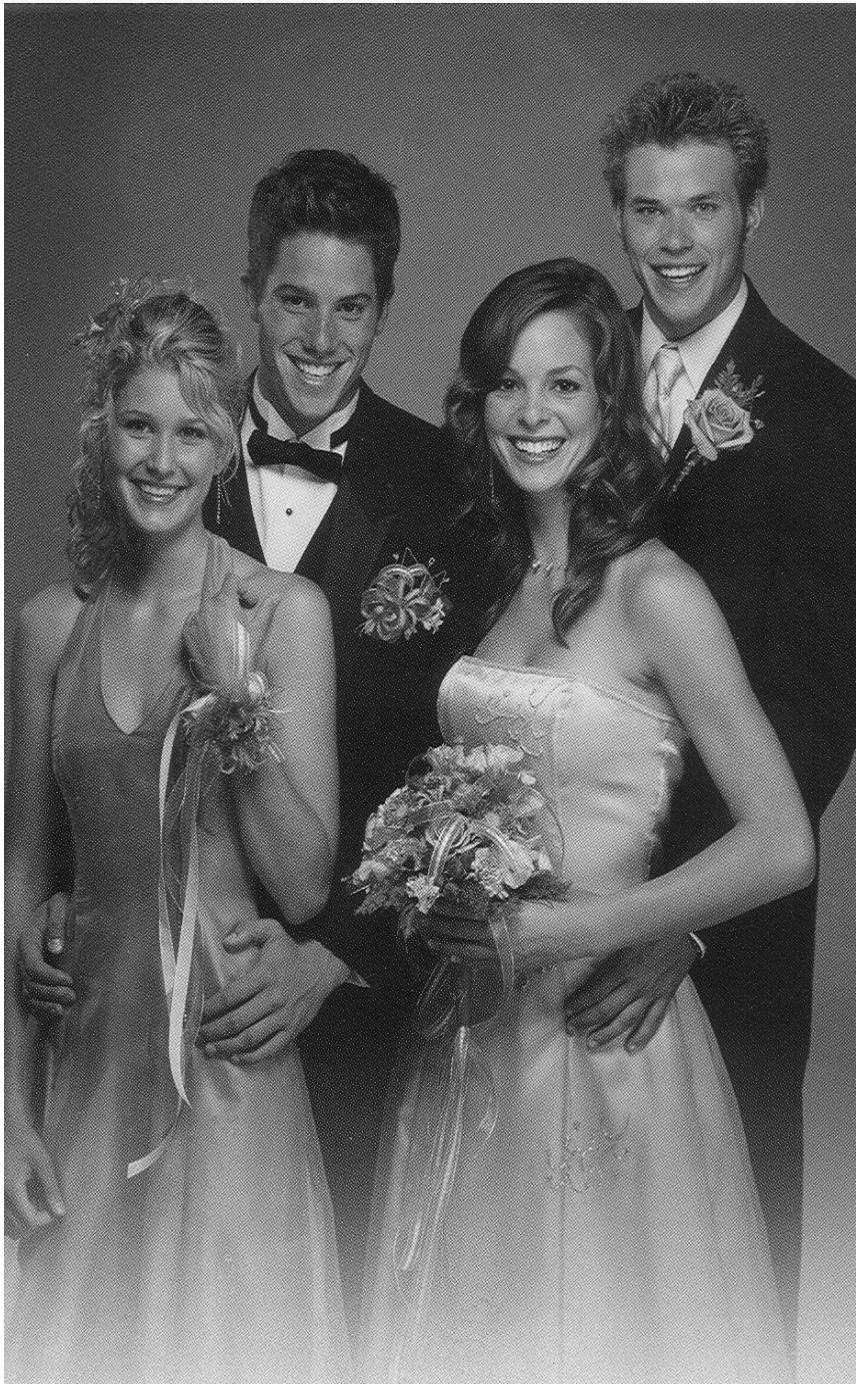
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Around Town: The Global Nomad

