

## Kudos for Kyle

**Jeannie Suhrheinrich**  
Photographer

Who better to start out this school year's round of Junior Rotarians than the effortlessly talented Kyle Oetjen? The answer of course, is no one.

This master of misspeak is a regular in many academic programs, boasting an impressive course schedule and academic honors. Kyle has been a member of Lone Oak's Academic Team all four years of his high school career and has been a starter for the team since his sophomore year, emphasizing on math and science. Through the academic team, Kyle has won numerous awards at District and Regional Governor's Cup in both math and science and has been present every time our team makes an appearance at the state level of the competition. Mr. Oetjen is this year's Beta Club secretary and a member of the Chess Club. Speaking of Beta, who could forget the epic moment in Kyle's sophomore year when he won first place in agriculture at the State Beta Convention—without even studying?

Kyle is quite the musician, jamming it out with equal skill on the marimba or the drum set. He has been in marching band since his eighth grade year, rotating between the mystery of the pit and the ferocity of the drumline. Kyle is also an all-state band member, one of the highest honors for musical students. Kyle doesn't stop outside of school, though, volunteering at the elementary school by tutoring kids in math and science. He also enjoys an occasional beat-down in racquetball or ultimate Frisbee.

Kyle's greatness is apparent to more than just members of the Rotary Club, however. Mr. Jarvis, a long time mentor and coach of Kyle's says, "Kyle is a delightful young man with many extremely exceptional qualities, such as master of linguistics." Kyle is also rich in friends who admire his intellect. Says friend **Zia Choudhury (12)**, "Kyle makes everyday conversations funny and interesting without meaning to, literally."

Clearly Kyle Oetjen is a prime example of what the premiere Junior Rotarian should be. His fantastic people skills and outstanding intellect make Kyle a truly unique senior here at Lone Oak High School.



Photo by Jeannie Suhrheinrich

## CONSOLI-DON'T?

**Blake Harrison**  
Assistant Editor-in-Chief

"I'm pushing for what's best for our kids." Music to my ears. As a student of Lone Oak High School, to hear Superintendent Heller speak these words was extremely encouraging. Consolidation has been a hot topic over the last several months to say the least, but if you talk to Mr. Heller, you would find that consolidation is far from coming to fruition, and will be avoided if at all possible.

Over the course of the last several months, committees, board administrators, and people of the community have been meeting to explore consolidation and determine the best course of action in bettering our schools. The people that have spoken when given the opportunity have made it clear that they would like to keep separate schools. That being said, the committees and board members decided that building a new Lone Oak High School is the most pressing need.

In order to do so, they are looking for a plot of land at least 20 acres. Mr. Heller explained in an interview that although consolidation is not in any current plans, they would allow room for expansion if needed. It's hard to believe, but LOHS sits on a five-acre plot of land. Most high schools sit on 25. The superintendent stressed the importance of having all of the school's fields and other extracurricular grounds on the same plot of land as the high school. That luxury would alleviate having to drive two miles to get to a sports game/

practice.

As one could imagine, there may be some at other schools who feel like money should be evenly spread throughout the county. Ideally, that would happen. However, the reality is that the biggest problems need to be handled first. Lone Oak is by far the largest and fastest growing school in our district. Therefore, building a new LOHS is the highest priority. With state approval, that will happen. Area residents have 45 days to petition to drop tax proposals that would allow for the building of a new school. Mr. Heller hopes that by December, barring any setbacks, we will have ultimate approval from the state.

Even so, we would still need to find a large enough plot of land. Many people are interested in what factors will go into choosing the spot, so I asked the superintendent about that issue. Most important? Availability. As you can imagine, there aren't too many large plots of land to be had. Central location is also a major factor, but that may not be feasible. He also brought up the desire to find a plot that had the least amount of work to be done. Finding a place that isn't in need of major work is key.

As I pointed out earlier, Mr. Heller and others in our community want what's best for the students. He has personally gone through three consolidations, or mergers, in the past, and is trying to avoid doing so now. All decisions will be made with the students' best interests at heart. I would like to thank Superintendent Heller once again for his cooperation.

## Great Students with Potential (page 2)



Left to right: Aspen Davis, Mark Kaltenbach, Daniel Russell, Zia Choudhury, Eric Kiser, Kyle Oetjen and Olivia Fellows.  
Photo by Jeannie Suhrheinrich

Below right: Parking chaos!  
Photo by James Summerlin

## Fun For All (Page 2)

Paducah Accessible Playground



Community to construct an accessible playground. See story on page 2.

## Parking Pandemonium!

**James Summerlin**  
Editor-in-Chief

If you haven't noticed already, it is slightly difficult to get out of the school parking lot this year. If you haven't noticed, wait a little longer and you'll realize your waiting time to get out of the school has been greatly increased since last year. The reason is because only one gate has been open to exit the premises.

The parking lot situation has been an issue as more and more teenagers attend Lone Oak High School. Parking has always been limited and getting in and out of the parking lot has always been an issue. In fact, the decision to lock one of the gates has been somewhat controversial. Students have openly complained about the long wait to exit the property. However, this issue of parking has no easy solution.

The gate in the parking lot has been closed in order to slow the cars down as they leave the parking lot and to open up space for the school buses coming from the other schools. There have been many near wrecks in the past year and the decision was made so they can avoid any potential wrecks in the future. So far, this seems to be working inside the parking lot except for some incidents outside the parking lot.

There is nothing that Lone Oak High School can do now about the current parking situation. The high school

is landlocked in a residential area and there is no possible way to gain more parking spaces unless the grassy area of the parking lot is made into parking spaces. Even then, there still won't be enough room and there will still be wrecks. The there is no easy fix to the parking situation and it really can only be solved when the new school is built. For now, we just have to get over it and wait in line.



Featured this month



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Sweeping Sensation



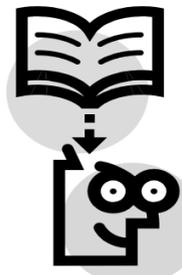
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Grateful for Guidance



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Academic Army

# Great Students with Potential

**Jeannie Suhrheinrich**  
Photographer

Lone Oak High School was blessed with an abundance of scholars this past summer. Seven students were selected to attend GSP, the Governor's Scholar Program. GSP is a five-week program in which outstanding high school juniors are selected to attend Centre College, Bellarmine University or Morehead State University. During this time, students study specific courses that surround a major which applicants selected and follow smaller classes that surround a minor chosen for them. In essence, GSP is a miniature college experience, preparing outstanding high school students for college life.

The seven students that were selected for the 2007 summer were **Aspen Davis (12)**, **Daniel Russell (12)**, **Olivia Fellows (12)**, **Kyle Oetjen (12)**, **Zia Choudhury (12)**, **Eric Kiser (12)** and **Mark Kaltenbach (12)**. This is an impressive showing compared to the students selected from the other schools in the county, who only sent about one or two students. Along with the perks of meeting fellow students and learning infinite knowledge, these students are eligible for full tuition to most Kentucky colleges. The experiences, activities and friendships that scholars participate in within the program definitely are a highlight in their high school career. States scholar Eric Kiser, "GSP is an experi-

ence that I will cherish the rest of my life." Along with daily classes, GSP students took field trips, saw plays, and participated in community service and culture days. Says Aspen Davis, "We took a field trip to Eastern Kentucky and its mountain; I got up at 5:30 in the morning to see elk!" Clearly, students took away knowledge not only from the classroom but from the real world as well. Perhaps is why these students brought back so much with them and cherish their experiences. "GSP was awesome," says Kyle Oetjen, while fellow scholars Olivia Fellows and Mark Kaltenbach, said "GSP was okay," and "I wouldn't go back," respectively.

All in all, the Governor's Scholars Program is a competitive, prestigious program that is well worth the time and effort to apply. As taken from Lone Oak's scholars, (with the exception of Olivia and Mark) you won't regret attending such a unique program. Take it from Zia Choudhury, who along with meeting many new people from across the state, also says, "I've become an ultimate-Frisbee demigod. What more could you want from a summer?"

# No Pass, No Drive!

**Ally Heine**  
News Editor

You haven't even had your license for a year. The report cards come out. Your car comes to a complete halt.

The "No Pass, No Drive" law is in full effect. What was originally "in the books" or in effect, five to six years ago, was never enforced consistently until now. There are three cases in which this law can be enforced. If the student drops out before they are eighteen (with or without parental consent), if you are failing four out of your six classes, or lastly, if the student has surpassed the limit of unexcused absences.

When asked about her feelings on the law, **Ms. Wear** stated, "It is important to have everyone here at school, making good grades, and staying on track to graduate."

The law was passed officially by the state legislature at the last session. If a student were to fail four out of six classes, drop out before the age of eighteen, or surpass the limit of unexcused absences, then they are eligible for a "cancelled" license. Administration from the school has the right to send in names of those who fall under one of these categories and the student will receive a letter from Frankfort informing them that their license has been cancelled.

Something that might motivate students to keep their grades up other than this law might be involve insurance companies offering

money for good grades. Even though most people seem to think this is a good idea, there are still some students who seem to think differently, and disagree with this law. When asked if he thought "No Pass, No Drive" was a good idea, and if it was fair, **Jeff Prescott (11)** stated, "No, it's not a good idea because so many kids are failing; no one will be driving. It's also not fair because some kids can be trying really hard and still fail." When asked the same question, **Andrea Cambell (11)** quoted, "Yes, I do believe that it is a good idea, and it is completely fair. Driving is a privilege, and if you are not able to keep your grades up, you shouldn't be able to receive that privilege."

If a student were to perhaps have their license cancelled when the 1<sup>st</sup> semester grades come out, the student would have to go the entire second semester without their license, until next report cards come out.

Another concern that comes into play with this law is the dropout rate. Seeing that even with parental consent, you can't drop out before you are eighteen, it would be smart to assume that the dropout rate will decrease. This is a factor that will be decided when the law has been enforced consistently, and the statistics can be shown.

Furthermore, "No Pass, No Drive" will remain undoubtedly controversial. However, for now it will be rigidly enforced throughout the state of Kentucky.

# Students Swept Away by New Tardy Policy

**Ally Heine**  
News Editor

The bell rings and you're still struggling to get that annoying, unusually small grammar book that always seems to get wedged ever so tightly into the deep crevice of the small metal boxes we call lockers. Last year this issue could have been very easily solved by simply, stretching the truth a little bit.

"Well, you see **Coach Poore**, I was simply helping an innocent freshman who seemed to have dropped their books down the stairs, but..."

At this time the teacher is obviously going to see what an absolutely generous person you are, and point you to your seat, yet again saving you that dreadful walk to the office to receive a pink slip. Of course the key word is *last* year.

Dust pans, brooms, the dreadful clipboard, and strangely enough, even light sabers have taken over the halls of LOHS this year, accomplishing so much more than in the past. The new *sweeps* have cut down the number of kids late to class tremendously. Teachers seem to be thrilled, there are less tardies, and and it is an excellent way to get kids in class on time ready to learn each new and exciting thing we have to offer here at Lone Oak.

When asking the oh-so clever creator of *sweeps* if this idea was indeed a good one, and if it will last, **Coach Ceglinski** stated that, "The old tardy system didn't work near as well, this is so much more organized, and it has structure." He also says, "As long as the staff continues to shut their doors, and stick with it, it will work." When asked the same question, **Mrs. Sprunger** responded, "If we make it through this 1<sup>st</sup> quarter it will be forever instilled in the halls of LOHS, but

these first nine weeks are *crucial*." Seeing that this is working so well with the teachers, you have to wonder how the students feel. When asked her opinion on the new system, **Molly Green (10)** stated, "I think that the idea is wonderful, and it's exciting to see that all the kids here are in class on time so we can all get started on our work, and learning new things."

