

Coran the Rotarian Man: How Cheesy is Too Cheesy?

Rebecca Choudhury
Editor-in-Chief

Coran Stewart (12) has issues. Three years of experience with the 4-H Issues Conference, that is. What better way to open an article about February’s deserving Junior Rotarian than with a worn-out and unoriginal pun in classic Oak “K” fashion? This writer may have been lazy in coming up with an appropriate lead, but the victim of her sloth is not a slacker by any means. Between a devoted four-year love affair with his guitar, his extensive church and youth group involvement, and his fast-paced job at the ever exciting electronics supplier Best Buy, Coran is nothing if not an involved guy. A consistent honor student, valedictorian, and National Merit Finalist, he is also attentive in his studies. He speaks a mean German, acts a Mean Lieutenant Rooney in this year’s LOHS production of “Arsenic and Old Lace,” and he edits a mean news page for none other than that beacon of brilliant high school journalism, The Oak “K.” Is it any wonder that he was chosen as Mr. LOHS ’06-’07?

Coran is perhaps best known around school as a fashion icon. His fantastic hair is envied by many. “Coran Stewart has great sideburns!” proclaimed friend, classmate, and male grooming expert **Alex Croft (12)**. However, his favorite English teacher **Mrs. Campbell** will remember him not for his

snappy T-shirts and facial hair, but for his tacit determination. “Coran is the definition of the model student. I have the utmost respect for him – not only academically, but also personally. Coran will change the world – in a quiet yet significant way!” Another of his teachers, **Mr. Neel**, feels the same way. “Coran is one of the finest people I have met at LOHS, and he is among the best students. He’s one of those people with a first-class intellect and a first-class personality.” It is his close pal and fellow senior **Greg Hunter (12)**, however, who most eloquently sums up Coran’s zest for life and his never-ending zeal for making the world a better place: “Coran is good. Actually, he is extraordinary, really, really great.” In a mere ten words, Greg expressed his admiration for his classmate with an elegance and daring economy of style that leaves the reader breathless. Truly there can be no higher praise.

After graduating in the spring, our February Rotarian plans to attend college, “probably Belmont or Union,” and finish off his educational career at a seminary, where he intends to “pursue becoming a minister.” His friends here at the Oak “K” and his well-wishers everywhere...wish him well...in all of his future endeavors. No doubt, with his “great sideburns,” respectability, glowing intellect, extraordinariness, and (hopefully) healthy sense of humor, Coran Stewart will go far in whatever path he chooses.

Photograph courtesy of Jellyphish Photography



Planning Ahead: The Future of Our Schools

Coran Stewart
News Editor

On Monday, February 5th, a Local Planning Committee toured Lone Oak High School. This committee, made up of parents, community leaders, teachers, and administrators, has been touring the district’s schools to collect data they will use to create a comprehensive plan for the future of McCracken County Schools. The committee is chaired by Hendron-Lone Oak Elementary principle Brian Harper and is advised by an architect hired from the state. The committee has been looking at several problems facing the schools including deteriorating building conditions, lack of handicap accessibility, and overcrowding. After collecting all the data, the committee will meet on February 26th to create a 30 year plan for the schools. The reason that the plan must cover this extensive time period is due to the fact that 30 year bonds are sold to finance the changes. Public forums will be held on March 12th and March 29th to discuss these plans. Parental involvement is highly encouraged, as a high number of actively engaged parents will send a message to the state relaying the desperate state in which our schools find themselves.

Many problems currently face the schools. Several of the buildings are getting older and experiencing all the difficulties that accompany aging structures. The entrance to Lone Oak High School’s gym is looking run down. Reidland’s library is very out of date. Three of our elementary the elementary schools, Farley, Heath, and Hendron-Lone Oak, only have cafetoriams (gym/cafeteria combinations). This leaves several elementary school children without the proper facilities to fully enjoy physical education classes. The location of our baseball fields creates a problem due to their proximity to Hendron. Every year, two to three baseballs crash into the school. If one of these were to hit a child, there would be serious consequences. Another huge problem is the lack of handicap accessibility at many of the facilities. Lone Oak High School’s gym is completely inaccessible to those with limited mobility and in wheelchairs. Even the

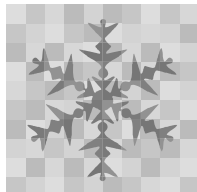
work done on Lone Oak so far is not completely satisfactory. The ramp between the E Building and the main building is completely blocked when the door is open. However, by far, the biggest problem facing Lone Oak schools is overcrowding. Next year, Lone Oak High School will see an increase of 50 to 100 students, yet it has no ability to expand, as all rooms are already being used. Some rooms have even been divided this year. Lone Oak Middle School is using all of its rooms and a mobile unit. Five teachers share rooms. The entire fifth grade of Hendron-Lone Oak is in mobile units. Even the recently remodeled Lone Oak Elementary is feeling the squeeze. These problems will only increase as the problems at the middle and elementary schools spill into the high school.

So it’s obvious there are serious problems that the planning committee will have to address. The real challenge awaiting them is finding funding to realize their plans. Only a few years back Lone Oak High School was remodeled, and technically cannot receive state aid now. The planning committee is looking for ways to work around this, but will need parent support in addressing the state. Even if some funding is received, it will have to be used creatively. Lone Oak High School, at its current location, is completely landlocked. There is very little room to move out into the grass between the gym and parking lot. This area may be used to expand the gym’s locker rooms and create a nicer entrance. However, this solution will take up space that might have to be used for parking as more students come to Lone Oak High School. Perhaps, the school will have to build up, but this solution presents several challenges, too. Certainly, the planning committee has its work cut out for itself. Whatever their recommendations, they cannot stress how much they need the involvement of parents, students, and community members. Many thanks to Nancy Mornar, a member of the planning committee, for providing much of the information for this article.

