

Yahoo for Drew

Autumn Midyett
Business Manager

January Junior Rotarian, Drew Robison, is well known throughout Lone Oak High School for his sense of humor, intelligence, ability to get along with just about anyone, and, of course, the hair, which according to **Jon Miller (12)** “has its own ecosystem.” Drew has an extensive group of friends and was voted the “Most Unforgettable” boy by the senior class. The **Cosoreanu** sisters, **Cristina (12)** and **Ana (10)** remark that Drew is “the best friend a Romanian could ask for.” Fellow Junior Rotarian, **Tia Thistlewood (12)** says that “Drew is an amazing friend...” and **Katelyn Halicks (12)** compliments Drew ‘s smarts and appearance marveling, “Drew can always answer my AP Chemistry questions and his hair is always in a perfect circular form.”

Drew has certainly done well academically throughout high school and will graduate as one of the class of 2007’s valedictorians this May. One teacher Drew will remember is his and everyone’s favorite mad scientist, Mr. Whitley for whom Drew is now an aid. Mr. Whitley claims, “If more people we knew were just like Drew, the world would be a place like new.” Drew says that in addition to Mr. Whitley being his favorite teacher, Chemistry and AP Chemistry have been his two favorite classes. He even plans to major in Chemistry and Aerospace Engineering at the University of Michigan, Penn

State, or North Carolina State. What might Drew do with all of this scientific knowledge? He wants to work for NASA in any capacity, “hopefully” as an astronaut. However, before he can do all of that, he has to survive the rest of his busy senior year. Drew is involved in many different activities. He has played tennis for seven years, been involved with the Beta club for three years, the biology club for three years and also tutors first graders from Cooper-Whiteside Elementary. When not keeping busy with all of these activities Drew loves watching his favorite TV show, “Grey’s Anatomy”. He also enjoys watching “Flavor of Love” and listening to music, “especially Coldplay.” Every Friday morning Drew can be seen with his favorite caffeine fix from Starbucks where he says the staff always recognizes him. One of his favorite cafeteria meals, like most others at Lone Oak, is the ever popular Chinese Day. In addition to his place on the tennis team, Drew also enjoys other sports. He is a volleyball enthusiast who is ready to play at a moment’s notice. He also enjoys Ultimate Frisbee and ping-pong. Drew is a huge fan of Duke University’s basketball team as well. Drew is likeable, energetic, and intelligent. He has proven himself to be all of these things throughout his four years at Lone Oak and it is certain that he will continue to do so in the future no matter where he goes.



Photo by Gene Boaz

Lone Oak Student Visits Saudi Arabia

James Summerlin
Assistant Editor in Chief

Some people go to the beach on their vacation. Some go to camp. Some go to a concert or a game. And then there are those that party in Saudi Arabia. Recently, **Zia Choudhury (11)** and his father took the required Islam pilgrimage to Mecca. Called Hajj, this pilgrimage is the fifth pillar of the Five Pillars of Islam, a set of core beliefs and practices unique to the Islamic faith.. Hajj is required of all Muslims if health and finances permit the travel. The trip is conducted over a number of days and is very lengthy and extensive, covering numerous holy sites in and around Mecca. Some famous rituals performed along the way are the symbolic stoning of the devil and the circling of the K’aba. Muslims who have made the pilgrimage to Mecca can add the title “al-Hajji” to their names. Zia’s opted not to do so, though the option will always be there. With millions of pilgrims descending on Saudi Arabia yearly, national and local officials find themselves overwhelmed at times, and interesting misunderstandings have been known to occur. Zia was kind enough to share with the Oak “K” the story of one of his own unique experiences in

Mecca. Although he knew it was against policy, Zia decided one day to snap a few photos at Mecca’s Great Mosque. Many other pilgrims had done so, and he didn’t think he would be so unlucky as to be caught. Unfortunately, he was nabbed by a member of the religious police who scolded him in angry Arabic, snatched the digital camera, and took off into the crowd. Not knowing what else to do, Zia followed, eventually finding the camera-confiscator standing with to other religious policemen. Unable to speak or understand Arabic, Zia was nevertheless able to communicate to the men that he was an ignorant American, and they responded by chuckling, giving him a pat on the head, and, after scanning his pictures, returning the camera. Zia’s sister **Rebecca Choudhury (12)** considers Zia’s brief run-in with the Saudi-Arabian authorities “one of the coolest things he’s ever done.” Zia doesn’t agree, but standing up to the religious police is by all accounts impressive. One of the most important messages Zia carried away from the trip was the idea that most Middle Easterners and most Muslims in general, have no problem with the American people. In fact, when fellow pilgrims found out Zia was an American, they treated him with interest and respect. Whether in America or in Saudi Arabia, it’s hard not to like Zia.



(Clockwise from top left): A photo of the K’aba; Zia and his father in front of Muhammad’s mosque in Medina; Zia and his father in front of Mount Uhud, a site of a famous battle from Islamic history; Zia inside the first mosque

Homecoming Hoopla

Staci Alexander
Staff Photographer

If you happened to walk through the halls of Lone Oak High School the week of January 8, 2007, chances are you would’ve seen some pretty random outfits. Everyone was running around like crazy, laughing about who wore what and getting pumped up for the big day. “Why?” you ask. I can sum the answer up in one word: homecoming. Homecoming is known for its prior week of madness. This year, the week started off with the famous pajama day. Some people showed up as if they literally rolled out of bed, while others sported their night-time best. Tuesday, January 9 was favorite team day. Students wore gear that ranged from full blown outfits supporting big league teams to t-shirts supporting local church league basketball. Wednesday was a day of double trouble; twin day. It was home-made shirts galore. Girls and guys alike copied one another, celebrities, and even movies and television shows. Thursday gave off the theme of the dance. Everyone supported Mardi Gras by wearing beads, feather boas, and masks all of Mardi Gras purple, green and gold. And finally, the day everyone anticipated: Friday, January 12. The morning started off great. Everyone showed up decked out in purple and gold in support of good ‘ole LO. Before lunch was the ever-wondrous homecoming pep rally, and I have to say this one really got me going! I had a great time laughing as I saw Ms. Harper push Ms. Warmack to get a sock in a box, not to mention how great the dance team, the cheerleaders and the band did. And who can forget to mention the extra peppy-ness of Ms. Wear as the MC?! If you left that gym without feeling pumped, then I guess you just weren’t participating. Friday night, around 5:30 p.m. was the homecoming ceremony followed by boys and girls variety games against Reidland. The ceremony consisted of 16 people on the court: an attendant and an escort for each grade through junior and 10 candidates for senior king and queen. Freshman attendant was Shelby Finley escorted by Josh Brayboy; Sophomore attendant: Ally Heine escorted by Josh Dolan; and Junior attendant: Mallory Carroll escorted by Patrick Hollowell. The five queen candidates were: Karlie Grooms, Hannah Walker, Hayden Goodnight, Sarah Parker, and Emily Beckman; and king candidates being: Landon Blackman, Tim Burnett, Jack Athenas, Michael McNeil, and Andrew Latino. Landon Blackman and Hannah Walker were crowned king and queen by last years winners: Ethan Feldner and Allison Crawford. In the games that followed, Lone Oak boys defeated Reidland 45-33 and Lone Oak girls were defeated 41-43.