Rebecca Choudhury
Editor-in-Chief

Where do good tea and good karma go hand-in-hand? At The Global Nomad, of course! I made my first visit to Paducah’s most interesting coffee shop specifically in order to write this review, and though I was expecting something special, I was pleasantly surprised. I was very pleased with my mug of Gunpowder green tea, but I was even more pleased to discover that my leaves and my co-reviewers beans were fair trade. What does that mean, you ask? In a nutshell – a small one – it means goods purchased fairly rather than exploitatively, produced by willing, adequately paid individuals encouraged to pursue their own economic interests rather than submitting to the vast, impersonal international trade machine.

In addition to its fine selection of fair trade coffees and teas – which, by the way, you can inspect before you order through nifty glass jars – The Global Nomad also features a small attached shop selling imported items that range from earrings to slippers to bars of soap, most of which are also fair trade and all of which are well crafted and beautiful. The Global Nomad supports not only fair trade but also Project Aids Orphan, a charitable organization founded by Kenyans and Americans concerned about the predicament of the hundreds of thousand of Kenyan children whose parents were taken away by the pandemic virus. The Project’s African and American branches work together both to raise awareness of the struggles of the children and to help them through financial assistance for such needs as food, clothing, and education and the arrangement of foster care. The organization’s aim is not only to provide Aids orphans with care and shelter, but to give them the warmth and support of a nurturing environment; a caretaker is chosen from the child’s extended family or tribe, preserving a sense of familiarity and cultural identity. At the Global Nomad you can give monetary donations to Project Aids Orphan or help in other ways. You may recall last’s Christmas’s campaign to purchase livestock for a Project-run farm, for example. If you missed your chance to buy a goat, don’t give up hope. You’ll get a chance to join the effort this holiday season, although you won’t be donating a dozen chickens.

So if you’re looking for a warm fuzzy feeling or a warm cup of java, drop by The Global Nomad in downtown Paducah. With cozy atmosphere, eclectic looks, knowledgeable, friendly ownership, and paperback books (couldn’t resist the rhyme), it’s a coffee shop well worth a visit. Whether you’re interested in tasty baked goods (I recommend a delicious buzz bar), or tastefully embroidered throw pillows, you won’t be disappointed, and you can feel good about the fact that while sipping your latte and chomping your biscotti, you’ve done a little bit to make the world a better place.

Michal Gurrola
Entertainment Editor

I have long been a fan of Paducah’s down town arts district. When I have a free Saturday and the weather cooperates I enjoy walking through the various art galleries. The stores are fun and the art is interesting. Oh, and there’s one more thing. The arts district has The Global Nomad.

From its cheery, welcoming exterior to the milky froth that coats my coffee mug from rim to bottom The Global Nomad has everything I long for in a cup of coffee. But don’t let me scare all of you non-coffee drinkers away. While The Global Nomad has large selection of coffees they also have a wide range of teas and other non java drinks. And of course they have an ever changing selection of pastries to choose from, they will even warm your selection up if you would like them to.

Now, I’m sure many of you are wondering how the name Global Nomad comes into play. Well it’s quite simple really, the owners of this little coffee house have traveled all over the world and as a result many of the pastries and teas they offer are recipes and brews from different countries. So, alongside of the ordinary Starbucks type drinks are many new and interesting ones.

As part of the Artist Relocation Project The Global Nomad not only serves a “mean cup o’ joe” but also sells some pretty interesting items from different countries around the world. When last I was there they had bath soaps from France, jewelry from India, handbags from Brazil and many more interesting things. And most of their merchandise is what is known as “Fair Trade” meaning that the people who make it get paid a decent amount of money to do so.

The Global Nomad is also a proud supporter of Project AIDS Orphan. This program is dedicated to helping children orphaned by AIDS in East Africa. The program provides these children with family foster care, food, clothing, housing, school fees and supplies and regular health care. The Global Nomad currently supports eighteen children and part of the coffee proceeds goes into helping continue this support.

