

Marvelous Mark

Lee Cole
Entertainment Editor

You've seen him in the hallway, strutting along with perfect ease, like a man who knows exactly where he's going; always undeniably cool. With those crisp, collared shirts, that smooth, confident swagger, and his suave moves, his presence is unmistakable. He's that debonair intellectual we all know so well, and his name is **Mark Kaltenbach (12)**.

"He's got that rare combination of raw masculinity, boyish good looks, and slightly effeminate charm," says friend **Zia Choudhury (12)**. I couldn't have said it any better myself. Mark Kaltenbach is the perfect paragon of a modern gentleman; a scholar and an athlete, well versed in art and literature, and always classically stylish. Mark has excelled in academics throughout his high school career, maintaining a 4.0 GPA and participating in the 2007 Governor's Scholar Program at Morehead State University. He prides himself in keeping an active interest in politics and government and many of us have listened to his outspoken opinions. Aside from his intellectual endeavors, Mark is lethal behind a racquet, or a pingpong paddle for that matter. In our elite tennis program, Mark was a member of the state runner-up team his freshman year, the regional finalist in singles his sophomore year, and he has qualified for state competition in Lexington all three years. He's also managed to beat me on a regular basis on the pingpong table.

Even with his busy schedule of school and sports, Mark still finds time to play guitar in our very own "Togethercolored Instant." Strumming along to his favorite tunes, he has proved himself to be a gifted and charismatic performer. He reads classic novels and poetry in his spare time (when most of us are watching TV) and he is a great admirer of art and music. He could be described as a true renaissance man in an age when culture and sophistication are often overlooked.

Mr. Neel, who has often been at odds with Mark over political issues said of him, "Mark Kaltenbach is a fine and gifted student who works hard. I respect him very much." Mr. Neel, along with many others, can see the enormous talent and intellect this extraordinary individual

holds. Whether he's on an anti-conservative rant or cruising around town in that notorious black Cadillac, Mark always projects an image of style and grace. Mark is one of the few people I've met that I know will go on to do something of great importance in the world, and he deserves our respect and admiration.

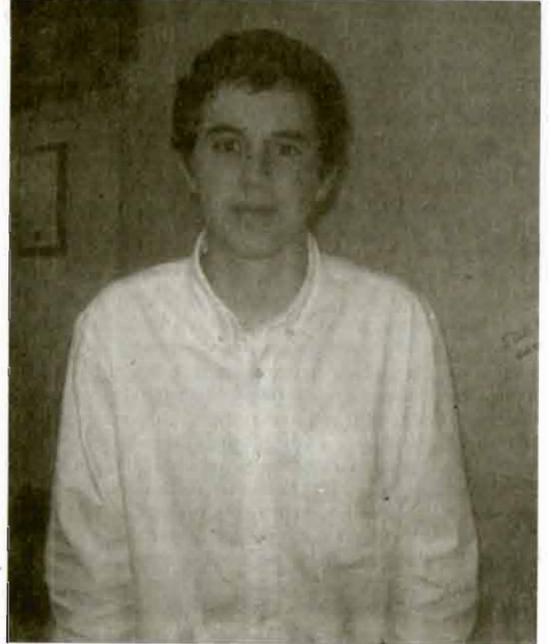


Photo by Jeannie Subrheinrich

Recycle (Right) Now!

Jeannie Subrheinrich
Photographer

Environmentally conscience people of Paducah now have something to celebrate: the creation of the Greater Paducah Sustainability Project, also referred to as RecycleNow. Established at the beginning of this year, GPS had five members in February. The organization may have been small in size but great in positive influence: GPS now has over 370 members. RecycleNow relies on these members and volunteers to help sort and load recyclable materials in the Park Avenue parking lot on a designated Saturday of each month. This November marks the eighth successful recycling date for this year.

GPS is making a definite impact in the fight against global warming, energy conservation and a healthier planet. The project boasts an impressive figure of 75 tons of material recycled (that's 150,000 pounds!) and can be subcategorized into 26,000 pounds of paper; 9,500 pounds of glass; 1,098 pounds of plastic; 1,077 pounds of tin and 585 pounds of aluminum for the month of October. Area residents interested in recycling their household products divide materials into glass (clean bottles and jars with no lids), metal cans (steel or tin like food or pet cans), aluminum (beverage cans), #1 or #2 plastic (the number one or two can be found on the bottoms of jars, milk jugs, detergent, shampoo, peanut butter, etc.), and paper (clean, mixed products like newspaper, cardboard, junk mail, printer paper, books, magazines, shredded paper, cereal boxes, etc.). The materials are then brought to the Kroger parking lot, where friendly volunteers load your trash into semi-trucks that travel to Mason's Recycling in St. Louis. There the recycled material is stored or sold to manufacturers.

Co-Director of GPS, Merle Paschedag, is the anchor of RecycleNow. Paschedag had previously tried to bring a recycling program to Paducah twice and has finally seen the project take off in 2007; his ultimate goal being the creation of curbside recycling facilities. His passion for the potential of the GPS is evident; he sends email updates, recruits volunteers and spreads the word of RecycleNow wherever possible. "Young people can change the world," says Paschedag. He believes that change starts in schools and that any organization can make change with enough people and support behind it—including kids, the most influential members of the future.

So, you influential young people, now is the time to take action. Visit www.recyclenowpaducah.com to sign up for membership and to be informed of updates and projects that earn support. You can also begin by sorting aforementioned materials in your house and bringing them to the Park Avenue Kroger on December 15th or January 16th. Marchers are also forming for Paducah's Christmas parade on December 1st. Paschedag and the members of GPS are trying to get as many people as possible, both young and old, to walk alongside the RecycleNow float and show Paducah the need for recycling in

our growing town; the more people, the greater the statement. It has never been easier to take part in the fight for a cleaner earth and to make a difference in your community.



Photos from the November 17 RecycleNow Recycling Day by Jeannie Subrheinrich

A Severe Case of Football Fever Sweeps Lone Oak High School
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Health Watch: Cold and Flu Season

Derek Operle
Sports Editor

It's that time of the year again, yes, that's right: cold and flu season.

Generally everyone gets sick or feels a little down during this time of the year, so I'm writing this article to help you stay healthy and happy this winter.

First and foremost, wash or disinfect your hands frequently. You never know what kinds of germs you've picked up from touching the things around you. Also, try to avoid touching your mouth and nose; you can't keep all the germs off of your hands all the time so try to avoid giving them access to the body's most common entryways.

