

SPUD IS SPECTACULAR

Blake Harrison
Assistant Editor-in-Chief

"He is a prime example of a student athlete. He works hard both on and off the playing field." Those words, spoken by a true friend, **Tad Porter (12)**, sum up Daniel "Spud" Edwards perfectly. No matter where he is, he is thought of as a hard working individual. Many know Daniel for his athletic ability. He is a tri-sport athlete who excels at a high level, and is always a key factor in his team's success. Recently, he sustained a rather gruesome finger injury in football practice, and still managed to help his teammates manhandle Reidland the very next day. One of his many athletic accomplishments was participating in the KHSBCA Showcase for baseball. He has also received both All District and All-Region baseball honors.

Often times, athletes shine on the field but struggle in the classroom. Daniel does not fit that mold. He has taken many difficult courses throughout high school, including AP Chemistry. "It's hard to overlook a student who has the scientific ability of a guy like Daniel Edwards," said **Mr. Whitley**. He boasts a 3.7 GPA and was nominated for GSP last school year. When he isn't studying or playing sports, you could find

Daniel hanging out with some of his friends, coaching little league sports, or refereeing for little league. Other extra-curricular activities include being a member of Lone Oak First Baptist Church.

Most important, though, is the way Daniel carries himself as a role model. He has three younger brothers that he has a big hand in caring for, and he does a great job of that. You will never hear him complain about his duties, regardless of his workload. "Daniel is an extremely hard worker. He will always treat you with respect, and he's an all-around good guy," said **Mr. Sims**. Many people struggle to complete the smallest of tasks, but they have no room to talk. Live a day in the life of Daniel Edwards, and you will be able to live life with a new and clearer perspective.

After high school, Edwards plans to attend college on a baseball scholarship, although his destination is undetermined at this time. While in school, he plans to pursue a future in either the medical or law field.

If you ask me, we could use more student athletes like Spud. He has always represented LOHS in an honorable manner.



Photo by Jeannie Suhrheinrich

Flash Continue Dominance

Blake Harrison
Assistant Editor-in-Chief

Nine weeks ago, when Lone Oak kicked off this year's football campaign, the team had one goal in mind: celebrating a state championship at Papa John's Cardinal Stadium in Louisville. If you have noticed, every time the team breaks down the huddle, they finish by saying, "1, 2, 3...STATE CHAMPS." That is a sign of a team on a mission. As the season started, most people weren't quite sure how this season was going to pan out. We were beginning a year with a senior quarterback, poised for a very successful season, and a veteran team, ready for any challenge. We find now that this was quite an understatement. Coming into tonight's game, we have the top ranked passing offense in the state, and **Corey Robinson (12)** is just ten touchdowns shy of the state record, held by former No. 1 overall pick Tim Couch. Of that record, both **Coach Haskins** and Robinson mentioned that it would be a great achievement, but it wasn't important. They were also both quick to give credit to the entire team, saying the record can't be broken without a collective effort. Robinson has thrown for nearly 2,900 yards already, and last week, he passed the 6,000 yard mark for his career. **Jamarielle Brown (11)** has caught close to twenty touchdowns, and is first in the state in receiving yards. As you can imagine, all of these feats have caused this community to step back and realize just how awesome this season has been. Lone Oak has long been a school where football is on the back-burner. When Jack Haskins came aboard, that all changed, in a hurry. He has created a winning atmosphere, providing much needed stability for our football program.

Just two wins away from finishing off an undefeated season, I found the team to be both focused and rather composed. Fulton City, tonight's opponent, also undefeated, is known for their quickness and speed. When asked how the team approached the game, Coach said, "We prepared just as we have all season long, we prepared to win." He also added, "You can't overlook any opponent, or you will lose. They have a great quarterback and running back, and we will need to gang-tackle them to stop the run." Robinson isn't looking past Fulton either. "They're pretty good; we have to be ready."

As a result of the team's success, we they have solidified home field advantage all the way through the playoffs. Round one will be November 9th against Muhlenberg. If we were to win that game, we would play the winner of Calloway and Hopkins County Central on the 16th. If Calloway prevails, that would mark the first meeting between Calloway and Lone Oak since we beat them in overtime, at Calloway. Tension has been mounting since, creating theatrics for the match up. Playing them at home will certainly work in our favor, and it's something to look forward to. "They will be ready, and I'm sure they'll bring their flag," said Robinson. Assuming we beat them, round three will be played the 23rd, against the winner from the 4th district. The following game would take place on the 30th, and we would face the 4th district's champion. If we make it to that point, plan on riding a charter bus with the entire community up I-65 to Louisville, where we would compete for the state title on December 7th.

All of that is still far away, and we do need to remain focused on finishing out the season strong. The team will be counting on a strong home crowd to help pull them through each remaining opponent.

Photos by Jeannie Suhrheinrich

LOHS Homecoming 2007



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ΦΑΔ: A CLOSER LOOK

Mark Kaltenbach
Features Editor
Lee Cole
Entertainment Editor

When most students at Lone Oak think of sorority, they think of bizarre clothing on sophomore girls, no make-up, an abundance of candy, and the occasional dance. Its purpose in our high school has never been clearly defined. For years, sorority has thrived as an organization independent of supervision by school administration. However, we've found that with Phi Alpha Delta, there is much more than meets the eye.

Many students don't realize that Phi Alpha Delta has existed at Lone Oak for several decades. Its role over the years has changed dramatically. We spoke to a few former members of the sorority, like our very own Mrs. Durbin, who told us that at one time no boys were allowed, and that Phi Alpha Delta used to be a chartered organization. Mrs. Heine, another former member, said that the organization used to have considerable adult supervision. Both teachers said that sorority used to be very active in charity work. Since that time, Phi Alpha Delta has shifted its focus from the charitable and organizational aspects of its former days and become more and more involved with social activities and connections.

Another unclear feature of sorority is its relation to Lone Oak High School. According to Mrs. Wear, Phi Alpha Delta sorority has "absolutely no relationship" with our high school. It exists totally on its own.

So what is sorority all about? Why do people join in such great numbers? What opportunities does it offer its members? To answer these questions, we interviewed several key members of Phi Alpha Delta, and teachers who have witnessed its progression through time. **Loni Knight (12)** said sorority offers "opportunities to make friends" to young girls. Phi Alpha Delta sponsors a variety of cookouts, dances, fundraisers, and parties.