Now even though these "sweepers" may seem like they mean straight business, you almost have to ask yourself if some of them get satisfaction out of sweeping the late kids.

Mr. Jarvis seems to think so. "There is a sort of *rush* of sweeping kids in the hallway, and if they choose to react, well, I will just have to use my student fight break-up skills." Now who wouldn't find that a little scary?

Although, some kids think there is an alternative: trying to rebel. When asked about what would be done if kids were to attempt rebellion, and purposely get "swept" Coach Ceglinski simply states, "I will not be defeated," sounding very sure of himself, which is nothing new.

Yet, on a much more intimidating note, Mrs. Sprunger replied, "I would open up a can of whoop-fanny, so I would suggest that these vandals squelch the "rebellion" in its infancy." That's pretty intense.

Now personally, my experience with the "sweepers" wasn't a very good one. I was considered a level 4 out of 5, dust bunny. It was said by Mrs. Sprunger that I was "demonstrating non-compliance and putting the faculty as well as other students in the hall at risk." Although the incident was pretty traumatic, I have learned my lesson and will continue to obey the rules of the sweepers... maybe.

# Fun For All

**Monica Spees**  
Features Editor

Chances are, as a kid you spent many happy hours on a playground. A normal part of your childhood involved playing tag or climbing jungle gyms. However, for some kids, those activities are not possible. They aren't possible due to physical disabilities.

A group of high schoolers and young adults with disabilities themselves set out to remedy this problem. They proposed that an accessible playground be built for kids with handicaps. This new playground is to be established in Noble Park (to be precise, it will be in the back right at the old playground site).

For more information on this great idea, I spoke with **Michele Sither**, a social worker with the Commission for Children with Special Health Care Needs. When asked why this project was being done, Sither's feelings were obvious. "We're all different. We all have things we can do and things we can't do. We hope that this will keep disabled kids from being bullied." Kids can become mean with vicious attitudes at a very young age. Perhaps one solution to this problem is to create an environment that allows children with and without disabilities to embrace each other's differences. "This playground isn't just for disabled kids. Hopefully the playground will open lines of communication and allow kids to interact with 'different' kids," says Sither.

Not only will this playground encourage the acceptance of others, but it will also allow children with disabilities to experience fun outdoors unlike they have before. The new equipment on the playground, which will also serve as rehabilitation equipment, will include high-backed swings, equipment

made accessible by ramping, and a sensory garden (this is a garden designed for children with communication disabilities that appeals to their sense of smell).

If all goes according to plan, this project will be completed by the fall of 2008. Before that time, \$150,000 is hoped to be raised to qualify for a matching grant by GameTime, an equipment vendor. When asked if there will be fundraisers, Michele Sither responded, "Oh, yeah! We'll be fundraising until the project is completed." One upcoming fundraiser is The Great Pumpkin Race on October 20<sup>th</sup>. If there is one thing that Sither can't stress enough, it's that volunteers are needed. Sither expressed her desire to see church youth groups and school clubs volunteer especially. "If anybody would like to volunteer, they can contact me," Sither said. "I would love to talk to a group interested in volunteering."

Something needed just as much as volunteers are donations. At this point, about \$50,000 has been raised for this project. Keep in mind, though, another \$100,000 is needed. If anyone is interested in donating to this cause, donations can be made to Family Service Society, 827 Joe Clifton Dr. Paducah, Kentucky, 42001, Attention accessible playground fund. You can also call 443-4838.

If you'd like more information on this project, you can contact Mike Muscarella, Rehab. Services Director at Western Baptist Hospital (575-2722); Michele Sither, Social Worker, Commission for Children with Special Health Care Needs (443-3651 or Michele.Sither@ky.gov); Missy Jenkins (mjenkins@Calloway.K12.ky.us); Trace Stevens, Supervisor, Paducah Parks Services (444-8508); or Jeanne Gallimore, Director of Center for Accessible Living (753-7676).



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## Weld Done Again



The Lone Oak High School Welding Team continued the winning tradition by placing 1st in the Kentucky State Fair Competition on August 17.

Individual winners were: 1st—**Robie Scheer (11)**, 2nd—**Andrew Reed (120)**, 3rd—**Toby Lowery (12)**, 4th—**Travis Cartwright (12)**.

Pictured L to R: **Toby Lowery (12)**, **Robie Scheer (11)**, **Andrew Reed (12)**, **Travis Cartwright (11)**, and **Mr. Coye Elliott—Instructor**.

## Carter Represents in Art Competition



Lone Oak High School Art students won 3 of the 4 high school awards presented in the West Kentucky Easter Art Competition on August 25. Winning 2<sup>nd</sup> place for her acrylic self-portrait was **Tracy Carter (12)** (pictured) who also won the Honorable Mention award for a pastel of a flower.

Winning 3<sup>rd</sup> was Art 1 student **Leah Grace (9)** who submitted a photo taken on a family vacation in Hawaii.  
Photo by Linda Harper

# From the Guidance Office...

## SENIOR YEAR COLLEGE PLANNING CALENDAR

**Melanie Jarvis**  
LOHS Guidance Counselor

Some of you have been planning for this year for quite some time, while for others it seems as though it has suddenly appeared from nowhere. Your senior year. Wow. For college-bound seniors, it's a time to savor your accomplishments, narrow down your list of colleges, gather all your necessary test scores and high school transcripts, request letters of recommendation, and begin work on your college admission essays. . . and in reality, for most of you, this process began at least a year ago, if not longer. Don't fret if you're late to the game, you still have plenty of time to get your college applications in -- as long as you're willing to put the time in to complete them.

Here's how your senior year should look, month-by-month, for October and November.

### OCTOBER

- Finalize list of college choices to reasonable number, ideally with one or more "stretch" schools and one "safety" school.
- Create a file for each of your college choices -- and keep all materials organized.
- Consider creating a master schedule of all your application deadlines.
- Begin working on drafts of your college essays.
- Start working on college applications.
- If you have a clear "first choice" college, consider applying for early decision.
- Have standardized testing service send your scores to your list of colleges.
- Stay focused on grades.

### NOVEMBER

- Finalize drafts of your college essays, but only after numerous edits, rewrites, and reviews by people you trust (family, friends, teachers).
- Complete college applications and put packets in the mail.
- Be sure your guidance counselor knows your final list of colleges, as well as your preferences.
- Request key financial aid and scholarship information from your list of colleges.
- Stay focused on grades.

ACT 2007—2008 Test Dates		Registration Deadline	Deadline w/Late fee		
Oct 27, 2007		Sept 21, 2007	9/22/07-10/5/07		
Dec 8, 2007		Nov 2, 2007	11/3/07-11/15/07		
Feb 9, 2008		Jan 4, 2008	1/5/08-1/18/08		
April 12, 2008		March 7, 2008	3/8/08-3/21/08		
June 14, 2008		May 9, 2008	5/10/08-5/23/08		
SAT 2007-08 Test Dates	Test	U.S. Registration Deadlines*		Intl Registration Deadlines**	
		Regular	Late (w/ fee)	Early (Intl only)	Regular
Oct 6, 2007	SAT & Subject Tests	Sep 10, 2007	Sept 14, 2007	N/A	Sept 10, 2007
Nov 3, 2007	SAT & Subject Tests	Oct 2, 2007	Oct 11, 2007	Sept 12, 2007	Oct 2, 2007
Dec 1, 2007	SAT & Subject Tests	Oct 30, 2007	Nov 8, 2007	Oct 10, 2007	Oct 30, 2007
Jan 26, 2008	SAT & Subject Tests	Dec 26, 2007	Jan 4, 2008	Dec 5, 2007	Dec 26, 2007
Mar 1, 2008	SAT only	Jan 29, 2008	Feb 7, 2008	N/A	N/A
May 3, 2008	SAT & Subject Tests	April 1, 2008	April 10, 2008	March 12, 2008	April 1, 2008
June 7, 2008	SAT & Subject Tests	May 6, 2008	May 15, 2008	April 16, 2008	May 6, 2008

## College Info Road Show & Parent Meeting 6pm in the LOHS Library October 1, 2007

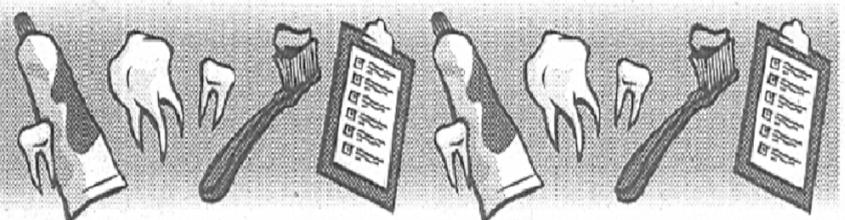
Come experience the Kentucky Higher Education Assistance Authority's mobile outreach service, the College Info Road Show. Outreach staff are available to provide access to career information; identify higher education institutions that meet specific educational goals, help find sources of financial aid, offer tips on how to avoid common application mistakes, and provide information about loans.



### The Cagle Family

Archie, Willodine, Phillip, & Steven  
4020 Halehaven Dr. P.O. Box 7473  
Paducah, KY 42002-7473

R. DONALD HEINE, D.M.D.  
B. TORY HEINE, D.M.D.  
ORAL AND MAXILLOFACIAL SURGERY



TELEPHONE  
(270) 554-2026  
BAYLEY SQUARE  
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# Sums Says

**James Summerlin**  
Editor-in-Chief

I didn't want any part of it. I decided not to think about it. I hated every guilt trip about it. Yet when the situation was brought up about AIDS in Africa or poverty in other countries, I shrugged it off. How dare someone tell me that I should give them money to help a cause? How do I know they aren't putting me on? What if I don't want to sponsor a child through Compassion International? It's not *that* bad over there, is it?

Yet something changed. I started to think differently about the world. I began to realize how blessed we are in America. After going on a mission trip to San Miguel, Mexico (in southern Mexico), I saw kids that lived on the streets. I saw people that didn't have pure water to drink. I began to realize how blessed I really was. I began to realize that I didn't make brilliant decisions when it came to my money, time and resources. Let's be honest. We are a blessed nation and we have the responsibility to make an impact on the world.

I don't want to put you through a guilt trip or tell you who to send your money to. To be honest, I hate guilt trips when it comes to giving money because they either last for the moment or you walk away angry because someone told you how to manage your money. I'm not going to attack America, the "American Way" or any other thing involving our country and how we are spoiled. Believe me, I hate that, too. I feel you if you're

going through this and rolling your eyes. But you have to realize there is a world out there outside of our bubble of comfort.

Why is this so important? According to globalissues.org, half the world lives on less than two dollars a day. The number of children orphaned because of HIV/AIDS is 15 million. According to *Wired magazine*, 1.1 billion people don't have access to clean drinking water. This isn't something we really think about. It's not a comfortable thing to ponder. We don't have to worry if we'll have food or water tomorrow. We don't think about the AIDS epidemic on a daily basis. Why would we want to think about it? But the truth is, we have been blessed with a lot. And where much is given, much is required.

I'm not asking you to take out your wallets and give a check directly to a poor country and give away every cool thing you have. That's not gonna do a thing. You'll feel bad or you get ticked off and that's not going to help eliminate poverty. I'm only asking for you to look beyond yourself and into the world around you. I can't tell you to give something because we're teenagers and we aren't exactly made of cash. We don't exactly have the capabilities to eliminate poverty and world hunger. But we can get involved and help anyway we can. We can raise money. We can give of ourselves. We can be a voice. We can make a difference. Because in all reality, there is nothing more important in this world than helping those in need.