From top-left to bottom-right: Twin day, Homecoming Pep Rally, Favorite Sports Team Day, Senior Cheering Section
Photos by Staci Alexander



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Star Sick
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Flashback to
Flashes Back
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Loafing Around
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Basket Case
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HEALTH WATCH: SLEEP ATTACK

Danielle Harrison
Features Editor

Sleep. That word has a nice ring to it, a lovely little idea attached, and for most of us, a multitude of complications—not to mention, *deprivation*. Health experts tell us teenagers need between 9 and 10 hours per night, but WebMD reported in 2000 that the average sleep time for a 13 year old was approximately 7 hours and 42 minutes and for a 19 year old that time decreased to 7 hours and 4 minutes. Why is there such a discrepancy in needed and actual sleep, and why is sleep so important anyway?

Sleep is the brain's way of repairing itself and preparing for the next day after hours upon hours of mental, physical, and emotional exertion. Without sleep, the body's immune system function declines and crucial mental processes of thinking, learning, and concentration suffer dramatically. Skimping on sleep decreases your ability to make good decisions (including reaction time while driv-

ing) and you start to become depressed or in a grouchy mood as well. How many times have you felt your eyes dropping, crossing, feeling heavy as lead while that teacher drones on in class or you attempt to read a long passage in a book early in the day? If you're like the normal teenager, probably too many times to count, and a lack of sleep can be blamed for this inability to concentrate. In addition, teenage biological clocks—also your sleep-wake cycle or "circadian rhythms"—are designed for more sleep. When we deprive our bodies of what they're screaming out for, our bodies and minds suffer the consequences.

So what can we do to stop this vicious cycle? First, create a comfortable bedroom environment, making sure it's not too hot, too cold, too noisy, or too messy. Get some exercise during the day, particularly during late afternoon or evening but not too close to your bedtime, as it may disturb your sleep. Next, take some time to relax and wind down before your bedtime—read a book, light some candles, put on some mellow music and just *chill*.

Go to bed when you're tired, and stick with that routine of getting up and going to sleep at the same time each day whether you're tired or not. Avoid caffeine after mid-afternoon, and don't eat or drink a lot late at night—the caffeine stimulates your nervous system and keeps you awake, and a lot on your stomach is not in the least settling as you attempt to go to sleep. Last, but not least, if you've had a bad day or night, don't sleep in the next day—it will only make it more difficult to wake up the following morning.

Take some stock in your mind and body and get some sleep!

Galleries Galore

Coran Stewart
News Editor

The students of the Lone Oak High School Art Department have been quite busy. The school was able to see the some of the fruits of their labor at homecoming. Art Club students worked long and hard to give the stage an authentic Mardi Gras motif. However, many art students' works have been on display elsewhere. Two galleries featuring student artwork are currently home to several works by Lone Oak High School students.

Etcetera is an art gallery/coffee house located at 320 North 6 Street in the Lower-town district. Its claim to fame is that it is the only place in Paducah one can get bubble tea. Simply pick a flavoring, choose a green or black tea base, and add in a fruit jelly or two. Sound crazy? It is. However, if you aren't into trying new things, they have plenty of coffee selections to choose from as well as brownies, muffins, and bagels. If you go for the refreshments, you'll stay for the art. Etcetera only displays student art and Lone Oak High School and Paducah Tilghman works are prominently featured. Currently you can see works by Mitchell Dunaway, Amanda Ball, Tracy Carter, Staci Alexander, Sarah Parker, Geoffery Woodford, and Kristi Graziano. Within these works a wide range of media exist from

Staci's photography to Tracy Carter's acrylic self-portrait. The Lone Oak artwork has so impressed the staff and patrons of Etcetera that there are plans to keep a permanent spot in the gallery for LOHS student work. In case you are looking to buy some artwork, all the pieces at Etcetera, including the works by Lone Oak students, are for sale.

The second place you can currently find work by Lone Oak students is the Yeiser Art Center located downtown in the Markethouse building. The theme of the current student artwork display is food. There you can find Kim Bradford's acrylic piece "Gossiping Girls," Gustavo Escamilla's pastel piece "Orange Slice," Kacie King's pastel piece "Juicy Fruit," and Mindy Hayton's acrylic piece "Startled Me Tart." Several other students' works were considered for the show.

The Art Department students are now gearing up for the Regional art show at Murray State University on February 9th. If the recent success of our student's work at local galleries is any indicator, we are sure to have several pieces in this show. The staff and student body of Lone Oak is very proud of its Art Department as it continues to find success after success under the great leadership of Mrs. Linda Harper.

Photos of Etcetera by Danielle Harrison

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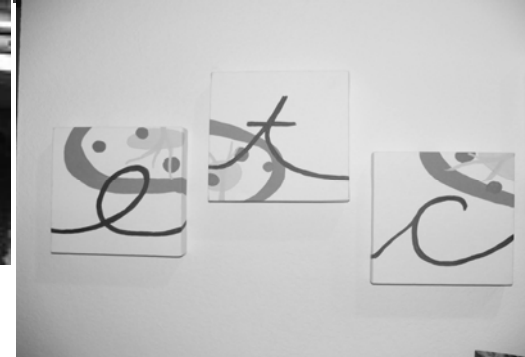
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A New Beginning —photo by Staci Alexander on display at Gallery Etcetera



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Latino Lays It Down

Andrew Latino
Sports Editor

I hate Hollywood gossip. It’s lame. It’s not important. It’s a waste of time. When I was young I loved to dance around my room, use a baseball bat as a microphone, and sing “Hit Me Baby One More Time” fantasizing about what my life would be like with Britney Spears. Now, in 2007, every time someone mentions Britney Spears she is pregnant, getting a divorce, or getting naked at a club. I could care less what happens in Britney Spears life, I just enjoy her music.

Hollywood gossip exists for two reasons. First, there are the people who supply the gossip, or as the news call s them, “the papa-razzi”. Paparazzi are people that like to concentrate on someone else’s life before theirs. They are people that won’t stop asking questions, like to start rumors, and probably have little to no friends. Second are the people that read the Hollywood gossip. Anyone that buys the lame magazines you find in the check-out aisle of K-Mart or Wal-Mart needs to rethink his or her life. You are wasting money on material that is not essential and instead could be used to find a cure for AIDS. Think about it: Would you rather save lives or discover that Rosie O’Donnell just got a tattoo on her upper thigh?

Since most gossip is made up anyway, I thought that I could supply you with some gossip myself. Did you know that Jay Leno dyed his hair orange to resemble the sun set-

ting on the horizon on a quiet summer day? Did you know that Matt Damon wears mas-cara and plays with Barbie Dolls? Did you know that Christina Aguilera has a big, hairy chest? Did you know that Arnold Schwarzenegger gave all residents of California steroids to win the governor election in 2004? Did you know that Eminem married Dr. Dre, filed for divorce, and since they didn’t sign “prenup”, Kayne West wrote a song about it called “Golddigger?” If you didn’t know all of this happened in 2006 it’s because it didn’t. I just made it up to show you how stupid and lame Hollywood gossip really is.

What mesmerizes me the most is that some people can actually make a living of Hollywood gossip. I don’t understand how someone can find a picture of Kelly Clarkson without makeup on, claim that she has become ugly and bankrupt, and feel perfectly fine doing so. Making up things that aren’t true makes me want to puke. So if you don’t want to graduate from school and you are good at making up false statements, move to California and never return. It will be your heaven on Earth.

