

Bowlin'
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Health Watch: Loud Noises!

Autumn Midyett
Business Manager

Ah, the joys of the mp3 player. They're so miniscule that you can tote them anywhere and they can hold your entire music library (and video). All this and they're becoming more and more affordable and gaining all sorts of new and exciting features (how cool does the iPhone look?). However, as with most good things, there is a slight downfall.

Certainly you've heard that listening to your music too loudly will cause hearing damage. You've been hearing that ever since you had a walkman with the Lion King soundtrack on cassette though right? And definitely since jamming to Britney's first album on your portable CD player. Apparently mp3 players are even more detrimental than the walkman or the portable CD player ever were. For one, these newest innovations in music on the go have much, much better sound quality at higher volumes than their predecessors. Therefore, listeners are more likely to crank up the volume. Any sound above 90 decibels can cause hearing loss over time. Most mp3 players can produce sounds up to 120 decibels, the equivalent to an ambulance's siren.

Also with these new-fangled devices you can listen to music continuously for extremely long periods of time due to the amount of music that can be stored. You don't have to stop and change tapes or discs. This can result in damage even if the sound is below 90 decibels because damage caused by high volume is determined by how long you are exposed to the high volume.

What makes loud music so dangerous is that evidence of damage is not immediately noticeable. Hearing loss occurs gradually and typically many years after exposure. The damage is permanent; hearing loss cannot be repaired.

www.mayoclinic.com suggests a few ways to prevent damage including using noise canceling headphones because if you can't hear what's going on around you, you are less likely to turn your music up quite as loudly. It is also suggested that over the ear earphones may be

safer than the ones that fit inside of your ear. The ones that go in your ear increase the decibel level by close 10 decibels, making the ones that fit on the outside of your ear a bit safer. The site states further that your volume may be dangerously loud if: the volume is higher than 60% of the possible volume, you can't hear conversations around you, others can hear your music, or if you find yourself talking louder than normal in order to overpower the sound coming from your iPod.



Eddie Dunlap (12) "feels the pain" by listening to an iPod at high volume
Photo by Coran Stewart

Club Spotlight: Book Club

Coran Stewart
News Editor

First rule of Book Club: No one talks about Book Club. Actually, that's not true at all as talk about Book Club is being found all over the place which is why it is this month's featured club. The Book Club, which meets in the library during club meeting time, is a new addition to Lone Oak's club lineup. It was proposed at a summer meeting over the Comprehensive School Improvement Plan (CSIP) and implemented by librarian **Mrs. Metzger**. Mrs. Metzger points out that the Book Club is important for our school because it promotes leisure reading outside of school and encourages students to expand their reading interests. Encouraging more reading is very important as it increases vocabulary, promotes better writing skills, and, you guessed it, leads to better test scores (take that Heath and Reidland).

So what goes on at Book Club meetings? It's more than just kids sitting around with their noses in books. There is tons of vibrant discussion going on. Often the entire club will select one book to read together. In the past, selections have included "Looking for Alaska," "A Million Little Pieces," "Eragon," and "The Perks of Being a Wallflower." After a month or two, the members will choose a time to meet after school to discuss their current selection. Now that is dedication, meeting outside of school hours.

It is just a testament of how much this club promotes reading. Other than discussing selected books, several other items are on the agenda at Book Club meetings. They discuss the books they are individually reading which gives the members the chance to learn about many different books and take an interest in one they might not normally read. Also, the Book Club is in charge of decorating the bulletin board in the library with different topics about reading. Go check out their fantastic work the next time you are in the library.

While no official leadership positions exist within Book Club, the senior members have really stepped up to fill that gap. **Jessica Gordon (12)** serves as de facto president by helping to facilitate the discussions and

plan meetings as well as dealing with other club business such as advertising. Making sure Book Club runs smoothly is sponsor Mrs. Metzger.

The Book Club has provided the Oak K with a list of recommended books

among favorites of the members. On it were such classics as "To Kill a Mockingbird" and "The Hobbit." Other books included were "Speak," "My Sister's Keeper," "A Time to Kill," and "It's Kind of a Funny Story." The Book Club believes some of these might become favorites of yours too.

The Book Club has truly turned out to be a great addition to Lone Oak High School. There are few greater goals than encouraging reading in a time when students are often choosing almost anything over picking up a book.



Photo by Coran Stewart

A-Team Strikes Again

Patrick Hollowell
Staff Writer

This year's Regional Governor's Cup was held at Mayfield High School on February 27th. Lone Oak dominated the field, to say the least, in nearly every category of competition. Many students placed in the written assessments and the quick recall team powned the rest of the competition as well.

The Lone Oak academic team had seven students place in the written assessment tests, more than any other school participating in the Regional Governor's Cup. **Kyle Oetjen (11)** nearly pulled off a victory in the math section, but still managed to finish second.

Mark Capece (12) captivated his readers finishing second in written composition. **Lee Cole (11)** also had a great showing finishing second in the arts and humanities assessment. **Mark Kaltenbach (11)** achieved success as well at the regional tournament, finishing fourth in the social studies assessment.

Jon Fejes (11) caught fire at the regional tournament, winning the arts and humanities assessment and the language arts assessment. His brilliant mind carried him to a victory in arts and humanities at the state tournament as well. This was Jon's second year in a row to win at the State level and his 3rd victory in four years. This is an unheard of achievement which calls for a special recognition.

The Choudhury duo performed brilliantly at the regional tournament as well. **Rebecca Choudary (12)** tied for first on the social studies test, and finished second in the lan-

guage arts assessment. **Zia Choudary (11)** also tied for first with Rebecca and another student on the social studies test. Zia also finished fourth in the science assessment. The Choudhury's performance was a crucial part in Lone Oak's Regional Governor's Cup victory.

The quick recall team also dominated at the Regional tournament. Led by captain Rebecca Choudhury the team swept the field and went through the tournament without a loss. The team beat St. Mary, Marshall, Murray, and Paducah Tilghman. The other starters, including Zia Choudhury, Jon Fejes, and Kyle Oetjen, were also a vital part in the

team victory. Lee Cole and Mark Kaltenbach also played key minutes to help obtain a victory.

All of these factors added up to give the academic team an overall victory in Mayfield. The overall standings had Lone Oak with 46.5 points and

the nearest competitor with 22 points. This was a very successful day for the Lone Oak High School Academic Team.

The quick recall team and the seven students who placed in their testing areas competed at the state tournament which took place March 17th through March 19th. The quick recall team made it to the second round and lost in a very close match to Dupont Manual. Fejes' aforementioned arts and humanities victory at state was the highlight of the trip. Fejes was well applauded by his teammates and even received a chest bump from Kyle Oetjen as he walked off stage after being acknowledged for his win.



Photo by M.rs. Goodman

Attention LOHS Seniors

There is now a **Lone Oak Alumni Association**. You can join. Lone Oak will always be a part of your life and now you can easily stay in touch with your fellow classmates.

You can join for \$25 and have a lifetime membership. Through the years there will be various alumni activities and information. For information you may contact:

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Rebecca Ruminates

Rebecca Choudhury
Editor-in-Chief

In December, 2006, a new threatened animal came up for consideration for the endangered species list. That animal was our dearly loved friend *Ursus maritimus*, better known as the polar bear. For years, cuddly cartoonified images of these majestic beasts have adorned everything from commemorative Coca-Cola tins, to Klondike Bar wrappers, to brightly colored Lisa Frank notebooks and stationery, and as a result, the arctic predator is a beloved cultural icon and a favorite of small children everywhere. The slow demise of the polar bear, though sad, is nothing new; it joins the ranks of many other species which may not survive to see the end of the 21st century. What is very new, however, is the cause to which the Department of the Interior is attributing the polar bears’ falling population figures: global warming. Warming itself isn’t new – it’s been going on for quite some time, as I understand it. The polar bear, though, is the first species in history to be classified as endangered specifically by climate change, in conjunction with and exacerbated by other factors. Doubtful it’ll be the last. If global warming poses half as serious a threat as most of the scientific community seems to think it does, perhaps we’ll have to add ourselves to the endangered species list in a few decades.

There’s absolutely no uncertainty left that temperatures are rising around the world. Ice caps are melting, water levels are rising, and the snows of Mt. Kilimanjaro don’t fall as thickly as they used to. Scientists estimate that Earth’s average atmospheric temperature has risen about one degree Fahrenheit over the past 100 years, and it could jump by up to 11 degrees by 2100. Nearly all scientists also agree that destructive human activities, such as the widespread use of fossil fuels and deforestation, are at the very least contributing to, if not the direct cause of, this global warming trend. I’m not a climatologist, and unlike television pundits, I will not even pretend that I understand all the ins and outs of the complex dynamics of worldwide temperature change. It’s true that the earth naturally experiences warming and cooling cycles, that it had been long before humans invented the wheel, let alone the SUV. All the same, common sense should tell us that we can’t pump unimaginable amounts of deadly greenhouse gasses into the atmosphere and expect no negative consequences. There’s a lot of argument – though not a lot of disagreement – at the moment about how much human activities are contributing to current warming patterns.

From the Mind of Michal

Michal Gurrola
Entertainment Editor

There is an ancient debate, a debate almost as old as time itself. It is simply this: which are superior, pirates or ninjas? Ninja supporters say that ninjas can disappear, are extremely sneaky, wear a lot of black, and sometimes have magical powers. Pirate fans argue that pirates battle on boats and therefore have better fighting skills, they pillage and plunder, are ruggedly handsome, and have a much better fashion sense. (Seriously, pirates can wear anything they want to and get fun accessories like hats, earrings, eye patches, and parrots. A ninja doesn’t have half the expressive freedoms of a pirate.)

For years this debate has raged on, neither side having a clear advantage over the other. Then, in 2003, Walt Disney studios created a movie masterpiece and tipped the scales far in favor of the pirate. They did this of course by adding the infamous, the amazing, and the well-spoken Captain Jack Sparrow to the ranks of the pirates. Jack Sparrow is a pirate god. He embodies everything a pirate should be. He is resourceful, brave, and skilled with both cutlass and flintlock. He commands respect, yet has a quirkiness that makes him an extremely likable character.