Having moved to Paducah from Seattle three years ago it’s no surprise that I have long been in search of a decent cup of coffee. Well, I have found it. And not only does the drink please my palate but I also feel good about giving to a good cause.

*To learn more about The Global Nomad and Project AIDS Orphan visit their websites at www.theglobalnomad.biz and www.projectaidsorhan.org



Image from theglobalnomad.biz

NOT THE FOOD, CAKE

Andrew Latino
Sports Editor

“We are building a religion. We are building it bigger,” is what the band Cake is doing when it comes to their style of music. A quote from one of their songs, Cake’s lyrical and instrumental compositions are as unique as any rock band of our era. Cake has made remakes of songs from Kenny Roger’s “Ruby, Don’t Take Your Love to Town” to Gloria Gaynor’s “I Will Survive” (which is better than her version by the way). Cake has also made great songs of their own, and may be one of the best undiscovered bands in the past decade.

Beginning in Sacramento in 1991, the band Cake was born. Their first sounds were predominately based around a country-based type of music mixed with a little rock and funk. Cake offered a type of music unheard of at the time. Songs such as “I Bombed Korea,” which has a country feel, incorporate odd instrument choices such as a trumpet along with more normal instrumentation such as a guitar and drums. Not only was Cake the first of its kind, but it also remains as unique as it did when the band was put together. Cake learned to be successful by incorporating their own flair with influences from various types of genre.

Cake is also a band that stands far away from normal lyrics. Most songs currently contain lyrics about love, hate, troubles, or possibly death. Cake’s song titles and lyrics expand far away from these normal subjects and contain off the wall subjects. For example, songs such

as “Dime” (not a “dime” piece lady, sorry homies) and “Carbon Monoxide” are exactly about what their title implies. I’m glad I can listen to a song that doesn’t relate to the norm.

Cake has released five CD’s to this date with their latest being “Pressure Chief”, which was released late last year. I own every CD and I can tell you that all songs are appealing to me with a few exceptions. Their first CD, “Motorcade of Generosity,” involved the most country-based music. Since that time Cake has developed a sound that is a combination of rock, country, funk, folk, and hip-hop. In my opinion, the best CD is “Fashion Nugget.” Released in 1997, every track on this CD is great. There isn’t one song I dislike. If you want a taste of Cake, I would recommend the CD “Comfort Eagle” or “Pressure Chief.”

Cake sounds awesome in concert, too. Though they don’t play in major arenas with huge crowds, their performance is great. I went to a Cake concert last year in St. Louis, and they sounded the same, if not better, than on their studio album. It’s always disappointing to see a band in concert that doesn’t sound as good as they do on their CD. Cake is not that type of band.

Their style of music may not be appealing to you as I describe it in this review, but I strongly recommend that you buy one of their CDs. This different style may sound odd, but you never know if you don’t try. Cake may become one of your favorite artists as they are now one of mine.



Image from ask.com

Rock Out on Guitar Hero

Staci Alexander
Staff Photographer

As many already know, in 2005, two companies by the names RedOctane and Harmonix released a sweet little game called *Guitar Hero*. This game rocked our world, reviewed by gamespot.com as “the most widely acclaimed music game in a long while.” After a year’s time, *Guitar Hero*’s long awaited sequel has finally arrived.

The game, played on PlayStation 2, has four different modes – easy, using three of the five fret buttons; normal, using four; hard uses all five buttons; and expert is just ridiculous. Much like *Dance, Dance Revolution*, as the colorful dots scroll down on the screen, you simply hit the fret button of the same color. Sounds easy, right? Wrong. To the mind, one might think this game can be easily dominated, but the mind plays tricks. Once you move up a mode or two, the game scrolls faster, and it takes quite a bit of time and practice to be able to get your fingers on the right fret buttons at the right time. Although this may propose difficulty, most are up for the challenge.