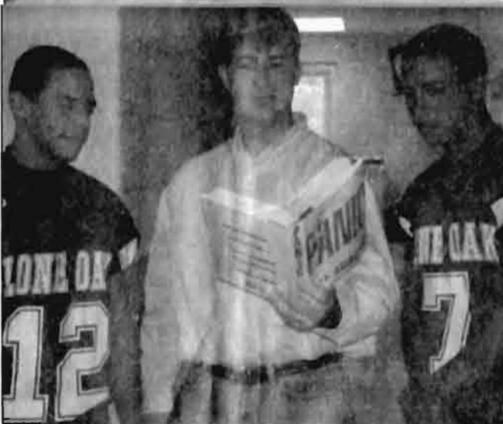
Always, always cover your mouth when you sneeze or cough. You may be immune to a particular strain of the flu or cold virus and by coughing or sneezing you may spread it to someone who isn't immune. This, along with using disposable tissue and not sharing food or drink, helps to avoid the transfer of any viruses.

Along with common methods of cold and flu prevention, there are also plenty of ways to avoid getting sick by boosting your immune system, some of these include: getting plenty of rest, eating a well-balanced diet, exercising regularly, decreasing stress, and cutting back on any unhealthy habits.

Researchers have also found links between certain foods and immune functions. If you want to stay healthy, you might want to try increasing your intake of some of these foods. Garlic increases resistance to infection and stress. Dairy products (cheese, milk, etc.), citrus fruits (oranges, lemons, etc.), and zinc-containing foods (meat, chicken, peanuts, etc.) all play an important role in keeping your body healthy by increasing the overall strength of your immune system.

Also, should you get sick, you can get back on your feet sooner by drinking lots of fluids, getting plenty of rest, and using a humidifier. One of the best things you can do when you have the flu is grate one ounce of fresh ginger to an ounce of water, cover this and simmer for ten minutes, and add some lemon and honey for taste. This will help to induce sweating and decrease any nausea you may have. Other things to eat or drink when you are sick include, of course, chicken noodle soup and any warm beverage.

Following any or all of these health hints should help keep stay healthy all throughout the rest of fall and straight through the winter; keeping you healthy and happy through the holiday season.



Photos courtesy of the LOHS Book Club

LOHS Guys Feel the Need to Read

In an effort to motivate reading in our school, LOHS library aides are working on a bulletin board highlighting books for guys. Male students and faculty members will be pictured promoting their favorite book titles. The caption for the bulletin board is "I feel the need - the need to read!" from the movie "Top Gun."

Mr. Ceglinski, Assistant Principal

Favorite Book: "Jesus in the Margins" by: Rick McKinley

Mr. Gagnon, History Teacher

Favorite Book: "B-Day" by: Stephen Ambrose

Mr. Neely, Science Teacher

Favorite Book: "A Farewell to Arms" by: Ernest Hemingway

Mr. Forsythe, Band/Humanities Teacher

Favorite Book: "The Inextinguishable Symphony" by: Martin Goldman

Mr. Mungle, Business Teacher

Favorite Book: "The Stranger" by: Albert Camus

Mr. Perry, Security

Favorite Book: "Rainbow 6" by: Tom Clancy

Mr. Franklin, Assistant Principal

Favorite Book: "The Summons" by: John Grisham

Mr. Fountain, Science Teacher

Favorite Book: "Fahrenheit 451" by: Ray Bradbury

Mr. Whitley, Science Teacher

Favorite Book: "Pilgrim's Promise" by: John Bunyan

Mr. Watwood, Social Studies Teacher

Favorite Book: "To Kill a Mockingbird" by: Harper Lee

Tyler Taylor, (9)

Favorite Book: "To Kill a Mockingbird" by: Harper Lee

Chase Byrum, (9)

Favorite Book: "New Moon" by: Stephenie Meyer

Dean Bechtold, (12)

Favorite Book: "Hatchet" by: Gary Paulsen

Brick Green, (12)

Favorite Book: "Harry Potter" by: J.K. Rowling

Adam Butler, (12)

Favorite Book: "Golf's Greatest Moments"

Brandon White

Favorite Book: "A Series of Unfortunate Events" by: Lemony Snickett

Tyler Varvel, (12)

Favorite Book: "Harry Potter" by: J.K. Rowling

From the Guidance Office...

Melanie Jarvis
LOHS Guidance Counselor

SENIOR YEAR COLLEGE PLANNING CALENDAR

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.

JANUARY

- If applying for financial aid, get started on preparations by obtaining a Free Application for Federal Student Aid (FAFSA) form.

FEBRUARY

- Complete the FAFSA, if possible. (You'll need your family's/guardian's tax records.)
- Keep track of your college applications; be sure all schools have received all your materials.

Continue to stay focused on grades.

ACT 07-08		Registration Deadline		Deadline w/Late fee	
Test Dates		Registration Deadline		Deadline w/Late fee	
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*		Int'l Registration Deadlines**	
		Regular	Late (w/ fee)	Early (Int'l only)	Regular
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

College Admissions Glossary: Key Terms You Will Encounter:

Award Letter: A letter telling you what financial aid a college is offering to you (types, amounts offered, program information, etc.) You may choose to accept some or all of what is offered.

Credit (or Credit Hour): A unit of measurement for fulfilling course requirements. Most colleges require that you complete a certain number in order to graduate.

Expected Family Contribution (EFC): Amount students and their family are expected to contribute financially toward cost of attendance.

Free Application for Federal Student Aid (FAFSA): Students must fill out the FAFSA each year to find out how much federal aid they are eligible to receive. www.fafsa.ed.gov.

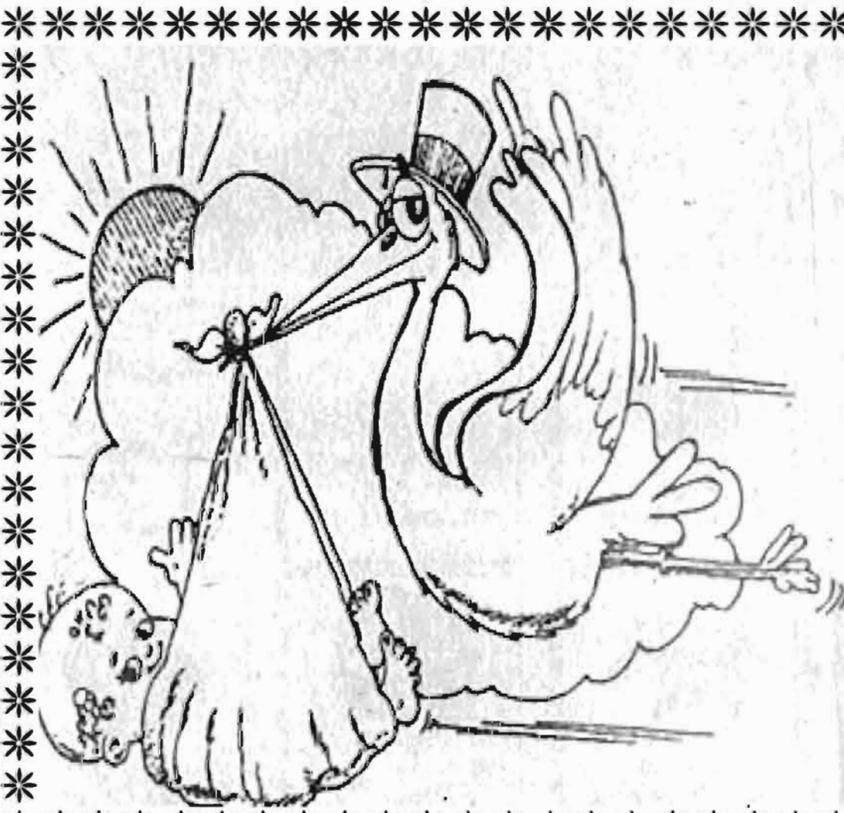
Open Admissions: Students are admitted regardless of academic qualifications. Most community colleges have an open admissions policy.