Another reason pirates stand above ninjas is that they can be any place, any time. You can find pirates in the past, present, and fu-

But, does the seriousness of the contribution really matter? I would challenge anyone to present a single piece of reliable, verifiable evidence that unsound industrial policy is not a detriment to the workings of tired old Mother Earth. Even if humans aren’t a primary cause of global warming (which we almost certainly are), what researcher worth his proverbial salt would have the unbelievable gall to claim we aren’t helping it along? And if we are helping it along, why, for the love of all that’s good and holy, shouldn’t we do everything in our power to stop doing so? I mean, I’m not suggesting we return to the days of the water wheel and the horse-drawn cart; nobody worth listening to is. It does seem that there must be some way to clean up the planet without precipitating the collapse of the world’s entire industrial complex. What about wind power, solar power, hydroelectric

generators? For a start, how about enacting more legislation to improve the fuel efficiency of automobiles and place greater restrictions on gas emissions from industrial plants? It’s clearly the cool thing to do – most of our buddies in the international community are already on that track. We could even back them up with good ol’ American fines, strictly enforced, the proceeds of which could go to rewarding compliance or funding any number of noble efforts.

At any rate, the government might not be able to force the evil multinational conglomerate-monsters to do their part, but each of us can do a little to stem the greenhouse gas tide. We can all make the effort to leave the lights on less, carpool more, and practice other environmentally sound behaviors. Luckily I’m not Al Gore, and I don’t have a shady, “non-partisan” pseudo-research group looking into my every energy expenditure. If I did, I’m sure I would come off as a tremendous hypocrite, as would pretty much anyone who ever claimed to be environmentally conscious. The bottom line is, there is no one above reproach, no one who couldn’t do a bit more to give earth’s overburdened atmosphere a little help. That includes me, most definitely, and it includes all of you as well. Get out there and fight the good fight for yourselves, your progeny, and for the humble yet magnificent polar bear and his other cold-weather pals. The Coca-Cola bears, Seabert, and Happy Feet are counting on us.

will continue to exist into the future. Name almost any science fiction piece and it will contain some kind of a space pirate. And pirates travel. Real pirates were found throughout the Caribbean, the African coast line, and anywhere else they wanted to be. Present day pirates are found all over the world (and include a few music pirates here at Lone Oak). The only setting in which you can find a ninja is ancient Japan.

You can say pirates are dirty and crude, but they’re also rich and that makes up for a lot. They work for themselves, unlike ninjas who are usually hired to do someone else’s dirty work. A pirate is in it for himself and himself alone. No bureaucracies to get between him and his wealth.

Pirates aren’t afraid to be scoundrels. They openly pillage and plunder. They don’t hide under the cover of darkness. When they commit their crimes they perform them right out in the open. In front of everyone they say, “I’m a pirate and I’m a dirty scallywag and I don’t care!” Clearly pirates have better self-esteem than ninjas.

So in the superior banter of the pirate, “Have at ya, ye lumpish, doghearted, land lubber.” Does the ninja reply? No. He remains hidden and enshrouded in silence.

“It’s true that the earth naturally experiences warming and cooling cycles, that it had been long before humans invented the wheel, let alone the SUV.”

“A ninja doesn’t have half the expressive freedoms of a pirate.”

Aaron Megibow
Features Editor

Mental illness. This umbrella term covers a wide range of medical conditions such as depression, bipolar disorder, schizophrenia, and a host of anxiety disorders. Throughout history mental illness has been misunderstood in two ways. The first being that those affected by mental illness are always locked up in psychiatric wards in straight jackets, bouncing off of padded cells shouting about the voices inside their head. The second misconception is that mental illness is something that is completely fake and does not need any sort of medical attention whatsoever. Both

of these could not be farther from the truth. Recently there has been a surge among many religious movements (from fundamentalist Christianity to Scientology) in the belief that anti-depressants, mood stabilizers, and antipsychotics are sinful medications and that anyone who seeks treatment for a serious mental illness has lost all faith in their religion. This type of thinking has proven to be very detrimental to our society. This can be seen in the statistic that mental illness (including suicide) accounts for over fifteen percent of the burden of disease in established market economies, such as the United States. This is more than the disease burden caused by all cancers (source: National Institute of Mental Health). With this in mind, would a person subscribing to the “it’s all made up” mentality tell a person suffering from cancer not to seek medical treatment and just “suck it up”? Of course not!

The fact of the matter is that society today takes mental illness very lightly, and considers psychology a pseudo-science. This is a very surprising trend, considering that in the United States alone 57.7 million people suffer from a diagnosable mental illness (and that’s just the number of those who seek treatment). Besides fundamentalist religion, there is another key player in society’s nega-

tive view of treatment for mental illness. Just go out to Books-a-Million and wander through the tiny “personal growth” section. There you will find very few books which seek to inform their customers on the facts of mental illness. Instead, you will find books such as *It’s All in Your Head: Thinking Your Way Out Of Depression* and *Too Blessed To Be Depressed*. The message that these books convey is a very dangerous one, “don’t seek medical attention for your mental illness, just pray and it will all be ok!” Now, I’m not undermining the power of prayer, but, the fact is, mental illness cannot simply be prayed or willed away. The path to treating mental illness includes cognitive (or “talk”) therapy, and sometimes prescription drugs. (You might have heard of a few of them, both Evanesence and Nirvana have songs about the mood stabilizer lithium, and the anti-depressant Prozac has gotten an unprecedented amount of media coverage.)

What I’m trying to say is that mental illness is a very real medical condition, that, when left untreated, can be very detrimental not only to the suffering individual, but to society at large. So, next time you hear about someone suffering from a mental illness, please take them seriously. After all, where would we be in this world without people such as Abraham Lincoln (depression), Queen Elizabeth I (bipolar disorder), Sir Isaac Newton (bipolar disorder, paranoia), Charles Darwin (agoraphobia/fear of leaving your house, panic disorder), Winston Churchill (depression), Vincent Van Gogh (debatable: bipolar disorder or schizophrenia, suicide), Franz Kafka (obsessive compulsive disorder, anorexia), Leo Tolstoy (depression), and F. Scott Fitzgerald (bipolar disorder, many years in a mental institution)?

“Throughout history mental illness has been misunderstood in two ways.”

Midyett’s Musings

Autumn Midyett
Business Manager

Ah, gym class, the traditionally painful, humiliating, awkward rite of passage that we must all suffer through. I recall an opinion piece featured in the Oak “K” last year written by Sneha Pampati in which she wrote about how she felt that her senior class had matured over the years and how gym class was much more fun in high school than it had been during those awkward middle school years because everyone had grown up so much. I had really hoped that what she said would hold true during my senior year. Then on the first day of gym class this semester, I got hit in the side by a rogue basketball. The memories of pre-teen humiliation came rushing back.

I’m not going to lie, I’m pretty sucktacular at most sports. However, for the most part, I honestly don’t mind playing in gym class. I could be better, I could, however, be worse, but I do at least make an attempt to participate. It seems that gym class is divided into three broad subsets. There are the elite, athletically adept few; the ones who aren’t too great or too aggressive, but still try; and the ones who stand there, perfectly still, undoubtedly praying everyone forgets they’re there. Then these groups are further divided into the two categories of “I take the game way too seriously and I WILL win!” and “Dude, shut up, its just gym class!”

Now that I have dissected my gym class I will go into detail on my issues. Number one: Learn your classmates’ names! It’s not that hard. There are about 30 people in the class. I am not “girl in the Art Club shirt” or (points finger at group of 3) “You. No, you. No, the other one.” I know everyone’s name despite having never carried on an actual conversation with several of my classmates and it doesn’t take that long to figure out. One instance that really annoyed me was when we were playing volleyball and it was my serve. Several people on my team had remarked that it was my turn, using my given name. Despite obviously having heard this, a member of the other team yelled to his teammates, “It’s

the girl in the (insert some adjective I don’t remember here) shirt’s serve.” I reiterate: learn everyone’s name. If there is no way you can possibly remember everyone’s name be nice about it, ask them what their name is and/or don’t volunteer to be a captain.

Number two: Is it really necessary to throw basketballs, soccer balls, any kind of balls from across the court trying to make a basket that you obviously will not hit during walk/run time? Seriously, the number of times innocent walk/runners have been smacked in the head or stomach or leg with a speeding ball is obscene. Besides, remember, you are supposed to be walking or running.

Number three: I fall into the earlier mentioned “Dude, shut up, its just gym class!” category and I just don’t see why some people take everything so seriously. If I try to hit someone with a dodge ball and miss, do not yell at me. Maybe sometimes I would like to keep my dodge ball and throw it myself rather than just hand it over to someone who has slightly better aim. It’s just a game. You don’t get a prize if you win. You don’t even get any recognition. Why alienate someone’s who’s at least trying?

Then we have number four, the issue of participation. First we have the group I beg, please share the ball. It’s frustrating to want to play and be totally ignored. You wouldn’t like it, so don’t do it. To the second group, get over it. You have to be here. Deal with it.

Now I’m sure it sounds like I am the ultimate gym class hater, but I’m really not, I promise. It’s a welcome break to spend a class period away from drawing diagrams, reading Shakespeare, and doing derivatives. For the most part I enjoy playing in gym, but the things mentioned here are things that do drive me crazy on a daily basis and I am certain that gym class would be much more enjoyable if people would just chill out a little.

“...gym class, the traditionally painful, humiliating, awkward rite of passage that we must all suffer” through.”

WHAT'S HAPPENING 3RD HOUR?

Staci Alexander
Photographer

In this issue of The Oak “K”, the staff decided to answer the question that is on everyone’s mind. What’s really going on 3rd hour? We went around taking snapshots of the hottest scenes here in Lone Oak High School and found some interesting things. But for some strange reason, one of the Oak “K” staff members wanted to get in the paper so bad, he kept appearing in all of the pictures! See if you can spot him skulking around in these scenes.



Ms. Warmack’s class Studiously Analyzes Poetry



Surprise! Coach Mizell’s class is working?!



Coach Whitis’ class listens intently as he demonstrates the concepts of flag football.



Mr. Ezell leads the welding team in fixing a trailer hitch.



Ms. Sturm’s class works on homework.



Laura McCain (12) and Mitchell Dunaway (12) explain what an eyeball is made of in Ceglinski’s Anatomy

Spring Break Blues

James Summerlin
Assistant Editor-In-Chief

So where are you going for Spring Break? Destin? Panama City? Gulf Shores? A lot of people are going somewhere exciting for Spring Break, whether it be a beach or a cruise. What are you doing? What if you aren’t doing anything for the off-week? Is there anything to do here in Paducah? If you aren’t fortunate enough to go somewhere exciting this year, here are some things to do.