Every person we spoke with agreed that the primary function of Phi Alpha Delta is to serve as a social outlet for its members, but how well it accomplishes this is difficult to assess. Both Loni Knight and Allee Blackburn said one of the reasons they joined was to interact with older girls. "I joined because older girls told me I should and my friends did it," said Loni Knight. Several girls told us that they joined in an effort to associate with upperclassmen or to become friends with people they normally wouldn't have the opportunity to meet.

Our investigation yielded an abundance of grievances felt by many members of the sorority, as well as non-members. "The sad reality is that young women are eager to forfeit their freedom and dignity while also being eager to embrace degrading rituals in order to achieve acceptance," said Mr. Whitley. This is perhaps the most distressing aspect of this organization that we've uncovered during our investigation. Several eye witnesses were more than willing to come forward with accounts of what could be interpreted as degrading activities taking place at sorority-sponsored events. There were also a variety of complaints concerning the sloppy organizational structure within Phi Alpha Delta. One pledge, who wished to remain anonymous, called the sorority a "disorganized attempt at a social group." It appears today that the sorority no longer fulfills its original intention as a group. Our investigation sparked an outcry of concerned individuals who recognized the enormous potential of such a popular institution to do good, both within our school and within our community.

Despite its recent problems, there is little doubt that Phi Alpha Delta has provided some positive contributions to the community and school. For example, all money not used by the sorority is donated to local charities at the end of the year. According to current treasurer **Tracy Carter (12)**, this money has amounted to sums of up to \$500 in the past, but these claims are unconfirmed. If better organized, chartered by some larger organization, and sponsored by the school with adult supervision, sorority could become a highly effective and beneficial tool for bringing students closer together and improving our community. It's up to future members to make the changes necessary for this organization to fulfill its full potential.

Health Watch: Teen Diets

Jeannie Suhrheinrich
Photographer

Throughout your busy schedule of sleeping, school, Grey's Anatomy and sports practice, I bet your diet is the last thing on your mind, right? Do you know how many grams of fiber you eat a day? How many ounces of fruits or vegetables are ideal for daily consumption? Among most teenagers today, the answer to those questions is: "Who cares?" Yet it is this attitude of teens toward their diet that is raising concern among doctors, educators and parents in regards to the growing obesity epidemic. Good health practices and habits start early, but we teens continue to remain ignorant toward our health needs.

Think about what you have eaten so far today. Did you start with breakfast? Although it may sound cliché, breakfast is the most important meal of the day, especially for growing teens that need a boost for school days. Yet many students as well as adults skip breakfast, causing overeating during the rest of the day and poor blood sugar levels. Breakfast can be as simple as a banana and cup of coffee, so eat up!

The importance of fresh foods (any kind of fruits or vegetables) and whole grains often go unnoticed by adolescents and in their place sugars and refined foods like carbohydrates dominate. Such poor foods are just empty calories, that is, they can cause an excess of calories with no nutritional value. These sugary substances can also set you up for diabetes later in life. The

main point? Fruits and vegetables provide nutrients and antioxidants (cancer fighters) for half the calories and can help ease stress on the heart. Paired with whole grains (look for whole grain breads, cereals and pasta) these foods provide excellent fiber, something that keeps you full throughout the day (ultimately causing you to eat less) and can help lower blood pressure.

Another source that contributes to growing obesity and unhealthy diets in teens is your friends. A study by the National Adolescent Students Health Survey shows that the diets of peers greatly affect your own. Think about it; how many times have you and your friends gotten together to pig out in the last month? We're all guilty of it; endless fast food trips and heavy restaurant dishes don't help either. Instead, bring healthy snacks to parties (whole grain crackers and hummus or 100 calorie desserts) and limit fast food to once or twice a month. Not possible? Make smarter choices at restaurants: go light on the cheese or add more vegetables instead of fried items. Small changes can make a huge difference.

The point here is: if you're looking to lose a few pounds or even if you're pleased with the way you look, adding some healthy, fresh choices instead of overindulging on empty foods can make a huge impact on your health. Moderation and smaller portion sizes is key. Starting these habits now can indefinitely prolong your life and make it easier to take part in your favorite activities. I don't expect you to become a health nut; just become aware of the delicious, nutritious options and how helpful they can be! Your older self will thank you for taking such measures so early and you will continually reap the benefits for years to come.

From the Guidance Office...

SENIOR YEAR COLLEGE PLANNING CALENDAR

Melanie Jarvis
LOHS Guidance Counselor

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

NOVEMBER

- Finalize drafts of your college essays, but only after numerous edits, rewrites, and reviews by people you trust
- 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.

DECEMBER

- If you applied for early decision to a college, expect notification this month.
- If not completed, finish and mail remainder of college applications.
- Start detailed financial aid search, including outside sources for scholarships and loans. Stay focused on grades.

Other Important Information...

Senior meetings with Mrs. Jarvis begin this month. Be prepared for her to call you in to talk about graduation, college applications, etc.

Burger King Scholarship information on the website. For more information go to www.bk.com/scholars

Daughters of American Revolution Scholarship information available in the guidance office.

UK visit on October 30 at 8:25

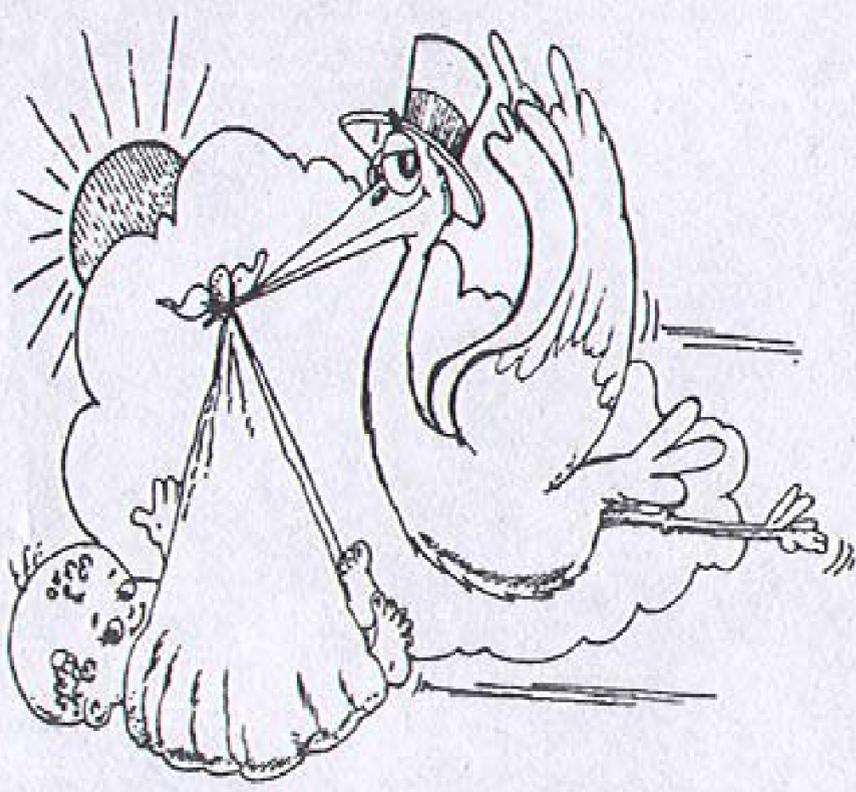
Brescia University will be here at 8:25 on November 2

Army Recruiter will be here to speak to those interested on November 5 at 9:25.