Rolling Admissions: There is no set admissions deadline date; qualified students are accepted until classes are filled.

Student Aid Report (SAR): This notifies you that your FAFSA has been processed. Your EFC will also appear on the SAR.

Undergraduate Student: A student who has not completed a baccalaureate or professional degree.

For scholarship information, check out www.fastweb.com



S. Blair Tolar, MD
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Newsy Obscurities

Aaron Williams
Online Editor

This month it is going to be my pleasure to bring to you, the students of Lone Oak High School, a few odd and humorous news stories that are making small splashes in the world of headline news. We start off in our own proud state of Kentucky. On Tuesday, November 13, Gerald A. Rocchi held up an ice cream shop in Ashland, Kentucky and came away with \$175.00. The robber, later apprehended by authorities, entered the ice cream parlor in a ski mask. As his lethal weapon of choice, Rocchi had chosen a stapler. Not a staple gun, mind you, but common, chrome-plated stapler you might find in classroom much like the one you're sitting in right now.

When questioned by police as to his intents with the stapler killing machine, Rocchi assured them that he was not planning on using his fearsome weapon as a staple-launcher nor was he intending to use it as a blunt object to bludgeon the cashier. He simply thought that from a distance it would look sort of like a gun. Hey, give the man that much!

Next we head to Pennsylvania where a mayor in Stoystown receives an honorable mention for being the toughest cowboy in western Penn. Mayor Bill Boyd defended his community of a little over 400 residents from a stampede. The stampede began when a resident of Stoystown reported a herd of nine bulls, cows, and calves trampling through her yard, most likely wreaking havoc on her azaleas. The cows were on a collision course with a busy pass at Main Street when heroic Mayor Boyd, from the safety of his car, began to defiantly honk his horn at the stubborn animals.

With assistance from Conemaugh Township Police Officer Nathan Claycomb, the mayor herded the cattle into a nearby field just in the nick of time. I thank you, Mr. Boyd, for riding in on your gallant steed (car) and lassoing (honking at) the crazed cattle to protect your community from disaster. A big heehaw to you!

Finally, in Florida, residents of Baker County can rest assured they are not being stalked by an orangutan. After seeing wads of red-orange fur littered throughout their yards, residents quickly called in state wildlife officials to get to the bottom of this "hair" situation. Showing skill and prowess in their field, the officials laid a trap of delicious doughnuts at the base of a tree. Nothing happened. This led fish and wildlife investigator Ken Holmes to tell the Florida-Times Union the animal was most likely a fox squirrel. What sort of horrible mutated creature this is, I am not sure.

Said Holmes, "I'll be astonished if it's an orangutan." And if I were a resident of Baker County, I'd be happy to know it was an orangutan. Sounds much friendlier than a fox squirrel!

Bio Club's Bio

Hannah Hudson
Business Manager

On the last Wednesday of every month we have a Club Day. We have many different clubs, and there is sure to be something that appeals to you. If sports are what you love, then the football club may be for you. If you like to read, we have a book club. If your passion is business law, we have FBLA for you. All of these clubs give students great opportunities, but one of the most active clubs is the Biology Club.

The Biology Club is led by President, **Carly Rorer (12)**, Vice President, **Kristen Bickerstaff (12)**, Secretary, **Bree McMurray (12)**, Treasurer, **Nikki Ross (11)**, and Reporter, **Kristi McMillan (12)**. There are 45 active members of Biology Club. Recent meetings have been spent planning trips, discussing t-shirt ideas, and, of course, eating donuts.

Most recently the Biology Club went on a trip to Chicago. On November 3, fourteen members woke up bright and early (okay, okay, 7 am, but it was a Saturday) to go to Chicago. While in Chicago the group went to the Field Museum, the Museum of Science and Industry, the Shedd Aquarium, and the Sears Tower. Biology Club member, **Monica Kauffman (11)** says, "The most interesting part of the trip was definitely the Field Museum." The Field Museum focuses on natural history, and contains mummies and Sue the Dinosaur, a T-Rex, while the Museum of Science and Industry focuses on technology. While at the Shedd Aquarium the club got to see dolphins and sharks, along with many other aquatic animals. The Sears Tower was also a highlight of the trip, since it's the largest building in the United States, and the third largest in the world.

The Chicago trip was the first trip taken by the Biology Club. The trip was three days and two nights, the longest trip the club will take this year. Later on in the year the club will take at least one more trip that will most likely be a day long trip. Due to the large amount of planning that goes into these trips, no dates have been set for the next trip.

The Biology Club does so much for our school. Outside the school, at the end closest to the Middle School, you can find flowers that were planted by the club. Mr. Wallace, a teacher sponsor, says they plan on adding more flowers as soon as spring rolls around. The Biology Club also offers the opportunity for students who are interested in biology to see science applied in the real world. The club's next new project is the stream study, to be started later in the year. The members will observe streams; taking the temperature, calculating the volume, oxygen, current, and pH content of the water, as well as observing the fish and insects.

A great club cannot exist without the support of its teacher sponsors. Mr. and Mrs. Wallace, and Mr. Fountain work very hard to keep the Biology up and running. They plan the trips, coordinate the meetings, and usually bring the donuts.

The Biology Club sets a great example for other clubs. They have fun and eat donuts, but still learn and help the school. The Biology Club should challenge every other club to be just as involved as they are.

Beta Club Serves the Community

Patrick Hollowell
Staff Writer

There are many clubs in our school that do great things for our community, but there is one club in particular that does an exceeding amount. Beta Club. Beta Club is made up of about 50 students, all with a GPA of 3.5 or higher. This is a great accomplishment in itself.