Read a book. I know it sounds cheesy and boring, but there are some good books out there. Find something you’re interested in and read a book about that. Find a good author and read some of his or her stuff. This is a time where you are required to read anything, so pick out something you’ll be interested in and read it before you’ll be force to read something else.



Go downtown. There are some decent places to go and things to do downtown. This would be a good time to check out some good restaurants to eat at and to look at the murals. Go shopping in one of the antique shops. Don’t stay at home. Go out!

Go on a progressive dinner. Here’s what you do. Get a bunch of friends who are as bored as you and eat at each one of their houses. Plan it so that at every house there is a different course. Then, you end the night at someone’s house with a movie. Having to go different places for your food can get pretty intense, which increases the fun level

Ultimate Frisbee at the park. Who doesn’t love a good game of Ultimate Frisbee? This is another event in which you must get a group of bored friends. Find somebody with a good Frisbee, get some face paint (for intimidation), set your boundaries and let the games begin. This is a great game that everyone can play and it can give you a good workout.

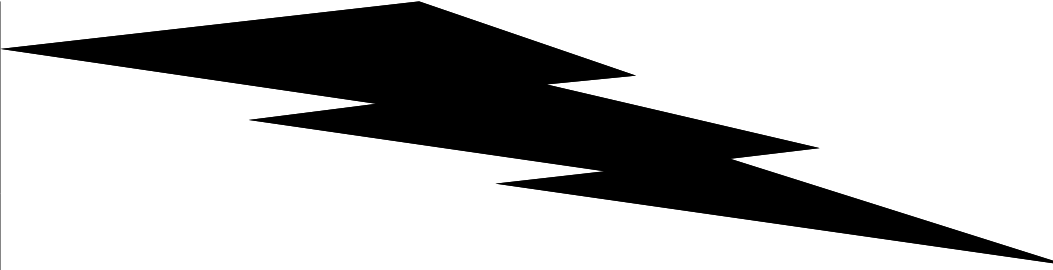



Find a pen pal. I don’t care how nerdy this sounds, it’s actually entertaining. Find someone that you know that lives far, far away and write them a letter. If you have stayed in Paducah your entire life and have not met anyone interesting, then go on a web site where you can find pen pal (like penpal.net or penpalparty.com). It’s pretty exciting when you get a letter from someone across the country.

Lord of the Rings movie marathon. This doesn’t have to be an LOTR movie fest. This can be a “Harry Potter” movie fest , “24” in 48 hours event if you can’t get enough of Jack Bauer, or a “Star Wars” extravaganza. This is all an endurance test that your friends can participate in that doesn’t require physical activity. What’s more fun than that?



You don’t have to be bored this spring break. There are plenty of things to do besides sitting around and doing nothing. Just remember to be safe out there and don’t do anything stupid. Have a great break!





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Around Town: The Arts District

In August of 2000, artist and Lowertown resident Mark Barone came up with the idea to simultaneously renovate the Paducah, Lowertown area and bring a little culture to this small city. The result of his proposal has become the Paducah Artist Relocation Program.

We have all heard about the Artist Relocation Program but the details of the project are still rather vague. The main purpose of the program is to revive the downtown area. In order to do this, houses need to be repaired, businesses need to be started and people need to be brought in to make it all happen. "These people," of course, are the many artists from around the country who could be convinced to move to Kentucky.

So how does Paducah convince artists to move here? First there are financial incentives. Artists involved in the program are offered lower-than-market interest rates, discounts on closing costs, and many other banking services at little or no cost. Health insurance, free websites, joint marketing, and promotional opportunities are also good incentives. Then there's the fact that no artist living in a big city, like Chicago or Los Angeles, would be able to afford to own as much living, gallery, and studio space as the downtown area can provide. Most of the artists have their galleries and studios right inside their homes.

So what do the artists have to say about the program? Most of the artists think it is a wonderful opportunity. They can live in the comfort of Paducah and, thanks to today's technology, sell their work in areas where

there is more of a demand for modern art. The artists also get plenty of advertising and exposure through the program, which is definitely good for business. So everybody wins. The artists get a spacious, quiet place to work and we Paducans get a fun place to wander around and pick up culture on a lazy Saturday afternoon.

For more information about the Artist Relocation Program and the Lowertown Arts District visit these websites:

- ◆ shopLowerTown.com
- ◆ paducahdowntown.com
- ◆ paducahchamber.org
- ◆ paducahmainstreet.com
- ◆ paducah.travel
- ◆ paducaharts.com



Photo by Autumn Midyett

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Autumn Midyett *Business Manager*

Michal Gurrola *Entertainment Editor*

MENTOR HOUSE gallery

Better known as "that house with the giant metal giraffe next to Etcetera," the Mentor House Gallery features one of the most colorful art collections we saw in Lowertown. Displaying everything from unique glassware to copper wall hangings, to ginormous cloth bulb flowers, the Mentor House exhibits works by several artists from around the country. Gallery owner Paulette Mentor exhibits many of her own pieces, which are predominately acrylic paintings. Her paintings are generally abstract while other art featured in her gallery is more realistic tending toward still life and portraiture.

The diversity of the gallery extends to its three dimensional works which includes glassware, ceramic sculptures, wood working, and leather handbags. Notable pieces include the giant platform shoe, the whimsical ruffled bowls, and handbags reminiscent of cowboy boots.

Aside from the 18-foot giraffe, the gallery has many other distinctive pieces not for sale including a countertop inlaid with marbles and a community color by number poster in the bathroom. All in all, the Mentor House Gallery is definitely worth a visit when wandering the Lowertown area, even if most of the pieces are out of the financial range of most students.



Left: Interesting offerings, most of which is not the work of Julie Shaw (But we still love it).
Right: Julie Shaw's awesome jewelry.
Photos by Autumn Midyett

Aphrodite

Aphrodite showcases a magnificent array of owner Julie Shaw's quirky, hand crafted jewelry. Displaying a wide variety of colors and styles, her earrings, bracelets, and necklaces are sure to delight visitors of all sensibilities and tastes. In addition, the shop sells unique household items, such as colorful candles, eccentric cookware, and spiffy soap dishes constructed from recycled materials. Most of the works in this gallery are three dimensional with the exception of several lithographs featuring stormy landscapes. Although Aphrodite may be one of the smaller shops in the Arts' District, it is full of unique oddments and gifts.



Left: Fancy a bubble tea? Mocha? Cappuccino? Delicious cookie?
Photo by Autumn Midyett
Right: Oak "K" staffers pause to admire rival art work.
Photo by Amber Millay

Etcetera

Because Oak "K" staffers just can't seem to get enough of the small coffee shop, we visited Etcetera yet again. Twice in one day, no less. The macchiato is still foamy, the bubble teas are still bubble-filled, and best of all, because of a stretch of warm weather, we were able to enjoy our chosen beverages in the comfort of rod iron patio chairs under a clear, blue sky. If coffee's not your thing, and tea sounds less than appealing, try the delicious chocolate chip cookies, and maybe scribble a doodle or two in Etcetera's communal sketch book.



Top Left: Fabulous photograph of billowy bowls and pretty portraits at Mentor House Gallery.
Left: See if you can spot the Lone Oak student enamored of her new print by Brian Andreas. (Hint: look for blinding white legs)
Photos by Autumn Midyett
Above: Oak "K" staffers pose with John the Giraffe.
Photo by Amber Millay (12)

520 Studio/Gallery

520 Studio/Gallery is a small gallery just around the corner from the Mentor House and everyone's newest favorite coffeehouse, Etcetera. Unlike the other galleries we visited, this one features only paintings, most of which are the work of the owners Joel and Marta Utsler. You can't tell it from the standard greyscaled Oak "K" photos, but the paintings are actually extremely brightly and vibrantly colored. While visiting the gallery, we were lucky enough to receive a mini-tour of the small studio in the back, where many new works were still in progress. Although 520's collection is somewhat smaller than that of other galleries, the quality of the work and the gallery's serene, casual atmosphere sets it apart as a remarkably mellow and inviting space.



Left: A peak into Marta Utsler's personal studio.
Right: Vibrant paintings (sadly) shown in black and white.
Photos by Autumn Midyett

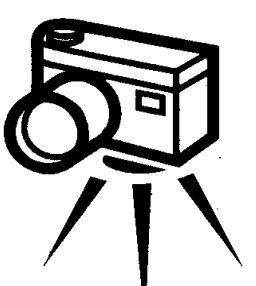


In November of 2006, the Global Nomad was the place to go for exotic coffees and teas. Now times have changed, the drinks have run dry, and the Nomad has gone from coffee bar to boutique. Featuring handmade artwork from around the world, interesting and unusual clothing, and the strangest candy bars ever to be found in small town America (curry and chipotle pepper?), the Global Nomad is no longer a place to quench your thirst but instead to satisfy your wanderlust — all without leaving the city limits.



Left: One of the restored downtown houses, now the Kim Global Nomad. Right: Does this really need a caption?
Photos by Autumn Midyett

Gene Boaz Photography



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Participants	March Madness	Tubby Smith	Anna Nicole Smith	Snood	Facebook
Ms. Wear	UK	Difficult	Sad	Who’s Snood?	Trouble
Clayton Isenberg (9)	UNC	Fired	Playboy	Awesome	Communication
Mr. Whitley	Heaven	Incompetent	Who?	Food with snot	Alcohol
Derek Operle (10)	NCAA	UK	Bahamas	Latino	Harvard
Cameron Tillett (10)	Crazy	Fired	Howard K. Stern	Amazing	Pointless

CRAZY APRIL HOLIDAYS!