Photos by Staci Alexander



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HEALTH WATCH: NOT "JUST A LITTLE" DRINK

Danielle Harrison
Features Editor

Throughout the United States, binge drinking has become a serious issue among students, especially high school and college students. Binge drinking is technically defined as drinking with the intent to get drunk and drinking five or more drinks in a row, or four or more drinks in a row for females. According to a recent national survey, eighty-eight percent of high school students report trying alcohol at least once. Sadly, two-thirds of high school students are regular drinkers by the time of graduation and two-fifths of these are regular binge-drinkers. Only fifty-eight percent of students reported feeling that alcohol is *not* important at a party, which indicates the prevalence and influence of alcohol among young adults.

Binge drinking habits are a major factor in motor vehicle fatalities, alcohol-related injuries, the spread of sexually transmitted diseases, unplanned pregnancy, and among many other ailments, liver damage. Binge drinking as an adolescent or young adult is also a major predictor of later alcohol dependence: nearly one in seven drinkers develop an alcohol dependence problem later in life, and approximately one-fourth of those who begin drinking at age seventeen or

younger develop alcohol dependence. The effects of binge drinking reach far beyond health issues—research shows drinking also causes significant academic damage. Students who drank alcohol on a regular basis reported missing at least one class each quarter or semester due to drinking, thus falling behind in coursework and earning failing or near failing grades.

Intheknowzone.com, a drug and health information website, reports several other staggering statistics: Alcohol is the leading cause of drug-related death for teenagers and is a factor in the three leading causes of death for young adults, which include accidents, homicides, and suicides. Alcohol is also responsible for claiming over eight teenage lives a day in motor vehicle crashes, and students who drink are over seven and a half times more likely to use other illegal drugs and *fifty* times more likely to use cocaine than their non-drinking peers.

Besides being illegal for *all* people under twenty-one years of age, alcohol use is a major detriment to students and should be avoided at all costs. Alcohol use may be a source of entertainment, an escape, or simply an avenue to be popular for many students, but the research is clear: it is *not* safe and is in no way is beneficial to mental, physical, academic, or emotional health for young adults.

“The research is clear: it is *not* safe and is in no way beneficial...”

Sing, Sing, Sing!

Danielle Harrison
Features Editor

This year twelve Lone Oak High School students were selected to attend the 2007 Kentucky Music Educators Association Conference February 7th through the 10th in Louisville, KY for participation in the highly regarded All-State Choruses. Students throughout the state audition each October for one of nearly 600 places in one of three choirs, which include an SATB choir, SSAA choir, and TTBB choir. The audition process includes performing a prepared piece in a quartet in front of four judges, singing a portion of the prepared piece solo, and individual, unaccompanied sight-reading of an eight-measure melody. Participants this year included: **Seth Bowden (12), Chelsea Coorts (12), Danielle Harrison (12), Emily Millizer (12), Jon Fejes (11), Olivia Fellows (11), Kyle Jett (11), Jeff Reeder (11), Nick Boulton (10), Melissa Chandler (10), Ellie Hammons (10), and Emily Hensel (10).** The KMEA Conference also includes instrumental music groups, and two LOHS students, **Christina Cosoreanu (12)** and **Tim Cook (12)** participated in one of these groups, the All-State Orchestra.

Upon arrival at the conference, students are immediately immersed in rehearsal until 10 PM, which is followed the next morning and afternoon by approximately eight hours of tedious rehearsal times. All-State isn't all work, though—students can attend a music

exhibition, collegiate choir concert, talent show, and dance. Fellows testifies to the fun that abounds when six hundred high school students across Kentucky are all together: “The most memorable parts of All-State were sneaking out of my room to get massages from Tilghman kids and 5:30 AM trips to the hotel gym!”

A unique part of the experience for many students is getting to work with distinguished and respected conductors from colleges and universities throughout the United States. “My experience with an acclaimed conductor was really beneficial,” said Bowden. For this writer, reuniting with summer GSA friends and performing challenging, beautiful music with talented students were the very best highlights. Regardless of various individual experiences, All-State bands and choirs continually prove to be a learning experience mixed with fun, hard work, late nights, early mornings, and some chilly Louisville weather. Congratulate each of these hard-working students for a job well done and fantastic representation of Lone Oak High



Photos by Staci Alexander & Aaron Megibow

STRIKE UP THE BAND

Aaron Megibow
Features Editor

On February 7th Seniors **Tim Cook** and **Christina Cosoreanu** traveled with **Mr. Forsythe** to Louisville for the three day KMEA State Convention, participating in the All- State Orchestra. Throughout these three days the students attended various lengthy rehearsals, along with the directors attending various clinics and concerts (notably Muhlenburg North High School and Louisville Male High School), in order to prepare for their concert which was held on the 10th. Songs played by the performing bands included “Akademische Festouveture” by J. Brahms, “Mars” by G. Holst (from “The Planets”), “American Salute” by Gould, and “Espirit”, a piece especially written for the 2007 Kentucky All State Orchestra by Atwell. LOHS

band director **Mr. Forsythe** saw that this experience enriched the lives of these two gifted musicians: “The students must perform at an extremely high level. They have the opportunity to be in ensembles that perform at the high-level opportunities they may not have in their own programs.” Timpanist Tim Cook noted that his favorite thing about All-State was “getting away from school for a few days and playing on brand new percussion equipment” and “the crazy Korean violinist who could do a bunch of music tricks with quarters”. Lone Oak’s own master of the strings, Christian Cosoreanu, said that “The experience was a lot of learning and hard work, but very fun.”

All-in-all (no pun intended), the All-State experience proved to be a very enjoyable and enriching experience for both musicians and directors alike.

Jeremy Ian Smith

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From the Mind of Michal

Michal Gurrola
Entertainment Editor

May is fast approaching and I am really getting excited. Not because of graduation, although that is pretty high on my list of wonderful things about May. No, I am excited because this summer I will once again have the opportunity to live off of pocky for three days at the Executive Inn while I completely immerse myself in cute little Japanese cartoons at Paducah’s very own anime convention.