The truth is, we have been blessed with a lot. And where much is given, much is required. .

# Monica Mutters

**Monica Spees**  
Features Editor

What ever happened to the good old days? By that I mean where did Chia Pets, "The Fresh Prince of Bel-Air," and Dennis Rodman go? Okay, maybe not *all* these things can be classified as "good," but you get my drift. I'm talking about the nineties.

Once I got to thinking about it, I realized that the decade that we were brought up in was the last before a huge revolutionary movement in the technology world. You all know what I'm talking about. We've all seen the eight year old with her cell phone glued to her ear and the bespectacled little boy absorbed in his Nintendo DS. These little kids are taking part in the same pastimes that we enjoy as teenagers in high school. When I was that age, I was either playing with my "Skip-It" or watching "Power Rangers" (by the way, have you *seen* that ridiculous excuse for "Power Rangers" they have on TV now?). You hardly ever see a game or toy designed for the outdoors anymore, either.

The ever-growing world of computer technology is everywhere in kids' lives. It's in the cartoons they watch, the games they play, the advertisements they see on TV. I believe technology is ruining opportunities for these kids to be kids. When I was little, I heard the phrase "Be sure to ask your parents before you log online" only once during commercials in between an episode of "Saved by the Bell." Now, seven year olds have their own MySpace accounts. What's up with that?

Now, I know that we weren't exactly roughing it when we were little, but our world was not so absorbed with computers as

is the world of small children today. Most of my childhood days were spent romping through the woods or seeing which one of my friends could jump out of the playground swings the farthest. Ah, those were the days. The words "blog," "emoticon," and other computer jargon were foreign to me. I find it absolutely ludicrous that a child in the third grade would have the skills to fix my virus-infested computer.

But it's not just the technology. It's the media, too. I mentioned "Power Rangers" earlier, but there are so many other pathetic shows on for kids. I haven't watched a cartoon in this decade that could make me laugh as hard as "The Bugs Bunny and Tweety Show" or "Dinosaurs." Yes, they're oldies, but they're goodies. Without going into excruciating detail and heavily degrading the pitiful children's shows on the tube these days, I must say that the people who come up with these shows are scraping the bottom of the barrel for ideas. Nothing they produce can surpass the shows we cherished as little kids.

Now, I know that us teenagers in 2007 are not old-timers by any stretch of the imagination, but the world today is moving as fast in ten years as it did in the thirty-year period between our parents' generation and ours. However, there is little that you or I can do to slow this process. The only thing we can do is reminisce. I choose to do this by sitting on the couch and enjoying a rerun of "Boy Meets World" or "Full House." Maybe, just maybe, I can bring myself to better understand the situation in which today's kids find themselves. Maybe I can develop a respect for their willing conformity to this fast-paced world . . . *not!*

ful children's shows on the tube these days, I must say that the people who come up with these shows are scraping the bottom of the barrel for ideas. Nothing they produce can surpass the shows we cherished as little kids.

. . The ever-growing world of computer technology is everywhere in kids' lives. .

## WE WANT YOU!



We know you have opinions. We know you have something to say. Well, get over it. You're not on the staff this year. But, if you still want your opinion to be heard, send us a letter or a student contribution piece for the newspaper and we'll put it up on The Oak "K". Who knows? Someone might actually listen to what you have to say. Send all letters for The Oak "K" to Mrs. Goodman's room or a member of your friendly, neighborhood Oak "K" staff. Thank you very much and we'll be looking forward to hearing what you have to say!

# Ally Articulates

**Ally Heine**  
News Editor

Smoking or non-smoking: A question you would usually be asked when entering a restaurant here in Paducah. This has quickly changed; the city of Paducah has banned smoking from all restaurants and bars in the town. There are many mixed emotions about this law from different people in this town. You have one side who thinks that it's a great idea and that it creates a much more comfortable surrounding for everyone in the establishment. On the other hand, you've got the people who have been smoking for their entire lives and believe that the idea is erroneous on all counts. In addition to these conflicting issues, you also have many business owners for both sides.

Many of them argue that the law is lowering their number of customers in and out of their business, which is completely understandable. However, some say that the customers are a lot happier where they can enjoy their meal in a smoke-free environment. Personally, I believe this law was a good idea to an extent. When eating at a restaurant, it is a lot easier to enjoy your meal in a smoke free environment, although it wasn't ever really unbearable. I believe the younger customers

of the restaurants appreciate this ban more than others because many of them are not accustomed to being in a smoke filled environment. Even though I believe the smoking ban is a good idea for restaurants, I feel as though the bars here in town should have exceptions.

Before the ban, if adults were to go out to a bar, it was usually expected for there to be a cloud of smoke somewhere or another. It's not so much expected in restaurants, now. If the bars were to have an exception to this law, the number of customers would obviously rise.

Another reason I feel as though the bars should have exceptions would be because of an age factor. If you are already of age to go to a bar, you should be of age to make the decision to put yourself in that kind of environment, seeing that the bars are usually not the "hot spot" for kids. Once again, I do believe the smoking ban was a good law to pass and makes it a lot easier to enjoy being at a restaurant, but as far as bars here in town are concerned, people of a certain age should be able to make their own decision on whether or not to smoke whenever they choose.

... you should be able to make the decision to put yourself in that kind of environment. . .

# Aaron Asks

**Aaron Megibow**  
Entertainment Editor

Picture this. You plop down on your couch after a long day of classes at LOHS and begin to eat some junk food and procrastinate your homework when a flashy ad

comes on the TV. It's one of those "TRUTH" ads. Using well-paid actors, distorted facts, and scare tactics they get you to think the way they want you to think. Next you decide to take a break from the TV and open up a copy of Rolling Stone. After reading some concert reviews you see a few ads for Camel's newest flavors of cigarettes. They use fancy artwork, flashy graphics, and interesting catch phrases to get you to start smoking and to start buying their cigarettes. So what's the problem? The problem is here: the TRUTH ads tell you not to fall into big tobacco's propaganda tactics, yet the TRUTH ads use the exact same propaganda tactics that the tobacco companies use.

I am NOT endorsing smoking and I am NOT endorsing the TRUTH ads. I am merely making an observation of a blatant hypocrisy that is going on right in front of my eyes, and I am pretty angry about it. The TRUTH ads seem very self-righteous to me, yet in my opinion, they have no room to be. Who are they to tell me not to pay attention to some-

one using flashy imagery and well-paid actor/models to get me to do something when they are doing the exact same thing? Now, don't get me wrong, I very well know the health risks of smoking. Yes, it causes lung and heart disease, emphysema, lung cancer, etc. TRUTH, please, just practice what you preach.

. . The TRUTH ads seem very self-righteous to me, yet, in my opinion, they have no room to be. .

Here is my other problem with the TRUTH campaigns: alcohol, in my mind, is more dangerous than cigarettes. When has someone killed someone because they were driving under the influence of cigarettes? When has someone been arrested because they were intoxicated by cigarettes in public? The answer is never. So, why do the TRUTH campaigns continue to solely focus on cigarettes? Why don't they focus on alcohol abuse? It just doesn't add up to me.

I guess what I'm getting at here is that I want people to make their own decisions in life about what they put in their bodies. I don't want them to pay attention to propaganda tactics, no matter who they come from (big tobacco, TRUTH ads, the government, etc.) So please, next time you sit down in front of a TV or open up a magazine, close your eyes, plug your ears, and open your mind.



# And Now A Word From Lee Cole...

**Lee Cole**  
Entertainment Editor

Everyday, we as students come to school with the hope, or at least the prospect of learning; to have our young minds molded and our fledgling intellects enriched by brilliant teachers who we look up to and admire. We come to school to be educated, or at least that's how it's supposed to be. I've found throughout my high school career, however, that teachers' biases and opinions naturally leak into lectures or discussions. Nevertheless, it is a teacher's obligation to give an unbiased presentation of the facts, no matter their own opinions. More importantly, it is our right as students and citizens to have no person prescribe to us what is right or wrong in matters of politics and religion.

When placed in an authoritative position over impressionable students, it is irresponsible for teachers to give out their opinions. When done in private, in a discussion or debate, I see no problem. It's when teachers try to pass off their opinions as fact that the problem arises. Regardless of anyone's beliefs on the matter, these freedoms are protected not only by our Bill of Rights, but also by the US Supreme Court case *Tinker v. Des Moines* in which the court stated, "Students in school as well as out of school are 'persons' under our Constitution. They possess fundamental rights which the state must respect..." The real question in the matter, however, is where the line is drawn. What is appropriate for a teacher to discuss in class? There are many times when I feel this line has been crossed. For instance, a teacher telling a class to unconditionally support the president is totally inappropriate because, for

one, it's our right as Americans not to support the president (that's why we have elections, free speech, right to petition, etc.) and secondly, loyalty to our commander-in-chief is not part of the curriculum and is irrelevant. Another example might be a science teacher reading students passages from a textbook on evolution, every now and then pausing to say, "Remember, this isn't true." This conduct is

... just because someone happens to be a teacher, it doesn't mean they don't need to do some learning themselves. . .

both extremely silly and immature. Instead of a scientific theory backed by real evidence, students are getting rhetoric often supported solely by "because the Bible says so." But supposing those wily scientists did plant Neanderthal bones in the ground to pass off their left wing, atheistic agendas, the government requires that their ideas be taught in our curriculum,

and to denounce them is inappropriate. Perhaps the most important thing for students to remember is that their teachers are not infallible. Some of the people I respect and admire the most are teachers, and there are plenty of great ones. However, just because someone happens to be a teacher, it doesn't mean they don't need to do some learning themselves. As Americans we expect a level of fair and unbiased information in our government, and it's our ability to express ourselves freely that makes our system so great. There should be no exception in our public schools, and a teacher's own agenda has no place in the classroom.

# Mark Is Upset

**Mark Kaltenbach**  
Features Editor

Millions of people in this country get their political information and advice from Rush Limbaugh and Bill O'Reilly. Undoubtedly, many of your parents, teachers, brothers, and sisters tune in to the "O'Reilly Factor" or Rush Limbaugh's radio program on a regular basis. Several students at this school probably listen to and respect these men. But is the information they put out accurate? Are their opinions and comments grounded in fact? The answer is a resounding no.

Bill O'Reilly and Rush Limbaugh are regularly caught in lies and contradictions on their programs. Occasionally offended viewers and guests ask them to elaborate on or explain things they have said, or attempt to counter possibly unfair arguments they have made. In these situations, O'Reilly and Limbaugh tend to become irritated and angry. For example, O'Reilly once compared the Quran, the holiest book of Islam, to *Mein Kampf*, Hitler's autobiographical text advocating a supreme Aryan race. A Muslim viewer later called in and referenced the comparison. O'Reilly responded by denying having made the statement and cutting the caller off.

Every now and then Rush and Bill give sweeping opinions about random groups and causes. One instance of this occurred when Limbaugh said, "Feminism was established so as to allow unattractive women easier access to the mainstream society." I find this quote highly disturbing. With one simple sentence Rush manages to discredit one of the most important and courageous movements in history and in doing so, revealed his own sexist view. How can you respect a person who would say something like that? Either he doesn't understand what he is talking

about or he is a blatant male chauvinist. On several occasions the personal lives of Limbaugh and O'Reilly have contradicted the things they advocate on their programs. Limbaugh was once quoted as saying, "If people are...doing drugs...they ought to be sent up." A few years later, Rush publicly admitted to being addicted to pain medication. He had allegedly received about 2,000 painkillers from four different doctors in six months. O'Reilly, who had recently published his own children's book and who had publicly attacked the rapper Ludacris for the vulgar content of his music, was accused of sexual harassment by a former co-worker in October of 2004. The things this woman claims O'Reilly said to her are enough to make a sailor blush.