Staci Alexander
Photographer

Get out your party hats and get ready to celebrate these weird and obscure holidays in the month of April

April 1 is One Cent Day
April 2 is National Peanut Butter and Jelly Day
April 3 is Don't Go To Work Unless It's Fun Day
April 4 is Tell-A-Lie Day
April 5 is Go For Broke Day
April 6 is Sorry Charlie Day
April 7 is No Housework Day
April 8 is All Is Ours Day
April 9 is Winston Churchill Day
April 10 is Golfers Day
April 11 is Eight-Track Tape Day
April 12 is Look Up At The Sky Day
April 13 is Blame Somebody Else Day
April 14 is National Pecan Day
April 15 is Rubber Eraser Day
April 16 is National Eggs Benedict Day
April 17 is National Cheese Ball Day
April 18 is International Jugglers Day
April 19 is Garlic Day
April 20 is Look-Alike Day
April 21 is Kindergarten Day
April 22 is National Jelly Bean Day
April 23 is World Laboratory Animal Day
April 24 is National Pigs In A Blanket Day
April 25 is National Zucchini Bread Day
April 26 is Richter Scale Day
April 27 is Tell A Story Day
April 28 is Great Poetry Reading Day
April 29 is National Shrimp Scampi Day
April 30 is National Honesty Day



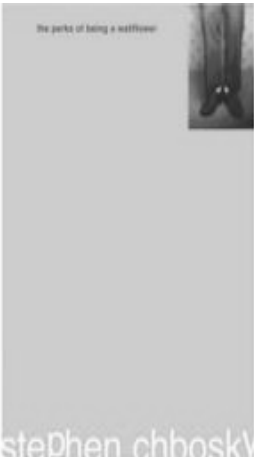
WHAT'S THE HAPS, YO?

Aaron Megibow
Features Editor

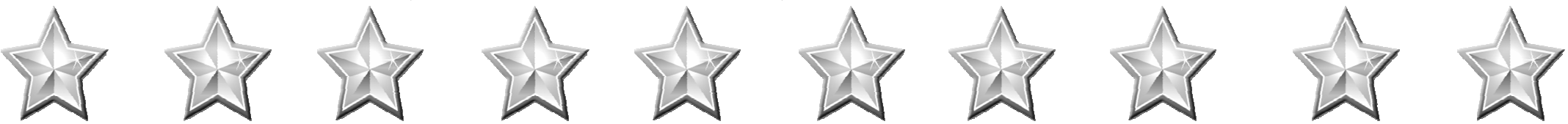
When I’m not busy writing articles for The Oak “K” during third hour I pass the time by catching up on my reading. While enjoying “The Catcher In The Rye” by J.D. Salinger and “Native Son” by Richard Wright I ponder the same question that Plato, Socrates, Descartes, and Nietzsche have all contemplated: “What are the students at LOHS reading?”

Name	Title	Author
• Rachel Carter (11)	“Dress My Family In Cordoroy And Denim”	Sedaris
• Emily Hensel (10)	“A Million Little Pieces”	Frye
• Seth Bowden (12)	“The Mayor Of Casterbridge”	Hardy
• Patsy Pierce (9)	“The Perks Of Being A Wallflower”	Chbosky
• Summer Doles (11)	“Like Being Killed”	Miller
• Kirsten Sturm (11)	“Lullaby”	Pahlaniuk

Photos from google.com



MYSTERY STARS



Chaelim Young
Assistant Business Manager
Brick Green
Coroner

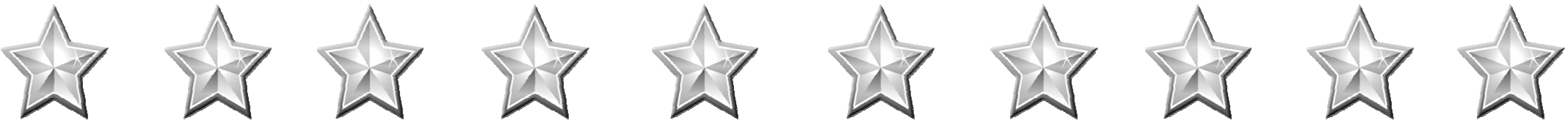
This freshman is 5’6 and 14. She is one of the youngest freshmen at Lone Oak. She switched to Lone Oak from another school in the 7th grade. She is a member of the Lone Oak Color Guard who loves the colors black and pink. This freshman also loves to cuddle up with a Carebear when she is not shopping at Wet Seal. She likes to go on vacation in Miami, Florida and loves turtles. She also loves to watch the T.V. series, “The Hills” on MTV.

Hi, my name is not Olivia or Jordan. I’m a sophomore here at Lone Oak High School. I am five foot six inches tall. I have bluish-green eyes and brown hair. I play tennis, soccer, and am on the Academic team. Besides playing sports I just mainly goof off and love on Death Cab for Cutie. This spring break you could see me hanging out in Destin. Something else you might know about me is that I am the sister of the biggest legend of Lone Oak High School. Can you guess who I am?


Hello, I’m a junior here at Lone Oak. I have brown hair, brown eyes, and I am five foot five inches tall. I enjoy playing basketball, tennis, and running cross country for Lone Oak. When I’m not doing any of these I just like to hang around with my friends. I love the bands Cake and The Fray. I drive a white Nissan X-terra and my dad teaches at the middle school. Can you guess who I am?

This senior is 5’10 and 17 years old. This senior is an American Caucasian who works at Quiznos. This senior is no stranger to moving around. He has lived in a lot of different places. He moved back to Lone Oak this year from Marshall, though he was here the last half of last year. He used to play in our school band, and he loves to play all sorts of random sports. He also loves to spout random comments about anything in interest.

Last month’s mystery stars: Kim Bradford, Kacie King, Brittany Eisenga, Ashlee Bennett




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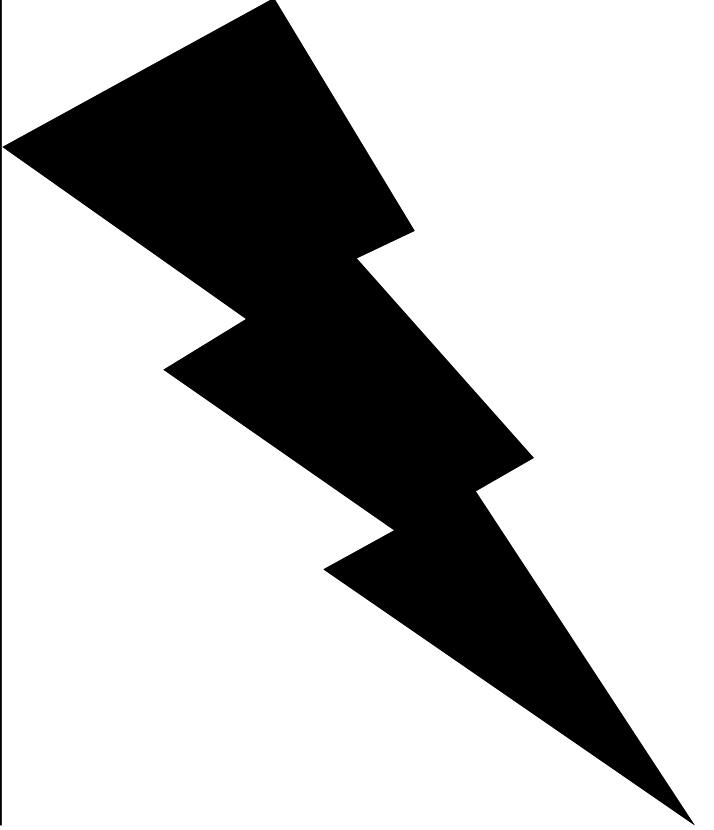
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A Voice from the Underground

Aaron Megibow
Features Editor

Fans of Chuck Palahniuk rejoice, there’s an old man out there who has been writing edgy prose and poetry for forty years similar to Palahniuk’s style (obviously not copying him). His name is Charles Bukowski, and his book of short stories, “The Most Beautiful Woman In Town” is liable to shatter all of your perceptions about what makes good literature.

Born in Andernach, Germany in 1920, Bukowski wrote over thirty books of prose and poetry before he died in 1994. Throughout his whole career, he was attacked by the American literary community as being worthless, crude, and talentless. Yet, Bukowski has earned quite a following among a few Americans looking for a fresh new voice and the majority of Europeans who hail him as one of the greatest American authors.

“The Most Beautiful Woman In Town” was published in 1983 and contains some of Bukowski’s most impressive short stories. Titles such as “Twenty-Five Bums in Rags”, “Twelve Flying Monkeys Who Won’t Copulate Properly”, and “The Day We Talked About James Thurber” make it impossible to resist picking up this book. Once you get into

it, you can’t stop reading it. The subject matter ranges from men stealing dead bodies from hearses to various rendezvous with women.

Not only does this book offer a variety of subject matter, it offers a break from conventional literary style. There are no lengthy, unnecessary descriptions, flashy “vocab list” words, and no boring interludes of uninteresting action. Bukowski always uses inventive character interaction along with simple and colorful language to tell his stories, which are sometimes drawn from his own life experiences. Not only are the bodies of Bukowski’s works captivating, his endings are often profound. At the end of every single story, no matter how enjoyable, there is always a profound yet simple last sentence at the end that just makes you just sit back and say, “wow...”

So, if you’re in the mood for something fresh and edgy, something that will revive your interest in reading, go and pick up a copy of “The Most Beautiful Woman In Town” by Charles Bukowski (or any of his other books for that matter). I’m sure that after you read that first story you won’t be able to put it down.



Image from www.powells.com

M3G470Kj0 R0X0RZ!

Charis Gurrola
Student Contributor

What’s cooler than a rent-a-zilla, a robotic girl, and a horde of zombies attacking Tokyo? Well, the obvious answer would be a winged hamster, but “Megatokyo” has that too. From the mind of Fred Gallagher comes a clever web-comic about videogames, voice acting, and ‘L337 hax0r skillz.’

When Piro decides it would be a good idea for him and his friend, Largo, to leave town for awhile, he decides to take them on a trip to Japan. However, after spending all of their money on junk like Largo’s ‘Cool thing’ (a metal ball that does...well, cool things), they realize they don’t have enough money to get back home. This leaves the two of them stranded in Japan with Piro working in a comic book store trying to earn enough money to get back home, and Largo running around with a ninja, trying to save Tokyo from the zombies he released from the sewer system.

Each character in “Megatokyo” is unique. You have Piro, who is a very level-headed character with no confidence. He can spend the day behind a store counter reading girls’ comic books trying to find the answers to life’s problems. Then you see his counterpart, Largo, who has blurred the line between reality and the gaming world. At one point he

jumps from a second story window to escape from the clutches of ‘the queen of the undead.’