Recently the Beta Club traveled to Louisville for the Beta Convention where they were met with success in several categories. **Kyle Oetjen (12)** took first in agriculture where he competed against students from all over the state. The highly fashionable and handsome quiz bowl team made up of **Mark Kaltenbach (12)**, **Lee Cole (12)**, **Zia Choudhury (12)**, and **Jon Fejes (12)** placed 4th in the state. While these folks were busy competing, **Josh Lynn (11)** was hard at work campaigning for vice president. Although Josh was the clear favorite, he was disqualified on a technicality.

Along with going to the Beta Convention every year, the Beta Club also does many great things for the community. The Beta Club puts on the food drive for Martha's Vineyard and usually collects around 1000 canned goods. The Beta club also participates also participates in the Telethon, Backpack for Kids, and a recycling program. I caught up with **Aspen Davis (12)** who said, "Community Service is what Beta Club is all about." All of these projects are very important in keeping our community running very smoothly. I also talked with **Oetjen** who said, "Beta Club is a fountain of happiness from which all can drink." So, if you ever see any of these hard-working Beta members in the hallway, congratulate them on their accomplishments and thank them for all they do!

Academic Team: What's the Buzz?

Ally Heine
News Editor

Even with the loss of the infamous Rebecca Choudhury from our schools academic team, saying that the team is holding strong, is somewhat of an understatement.

The Varsity Academic team seems to be unstoppable, yet again. The undefeated team consists of eleven seniors, along with four juniors who seem to settle for nothing less than a win.

When asked what the strong points of the team were, the head coach, Mr. Jarvis had many things to say. "We have veteran leadership from our senior class." He stated. "Not only are they good leaders, they also completely understand their roles on the team."

The A-team has won all of their matches by very large margins, and has already beaten everyone in our district at least once. The perpetual starters for the varsity Academic team includes, **Zia Choudhury (12)**, **Jon Fejes(12)**, **Kyle Oetjen(12)**, with **Mark Kaltenbach (12)**, and **Lee Cole(12)** alternating positions.

When asked about how the loss of Rebecca Choudhury was affecting the team so far this year, Mr. Jarvis quoted, "We will definitely miss her because she was indeed, a very valuable part of the team. Although we have several people with tremendous amount of talent competing to fill her seat, very few can match her ability."

Even though the A-team without question has a very strong starting four, they also have a lot of talent from the rest of the varsity players. The remaining players on the varsity squad include, **Eric Kiser(12)**, **James Summerlin(12)**, **Austin Clark(12)**, **Olivia Fellows(12)**, **John Golightly(12)**, **Jeannie Suhrheinrich(12)**, **Martha Bailey(11)**, **Derek Operlie(11)**, **Joshua Dolan(11)**, and **Josh Lynn(11)**.

The team's next match will be at Lone Oak, on December 6th, where the A-Team will challenge Reidland, Heath, and Tilghman for a district match, that will hopefully be an easy win!

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Aaron Williams 180°

Aaron Williams
Online Editor

Whether you are a believer in global warming or not, you should be able to agree with me on one thing: the United States' dependency on foreign oil is total and, to a degree, disgusting. Thankfully, in this day and age, albeit a little late, actions are finally being taken to wean our nation from its need of black gold. Alternative energy resources are finally being considered to fuel our cars, heat our homes, and power our cities. One such idea on the table is the Cape Wind Project.

The Cape Wind Project is a proposal by Cape Wind Associates LLC to install a wind farm consisting of 170, 40-story wind turbines on Horseshoe Shoal, a shallow region of Nantucket Sound in Massachusetts. Should the project come to fruition, it would be America's first ever offshore wind farm, the likes of which can already be seen in Europe. The wind-farm would provide 420 megawatts of cheap, renewable energy to meet the power demands of Cape Cod, Martha's Vineyard, and Nantucket. This will prove that a population of over a fourth of a million people can utilize and live off of energy from renewable resources.

Sounds great, right? Why don't they get started on this immediately? The reason is simple: the project is being stalled due to the outcries of the rich and famous who frolic on the resort islands of Nantucket during the summer. These groups, the wealthy and the privileged, are upset that the turbines, which would be located thirteen miles offshore, might decrease the value

of the beaches as well as their own property values.

It struck me as how awfully selfish this argument is. These aristocrats are halting a project that would be very eco-friendly and very energy-efficient just so their backyards aren't

"disfigured" by the slight outline of a white wind turbine on the horizon. In my opinion, these groups should be focusing their energy on promoting the Cape Wind as a way to give back to their community and to show some selflessness in consideration of a common good.

There is another argument, more feasible and more thought-provoking. Many environmentalists are concerned that the turbines will become killing machines as birds migrate through Nantucket Sound, as was the case of the turbines of Altamont wind farm in California. However, Cape Wind Associates have already met this challenge by changing the technology and design behind the turbines, making the turbines bigger and therefore slower. The turbines have also been transformed from a lattice-work design to a solid white tube. This should prevent birds from nesting in them in the future.

So why should we care whether the Cape Wind Project succeeds or fails? How does this affect us? It is really very simple. If

the wealthy have their way, they will crush this project. If that happens, countless other alternative energy plans will be seen as a waste of time. Until a successful precedent for renewable energy is seen in America, we will continue to burn oil by the thousands of gallons. The solution that Cape Wind Associates has provided isn't perfect. It has its tradeoffs but all in all, it is a solution, and it's one of the best ones we have at this time.

"...In my opinion, these groups should be focusing their energy on promoting Cape Wind..."

ULTI{NATE}UM

Nate Brelsford
Staff Writer/ Cartoonist

Their seems to be a general trend that emphasizes the importance of conversational banter and denounces any form of correctness on paper. That is to say, proper use of language is becoming less important in daily life

That said, what is more important than what comes out of our mouths? What we say can hurt or build up. Words can bring about change. Most of the time, conversation is completely nonessential and merely serves as a pastime. Our statements defines us.

It amazes me how terrible we are at writing and speaking our own language.

Whether it's in a classroom, at home on a computer, or even in everyday conversation, the disregard for the rules of the English language is astonishing.

Just take a look at almost any blog or Facebook page or MSN conversation. The grammar is nothing short of embarrassing. The problem does not end with these applications, though. The real trouble is when the same bad habits that form while candidly conversing r performed regularly.

What is even more distressing is a situation which everyone is surely familiar with.