If I could eliminate all types of gossip in the world, my life would be 100 times better. There would be more air for me to breathe, better things to talk about, and maybe world peace. Since it exists and there is nothing we can do about it but sit here and ponder why Lindsay Lohan went to that club and danced on the pole, you have to somehow adapt to the way of living some people refer to as Hollywood.

“Think about it: Would you rather save lives or discover that Rosie O’Donnell just got a tattoo on her upper thigh?”

Rebecca Ruminates

Rebecca Choudhury
Editor-in-Chief

Nearly 10 years ago, in 1997, public opinion in Kentucky was evenly split over the issue of capital punishment, supporters and critics each making up about 40% of the polling pool. Today, when asked whether a convicted murderer should receive the death penalty or life in prison without the possibility of parole, almost 70% choose the latter, according to the University of Kentucky Research Center. What could spark a change of 30 percentage points in a single decade? In recent years, Kentuckians and all Americans have been treated to story after story of last minute reprieves and lives turned around on death row. Moreover, we’re coming to realize that our “humane” methods of execution may be crueler and more unusual than previously believed. Entering the eighth year of the 21st century, isn’t it high time Kentucky joined the ranks of those who oppose the brutal practice of state-sponsored execution? That’s certainly a tie to the past we have an obligation to sever.

How much has science progressed since 1982? In the science of lethal injection, very little. The three-step process used today is the same used over 20 years ago. Even the inventor of the procedure, Dr. Jay Chapman of Oklahoma, has called his method outdated and inefficient. When dealing with human lives, an obsolete execution method means unnecessary potential for error, and therefore for human suffering. Often the deadly injections are not even administered by medical professionals; the American Medical Associa-

tion, though it does not bar doctors from participating, strongly denounces the practice. Numerous cases have been recorded of lethal injections gone wrong to monstrous and painful results, and yet it is considered somehow less barbaric than other forms of execution. Is the idea of a man being strapped down to a table, being jabbed with a needle more than a dozen times, and dying a slow and excruciating death of paralysis and asphyxiation really less horrifying than the idea of a man catching on fire in the electric chair? Both cases have

been documented, and though Ol’ Sparky mal-functions rarely, lethal injections frequently run up against unforeseen difficulties. Perhaps these recent revelations about our nation’s favorite method of execution serve to confirm that there really is no clean, painless way to kill someone after all.

There are a few circumstances when society deems murder acceptable, if that’s an appropriate term. People who kill in self-defense or in war are not considered criminals. Prisoners executed on death row are generally not an immediate threat to anyone, nor are they enemy soldiers. Capital punishment is retribution, and taking a life simply for revenge is pretty universally accepted to be wrong. If I killed a man who I knew to have committed an unspeakable crime, I would be a vigilante, and I would be tried in a court of law. But a state-ordered execution doesn’t violate the law at all; moreover, it’s sanctioned by it. Condemnation of calculated murder is a knife that cuts both ways: if it’s wrong in some cases, it’s wrong in every case. A significant portion of Americans and most of the Western world would agree.

“When dealing with human lives, an obsolete execution method means unnecessary potential for error, and therefore for human suffering.”

Co-Ran Rants

Coran Stewart
News Editor

In the December issue of “The Oak K,” a fellow staff member wrote an opinion piece opposing the proposed minimum wage increase. Obviously I am one who has a strong opinion about everything, and this is one subject on which I definitely have feelings. Therefore, at the risk of being unoriginal, I would like to voice my opinion. Rather than just point out the unfeasibility of the wage hike like the last article, I’d like to propose a few other measures the government could take to address the problem. Make no mistake—there is a problem. Too many workers are being taken advantage of by large corporations like Wal-mart. People are left without the ability to earn a living wage. The government must take a smart, comprehensive plan of action.

Among many promised changes, the new Democratic congress has proposed to increase the federal minimum wage to \$7.25. This is an increase of \$2.10 or almost 41%. Of course this large increase will land more money into the pockets of workers, but, by being so large, the raise will have widespread consequences. Though this increase is aimed to help workers for large corporations, small businesses will feel much of the hurt. However, some members of Congress have expressed intentions to provide tax breaks to small business owners if it will help them survive the wage hike. Labor is a factor of production, and whenever the cost of a factor of production goes up, so rises the cost of the results of production and one should be prepared to see an increase in the cost of products. By hurting production, a large minimum wage increase could be counter-productive. Now, I agree \$5.15 is hardly a living wage.

“People are left without the ability to earn a living wage. The government must take a smart, comprehensive plan of action.”

This fact has forced several states to adopt their own minimum wage increases. In itself, a minimum wage increase is not a bad thing. In fact, it could be quite the opposite. The important thing to remember is moderation so as not to stifle production and business. By making small increases every year or two and basing them on the Consumer Price Index (considered a cost of living index) the government could reform the minimum wage system without causing adverse effects to the economy.

While small, continuing increases will help, they won’t solve the problem. That is why the government must also look to other means to help. It is a fact that the majority of minimum wage earners do not have a college degree. This is probably due to the fact that they had little access to funds for higher education. So begins another turn of the vicious cycle where members of the lower class have children who, because they do not have access to funds for college, remain in the lower class. To combat this, the government must work to make higher education more accessible for the lower class. With a college education, workers will be able to seek jobs that actually offer a living wage. Another task Congress must tackle is to establish affordable, comprehensive healthcare. Most minimum wage earners do not receive healthcare benefits from their employers; therefore, they must spend a large amount on their income providing for their families’ healthcare.

It is only with a plan that attacks all the problems facing low income families that Congress will really be able to help. That is why I oppose the large proposed minimum increase but advocate a large comprehensive plan that will really help people without hurting the economy.

The Oak “K”

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SUMS SAYS

James Summerlin
Assistant Editor-in-Chief

“Our media has a tendency to make a front page story based on nothing but emotions, anger, and opinions.”

game that Nick Saban, coach of the Miami Dolphins at the time, would be a good match for the Tide. I pondered how likely it really was and realized there was no way he would come. But he did come to Alabama. So now I apologize.

Now, here’s the story you need to know about Nick Saban. When asked about the rumors of him being the next Crimson Tide football coach, he flat out said no. Five times, he denied the desire to go back to the college game. But rumors became

louder and louder, and finally Saban just didn’t comment on the matter. A week later, he’s on a plane for Tuscaloosa.

When Dolphins owner Wayne Huizenga announced that Nick Saban would not be back in Miami for next season, Floridians and sports journalists everywhere began to criticize Saban calling him a liar, a coach with no integrity, “Nick Satan”, “Slick Nick” and other names that aren’t appropriate for this paper, because he said he wouldn’t go to Alabama and he did.

Here’s where the opinion comes in. Why is this a big story in the world of sports? The story that should be reported is that Saban was in Miami, but now he’s coaching Alabama. Is it necessary to accuse Saban of hypocrisy? Yes, Saban should have handled the media better. He should have said, “No comment.” NEWS FLASH: Coaches are expected to give a comment to the vultures we call sports journalists. This is such a big deal because journalists are mad because they didn’t learn the story before it happened. They all believed Saban would stay in Miami despite the numerous rumors and Saban’s dislike of the entire city of Miami. Then when Saban moves, every optimistic and naïve Miami fan is shocked and angry with “Slick Nick”. My point is this is a non-story. It’s based on emotions, not news.