...O'Reilly and Limbaugh are not to be trusted. . .

These are the people to whom millions of Americans turn for their political advice and information. That fact severely frightens me. These men appear to have no respect for their viewers or the truth. They seemingly ignore anything that contradicts their own uninformed opinions, and they bully anyone who disagrees with them. O'Reilly and Limbaugh are not to be trusted. Do not watch them and do not listen to them. Obviously, no news source is completely unbiased. However, National Public Radio does an excellent job of presenting the facts as objectively as possible. On television, MSNBC is probably your best bet for engaging programs and accurate information. If you are of a liberal persuasion, anything by Al Franken is hilarious, brilliant, and always backed by rock-solid facts. It is important to remember not take any media message as gospel and to form your own opinions based on what you know. I leave you with some words of wisdom from our good friend Limbaugh: "There is only one way to get rid of nuclear weapons...use them." Amen, Rush, amen.

# Jeannie's Jargon

**Jeannie Suhrheinrich**  
Photographer

I forgot my lunchbox today. I forgot my lunchbox today and now everything is out of wack. Everyday I bring my lunch, I stick to my schedule and I have a good day. Thus, today is not a good day. It is miraculous how the tiniest dents in our schedule, the smallest, most superficial kink can alter or mood and the way we relate to each other. I have been irritable, unfocused and rude all day because I am missing my peanut butter and jelly sandwich on wheat bread with Oreos.

And as the day is wearing on, I realize that things are going to be okay, that a minor mishap encourages excitement in our lives. To tell the truth, I am now embarrassed for getting bent out of shape for such a simple and routine thing as forgetting an inanimate object. What would happen if something more serious had happened this morning? A natural disaster, a car accident or a loved one was in danger? How would I cope then? If I can't focus because one thing didn't go as planned, would I have the audacity to function in the face of a serious problem?

Take for instance the second anniversary of Hurricane Katrina. Despite decreasing coverage, residents of New Orleans still face high crime, poverty and homelessness. Imagine that after

two years of being away from your home you are still unable to return to your house, job, and school— your normal way of life. Imagine the wreckage and dysfunction that still remains in an American city two years after it should've have been taken care of. These residents live in poverty and hopelessness while I am sitting comfortably in school, fretting about my sandwich that lies only minutes from the place where I am fortunate enough to earn an education.

...The smallest, most superficial kink can alter our mood and the way we relate to each other. . .

I guess my point here is that we are unbelievably spoiled; exceptionally ignorant nestled here in the comforts of a safe, small-town community. At the very moment that you are reading this, millions are vying for food and safety, the smallest occupation or even a minute of companionship. We, however, lash out at others when things don't always go our way and complain and gossip about our peers, when we should be celebrating our blessings: the fact that we have an abundance of our necessities at our disposal and we are blessed with friendships and family everyday.

So the next time you are whining because you didn't get your way or that new cute pair of shoes, remind yourself that fate could have dealt you a different hand and you could live in a region where you are lucky enough to have *one* pair of shoes, not to mention two. As for me, the next time I leave that sandwich in the fridge I'll be sure to take a moment to save myself from self-pity and realize the world will not end, for it is very easy to find a new lunch, when others are don't always have this choice.

# The Oak "K"

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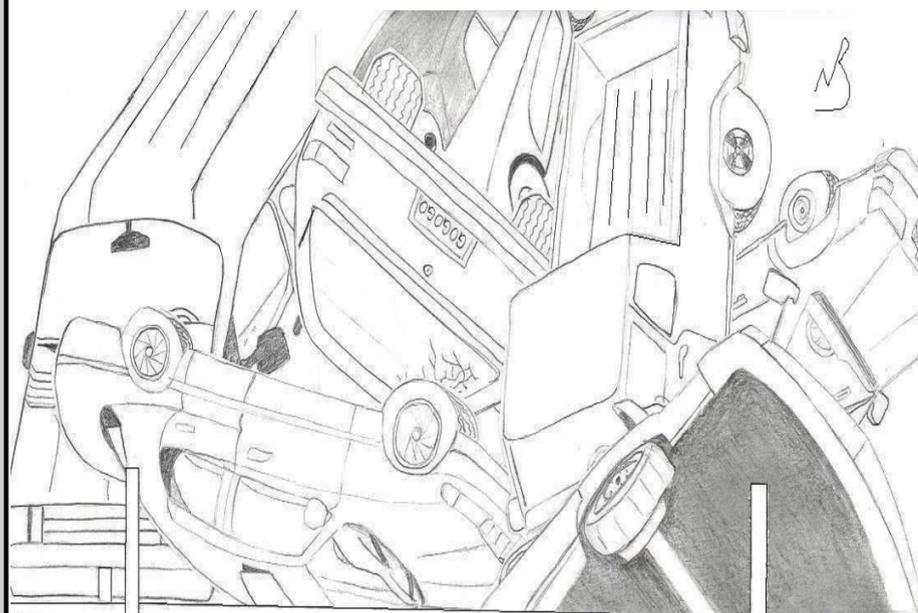
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# Lone Oak High School's New Policies...

**Nate Brelsford**  
Staff Writer / Cartoonist



LOHS  
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with honor!  
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**BE PREPARED TO STOP**  
(and stay stopped)

## ALUMNI AWARENESS

**Nate Brelsford**  
Staff Writer/ Cartoonist

How many of us here in 2007 can say they know there is much more to Lone Oak High School than meets the eye? Who truly knows what it means to be an "Oaker?" For answers, we turn to those who have already accomplished the duty that is now set before us; we study the experiences of alumni. This month, I have interviewed Jeff Reeves from the class of 1980 in hopes of revealing another dimension of Lone Oak.

If you have noticed our tiny, hidden record boards in the "B" hallway, you may already be familiar with this month's featured alumnus. At one time Jeff held the school record in the one-mile run and currently owns the two-mile record. He shattered both on the same day as a senior in 1980.

Reeves was a runner inside and out. The thin, fluorescent yellow singlets, short shorts, tube socks, and old-school Brooks running shoes, put together with his lean physique and ferocious 'fro, made Jeff look like "the running cue tip," remarked Laura, his wife.

The Lone Oak cross country team did not exist by 1980, but there certainly was a track team. Reeves recalls running on a dirt track around the same football field we all know and love. However, at that time the field house didn't exist, so the teams used the old and now condemned Board of Education building for locker rooms. Lone Oak rarely hosted track meets, as the facility was outdated and inferior to those in the surrounding area. Not much has changed in this respect, as Lone Oak has not hosted a meet in any current student's memory for the same reasons.

Although somewhat troubled at hearing this unfortunate news, Reeves brightened up as he related such exciting stories as getting whipped by Coach Mizell when such discipline was legal, witnessing a dead chicken thrown onto the gym floor at a pep rally, fast times in his '77 Plymouth Roadrunner, and "cutting up" with the high jumpers during track practice (he

preferred to run at night).

Reeves has been busy these past three decades. He attended Murray State University, joined the Air Force, worked in printing plants in Orlando, FL and Tucson, AZ, and has worked at ISP in Calvert City for the past fifteen years.

Today he keeps in shape by training for open races and running with his wife three or four times a week. His fastest 5K (3.1 miles) time since high school is 19:52, and since his recent knee surgery, he has run a 20:03. There is the hope of running another marathon in Reeves' near future. Reeves is also eager to assist Lone Oak's distance runners in their training for track this spring.

Although Reeves managed to maintain a 3.62 GPA while at Lone Oak, he admits that making straight A's was not his top priority. His advice for the students of Lone Oak is to have fun and laugh. "You can't go back, so put in the time and effort; you'll be rewarded for it." If he had the chance to go back to high school with what he's learned, Jeff said he would have trained harder and become the state champion in the two-mile. He also mentioned that he'd be a lot smoother with the ladies, but the lack of air conditioning in his Roadrunner may have been a contributing factor to his limited success.

He also had a message for those who are thinking about running track. Reeves advises anyone who is halfway athletic to focus on distance events. As with anything else, the time and effort put into training will determine the extent of success. Even Reeves remembers his early days in track when he was lapped twice in a two-mile race. His perseverance resulted in a 27-year school record: a legacy that will stand until one Oaker decides to make his own mark.

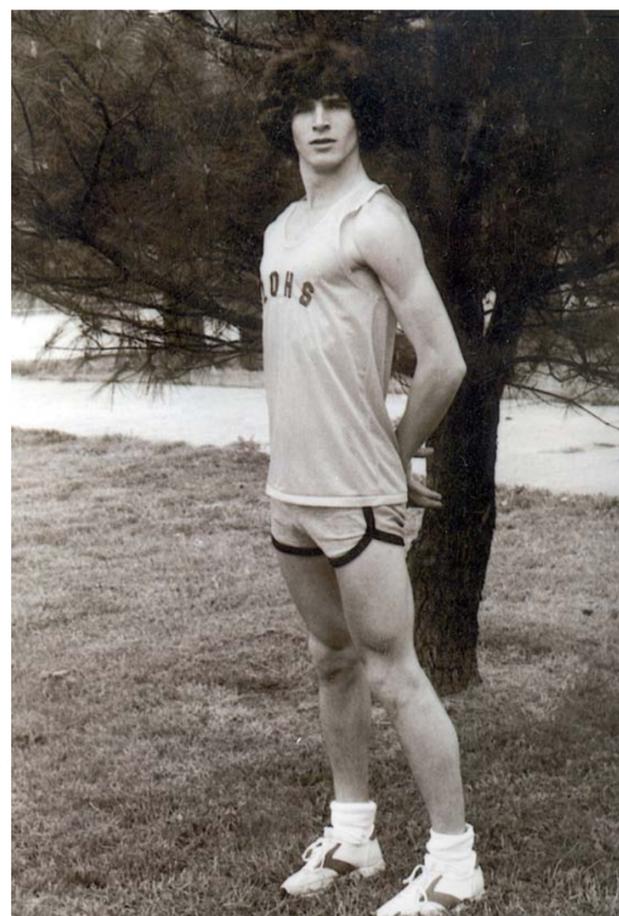


Photo courtesy of J. Reeves

## New Faces At LOHS

**Derek Operle**  
Co-Sports Editor

We have several new faces, old people in old places, and just plain old changes this year. Among these modifications are Mrs. Sims' change to English, Mr. Ceglinski's appointment as vice principal, Mrs. Durham's addition to the mathematics department, and Ms. Warmack has become Mrs. Sprunger.

Now let's begin with the new additions to our school: the ten – count them – ten new teachers.

**Mrs. Carter** is entering her thirteenth year of teaching and is now teaching English IV and Enriched English I. She is a graduate of Murray State University and has two children. She is also a fan of the Boston Red Sox.

**Mr. Duncan**, the new freshman math and science teacher, is entering his twenty-eighth year of teaching. He likes the Indianapolis Colts and the UK football team.

**Mr. Elliot** is replacing Mr. Wood as the agriculture teacher in his first year of teaching. He enjoys hunting, fishing, and watching the Kansas Jayhawks play.

