

Creative Cristin, Hackneyed Headline

Autumn Midyett
Business Manager

This month’s Junior Rotarian is probably one of the most artistic Rotarians this newspaper has covered. **Cristin Coram**, an 18 year old senior has taken art for all four years of high school and has been a member of the art club each year as well. She was the club’s secretary her sophomore year and she fearlessly led the club as president her junior year. She has competed in various art competitions and is in Art GT. Last month she even submitted a political cartoon to this newspaper. She plans to go to art school for either graphic design or animation after graduation, though she doesn’t know exactly where she’ll take her talent.

Art is certainly not the only thing this Rotarian is into though! She is a member of the Beta club and can be found at the 4-H office every Wednesday after school filling up backpacks for the Backpacks for Kids Program with friends. Cristin is also a member of the French Club.

Academically Cristin has certainly done quite well. She will graduate in May as a salutatorian and has a personality that teachers seem to love. Her favorite subject “for quite some time” has been English. To go with her favorite subject, a favorite teacher; retired sophomore English teacher, Mr. Toy. **Hilary Hughes (12)** remembers having Mr. Toy’s class with Cristin by saying, “Cristin really keeps the ‘gunkta spirit alive!” **Drew Robison (12)** compliments Cristin’s artistic and writing talents, but says that what’s more is that “she looks like one of them ‘possum people!”

Outside of school Cristin enjoys video games, especially Dance Dance Revolution and Guitar Hero. She’s also a big fan of the musicals Rent and Phantom of the Opera. In fact, one of her favorite memories is getting to see the Rent tour cast live earlier this year. She’s a wicked Taboo player and when she’s on a team with **Rebecca Choudhury (12)** and this writer the other team doesn’t stand a chance. She’s also an accomplished ERS player. Beware your fingers if you play with her! Other things Cristin likes include animals, French, and writing. Another favorite memory of Cristin’s is “experiencing the magic of the ‘greasy hair purse” at Wet Seal and, before they closed, Cristin could occasionally be seen mocking random things at K’s Merchandise with friends.

Speaking of friends, this month’s Rotarian is a great one. **Rachel Reside (12)** says “Cristin brings laughter and intellect to any situation, whether it be games of bulldozer and fluffy bunny or writing stories about a kid named Rory. Plus she’s wicked with a Windows paintbrush.” One of her best friends since elementary school, **Amber Millay (12)** remarks, “Cristin is the best person to laugh with and the worst to argue with...it makes a great friendship.”

Cristin Coram is a fabulous person to represent our school as a Junior Rotarian. She is certainly a well-rounded student. Keep your eyes open for this month’s Rotarian because no matter whether she becomes an animator, graphic designer or something completely different, she will definitely excel in whatever she takes on.

Photo courtesy of Gene Boaz



A-Team: Marching Through Another Year

Blake Harrison
Online Editor

In preparation for Governor’s Cup, several LOHS students competed in the President’s Cup at WKCTC on December sixth. The events that took place included a quiz bowl competition, as well as individual tests. Not surprisingly, Lone Oak was all over the leader board as the events came to a close. The Oak “K’s” very own, **Rebecca Choudhury (12)** dominated once again, capturing 1st place in English. Joining her as the top performer in their category was **Jon Fejes (11)**, who placed 1st in Arts and Humanities. **Zia Choudhury (11)**, who took the Math exam finished 4th, and **Kyle Oetjen’s (11)** score was good for 5th in the science portion of the President’s Cup.

Although most of the team was there to compete in a serious manor, it seems as if **Lee Cole (11)** and **Mark Kaltenbach (11)** had their own agenda. Instead of focusing on their tests, they were too busy playing ping pong the

morning of the competition. “I beat Mark, and he was pretty mad about it,” Cole said, “he just couldn’t bear the thought of losing.” Cole also found a question on the Arts and Humanities test quite hilarious. It read, “Which of the following is not a part of the Holy Hindu writing,” the incorrect answer? Darth Vedas.

As far as Quiz Bowl goes, we fell to Madisonville North Hopkins 31-29, for our first loss of the year. It was a very heated match, and we expect nothing but great things from our team as the year continues. Among the schools represented were Madisonville North Hopkins, Graves County, Murray, and Calloway. Team coaches, **Melanie and Tony Jarvis** were very pleased with the results and feel as if the President’s Cup has prepared their team very well for Governor’s Cup in the spring. “We competed well and had excellent test results, I think that will translate into victories in the spring,” commented Mr. Jarvis as he summarized the events. Let’s hope our winning tradition continues as our A-Team marches through another great year of competition.



Photograph by Coran SStewart

Angels Among Us

Chaelim Young
Assistant Business Manager

Imagine a child on Christmas morning beholding presents under the Christmas tree. What a precious moment that is to be able to provide that for them, but what about the families who can not provide presents on Christmas morning? Everyone deserves some Holiday cheer. Last year people in our community had a special idea that would light up the lives of students here at Lone Oak High School. The idea was to provide gifts for students in our Special Education Department and Regular Education students who could not afford gifts. Every child should have a face that lights up on Christmas morning and Doctors and people in our community wanted to provide that for them.

The Patrons of this special idea are: **Teresa Upshaw, Lawrence Smithmier, Sharon Adler, Annie Evers, Michael Crawford, Luke Evens, Alesia Payne, Francie Edwards, Sheila Clark, and Jeff Parker.** These kind people were the ones who decided Lone Oak High School needed an Angel Tree. They decided since there were so many students, and so many people that wanted to help provide for them, that an anonymous ornament would become the student. That is that the ornament would only have written whether it was a boy or girl and what the student needs and wants for Christmas. This way no one can choose the student they want and play favorites, or attract attention to the anonymous student. The Patrons also stated that every student will be treated equally when it comes to gifts. If by chance a sponsor can not provide a lot for the student the Patrons will provide more gifts to even out the gift process.

There are 31 students on the tree this year. The gifts are to be distributed to the students on Monday, December 18, 2006. The Patrons of the Angel tree would also like to provide special heart-filled thanks to everyone who has helped provide a Christmas smile to anyone of the 31 students. With out your kind support some child might have woken up on Christmas morning with nothing new to call there own. What kind generosity must have filled your heart with glee this magnificent and special Christmas.



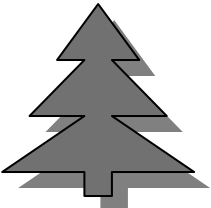
Photo by Staci Alexander



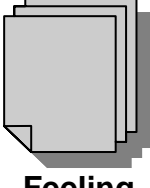
Buzz Word
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Ring Rant
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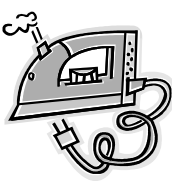
Gruesome Gifts
Page 4



Feeling
List-less?
Page 5



Christ-must?
Page 6



Iron Fists of Fury
Page 7

Teen Health: Caffeine Gives You Wings?