Now, please don’t stop reading just because I said the ‘a’ word. Anime is a perfectly legitimate interest and it has something to offer everyone. First there’s the art. The drawings are beautiful. Try as I might I will never be able to draw as well as any of my favorite manga-ka (someone who draws comic books in the anime art style). Sure the characters’ faces are totally out of proportion and their clothing can be pretty bizarre, but that just adds to the fun. It certainly does not make it any easier to draw.

If the art does not interest you, there are the stories themselves. I can pretty much guarantee that there is an anime that suits your fancy. Let me prove it. Do you like romantic comedies? Pick up a nice shojo (for girls) anime. Humorous situations, quirky characters, love triangles...what’s not to like? If you like action/adventure try a shonen (for boys) anime: samurai, pirates,

ninjas. What else could you ask for? Horror? Sci-fi? Fantasy? Anime has that too. Anime is really just one big genre made up of many subgenres.

Having an interest in anime is really no different than having an interest in anything else. Grey’s Anatomy fans get together to discuss last night’s episode. They talk about their favorite characters, past storylines, and how crazy the plot is getting. Anime fans do the same thing. The only difference is that our favorite characters are cartoons. In fact, when it comes right down to it, who wants to watch real people anyway? Anime characters have cooler clothes than real people, they definitely have cooler hair than real people and I would much rather watch an animated figurine wield a giant sword weighing twice as much as he does than watch a group of doctors try to figure out how to remove an ice pick from some guy’s brain.

I am not saying I live for anime. I like it, but I lived fourteen perfectly happy years without it. I am just saying that if you happen to pass by the Executive Inn this summer and see a crowd of oddly dressed teenagers (me among them) don’t be too quick to judge. Until you too have experienced an uncut, uncensored, unshredded-in-order-to-make-appropriate-for-children’s-television anime, you will never understand the tremendous joy a large-eyed, spiky-haired cartoon character can bring.

“Now, please don’t stop reading just because I said the ‘a’ word.”

how crazy the plot is getting. Anime fans do the same thing. The only difference is that our favorite characters are cartoons. In fact, when it comes right down to it, who wants to watch real people anyway? Anime characters have cooler clothes than real people, they definitely have cooler hair than real people and I would much rather watch an animated figurine wield a giant sword weighing

Pat’s Problems

Patrick Hollowell
Staff Writer

Do you remember when we were in elementary school and would get out of school to go to Louisville, St Louis, and Nashville to enhance our learning? Well, I do, and I miss those days. All of those field trips were very fun and gave me an ensuing interest in school.

I remember in elementary school we were always going on trips to Louisville, St. Louis, and Nashville to visit museums and see plays. These trips were so fun and I was always very interested in the presentations. I also remember coming back to school very enthused about learning and ready to put forth some effort into the books. Many kids have the opportunity to travel and see these wonderful places outside of school, but many kids do not have this chance and are at a severe disadvantage. Field trips are also great ways for you and your peers to become close and bond. That is why so many schools go on senior retreats (not Six Flags for a day).

Starting in middle school, the number of field trips began to lessen and, since high school, has dwindled down to almost nothing. Personally, I don’t like these changes and feel like someone should do something

about it.

Field trips are very fun and educational journeys out of the same old boring school walls. They excite kids and spark interests in different areas. You can also learn a great deal on these trips and get a different point of view than listening to your everyday teacher and reading out of the same textbook. They can also be a very nice break for teachers and students.

I caught up with some students to see what they thought of the field trips (or lack thereof) and here are some opinions. **Blake Speer (12)** seemed confused, not knowing what field trips were anymore quoting, “Field trips? I really don’t know what those are anymore.” I also talked with **Pat Hall (12)** who said, “I really enjoyed field trips when we were in elementary school, and I just don’t understand why we can’t have any in high school.”

All of these reasons are why I feel like we should go on more field trips as a school. I honestly believe that if we go on more educational field trips we will be a better all-around school and will increase the capabilities of students and teachers. It will also be a great way to see things we might not normally get to see.

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Midyett’s Musings

Autumn Midyett
Business Manager

There are less than four months until this year’s seniors will graduate. This is a fact that is just now beginning to really dawn on me. I know a lot of people can’t wait for graduation, but I’m going to be honest, I’m fairly terrified. I’ve been so busy lately that I haven’t really even thought about this upcoming event. When I’m doing something fun, I feel like I should be worrying about college, scholarships, what I want to do past Lone Oak, but when I’m worrying I feel like I should be out enjoying my senior year. Maybe, hopefully, that’s a sign that I’m relatively balanced. However, to get to the point if I have one (and I’m not sure I do), in thinking about all of this and about what I was going to write for this opinion piece, I started thinking about the people around me.

It’s pretty crazy what we know about and how long most of us have known each other. Yet, at the same time, sometimes it’s like we don’t really know each other. Know what I mean? You hear what that guy you used to have a crush on in middle school did last weekend and are slightly horrified or you stumble across someone’s blog and discover that they’re a bit weirder than you had previously thought. And then there’s that one kid you used to hang out with all the time in elementary, playing elaborate make-believe games in the backyard, who you probably couldn’t even carry on a conversation with now. You find that your group of friends has morphed over and over again to be what it is now and see all the people you phased out, or

who phased you out and wonder what happened. It makes you wonder about yourself as well. How much is it other people changing and how much is you? You don’t notice it because it happens so gradually, but one day you look up and one of your friends has moved on to a whole other group and only speaks to you if you run into each other somewhere. Or perhaps you notice something as shallow as realizing that in middle school you were a walking fashion faux pas even though now you’d never wear white after Labor Day.