Guitar Hero II is breaking its way through with big improvements, such as three-button chords (rather than the original’s two-button) and a two-player mode which allows you to

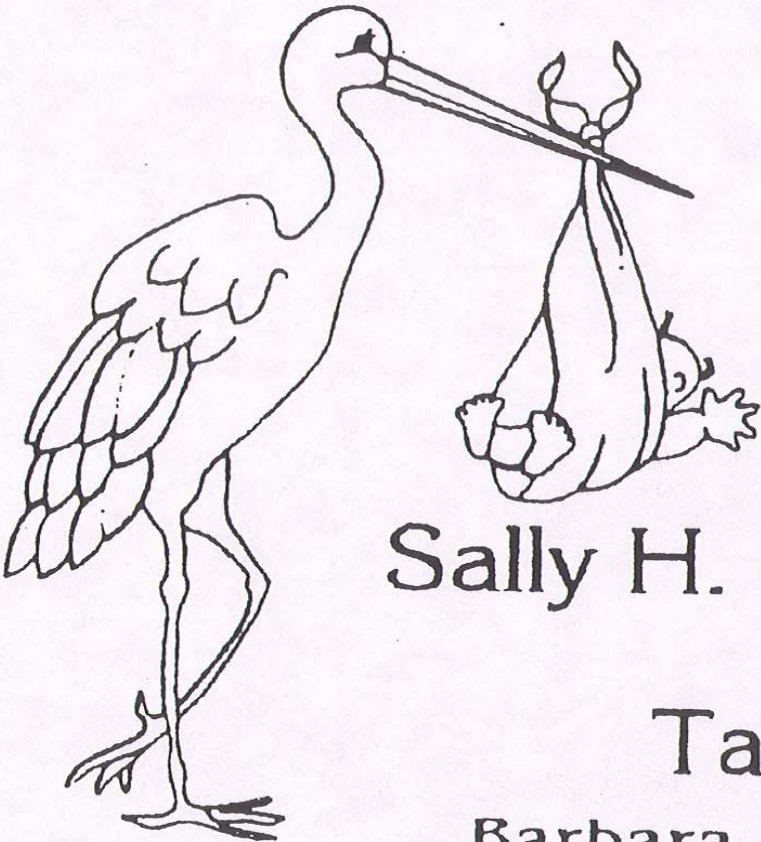
play rhythm or bass simultaneously with lead guitar. Everyone knows you can’t have a new *Guitar Hero* without having new songs. *Guitar Hero II*’s song list includes songs like “Freakout”, “You Really Got Me”, and “War Pigs” and featured bands, such as Van Halen, Rush, and KISS. Along with these new additions, *Guitar Hero II* has great new back-



Image from kotaku.com

grounds. “The first venue you’ll hit is a high school gym decked out for the Battle of the Bands competition, and you’ll eventually progress to a massive English stage modeled morbidly after Stonehenge”, says gamespot.com. One extra mode in the new game is the “training mode”, which is perfect for all you newbies to the *Guitar Hero* World.

For those of you outside the bubble, *Guitar Hero II* hit shelves Tuesday, November 7. I’m sure it can be found at the general gamer stores, like Best Buy, Circuit City, or GameStop. If you don’t have a PlayStation 2, and don’t want to rush out and buy one just for this incredibly fabulous game, RedOctane and Harmonix have announced an Xbox 360 version, yet its release date has not been released. Lastly, for those of you who have been in the bubble since the beginning, rest your fingers up, cause this one’s gonna rock your socks off!



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Basketball Season Set to Tip Off

Blake Harrison
Online Editor

After a productive 2005-2006 campaign, Flash basketball is gearing up for another competitive year. Our guys' team, led by five seniors, will be looking to outperform District competition such as Reidland and Paducah Tilghman. Luckily, Heath graduated most of their star players, including Clint Tillford and Justin Jett. Among other regional obstacles, Graves County, who represented our region at the state tournament last year, may struggle due to the losses of Jamie King, Randon Cavette, and Zach Sims. In order to get past those teams, we will heavily rely on key senior leadership and a very deep bench.