**Mrs. Farris** is going on her third year of teaching special education as a graduate of Murray State University. Her hobbies include running and reading.

**Mrs. Fouse** is teaching for her fifth year total, and her third year of Spanish. She enjoys doing crafts and watching her son **Kyle Fouse (10)** play for the LOHS soccer team.

**Mrs. Fuller** has taught twelve years of musical education. She has replaced Mrs. Durham as the head of the choir program. She is a fan of a British mystery series, *Midsomer Murders*. She likes to watch St. Louis Cardinals games.

**Mr. Gagnon** is our new history teacher. He teaches freshmen government and sophomore world history. His hobbies include sweeping up tardy students, playing hockey, and rooting for the Chicago Cubs.

**Mr. Miller** has taught nine years of English, but this is his first year at LOHS. He enjoys golfing and watching University of Alabama football games.

**Mrs. White** is the new family and consumer sciences teacher here at LOHS, as she is entering her third year of teaching as a graduate of Murray State University. She enjoys ballroom dancing and reading.

**Mr. Zacheretti** is the new ICP and enriched biology teacher. He likes to run and watch his favorite TV show, "The Office." He is also a fan of the UK Basketball team.



The Oak "K" Staff 2-007—2008

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## DARFUR: AN IGNORED CRISIS

**Mark Kaltenbach**  
Features Editor

There is a genocide happening in Darfur. As many as 400,000 people are dead. Two million more are in refugee camps, forced to leave their homes behind. Countless atrocities have been and continue to be committed against the people of Darfur, and something must be done about it.

Darfur is located in Western Sudan, the largest country in Africa. The government of Sudan is based in Khartoum, the nation's capital. The country is dominated by a very small, wealthy elite, with Sudan's president, Omar al-Bashir, as the supreme ruler. Darfur is home to about 6 million of the poorest people in Africa. The people of Darfur are mostly farmers or herders. Darfur has been neglected and oppressed by the Sudanese government in Khartoum for many years.

The crisis began in 2003, when a small group of rebels in Darfur mounted a revolt against al-Bashir. The Sudanese government responded by crushing the rebellion, increasing funding to local militias known as the Janjaweed, and initiating a scorched earth campaign against the entire population of Darfur.

The Janjaweed, who have the full support of Khartoum and al-Bashir, are absolutely merciless in their attacks on the villages and towns of Darfur. They destroy food and water supplies, burn homes, rape women, torture and murder everyone they catch, and then move on, leaving a trail of destruction and misery behind them. Attacks on villages are often prefaced by bombing raids and helicopter attacks. The Janjaweed attack without any consideration of age, so even young children, infants, and the elderly are subject to their cruelty.

But why is the Sudanese government doing this to its own people? The answer is complicated, but a large part of it is ethnic discrimination. Al-Bashir and most of the power elite are Arab Muslims. Darfur is populated by African Muslims. The Arab Muslims want to cleanse

the country of the African Muslims. When the small group of rebels revolted, al-Bashir saw his opportunity to eliminate the African Muslim population in Darfur.

Odds are, this is the first time many of you have heard about this crisis, or, if you have, you know only the basic details. You are not alone. Very little has been done to aid the helpless people of Darfur. For some reason, the media has given the situation very little coverage, and the American government has failed to exert any significant pressure on the government in Khartoum. China, which holds enormous economic sway with the leaders of Sudan, has also chosen to do very little in response to the genocide.

This is not the only genocide in recent history. The Holocaust claimed the lives of millions of European Jews. In 1994, 800,000 people were massacred in the small African country of Rwanda. On both of these occasions, the people of the world failed to intervene until it was too late. Don't let Darfur end up the same way. Get involved. Take action. The death toll continues to rise every day. Even as you read this article, horrible atrocities are being committed in Darfur, but we can help. There are many ways in which the average American can aid the people in Darfur. Write to your representatives in the government. Pressure them to pass legislation aiding the people of Darfur. Donate money. Inform your friends and family. Do whatever you can. It is possible to end this horrible massacre. For more information regarding the crisis in Darfur and to learn ways you can get involved, go to [www.savedarfur.org](http://www.savedarfur.org).

# Free Association

Blake Harrison  
Assistant Editor In Chief

Participants	Michael Vick	Tardy Sweepers	Four Lunches	Appalachian State	Consolidation
Yashaswee Malla (11)	Dog	Broom Stick	Too little time	Mountain	Debt
Richard Scelzi (11)	Dog	Jarvis	Stupid	Who?	Don't Care
Kacie King (12)	Who?	Coach C.	Short	Upset	Big Word
Mrs. Helmich	Football	Good	Terrible	Winner	Bad

## MYSTERY STARS



Derek Operle  
Sports Editor

This month's senior mystery star is the only one that is truly employed somewhere. She works at her parents' business, DRMS, as a database manager. She likes to sing, as well as participate in the praise band at her church. She can think of nothing better to do than kick back and watch an episode or two of her favorite show, CSI. Can you guess this mystery star?

Our junior mystery star is a regular starter for the varsity soccer team and he also runs cross country. He is currently working on his Board of Review for his Eagle Scout rank and he does all this while juggling his AP Chemistry and Pre-Calculus homework. Can you guess this mystery star?

September's sophomore mystery star is an unemployed artist. She sings in choir, writes poetry, and plays guitar. She loves to watch Grey's Anatomy and Boston Red Sox games in between doing her chemistry and hanging out with friends. Can you guess this mystery star?

The freshman mystery star is just one of many new faces you see around the hallways, though he towers above many of the freshmen at 5'10, 5'7 without the hair. He has played soccer for both the Lone Oak and Whaler's Catch teams, though his favorite team is Manchester United (English Club). Yeah, this kid is a soccer fanatic; he also referees games on the side. Can you guess this mystery star?



## What's Your Story?

Aaron Williams  
Online Editor

This month, we here at the Oak "K" are running a new feature in the paper designed to allow you, the student body here at LOHS, to get to know yourselves better. We're calling it "What's Your Story?" and it will spotlight four randomly chosen students from each class each month.

This month's senior is **Ashley Anderson (12)**. Ashley enjoys cheerleading and going to the gym to tumble. She likes hanging out with her best friend **Melanie Shelby (12)** on the weekends as well as her boyfriend. It is obvious that Ashley's family is important to her. She tells the Oak "K" that her stepsister is her role model saying, "She taught me that it's okay to be who you are. She also taught me how to stick up for yourself, in more ways than one." What is something unique about Ashley Anderson? She says, "I'm very silly almost all the time! I love seeing people smile about something I said."

So, who's the lucky junior? This month it is none other than the notorious **Luan Pham (11)**. Luan enjoys playing soccer for the team here at Lone Oak and lifts weights on the weekends at Baptist Family Fitness. Luan loved having **Coach Mizell** last year as a teacher, saying, "He's hilarious!" Now that the coach is gone, Luan says **Mr. Neelley** has become his favorite teacher, saying, "I love his dog jokes." Luan's role model is the martial arts master, Jackie Chan.

Now on to the sophomore class. The representative is Mr. **Derrick Young (10)**. Derrick enjoys a variety of activities that include boxing, drawing, football, and weightlifting. He likes listening to Metallica and almost any sort of rap. He too believes that family is important and tells the Oak "K" that his mom is his role model. His favorite teacher is **Coach Haskins**.

And lastly, who is the amazing freshman of the month? It's ninth grade football player, **Josh Dickson (9)**. Josh likes hanging out with his friends on the weekends and says that family and sports are important to him. His two favorite sports are baseball and football, though he likes baseball the best of all. His role model is NFL star Reggie Bush. What's something different about Josh? He tells us he has family all over the United States. Pretty spiffy if you ask me.

So thanks from the newspaper staff to all the participants this month. Look forward to next month's issue where we ask four more random students: "What's your story?"

From top to bottom: Ashley Anderson, Luan Pham, Derrick Young, Josh Dickson

## Quiz: Which Musician Are You

Aaron Megibow  
Entertainment Editor

- Which piece of jewelry are you most likely to be seen in?
  - A medallion made from melted bullets
  - A tacky, dangly belly button ring
  - A tasteful diamond tennis bracelet
  - Nothing, jewelry is unnecessary
  - A canary diamond engagement ring
- The best place to find you is:
  - In Da Club
  - Rehab
  - A hip party in the Hamptons
  - A unique coffee house
  - Divorce Court
- When hounded by the paparazzi, you are most likely to respond with:
  - "My hot new album drops 9/11!"
  - A violent umbrella attack
  - "I'm so crazy in love with ya'll!"
  - The paparazzi don't care about you.
  - Showing off your posterior along with your latest fiancé.
- On tour, your opening act is most likely going to be:
  - A random thug from da dirty south
  - Nobody, you're too unpredictable to tour with
  - Jay-Z, because you can't stop making duets with him.
  - A random little-known indie band
  - You have no tour partners; your massive collection of fur coats takes up all available space.

If you answered mostly:

- |                     |                     |
|---------------------|---------------------|
| A's— 50 Cent        | D's— Sufjan Stevens |
| B's— Britney Spears | E's— Jennifer Lopez |
| C's— Beyonce'       |                     |

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## Before Our Time... Cool Hand Luke

**Monica Spees**  
Features Editor

Meet Luke Jackson: rebellion in human form. That is the only way to describe Paul Newman's character in the 1967 film, "Cool Hand Luke."

The movie follows the story of a man sentenced to two years in a southern prison farm as punishment for vandalism. Soon after arriving, it becomes clear to Luke that new inmates are not easily accepted. Every man earns his status in the prison. The leading inmate among the men, Dragline, refuses to make life anything but difficult for newcomers. Upon Luke's arrival, Dragline does not take kindly to the new man's sass and nonchalant attitude. As if the new social structure isn't hard enough, the prison guards impose a long list of rules and regulations on the fifty prisoners. Any man that does not comply with the rules of the prison spends a night in "The Box," a cramped wooden outbuilding.

During the day, all the men are loaded up onto trucks and taken to country roads that need grass cut or ditches dug. They return late every evening, sweaty and exhausted. However, the harsh living conditions seem to roll right off the back of Luke Jackson. He silently chooses to ignore the hateful remarks from the seasoned inmates and continues to serve out his time. It seems as though Luke's rebellious side gets the better of him as he makes snide comments to Dragline, provoking the large man to engage Luke in a boxing match. Although Luke takes a terrible beating from Dragline, he refuses to stay down when knocked on the ground. It is then that several inmates begin



Photo from amazon.com

to see the true side of this quiet man. Not long after that, Luke wins a heated card game by bluffing. When Dragline insists that all Luke ever fights with is nothing, Luke simply responds, "Sometimes nothin' can be a real cool hand." This quote wins him the nickname "Cool Hand Luke." Luke's powerful personality and seeming greatness get him full respect from practically all the men in the prison. Never has a man quite like Luke been in their midst. They've never seen a man that not only has the guts to backtalk the guards, but also has the stamina to eat fifty eggs in an hour.

After an unjust punishment, Luke makes a break for it. With his clever mind, Luke eludes the men and dogs for some time. Even after he is caught and the man in charge of the prison, "Captain" claims that there is a "failure to communicate," Luke does not cease to play it cool.

This film also contains big names of the sixties, such as George Kennedy, Wayne Rogers, and Dennis Hopper. It was beautifully crafted, and realistically presents the hard life of prison inmates back in the day. Although a couple scenes seem to drag with too much dialogue involving lots of background information on the characters, "Cool Hand Luke," overall, is a movie that any viewer is sure to enjoy. As Paul Newman portrays his character with lovable charm and wit, you really can't help but cheer on a person that society would consider "the bad guy." To sum up this entertaining and inspirational tale of perseverance and "sticking it to the man," I'd have to say that this is a real cool movie. (This film is rated PG for some language and nudity.)