Really, though, overall, we know a lot about each other. We remember each other’s goofy glasses and braces years, the pudgy years, the phase you went through when you wore the same really obnoxious color eye shadow every day despite the fact that it was definitely not a neutral, goes-with-everything kind of color, and the elementary school playground feuds and “weddings.” We have inside jokes a plenty. We know about that one crazy teacher and the horror that was the combination lockdown-fire drill. I guess, maybe my fluffy, sappatacular, point is that soon this will be over and the people around us won’t know all about us. Of course, this has its good points, but at the same time, something will be lacking. Right now, I’m sure you have some sort of history, some sort of camaraderie with almost everyone here: it will just be weird to start over. Now, if only I could end with something profound, but I don’t think I really can since this whole thing is basically just a random rambling.

“I’m worrying. I feel like I should be out enjoying my senior year.”

Chattin’ Away with Chae

Chaelim Young
Assistant Business Manager

Humans face many challenges in their walk in life. A key challenge is stress. Everyone has stress at some point in their life, and some are never free from it. Mentally, most people can only suppress as much stress as their body can withstand. After reaching that point most people tend to break down. People will cry, go insane, and refuse to motivate or even be perfectly normal. What can you do though?

Enough with the world’s stress—for me, stress hits a little closer to home. Teens, what can anyone compare us to except stress and drama. Lord, is there drama! Once a teen is overwhelmed with drama the stress hits. “Does he like me?”, “Why do they hate me?”, “Why is this happening to me?”, and of course “What should I wear?” are among the millions of drama-related sources of stress running through every teen’s mind. This stress is just from school. What about the teens who have jobs? It is common knowledge that a teen always thinks they’re right and grown-ups are the enemy, so how are teens able to keep their

cool at the work place? Well, usually teens keep all the tension and anger built up at the work place and school inside of themselves. This, plus grades and what to wear, is enough for a mental breakdown. Some teens relieve their anger in sports, but a few resort to violence to make their target the cause of all their problems. A main target for teens is their parents. Teens lash out at their parents over the littlest things.

Teens are on the part of the path of life where they tend to over-exaggerate and make things completely different from what they truly are. This means that the stress teens have really is minimal compared to the real world, but is very over-exaggerated in the minds of teens. Wow, what else could go wrong for us!

Really, the bumps and bruises in a teen’s world are the foundation for our adult life. The mistakes we make now we will try not to repeat in the future. This is the growing up part all teens have heard so much about. We all just need to remember to live our life, and remember that stress is a key part to make us who we are. We just need to remember not to break under the pressure. Drama! Drama! Drama!

“Enough with the world’s stress, for me stress hits a little closer to home.”

Harrison Hollas

Blake Harrison
Online Editor

As you well remember, February 1st was undoubtedly "going to be a snow day." If you’re like me, the mere thought of those words will send you over the edge. Usually, I not only suspect and hope for a snow day, but I also plan on one, no matter what. Living in Paducah, however, it is seldom wise to read heavily into our meteorologist’s words. They are hardly accurate when it comes to snow, thus causing deep emotional distress. This particular day, I was feeling quite confident that we were in fact going to be out due to snow. Not only were the professionals predicting snow, but our own **Mr. Neel** himself proclaimed that "we will be out on Thursday-three inches!" All of the feeble minds in my AP World History class went right along with his "logic" and thanks to him, we were all let down.

Just like any other snow day, I was looking forward to sleeping until noon, eating

breakfast at one o’clock, and watching reruns of Sportscenter. It has been awhile since our last snow day, and at this point I am dying for a day to sleep in, and forget about taking notes all day long or watching Andrew Latino play Snood in Journalism. “It makes me cry inside that we missed out on a snow day,” **Blake Speer (12)** whined when asked about this monumental disappointment. Thanks to the snow gods, I was deprived of a full day during which I could have analyzed the Super Bowl.

Honestly, I didn't think we were going to get a snow day this year, and I was hoping we could finish school on time. However, the slightest whispers caught me in a weak moment and I to fell victim to the snow madness. I guess you could say I am just a poor weak soul, but in my defense, the thought of an off day sounded quite attractive. Hopefully, from now on, I won't even watch the news and I will not pay any attention to snow talk. At this point, I plan on going to school everyday until I graduate—no snow days for me!

“It makes me cry inside that we missed out on a snow day.”

VALENTINES DAY FREE ASSOCIATION

Brick Green
Coroner

	Valentine's Day	Candy Grams	Long walks on the beach	Drum-line	President Bush
Señor Poore	Hearts	Annoying	Annoying	Talented	Strategy
Tim Cook	Feb 14	Candy	Jellyfish	Fun	No response
Aspen Davis	Feb 14	Expensive	Long	Tim Cook	No response
Cara Boyd	Feb 14	Fun	Dreams	Extreme	Smart
Steven Miller	Feb 14	What?	Me and Jessica Simpson	Stun-ning	Who?

Poetry Parody

Nothing says Valentine's Day like a nice love poem. Since humans first mastered the art of written language, lovers of all ages, centuries, and civilizations have sought to woo each other with flowery, sappy verse. It was in homage to this time-honored custom that two Oak "K" staffers sought to do the exact opposite: compose poetry based not on sweet, sentimental love, but on bleak, abject hatred. This is the result. And so, inspired by Christopher Marlow's "The Passionate Shepherd to his Love," two hate poems, both anonymous.

I Hate Your Guts In Iambic Tetrameter

My despise is vast'r than the sea.
Canst thou see how much I hate thee?
Everything you touch, see, think on,
Your ancestry and unborn spawn,

The air thou hast breathed in and out,
The words thou'st made me want to shout,
I'd gather it all in one place
And burn it in a big black blaze.

I'd watch the flames change your being
From a soul and what was living
Into an ash more fine than dust
Scattered then o'er Earth's green crust.

Forever rid of you I'd be.
Your face I'd never have to see.
No words would pass then from thy lips
Grating like a record which skips.

But if I were to let this be
There would be no world left for me.
I'll satisfy myself with this
To just destroy you with a kiss.