This story is set in a fun world. Even though the setting is modern day Japan, the creator adds some quirky elements. For example, Piro’s conscience is part of a corporation which works to keep the human population in the right. She’s basically a shoulder angel

whose job doesn’t provide insurance. So of course if there’s a shoulder angle, there has to be a shoulder devil, whose goal it is to make her job twice as hard.

The story manages to follow the antics of each character, and mesh the story lines beautifully. Largo brings in two friends to help him battle ‘teh 3vil.’ What he doesn’t know is that Dom and Ed have both come with ulterior motives. Ed, the slightly psychotic one, has come to reclaim a rouge PS2 accessory. Dom, on the other hand, is representing Sega and is trying to convince an ex-voice actress to come back to America with him. Largo happens to be trying to protect the voice actress, and the PS2 robot happens to have a crush on Piro. It all comes together.

“Megatokyo” can be accessed online at megatokyo.com, and in book form. The website is free and offers Megatokyo merchandise. Anyone want a stuffed winged hamster?

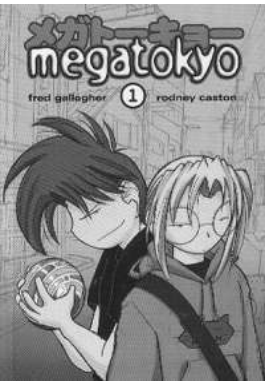


Image from http://imbryk.esensja.pl

Energize Your Life

Patrick Hollowell
Staff Writer

Energy Fitness is a fun place to go that offers a variety of activities for everyone. There are free weights for those trying to bulk up and get stronger and machines for people looking to tone. It also has cardio and abdominal areas for people trying to lose weight and get into shape. Energy Fitness also offers classes such as Body Pump (which I have tried myself), Body Jam, Turbo Kick, Yoga, and Spinning classes.

“Energy,” as called by many, has a vast amount of space and a state-of-the-art weight training facility. The huge variety of free weights is ideal for people trying to gain muscle mass. There is also a plentiful amount of weights so you don’t have to wait during the busy hours. They also have a great variety of machines for those looking for more lean muscle. The new “Strive Cycle” is a series of machines that give you a full body workout which you can finish in less than 30 minutes.

Energy also has great cardio and abdominal workout areas. The cardio section offers ma-

chines such as treadmills, bikes, stair steppers, and elliptical machines. These machines are great if you are looking to get into shape and shed some pounds. The abdominal area at Energy Fitness is very advanced as well. There are ab balls, leg raisers, and various other types of crunch machines. These two sections of Energy are great for spring breakers trying to look good for beach season, and two of my personal favorite sections. Energy Fitness also has great trainers and group fitness instructors who will help you create a plan that fits you.

In addition to cardio machines, weights, and fitness classes, Energy Fitness also has a basketball court. You will often find a pickup game going on and can jump in and play. On Thursday night there is a men’s basketball league and everyone is welcome. There are no specific teams, just a series of pickup games. If you are looking for a challenge this is a great night to play because this is when the most advanced basketball players play. There are also many other things to do at Energy Fitness such as tan, sit in the sauna, or pick up a snack or beverage. All of these great activities are very fun and a good way to get in shape and that is why I think you should come out to Energy Fitness and try it out. I guarantee your experience will be a great one.



Image from energyfitnesspaducah.com



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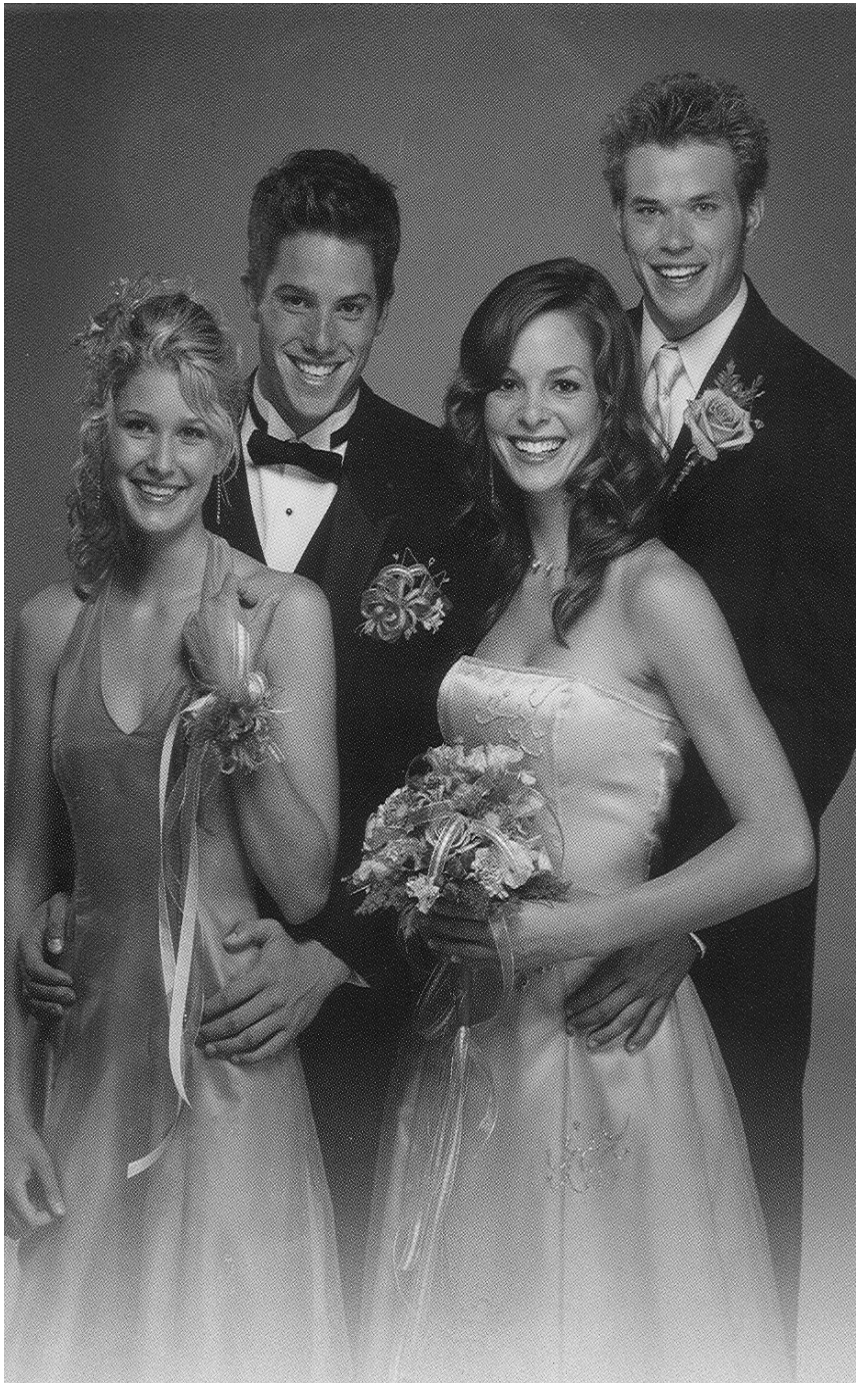
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Before Our Time: American Graffiti

Autumn Midyett
Business Manager

It’s number 77 on the American Film Institute’s “100 Years, 100 Movies” list, was nominated for five Oscars in 1973, and is an iconic teen movie with a squeaky-cleaned American Pie sort of feeling of coming-of-age confusion. “American Graffiti,” made in 1972 but set in 1962, follows a group of teenagers each at turning point in his or her life on the last day of the summer. Each member of the group has their own story in this film. Steve and Curt just graduated from high school and are planning to leave for college “back east” first thing in the morning. Steve is anxious to leave, but not so anxious to leave his younger girlfriend Laurie behind. Curt isn’t sure whether or not he really wants to leave home. John Milner is a cool, older, smooth-talking, fast-car driving drag racer who suddenly finds himself babysitting a younger teen girl when all he really wanted was to pick up a girl his own age. Terry is about Laurie’s age and is rather nerdy, but still has quite the adventure of his own with a pretty girl who initially likes him only for his car.

This movie is full of excitement characteristic of the early 1960s. There’s the sock-hop, drag racing, cruising the strip, the drive

in diner, the secluded make-out spot, and an elite, T-Bird-esque group, the Pharaohs. Plus, it also includes the timeless scandals of relationship drama, stolen cars, and underage drinking. Don’t expect too much debauchery though, it is rated PG.

Star-wise this film has a nice cast and is quite well-acted. The back of the DVD case claims Harrison Ford and Suzanne Somers as stars, but really they only have small parts. Somers plays “Blonde in T-Bird,” actually a bigger part than it sounds, but still. However, Ron Howard, post-Mayberry, pre-Happy Days, stars as Steve. Cindy William, who plays his girlfriend in “American Graffiti,” is another Happy Days vet and the Shirley of “Laverne and Shirley.” Not to mention the fact that the film was written and directed by the super famous director of Star Wars, George Lucas.

I am officially 35% done with AFI’s “100 Years, 100 Movies” list and to be perfectly honest, I have not been overly impressed with several of the movies I have seen thus far. “American Graffiti,” however, did not disappoint. I’m not going to say it’s my new favorite movie or anything, but it’s worth a view. If you’re a fan of teen movies like “American Pie,” “The Breakfast Club,” or “Grease,” you should see this movie because it undoubtedly paved the way for films such as these.



Image from newzeal.com

How Blue?

Danielle Harrison
Features Editor

History, love, scandal, poverty, oppression, a fascination with beauty, and a thirst for something more...*The Bluest Eye* runs the gamut of African-American, female, and family issues. Set in Lorain, Ohio in the 1940’s, this coming-of-age novel by Nobel Prize-winning author Toni Morrison centers around the heart-wrenching story of Pecola Breedlove, a young girl desperate to be beautiful and admired by those around her. Her quest for beauty as defined by society has in its core a desire for blue eyes, the beautiful blue eyes of pretty white girls she sees every day, and in this quest she finds herself pleading to Soaphead Church, a local “minister,” for this answer to prayer. Pecola’s path is sprinkled with the neglect of her mother, the abuse of her father, and her brother’s habit of running away from home—only to be added to the general disapproval of her community for being such an “ugly” child.