## Addicted To Wurtzel

**Aaron Megibow**  
Entertainment Editor

Methylphenidate Hydrochloride: brand name Ritalin. Its addictive potential, especially when combined with other drugs, is well known to Elizabeth Wurtzel, author of "More, Now, Again." You might have heard of Elizabeth Wurtzel; she's the author of the book "Prozac Nation" which Miramax Pictures turned into a movie starring Christina Ricci and Anne Heche. "More, Now, Again" is a memoir of addiction. Elizabeth Wurtzel is prescribed Ritalin by her psychiatrist to help boost the effects of her anti-depressant. Then, one day, while cutting up one of her pills a small amount of Ritalin dust falls on the counter and she decides to snort it. After achieving a small rush it all begins to fall apart from there. In a small apartment along the Florida coast, Elizabeth Wurtzel becomes hopelessly addicted to snorting her Ritalin in order to help her write her latest book.

Wurtzel's addiction eventually escalates

and leads to abuse of illegal drugs. After finally finishing her book, she checks into a rehab center that doubles as a psychiatric hospital. Sadly, like most memoirs of addiction out there, after recovering she relapses. Yet, rejoice, in the end she begins a new chapter in her life.

I would recommend "More, Now, Again" to anyone and everyone who is interested in a good memoir, especially one about mental health. Elizabeth Wurtzel writes like Sylvia Plath with a sick wit and a twisted sense of humor. This memoir serves up a platter of emotions. From raw sadness and depression to happiness and redemption, it's all here. Whether you have read "Prozac Nation" or not, you will most likely enjoy "More, Now, Again." Fans of Augusten Burroughs' books "Running With Scissors" and "Dry" would also enjoy "More, Now, Again" because Wurtzel and Burroughs both write in the same style and seem to both have similarly chaotic lives.

"More, Now, Again" is ultimately a compelling story about the throws of addiction.



Photo from amazon.com

## In CASE You Haven't Heard

**Lee Cole**  
Entertainment Editor

I've found, through my own experience, that most of the artists in modern music I can take seriously are people no one's heard of. I would be hard pressed to find someone in our school who had heard of Neko Case, and I would be even more hard pressed to find someone who had heard of her album "Fox Confessor Brings the Flood." But to say that the album is good is a gross understatement. It is one of my favorite albums, and easily one of the best albums of the past five years.

Imagine finding an old, dusty vinyl record in an attic somewhere in Virginia, abandoned and neglected for ages since it was last used sometime in the early 1940's. You carefully place it on an antique record player and sit back to see what you can hear. After a moment, the soft, opening strains of "Margaret vs. Pauline," the first track on Neko Case's stunning album, are what come out. Its ability to sound both old and new at the same time is the quality that makes this album so great. It's Loretta Lynn meets Beck. Neko Case is able to combine complex musical arrangements with lyrics steeped in surreal, and yet strikingly vivid

imagery. Each song has something interesting and original to offer, but perhaps the album's finest moment is with her song "Maybe Sparrow," a poignant example of Case's best songwriting.

Whenever I recommend the album to my friends, they are always immediately turned off when I tell them that the music is primarily country. Even I must admit that I used the elusive term "alternative" to describe it, still in denial over being so smitten over a country album. It's important, however, that a distinction be made between Case's music and the music of modern pop-country artists who create less than inspired work. Neko is completely original and defies many of the conventions of not only country, but of many different genres of music. She draws influence from the punk and alternative rock music she played drums along to as a teen, and fuses this with the gospel and country that finds its way so well into "Fox Confessor."

"Fox Confessor Brings the Flood" offers everything one could want in an album. And she does this without putting out any of the cheap gimmicks that sell so many albums today. The lyrics and the music work together, instead of one outshining the other, and it when the last song closes, you feel a deep sense of having heard something genuinely good and important. Neko Case has crafted a wonderful album, and if you fancy yourself a connoisseur of good music, then it should not be missed.



Photo from amazon.com

## A.L.O...No Roses, No Clover

**Aaron Williams**  
Online Editor

Back in 1998, Animal Liberation Orchestra arrived on the scene with the release of their first album, "Animal Liberation Orchestra and The Free-Range Horns vs. L.A.G.". This summer, ALO released their latest album, "Roses and Clover," recorded on Brushfire records. I picked it up and gave it a listen.

My prior experience with this band includes practically falling in love with their album "Fly Between Falls" last year. Even now, I get excited just thinking about it. I would put it into the stereo and see bursting stars as I was knocked out by musical greatness. The distinct funk-jam sound of ALO was a breath of fresh air to me in the world of alternative rock. To say the least, my hopes were high for "Roses and Clover." The CD slightly disappointed me.

I am not saying that "Roses and Clover" isn't a good album. My problem with it wasn't that it was bad. It was that the CD was only sub-par. That's not a standard I was used to from ALO. The first time through, I was completely satisfied with the CD. It opens up with a great track, "Maria," and keeps things going with the reggae-style track "Try."

However, the next day when I put the CD in again I was slightly shocked to feel bored

by it. The CD slows way down after the first few tracks and almost comes to a standstill with the song "Shine." I just didn't have the same feeling for the songs as I had had for the songs on "Fly Between Falls." Those songs I could play over and over again and never get tired of them. The songs on "Roses and Clover" were, for the most part, empty.

So, I sat down and had myself a good cry and tried to figure out what had happened; where ALO and I had fallen apart. Then I realized that it wasn't me. It was them. ALO had been found guilty of the crime all great alternative bands who stay around a while commit: they had become more *main-stream*. They were guilty of using stereotypical songs and bland lyrics just to tie and album together.

All of this isn't to say that you shouldn't listen to Animal Liberation Orchestra, though. If you haven't heard of them before, I would still recommend them to you. Of course you should check out some of their older music. Try "Fly Between Falls" or 2002 release "Time Expander" to enjoy the band fully.

If you are lucky enough, check them out on tour as well. They don't venture too far from the West Coast but if you can see them, do it. They often tour with Jack Johnson, Matt Costa, and other artists from Brushfire Records. So go ahead, give them a listen.

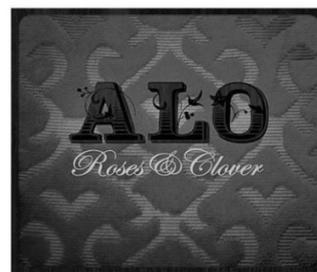


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## Curious About Crowns

**James Summerlin**  
*Editor-in-Chief*

They are the fastest contemporary Christian band to have two albums certified platinum and they are the second contemporary Christian band to accomplish two platinum albums. They have won a GRAMMY in 2006 and 12 GMA Dove Awards. And their start was only playing for the youth at church before they were discovered by Paducah's own Steven Curtis Chapman. The band is none other than Casting Crowns.

Ever since Casting Crowns burst into the music scene, Casting Crowns has had it all. Their lyrics are loved by youth and their parents. Their lyrics inspire and challenge the heart into ways that few have ever been able to accomplish. So, yeah. There was some buzz when the band released their third album "The Alter and the Door."

This album was... well... different. I'm not going to give it a terrible review, yet I have issues giving the CD a 5 out of 5. It's just different and I'm gonna leave it at that. You see, when I heard that Casting Crowns was releasing their next album, I was stoked. I love the last two albums and I could listen to them all day. Needless to say, I really was expecting a lot. And I'm not sure if I was satisfied or not.

"Lifesong" was a great album. I really could listen to every song on that album

without pressing the "next" button. Each song was good. What makes "The Alter and the Door" different is that Casting Crowns put five awesome songs in the album. There are five awesome, fantastic, super-duper songs that I could listen to over and over again. But it seems like the other songs were songs that didn't make it on the first two albums. Not that those songs were bad, they just weren't as good as the songs on the past two albums.

Is the album worth buying? Yes it is. "East From the West" is, in my opinion, the best Casting Crowns song ever. "What This World Needs" is an awesome song and "The Word is Alive" was a great catchy song. But it's not as ground breaking as the other albums by Casting Crowns. It's just different. Some songs were just to mellow for me, but there were some rocking songs on there that we needed to see from the band.

Maybe I'm not being fair towards Casting Crowns because of their shortcomings in this album compared to their last two albums. I mean, it was a good album and I did enjoy listening to it. It's just an album you have to slowly get used to so you can appreciate the album itself. Not all the songs were that great, but the album is still worth buying. I give Casting Crowns' "The Alter and the Door" a 4 out of 5.

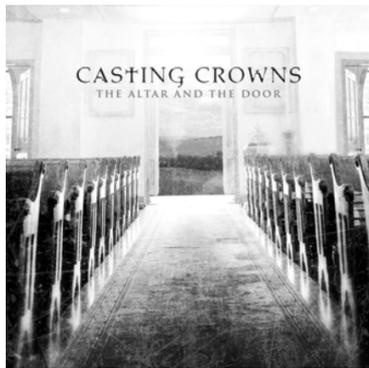


Photo from Google.com

## Delightfully Disturbing

**Hannah Hudson**  
*Business Manager*

According to Webster's, to disturb means to make uneasy; to upset; to interrupt. Suburbia: the suburbs. Put these two together and you get "Disturbia," the suspense thriller of the summer. Now out on DVD, "Disturbia" is an "edge of your seat," suspense-filled movie. It tells the story of Kale Brecht, played by Shia LaBeouf. After a life-changing incident, Kale's attitude lands him in front of a judge who sentences him to three months of house arrest. Normally most teenagers would take the punishment and be glad to get a three month break from school. Too bad Kale's three months happen to land in the summer months.

Ronnie, Kale's best friend, goes to Hawaii, leaving Kale to his dirty room. Kale quickly becomes bored with what would be a typical teenager's dream summer; video games, television, iTunes, and Twinkie towers. His boredom leads him to the only other thing he can do to stay sane, but he'll have to use his binoculars. After making a few simple observations of his neighbors he becomes locked into the idea that one is a serial killer from Texas. Finally Ronnie returns from

vacation to help him uncover his neighbor's dark past.

"Disturbia," in my opinion, was one of the best movies of the summer. It's a movie that appeals to nearly everyone. Many guys would like it because of the action and girls in bikinis. Girls, don't feel left out; there's something in it for you too. Surprisingly, there is a love story, and Shia LaBeouf isn't bad to look at. I absolutely loved it. Even those of you who may not be into thriller movies may want to give "Disturbia" a shot. "Disturbia" is an edgy, suspenseful movie with just enough action to keep the guys happy, but not so much to give you nightmares. The gore is, thankfully, in short supply, unlike other recent scary movies (cough, "Saw", cough). Yet it's not a pointless waste of money like others (cough, "The Grudge", cough). There are a few scenes where you may want to cover your eyes, but moments like those make a scary movie that much more enjoyable.

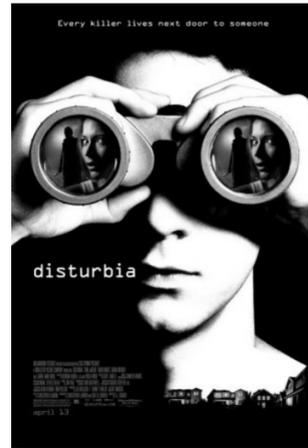


Photo from Google.com

If you haven't seen "Disturbia" yet, you definitely need to. Whether you pay the four bucks to rent it or the twenty to buy it, it's worth your money. It will keep you on the edge of your seat. Guaranteed. This is one of those movies I would recommend to watch with friends... with the lights on. As the credits roll, you are left with the final thought, "Every killer lives next to someone."