For 'tis my kindness thou canst bear,
'Twould hurt you much to think I care.
And by my love, thou shall see red
This heaps live coals upon thy head.

I Hate Your Guts More, Also in Iambic Tetrameter

Thy hatred vaster than the sea
For all that is and touches me
Is like to me the kindest breeze
That it doth bring thee such unease.

If thou couldst burn me in a fire
And turn to ash my wrathful ire,
I would then die in joy unscored
That I should see thee nevermore.

If oft doth bring thee pain to grace
Thy mind with image of my face,
Then though I'd sooner die than see
Myself in thee, so let it be.

Could I now bleed thee slowly dry
By drop for drop of tears I cry,
I would then sever mine own leg,
Or for the rickets keenly beg.

All suff'ring I'd accept full bold,
If it would strike thee single fold.
Mine eyes I'd pluck, my tongue cut out
To blind thy sight and cease thy shout.

My blood I'd trade for acid flame,
If thine be changed to substance same,
And if would always fill my dreams
The echoes of thy anguished screams.



Mystery Stars



Staci Alexander and Patrick Hollowell
Staff Photographer and Staff Writer

This bubbly senior is 18 years old and stands at 5'5". She actively participates in softball and ballroom dancing after school, not to mention being a contributing member of the Math, Pep, and Beta Clubs. She recently won 5th place at the Yeiser Teen Spirit Art Show and loves Tokyo Sushi. She plans to attend the University of Louisville to study biology and major in dentistry.

This crazy junior will be turning 17 on March 9. She's about 5'8" and is known for her outrageous hairstyles. She likes all kinds of music (especially the group "Cute Is What We Aim For") and is completely addicted to MySpace and Facebook. You can find her helping Ms. Harper in the Art Room during the week or at her new weekend spot – The K-Mart parking lot. She loves Etcetera's bubble tea – hold the bubbles – and the movie "Boondock Saints". This junior likes taking pictures, but plans to go to Art school and become a tattoo artist.

This beautiful blue-eyed sophomore walks through the halls at 5'8. She has blonde hair and is very active in school activities. She is a drummer in the band and a tumbler for the cheerleading squad. This star is also an honor student. In her free time she likes to watch television and hang out with her friends. She aspires to be a missionary when she grows up.

This gorgeous freshman stands at 4'11 and has brown hair. She is a cheerleader and is a member of the pep club and the FCA. While busy with all these extracurricular activities she still manages to be an honor student. Her favorite teacher is Mr. Watwood. In her free time she likes to watch television and hang out with friends. She wants to be a meteorologist when she grows up.

Last month: Lexie Davis, Kyle Jett, Michelle Escamilla, Josh Byrd



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Doctor**

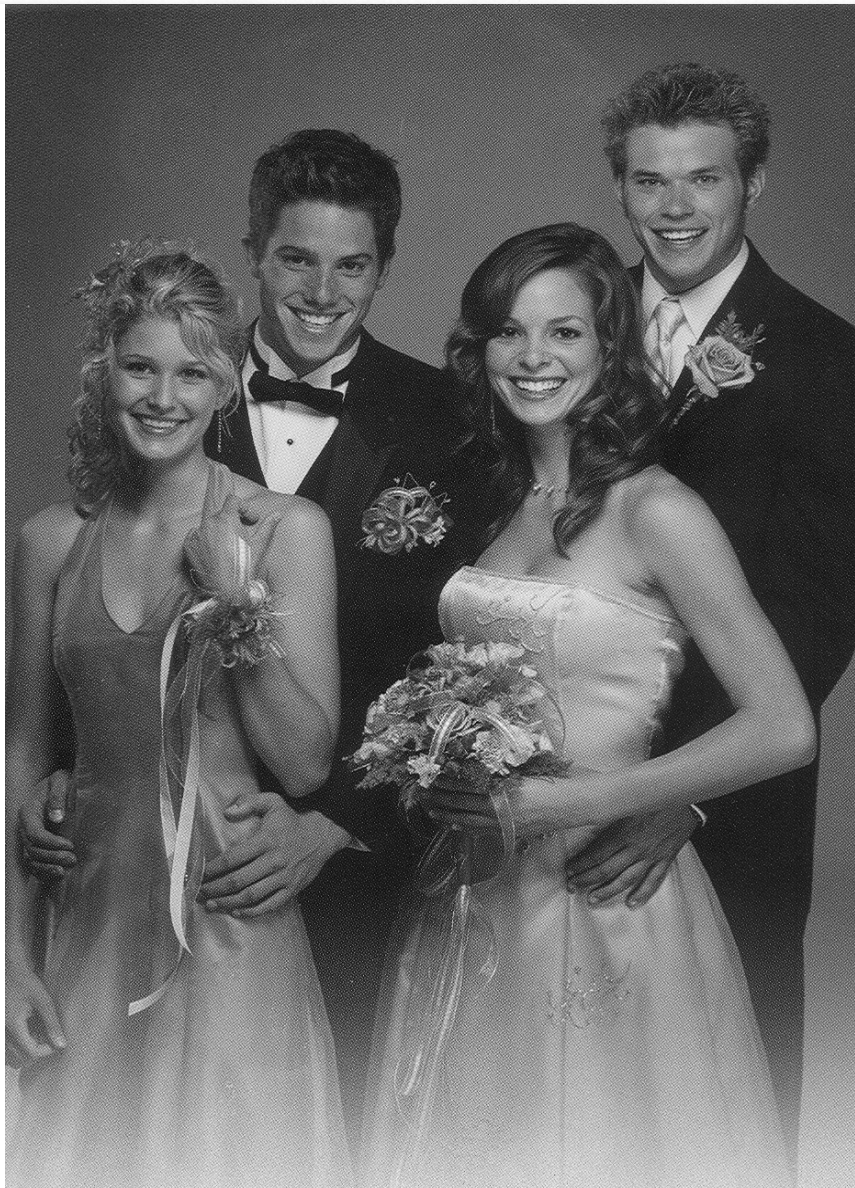
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Around Town: Etcetera

Michal Gurrola
Entertainment Editor

This month, my search for interesting places in Paducah once again took me to the downtown Arts District, to a new gallery and coffee shop called Etcetera. Etcetera is unique in the Arts District because they only show student art, instead of the work of the owner. In fact, currently the coffee shop gallery consists of pieces made by Lone Oak students.