Western rep will be here at 8:30 on November 13.

ACT 2007—2008 Test		Registration Deadline		Deadline w/Late fee	
Dates					
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
Nov 3, 2007	SAT & Subject	Oct 2, 2007	Oct 11, 2007	Sept 12, 2007	Oct 2, 2007
Dec 1, 2007	SAT & Subject	Oct 30, 2007	Nov 8, 2007	Oct 10, 2007	Oct 30, 2007
Jan 26, 2008	SAT & Subject	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	April 1, 2008	April 10, 2008	March 12, 2008	April 1, 2008
June 7, 2008	SAT & Subject	May 6, 2008	May 15, 2008	April 16, 2008	May 6, 2008

Check the Guidance Web Page for more information!



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Aaron Williams 180°

Aaron Williams
Online Editor

Imagine this: you're sitting on your couch at home watching TV. In your lap is a bag of your favorite potato chips; let's say cheddar and sour cream. On the floor are the countless crushed cans of Coke you have chugged since you got home from school at 2:45. You consider yourself relaxed, at ease, and besides the fact that you're watching Spongebob Squarepants re-runs, entertained. The clock on the DVD player reads 4:35 PM and you go lurch off to your room to do homework. Another two hours of your afternoon free-time spent lying about.

What if I told you that there was a way to spend your afternoons that would relax you, put you at ease, let you wind down, and entertain you all at the same time without making you feel like such a couch-potato? What if I told you your afternoon free-time could be better spent *running*?

Don't stop reading, and please don't go toss this paper into the nearest trash can. I'm being serious. Hear me out! I've been running for a long while. When I started competing in races freshmen year on the track team, I hated it. I thought, "Gees, running sure does stink." But what I was doing wasn't really running, it was conditioning for a sport. That is the kind of running I wouldn't

recommend to you. What I'm talking about is different.

The running I'm talking about is less of a run and more of an easy jog. You don't have to go out and kill yourself to still be exercising. You can go at your own pace, nice 'n easy. It doesn't have to be long-distance either. Maybe you just want to run a mile or even just a half-mile loop around your block. Whatever you chose to do, make sure it is to your liking.

So this afternoon when you get home from school, leave the snacks in the cabinet, the Cokes in the fridge, and leave the TV off. Instead grab some comfortable, reliable old tennis shoes and your iPod, and go on a little run. Enjoy the day outside, the wind, the sunshine. You'll notice things in your neighborhood you hadn't noticed before and be entertained by the natural beauty of the outdoors.

Running certainly isn't a bad thing. Only good can come out of it. You might be a little sweaty or a little tired but you'll have a feeling of accomplishment and a new respect for yourself and your own work ethic. For an even better time, get a group of people together and run as a group. You'll be surprised at how much fun you will have as you and your friends trek around Lone Oak on your own sort of mini-adventure. So what are you waiting for? Get out there and run.

...Running certainly isn't a bad thing. Only good can come out of it...

ULTIMATE

Nate Brelsford
Staff Writer / Cartoonist

Everyone seems to think success is good and failure is bad. So did I. But the more I thought about it, the more I realized I was just hopping on the bandwagon.

Today I offer you a simple challenge:

Grab a notepad and a pencil and write the names of 100 successful individuals. Having a hard time? No? Have you even searched for writing materials? If not, congratulations! You are a failure.

Why should we see failure as a bad thing? Who sets the principles we all seem to have instilled within us? Is success based on monetary terms? Happiness? Survival? Or is it measured by accomplishment? In truth, there are countless methods of accomplishing success. The key to defining success lies in the standards. Standards convey exactly what reality is and in what direction affairs should be heading.

But no matter how individual success is classified, those who truly achieve it are in the minority.

My personal problem with success is that it has a lot of requirements. We've all heard over and over again what it takes to be successful in this world: hard work, dedication, determination, blood, sweat, and tears. But who really wants to put up with all that?

In contrast to the many methods of achiev-

ing success, failure is attained in infinitely fewer manners. The path to success is slender and crooked with jagged rocks and hot coals under bare feet. It's a painful trail. But there is no "path" to failure; failure comes to failures. That's the beauty of it. Those who recline on their rears in a plush sofa all day and love it are the chosen ones. They understand the how the world works.

You see, failure is the way to go. We are expected to fail. Even the wise Alexander Pope has said, "To err is human." Save yourself the toil and torment of fighting to the top. The higher you go, the farther you'll fall. Save yourself the trouble of finding greener grass. Chances are, there'll be a septic tank beneath it.

If you fall under the failure category, there's probably no better place to be.

You're in the majority, and in the majority there is strength! Now is the time to make a change! It's time to set some new, lower standards in this world of ours. If we all make failure our goal, we will surely succeed!

Now if you'll excuse me, I've got less important things to do.

...If you fall under the failure category, there's probably no better place to be...

MONICA MUTTERS

Monica Spees
Features Editor

You know it's coming. You know you've got to do it. That's right. Your English class has to read a novel. But this is no ordinary novel. No. *This* is a "classic."

If I had to guess, most of you turn your nose up at "Julius Caesar," "The Adventures of Tom Sawyer," and "The Great Gatsby." Once you hear the phrase "classic novel," you probably immediately think, "old, boring book that my grandmother would like to read." Don't flip out on me when I say that I disagree with that negative assumption about the classics. If you'd just put all those preconceived notions from your mind, you might just enjoy the assigned book.