Michal Gurrola
Entertainment Editor

Red Bull claims it “gives you wings,” KMX Energy Drink claims that it will “ignite your mind,” and Spaz Juice claims that you will “drink this and feel less sucky” because you will have “all the energy you need to annoy everybody else.” And when you’re pulling an all-nighter or need an extra energy boost before a big game chugging down an energy drink may seem like a good idea but are energy drinks really all they’re cracked up to be?

According to multiple sources, a typical energy drink has about as much caffeine as a cup of coffee. Other ingredients include sugar and vitamins. Caffeine is a diuretic, and it can actually slow the body’s ability to absorb water when combined with the amount of sugar used in an energy drink, causing you to become dehydrated and possibly to collapse.

One common ingredient in energy drinks is taurine, an amino acid which is found in many foods humans normally consume. However, in energy drinks this substance occurs in far greater quantities than it does in other foods. For example, one can of Red Bull has as much taurine as five hundred glasses of red wine. This substance is meant to boost the effects of the drink’s stimulant but the long-term effects have not been studied.

Drinking more than one can of an energy drink can be dangerous too. One can of an

energy drink has about eighty milligrams of caffeine. Drinking more than one serving can lead to heart problems such as racing heartbeat, heart palpations, elevated blood-pressure and can even put you at risk for a potential heart attack.

Caffeine is a drug, and it is possible to become physically and mentally addicted to it if you consume too much of it. So the next time you have an eight page research paper due the next day and you feel tempted to buy a six-pack of Red Bull to get you through the night, try weighing out the risks. Is staying awake really worth a heart attack or addiction?



Photo from maxwellhouse.com

Go BAND!

Chaelim Young
Assistant Business Editor

Better late than never, it’s time to take a look back at this year’s band season. This year, as in years in the past, our Lone Oak Kentucky Colonel Marching Band rose to new heights. The show this year, *A Study in Contrast*, was markedly different from shows in the past. Mr. Forsythe said, ‘It has been an interesting season. The season was a fun process with lots of travel.’ Indeed they did travel; among there stops were Murray, Murphysborough, St.Louis, Massac, and Southern Illinois University. Mr. Forsythe also stated,” Judges have taken a while to understand the show’s concept. Parts of the season were difficult. To me, it seems, they did not get the recognition they deserved.” Though the band did not get the recognition they deserved, they certainly stuck it out. The

band forwent the opportunity to perform at the Grand Nationals this year, and instead performed at the BOA regionals in St. Louis. However, they are looking forward to returning to Grand Nationals next year. This past year was a year of transition, and the band had to work to remain at the top of their game to reach the state semi-finals. The goal of the band was to reach the top four. The entire school was rooting for their success, and, though they did not reach that goal, they still placed a respectable ninth out of thirty-five competing bands. The biggest achievements the band accumulated this year were the honors of best in show at Southern Illinois University and Massac. Everyone is excited about seeing what they can accomplish in years to come under the new leadership of Mr. Forsythe. He certainly didn’t let the school down this year.

FINAL EXAM SCHEDULE		
Final Exam Times	Monday	Tuesday
7:45 – 9:15	1 st hour	2 nd hour
9:25-10:55	3 rd hour	4 th hour
10:55-1:00	Lunch	Lunch
1:00-2:30	5 th hour	6 th hour
LUNCH SCHEDULE		
10:55-11:20	Senior Lunch	
11:25-11:50	Junior Lunch	
11:55-12:20	Sophomore Lunch	
12:25-12:50	Freshmen Lunch	

Club Spotlight: Get Right with Math Club!

Evan Tharp
Staff Writer

Last month, the “Oak K” started a new club spotlight feature. Who is the lucky club this month? None other than the famous Math Club, sponsored by our wonderful Mathematics Department, and led by **Diane Beckman, Nancy Mornar, Helen Mungle** and **Trena Taylor**. This year’s officers for math club are: president **Jon Walter (12)** vice president **Andrew Latino (12)** treasurer **Hayden Goodnight (12)** and secretary **Emily Beckman (12)**. You may ask why the Math Club is so famous. Well, first, they go on a trip to Six Flags on Math and Science Day every year, and, when math club meets, they supply a massive feast of doughnuts for about 140 math club members. In addition, in my opinion, we have the best looking T-shirts.

Our Math Club’s different community service projects include, collecting up pop tabs from cola cans and food cans for the Ronald McDonald House. What the Math Club does is a great thing for families. When their child or loved one is sick and at a far away hospital, they are their to provide them with food and sheltering. So start saving your pop-tabs or even go the extra mile and dig through garbage cans at random people’s houses and on the side of the street.

But does the Math Club stop there? Nope. Math clubbers are go-getters, The Math Club is also going to be taking up food items that you do not have to cook, such as fruit roll ups and granola bars, that elementary student can take to school or eat on the weekend. The Math Club stuffs backpacks with the collected food and then give, it to the children. Then, after the

kid eats all the food, he or she will bring the back-pack back to be refilled. This service project is called Backpacks for Kids and it will begin after the second semester.

During the interview that I had with one of the math club sponsors Mrs. Mornar, she said to give whoever reads this article a brain teaser, so here it is. A snowman consists of three snowballs. The base of the snowman is the largest snowball, and its head is the smallest one. The radius of the largest snowball is 24 inches; the radius of each of the remaining two snowballs is exactly half of the one below it. To the nearest whole number, what is the volume of the snowman? Here’s a hint: you need to know the volume formula.