Some of you are disagreeing with me so I’ll make my point. Bobby Petrino recently left for the Atlanta Falcons

coaching job. Nothing wrong with that. No anger towards Bobby in Louisville. Every thing is alright. But how is Petrino leaving different from Saban leaving? First of all, Petrino got a pay raise. SABAN DIDN’T! Saban took about a half-million pay cut per year to come to Alabama. We forget to look at that fact. Second, When Petrino was asked about the Alabama job, Petrino said he was committed to Louisville. Is that right, Mr. Petrino? Were you really committed to Louisville or were you just waiting to backstab the Cardinals and run away with cash in your pocket? Seriously. But no one is putting Petrino and Saban in the same category. They say, “Petrino made a great move,” and, “This is a perfect match.” Petrino doesn’t have any cool nicknames like Saban does. There is no difference in these two situations.

Here’s the deal. Our media has a tendency to make a front page story based on nothing but emotions, anger, and opinions. Problem is, that’s not news. The fact that Saban denied rumors doesn’t make him a liar as much as it makes him like every other head football coach. Because journalists were naïve enough to disagree with rumors, they got angry and they used the power of the pen. All it did was give Saban another incentive to win a national championship at the University of Alabama.

THE OAK "K" REMEMBERS 2006

Autumn Midyett
Business Manager

In celebration of this glorious new year, 2007, the Oak "K" staff thought that a flashback to some of our favorite stories from the past year would only be appropriate. To choose stories from 2006 with only half a page's space in which to put them turned out to be quite a difficult task. So, without further ado, here are a very few of the spectacular stories, photographs, and comics that were featured in the Oak "K" during 2006. Enjoy!

Summerlin Says

James Summerlin
Staff Writer

Since I have always spoken the truth in every single opinion piece, you can accept anything in "Summerlin Says" as fact. As I thought of ideas for an opinion piece, I pondered the fact that I need to write the truth that people need to hear -- or read for that matter -- no matter how stupid I may look. So I decided to answer the age-old question: who is the best superhero of all time?

The answer to this is simple. The Dark Knight, the Caped Crusader, "KABLAM!" It's Batman! Whether you are talking about the Bob Kane, Nick Adams, or Frank Miller comics or the magnificent acting of Adam West, Michael Keaton, George Clooney, or Christian Bale, Batman is the supreme of all superheroes. You might be thinking, "Jeepers, James! Why do you say that Batman is the best superhero ever? Batman has no powers whatsoever." If you find yourself asking this question, read on.

You see, the fact that Batman doesn't have any powers makes him so freakin' awesome. Batman had to start as a young, weak, and inexperienced Bruce Wayne. He

had to discipline himself to shape himself into the hero he wanted to be. The other superheroes fell into the position of power without really deciding if they wanted to be super or not. Most superheroes learned that "with great power, comes great responsibility" even though they probably didn't want to learn the lesson at all. Batman took the responsibility himself by choice.

Another reason why Batman is so cool is the fact that Batman is practically invisible. Even with no superpowers, Batman is successful at being unseen and kicking some serious tail. (BAM! WHAM! KAPOW!) Other superheroes must rely on their super-

strengths to accomplish their feats. Since Batman doesn't have any powers, aside from unlimited financial resources, everything he does is more impressive.

As I'm sure you're now aware, anyone who says that any other superhero is better than Batman doesn't understand the real heroiness of the Caped Crusader. It is very obvious that Batman is great. Other superheroes cannot match up to Batman's brains and brawn in one package.

"...The Dark Knight, The Caped Crusader, 'KABLAM!' It's Batman!"

OINGO BOINGO:
TOO COOL FOR A REAL TITLE

Student Contributors

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

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

Oingo Boingo's music has a very profes-

sional sound. At the same time you get the sense that for them it's about the music and about having fun. The presence of a horn section gives their music an original flavor not present in most bands. Danny Elfman's

unusual style and stage presence are a major element of their music. His wide vocal range gives the band diversity.

The levelheaded side of Oingo Boingo is apparent in their lyrics. The way they portray society in such stark colors below the surface of the seemingly innocent story shows their satirical point of view. The song "Only a Lad" is about a problematic kid and how the

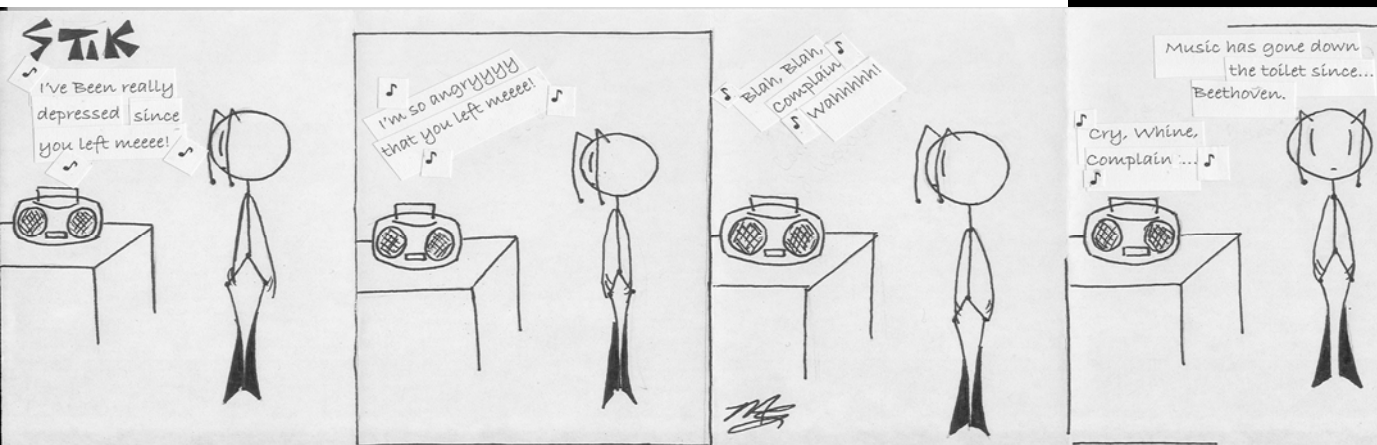
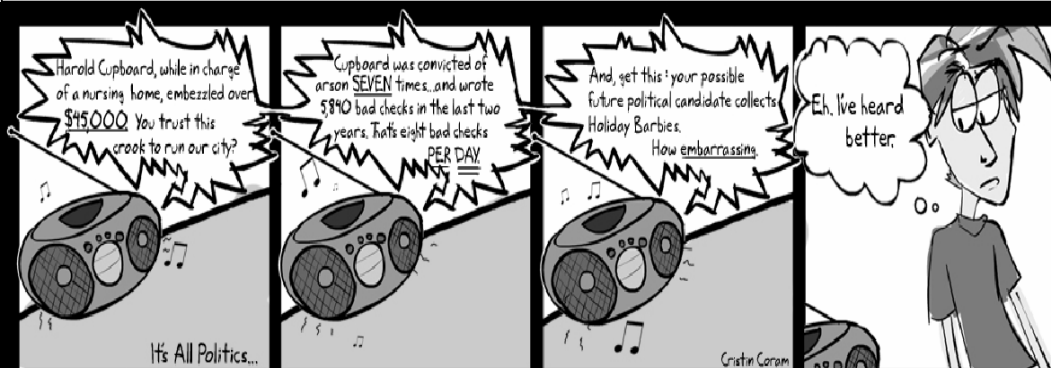
people believe his faults are the result of society. Oingo Boingo, however, suggest otherwise. Danny Elfman's vocals in this song have just the touch of sarcasm that you can almost hear him laughing.