Picture this: a U.S. citizen overhears an immigrant who cannot speak English. The citizen then turns to his friends and chuckles, "Learn the language, bud!" Hypocrisy, hypocrisy, just the word is irritating. However, when others are harmed by one's inconsistency, a line has been crossed. In truth, the U.S. citizen is probably so ignorant of his own language his comment aims more

harm toward himself. but what happens when our words are immortalized? When there as tangible as they are audible? The importance of the matter is intensified when it applies to writing. When ones words are placed in writing, they are made concrete. They can only be changed through conscious effort. What's more is that the words can be accessed in the future. They can be twisted, distorted, laughed at, understood, even admired. Writing carries an incredible amount of weight.

Those who fail to discern the difference's between proper English and unacceptable English is simply too naive to place any importance on their own words. Laziness is not a contributing factor: nor is it an excuse. Learning to utilize one's own language is a essential skill in today's world. It's fundamental.

Those who don't take the time to exhibit correctness only display their foolishness.

"...It amazes me how terrible we are at writing and speaking our own language..."

Pat's Problems

Patrick Hollowell
Staff Writer

As I woke up on Wednesday, October the 24th, all I could think about was the Chik-Fil-A chicken sandwich I was going to have for lunch. As the day went on I could not concentrate on anything but that warm, juicy chicken patty topped with mayonnaise and three perfectly placed pickles between two buns. When 11:43 rolled around, I raced to the cafeteria only to be beaten by two freshman classes who must have accidentally mistaken the senior privilege to leave two minutes early as their own. As I waited in line I could smell the deliciousness streaming through my nostrils. When I punched my lunch code in I was informed that the last sandwich had just been taken. My heart was crushed, and I was hungry.

So is this fair? I don't think so. I caught up with a various number of students around the school who said they received two, three, or four sandwiches. I talked to Kayla Robertson (12) who said, "Chik-Fil-A day was very unfair to some students and could have been easily prevented."

Although there were many students that were upset, there were also a number of students who enjoyed Chik-Fil-A day. I caught

up with J.T. Scourick (11) who quoted, "Chik-Fil-A day was the best day ever." Why did they enjoy it you ask? Why not? Who wouldn't want to have a Chik-Fil-A sandwich for lunch on a school day? This was a great privilege that many schools wouldn't have even considered.

Even though I got the shaft on this special day, I feel like it is a great idea and has the potential to be a success. However, the lack of organization made it a failure. There were numerous ways to avoid this break-

down and none of them were taken. Although the cafeteria did not order the sandwiches, they made no attempt whatsoever to try and make it as fair as possible. Like I said earlier, some students received up to four sandwiches, opposed to many students who had none.

Although there is nothing we can do about last Chik-

Fil-A day, we can use it to make the next one better. So order more than 500 sandwiches, and don't throw them out to every beggar who wants four sandwiches and the next time we have this privilege, everyone can enjoy it.

"...I could not concentrate on anything but...three perfectly placed pickles..."

Austin's Argument

Austin Clark
Sports Editor

The notion has always been, with regard to an individual participating in high school athletics, that when a person thrives in physical application they seem not to apply themselves to the academic aspect of school (which I might add is the sole reason for our existence as students). Though these students should be responsible for their actions, some blame has to go to adults for allowing this behavior. Whether it is the teacher that curves the students' grades or the coach that encourages putting their sport before anything else going on in their life, someone is telling these students that their behavior is tolerable.

Though these students nonchalantly coast through school, they know how to cheat the system. The stereotype of "jock" is as clear as the letterman stitched on their jackets. They tend to sleep through most classes and the ones that don't are busy drawing attention upon themselves day in and day out with obnoxious gestures or with defiance of teachers. Yet there are exceptions. Some athletes choose to set their goals higher, and not only pursue greatness through a sport, but also through academic achievement. They take AP classes and make A's on their report cards, they cram for tests and worry about getting accepted into state universities, just as any non-athlete who cares about their future does. However, many peers cannot look past the purple jacket, imprinted with gold writing. The question is, should we be

criticized for our academic discipline?

Do not mistake my message in thinking that I am putting down the student body for their condemnation of this group. People are uneasy and uncertain when approaching this subject, but I feel that it is time to bring this out into the open for discussion.

"...The stereotype of 'jock' is as clear as the letterman stitched on their jackets..."

Some "jocks" take advantage of their natural abilities to become, in essence, lazy individuals in all other aspects of life. These con artists think their improvising and rationalizing are helping them obtain success. In reality, they are just setting themselves up for failure indefinitely. Somewhere in life these people will stop receiving perks for their athletic abilities, and their luck will be gone. In order for this habit to stop, more athletes need to apply themselves in their schoolwork as well as practice. Adults should stop building these kids up on the idea of making it big in sports. Whether they want to believe it or not, the chances of them using a football or a tennis racquet as a means of succeeding in life are slim to none.

What should we do about the minority of well rounded individuals? I do not think these few should be put upon a pedestal for being good students; that is what is expected of them. Yet their presence among the less productive individuals needs to be known. Student always comes before Athlete when describing these people because THAT IS WHAT MATTERS and that is the way it should be.

Jeannie's Jargon

Jeannie Suhrheinrich
Photographer

In a time of new technologies and promise of a brighter future due to better engineering, the funding and development of the National Aeronautics and Space Administration (we know them better as NASA) doesn't seem too irrelevant, right? As comfortable and happy Americans, however, we fail to realize that this is also a time of severe poverty, conflict, sickness and discord. Yet while NASA is fulfilled its every whim to build such things as a robotic arm for the International Space Station, children are dying from preventable disease and millions live with hunger (even right here in our own backyard of Paducah) and malnutrition. NASA is granted billions of dollars to fund various projects and trips and send personified objects to distant planets and moons. Many of these projects have failed. And still, governments in Africa and third world countries cannot receive the funding they need to keep their citizens alive!

Don't get me wrong I love astronauts. You love astronauts. Space has always been an intriguing and mysterious force that naturally sparks research. Unknown celestial bodies and forces could even determine the fate of our own planet. So, in that sense, I understand the authority of NASA and the necessity of funding to learn more about what

surrounds us. Yet I find it hard to give NASA sympathy with a 13 billion dollar project failed. That's 13 billion cans of food that could be distributed to our fellow inhabitants of this planet, in this atmosphere. What I find more disheartening is that our government, who claim that AIDS/HIV relief and extinction of world poverty is a top priority, granted NASA a 6% budget increase in 2004, slowing projects that are related to fighting

terrorism, national defense and monetary aid. My point here is this: I feel that we are living in a society with disorganized priorities. We all hold the amazing potential to make change on this planet. The world's powerhouses have the money to provide vaccines or mosquito nets that hinder malaria; they have the resources to make the progress the poor are desperately trying to see. But of course, a robotic arm is much more important. That makes perfect sense. So what can you

and I do? How can I practice what I preach and be the change I wish to see? Find ways to contact your state and federal representatives; they are here to represent you! Push your opinions (whether you agree with my NASA stance or not) and request that they take action to make reforms or introduce new bills. We can no longer remain blind to the cries of help of those who need us; it is our duty as inhabitants of planet Earth to help when we have the means and money to do so. And obviously, that money and potential is there.