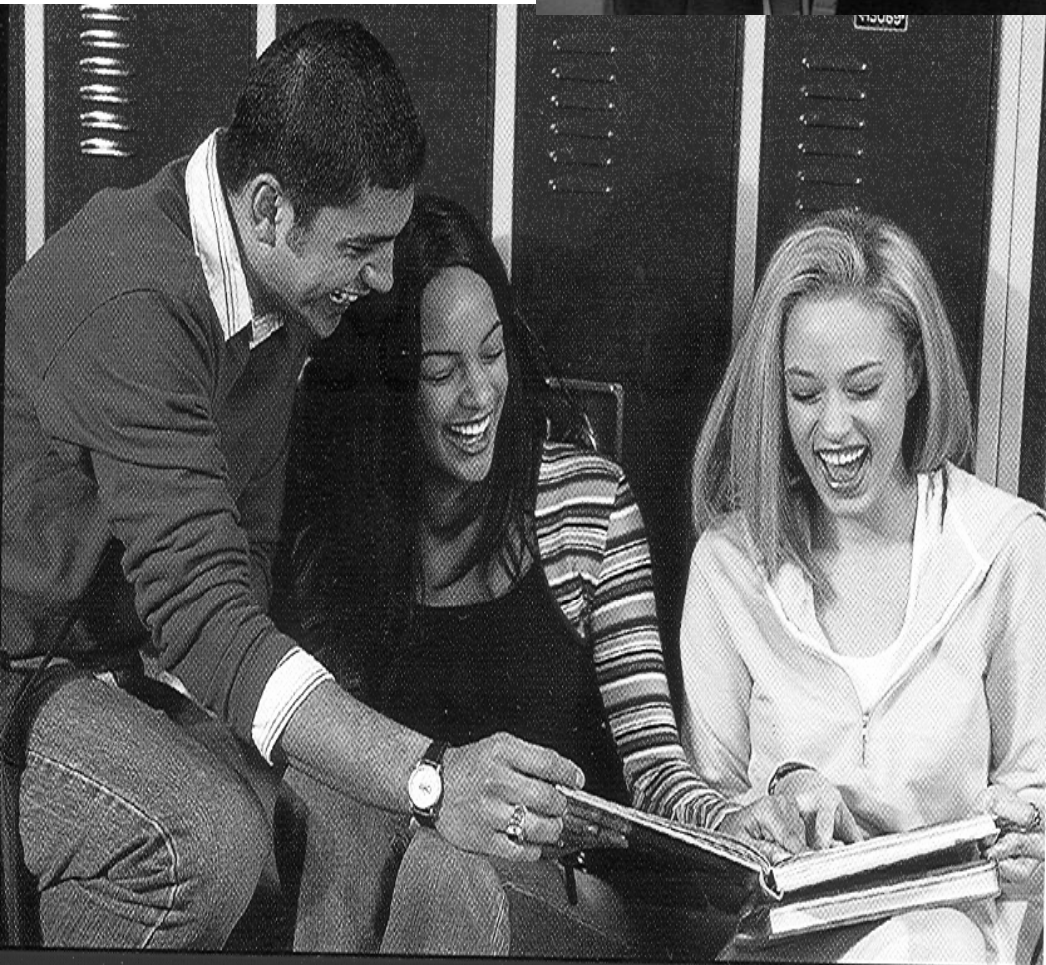
(Photo above) Senior Tifanie Treece signs her National Letters of Intent to play for the Xavier University Musketeers beginning in the fall of 2007. Treece has long been a star for Lone Oak Tennis. She was a quarterfinalist last year in the Kentucky High School Athletic Association State Singles Tournament. In addition, Treece won the USTA Kentucky State Closed Singles title.

Photo by Evan Tharp



(Photo left) Tamara Harned of the Lone Oak Woman's Club presents checks to Lone Oak High senior art students Mitchell Dunaway and Staci Alexander who won first-places in the First District Woman's Club high school competition representing the Lone Oak Club. Mitchell won first in both sculpture and ceramics. Staci won first in photography. They will represent the First District in the State Competition in the spring.

Photo by Mrs. Linda Harper



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Brick Brick Brick Brick Brick Brick Brick
Brick Brick Brick Brick Brick Brick Brick
Brick Brick Brick Brick Brick Brick Brick

Brick Green
Coroner

What do you think of when you think of Christmas? Most people think of Christmas as a time for family, fun, and food. Think for a second. Could you honestly enjoy or even consider Christmas, Christmas without these things? How would you feel if you were over 3000 miles away from home and you knew that you would be away from your family? Or if fun was out of the question because every moment you were worried that you or one of your friends could easily be killed the next day? I'm sure by now most of you know whom this article is about: the thousands of service men and women who will be absent from their families come December 25th, in a foreign nation and culture.

Now picture this, not only are you in an unknown place, but it is a hostile place, where every time you put on your uniform with an American flag on the arm it's like wearing a bull's eye. Iraq is still violent, with scores of people being permanently injured and killed day by day by radical terrorists. Many of these people have brothers and sisters in arms that will grieve just as much for a fallen comrade as the fallen soldier's family and friends back home, for they have become just as close

in the weeks or months of intense training and difficulties overcome as a unit. They will also suffer for they have lost someone they could depend on to do the right thing. How can soldiers overseas even think about Christmas cheer or good times in such an abusive environment? But I think the real question should be how someone could say that it's a waste of time even to be in Iraq.

We've heard all the stories of children saying all they want for Christmas is their dad, who won't be able to spend Christmas with his family because he's representing and fighting for all of us so that we can sit and have Christmas with our own families. We've seen mothers told for the first time that they will never see their sons again. Saying that our military is in Iraq for no reason is saying that those sacrifices were made for nothing. I am not saying that I totally agree with our government's approach to the problem or with what we are doing in Iraq right now, but I do believe that it was necessary to go into Iraq and is still necessary to be in Iraq. This article is about how useless protesting the war can be, how hurtful towards anybody connected to someone involved in the fighting. For anyone that does protest the war, I hope this shows you that there's no need.

Co-ran Rants

Coran Stewart
News Editor

Over the past three years I have had the privilege of participating in the 4-H Issues Conference program, first as a delegate, then a member of the planning committee, and this year as co-chair of the planning committee. For those not familiar with the program, every year for one Thursday through Sunday of November a little over a hundred teens from around the state come together at the 4-H Leadership Center in Jabez, Kentucky to talk about issues facing teens today. The teens break up into action groups and formulate solutions to problems which they then present to a mock fiscal court at the end of the week. There is also a lot of fun involved, too. There is a costume dance, Issues Bowl (a crazy two-hand tag football game), and tons of time to meet new friends. Personally, I have met plenty of people I will remain friends with for a long, long time. Issues Conference has three main goals that I believe should be practiced everywhere, which is why I'm taking my opinion piece to inform you of them.

Promote discussion of important issues. There are plenty of things on the minds of teens today. From peer pressure to get involved with drugs and alcohol to the stress involved with preparing for college, we just can't catch a break. We need to have an open dialogue between teens about our issues in order to better cope. The more teens who are involved in these discussions, the more different viewpoints are expressed. It is our responsibility to listen to each other's various opinions in order to better educate and inform ourselves.

We might just learn something new that will allow us to relieve some of our stress.

Learn how to enact change in our communities. Poverty, violence, and intolerance all take their toll on the places where we live. Teens are in a position to make huge changes if we make our voices heard. Much of the problem is that we do not know how to use our voices effectively. It is important for teens to collaborate with teachers, ministers, and importance community leaders in order to educate ourselves on how to impact our community. With the proper tools, we, the generation of tomorrow, can become the generation of today as we work to handle the important issues facing us and our communities.