When I was a freshman, I didn't think much of reading a book that was printed before 1950 (except for my all-time favorite American classic, *The Adventures of Huckleberry Finn*). However, before that year was over, I found that I was eager to go to English class everyday to read about Odysseus from Homer's *The Odyssey*. I had come to accept the fact that the story had to be read. I could either have written off any chance of the book being interesting and sat in misery for an hour everyday, or I could have made the personal decision to ignore all ill thoughts against the book and made an attempt at liking it. You've probably guessed that I chose the latter. If you'd just do the same, this whole reading assignment thing might just be

...When the time comes to read these books, just chill out. Stop whining and complaining...

more bearable.

People seem to shy away from all the old literature. They think that, just because the language is different from the way we speak today, the book must be a snore. Listen; the authors of these books may have a "funny" way of wording ideas, but this is where you have to have the maturity to understand some things. You can't blame Shakespeare for only knowing how to word things one way. Humans' way of talking has evolved over the years. Believe it. Accept it. Suck it up. Move on. You can't change the way the book was written, and you can't change the fact that you still have to read it.

When the time comes to read these books, just chill out. Stop whining and complaining. If you struggle with understanding the book, don't use that as an excuse to toss the book to the side and give up. Get someone who *does* understand it to explain it to you. All I'm saying is this: just give these books a shot. Stop blaming your being too lazy to read the book on someone or something else. Twain, Shakespeare, and Fitzgerald tried to make a positive impact on the literary world, and *this* is how you thank them? Way to go, guys.

The Oak "K"

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Sums Says

James Summerlin
Editor-in-Chief

Funny thing happened while I was at a college visit. I went to Jackson, Tennessee, to check out Union University. I thoroughly enjoyed the campus and I hope I go there.

But the weird thing wasn't in the campus or in the professors. It was on the TV.

I went to the journalism department in the campus and the TV was turned on to CNN. Nothing unusual about that; it's the journalism department. What was strange was that I was talking to the journalism professor, and the entire time I talked to him, CNN was covering the Anna Nicole Smith story and revealing the father of her baby.

Is it just me or do the stories that news broadcasters report mean absolutely nothing? Honestly, do we care that Brittny and Lindsey are in rehab again? I mean, why was Anna Nicole Smith famous in the first place? Is it in my best interest to know whether Paris Hilton picked the blue shoes or the red ones? Despite all of this non-news news, we still are drawn to it.

Here's what I'm saying. There are better

things to discuss on news programs than air-headed celebrities who have no talent. Our news programs today are only focusing on human interest stories. Not that there's anything wrong with that; I just wonder if there are more stories that are out there that I might need to be aware of. Isn't there a war

going on? Isn't there a presidential race about to happen? Isn't Marc Cuban on *Dancing with the Stars* this year? (Ok, maybe that's not a good story to cover.)

But you get what I'm saying. I hate all these news outlets. They report stories that really have no effect on my life. Not only that, if they do happen to talk about something political, they just blame it all on the party that they don't support only because it's obviously not their fault.

They claim to be the good guys, fighting off evil political leaders. In all reality, that's just dumb. I mean, I could get more information that I should know from The Onion (a fake news network) than some legitimate news programs on TV that broadcast pointless stories with their political agenda. I thought news outlets were supposed to inform us of things we need to know.

..Is it in my best interest to know whether Paris Hilton picked the blue shoes or the red ones? . . .

Thou Shall Listen to Neon Bible

Lee Cole
Entertainment Editor

"Mirror, mirror on the wall/Show me where them bombs will fall." It's on this ominous note, rising up from the swelling of sounds and chaos that "Neon Bible," the newest album by Arcade Fire, begins; and this line seems to set the tone for the album better than any other.

Coming off the success of their confident and precocious first album, "Funeral," the Montreal experimental alternative rock band known as Arcade Fire released "Neon Bible" in 2007, an equally ambitious work of unparalleled creativity and complexity. "Neon Bible" stands, thus far, as the one of the best albums of the year; certainly unlike anything else released in recent memory. With their over-the-top orchestral sound and venomous lyrics, they resemble a "Mellon Collie" era Smashing Pumpkins. However, their experimental arrangements and nightmarish tone remind me more of Sonic Youth, both of which produced a sound that hasn't been heard since the late eighties and early nineties. Rather than the uncertainty and youthful pessimism of the alternative rock bands of the early nineties, the modern alternative band has taken on an air of sappy optimism, given to lyrics like "1, 2, 3, 4/Tell me that you love me more" and names like "OK Go" and "Clap Your Hands Say Yeah." This is all well and good, but to hear something as different as Arcade Fire's new album is refreshing and much more meaningful.

"Neon Bible's" gospel is that of emerging into an uncertain world. The music lies somewhere between horror and beauty, a chaotic testament to the world that the modern youth will

inherit. Like the music of Sonic Youth or the Smashing Pumpkins, the music acts as a soundtrack to a future that is no less scary than it was when they were at the height of their popularity. The album moves from "Black Mirror" the foreboding first track, to perhaps the album's most infectious and powerful tune, "Keep the Car Running." With "Intervention," listeners are hit with a wall of sound from a church pipe organ in a song resembling a Bach mass, perhaps

played in some dark, empty cathedral. In "Windowsill," the theme of inheriting an uncertain future is captured perfectly as the lead singer, Win Butler, resounds proudly, over and over, "I don't want to live in my father's house no more." "No Cars Go," one of the final songs, offers Arcade Fire's most intense and complex songwriting; sheets of sound rippling from each roaring guitar and blasting trumpet, the choirs wailing in pangs of uncertainty and hope, hope for a place "Where no cars go," a place away from the horrors of the modern world.

"Neon Bible" captures the mood of our time, my time as a youth, better than anything I have heard in a long time. Each time I listen to it, I love it all the more. The album's significance is undeniable, and its concept and revolutionary sound are impacting and vastly important in today's music scene. It's a work that unlike so many of today's albums, goes beyond just music, and makes a social statement, influencing much greater emotions

and causes than most of the pop music on the radio or MTV. And despite all of its pessimism and doubt, one realizes eventually that they are only hearing the truth. Perhaps the most endearing and poignant quality of "Neon Bible" is the hope that one finds in changing their world, said so well by Butler as he sings "We're gonna work it all out."

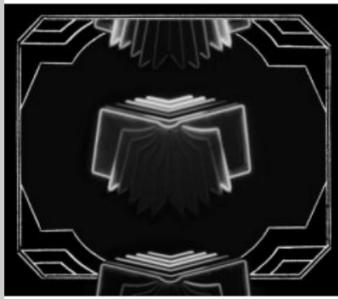


Photo from amazon.com

BEFORE OUR TIME: ONE FLEW OVER THE CUCKOO'S NEST

Austin Clark
Sports Editor

Most present day films lack substance and general appeal, so when I sat down to watch this timeless classic, I have to admit I was anxious to see if it would live up to my expectations.