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



OINGO BOINGO

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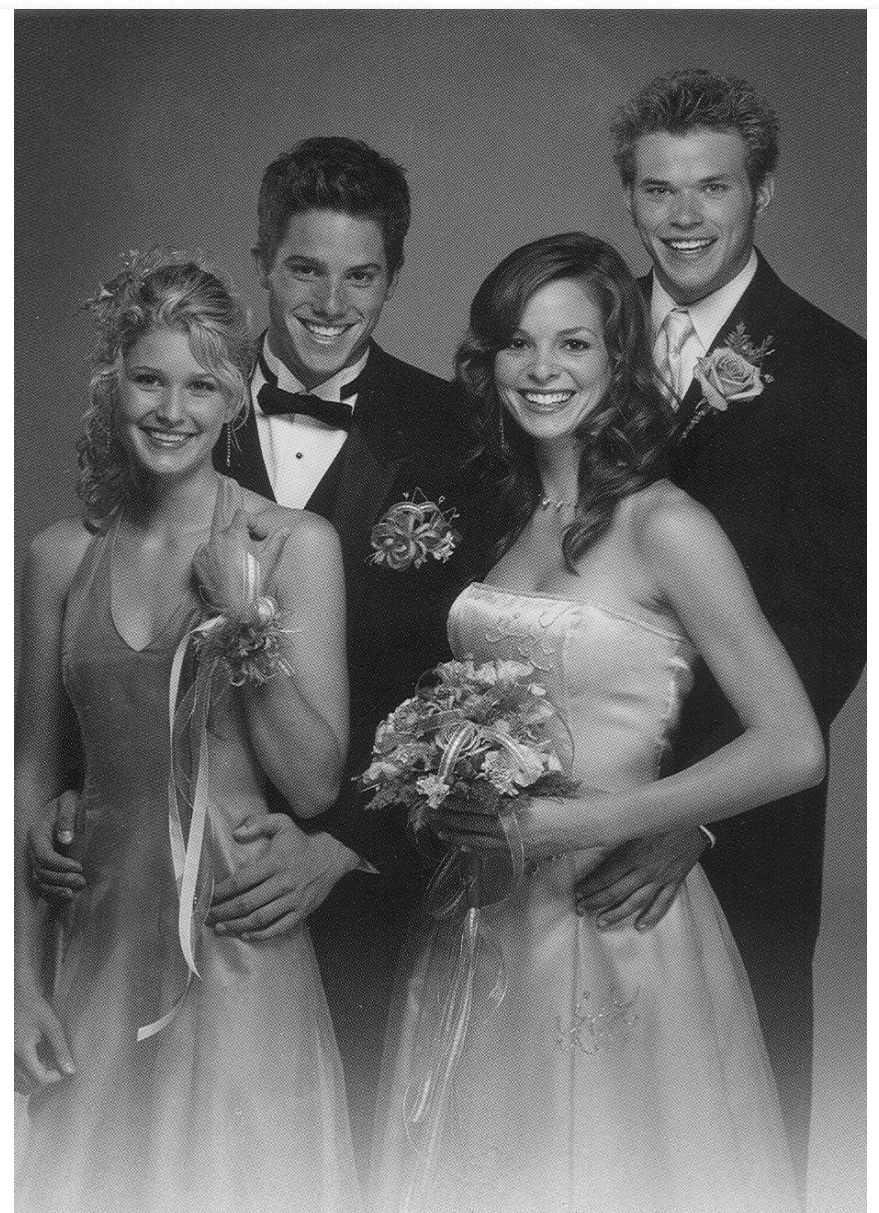
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January 2007

The Oak "K"

5

ENTERTAINMENT

Around Town: The Loaf

Rebecca Choudhury
Editor-in-Chief

Last month, our original plan was to review Loaf, a deli and grocery store downtown and a part of the Artist Relocation Program. Unfortunately, due to numerous conflicts and setbacks, it never worked out. So now, in our January issue, the “Around Town” reviewers have revisited a Paducah attraction that, while no longer “new,” is a little-known and interesting alternative to the everyday hangout.

We arrived at Loaf with half an hour until closing, just enough time to have a bite to eat and check out the interesting edibles for sale. Not being hungry myself, I bypassed the tasty-looking salads and exciting sandwich menu, grabbed a hand basket, and headed straight for the freezer case. There, I found exactly what I had hoped: green tea ice cream, the stuff of dreams. Don’t knock it ‘til you’ve tried it, guys. I also picked up some coconut sorbet, a packet of frozen gnocchi (a sort of small Italian dumpling), and, from the shelves, whole wheat spaghetti, balsamic vinegar, multigrain bread, and basil-flavored olive oil – good enough to drink, if that weren’t such a repulsive idea. Everything was half-off, making each item not only delicious but also fantastically cheap. This fact had me a bit worried, and my suspicions were confirmed upon reach-

ing the register. Loaf is closing, and fairly soon. After Valentine’s Day, the shop will be gone.

We hung around until closing without being disturbed and then moved outside, where we loitered for a good half hour. We were disappointed, to say the least, to hear about the deli’s imminent demise. It’s with this in mind that we urge you to pay Loaf a visit, and soon. The food is excellent and reasonably priced, and the owners and employees are very nice and helpful. In fact, Loaf’s only drawback is its hours: a closing time of 3:00 makes a weekday trip difficult to manage. Thankfully, it’s also open on Saturday, so unless you’re one of those lazy bums who sleeps in until two in the afternoon...

Our reviews come a bit late, we know, but we’ve given you a few weeks’ notice. If you don’t want to take us at our word, if you’d like to check out Loaf for yourself, you’d better hurry. You can grab a freshly made sandwich or salad, or stock up on some unusual and exotic groceries. But you’d better stay away from the green tea ice cream...That stuff belongs to me, understand?

Michal Gurrola
Entertainment Editor

What do Café Minou, The Global Nomad and The Loaf all have in common? If you said they are all restaurants in the Arts District you are half right. They are all restaurants in the Arts District that have closed, been pared down, or are closing.

The Loaf was supposed to have been the subject of this month’s Around Town article. It is perfect: a deli that has an interesting selection of sandwiches that are creative twists on old favorites. That old standby grilled ham and cheese gets added pizzazz with apple butter and chives. The Loaf also doubles as a small grocery store offering foods like basil

flavored olive oil and Thai sauce that generally cannot be found at Wal-mart.

The ambiance is stimulating, the walls and tables are brightly painted, fun signs tell you where to order, pick up and pay, even the napkins are lime green rather than ordinary white. The walls are creatively decorated with colorful drums. It all comes together in such a way that lets you know someone spent a lot of time and effort to make The Loaf an experience.