Capitalize on youth-adult partnerships. Like I mentioned in the last paragraph, it is important for teens to work with adults in the community. Teens are filled with fresh, new ideas, and adults have valuable experience. Together, youths and adults can make an unbeatable combination. Sure, plenty of prejudices exist between these two groups. Adults can be condescending and old-fashioned, and teens can be smart-aleck and uncooperative. However, it is up to teens and adults to overcome these differences and work together to create partnerships that make great strides in addressing pertinent issues.

Issues Conference has been a great experience for me, and the lessons I have learned have made a great impact on me. I hope you future sophomores and juniors will jump at the chance to become a part of this program next year. Even if you cannot actually attend, I hope you will still take its lessons to heart.

The Oak “K”

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Gurrola Grumbles

Michal Gurrola
Entertainment Editor

There's been some talk in Washington lately about raising the minimum wage to \$7.25 an hour. And all those poor families trying to live off minimum wage jobs really need the raise, right? At first this may sound like a good thing to those of us who are currently earning \$5.15 an hour. We'd all like a raise. Actually, only two percent of Americans earn minimum wage and most of these people are teenagers like you and me. What does it mean to give us a 40% raise for absolutely no reason?

Consider a hypothetical small business owner named Mike who is paying someone named Joe \$5.15 an hour to sweep his floors. Suddenly Mike finds that he is federally mandated to pay Joe \$7.25 an hour. Well, he can't afford to do that. His small business will not support that wage for a floor sweeper. He either has to raise the prices on his merchandise or lay Joe off and sweep the floor himself. He may not want to lose Joe but he really doesn't have a choice. If Mike raises his prices fewer people will want to buy his product and he will lose business and even more money.

Instead of helping those among us who

Sums Says

James Summerlin
Assistant Editor-In-Chief

It has been reported that on November 27, 2006, the Alabama Crimson Tide head football coach, Mike Shula, was fired. Shula ended his last season with the Tide with three straight losses to rival opponents, including Auburn, who won their fifth straight game against the Crimson Tide this season. Alabama ended their last regular season with a 10-2 record and this season with a 6-6 record. The Alabama Crimson Tide has been struggling with probation in recent years and they are finally ready to start the rebuilding process strong. Problem is, they don't have a coach to do it.

This is not one of the best moves the University of Alabama can make. Yeah, I know. I'm a huge Alabama Crimson Tide fan (born in Tuscaloosa!) and there was that time when I started yelling "Fire Shula!" But I was very angry at the time and I didn't think it through. Here's the thing. At the beginning of the year, Shula told the media that Alabama wouldn't do well this year. The offensive line is young and new players had to fill some pretty big shoes after last season's 10-2 run. He kept saying to wait one more year.

Why do I think this is a bad move? For one thing, this is a rebuilding year. Last year's 9-game win streak was led by seniors, including quarterback Brodie Croyle. Why did anyone expect the same performance this year? Because Tuscaloosa is beginning to think that it's their birthright to play for a national championship every year because of Bear Bryant, but that doesn't mean they're good every year.

It's not like this situation hasn't happened before at the University of Alabama. Alabama hired Bill Curry in the eighties. Curry was a

need money, the minimum wage actually destroys jobs and raises the cost of living. When you agree to work for someone you are saying that you think what they're paying you is a fair amount of money for the job you will be doing. If you think you should get more money than what and employer is willing to pay, you don't take the job. You may not be willing to sweep floors for \$5.15 an hour but maybe there's somebody else out there who is and who is satisfied with the money. The point I'm trying to make is this; the amount of money you earn is between you and your employer. There is no reason the government should tell your employer how much money you need to earn. It should remain a matter of what an employer can afford to pay and what an employee is willing to work for.

Raising the minimum wage is like raising gas prices. When gas prices go up so does the price of everything else. When gas prices go up everyone gets mad at the oil companies for raising the cost of living. But when politicians raise the minimum wage they are seen as heroes, even though the result is fewer minimum wage jobs for those who need them, and higher prices for everyone. The benefits are an illusion.

good coach, but he didn't beat Auburn. Alabama got mad and fired him. The very next year, Gene Stallings came in and won a national championship with Curry's recruits! The years that followed were full of dark days for the Crimson Tide because the fans weren't patient with a coach that couldn't beat Auburn. Sound familiar? That's Shula's situation. He's the only Alabama coach to lose to Auburn four straight times, but he gave Alabama a great season last year. Now he won't be able to coach his recruits.

The main reason I am not so happy with this move is the replacement. Who are you going to hire? Most of the coaches that Alabama is interested in have turned the Tide down. And why wouldn't they? The head coaching position of the Alabama Crimson Tide used to be a very prestigious position. Not any more. The message Alabama sent by firing Shula was "If you have a 10-2 season, you aren't allowed to have a rebuilding year." Why would you want the job if you know you are already on the hot seat when you get in there? You are pretty much expected to win a national championship the year you get there.

What basically happened was the Alabama football boosters remembered the good ol' days when Alabama was a powerhouse and pressured athletic director Mal Moore into a stupid move. Moore wouldn't man up and take the pressure. He could have waited one more year and started the coach search then, but now they will have to fill a spot that nobody seems to want. Now 'Bama will have a brand new system and Alabama will have to hire their eighth head coach since Bear Bryant. How embarrassing!

Danielle's Digest

Danielle Harrison
Features Editor

On my eighteenth birthday, October 4, I got my nose pierced. No one really expected that of me, but I'd wanted to do it for awhile and had considered every consequence and repercussion of actually going through with the piercing. I considered my image, the responsibilities I have, and the things I'm involved in—ultimately, I decided, if people will perceive me differently because I have a tiny little gem in my nose, so be it. They're going to judge me on something anyway, right? I made it through exactly a month of school (ironically, about the time needed for the piercing to heal) until I heard what I'd dreaded: "You need to do something about your nose." Being the responsible young adult I am, I went and got the clear retainer for my piercing, put it in, and haven't worn the miniscule, sparkly stud to school since. I accepted that, but I wasn't exactly thrilled either.

Here's my objection to this rule: *every day* I see male and female students wearing clothing and accessories that are distracting and potentially in violation of the dress code. Is my nose ring, the tiny stud that people had to take a good look at to even see, more distracting than *those* self-expressions? I would understand if I suddenly became a rebellious, disrespectful, and lazy no-good, but I rest assured in saying that I have been none of these. If I may say so, my stud is actually quite cute and tasteful! If the Board of Education is going to lay down the law with noth-

ing but ear piercings allowed and enforce it, why won't we enforce the dress code in its entirety and get rid of the lovely clothing and accessory statements that actually *do* cause disruptions?