## A Togethercolored Review

**Patrick B. Hollowell**  
*Staff Writer*

Now you all may have heard of popular bands and artists such as Dave Matthews, Coldplay, Incubus and other popular stars, but did you know that we have our very own band here at Lone Oak High School? That's right; you don't have to drive all the way to Nashville or St. Louis to catch a great concert. You can catch one right here in Paducah.

Their name is Togethercolored Instant (previously known as Counterpart) and they are made up of some of our own peers. **Lee Cole (12)** is the lead vocalist and plays guitar and banjo. **Mark Kaltenbach (12)** plays guitar and sings backup. And last, but certainly not least, **Zia Choudhury (12)** keeps the beats going on bass and piano.

The group began when Zia and Lee started playing a few popular tunes together for fun, Zia playing strictly piano and Lee playing strictly guitar. Initially they played for close friends at small get-togethers. When the idea of Natestock, a large outdoor performance, was conceived, Zia and Lee leapt at the opportunity and gave an unforgettable performance under the name Counterpart. Soon after this, the band was completed with the arrival of their third member,

Mark.

Togethercolored Instant plays music from many genres such as folk and alternative rock. They cover bands and artists like Coldplay, Sufjan Stevens, Bob Dylan, Death Cab for Cutie, and Jeff Buckley. Some of the more popular songs they play are: "A Lack of Color," "Chicago," "Hallelujah," "Subterranean Homesick Blues," and "The Scientist." They also feature many original tracks such as "Young English Bride" and "The Social Club."

This group is so talented that they even have their own groupies. Supporters of Togethercolored Instant include many well-known juniors and seniors such as **Eric Kiser (12)**, **Jon Fejes (11)**, **Erin Conwell (11)**, **Katie Followell (11)**, **Martha Bailey (11)**, **Olivia Fellows (12)**, **Derek Operle (11)**, and many others. I caught up with one of their biggest fans, **Eric Kiser**, who said his favorite song was "Hallelujah" and his favorite concert was Natestock.

I have personally heard Togethercolored Instant and can vouch for their ability to perform great music. This group often performs in backyards and restaurants like Etcetera. So go and see for yourself how talented this band really is.

## Wanna Golf? Let's Glow!

**Nate Brelsford**  
*Staff Writer / Cartoonist*

It's that time of year again. Evenings are cooling off, "downtown after dinner" is over, football is picking up... fall is just about here. So what exactly is a group of friends supposed to do for entertainment between home football games? Party at a friend's house? Video games? These may postpone boredom for a little while, but they won't stay exciting for long. My answer: Let's Glow Golf!

I've been playing mini-golf all my life, but my first glow-in-the-dark mini-golf experience was in Nashville at the Opry Mills Mall. Their glow golf setup always captivated me as I passed by on multiple occasions, but there never was the opportunity to give it a try. After June 30, however, all western Kentuckians have been able to cross "two-hour drive" off the list of ingredients associated with a quality putt-putt experience.

Located on Hinkleville Road behind Blockbuster, Let's Glow Golf is locally owned by Rick and Vicky Tilley. They offer a party room, group rates, and not nine; not eighteen; but *nineteen* holes of glowing goodness! Yes, there's a mulligan hole waiting for everyone at the end of every round by which one, two, three, or four strokes and a free game (a value of six dollars) are attainable. For avid mini-golfers, here's the challenge: see how many free games you can win

before the Tilleys run you out! For not-so-perfect putt-putters, a reasonable game should consist of somewhere between 35 and 45 shots.

When I first stepped into Let's Glow Golf, the atmosphere just about blew me away. The base paint on all the walls is black, topped by many exciting scenes including an erupting volcano that has been airbrushed with incandescent paint. Neon signs decorate the interior as well as exterior, creating a brightness that only compliments the black light.

However, I have to be honest. As I stepped into the restroom, I was very disappointed. The bathrooms are fully lit. I expected glowing toilet seat covers by which a hole-in-one is valid on a scorecard, but instead I had to settle for the normal scenery. My personal motto has always been, "When ya gotta go, ya gotta glow!"

Let's Glow Golf is an amazing step in the right direction for Paducah. It provides quality entertainment for all ages and just offers something different. The simple fact that glow golf is an indoor activity allows one to indulge at any time. Its only drawbacks are the relatively small size of the facility, cost per game, and of course, the restrooms. Don't let these factors keep you from giving it a try, though. There are so few mini-golf opportunities in Paducah that this will definitely be worth your time.

Let's Glow Golf gets a bogey. A respectable six strokes on a par five.

Around Town With Mark and Lee (and Pat!)  
Michael's Pizzeria

**Patrick Hollowell**  
*Staff Writer*

There are many great places to eat pizza in Paducah, but there is one that stands out in my mind as the best: Michael's Pizzeria. There are many instances where I will find myself traveling to Michael's for some comfort food. After a long day when I am feeling down in the dumps, Michael's will cheer me up. After winning a big golf match, Michael's is the place to celebrate. There is no circumstance that Michael's will not make better.

Their pizza comes in one style: Brooklyn, baby, and it is delicious. You can order this pizza in four different sizes ranging from medium to extra large. I caught up with a fellow classmate of mine, **Robin Ezell (12)**, who said, "Michael's pizza is by far the best pizza I have ever had." You can

also find a variety of other things on their menu such as gyros, sandwiches, breadsticks, spaghetti, and many other things. Michael's is also moderately priced so you won't have to empty your wallet every time you eat there.

Michael's is located on Jackson Street right across the road from Paducah Tilghman High School. So if you are ever in that neck of the woods, stop by Michael's and enjoy some terrific food. Trust me; it will be well worth your while.

**Lee Cole**  
*Entertainment Editor*

Many a debate has occurred over where to get the best pizza in Paducah. Most end up going to Pizza Inn or ordering out. However, I can say with abundant confidence that the little-known eatery Michael's Pizzeria undoubtedly serves up the best slices in town. I've only recently discovered Michael's, but ever since I took that first delicious bite, I've been addicted. My friends and I go there often and I recommend it to anyone interested in some terrific pizza. It's for these reasons that Mark, Patrick and I decided to pay homage to this wonderful establishment.

I was assigned to review the atmosphere, which unfortunately is the only aspect of the restaurant that I must give mediocre marks.

While the restaurant is very clean and there is plenty of room to relax and be comfortable, the décor looks as though it comes from another decade. There are also several of those ridiculous machines with the claws that pick up stuffed bears and make noise all the time, which can get slightly annoying. But these are minor details and can be easily ignored. While the environment isn't perfect, it's at least satisfactory; and people don't go to Michael's for the atmosphere, they go to eat great pizza and be with friends.

I would greatly encourage everyone to give Michael's a try. It's cheap, it's delicious, and it's one of my favorite restaurants. So if you like great pizza, good service and a fantastic place to hang out with your friends, stop by Michael's Pizzeria.

**Mark Kaltenbach**  
*Features Editor*

I love pizza. A lot. When I eat pizza, I feel like a beautiful pleasure rainbow is forming inside me and is emitting a soft, soothing glow of cheesy, tomato-ey goodness. Now, the strength of this pleasure rainbow varies with the pizza quality. If I get a bad slice of pizza, the pleasure rainbow can become a misery troll, wreaking havoc on my digestive system and filling my mind with sadness. But when it's good, when I get that perfect slice, it is like my whole body becomes its own glorious solar system, with the partially digested pizza as the radiant star in the center. This is the feeling I experience every time I go to Michael's Pizzeria, the delicious eatery across from the Tilghman football field.

The service at Michael's is excellent. The people are

always friendly and respectful; the food is always prepared promptly and served hot and fresh. I frequent the restaurant so often that the workers at Michael's recognize me when I walk in and put my order on early. My order is always the same-two slices of pepperoni pizza and a Mr. Pibb. The individual slices are fairly large and very filling. However, if you're with some friends and they want pizza also, you can order a giant extra-large pizza, which is enough to feed three very hungry 17 year-old males, as Pat, Lee, and I proved on one visit there.

Michael's makes me want to hug someone. It is that good. Don't believe me? Go there! See for yourself! You certainly won't regret it.



Steven Miller (center) in the 300m hurdles. Taken by Nate Brelsford.

## Music At Flash Field

**Aaron Megibow**  
Entertainment Editor

On Saturday September 8<sup>th</sup> the Lone Oak High School Kentucky Colonel marching band hosted their 31<sup>st</sup> annual invitational at Flash Field. Some great marching bands from both Kentucky and Illinois were in attendance, along with judges from Tennessee, Indiana, Kentucky, and Illinois. It was quite rainy, but no amount of precipitation could keep loyal marching band fans from gathering in the stands at Flash Field.

The show opened with the Murray State University Racer band performing an exhibition show. They performed a number of jazzy Latin hits along with two Rush songs (one version coming from the popular video game *Guitar Hero*) After that, the bands were set to take the field. In attendance, we had Mayfield, Ballard, Massac, Reidland, Murray, Paducah Tilghman, and Graves; performing a wide variety of shows. Everything from the music of Danny Elfman to "Latin Fever" to

the music of Imogen Heap. Now, that's what I call variety

Following the bands who performed in competition was our very own Kentucky Colonel marching band performing their show "Aspen: Off The Beaten Path" in exhibition. After our band, clad in new uniforms, marched off the field the award ceremony quickly began. Senior band members passed out trophies to the various bands who won awards for placing in their individual class, best percussion and color guard, and overall placement. In the end, the judges were most impressed with Murray and Mayfield. Mayfield High School won the title of reserve grand champion while Murray High School received the grand champion trophy with their show "Driven" the music of Frank Sullivan and Imogen Heap. After awards, the grand champion band took the field one last time to perform just their music. Overall, a great day for our band and other bands in the area.

## Were YOU There?

**Blake Harrison**  
Assistant Editor-in-Chief

Last Friday night, most of us witnessed possibly the greatest comeback in Lone Oak football history. We knew coming into the game that Calloway was our first chance to see how good we really are, but at the same time realized we could've been faced with our first loss. Early on, it appeared we were headed that way. Calloway was running all over us, and our offense just wasn't clicking the way it usually does. On top of that, we could never get a break from the officials. It seemed like every time we gained yardage, a flag was thrown. We went into the half down 21-7.

Both teams eventually went on to score a touchdown apiece, and the score was deadlocked at 28-14 for what seemed like decades.

As the fourth quarter began, there was a sense of urgency from the crowd and players alike. On top of getting a couple crucial defensive stops, we were able to put up two game-saving touchdowns, the last of which was recorded after an interception by **Tad Porter (12)**, and a 70 yard march down-field.

After scoring our last touchdown in regulation, the score stood at 28-27. In order to make it to overtime, we had to make the extra point. To make things worse, we had a penalty called against us, and we had to set up ten yards deeper. In stepped **Jack Coorts**, a

freshman., who kicked the ball through the uprights like it was merely child's play, and the game was tied. After Coorts iced the extra point, there was around 20 seconds remaining. Needless to say, Calloway was shut down. The crowd went absolutely wild. To have been trailing the entire game, and come all the way back was unbelievable.

In overtime, each team is given four downs to try and score. On Calloway's third attempt, **Daniel Edwards (12)** picked off the pass attempt. Calloway did not score, paving the way for a miracle finish. On our first down, **Corey Robinson (12)**, who made crucial plays on both offense AND defense, ran the ball up the hole for the game-winning TD. The crowd rushed the field, where we watched Coach Haskins give his post-game talk.