The Loaf has been downtown for nearly two years so you can imagine our surprise

when we arrived and learned that it will be closing in February. What went wrong? It is a great restaurant with great prices in a great location. Where is the problem? Is it that there is no demand for green tea ice cream in Paducah, Kentucky? Then my question becomes why not? Are we afraid to try new things? I’ve eaten baked Portobello mushrooms and buckwheat noodles at Café Minou, pumpkin tarts at the Global Nomad, apple butter and chives on rye at the Loaf, and enjoyed all of it!

Sure, Logan’s is good, but there’s a steakhouse in every city this side of the Mississippi. Sure, the mall is a fun place to hang out but you can walk through it and be finished in an hour. The next time you go it won’t be much different. The downtown Arts District is special. It can only be found in Paducah. It is full of fun and interesting places and offers the opportunity to immerse yourself in a new experience for the very low price of a sandwich or a bottle of pomegranate Izze. We need to take advantage of this. Get out there. Eat something weird in a bright green booth surrounded by art you don’t understand. Experience! Have fun! There’s a great big world out there!

YO MAMMA HAS NO MAMMA

Brick Green
Coroner

Yo momma is so stupid ... No really, the show “Yo Momma” is so stupid. Normally people do good reviews on movies or books but I decided to do an awful review for the show “Yo Momma”. For those of you that haven’t seen the show it’s where contestants compete with other people in their “hood” by spitting out “yo momma” jokes along with other jokes about the other peoples’ clothes, hair, and hygiene. This brings me to my first point of how this show is so stupid. If the show is called “Yo Momma” you would think that it would about “yo momma” jokes, but no, they make jokes about the other people’s teeth, face, and even the way they walk and talk. When I first saw a commercial for “Yo Momma” I thought I was going to love it. It seemed to have everything I could want in a show, little white kids trash talking and not getting beat up for it and Wilmer Valderrama as a host. I’m sure you all remember Wilmer from his days as “Fez” on “That 70’s Show”. If you watched the show you would have noticed his unique and skillful delivery and timing of his jokes tied with his fun accent to make a hilarious show. The one good thing I can say about this show is that they got Wilmer as one of their hosts. But this brings me to another point of why this show is so stupid—now why in the world would you need more than one host for a show? This show has three, and on some of the episodes they bring in rappers and other celebrities to help the other three hosts choose who is the best “trash



Image from thebosh.com

talker”.

The show starts out with a group of about thirty people from a “hood”. From this group four or five people step out to become the people that battle in the first stage. This is another reason why this show is so dumb, I don’t understand how these “trash talkers” are chosen and why there aren’t more people that come out to watch as an audience member. One would think that more than thirty people would want to be on TV but who knows? At this stage only one host is there to choose the winner. Then the scene shifts to another “hood” across town where again there is a group of about thirty and some of them step out and the jokes begin. But the jokes themselves are terribly unoriginal. There are hardly any that I haven’t read or heard someplace else. When that winner is chosen from that “hood” both of the winners meet up with Wilmer and go through the other winner’s house. This is another hole in the show. If the people knew that their houses would be searched if they won why wouldn’t they just get rid of the stuff that could be joked about? After the searches are done the two winners meet up for a showdown along with Wilmer and the other two hosts, who will remain nameless because they are not funny at all. Then what looks like a hundred people split on two sides of the battlefield behind the two “trash talkers” that are representing their “hoods”. Then they start going off on the other person’s momma, clothes, hair, and house. At the end the three hosts go and act like they discuss which person is the best “trash talker” but they actually just go on whose side the crowd is on.

“Yo Momma” is not a show I would recommend unless you’ve never heard a single yo momma joke in your entire life.



Coran Stewart & Blake Harrison
News Editor & Online Editor

Mystery Stars



This senior mystery star is very involved in our school. She is an officer in both Beta Club and FCA. When not involved in school activities, you can catch this star selling suits at Dawahare’s where she is often the best salesperson. This senior is turning out to be a pretty prolific thespian, and you can catch her in the upcoming school production of “Arsenic and Old Lace” as well as her church’s dinner theatre. She plans to attend Murray State University next year and pursue a teaching degree. In fact, you can catch her observing Mrs. Beckman’s 6th hour class on Wednesdays and Fridays. Soon, you might even see her teaching the class.

At a towering 6’3” this Junior mystery star is certainly noticeable, and, if you can’t see him in the hall, you can probably still hear him. Certainly not bashful, this junior is often loud and proud. At school, you might see him talking to his favorite teacher, Ms. Warmack. Away from school you might find him mudding in his chromed-out jeep, not that you would notice the chrome for all the mud. This star also enjoys playing bass and is a member of his church’s band. He is a fan of Christian music, especially the artist Sanctus Real. After high school, this star may pursue a music engineering degree at Middle Tennessee State University, but he is keeping his options open.

Another one of January’s mystery stars is a sophomore baller. He has an older brother, and one “bird” dog. In his spare time, he devotes himself to sports and church activities. He plays baseball, basketball, football, and in middle school even played soccer. This 16 year old loves UK basketball and Cardinal baseball. If you ever want to talk college basketball, try and find this cool kid.

One of this month’s mystery stars is a 15 year old freshman. In the summer, she enjoys hot days in Mexico. After school, she likes to watch MTV’s Rob and Big. This fluently Spanish-speaking girl has two brothers and she can’t resist a good meal at Los Amigos. As a member of Mr. Mungle’s Spanish I class, she serves as a Spanish dictionary. If you can’t guess this one, I’d be amazed.

Last month mystery stars: Becky Ryherd (12), Sam Yates (11), Ana Cosoreanu (10), Jordan Ludovissie (9)

Keith L. White, D.M.D.

Kelvin L. White, D.M.D.

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Best Book Ever?

James Summerlin
Assistant Editor in Chief

Have you ever regretted a decision you made in years past? If there was a way to change something in the past, would you do it? Have you ever reflected on something in your life and thought, "How could I be so stupid?"

If you have answered no to any of these questions, you're a liar. We've all made stupid decisions (I can attest to that) and we all have done things that we wish we haven't done. Andy Stanley takes a unique perspective on decision-making with his book "The Best Question Ever." When we try to make a decision, we usually ask "Is anything wrong with this?" or "Can I afford to do this?" The problem is, according to Andy Stanley, this leads to bad decisions made. Instead of, "Is anything wrong with this?" we

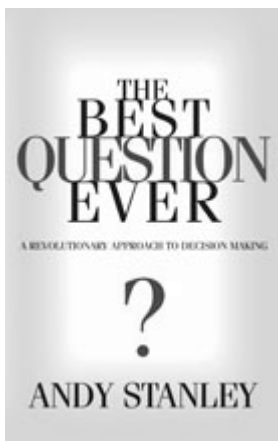


Image from multnomahbooks.com

should ask, "What's the wise thing to do?"

As Stanley says, bad decision making is made by a chain of unwise decisions, not one big stupid one. We all make unwise decisions, and this book gives insight to how we can make decisions based on what we have been through (and how to shut up and ask somebody advice before going over the deep end). Stanley effectively uses the experiences he has gone through, the stories he heard while counseling as pastor at North Point Community Church, and the decisions he has made in life to effectively back up the Best Question Ever.

This is a superb book which makes you think about decision making from a different perspective. Stanley has a good grip on this topic and he can present a message very well through humor, truth, and conviction. I give Andy Stanley's "The Best Question Ever" a 5 out of 5.