Through the use of Dick-and-Jane narrative splices, various broken points of view, and a conversational writing style, Morrison poignantly delves into the issues of a young

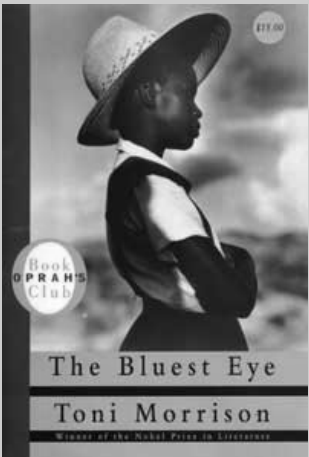


Image from eastpointneighbors.com

girl’s experience with a jaded society and a dysfunctional family. Pecola wants nothing more than to be loved, and in the absence of her family’s love, she’ll look anywhere to find it. Friends Claudia and Frieda act as narrators throughout the story and act as a glimpse of the generally piteous attitude adopted by the community toward Pecola. The community shows to be an oppressive force in Pecola’s life, but when inspected closely, the reason for their suffocating disdain for Pecola and the Breedloves is actually a result of their own personal failures and shortcomings. As a result, a broken community breaks its young people, creating an endless cycle of grief and desperate searching.

The Bluest Eye is a deeply moving novel, especially for fans of African-American literature. Though shocking and graphic at times, Toni Morrison’s message through the story of Pecola is one applicable to all people, regardless of age, gender, race, or class. The desire to be appreciated and admired, the thirst to be deemed beautiful and lovely, is a desire not at all foreign to any of us, especially those in the self-defining, role-identifying stage of life. I highly recommend *The Bluest Eye*, a true gem in the vast array of African-American literary works.

Haven’t I Seen This Show Before?

Jessica Gordon
Student Contributor

Science fiction has never looked this cool. Robot vs. Man facing off in outer space to the death, it’s what every sci-fi fan has been waiting for... and it’s back! Battlestar Galactica, the once infamous Star Wars wanna-be series, has been remade and totally rocks!

Cylons, intelligent robots used to fight their human master’s wars, rebelled against their creators. These human creators were a part of the Twelve Colonies. The war between the two was fought until a stalemate occurred, then the Cylons retreated into the abyss of space.

A shaky truce lasted for 40 years, until a bombshell blonde waltzed onto the scene, who turned out to be a Cylon in human form. Humanity suffered from a horrible attack, killing billions. Only a few managed to survive the attack and flee to space, with the only warship, *Galactica*. Now, the last remnants of humanity search desperately for the mythical 13th colony, Earth.

Pretty neat, right? And you can bet this show ain’t lackin’ in the good stuff (aka special effects). Explosions, space battles with spaceships, and shiny human-killing robots. Can this get any better?

Yes! Edward James Olmos plays William

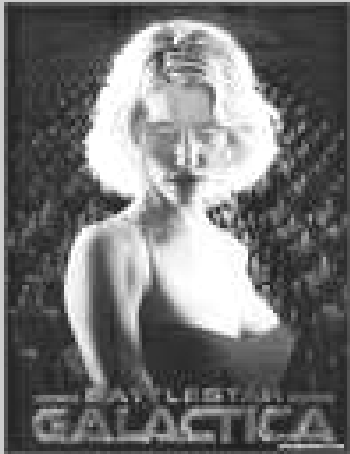


Image from comicbookhotties.com

Adama, yay! Join in everyone, yay! President Laura Roslin is played by Mary McDonnell who was the first lady in Independence Day (go figure). Lee Adama “Apollo” is acted out by Jamie Bamber, and Kara Thrace “Starbuck” is played by Katee Sackoff who was there at the Spike Awards for Horror, Sci-Fi, and Fantasy for Battlestar Galactica’s award for best sci-fi television series. She was accompanied by Tricia Helfer, who is Number Six, the bombshell blonde human Cylon.

There are some oddities about the show. Take for instance, Starbuck. She was a he in the old series, but for some reason has become a woman. Also, the drama surrounding everyone is pretty depressing. One poor man falls in love with a Cylon who looks like a human, and she ends up having his kid. Tell me that is not weird.

Besides that, the show is awesome. If you love adventure and science fiction, this is the series for you. It comes on every Sunday night on the Sci-Fi channel at nine, right after the Dresden Files. If you want more information and to watch past episodes, log on to scifi.com/battlestar.

Don't Get Comfortable

James Summerlin
Assistant Editor-in-Chief

Something I like to do sometimes is go into LifeWay and look for the deals. I have my list of CDs I want to buy and if there is a deal that I can’t pass up or if there is a free sampler involved, I go for it. Usually, these cheap CDs aren’t spectacular, but I got a good deal so I don’t complain.

The same thing happened not too long ago. I had some cash to spend so I went looking for a good deal. I found an album by Brandon Heath entitled “Don’t Get Comfortable.” I had heard of the guy, but I had no idea if he was good or not. But hey, the album was 7 bucks and I got a free CD with it.

So how was this CD? Better than I expected. I always enjoy listening to new artists and new bands just because of what they bring to the table. And, boy, did Brandon Heath show up! I’ve heard stuff like what he played, but he showed to me that he is the future.

This music is phenomenal. There are some good upbeat songs (like “Our God Reigns”, “Don’t Get Comfortable”, and “Steady Now”). Then he has some songs that sound



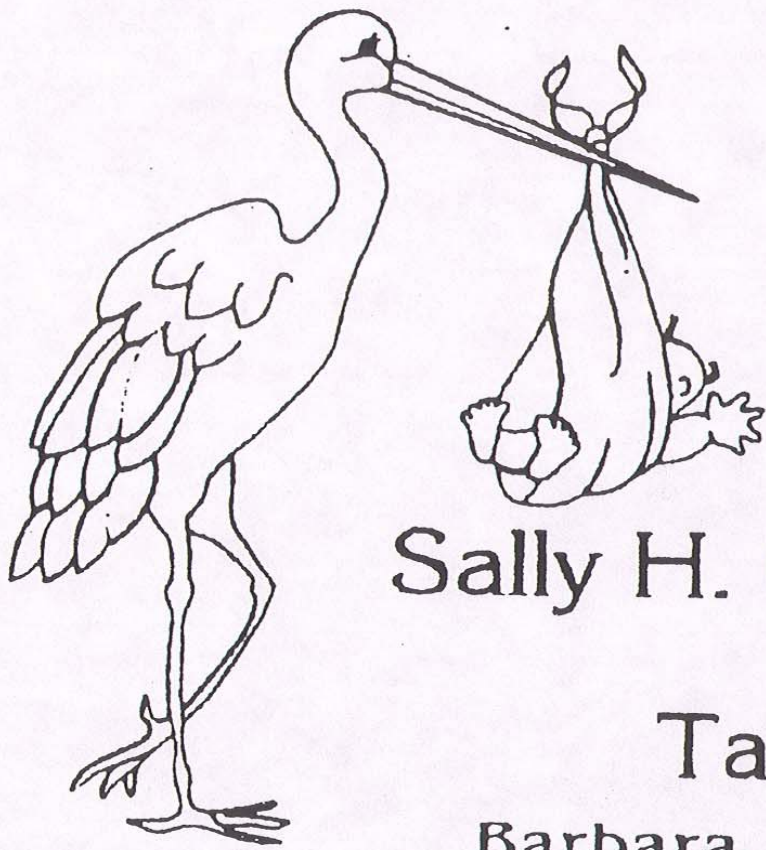
Image from buy.com

like they have been taken right out of a movie trailer that’s advertising a romantic film in which the chick dies and everybody weeps (“Red Sky”, my favorite song on the CD). This provides much needed variety which keeps you listening.

This album is good, but it’s not so great that I would buy it at regular price. It does have some variety, but as I’ve said before, I’ve heard stuff like what he has played. I’m not saying he doesn’t play his style well, but if you are going to start in the music industry, you have got to sell things by showing the people something they haven’t heard before. Mix up some things. Innovate. If you keep with this style on the next album, you won’t sell as many CD’s as you want to.

This guy sounds like Derek Webb if you want me to compare. (Sorry if you don’t know who he is. That’s my best comparison.) I’ve heard a lot of comparisons to Jack Johnson, but I really can’t connect the two artists. Heath has more force behind his music compared to the laid-back Johnson. It’s a really good album, although it’s not the best album this year and I’m hoping for some improvement for the future. I give Brandon Heath’s “Don’t Get Comfortable” a 4 out of 5.

Seen a movie you enjoyed? Read a great book lately? Downloaded a cool album?
Tell us about it!
Submit reviews of your favorites to The Oak “K”.
Reviews must be submitted by the 15th of each month. All reviews will be edited by The Oak “K” staff.



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KEEP YOUR EYE ON THE BALL: MLB 2007 PREVIEW

Blake Harrison
Online Editor

Yes, it's that time again. With the NCAA Tournament winding down, Opening Day is getting closer every breath. In the following segment, I will attempt to touch on every team in some fashion. I'll break down each division and its storylines, as well as naming players up-and-coming that you should keep your eye on. Without further ado, here is how I feel the 2007 season will shake out:

National League Central

Last year's World Series champs came out of the Central, which had somewhat of a down season as a whole. Nearly every team has made improvements and some feel the stars are beginning to realign.

St. Louis Cardinals

Key Additions: 2B Adam Kennedy, RHP Kip Wells
Major Losses: RHPs Jeff Suppan, Jeff Weaver, Jason Marquis
Biggest Question Mark: Starting pitching. As it stands, the projected starting rotation amassed just 26 wins last season. They have plenty of depth, but tons of uncertainty. Look for pitching coach Dave Duncan and a high powered, healthy offense to work their magic. They will depend on several "no-names" to help carry the load, i.e. Anthony Reyes, Ryan Franklin, Randy Keisler, Skip Schumaker, and possibly Dennis Dove.
With one of the top managers, pitching coaches, and probably the best hitter in the game, the Cardinals should expect nothing less than a trip back to the NLCS.

Chicago Cubs

Key Additions: OF Alfonso Soriano, LHP Ted Lilly, RHP Jason Marquis, OF Cliff Floyd
Major Losses: CF Juan Pierre
Biggest Question Mark: What in the heck are they doing!?! The Cubbies spent over THREE HUNDRED MILLION on free agents this winter; I dare say 2/3 of that will come back and haunt them. Oh yeah, their pitching staff is just about as shaky as St. Louis's, and the Cards' staff has a payroll well under the Cubs' mark.