Even with several teams losing major components, according to head coach Andy Poore, the entire region will be very strong, seeing as most programs have either kept their core in tact, or re-loaded with some fresh talent. However, he believes we also fit into that category. We too, lost a big chunk of our offensive production by graduating Chase Denson, who led the team in scoring for three straight seasons. The sophomore class led by Varsity members **Jamarielle Brown**, **Cameron Tillett**, and **Josh Byrd** may eventually be called upon to eat up key minutes as the season progresses. Although undersized, we should cause problems for most teams with our perimeter play. Seniors **Landon Blackman (12)** and **Chris "Rico" Pennington (12)** can fill it up from beyond the arc, and junior **Luke Shuemaker (11)** is able to break down any defender you can throw at him. Team chemistry will undoubtedly be a pivotal factor in the team's success, but look for the team to surge if Shuemaker thrives in the spotlight. In my opinion, some fair goals for the 2006-2007 season include finishing the season four or five games over .500, being able to knock off rivals Heath, St. Mary, and Paducah Tilghman at least once each, and being well prepared for the District Tournament



Image from google.com

ready to compete. Senior **Clay Pickens** believes overlooking the Flash would be a mistake, saying "We are going to surprise a lot of people this year."

The Lady Flash, also coming off a productive season, hope to rebound from the loss of five seniors. Rebounding and tenacious defense provided by Debbie White-lock and the three point shooting of Laura Forsythe will be sorely missed, but team sources have said they feel as if there are many players who will be able to step up and fill the void. They will look to **Ally Heine (10)** to run the offense and essentially lead the team with her point guard play. The more consistent she is, the better the season should shape up. **Karlie Grooms (12)** will also be a driving force behind the girls' success, seeing as she will need to put points on the board in order for the team to continue their winning ways.

Having six seniors on the team should definitely help lessen the load of our underclassmen. **Katelyn Halicks (12)** will need to step up and rebound for us because a glaring weakness of this year's squad is a lack of size. As does the guys' team, the girls' bench goes about 10 deep, which will give us an edge over most teams in close games as they wind down. If they plan on advancing to the Regional Tournament, the Lady Flash will need to get past Paducah Tilghman, who comes into the season with most of its key players back, with the exception of dominating center Pam Bell. St. Mary will be without a powerful force in Angela Roof, which should bring a sigh of relief to players and coaches alike.

Be sure to come out and support our players every chance you get. Both teams should fare well as the season rolls along, and a large crowd at both home and away

Cross Country Races to an End

Blake Harrison
Online Editor

Lone Oak High school was well represented recently at the State Championship. Both the guys and girls team competed the weekend of the eleventh in Lexington. Each took part in the 5K run, and several members found themselves among the leaders as the race concluded. **Haleigh Fellows (10)** finished 97th, with a time of 22:38.83, which led the girls' team. Other noteworthy times include: **Morgan Murphy (11)**, who came in 105th with a time of 22:45.84, **Gabby Fellows (10)**, who with a time of 23:02.19 came in 113th, **Kim Dunn (11)** also placed, finishing the race with a mark of 25:16.44, which was good for 167th, **Courtney Jenny (10)**, whose time of 26:38.84 was over Dunn's time by less than two minutes placed 183rd, **Tiffany Treece (12)** put in a time of 28:59.29,

finishing 194th, and senior **Abby Clark (12)** completed the 5K in under 31 minutes and finished 196th. As a whole, the girls finished 22nd in class AA, with an average time of 24:04.43.

As a group, our guys did not place in the top 24, but there were several individuals that did finish in the top 150. Senior **Luke Jenkins (12)** led the pack finishing 74th with a time of 18:56.4. **Andrew Croft (9)** completed the run with an impressive time of 19:07.96, which was good for 94th. Our other senior, **Jesse Byrd (12)** ended in 117th place, finishing in just over 19 minutes. Rounding out the bunch was sophomore **Aaron Williams (10)** (AKA Weeman), who finished 141st, with a time of 19:50.12.