"One Flew over the Cuckoo's Nest" is about a mental hospital patient, Randle Patrick McMurphy (Jack Nicholson) who is transferred from prison due to crazy and obscure behavior. McMurphy makes a bold attempt at faking insanity but the viewer will soon find out that McMurphy is just conning himself out of being in prison and would rather take it easy for a while as opposed to working on a chain gang. He is supposed to relax and let the doctors evaluate him. However, McMurphy decides immediately that the numbing routines of the ward's dictator, Nurse Ratched (Louise Fletcher) need some evaluating themselves. Nurse Ratched, whom I consider as sinister and wicked as Shakespeare's

Iago, uses her soft-spoken temperament to conceal her cruel intentions for McMurphy and the rest of the patients on the ward. The movie centers on the battle of good versus evil and McMurphy versus Ratched, which is an even a match, as you will find out. Some of McMurphy's defying moments include taking opinion poles with chronically ill patients, gambling, field trips including deep sea fishing without chaperones, and most importantly, ward parties full of booze and the company of prostitutes.

Though I might add, not all of the ac-

tions of McMurphy and his posse go without repercussions, there are a couple of scenes that show the use of electro-shock therapy and other methods of chastising. At one point in the film, a worker informs McMurphy that most of the patients are staying on the ward by choice but he is staying until a certain individual on the ward (cough cough) clears him of being labeled insane. McMurphy's energies are spent now on helping the patients who were once stable regain their confidence and stand up against the nurse. At the same time, the nurse uses her weapons of choice, sympathy and euphemisms, to counter the actions of McMurphy. The battle is hard fought throughout the movie and the winner does not prevail until the final scene.

Nicholson gives a stellar performance and earned an Oscar for his role in 1975. His role as McMurphy brings Ken Kesey's character to life, and will forever be associated with him. McMurphy represents much more than a leader of a small revolt; he represents the urge to break free

from society's standards that live within all of us. A group of supporting cast includes Brad Dourif, Danny DeVito, and the debut of Christopher Lloyd.

Though this film was released over 30 years ago, many of the themes present in the film are still relevant today and that is what makes it a classic.

The film has an "R" rating for violence and language which may be unsuitable for some. However, if you are mature enough to look past that, I would recommend this movie to you.

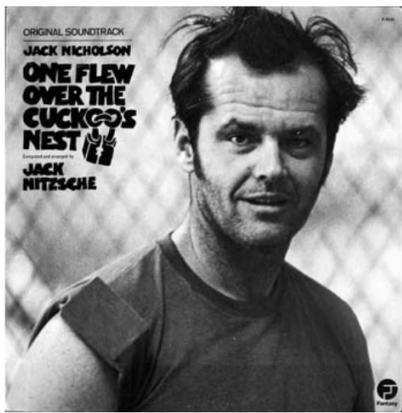


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Loco for Leeland

Nate Brelsford
Staff Writer / Cartoonist

Now here's a great piece of news: There is finally a band out there that is sweeping the nation not because they look good or because the people listening to them are "popular," but because they're changing lives. They are called Leeland and their only album, "Sound of Melodies," contains some of the most noteworthy songs I've heard in my nearly eighteen years of listening.

This past summer, I traveled with the New Covenant youth group to the middle of nowhere in Roach, Missouri for church camp. Before then, none of us were familiar with this band led by eighteen-year-old Leeland Mooring. "At first I thought they were just a band that shows off," commented Mac Weber (10), a member of NCC.

After a week of live performances, however, it was clear to everyone that the young redhead has mountains of ambition as well as ability. The band quickly became a favorite of everyone who attended church camp. Mac says, "Now I listen to them all the time; every day, when I get the chance."

What sets Leeland apart from the multitude of Christian artists and what ignited their extensive success is the content and depth of their lyrics. Each word rings out timeless and true, glorifying and gratifying, unique and unhin-

dered. Musically, they resemble Coldplay as a progressive rock sound. They sound amazingly clear because the music is not overly complex. Unlike some artists who hide their words in the noise and melody, Leeland's music erupts with the messages he wants every listener to walk away with.

On his website, Leeland claims, "So many kids are lost when it comes to having a true relationship with God, even ones who go to church. Whenever we play, our main goal is to be able to minister to our generation." Those are big words for a high school-aged performer! Kelsey Greene (10) is inspired by their example, stating, "It's cool that even though

they're so young, they can still do whatever God sets before them."

After listening to both Leeland's CD and live performances, I have concluded that Leeland is nothing short of amazing in any media, but they're generally a band that is much more entertaining and effective on-stage and in-person. Another plus is their history of refusing rain checks. There's a story that says when one of their concerts was rained out, the band packed up and moved to a nearby fast food restaurant and played an entire acoustic concert inside.

Currently, Leeland is touring across the nation with Casting Crowns. For more information about the tour and Leeland itself, take a look at www.leelandonline.com.

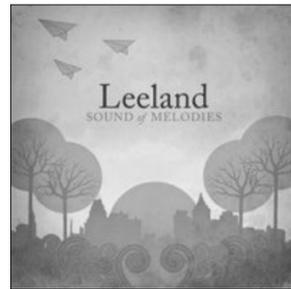


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Hannah Hudson
Business Manager

Halloween Word Search

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BOO	SKELETON	HALLOWEEN	BOOGEY MAN	HAUNTED	THIRTEEN	CANDY
MAGIC	TOILET PAPER	COSTUME	MASK	TOMBSTONE	GHOST	NIGHTMARE
VAMPIRE	GHOUL	PRANK	WITCH	GRAVEYARD	PUMPKIN	

Bizarre November Holidays

Hannah Hudson
Business Manager

November is: **Peanut Butter Lover's Month**



Photo courtesy of msn.com

- November 1: National Family Literacy Day (Pat's Favorite)
- November 2: Cookie Monster's Birthday and National Deviled Egg Day
- November 3: Sandwich Day
- November 4: National Candy Day
- November 5: National Donut Day



Photo courtesy of msn.com

- November 6: Marooned Without A Compass Day
- November 7: Hug-A-Bear Day
- November 8: X-Ray Day
- November 9: Chaos Never Dies Day
- November 10: For-