Don't get me wrong, the Cubs do have the bats and some potential to pose a threat, but when you shell out 7 million a year for two .500 pitchers (one of which was left off a playoff roster) it's hard not to scratch your head. This could possibly be a Wild Card year for the North-Siders, and it could also be the year we finally get to see CF Felix Pie, whom the Cubs have been raving about for what seems to be decades.

Cincinnati Reds

Key Additions: OF Joey Hamilton (Rule 5 Draft), RHP Eddie Guardado, 2B Mark Bellhorn
Major Losses: SS Rich Aurilia
Biggest Question Mark: It looks like the Reds have a decent line-up and solid rotation in place for the upcoming season. However, year after year, the Reds have issues getting over the hump and into the playoffs. I see this year as no exception. Most of their "Key Additions" really ocured last season when they traded for multiple bullpen arms. Because the Cubs made such a splash in the free agent market, it looks like Cincinnati will really have to battle for position in the hunt for a playoff birth. Keep your eye on Josh Hamilton as this year's Cinderella Story. After battling drug addiction, he appears to be on the path of stardom. Another player to watch: RHP Homer Bailey

Milwaukee Brewers

Key Additions: RHP Jeff Suppan
Major Losses: none
Biggest Question Mark: Can Suppan be the last piece to the puzzle? The Brew crew is loaded with young talent, and they are on the verge of a break out. Honestly, I think they could challenge the Cubs for second because of guys like Prince Fielder, J.J. Hardy, and Rickie Weeks. If not, they are surely headed down the right path.

Houston Astros

Even though they seem to make a late season push every year, I just don't see that coming this year. Yeah, they brought in a good young arm in Jason Jennings and OF Carlos Lee, but losing both Clemens and Pettitte left the 'Stros staff rather young and inexperienced. Although I'll probably eat my words later, the Astros will have a down year, and will not make the playoffs.

National League West

The National League's Western division is usually dubbed baseball's "worst". The win totals are generally lower than most other divisions, but this year may prove to be an exception.

San Francisco Giants

Key Additions: LHP Barry Zito, CF Dave Roberts, C Bengie Molina, RHP Russ Ortiz
Major Losses: C Mike Matheny, OF Moises Alou, RHP Jason Schmidt
Biggest Question Mark: How big of a distraction will Barry be? He's on the brink of breaking the most hallowed record in sports, yet he's hung in a cloud of suspicion. Also, will Zito be worth all that money? I don't know about you, but \$126 million for a pitcher seems a bit steep.

The West generally tends to be the National League's "worst" division, but every team is looking like a major player for the division title. The Giants aren't getting any younger, and losing veterans Mike Matheny and Jason Schmidt won't help.

Los Angeles Dodgers

Key Additions: CF Juan Pierre, RHP Jason Schmidt, LHP Randy Wolf, RHP Joe Mays, OF Larry Bigbie
Major Losses: RHP Eric Gagne, RF J.D. Drew, RHP Greg Maddux, SS Julio Lugo
Biggest Question Mark: Do their additions make up for their losses? The Dodgers lost their closer, a starting pitcher, AND two starting position players this off season. However, they replaced Drew with a leadoff hitter (Pierre, who was grossly overpaid), and most importantly stole Schmidt away from division rival San Fran.

I cannot stress how close I think this division will be, and it should be interesting to see who got the most for their free agent dollar. With a solid lineup and depth in the rotation, Dodger Nation has a reason to smile.

San Diego Padres

Key Additions: RHP Greg Maddux, 2B Marcus Giles, 3B Kevin Kouzmanoff, RHP Andrew Brown, RHP Heath Bell
Major Losses: LF Dave Roberts, 2B Josh Barfield, C Mike Piazza, RHP Woody Williams, OF Ben Johnson
Biggest Question Mark: Can the young guys pull through? The Pads are equipped with capable pitching and key leaders, but guys like Adrian Gonzalez, Kevin Kouzmanoff, and Khalil Greene need to step it up and produce if this team is going anywhere.
My favorite team out West, the Padres appear on paper to be a slight underdog. Fifteen wins by Greg Maddux and another 18-20 from Jake Peavy should help keep San Diego in contention through August and September.

Arizona Diamondbacks

Key Additions: LHP Randy Johnson, LHP Doug Davis
Major Losses: RHP Miguel Batista, C Johnny Estrada, RHP Claudio Vargas
Biggest Question Mark: How good are these young kids? They do have major league talent, and may contend, but I'm most excited about the double and triple A talent the D-Backs have been keeping from the rest of the field. In the next five years, I guarantee the D-Backs will be one of baseball's best teams, when they can trot out guys like Justin Upton, Stephen Drew, Alberto Callaspo, Miguel Montero, Carlos Quienten, and Connor Jackson everyday.
I can't wait to see what the future holds for this organization, and I'm sure there are a few GM of the year awards that will be in Arizona's offices.

Colorado Rockies

The Rockies made great strides last season with the emergence of closer Brian Fuentes, and OFs Garrett Atkins and Brad Hawpe. I figure the team will continue to improve, but playing in the most hitter-friendly park in the game isn't exactly a plus. Rockies fans have reason to believe, but don't push it. One other side note, local star Steve Finley signed a free agent contract last in the off season, and should get innings at all three outfield spots.

National League East

This division could be this year's most competitive one. From top to bottom, the East has teams that are all on the rise, or are at the top of their game. In all likelihood, at least one team from this division will be duking it out for a spot in the World Series in October '07.

New York Mets

Key Additions: OF Moises Alou, RHP Ambiorix Burgos, OF Ben Johnson
Major Losses: RHP Brian Bannister, RHP Heath Bell, LF Cliff Floyd, RHP Steve Trachsel
Biggest Question Mark: Can they follow up a stellar 2006? Although most of the aforementioned losses aren't all detrimental, each was a piece of this team that is no longer there. Starter Pedro Martinez is expected to miss the bulk of the season, and the starting staff is both old and inexperienced.

Just because there are a few pitching questions, don't discount the Mets. All of their major position players are back (Beltran, Delgado, Wright, Reyes). New addition Burgos can throw gas, and starter Oliver Perez was obtained at a bargain price but is an absolute stud.

Philadelphia Phillies

Key Additions: RHPs Adam Eaton and Freddy Garcia
Major Losses: OF David Dellucci, RHP Gavin Floyd, C Mike Lieberthal, LHP Randy Wolf
Biggest Question Mark: Just how far can Ryan Howard take the fightin' Phils? The continually rising star will do his best along with SS Jimmy Rollins and starting pitchers Freddy Garcia and Cole Hamels to top the Mets, Braves, and Marlins for the division crown. Howard should once again battle Albert Pujols for MVP and starter Cole Hamels will emerge as one of the leagues' top flight starters.

Florida Marlins

Key Additions: none
Major Losses: RHP Matt Herges, LHP Jason Vargas
Biggest Question Mark: How many rookies will they bring up this year? Last year's team, which had a payroll under \$15 million, boasted an astounding 17 rookies. The Fish always have top prospects coming out of their ears, and it's only a matter of time before the next Dontrelle or Miggy Cabrera hits the scene.

The Marlins shocked the world last year while winning 78 games with a rookie manager. They were expected to have the worst record in the game and not do a thing. The Yankees had four players whose individual contracts each topped the Marlins' entire roster, and this year's team will be no exception. They should be fun to watch as guys like Miguel Cabrera, Scott Olsen, Dan Uggla, and Josh Willingham turn into perennial All-Stars.

Atlanta Braves

Key Additions: LHP Mike Gonzalez
Major Losses: 2B Marcus Giles, 1B Adam LaRoche
Biggest Question Mark: Can Bobby Cox lead the Braves back to glory? After not winning the NL East for the first time in the better part of two decades last season, there's no doubt the Braves will have a chip on their shoulder. With a minor league system that keeps on giving, veteran pitching, and some good luck, Atlanta could easily be hanging a division championship banner next April.

D.C Nationals

Just because I'm not going into great detail about the Nationals doesn't mean that they won't compete. 3B Ryan Zimmerman and an extremely young pitching staff will look to steal games away from teams ahead of them as the season goes on. They continue to build their minor league system, and it should pay off in the coming years.

American League Central

Much like the National League's Eastern division, the AL Central will continue to play host to some of baseball's most fierce rivalries and tightest races. As far as pitching goes, there isn't a better division. There could easily be *four* 20 game winners from this division alone in 2007.

Minnesota Twins

Key Additions: RHP Ramon Ortiz
Major Losses: RHP Brad Radke, LHP Francisco Liriano (injured)
Biggest Question Mark: In the eyes of the fans, the most important question has nothing to do with 2007. Star pitcher Johan Santana will be a free agent this winter and could easily command \$200 million on the open market. Minnesota is notoriously a small market team, and they are also in danger of losing Torii Hunter.

As far as field play goes, I'd have to question their rotation. After Santana, there's a long line of either sub-par vets or young unproven arms. The Central will probably be comparable to the NL East as far as a level playing field goes. The Twins will need huge production out of Justin Morneau and Joe Mauer to keep up with their rivals.

Detroit Tigers

Key Additions: OF Gary Sheffield, RHP Jose Mesa
Major Losses: LHP Jamie Walker
Biggest Question Mark: Will they make it back to back World Series appearances? Jim Leyland came in and turned things around. If last year was any indication, pitching should carry the Tigers to the post season. All major parts of last year's team are back, but the division will be very tough.

Chicago Whit Sox

Key additions: OF/1B Darin Erstad, RHP David Aardsma, RHP Gavin Floyd, OF Luis Terro, LHP Andrew Sisco
Major Losses: RHP Freddy Garcia, RHP Brandon McCarthy, LHP Neal Cotts
Biggest Question Mark: Can they stay healthy, and which pitchers will be deemed "excess fat"?

In a word, the rich got richer. The Sox re-loaded with more young talent and veterans (David Aardsma, Gavin Floyd). Pitching certainly won't be any issue, but I'm curious to see how the Mark Buehrle situation will play out. He's from St. Louis, and wants to be a Cardinal. Will there be a trade? Only time will tell.