I know, I know—there are rules. I'm not complaining because the rule that actually impacted me was enforced, but I'm complaining because the rule exists. There has to be a limit to piercings as well—walking around school with studs stuck through eyebrows, noses, lips, tongues, etc. would be a bit too much. Even so, I'm relatively confident that the entire LOHS population wouldn't go crazy and pierce their faces off if the piercing rule didn't exist. Piercings and the sort *can* become a distraction, but the more obvious and more prevalent distractions lie in the sometimes outrageous clothing choices of our student body. What about disruptive behavior that is often ignored as well? That's against the rules too. It's ridiculous that some stigma about what piercings mean and what they represent about a person can prevent many of us who are of the age to sign our own name to a piercing form choosing to have one. My piercing simply came from the motivation to have a new, unique accessory, not a desire to say to the world, "I'm eighteen! I'm a rebel! I'll do whatever I want!" (Even though I *am* eighteen and *did* choose to do what I wanted.)

What's going to be done? Are we going to level the playing field of rule-enforcement or enforce rules based on preconceived notions about how acceptable or unacceptable certain actions may be?

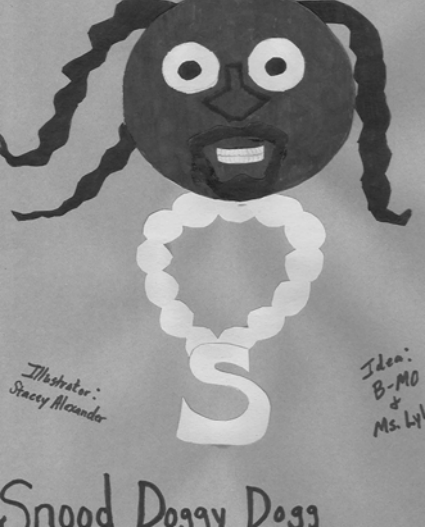
Free Association

Staci Alexander
Staff Photographer

Jorden Skipworth (11)	Christmas	Presents
Jim Mizell	LOHS Basketball	State Tournament
Amber Byrd (12)	Hanukkah	Christmas
Bree McMurray (11)	Snowflakes	Cold
Tim Whitley	Semester Exams	Pain
Austin King (11)	New Year's Eve 2007	Party
Scott Cunningham (12)	Senior Portfolios	Boring
John Golightly (11)	Transcendentalism	Trees
Michael Farmer (10)	Gatsby	Rich
Austin Clark (11)	Churchball	Competition



Emily Murphy (12)



Staci Alexander (12)and Ms. Lyles

NOVEMBER



Tim Burnett (12)



Tyler Lambert (12)

Mystery Stars!



Rebecca Choudhury and Evan Tharp
Editor in Chief and Staff Writer

This freshman, who is very athletic, plays football and basketball for Lone Oak. He is 15 and he is 6'0 tall which means he's Jolly Green Giant's Brother (not really). Some of his hobbies are playing paintball, mastering video games and hanging out with his friends. If you're ever out-and-about you may find this easy going freshman at the mall, buying sport gear for the sports he plays or hanging with his friends in the food court. Some of the people this freshman looks up to are pro basketball player Kevin Darnett– Timber wolves and pro football player Ben Roethlisberger– Pittsburgh Steelers.

You may have seen this sophomore girl's last name on a piece of paper, and wondered how you say it. Most of the Lone Oak High School staff can barely say her last name. She is a very talented tennis player and her second home is pretty much the Lone Oak Tennis Courts. She is 16 years old and she is 5'8 1/2 feet tall. Her favorite tennis player is Roger Federer. She was not born in the U. S.; she was born in a foreign country. You might find this jovial sophomore girl hanging out with friends or at her second home, the L.O.T.C.. Good luck, on discovering this very Mysterious Star.

Junior Mr. Mystery is a sixteen-year-old with a love for music and lapdogs. He has three shih-tzus, Sha-Sha, Suzy, and Rufus, and he's been in band for...quite some time. Mr. Mystery is unafraid to admit, "For the past couple years all I've asked for for Christmas is music stuff." And music is something he's certainly serious about; he even made the first cut auditioning for the Cavaliers, an elite drum and bugle corps. After he leaves Lone Oak behind, he hopes to spend a few years studying chemical engineering at Cornell University. Mr. Mystery is a talented chemistry student, no doubt, but perhaps he should consider a career as a hair model instead; little old ladies absolutely love playing with his red hair.

Senior Miss Mystery considers herself to be the worst bowler in recorded history, but her artistic abilities are certainly not in doubt. In her seventeen years of life she's entered more art competitions than the average high school student has ever heard of, but she always finds time for "Lost" and "Grey's Anatomy" and her pets: cats Punky and Furby and dog Gidget. One of Miss Mystery's claims to fame is the mass misery she inflicted by convincing her elementary school classmates that Santa Claus wasn't real, crushing the beloved childhood fancy with such effectiveness that she made her little friends cry. Nothing, however, demonstrates her hatred for children more than her ambition to study dentistry at U of L.

This month we have a special Mystery Star. He is easily recognized by his signature red jacket and snow white beard. His favorite hangouts include the mall and random living rooms. His favorite season just happens to be winter. Giving gifts is definitely one of his favorite past times. He's always willing to fulfill your wish (no not that kind of wish). An animal lover, you can always catch this star with his twelve loveable pets. His favorite food is cookies and his drink of choice is a ice cold glass of milk, though you can catch him with coke every once in a while. He truly is a jolly guy.

Your November Mystery Stars were:
Katherine Sohl, Katelyn Thompson, Peyton Logue, and Angelica Hill