- get-Me-Not Day
- November 11: Air Day
- November 12: National Pizza With The Works Except Anchovies Day
- November 13: Sadie Hawkins Day
- November 14: National Clean Out Your Refrigerator Day
- November 15: Pack Your Mom Lunch Day
- November 16: Button Day
- November 17: Take a Hike Day
- November 18: William Tell Day
- November 19: Have A Bad Day Day
- November 20: Absurdity Day
- November 21: False Confession Day
- November 22: Start Your Own Country Day
- November 23: Your Welcome Day



Photo courtesy of msn.com



Photo courtesy of msn.com

- November 24: Use Even If Seal Is Broken Day
- November 25: National Parfait Day
- November 26: National Cake Day
- November 27: Pins And Needles Day
- November 28: Red Planet Day
- November 29: Square Dance Day
- November 30: Stay At Home Because You're Well Day

Patrick Hollowell Staff Writer	Favorite Halloween Movie	Favorite Halloween Candy	Favorite Halloween Costume
			
Luke George (12)	Boogeyman	Sour Patch Kids	Ninja Turtle
Kim Dunn (12)	1408	M & M's	Toga
Kim Lambert (12)	The Number 23	Candy Corn	Tinkerbell
Dean Bechtold (12)	Texas Chainsaw Massacre	Tropical Blue Skittles	Winnie the Pooh
Karl Heidtbrink (12)	Saw	Tootsie Rolls	Captain Kirk
Mr. Archer	Underworld Evolution	Hershey's Chocolate	Teletubbies
Josh Leeper (10)	Monsters, Inc.	Hershey's Chocolate	Vampire
Loni Knight (12)	Hocus Pocus	Sour Patch Kids	Red Power Ranger
Tyler Varvel (12)	Halloween	Twix	Pink Power Ranger
Summer Doles (12)	Scream	Candy Corn	Witch

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Free Association

Ally Heine
News Editor

Participants	Oak "K" Staff	Hillary Clinton	Lone Oak Football	O.J. Simpson	A.R.
Elizabeth Wilcox(9)	I don't know what that is.	I don't like her.	Awesome	Don't know	Hate it
Tyler Crane(10)	OK	Female president	Me	Murder	Points
Sarah Burton(11)	Blake Harrison	Bill Clinton	Corey Hobbs	Eww	Stupid
Luke Shuemaker(12)	Great	NOT PRESIDENT	Exciting	Convict	Nonsense

MYSTERY STARS



Jeannie Suhrheinrich
Photographer

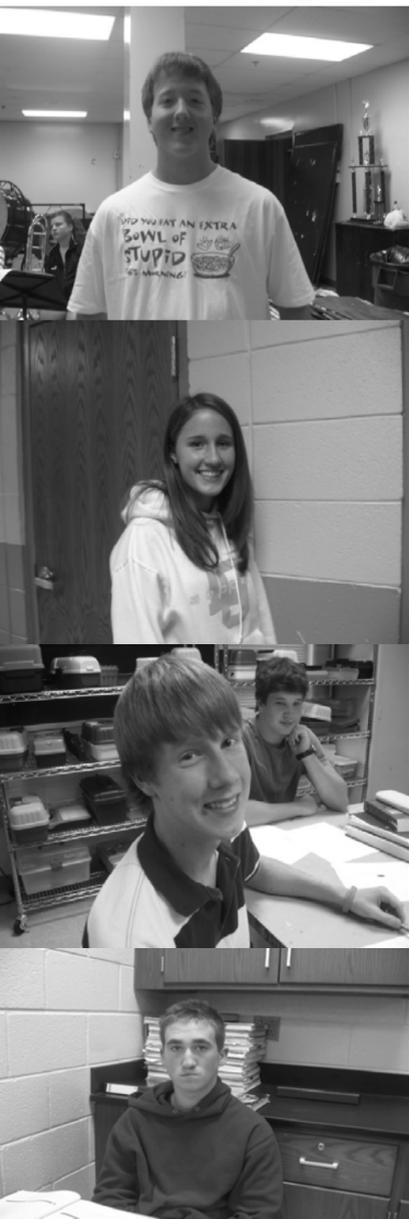
This month's senior mystery star is truly a unique individual. Her shoulder-length brown hair and hazel eyes paired with her eccentric clothing style, this senior girl is like no other. The star first called herself a Purple Flash her sophomore year, after moving here from various Kentucky counties. She proudly drives her vehicle, Ewan, around Paducah and reminisces that her first concert was performed by none other than Cher. Can you guess this star?

October's junior mystery star is an exotic beauty with dark brown hair and tan skin. She is a peer tutor and soccer team member. She enjoys sleeping and spending time with her boyfriend and I happen to know that this Italian is an expert snuggler. Who is this star?

The sophomore star is living proof that big things come in small packages. She is small in stature but giant in talent, having been a dancer for the majority of her life. She is also quite musical; she plays the violin in her free time. This star has gorgeous dark eyes and curly hair to match and although she may seem as quiet as a mouse, she really loves to talk. Think you've got her figured out?

Last but not least, this handsome freshman is a great new addition to Lone Oak. He has brown hair and braces and plays trumpet in the symphonic band. This star is quite the globe trotter; he's been to Australia, New Zealand and London. In his free time he loves video games and has a great interest in electronics. Happy guessing!

Last months mystery stars were: Cambria Gurrola (12), David Spencer(11), Erica Matthis(10), and Braden Throgmorton(9)



What's Your Story?

Ally Heine
News Editor

Four new random students have been chosen for our new "What's your story?" article, and these are their stories.

This month's senior is **Sam Yates (12)**. Sam enjoys band and everything that comes with it. The scariest dream that Sam has ever had was when he was on a dreadfully tall tower, and it came crashing down. When asked what he orders when eating at Los Amigos, Sam simply stated "I hate Mexican food!" His favorite teacher is **Mr. Whitley**, simply just because. When listening to music, Sam likes to relax to the sound of the Cavaliers drum corp. When Sam grows up, he hopes to be a chemistry engineer. He quotes, "I love chemistry, and I am good at it, so that would be a good profession."

This month's diligently hard working junior is none other than our own, **Martha Bailey (11)**. Martha enjoys playing tennis and soccer, and just being amazing at life. Martha's most frightening dream that she has ever had was when she was locked in a closet with a wild penguin. Pretty terrifying, huh? When eating at Los Amigos, Martha orders chicken and rice, just because it's tasty-delicious. When asked her favorite teacher, Martha stated, "I guess **Mr. Jarvis**, because he is funny. Pause, not." Martha's favorite band is Jack's Mannequin because it "fills the heart with joy." When she grows up she plans to be a teacher. She quoted, "This would be a good profession because I want to be able to help children learn. Pause, not."