"...we fail to realize that this is a time of severe poverty, conflict, sickness and discord..."

Ally Articulates

Ally Heine
News Editor

If you by chance are wondering what epitomizes someone from the dark side, or he who must not be named, let me tell you. Howard Zinn is a perfect example of someone who you could go without meeting at any point or time in your life. Being the author of probably the most drawn out, one-sided, monotonous, repetitive, and anarchist book you will ever come across in the entire duration of your life, this man has wasted a great deal of my time on Earth.

This past summer, on days when any normal kid would be outside playing some kind of sport, swimming in an ice cold swimming pool, or even enjoying some refreshing homemade lemonade, I was inside reading page after page of the devil's diary. This book made me seriously question how many poor trees were brought to death to create a seven-hundred and twenty-nine page book of absolute and utter glob of nonsense. I felt as though as I was reading only a few sentences out of a chapter in this book, that I was being told that I did indeed, have a prob-

lem with the American Government in the year 1492 until the present time. A People's History of the United States is the only book that I have ever come across that the first two pages made me want to cry. Now don't get me wrong, this article is in no way trying to offend people who do in fact appreciate

"...Howard Zinn is a perfect example of someone who you could go without meeting..."

Zinn's work. (A.k.a. Mr. Jarvis) Only to reflect the feelings that so many people share. Furthermore, I do believe that if you are a U.S. History teacher, who has a love for Rush, and an affinity for Godfather references, than you might, just might, have an excuse for the liking of this book. Or if you just enjoy being told that you should have a problem with the American Govern-

ment and that the white man is continuously pushing everyone down, then this book is also for you.

Aaron Asks

Aaron Megibow
Entertainment Editor

Each month I like to treat myself to some real good quality entertainment, badly censored music. This month I walked to the Wal-Mart electronics with Andrew Jackson in hand, with the intention of buying rapper DMX's album "Ride or Die". CD in hand, I decide to take a stroll. While doing so I ask myself "Why is this music censored?" Of course, it's because they are said to endorse violence and substance abuse.

Then, I happen to pass by the gun section, which is conveniently located near the alcohol aisle. On your way out, you can even pick up some tobacco products. Why do places such as Wal-Mart feel that it's not morally responsible to expose our youth to violence and substance abuse through media, but it's perfectly fine to make products enabling this kind of behavior easily available? The hypocrisy is obvious.

If large chain stores such as Wal-Mart are so deeply concerned about keeping peo-

ple from inflicting violence and abusing substances why don't they just take these types of product off the shelves instead of trying to keep us from hearing about them. To me, this seems like a much more effective solution to the concerns of parents and politicians alike.

"...Parents have allowed...their children to be left up to corporate America..."

We don't need to advocate censorship, we need to advocate parents raising their children the way in which they desire. It's easy, pay attention to your child's world and make choices accordingly. Take the 50 Cent CD away, eject that rated R movie, or turn off the latest Grand Theft Auto if you don't want your child exposed to this material. Parents have allowed the well-being of their children to be left

up to corporate America and our oh-so-trustworthy politicians in Washington. We don't need to allow conservative politicians or corporate fat cats to take charge of the morals our children will have, it's outright irresponsible. Your children are your responsibility, not some censor at a record company.

So, next time you go to stores like Wal-Mart, observe this hypocrisy. It's all around you, under those black cameras and fluorescent lights, and it is quite alarming.

Hear it From Hannah

Hannah Hudson
Business Manager

Tiger Woods, Peyton Manning, and David Beckham. All of these men are looked up to and well covered by the media. These men are also on the list of the 50 highest paid professional athletes. The top 50 is full of amazing, all-star athletes who just happen to get paid for doing what they love. Yet, as I go through the list I only have one question: Where are all the female athletes?

Female athletes are, for the most part, neglected when it comes to their salaries. Sure, they love their jobs, and shouldn't have to be paid, but neither do male athletes, and isn't it only fair that they get paid the equivalent of male athletes. The average NBA player gets paid around \$550,000, while the average WNBA player receives anywhere between \$25,000 and \$65,000. So much for equality.

Not only do these men get paid more for playing their particular sport, but they get much more in endorsements. Vince Carter, who plays for the New Jersey Nets, made a deal with Nike for \$30 million, but Martina Hingis and Anna Kournikova made their deals with Nike for \$11 million and \$15 million, respectively. If women get paid less to play, shouldn't someone try to level the playing field and give equal endorsements?

Men also get more recognition, more playing opportunities, and a considerable amount of media coverage. Say you're flipping through the channels and see ten sports channels. Chances are that nine out of the ten channels are showing male sports or talking about a sport

played by a male. Also, sportscasters who report on these channels are predominately male. If female athletes are recognized they are usually stereotyped. When people think about

"...Female athletes are, for the most part, neglected when it comes to their salaries..."

female athletes the two things that usually come to mind are gymnast, and ice skater. If someone were to think of a soccer or softball player, they would most likely assume that they aren't as tough or strong as their male counterparts. This, in my opinion, is quite comical considering professional male athletes are better known for taking steroids to become stronger because they can't do it on their own. Most female athletes train hard to become strong with out performance enhancing drugs, with the exception of female body builders.

In the midst of all of this inequality there is a woman who has risen above it all. Venus Williams is a stellar athlete who is well known all over the world, and one of the highest paid tennis players. She also makes a great deal of money in her endorsements. She made a \$40 million deal with Reebok. Venus is paving the way for female athletes, and their equality in the sports world.

The Oak "K"

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Weasel Wonders Why

Derek Operle
Co-Sports Editor

GOOOOOOAL! No, we're not talking hockey, lacrosse, or any other sport with a goal for that matter; we're talking soccer. Besides David Beckham or Pele, can you name a current or former professional soccer player? Drawing a blank? Now do you see what I mean? Soccer is ignored by the most of the people in the United States as nothing more than a distraction, a nuisance ruining their everyday routines; some people know about soccer only because it causes a traffic jam in their neighborhood or because it interrupts their morning Sports Center, this is, in my opinion, a travesty.

Soccer is the most played and watched sport on the planet. It is played in over 140 countries and by over 240 million people around the globe, and that's only the registered ones. And all this time you've been saying, "Who cares about soccer?"