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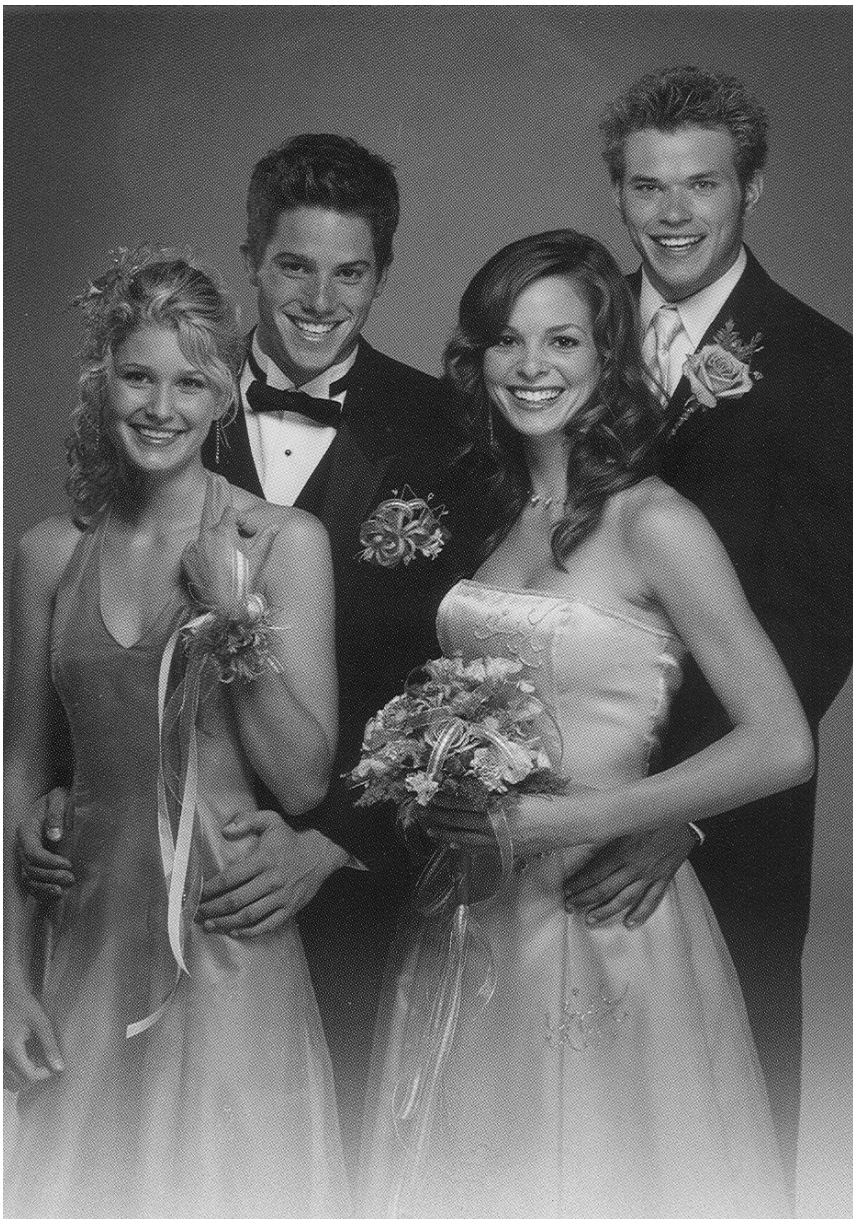
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End-List Fun

At this point I would probably have to say that All Consuming is my favorite because for some reason I think its nice to be able to keep track of what I've read, seen, or listened to and to see whether other people liked what I liked or not. All five of these websites are quite fun and make for an excellent waste of time. If you ever get bored, feel a need to make a list, want to watch the top 100 movies according to AFI, or are just tired of your usual online haunts you should really check out one (or all) of these sites.

day. The movie is somewhat old and there are only a few places in town you can find it, including the Southside Movie Hut and Blockbuster. So go rent this movie and see for yourself how amusing it is. It has changed my life, and I can guarantee you it will change yours as well. 10 - 4, I'm out.

Paducah, KY 42001

Around Town: Christmas or not...

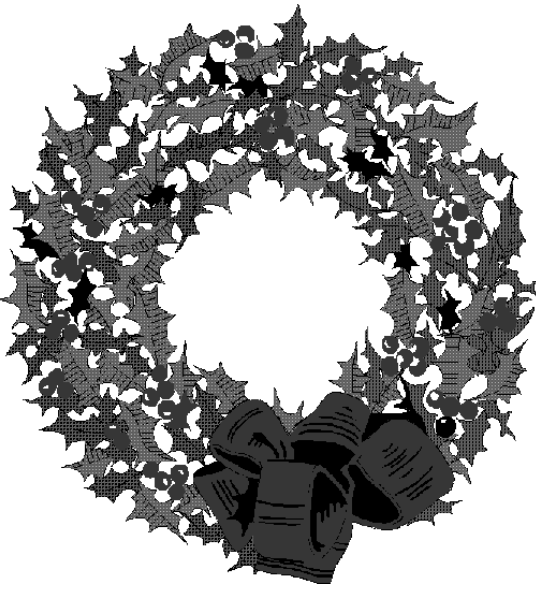
Michal Gurrola
Entertainment Editor

The Around Town article has been a running column in the Oak “K” since September of this year and each month it has been a restaurant review. This month, however, with Christmas break on the way and two whole weeks of free time we thought we would change things up a little and discuss some of the entertainment options open to you during the month of December.

One option is to go to the “Christmas in the Park” lights display at Noble Park. Admission is free but cash and canned food donations are always welcome. The park remains open from 6:00 to 9:00 on Mondays through Thursdays and from 6:00 to 10:00 on Fridays .The weekends and Christmas in the Park will remain open through New Years Eve.

Another option would be to wander through the downtown area. The lights are up and it’s all decorated for Christmas. You could browse through antique stores or catch a ride in a horse drawn carriage before stopping in at one of the restaurants for a hot meal.

On December Tenth the Luther F. Carson



Four Rivers Center will be hosting the “Moscow Ballet’s Great Russian Nutcracker.” Then in early January they will be showing “Man of La Mancha”, the classic story of Don Quixote and his quest to “right all wrongs and win the heart of a good woman.” Tickets are already on sale for both of these events. More information is available at <http://www.thecarsoncenter.org/>.

Later in January the West Kentucky Community and Technical College’s Arts in FOCUS program will be showing “I Love You, You’re Perfect, Now Change!” This play consists of four actors playing over forty roles and discusses “everything you’ve secretly thought about dating, romance, marriage, lovers, husbands, wives, and in-laws, but were afraid to admit.”

You can find out more about this play and other upcoming Arts in FOCUS events at their website, <http://focus.westkentucky.kctcs.edu/>.

So, never let it be said that there is nothing better to do in our small town than catch a movie at the local Cinnemark. There are plenty of events going on this holiday season for frugal and frivolous alike and all of them take place somewhere around town.

Rebecca Choudhury
Editor-in-Chief

For this month’s installment of Around Town, the plan was to highlight some of Paducah’s finest winter hangouts and fun seasonal events. However, fearless independent thinker that I am, I decided to write about something else entirely. Of course, the lights at Noble Park are nice, and a carriage ride through decorated Downtown Paducah is picturesque. Historic Whitehaven is positively dripping with holiday trimmings, Santa’s spending his afternoons hanging out at the mall, and your neighbors and mine are competing to see who can set up the most blinding display of bad taste and good cheer. The sights and sounds of a fast-approaching Christmas are everywhere assaulting our ears and eyes with jolliness and merriment. If you find it difficult to handle huge amounts of happy, or if you just hate St. Nicholas, cheerful elves, bioluminescent reindeer, and stars the size of serving platters, it can be a little overwhelming. With that in mind, here are a few ways you can recuperate from all the Yuletide festivities.