Cleveland Indians

Key Additions: 2B Josh Barfield
Major Losses: 3B Kevin Kouzmanoff
Biggest Question Mark: Can C.C. Sabathia finally have his breakout year and win 20 games? He will be the deciding factor in how far the Tribe goes this season.

The Indians are my favorite AL team, and they are loaded with young talent. Many of those players have been on the team for a couple of years, but as a whole, the team has taken a step backward. If C.C. gets hot, watch out!

Kansas City Royals

There's only one thing you need to know about the laughing stock of the Majors, and that's Alex Gordon. In what will be his first full Major League season, the University of Nebraska product should put up decent power numbers while not letting anything get past him at third base. The third baseman should get the bulk of time at that position, and will be a star. He's my pre-season AL Rookie of the Year. The people of KC will have to spend their summer waiting for the Chiefs to begin mini-camps while the hometown Royals scuffle through another tough season.

MLB 2007 PREVIEW CONTINUED...

American League East

New York Yankees

Key Additions: LHP Andy Pettitte, LHP Kei Igawa, RHP Luis Vizcaino, RHP Chris Britton
Major Losses: LHP Randy Johnson, OF Gary Sheffield
Biggest Question Mark: Will they ever return to glory? I certainly hope not, but Steinbrenner doesn't spend \$200 million a year to lose in the first round of the playoffs. The Yankees went in reverse this year and actually cut payroll as well as acquiring a load of arms to restock their farm system. Player to Watch: RHP Phillip Hughes
I really hope the Yanks fail, and having an unproven and old rotation should help. Don't expect to see pinstripes late in October.

Boston Red Sox

Key Additions: RHP Daisuke Matsuzaka, OF JD Drew, SS Julio Lugo, RHP Brendan Donnelly, LHP Hideki Okajima, LHP JC Romero
Major Losses: RF Trot Nixon, 2B Mark Loretta, SS Alex Gonzalez
Biggest Question Mark: How will Dice-K pan out? The BoSox spent over \$100 million to get the prized Japanese import and his gyroballs, but how does that translate into a September pennant race at Yankee Stadium? Only time will tell, but I have a feeling Dice-K will wow people with his stuff.
I believe the Red Sox did exactly what they set out to do every off season: beat the Yankees. By landing Matsuzaka, they did just that. As it stands, I would take the Sox over the Bronx Bombers any day.

Toronto Blue Jays

They too have been spending money, and in any other division, would have a shot. However, Boston and New York are just that much better. The Jays locked up CF Vernon Wells, and have the majority of last year's team back. They'll fight, but to no avail.

Tampa Bay Devil Rays

Honestly, I love the Rays. They have some of the best young talent in baseball. It's a shame they're all hooked on drugs or anger management pills. Maybe if their average attendance was higher than a girl's middle school basketball game, they'd put up SOME wins.

American League West

Oakland Athletics

Key Additions: C Mike Piazza, OF Ryan Goleski
Major Losses: LHP Barry Zito, DH Frank Thomas
Biggest Question Mark: How will the loss of Zito affect the team's success? Losing a top-of-the-rotation ace with 20 win potential could certainly throw a team off course. Young pitchers Joe Blanton and Rich Harden will need to perform well to complement a solid line up. Look out for OF Daric Barton. He may see time with the club and he's a top hitting prospect.

Los Angeles Angels

Key Additions: CF Garry Matthews Jr., RHP Justin Speier, RHP Chris Resop
Major Losses: 2B Adam Kennedy, LHP J.C. Romero, RHP Brandon Donnelly
Biggest Question Mark: How will their pitching hold up? The Halos will lean on phenom Jared Weaver to anchor the rotation. The offense should put plenty of runs up on the board, so quality innings by the starters should be able to finish the job.

Texas Rangers

Key Additions: OF Frank Catalanotto, OF Kenny Lofton, OF Sammy Sosa, RHP Brandon McCarthy
Major Losses: RHP Adam Eaton, OF Gary Matthews Jr.
Biggest Question Mark: Pitching. The Rangers could fill two lineups with potent hitters, but lack of quality pitching is always an issue.

Seattle Mariners

Key Additions: RHP Miguel Bautista, RHP Jeff Weaver, 2B Jose Vidro, RHP Arthur Rhodes
Major Losses: RHP Rafael Soriano, RHP Joel Pineiro, RHP Gil Meche
Biggest Question Mark: Do they think they'll contend? They overspent for a number of players, and their rotation with the exception of Felix Hernandez stinks. Look out for him by the way. He should be ready for his coming out party.

Churchball Champion Crowned

Andrew Latino
Sports Editor

Church basketball (Churchball) has unfortunately come to an end. While the season and the tournament lasted, though, Churchball was the spectacle of a lifetime. Baseline to baseline action of intense competitive basketball under the roof of Mt. Zion was a sight that most students found difficult to miss. Now that the league champion has been crowned, the time has come to reminisce on the season that was.

The regular season was full of passion, improvement, and statement games that sorted out where each team stood going into the tournament. Local Lone Oak teams, Gospel Mission Ducks, Lone Oak Penguins, and the Lone Oak First Baptist Purple Bears, showed that Lone Oak has the best mediocre players in the whole region. The Ducks ended the season at an astonishing 6-1, the Penguins at 5-2, and the Purple Bears a respectable but under par 2-5.

The Purple Bears started off hot. Led by **Patrick Hollowell (11)** in an opening game against Mt. Zion, the Purple Bears easily destroyed Mt. Zion's hopes and Hollowell scored 32 points. The Purple Bears season looked promising, but unfortunately their play went down from there. They lost five of their last six games, and four of the losses were by 6 or fewer points. Coaches John Carr and Jordan Adams made a combined statement that reads, "Our team had all the weapons and skill needed to win. Due to bad officiating and uncooperative player behavior, though, our team fell short." Hollowell ended the season with a respectable 16.6 points per game average, but wasn't enough to boost them past the first round of the tournament. Sadly, their season ended with a hat throw against the wall by Coach Carr.

The Penguins had a balanced attack with students such as **Tim Burnett (12), Nathan Moore (12), Tyler Lambert (12), and Chris Hampton (12)**. Starting off the season with one win followed by one loss, the Penguins won four straight games going into the season finale match-up with the Ducks and a

number one seed in the post-season tournament. In a hard and fast-paced battle, the Penguins lost to the Ducks, and even though they didn't obtain a number one seed, the Penguins received a respectable first round bye. They won their first game against Bethel, but unfortunately lost in the semifinals to the St. Thomas Moore Crabs ending their season. **Greg Hunter (12)**, a player/coach of the Penguins, states, "It was real. It was good. It was real good." Hunter also had the most graceful technical foul of the season by punting the bench into the wall. "I didn't mean to. It just fell," Hunter pleads.

The Ducks, made up of mostly retired Lone Oak High School Basketball students, was one of the strongest teams in the Mt. Zion Basketball League. Former players such as **Alex Croft (12), Ryan Timmons (12), Blake Speer (12), Corey Robinson (11), and Jonathan Walter (12)** contributed around star center **Jerome Gillespie (11)**. The Ducks started off shaky in their first game against the Crabs. After leading the entire game, the Crabs took over the lead in the final two minutes and eventually won the game. The Ducks overcame adversity and won the final six games of the regular season earning them a number one seed in the post-season tournament. With post-seasons wins over Milburn Chapel in the quarterfinals and a semifinal win against the Immanuel Pumas, the Ducks earned a rematch game against the Crabs in the championship game. Once again, the Ducks were leading the whole game. The Crabs made a game-ending surge in the final minutes, but couldn't pull off another comeback. The Ducks won the game and the Mt. Zion League Championship by a score of 54-52. Though no trophy was awarded, each player received a "Shoot Out for Christ" champion shirt and some well deserved respect. Coaches **Clay Pickens (12)** and **Ranzy Davis (12)** ran a tight shift that contributed to the success of the Ducks. Coach Pickens stated, "Even though I was back-talked by my players (Alex Croft), I gained every players respect. They started listening to me and we took home the 'ship.'"

Obscure Sport Monthly: Lawn Bowling

Brick Green
Coroner

"Hey you want to go bowling on Friday?" This is a question that many of us will ask our friends throughout the week. To most of you readers, as well as myself, bowling is nothing more than pastime. Bowling presents us all a fun way to spend a night with our friends...although I'm willing to bet that none of you have ever spent a Friday night lawn bowling.

The sport of lawn bowling can be traced to its North American beginnings in the 17th Century when the English colonists brought the game to America on their first voyage to the new land. The first bowling green was built at Williamsburg, VA in 1632, where the game is still being played to this day on the green behind the Williamsburg Inn. But lawn bowling started to fade in the United States after the American Revolution (1775-1782) because as newly-independent citizens, we began to have an increasingly poorer view of the customs and games of the former state. With that, the sport virtually disappeared for almost a century until Scottish immigrants revived it in the late 19th Century. They started lawn bowling clubs in New York State, New Jersey, and Connecticut beginning in 1879, and other new clubs soon followed.

By World War I, the spread of lawn bowling and lawn bowling clubs went from coast to coast and led to the founding of the American Lawn Bowls Association in 1915. Bowlers from Buffalo, Brooklyn, and Boston

met at the Lafayette Hotel in Buffalo on July 27 of that year to form the sport's first U.S. National Lawn Bowls Association where Dr. Frank W. McGuire became the first president. Then in 1970 the American Womens' Lawn Bowls Association was created and Dorothy Mumma became its first president. These two national associations governed lawn bowls in the United States for 30 years until 2000 when they decided to merge into



Photo from google.com

the United States Lawn Bowls Association. Lawn bowling is different from regular bowling because it uses a biased ball. That is, the ball is lop-sided so that it always curves toward the flat side as it slows down. A lawn bowling green is one hundred and twenty square feet, which is divided into six rinks, each of those are twenty by one hundred and twenty feet. The balls are delivered from a mat at one end of the rink. When bowling the bowler must have a least one foot on the mat for the bowl to be valid. The object of the game is to obtain points by getting one's ball (s) closest to a small white ball called the "jack". The skill is to gauge the curve to achieve this even when an opponent may have guard balls blocking the "jack". Scoring is similar to horseshoes as the team that gets their ball closest to the jack gets a point. There can be a maximum of eight points per end. Now that all of you know about the thrilling game of lawn bowling I hope to see you out on the green. Happy bowling!!!!

Keith L. White, D.M.D.

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