I watch soccer every weekend, as do many others in the United States and world, just as many others watch football or baseball. Many people say that soccer is dumb just because you have to watch for an hour and a half without breaks besides the half-time. Well, other sports take longer, and aren't as action packed, besides maybe basketball or hockey.

But, it is possible to like soccer and American sports, it's just that most don't.

Most of America thinks that soccer is a pointless sport and that David Beckham plays for Team USA. Also, soccer is more physical than many American sports, like baseball or football (I'm sorry, they wear pads and soccer players don't). I think people like violence, for entertainment, otherwise, how do you explain the sudden rise in popularity of the X-Games and other extreme sports events over the past ten years?

FIFA, the governing body of soccer, pulls in just as much income as the NFL, MLB, and NBA. Soccer players also make an equal

"...Soccer is the most played and most watched sport on the planet..."

salary, excluding the MLS. The top players in the MLB and soccer are almost tied for the top sports salary in the world, in fact, last year, Ronaldinho (Barcelona FC) made more than any player in the NBA, MLB, or NFL, with exception of Shaquille O'Neal and Kobe Bryant. This shows that people around the world will pay to enjoy the magical experience of soccer.

People around the world play and watch soccer. Why don't we?

ALUMNI AWARENESS

Nate Brelsford
Staff Writer/ Cartoonist

Not too long from now, we will be enveloped in all the excitement of Lone Oak basketball. The buzzers, the whistles, the squeaking of high-ankled shoes on the hardwood floor, a voice like that of God – our very own Eric Chumbler. That's right. In the second installment of this endless series, Eric Chumbler will enlighten us with his unforgettable experiences at Lone Oak High School.

A member of the class of 2004, Eric still has many close friends in both the faculty and student body. However, those who are not familiar with Eric may at least recognize his unique voice. He enjoys announcing Lone Oak and WKCTC basketball games as well as Lone Oak football games.

As it turns out, this serves as a wonderful compliment to his plans for the future. Eric is currently a senior at Murray State University, majoring in Journalism and Mass Communication with an emphasis on Electronic Broadcasting. He is currently employed at News Channel 6 as a part-time cameraman and part-time news intern. If all goes as planned, Eric Chumbler will soon be a household name as a news anchor. That's certainly not an unreasonable goal for Kentucky's 2004 Top Sportswriter!

As far as Eric's high school experience goes, there is not a remarkable difference from that of today's Oaker. Nevertheless, his account deserves our full attention. In his four years at LOHS, Eric was involved in FCA and served as a baseball statistician for the legendary Coach Mizell and Assistant Coach Ceglinski. Perhaps Chumbler's proudest moment as a statistician came from his freshman year. While waiting for Mizell to board the bus, the juniors and seniors used eye black to make an illustration on Eric's forehead "for good luck." The result was not pretty. Eric remembers, "Nobody had ever seen [Coach Mizell] get that mad... and I was just the statistician!"

Eric has literally grown up with Lone Oak basketball. Following in his older brother's footsteps (Mark Chumbler was a member of Lone Oak's class of 1991), Eric participated in Lone Oak basketball for three years. Looking back, some of his favorite high school memories come from playing under Coach Poore. "He is a great coach that Lone Oak is lucky to have," says Eric. "I'd love the opportunity to play for him again." Just before the season of his senior year, Chumbler's ankle was terribly sprained, leaving him unable to perform in his final year at Lone Oak. However, his recent contributions to the program have more than made up for the unfortunate event.

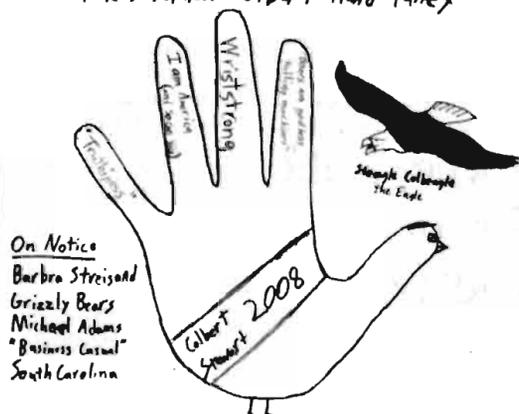
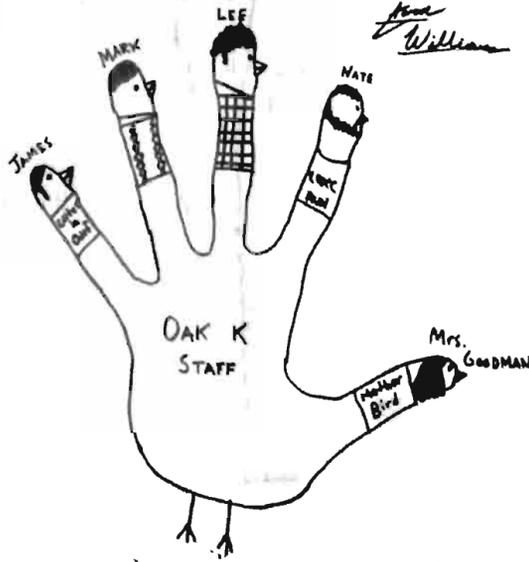
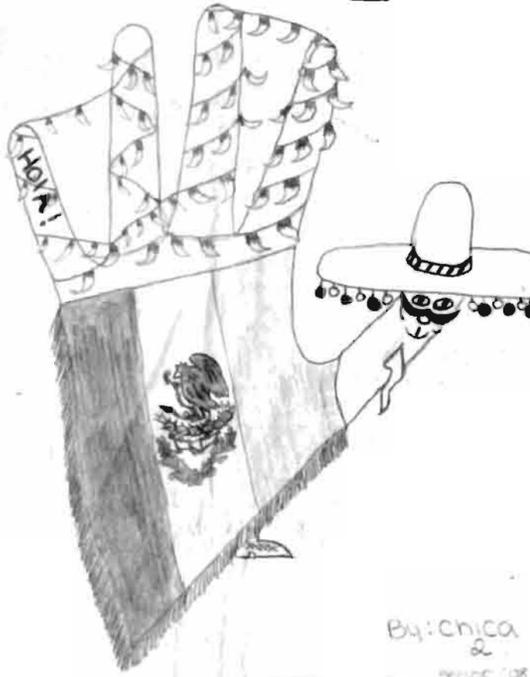
In school, Eric most fondly remembers his time spent with Mr. Jarvis, his favorite teacher. "I was his aide and enjoyed every minute of it. But Mrs. Daralea Harper definitely receives an Honorable Mention," says Eric. "She truly cares for each and every student."