As for the sophomore class. The lucky student is **Ryan Freeman (10)**. Ryan enjoys playing soccer, basketball, and video games. The scariest dream that Ryan has ever had was when he was kidnapped on a boat, and almost killed. When at Los Amigos, Ryan always orders the full portion of the chicken nachos. Ryan's favorite band is the Foo Fighters because they have "good jams." When asked his favorite teacher, Ryan stated, "**Frau Wallace**, because she is a cool lady." When he grows up, he hopes to be a dentist because he believes it is a good occupation.

And lastly, the infamous freshman for the month is the one and only **Teddy Brockman (9)**. Teddy enjoys building cars and playing basketball. The most terrifying dream he has ever had was when he and one of his friends were in a car and a bridge fell on them. When at Los Amigos, Teddy always gets two enchiladas, with a side order of refried beans and rice. Teddy's favorite band/ singer is Young Joc because "he's got good music." When asked his favorite teacher, Teddy said, "**Coach Haskins**, because he is a pretty cool guy." When Teddy grows up, he plans to be an army soldier, because it runs in the family.

All Photos by Jeannie Suhrheinrich

Which Author Are You?

Aaron Megibow
Entertainment Editor

- During your spare time you enjoy...
 - Writing brilliant novels about urban legends and engraved bars of soap.
 - Tactfully insulting everyone in sight with your quick wit.
 - Uncovering some deep spiritual conspiracy theory.
 - Complaining about capitalism and your big nose.
 - Sticking your head in an oven.
- People are most likely to criticize you about:
 - Writing in a semi-cryptic hard-to-follow manner.
 - Your catty attitude.
 - Your obsession with historical fiction
 - Your books taking thousands of years to read.
 - Always writing about being depressed and stifled by your husband.
- Which restaurant would you be most likely be spotted in?
 - Max's Brick Oven Café
 - Di 'Sorellas
 - Hananoki
 - I don't eat out, restaurants are capitalist concepts!
 - I'm way too depressed to eat. I'd rather opt for shock therapy.
- If you were to write a novel, what type of novel would it be?
 - Off-color stories about twisted subjects
 - A witty play satirizing society's conventions
 - A suspenseful unpredictable fiction novel based on esoteric symbolism
 - A social commentary about objectivity which is way too long.
 - A semi-autobiographical novel about mental illness.

Mostly A's- Chuck Puhlaniak, Mostly B's- Oscar Wilde, Mostly C's- Dan Brown, Mostly D's- Ayn Rand, Mostly E's-Sylvia Plath

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VOLLEYBALL

Ally Heine
News Editor

What a year it's been! Our volleyball team had a record of 19-15 before last Tuesday night's game. The win against Carlisle County brought the Lady Flash team to a winning record of 20-15. Due to this win, the Lady Flash will have to play against their toughest opponent in the entire region, Marshall County.

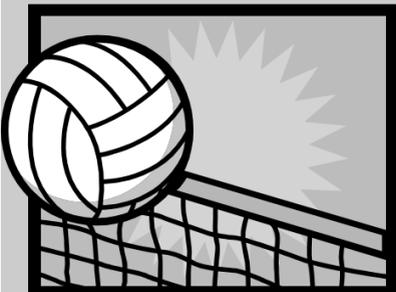
"We have very good team chemistry," **Coach Whitis** states when he was asked what has made the biggest impact on the team and its winning season. "Another big factor that will help us out now, and down the road is all of our freshman." The Lady Flash's team consists of 12 varsity players, who are all experienced.

The volleyball seniors, all of whom have played for four years, are setter **Kelsey Knott (12)**, middle/ right hitter **Bree McMurray (12)**, and the Lady Flash's right hitter **Cortney Ellerman (12)**.

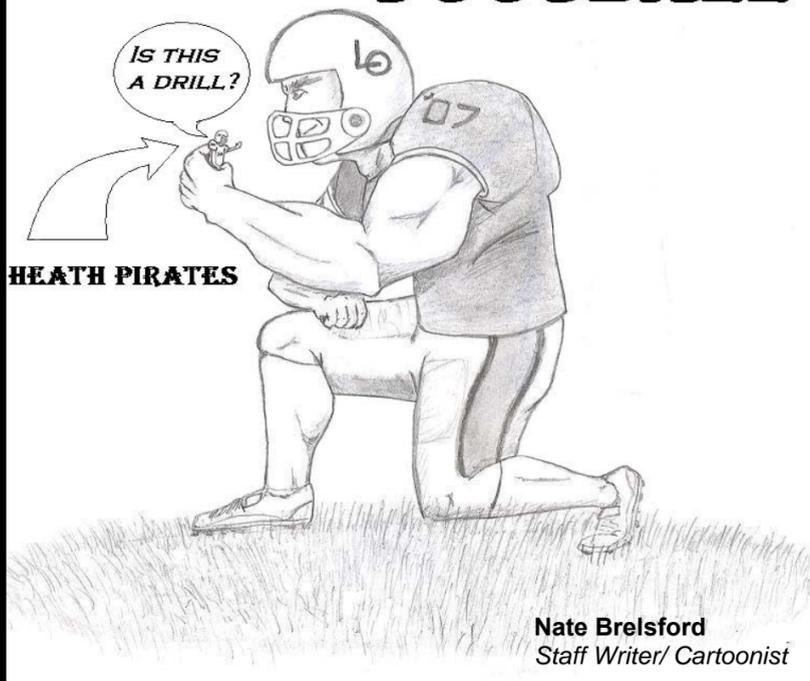
The Lone Oak Lady Flash had three people on the all-district team this year. They are **Cortney Ellerman (12)**, **Kelsey Knott (12)**, and **Maddie Parker (9)**.

Another thing the Lady Flash have accomplished once again this year is taking the district championship title. This year made the fifth year in a row that they have swept the district to hold on to the title. This year they beat Heath, knocking out the Pirates 2-0 by winning each set 25-17.

So after another district title win, the Lady Flash hope to defeat their next two opponents to take home a regional title!



LONE OAK FOOTBALL



HEATH PIRATES

Nate Brelsford
Staff Writer/ Cartoonist

Flash Dance

Monica Spees
Features Editor

Why sit glued to the television watching "Dancing With the Stars"? We have our own dancing stars here at Lone Oak High School. The great news is that none of these "contestants" will be eliminated. We wouldn't want them to be! These stars come in the forms of seniors **Amanda Waxman (12)** and **Aspen Davis (12)**, sophomores **Ashley Harris (10)**, **Megan Senn (10)**, **Katelyn Ramey (10)**, and **Michelle Bloom (10)**, and freshmen **Haley Kauffman (9)**, **Katie Miller (9)**, and **Taylor Gower (9)**. These nine ladies make up the Lone Oak High School dance team.