I couldn't pass up the opportunity to congratulate the team for their achievement. It baffles me how a team that rolls out four outstanding wins in a row, gives up the fewest amount of points in Class 4A, and is second in points scored in 4A doesn't get more recognition than they do. That's why I've made it my mission to make up for all the times that we were overlooked and not given ANY credit whatsoever. Friday night should go down as the night we opened everyone's eyes and showed them we mean business. That being said, Were YOU there?

## Summer Sports Review

**Blake Harrison**  
Assistant Editor-in-Chief

While most of us were outside by the pool or at our jobs this summer, many of our fellow classmates were representing us on the playing field. Many times summer sports go unnoticed, so the Oak "K" made it a point to recognize our sports teams.

Soon after the school year was over, our baseball team made the district championship game, solidifying a spot at regionals. After cruising by Carlisle and Graves County, respectively, we made the region championship game for the first time in eight years. In that championship game, we met up with Heath, who proved to be too tough an opponent. Although we lost, we are extremely proud to have accomplished what we did this past season. I should mention that Coach **Jim Mizell** will be missed, and we are grateful for his many years of service. To fill in for Mizell, we hired Coach **Gino Miller**, born and raised in Alabama, who has won state titles as a head coach in Tennessee. He has already begun to make his mark, evident by his rigorous off-season weight training program, which will surely pay dividends early next season.

Our softball team, who fought hard all season, met Reidland in the first round of districts. We lost a tough battle 8-5, but we were, after all, matched up with the eventual district champions. We have a good core of young talent that we look forward to watching this upcoming season.

Often overlooked, both our guys and girls tennis teams continued their dominance. **Brian Bredniak (11)** and **Mark Kaltenbach (12)** were singles representatives for the team. Brian won two matches before losing to the winner of his bracket. Kaltenbach was less fortunate, losing in the first round. We had two pairs of guys in the doubles competition (**Kurt Hage/Cameron Tillett (11)** and **Drew Robison/Chris Dallas (11)**). Like Bredniak, each set won two matches. The girls were also represented by two pairs (**Ana Cosoreanu (11)/Haleigh Fellows (11)** and **Katie (10)/Hannah Hagan (11)**). Fellows and Cosoreanu won two hard-fought matches, and the Hagan sisters won three, count them, THREE matches. It was business as usual for our tennis teams, and they should certainly be commended.

Last but not least in the summer re-wind is the track team. Several members competed at the state level, and did quite well. **Gabby Fellows (11)** qualified in the 100m, 200m, and 400m dashes, **Steven Miller (10)** qualified in the 300m hurdles, **Nate Brelsford (12)** qualified in the 800m dash, and a group consisting of **Michael Adams, Steven Miller (10), Scott Hall (11), and Kyle Fouse (10)** qualified in the 4x2 (800M relay) due to Paducah Tilghman's disqualification. The results are as follows: Gabby Fellows- 4th place in the 400m, 6th place in the 200m, and 9th place in the 100m. Steven Miller- 4th place in the 300m hurdles. Although he did not place at state, Brelsford broke the school's 800m record at regionals with a time of 2:03.13.

## ACADEMIC ARMY

**Aaron Williams**  
Online Editor

The Academic Team is gearing up for another amazing season this fall. The A-Team, as it is commonly referred to, has a new look this year. For one, it is quite a bit larger. The size of the team has doubled from twenty to about forty. The team has also lost half of the Jarvi pair. **Mrs. Jarvis** has stepped away from the A-Team to coach the up-and-coming Future Problem Solving team (more on them in a later issue). Her replacement will be the awe-inspiring **Mr. Neel**.

The head coach is still **Mr. Jarvis**, who is, of course, equally awe-inspiring. I sat down with the head honcho to ask him a few questions about his expectations for this year. When asked about the size of the team being a challenge, Mr. Jarvis states in a bland, dry fashion: "The team size presents an interesting opportunity for the coaches and players. We hope to have a really unified team provided that people understand and accept their roles."

Just what do these roles consist of? I'm not sure, but from what **Roberto Arreaza (10)** says, they must be terrifying. He states,

"What many people don't know is that the A-Team is a bloodthirsty sport full of all-star athletes." Who are some of these all-stars? The A-Team has three returning varsity starters this year: **John Fejes (12), Kyle Oetjen (12), and Zia Choudhury (12)**.

When asked about the A-Team's goals for this season, Mr. Jarvis says, "We hope to be competitive within our district and region and set our sights on winning a few tournaments." **Eric Kiser (12)** promises, "This is going to be the greatest A-Team year to date." **Kyle Oetjen (12)** is officially calling it, saying, "We're winning state."

In all honesty, these guys are some of the hardest workers out there. With plenty of experience, talent, overwhelming numbers, and the cataclysmic coaching alliance of Mr. Neel and Mr. Jarvis, these guys are going to absolutely destroy all district competition and most likely regional as well. The A-Team competes at home for the first time November 8th in Mr. Jarvis' room and tackles the Regional Governor's Cup on February 23<sup>rd</sup>.

Go check them out and give them the recognition they deserve As Mr. Jarvis says, "The chief business of the Academic Team is taking care of business." Be sure to come prepared just in case things get intense!

## SOCCER DANCE

TONIGHT—September 28

LOHS Cafeteria

\$5 Admission

Directly following football game

**Keith L. White, D.M.D.**

**Kelvin L. White, D.M.D.**

**Greg C. Goodman, D.M.D.**

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# Sports Schedule

## Fall 2007

**9/28**

Varsity Football Game @ Home vs. Todd Central

**9/29**

Cross Country @ WKCTC

**10/1**

Varsity Soccer @ Home vs. Murray G/B

Cross Country @ Fulton County (Quad Series)

**10/2**

Varsity Volleyball @ Home vs. Murray Boys State Golf Tournament

**10/3**

Boys State Golf Tournament

**10/4**

Varsity Soccer Game @ Home vs. Graves VB

**10/5**

 Varsity Football Game @ Hopkins Central  
Girls State Golf Tournament

**10/6**

Cross Country Marshal Invitational

**10/8**

Volleyball District Tournament @ Reidland

**10/9**

Volleyball District Tournament @ Reidland

**10/12**

Varsity Football Game @ Home vs. Reidland

**10/13**

Cross Country @ Muhlenburg South "Sun Run"

**10/15**

Volleyball Regional Tournament @ Murray State

**10/16**

Cross Country @ Ballard Memorial (All Comers)

Volleyball Regional Tournament @ Murray State

**10/17**

Volleyball Regional Tournament

**10/18**

Volleyball Regional Tournament

**10/19**

Varsity Football @ Home vs. Muhlenburg North

**10/21**

LOHS Baseball Alumni Game

**10/22**

Fulton County (Quad Series)

**10/26**

Volleyball State Tournament

Varsity Football @ Home vs. Fulton City

**10/27**

Volleyball State Tournament

# LOHS Fall Sports Preview

 Austin Clark  
Sports Editor

## Golf

### Boys

The lofty expectations for the team should be met this year. With the top four men returning for the varsity, a regional title and state playoff birth is certainly obtainable. The team has not reached the state playoffs in four years, but with consistent scores from defending regional champion **Dean Bechtold (12)** and state qualifier **Adam Butler (12)**, as well as a core of supporting players **Pat Hollowell (12)**, **Briggs Krauss (12)**, and new-comer **Alex McKinney (11)**, the Oakers should go far. I asked Coach **Chris Gregory** what challenges the team had to overcome and which ones lie ahead for his team. He responded by saying, "Our practice matches have been limited due to the extreme heat; also our players always have to be on top of their game due to the regional competition such as St. Mary, Marshall, and Heath."

### Girls

If you've ever heard the catch phrase, "quality over quantity," you could say that best describes the Lady Flash golf team this year. Despite few returning varsity players, there is depth and has been improvement by underclassmen. The Lady Flash look to compete on a regional level. Led by returning varsity member and state qualifier **Emma Robinson (11)**, the team hopes to dash the plans of district neighbor Heath High school and regional frontrunner Marshall County of a regional title this year.



Photo by Evan Bright

## Soccer

### Boys

The varsity team this year has a new outlook on the game of soccer. Coach **Jason Neelley** has his players focused not only on striving to be the best on the field, but off the field as well. "This year could be considered a rebuilding year," states Coach Neelley. "Our lack of experience shouldn't outweigh the fact that our players are TEAM players and work together cohesively." When asked about the experiences that make Lone Oak High School soccer special, **Brick Green (12)** notes, "Mr. Neelley has definitely taught me a lot about life in general, but especially the male anatomy aspect."

### Girls

The Lady Flash soccer team has faced many obstacles in the last year. Less than one year ago, the team lost to Reidland in a stunning upset during the first round of the district tournament. Since then, the team has been resealing their wounds and practicing day in and day out, regardless of the record high heat index. "The loss of key players shouldn't be a factor," says Coach **Nick Stuber**. "We have seniors this year who I expect to rise to the occasion and be mentors to underclassmen."



Photo by Jeannie Suhrheinrich



Photo courtesy of Kelsey Knott

## Volleyball

Out of all the fall sports, this team is the most under-the-radar. However, it has the most to live up to. Last season, the Lady Flash volleyball team had a winning record. They were district champions, not to mention one win away from being crowned regional champions. Coach **Tim Whitis** has had his girls in the gym all off season, preparing for another productive season. However, with the loss of four varsity starters and only two remaining, be prepared to see a few rising stars out of a strong lower class.



Photo courtesy of Nate Brelsford

## Cross Country

Both the boys and girls teams expect to compete on a state-wide level this year due to a good group of runners. **Kelly Hack** has had a hard time getting all of their practices in due to the intense heat: a factor that has affected many, if not all of the fall sports teams. She also has a motto that has stuck with many of the runners. "The faster you run, the sooner you're done." The boys' team has four varsity runners who have potential for running an 18-minute 5K (3.1 miles): **Nate Brelsford (12)**, **Aaron Williams (11)**, **Andrew Croft (10)**, and **David Spencer (11)**. If these four guys can complete the course in that time, the Flash are sure to place as a team in the region. When asked how he prepared for this season, Andrew Croft replied, "I eat raw eggs before I start my morning jog, and above all, I drink a lot...of water." The girls lost two seniors, but with new-comer **Macey Evans (10)**, Mrs. Hack seems optimistic about the season. Returning runners led by **Morgan Murphy (12)** should counter-balance the loss of senior leadership.

## Football

Since 2004, Lone Oak's varsity team has been able to avoid a losing season. However, after failing to achieve a playoff birth the last two seasons, the team has a lot to live up to this season. With the loss of only two starters, this year's varsity team has no excuse for lack of experience. Kentucky high school "Mr. Football" candidate **Corey Robinson (12)** leads a high-octane passing offense with the help of a vast supporting cast including **Jamarielle Brown (11)**, **Daniel Edwards (12)** and **Mickey Tucker (12)**. Coach **Jack Haskins** explains, "Our offense has been productive in the past, but for us to go far in the state playoffs, we need our defense to improve." This off season, the team hired a new defensive coordinator, **Steve Duncan**. His new approach has revived the team's morale and helped keep players focused on being better people as well as players. As far as challenges are concerned, Coach Haskins commented, "Every week is a challenge. Unlike many sports, we play every team once, so every team has to be studied due to their difference in schemes, and above all the players have to be ready to play each Friday."



Photo by Jeannie Suhrheinrich