Before Our Time: The Graduate

Autumn Midyett
Business Manager

"The Graduate" is one of those movies that seems to always get quoted or referenced. It just seems like one of those movies that you have to have seen because of its impact on pop culture. A more recent film, "Rumor Has It" was even based on the pretense of what if "The Graduate" really happened. I am happy to announce that I can finally say I have seen this iconic film.

The film is marked by the line, "Mrs. Robinson, you're trying seduce me." That line does truly set the tone of the whole movie. The film begins with almost twenty-one year old Ben Braddock coming home from college to his affluent LA neighborhood. Ben was an excellent student and involved in numerous activities at his college. But now that he has graduated he is completely puzzled about what he wants to do with his life. He knows he wants to do something "different."

Shortly after coming home, an awkward Ben, played by Dustin Hoffman, is seduced by and begins an affair with the wife of his father's business partner, Mrs. Robinson. Later during the summer, the Robinsons' daughter Elaine comes home and Ben is forced by his parents to ask her out on a date. Mrs. Robinson has forbidden Ben from ever dating Elaine and this causes a rift between the two which ultimately ends their purely physical relationship when Ben realizes that

he actually likes Elaine. When Ben goes to pick up Elaine for their second date Mrs. Robinson threatens him and Ben comes clean to Elaine who is rightfully freaked out.

Elaine returns to college and Ben who has decided that he has to marry her moves to Berkley to more or less stalk her. Before long the two make up and Elaine says she might marry him. Then trouble arises when Mr.

Robinson finds out about the affair between his wife and Ben. The Robinsons rush Elaine to marry the boy she was dating, Carl, so that she can't be with Ben. Ben barges in on the wedding just as the bride and groom kiss and in a spectacularly hilarious final scene steals the bride from a mob of wedding guests, bars the church doors shut with a gold-painted

cross, and hops on a bus.

"The Graduate" is totally unbelievable, but definitely earns the high rank it has in pop culture and on the American Film Institutes list of the top 100 movies made up until sometime in the 1990s, "100 Years, 100 Movies" where it is ranked at an extremely respectable number seven. It is hilarious, but not because of typical "funny" gags, but in more of a satirical way. It seems that this movie is one of the first mockeries of upper middle class suburban lifestyle that we see so often in more recent films. "The Graduate" would be worth seeing even if it wasn't any good just so you could understand all of those Mrs. Robinson jokes. Luckily, it actually is a good movie and lives up to its status as one of those movies everyone should see.

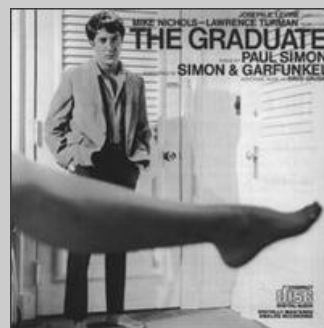


Image from sglyrics.mymid.com

We Are Marshall

Blake Harrison
Online Editor

Simply one of the most powerful, most amazing sports films produced in several

years, "We are Marshall" connects on a hail mary for a box office score. The movie depicts Marshall University as it tries to cope with the tragedy of losing essentially its entire football program in a horrific plane crash. As most could imagine, the town finds itself at a crossroads. Most felt as if it would serve no purpose to re-build the program, and that it would only bring forth heartache to see a new team under the lights. On the contrary, there were several younger people, mainly Marshall students, who felt as if there was nothing to do but to honor their fallen peers by continuing on. Just as it appears as if all hope has been lost, a brave senior member of the football team makes a stand for his former 'mates. He not only voices his displeasure with those who want to do away with football, but he also causes such a stir that football is ultimately brought back. After struggling to get top and even middle-of-the-road recruits, Matthew McConaughey, who



Image from movies.myway.com

stars as head football coach, is able to put together a group of hard-working, strong-willed individuals who are willing to compete. After struggling through the better half of a season, it appears as if the choice to continue was quite the mistake. Even so, as time draws near for Marshall's first home game since the crash, the town rallies around to support the team's efforts.

In my opinion, it doesn't matter if you are a sports fan or not. If you watch this movie it is nearly impossible to not be moved as the story unfolds. More often than not, we are forced to rely on TV interviews or somewhat far-fetched information to compare a non-fiction story to reality. Myra

Melson of Murray was attending Marshall at the time of the crash, and I was able to capture her reaction to the movie. As far specifics go, if her memory serves her correctly, there were at least a couple of demonstrations of remembrance in honor of the football team. More importantly, I got the impression that the movie in large part did the town of Huntington and the university justice in their re-production of the tragedy. "Having seen the film, I believe the filmmakers accomplished this," Mrs. Melson commented.

BEST OF '06

Andrew Latino & Brick Green

Sports Editor & Coroner

The year 2006 has come and gone, and what better to do but to look back at what was the Best of the Best in 2006. From hilarious movies to scandals across the globe, 2006 left some memories that some of us will never forget. The Oak "K" recently conducted a poll of all the seniors at Lone Oak High School to find out what their favorites were from the past year.

- **Best Song:**
Fergie – "Fergalicious"
- **Best Movie:**
"Talladega Nights: The Ballad of Ricky Bobby"
- **Best Video Game:**
"Guitar Hero" and "Guitar Hero II"
- **Favorite Pep Rally Moment:**
Ryan Timmons "You know my name!"
- **World Scandal:**
The Execution of Saddam Hussein
- **Big in 2007:**
"Halo 3", "Harry Potter & the Deathly Hallows"

Images from ask.com



ST.K

Dad, I finished the FAFSA even though it's only January 4th and we haven't even gotten a W-2 form yet...

and I got all my college applications in before November 1st and I got a full tuition scholarship to a state school. Have I exceeded your expectations?

To exceed my expectations they need to pay your tuition, pay your room and board, give you spending money and pay me a signing fee for allowing such a wonderful kid to attend their school.

I remember when my parents were happy when I got a smiley face on my spelling test.

Gene Boaz Photography

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FREE AGENT FRENZY GONE WILD

Blake Harrison
Online Editor



Photo by Yahoo! Sports

When free agency came into play roughly 30 years ago, I highly doubt anyone could foresee just how drastic an impact it would have on pro sports. The NBA’s free agent market worsens every year, but MLB’s market is by far the worst.

Common sense says that the highest paid workers in America should be those who are running the country, curing the sick, or finding a cure for cancer. However, that couldn’t be farther from reality. Instead of the president or the most highly acclaimed doctors getting the big bucks, it’s the guys who are here to entertain and play games that are reelin’ in the dough. I’m not one to pick sports apart, but that very fact is one even I can’t seem to get a grip on. Why is it that guys who “work” half the year are getting paid better than a man who is saving lives everyday? We could go ‘round and ‘round with this subject, but instead, I’d like to expose just how big a “highway robbery” it really is.