"We have a young team this year, but there's a lot of talent," says dance team director **Mrs. Durbin**. With no junior participants, the underclassmen will have to take charge of the team next year. There has been an attempt made at recruiting even younger students. A junior team made up of Lone Oak Middle School students has been formed. This can only better prepare those students for the high school team, making our dance team just more awesome in the future. Recruiting isn't the only thing the team has been up to. These girls worked hard even through the summer. Over the summer break, the dance team invited the Universal Dance Association (UDA) to the school to put on a week-long dance camp. During this camp, our own dance team received a "superior" rating on their selected dances.

The Lone Oak High School dance team performs at school pep rallies and will perform at all home basketball games. "Hopefully, we'll have a wide variety of dances," Mrs. Durbin comments. Whatever the skill level of the dances, these girls are bound to deliver a stellar performance. The dance team may go to competitions this year, although any absolute say on that idea is not yet determined. Competitions or not, the dance team continues to work hard on their routines for the performances previously mentioned.

However, despite the girls' hard work on the dance floor, Mrs. Durbin believes that there is more that the team could be doing. "We hope to become more active in the

school," she says. This may include something as small and thoughtful as placing banners on the walls of the school or the athletes' lockers that wish the players luck in their upcoming games. Apparently, the team wants to show the school that it cares about more than just dancing.

The nine girls on the dance team didn't just wake up one morning and decide to join Mrs. Durbin's gyrating crew. All the girls have had dance classes outside of school before becoming a part of the team. Anyone interested in joining the dance team must do the same thing that these members did: try out. Each girl had to achieve a minimum score in order to qualify. After seeing them bust their moves at the pep rallies this year, it is clear that all the girls definitely measure up to the dance team standards. They perfect each dance in practices twice a week. Music and choreography come from the UDA, other outside sources, or the girls. However, it all has to go through a filter. "I make the final decision," Mrs. Durbin assures.

With seven underclassmen and two seniors, it is indeed a young team this year. However, with all the practice and hard work that is being put into the dances, age surely won't matter. Watch for the dance team at home basketball games in the near future. With all that talent packed into one team, the performances are sure to be absolutely outstanding. So move over, "Dancing With the Stars," because Lone Oak High School's dance team is about to rock!



Photo By Jeannie Suhrheinrich

Kickin' It

Moncia Spees
Features Editor
Derek Operle
Co-Sports Editor

At the end of this soccer season, **Mr. Neelley** had some positive things to say about his boys' team. "They played as well as they've ever played," he says. "We played decent, and we had a hard schedule. We played better competition." The team was very young this year, with twenty-eight players, half of which were underclassmen. Even though the boys lost twelve seniors from last year, they continued to play each game with vigor.

The score of an average game for these boys was 2-1. Clearly, the boys made a good attempt at stomping their opponents. Despite the fact that their effort did not always win them the match, none of the players hang their heads at the close of this season. "This year was awesome, and I had the best position by far. I didn't even have to do anything," comments **Zia Choudhury (12)**, who mans the goal-keeper position. His teammates seemed to have kept the ball from their fearless goalie. **Brick Green (12)** and **Tyler Masse (10)** scored the most goals this season, and **David Spencer (11)** led the team in assists.

In the District 1 Tournament, the boys played Hickman, shutting them down with a score of 4-1. After that success, the guys went on to play the Heath Pirates. Although they were unable to triumph over these challenging opponents, the boys didn't lament for long. **Lyle Dennison-Jordan (12)** had enough positive energy to say, "Let's go camping!" Nothing can get these boys down.

Six seniors will be leaving after this year. The team will be losing four players from the starting lineup, but this hasn't hindered the team's morale. "Remember: if you score more goals than the other team, you will win," David Spencer assures. The boys will continue to play their hardest in the future. As Mr. Neelley's fourteenth year coaching soccer and fifth year coaching Lone Oak High School boys' soccer, he is certainly pleased with his team's performance.

In conclusion, the Lone Oak High School boys' soccer team put up a good fight. While they may have been outdone by a few of their rivals, these boys worked together and didn't give up. **Mr. Neelley** says it best: "The boys played very well and as a team before the statistics showed it."

The Lady Flash soccer team finished strongly this season, winning four of their last five regular season games. They played well in the post-season, losing a nail-biter to would-be District 1 runner-ups, Paducah-Tilghman, 3-2 in overtime.

They finished their season with an overall record of 7-8-2 (W-L-T) and a record of 4-4-1 within their district. They ended up allowing 32 goals in regular season competition while scoring 30. The leading goal scorer for the 2007 Lady Flash soccer team was **Ally Heine (11)** with 12 goals; she also led the team in assists with four.

This year, the Lady Flash had 10 freshmen, three sophomores, 10 juniors, and nine seniors on roster, all of which played a part in the program's 35 games, between varsity and junior varsity. Whether it was scoring the winning goal, making the game-winning save, or even just cheering their hearts out from the sideline everyone played a role in the Lady Flashes' successes this season.

The Lady Flash, along with finishing third in their district during the regular season, competed in the quarter-finals of the District 1 tournament where they clashed with District rival Paducah Tilghman. They lost this game in overtime, as you know, 3-2. This effort merited the rewarding of **Ally Heine (11)**, **Lawrissa Yeaman (11)**, **Jasmine Holcomb (11)**, **Kaitly Lafferty (12)**, and **Mallory Carroll (12)** with places on the 2007 All-District Team.

Over the course of this season, the girls made some memories that will last forever: "Like at soccer camp, on our way to the soccer fields, **Chrissy Coorts (11)** would always say, 'We're as slow as a herd of turtles,'" says Lawrissa Yeaman. Or, "That time Nick said, 'All I know is in that situation, you can change your clothes really quickly,'" recalls **Molly Green (10)**.

When asked to sum up their season in a single sentence, **Mallory Carroll (12)** replied, "Even though we were a young, inexperienced team, I believe we excelled this season and we did the best that we could." The Lady Flash Soccer team did indeed bounce back from losing the big class of 2007 well. They couldn't have handled this season any better.

Keith L. White, D.M.D.

Kelvin L. White, D.M.D.

Greg C. Goodman, D.M.D.

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