Another way Etcetera is unique is that they are the only place in Paducah where one can get bubble tea, a combination of tea, flavor and bubbles served with a really cool giant straw. Make sure to ask for the bubbles, though, they're twenty-five cents extra.

Another item on Etcetera's menu that used to be nonexistent in Paducah is Thai iced tea, which I was unfortunate enough not to have the opportunity to try. Thai iced tea is a black tea mixed with cream and sugar and then served over ice. Sounds simple right? No. The tea used to make Thai iced tea can't be found in a grocery store (trust me, I've looked) making Thai iced tea only

available in Thai food restaurants, which Paducah doesn't have.

Aside from these two uncommon beverages, Etcetera also offers an expansive selection of lattes, mochas and teas. It is also a wireless hot spot so you can play Snood while you drink your coffee and examine your fellow student's artwork.

Etcetera's only drawback is that it does not have much in the way of food. They have a few pre-packaged snacks, which they will gladly warm up for you, but nothing that doesn't have a shelf life of at least three years. But if you just want to relax with a nice cup of coffee and a book (or your laptop), Etcetera's unique drink selection definitely makes it the place to go.



Image from teamuse.com

Rebecca Choudhury
Editor-in-Chief

Etcetera brews an excellent cup of coffee, it's true, but if you're in the mood for something a bit more exotic, you should consider tea. Tea these days is not just for Englishmen and little old ladies. Quite the contrary, the temporary cup of tea can be very exciting. As exciting as any beverage can be, I suppose. I've always been something of a tea enthusiast, and Etcetera has introduced me to a new love: bubble tea. It's a delicious concoction that's hard to come by in Western Kentucky, and one that I had always wanted to try. Thanks to the best coffee shop on North 6th Street, I got my chance.

Bubble tea originated in Taiwan in the early 1980s and quickly became a sensation across East Asia and in cities all over the world. It consists of tea (obviously), some type of flavoring, and tapioca pearls, also

known as boba. The last are the "bubble" in bubble tea. Traditional boba is black, but nowadays it often comes in a variety of fun colors to complement any hue of the bubble tea rainbow. The idea of chewy chunks of tapioca floating around in your drink may be a little intimidating, but don't fret: the plump, edible spheres are almost always optional. At Etcetera, for one, you have to order your boba specifically. The less adventurous customer can be content with one of 22 different flavors combined with black or green tea, served hot, over ice, or blended slushie-style. Etcetera also offers an original twist on the bubble tea formula: if boba sounds just a bit too strange, you can instead add strips of jelly flavored like pineapple or lychee, a delicious fruit popular in Asia.

At \$3.00 a pop, plus an extra \$0.25 for boba or jelly, Etcetera's bubble tea is reasonably priced and tasty. It also provides an opportunity to express some creativity. So far, I've sampled coconut tea over ice with pineapple jelly and blended cantaloupe tea with lychee jelly, and I'd love to work my way through all 528 – yes, 528 – possible combinations. For the moment, however, I'd just like to stop by on a day when the boba isn't sold out...

BIGGER THAN THE RSEC

Coran Stewart

On Friday, February 16th, a guitar god graced us with his presence at Murray State University's Regional Special Events Center. His name was John Mayer. If you missed this show, you should be beating yourself up because it was amazing. Not only did Mayer put on a good show, but his opening act Mat Kearney was excellent as well. Kearney is a Christian singer/songwriter based out of Nashville. He has been described as "Chris Martin (Coldplay's vocalist) after a hip hop revival." Highlights of Kearney's set included the songs "Chicago" and "All I Need." "Chicago." "All I Need," which has been featured on *Grey's Anatomy*, was written based on the experiences of two of his friends from New Orleans who were severely affected by Katrina. Kearney finished out his set with a charged performance of his hit single "Nothing Left to Lose." Kearney was very generous to the crowd and expressed his hope that he would be back in Kentucky soon.

After Kearney exited the stage and crews began preparing for the main act, the air was thick with anticipation. Mayer's shows are often characterized by extended guitar solos and other differences from album versions of songs, and this show was no different. John opened the show with the politically charged

"Belief," and, yes, it included an extended solo. Other highlights of the concert included the ballad "Slow Dancing in a Burning Room" and old favorites from previous albums "No Such Thing" and "Bigger Than My Body." Mayer's band included a trumpet player and saxophone player who shined on the song "I'm Gonna Find Another You." "I Don't Trust Myself (With Loving You)" and "Vultures" were among the songs that showcased the talents of Mayer's two other guitar players with whom Mayer was constantly exchanging licks. The climax of the performance was "Gravity." At the end of the song, John broke into another solo, and, as the lights went crazy, he triumphantly raised his guitar above his head as he continued to play. As an encore, Mayer proceeded to break into an intimate, acoustic performance of "Comfortable." Next, one of his guitar players joined him for a the crowd favorite "Your Body is a Wonderland." Finally, Mayer ended the show with the full band on "In Repair."

It's probably safe to say there have been few concerts around here that compare to Mayer. This show was simply incredible and will hopefully set a trend for more big name concerts to come.

What's The Haps, Yo?

Aaron Megibow
Features Editor

When I'm rolling through the streets of Paducah in my Volkswagen bumpin' to the sounds of Ani DiFranco and Lil Kim I ponder life's deep questions, such as "Why are we here?" "What is the meaning of life?" and "What are the students at LOHS listening to?" Well, here's the answer!