Congratulations to our Cross Country teams on a great year. You represented us well throughout the season. A special thanks goes out to Kelly Hack, who coached our teams. Good luck next year!

Editor's Note: Due to an overwhelming amount of people that don't know the Lone Oak High School Fight Song, I have supplied the song for everyone to memorize by our first home basketball game.

LONE OAK FIGHTSONG

(Mr. Franklin (Afco): "UNO, DOS, TRES!")

On, on Lone Oak High

We've the right for the fight

tonight.

(Afco: "Bah Dah Bah Dah Bah Bah Bah")

Make that goal or hit that line,

Every purple flash star will shine...

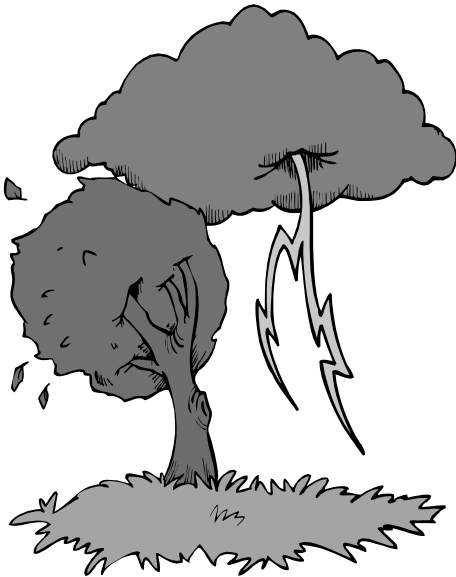
We'll fight fight fight

For the true and right

As we roll to our goal varsity, VARSITY!

We will jump, pass, and run 'til our

Battle is won and we'll bring home a victory!!



The Arising Competitiveness of Churchball in the Community of Lone Oak

Andrew Latino
Sports Editor

Basketball season is here! That only means one thing; CHURCHBALL. Yes, church basketball is an emerging sport on the brink of over taking all types of sports in America. For certain sports such as football you have to have a well-defined, muscular built, and for school basketball you have to be a smart player, have a tall physique, or have a jump shot that you can hit from anywhere. Churchball has no requirements except to have a competitive spirit. Being around the sport for the past couple of years, I have noticed all sorts of players in the game. From out of shape, unathletic kids to skinny, short, and unphysical kids, all types of competitors are welcome to the game.

I myself never had the commitment to play basketball in middle school or high school. Though I think the sport is fun to play, I just didn't have to urge to practice the sport everyday. Then last year I was given an opportunity of a lifetime. Straight out of Gospel Mission Church in Reidland, I entered a territory that would change my life. Players like myself assembled a team of competitiveness and opportunity to become what we thought to be the best churchball team to date. Though later we found out that we couldn't accomplish our dream of becoming churchball champion, we had fun performing and competing every game.

Many students around our school today have that same commitment to churchball as I have developed. Churchball leagues at Mount Zion Church and Lone Oak First Baptist have helped these students succeed in this great sport. When asked about churchball as a whole, a churchball player himself, John Carr replied, "Competitive and Pride!" Founder, GM, and player of

this churchball team, The Purple Bears, Carr has been consumed into the madness of the churchball phenomenon. Carr also added, "Churchball is about ballin' And 1 style." This brings up another great point. Mostly everyone that plays have little to no skills and since you can't get kicked off a team, you might as well try out your Harlem Globetrotter ability.

As Austin Clark states it, "Churchball is a way of life." When November hits, churchball teams are assembled, practices begin, and scrimmages take place. From now until the middle of March, I will have dreams of becoming the best of the best at the churchball level. The Gospel Mission Ducks (Quack, Quack, Quack), my team which is on pace for a breakout year, are bringing back the hardware to our church. Key returning starters from last years Ducks include Blake Speer, an Adam Morrison like player with clutch 3's, acrobatic lay-ups, and aggressive playing style, and me, a 5'11" version of D Wade who can make clutch decisions and create valuable opportunities. Out competitive spirit and unique style will bring us where no churchball team has been to before. And when the going gets tough, DUCKS FLY TOGETHER!