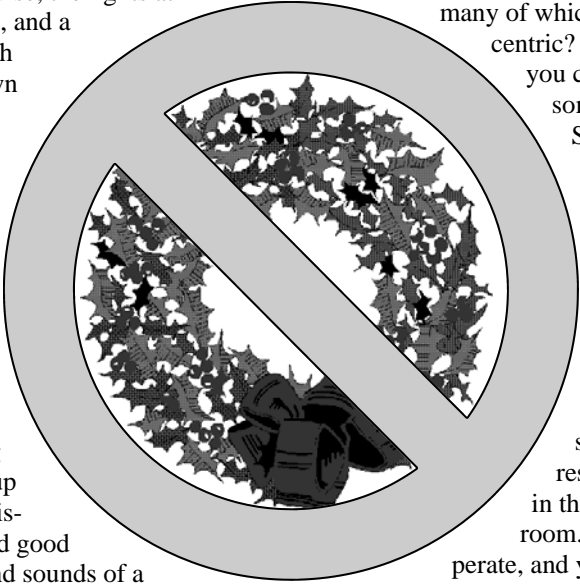
Why not head to the theater to see a non-Christmas film? At the Cinemark you’re sure to find a wide variety of movies, but Maiden Alley has cheaper tickets, really nice employees, comfy chairs, and movies you ordinarily

wouldn’t be able to see “around town” until DVD release. Or do some bowling; you’ll only have to look at red and green on the uppers of your shoes. Raid your local grocery store and stock up on foods like kiwi, oatmeal muffins, maple syrup, ambrosia, and chocolate-covered...whatever. Why throw a boring old Christmas party when you could be celebrating one of December’s lesser-known holidays,

many of which seem to be snack-centric? Speaking of snacks, you could always grab some – what was it? Succulent? – books from the public library. Check out their video and DVD section, growing every day, or enjoy some fine audio books and free internet. The law section? Total scream! You can even research your genealogy in that nifty little back room. If you’re very desperate, and you aren’t concerned

about catching the chicken pox or losing your hearing, pop over to Chuck E. Cheese’s. It has everything: hyper, pushy children, pizza, cheap plastic toys, skee ball, that awesome Ninja Turtles game...Pump Perfect for one token? That’s insane!

In short, for a creative Christmas-hater, Paducah is full of near endless possibilities, limited only by the confines of the human imagination. Plus the law, I guess...and maybe low population density...



I LOVE CHRISTMAS



e m r n m k e l d l n i
e m i h i l l c m s h c
r s e l c i c i t p e a
t m s t k o t h r t m i
s i e t o e g e y s o a
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m a i s l e i g h m e k
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i f s f r e e d n i e r
r n y s s i r o e r h o
h o c c i h f o l h o l
c h i m n e y f r c i s

carols
Christmas tree
food
milk
reindeer

chimney
cookies
icicles
ornaments
Santa Claus

Christmas
family
lights
presents
sleigh

Worst Christmas Gift Ever

James Summerlin
Assistant Editor-in-Chief

I went around Lone Oak High School trying to find out the worst Christmas gifts students have ever received. Here’s what I found out. My apologies to all who have received these terrible gifts.

Mrs. D. Harper– rubber snake



Mr. Whitley– wrapped pig’s tail

Derek “WEASEL” Operle (10)– Lump of coal (no, really)

Tiffany Burden (12)– purse from Dollar General

Ray Guthrie (9)– clothes from grandma



Aubrey Traughber (9)- a broken ornament

Roberto Arreaza (9)- a book

Jon Fejes (11)- sister’s old feminine band jacket

Stephanie Gordon (11)- toboggan hat



Kyle Fouse (9)- corn syrup



Alex Croft(12)- nail clippers

Taylor Masse(9)- stale candy

Patrick Hall (12)- dress clothes

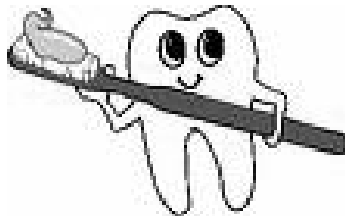
Andrew Croft (9)- toothbrush



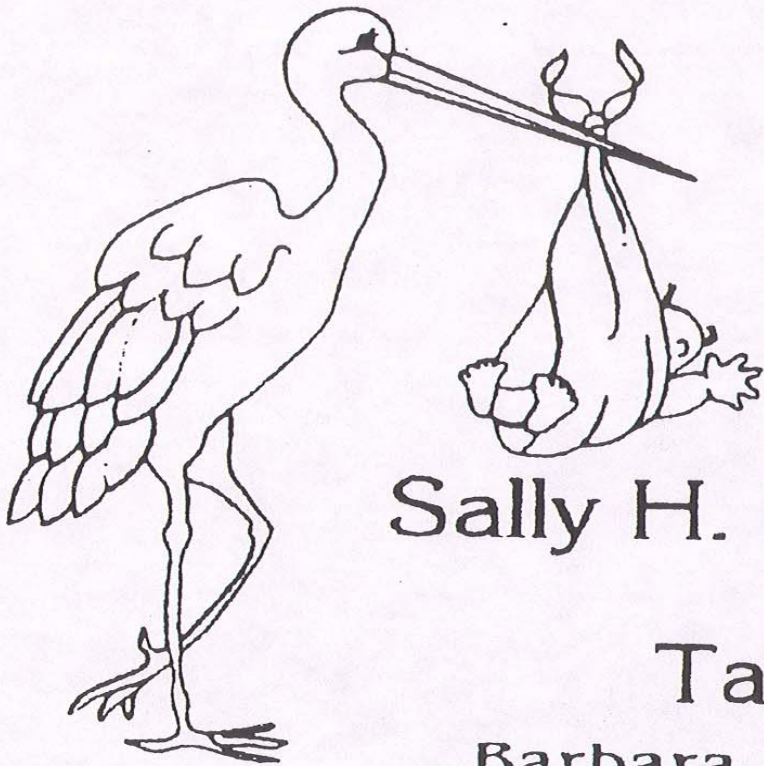
Aaron Kimbler (12)- pack of Nerds

Audrey May (9)- Blender

Allison Jeffers (9)– Yarn



Clip Art from google.com



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Blair Tolar, M.D.
Tammy Carr, A.R.N.P.