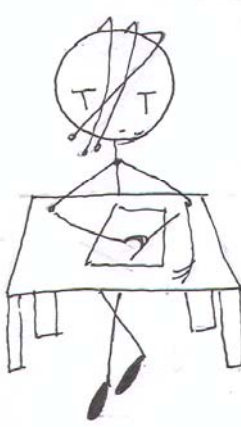
Name	Artist	Album Title
• Kelsey Smith (9)	Okkervil River	Sleep & Wake Songs
• Buck Edwards (10)	Alkaline Trio	Remains
• Kayla Rumsey (11)	Fiona Apple	Extraordinary Machine
• Cody Hammonds (11)	E-40	My Ghetto Report Card
• Victoria McBride (10)	Jack's Mannequin	Everything In Transit
• JC Stroup (11)	The White Stripes	Get Behind Me, Satan
• Tyler Varvel (11)	Death Cab For Cutie	Transatlanticism
• Kate Haynes (12)	The Dresden Dolls	Yes, Virginia
• Jordan Heins (12)	Fergie	The Dutchess

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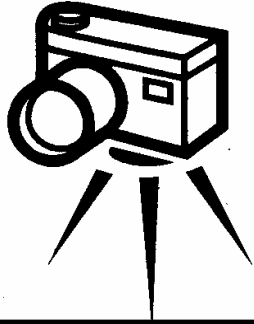


I think I'll just ask my parents for Prozac.



Gene Boaz
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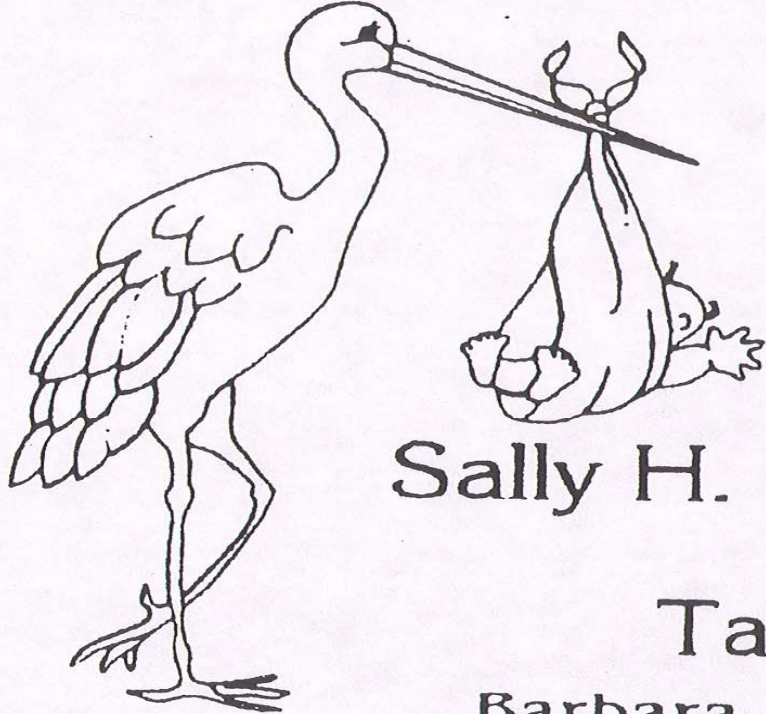
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Super Bowl Sendoff

Blake Harrison
Online Editor

"It's hard to put into words. I'm proud to be part of this team. We stuck together, won this game for our leader, Tony Dungy." Those were words spoken by Super Bowl MVP Peyton Manning as the reality of his first Super Bowl victory set in. Manning, who was credited with 247 yards on 25/38 pass attempts, has long been stuck with the fact that he couldn't send his team past the Patriots to even make the Super Bowl. After a 12-4 season, the Colts competed in three close games to finally reach the big game.

The Bears, who came into the playoffs with a NFL best 13 wins seemed ready to fight Indy's high octane offense with their own smash mouth defense. After dismantling the Saints, it looked to many as though the Bears might have been able to stop the Colts and their offensive weapons. To begin the game, Devin Hester (Chicago), ran back a kick off for a 92 yard touchdown. In the eyes of most people that play seemed like it could set the stage for an all out attack. The Bears did go on to outscore the Colts 14-6 in the first quarter, but found themselves down 16-14 just in time to watch Prince at half-time. To sum up the rest of the game, it was the Bears' Achilles Heel that spelled doom for the. Quarterback Rex Grossman



Photo Courtesy of superbowl.com

tossed up two crucial interceptions that proved very costly in the end. Although he only threw eight incompletions, Rex didn't get the job done. "They should've benched him after his first few weak lob passes," Andrew Latino cried when asked about his disappointment. Not only did the passing game fail Chicago, but the defense that had everyone scared all season surrendered 191 yards on the ground. For the most part, Rhodes and Addai got where they wanted to go, when they wanted to. Other notable performances include Reggie Wayne's 53 receiving yards to go along with a TD, and Lance Briggs' (CHI) game-high 13 tackles. We can only hope that this win will quiet all the Peyton Manning talk. We all know he's one of the greatest QB's ever and we all know he didn't really need a Super Bowl win to prove it. It's time for commentators to find another subject to harp on for the next two years, and I would guess they may look to Peyton's kid brother Eli. Possibly the most intriguing and important headline of Super Bowl XLI is the fact that this was the first time an African American head coach took part. Hopefully that will lead to future appearances and more opportunities for minority coaches. For one last time, Super Bowl XLI ends, Colts 29, Bears 17.

Obscure Sports Monthly: Ro Sham Bo

James Summerlin
Assistant Editor in Chief

We have all seen that Super Bowl commercial where the two guys play Rock, Paper, Scissors for a Bud Light. (If you haven't, get a life and head over to YouTube.) But where can you actually play Rock Paper Scissors for something and not take a rock to the dome? If you think you have what it takes, and you actually have the free time to learn the lingo and practice a poker face, you might want to try out this month's obscure sport. Professional Rock Paper Scissors.