In closing, I highly recommend you to try out your basketball skills at the church level. It's not to late to sign up on a team, and the opportunity is just a phone call away. Leagues at Mount Zion and Lone Oak First Baptist are perfect opportunities for competitors to lay in all on the hardwood. Anyone looking for a scrimmage game, including our very own Purple Flash Varsity Team (with permission by Coach Poore), is welcome to contact me.

Shout out to the Ducks and an undefeated season. Another shout out to the Purple Bears, an emerging power on the churchball court. Last shout out to the P-town Bullets, whom I respect, but will never become a powerhouse on the churchball level. QUACK!

Keith L. White, D.M.D.

Kelvin L. White, D.M.D.

Greg C. Goodman, D.M.D.

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The Ultimate College Basketball Preview: Let the Madness Begin

Blake Harrison
Online Editor

With the annual Maui Invitational set to get underway on the 21st, it is once again time for College Hoops to begin. The following segment of the November issue will help clue you in as to what you should expect to see this upcoming season. I will break down last year's Final Four, teams to keep watch on, superstar freshmen, and much more. Let the road to Atlanta begin!

Last Year's Final Four

Florida: The Gators will look to repeat as national champs. With all key players back on board, don't be surprised to see Billy Donovan, Joakim Noah and the boys raise the trophy once more.

UCLA: With a rich winning history on their side, the Bruins hope to fill holes left by point guard Jordan Farmar, and low post presences Cedric Bozeman and 7-footer Ryan Hollins. 6'8 freshman James Keefe is expected to fit in nicely down low, but has big shoes to fill.

LSU: After losing the high-rising Tyrus Thomas to the NBA and graduating Darrell Mitchell, this season appears to be up in the air. With a somewhat inexperienced backcourt, the Tigers and Coach Brady will depend heavily on junior Glen Davis (no pun intended) if they plan on making it back to the Final Four.

George Mason: This Cinderella team of a year ago is expected to fair well against other Mid-Major teams, but most people feel like a trip back to the Final Four is highly unlikely. Led by junior Will Thomas and four seniors, The Mason Patriots hope to shock the college basketball world for a second straight year.

Probable Title Contenders

North Carolina: With a stellar freshman class to go along with Tyler Hansbrough, nobody wants to cross the Tar Heels on the wrong night.

Florida: Having retained everyone and winning a national title should definitely make the Gators the favorite. With a summer of rest and weight lifting behind him, Joakim Noah should be ready to lead the charge.

Ohio State: Two words: Greg Oden, 'nough said. Many people doubt he's the real deal, but from what I've seen, Oden is a force to be reckoned with. Besides, it's not like he's on his own; OSU has three other five star freshmen to back him up!

Texas: Ok, ok, I know they lost several starters including Daniel Gibson and LaMarcus Aldridge, but any team with Kevin Durant on their roster deserves consideration.

LSU: If they can get past a tough SEC, anything could happen. It doesn't hurt that Big Baby will be back for more..

Kentucky: I know what you're thinking, but can you blame me? I've grown up watching the Wildcats, and our freshman class coupled with strong seasons from Crawford and Morris could spell trouble for the rest of the field.

Kansas: Loaded with a bunch of talented sophomores, Kansas should be a lock for the Final Four. Julian Wright, Mario Chalmbers, and Brandon Rush outmatch almost any other three-some in college basketball.

AP Pre-Season All-Americans

Tyler Hansbrough, North Carolina: Hansbrough averaged 18.9 points and 7.9 rebounds per contest as a freshman.

Joakim Noah, Florida: While leading his team to a title, Noah tallied 14.2 points and 7.1 rebounds a game.