Barbara, Bobbi, Deanna, Donna, Phyllis,
Sandy, Fran & Melanie

"FLASH FLOOD ZONE"

Andrew Latino
Sports Editor

Flash Basketball is back! The boys and girls teams are back in swing for another entertaining year of ball on the hardwood. A new year of basketball means new faces, and this year specifically means a change in the cheering section for all our home games. The "Flash Flood Zone," the newly named cheering section, has been made to inspire our Purple Flash Pride. Even though our cheering section has always been top notch, this officially gives intimidation to the opposing teams. "Flash Flood Zone" shirts are in the making, so keep asking about them and purchase one when they go on sale. Even if you can't make every game, please support the Flash as frequent as possible (especially against Heath and Tilghman!).

Davin Ramage (12), a Purple Flash enthusiast, is more than excited about the upcoming season. Usually seen with a yellow wig, purple pants, and a homemade "spirit" shirt, Ramage defines a Lone Oak sports fan. "On game day, Lone Oak sports are the only thing that crosses my mind," he says. "We are the best cheering section in the state and want to keep the tradition going." Listen to Ramage and participate in these upcoming games!

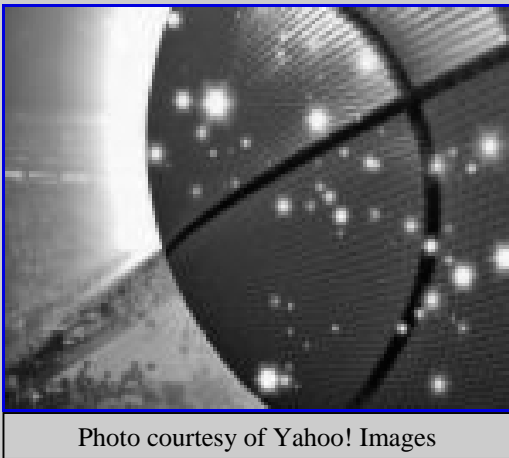


Photo courtesy of Yahoo! Images

Boys' and Girls Upcoming Schedule

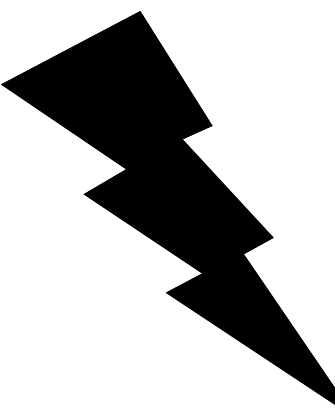
Date	Opponent	Team	Time
12/15	@Owensboro Apollo	Boys	6:30
1/02	Carlisle	Boys	7:30
	@ Dawson Springs	Girls	7:30
1/05	CCA	VB/VG	6:00
1/06	Graves County	VG/VB	6:00
1/12	Reidland	VB/VG	6:00
1/13	@ Marshall County	VG/VB	6:00
1/16	@ CCA	VG/VB	6:00
1/19	Heath	VG/VB	6:00
1/23	Trigg County	Boys	7:30
1/26	@ Tilghman	VG/VB	6:00
1/30	Livingston	Boys	7:30



Luke Jenkins (left) and Jamarielle Brown (right) play defense during the Calloway game



Ally Heine takes the ball up the court against Calloway County



The "Flash Flood Zone"



ARCHERY IN THE MAKING

Andrew Latino
Sports Editor

Many mainstream sports such as basketball or football require a level of skill that some students just don't have. Whether that skill is being able to shoot a basketball or to tackle an opponent, a newly adopted sport at our school requires neither. Archery is a sport that simply requires good aim and a little patience. Pursued and formed by students at our school, the archery team is still in the process of formation.

Although weapons have become a concern at schools in the past decade, our middle school adopted an archery program from the Kentucky Department of Fishing and Wildlife that gave students that weren't involved in mainstream athletics a chance to showcase their skill. This opportunity has transferred to the high school and students have become interested in archery at a competitive level. **Robert Willis (10), Austin King (10), and Chase Fox (10)** along with the support of Mr. Neelley and Mr. Franklin have gone as far as requesting that Mrs. Wear allow

Photo Courtesy of archeryworldcup.com

Lone Oak to form a recognized archery team. Most students at Lone Oak probably don't know that archery is a KHSAA approved sport and that there are local teams as close as Graves County and Vienna, IL.

A total of nineteen students have already signed up and asked to be on the archery team. Though the team is not official, these students still plan to practice at either Shooter's Supply

or Gander Mountain. All shooters must have their own materials and equipment. Traditional equipment, longbow or recurve bows with arrows usually made from wood, or new equipment, compound bows with high-tech arrow material and many accessories, can be used. Both boys and girls are welcome to sign up for the team. Though nothing

is planned prior to Christmas, activities will be after school. If a formal team is approved, there may be a reduction in members for safety purposes, but it never hurts to try.

"You'd be surprised at the people who find out they're good at archery," quotes Mr. Neelley, a hopeful supervisor of the archery team. Archery is an activity for everyone no matter their age or physical ability. So if anyone is looking for an after-school activity, archery can be a fun and competitive get away from the norm.

ARE YOU EXTREME?

Brick Green
Coroner

The world of obscure sports is a deep, mysterious world full of oddball creative people that one day blindly started doing something that sounded fun. However, they never thought that anybody else would ever find it interesting. Nevertheless, mere people started to pick it up and we called it a sport—it's obscure, but it's a sport nonetheless.

Our first sport is something that is quite extreme: extreme ironing. Extreme ironing is an extreme sport as well as a performance art in which one takes an ironing board to a remote location; out of reach to the normal person, and irons some of their clothes. According to the official extreme ironing website, extreme ironing is "the latest danger sport that combines the thrills of an extreme outdoor activity with the satisfaction of a well-pressed shirt." Landscapes for such performances range from a mountainside of a difficult climb; a forest; in a canoe; while skiing or snowboarding; on top of

Photo Courtesy of ironing.de

large bronze statues; in the middle of a street; underwater; under the ice cover of a lake; and in war zones.

Extreme ironing is claimed to have started in 1997 in Leicester, East Midlands, England by Phil Shaw in his back yard. In June 1999, Shaw embarked on an international tour to promote the activity. His stops included the United States of America, Fiji, New Zealand, Australia and South Africa. When he encountered some German tourists in New Zealand they decided to start a group called "Extreme Ironing International".

Another obscure sport is unicycle hockey. According to an article in "The Bicycle Journal", in August of 1960, the Albuquerque Unicycle Club came up with the bright idea to play hockey. This is the first documented noting of unicycle hockey. Now that it has been around for almost fifty years, it has somehow gained enough support to have a world championship. In 1994, the first World Unicycle Hockey Championship was held in Minneapolis, Minnesota, USA. (It was

really a convention called UNICON, which stands Unicycle Connection.) Thankfully, somehow it turned into a unicycle hockey tournament in which teams from around the world participated. The gold metal went to the Germans, the silver to LAHIMO, and the bronze was split between Puerto Rico and Canada.

Randy

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