Five years ago, a free agent that (by baseball standards) should be making three million/yr was receiving a deal in the \$5-7 million/yr range on the open market. Today though, a player that should be making six million/yr is signing for no less than \$9-10 million/yr when free agency hits. Here’s a look at a few examples from this off-season alone:

- Alfonso Soriano: 6 years, \$136 million
- Barry Zito: 7 years, \$126 million
- Carlos Lee: 6 years, \$100 million
- Aramis Ramirez: 5 years, \$75 million
- Mike Mussina (37): 2 years, \$23 million
- Ray Durham (35): 2 years, \$14 million
- Jim Edmonds (36): 2 years, \$19 million

After sorting through those staggering numbers, it’s plain to see this "open market" thing has gotten out of hand. There are several reasons why this problem has increased over the years, including more than just the fact that everyone wants more than what last year had to offer. Another contributing factor is that in this day and age, the public makes more money. Therefore, they have more money to spend on leisure activities. Because of that, ticket prices are rising, and so is the overall revenue of each franchise. The more revenue a team brings in, the more cash is available to spend on big names. Take the Yankees for example. They are probably the most well known and established team, therefore they have the highest payroll. Because we spend top dollar to come out to the ballpark, teams are more inclined to nab a high priced free agent.

One final factor in the whole ordeal is simply supply and demand. On top of regular overpricing, when there is a great need for a certain position and few players available, his price is sometimes driven up to twice what it should be. If a team has that big of a need, most of the time they will go ahead and invest the extra cash to win the prize.

We all know this crisis is nearly impossible to stop, so we may as well sit back, relax, and laugh at the guy, who at \$7 million/yr, can't hit the broad side of a barn with a pan handle.

We Be Drummin’

Danielle Harrison
Features Editor

Another year, another show. Last year Lone Oak High School was consumed in a craze for indoor drumline, and this year is doubtful to be an exception. Senior **Seth Bowden** boasts, “If you thought last year was good, just wait!” Last year certainly was an exceptional year for the group, but here’s the low-down on *this* year’s indoor drumline.

The show is entitled *Similar Differences*, with music written solely by Lone Oak Indoor Drumline’s director Calvin Warren. Calvin is assisted by our own **Jeremy Watwood**, as well as Andy Fellows, Ryan Wilkerson, and Brey McCoy. The group has increased membership this year to 33 members, including 5 students who add some flair to the show with color guard elements. Our drummers and winter guard members put in hours upon hours each week, preparing for shows and aiming to achieve a flawless performance. The group’s first show this year is January 27 at



Photo by Danielle Harrison

Centennial High School in Franklin, Tennessee. When asked how the season has gone so far, **John Golightly (11)** a leading member of the drumline, says, “The show is very complicated this year, but we’ll be even better than last year.” Mr. Watwood echoes these sentiments saying, “The year has gone great so far!”

So what do other students at LOHS have to say about the indoor drumline? **Katelyn Halicks (12)**, a drumline enthusiast says, “Drumline kicks BASS at Lone Oak, y’all!” **Landon Blackman (12)** agrees:

“Indoor drumline rocks my world! I especially love Bryan Brinley!” Seniors **Marky Evans** and **Tifanie Treece** had just one thing to say: “They’re awesome, y’all!” The drumline *is* awesome, so keep your eyes and ears peeled and wish the group good luck as they begin their 2007 season!

Flash Basketball: A Mid-Season Report

Blake Harrison
Online Editor

Led by junior PG **Luke Shuemaker**, the guys' team has started to find its groove. Shue-maker, who leads the team in points per game, assists, rebounds, steals, and total minutes played will need to continue to improve as the season continues. As of January 17th, they were 8-12, but 4-1 within the district. After struggling to get comfortable with a set rotation it appears as if most of our players have begun to identify their roles on the team. After losing their first four games, they performed well at several tournaments over Christmas

break. **Clay Pickens (12)**, who missed several games due to an ankle injury played impressively in his return, providing a needed spark on the boards and in the low post. “It feels good to be back. I’m going to make

the most of these last crucial district games before the district tournament.” If we want to advance past regionals, we will need to start to rebound the ball better, and find ways to make up for our lack of overall size.

Lost amidst the varsity teams has been the JV squad. As of January 16, they boasted a 10-0 record, dismantling most of their competition. Coach Whitis raved about many of the sophomores who have played a major part in achieving such a great mark. **Jamarielle**



Courtesy of Frank Harrison and TimePiece Photography

Brown (11), whose slam dunk and 27 points helped demolish Apollo, leads the team in scoring. Proving to be a very valuable asset, sophomore **Josh Byrd** keeps the team running with his great court vision and play making abilities. Sixth man **Cameron Tillett (11)** is the teams' second leading scorer, and has put up impressive stats, tallying 18 points against Carlisle. Each of the previously mentioned players also contributes to the varsity team's success.

At 6-9 (As of January 16), our ladies have fought all season to compete. Seniors **Katelyn Halicks** (7.8 rpg) and **Tifanie Treece** (7.4 rpg) have lead the team with their toughness and

rebounding. **Ally Heine (11)** leads the team in assists, averaging 2.5 per contest. To go along with that, junior **Ashley Williford** is tops in overall shot percentage (54.4%). As it stands, we are 2-2 within the district, but with games against both Heath and Tilghman coming up, we should be able to right the ship. Assistant coach Shannon Mungle believes in our team, but sees some glaring

weaknesses in it. "We need to control our turnovers and play better defensively to win." That being said, there is still plenty of time to turn things around. Our girls work extremely hard to win and achieve their goals, and I have every reason to believe they will make LOHS proud.

(All stats and records current as of 1-16-07)

Obscure Sports Monthly: Wife Carrying At Its Finest

Andrew Latino
Sports Editor

In the town of Sonkajärvi, Finland in 1992, a sport was born that required little athletic ability and a marriage license. Originally only offered to residents of Finland, this sport has continuously grown since its arrival and has become an international event. Competitors range from countries such as the United States, Great Britain, Ireland, and Switzerland. Organized by the Finnish Tourist Board to promote marketing in Finland, the Wife Carrying World Championship is a race of pure fun.

The Wife Carrying World Championships actually have a deep history in the city of Sonkajärvi. Back in late 1800’s, a local army called Rosvo-Ronkainen accepted men into its troops who proved their worth on a challenging track. The common practice to show that the men were worthy to join the army was wife carrying. Men would be sent on missions to steal women from neighboring villages, and if they succeeded, they would be accepted into the army.

The Wife Carrying World Championships are split up into three categories. The individual competition contains only a man and his wife racing along a 253.5 meter track. This track, however, is not a straight shot to the finish line. The track contains surface of partially sand, partially grass, and partially gravel. The track also has two dry and a water obstacle about one meter deep. The team competition has the same track as the individual competition

except that three men take turns carrying a wife along the way. The spring competition is a track of 100 meters with a track made of gravel and sand and a water obstacle one meter deep.

The fun doesn’t stop there, though. Public spectators can also compete in their very own cheerleading competition. Four to six people in the stands can come up with humorous chants and cheers for their team. There are also smaller competitions within the race. These awards include most entertaining couple, the best costume, and the strongest carrier.



Photo Courtesy of Sonkajarvi.fi

There are actually styles in which you can carry the wife on your back. These styles include the traditional piggyback, wife dangling upside down on the carrier’s back, throw over the shoulder, and cross-wise over both the carrier’s shoulders. Another key to success is the importance of finding a rhythm. The man and the wife must be in the same rocking rhythm in order for the speed to remain constant and not slow down.

Winners of each competition receive an equivalent in the wife’s weight of beer, wife carrying products (whatever that happens to be), and respect. So if you want have fun over the summer and your married to a wife that will let you carry her on your back, join the Wife Carrying World Championships in Finland in July.



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