The USARPS (United States Association of Rock Paper Scissors) does actually exist and it gives its champion a smooth \$50,000. Yeah, you heard me. \$50,000 dollars just for playing that game we play when we want that last French fry on the table. But it's not that easy. You have to get by RPS greats like Lynne Tucio whose favorite throw is paper (but don't be too quick to throw sharp scissors



Photo Courtesy of yesbutnobutyes.com

at her). The history of the sport according to the USARPS goes back 6 million years and has evolved over time. I mean, you can see that when the game started as pre-historic Rock Rock Rock, you have to change a few things about the game. As the game progressed into the ancient Egyptian game of Rock Papyrus Scissors, more and more people began to learn the game. The intensity has grown over the years and finally grew into the world leagues of Rock Paper Scissors.

Professional Rock Paper Scissors does actually have some strategy despite popular opinion. There is an intimidation factor that internally effects the play of every player. This sport is truly a psychological warfare as you look for patterns in your opponent's play and "tells" your opponents give away. This competition is definitely not for those with weak constitutions.

I was surprised to learn about the strategies involved in the sport, but I was even more surprised to learn about the taunting involved. For example, you can throw "The Supoena" (paper thrown palm side up to say that paper has been served), the POB (winning with scissors and saying "Peace Out"), win with your left hand (which is called Left for Dead) or you could just throw a rock at your opponent's face. This boosts the intimidation factor and can push you to victory. For those of you who think you have what it takes, go to www.usarps.com and find a regional tournament. Who knows? You might be finding yourself in a Las Vegas Hotel, playing Rock Paper Scissors for \$50,000.


SPORTS LETDOWN

Andrew Latino
Sports Editor

Dedicated fans of sports teams know that the biggest letdown they can experience occurs when their team loses in the playoffs or championship game. It's just way too disappointing to see your team go so far and then choke or totally blow it in the biggest game of the year. Coping with your emotions after this loss is even more difficult. You don't want to face your friends that cheered for the other team, and you want to strangle the "bandwagoners" who rooted for the other team and rubbed it in your face because your team didn't quite make it all the way. Your life for the next few days is sad, depressing, and lonely. The only place to look for comfort is fellow fans of your team, but even they can't give you advice to break out of your depressing emotions because they are emotionally unstable as well. The time has finally come for someone to help us with this so called "sport's depression," and that person is me. Within the past few years, I have had two disappointing sport's moments in which my team choked in the playoffs and championship game. In 2003, the Chicago Cubs blew a 3-1 game lead in the National League Championship Series to the Florida Marlins (Steve Bartman's fault), and, just recently, the Chicago Bears performed terribly in the Super Bowl, losing to Indianapolis Colts and Peyton Manning. I have learned

- a few tips over the years that have helped me cope with my emotions and help me get back on my feet to live a normal life again.
- Soap Operas:** I prefer *Day of Our Lives*. These shows help to show you that you aren't the only one in the world with an unstable life. Putting yourself in someone else's shoes always helps.
 - Beef Jerky:** This wonderful food is very thick. Taking your emotions out and grinding through this "hard-to-chew" stick of pleasure allows you to become calm and eat at the same time.
 - Staying Home and Sleeping:** It's essential not to make public contact for a few days. It's also safe to cry in your room without anyone seeing you. Sleeping may be difficult with all the sport's flashbacks running through your head, but it works well to calm down emotions.
 - Video Games:** I recommend Halo or Snood. Make sure you play terrible people in Halo so you can dominate them and then tell them that they suck at everything they do. Since Snood requires skillful shot-taking, it will take your mind off of the big loss that you can't stop running through your brain.
 - Hugging Fellow Fans:** It's very important to bond with fellow sport's fans of your team after a big loss. I recommend a long hug and maybe a pat on the back but don't bring it too far.
- These five tips are essential for a sport's hangover. Life will get back to normal more quickly if you try these tips and carry them out to their fullest potential.


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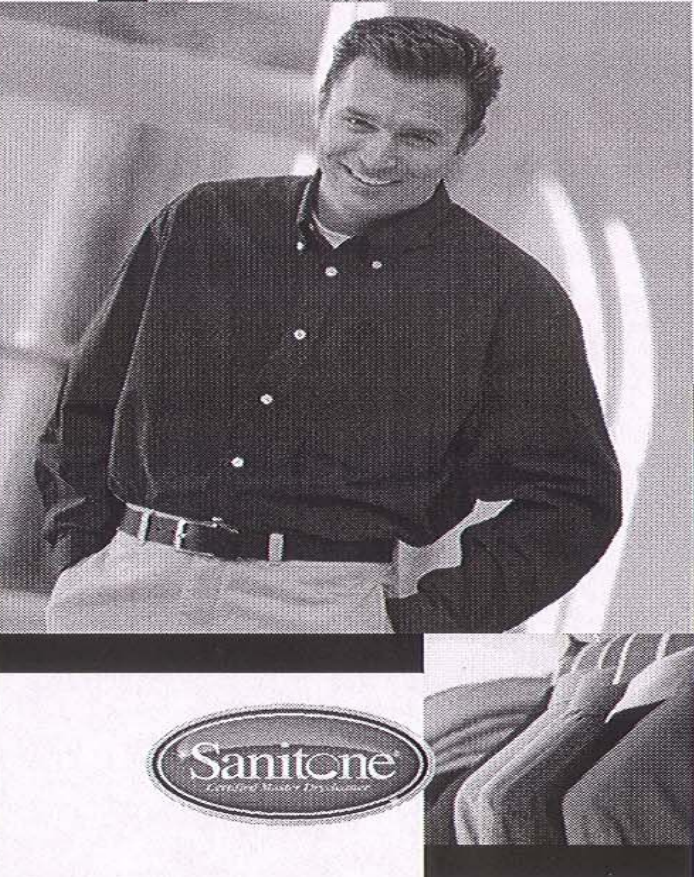

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