Glen Davis, LSU: As a sophomore, "Big Baby" averaged 18.6 points per game while adding 9.7 rebounds each night as well.

Brandon Rush, Kansas: The younger brother of Kareem put up impressive numbers as a freshman. With a line of 13.5 and 5.9, it's no surprise to see him on the list as a sophomore.

Ronald Steele, Alabama: Steele averaged 14.3 points, 3.7 rebounds, and 4.3 assists last season, rounding out this year's pre-season All-Americans.

Top Freshmen

Kevin Durant, Texas: Having already drawn comparisons to Tracy McGrady and Kevin Garnett, expect Durant to lead the charge as the Longhorns try to find their way back to title-contention.

Greg Oden, Ohio State: Oden, who will not see any action until January because of an injury, heads a star-studded freshman class at OSU. As a dominating force, he will try and carry the "Thad Four" on his back and win a championship in his first season. It's not every year you see a player being associated with the likes of David Robinson, among other NBA greats.

Bill Walker, Kansas State: Ruled ineligible for his senior season at North College Hill, Walker is expected to be able to play by mid-December. If he actually gets on the floor, look for Walker to show his explosiveness that has drawn comparisons to Vince Carter.

Thaddeus Young, Georgia Tech: After a very strong senior season, Young who is 6'8, has gained some weight and will play a major role in the Yellow Jacket's success. On top of being a gifted athlete, he is a lefty, which could cause a headache.

Javaris Crittenton, Georgia Tech: With the help of Young, Crittenton will use his quickness and play-making abilities to finally replace the gaps left by Jarrett Jack and Chris Bosh to make GT a contender once more, but don't get too excited.

Brandon Wright, North Carolina: It's almost scary to picture a duo of Tyler Hansbrough and Brandon Wright taking on UK's Randolph Morris and Jared Carter. Even so, watching this tandem should be quite a treat. Brandon's defense and footwork will provide a nice complement to Hansbrough's scoring abilities.

Chase Budinger, Arizona: At 6 feet 7, this five star recruit should bring a smile to Lute Olsen and the Wildcat faithful. Expect Budinger to be productive right away; his soft touch around the basket and three-point shooting will make him a valuable asset.

Wayne Ellington, North Carolina: Expecting to get valuable minutes at the guard spots, Ellington is a proficient scorer. Add him to the already long list of productive UNC underclassmen.

Paul Harris, Syracuse: At 6'4, Harris brings defense and explosiveness to the table. Pair him up with sophomore Eric Devendorf and you have a very intriguing combo.

Gerald Henderson, Duke: Henderson, who comes to Duke as a proven winner, should fit in nicely with their storied history. He has shown his ability to be flashy at times, a la Dahntay Jones.

Jon Scheyer, Duke: Although he may not produce much his freshman year, many people believe this guy is the second coming of JJ Reddick. Having seen him in person, I can tell you: he can flat out score.

Spencer Hawes, Washington: Although he was being sought after by multiple top flight schools, Hawes decided to stay in his home state. The 6-11 big man possesses many of the necessary tools to be successful. He runs the floor very well, has soft hands, and has a soft touch from within 12 feet.

Stanley Robinson, Connecticut: Losing Rudy Gay may be a thing of the past when Robinson hits the floor. Like Gay, Stanley is a freakish athlete who likes to roam the perimeter. His skills are skill a bit raw, but with time, he could be another player on the long list of UConn greats.

Daequan Cook, Ohio State: Another one of Thad Motta's "Thad Four", Cook comes into his freshman season with polished skills on the offensive side of the ball. Although a bit undersized, he exhibits great shooting range, with the ability to get to the basket.

Ty Lawson, North Carolina: Expect to see a high-octane, run and gun style offense when he's got the rock. He's a shade under 6 feet, but he can use his blinding speed to blow past anyone. Lawson is also a proven winner, playing for Oak Hill Academy in high school.

Statistics, information and photos compiled with assistance from espn.com



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