With a college GPA of 3.4 so far, Eric is doing very well for himself. However, his high school GPA was around 2.9. Take it from an alumnus: "One thing I regret was not trying harder on my work in high school as I do in college." Eric realizes now that high school acts as a springboard for the next stage of life. It helps prepare young adults for what they can expect in college, the workplace, and the world. "Lone Oak taught me how much I should value my education. It's really the key to success. That line was corny, but it's actually pretty true." With that in mind, Eric urges the students at Lone Oak to make the most of their four years. It can all be summed up in the motto that Eric seems to live by: "Enjoy this moment, for this moment is your life."

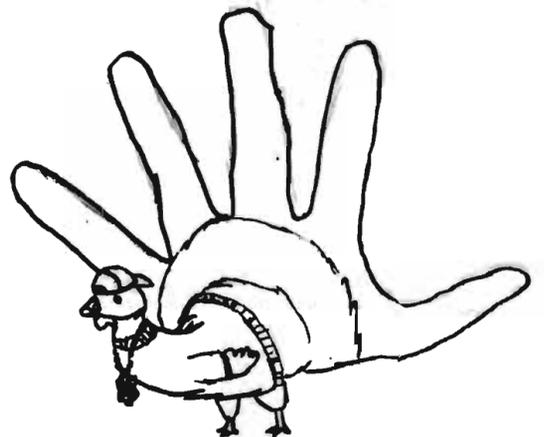
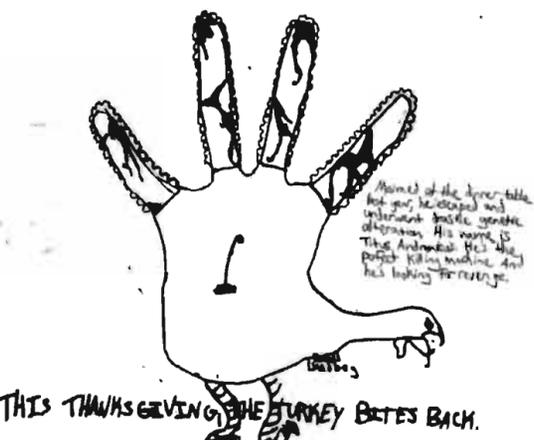


Photo courtesy of Eric Chumbler

Hand Turkeys: An Oak "K" Thanksgiving Tradition



FrankenTurkey by John Osucha



Free Association

Aaron Williams
Online Editor

Participants	Hand Turkeys	Holiday Season	UK Basketball	Nate Brelsford
Cameron Tillett (11)	Lee Cole	Chestnuts on an open fire	Billy Clyde	Under-beard
Megan Sin (10)	My Mom	Chinese people	Blue and White	Hairy
Cody Longworth (9)	Ham	Awesome	Stinks	Fast!
Mr. Forsythe	Thanksgiving	Festive	Crap	Soccer

MYSTERY STARS



Hannah Hudson
Business Manager

This month's senior mystery star is closet tennis player. She's a little harder to find in the halls considering her short stature: 4'11" to be exact. She loves to play the guitar and sing. Before school she can be found in Mrs. Durbin's room for prayer group. Any other time of the day she can probably be found in Mr. Smithmeir's room, because he's her favorite teacher. Along with about half of the student body and our junior mystery star her favorite school lunch is Chinese Day.

Our junior mystery star is a member of our welding team. He enjoys racing, hunting and fixing cars. He stands slightly taller than most at 5'10 3/4". His favorite subject is Algebra 2. His favorite teacher was Mr. Heflin, who taught Geometry last year. His favorite school lunch is, as mentioned before, Chinese Day. His favorite movie is a racing movie, called "Days of Thunder".

The sophomore mystery star for this month is an important member of our girls' varsity soccer team. She's also loves running for our track team. She really loves to travel, and goes on mission trips often. This past summer she took a trip to Zambia. Her favorite teacher is Mr. Wallace, because he makes Biology more fun. Her favorite class, though, is French. Her favorite school lunch is another favorite: crispito. She likes to watch any of Tyler Perry's movies.

Rounding off this month's group of mystery stars is a crazy, football playin' freshman. Along with football he likes to play recreational league baseball and ride dirt bikes. He is also a former soccer player. He can be seen running around the halls hugging random people. His favorite teacher is Mrs. Wallace, but English isn't his favorite subject, lunch is. He really loves the school's pizza. His favorite movie is "I Now Pronounce You Chuck and Larry". Have fun in your quest to uncover the mystery stars.

Last month's Mystery Stars were: Aspen Davis, Jasmine Holcomb, Katelin Ramey, and Gaven Oakley



What's Your Story?

Monica Spees
Features Editor

November's randomly chosen freshman telling us his story is Cray Brittan. Cray enjoys playing video games and playing football. When he's not tossing the old pigskin around with his buddies, he likes watching football on TV. If Cray could be any superhero, he would be the Green Lantern "because he's a good leader," Cray said. When asked if he would rather be a contestant on "Deal or No Deal" or "Wheel of Fortune," Cray chose "Wheel of Fortune." Also, Cray's favorite song from "High School Musical" is "Stick to the Status Quo."



What's the sophomore's story? Nic Holler happens to be the lucky one this month to tell us. Nic likes to play video games and catch the latest flick at the movie theater. His favorite sport to watch is football. Nic said that he would be Spiderman if he could be any superhero. His reason? "Because he can climb buildings," Nic explains. If given the choice, Nic would prefer to appear as a contestant on "Wheel of Fortune." And when it comes to "High School Musical" songs, Nic can't play favorites. He likes them all.



The junior to reveal her story to us this month is Erin Conwell. Erin delights in attending local concerts and swimming in her spare time. Her favorite sport to play is swimming, and her favorite sport to watch is lacrosse. Erin pondered over her desired superhero, and decided that she would be Captain Underpants if she could "because he's funny," she said with a giggle. Erin would also choose to be on "Wheel of Fortune" because "it's less risky," she claimed. Her favorite song from "High School Musical" is "Breakin' Free."



Last, but certainly not least, is Geoffery Woodford of the senior class. Geoffery's hobbies include working at Radio Shack and dabbling in some art. Geoffery's sport of choice is football. Watch out, Clark Kent! Geoffery Woodford would like to assume the identity of that infamous Man of Steel, Superman. "He has a lot of powers. His speed, especially," comments Geoffery. He says that he would rather stand face to face with the soul-patched Howie Mandel on "Deal or No Deal" than Pat Sajak on "Wheel of Fortune." Geoffery, however, remains in the minority that has not seen "High School Musical."

Photos by Jeannie Sührheinrich

Quiz: Which Lunch Item Are You?

Aaron Megibow
Entertainment Editor

1) When you first walk in a room, what do most people think about you?

- A) Wow, I've been waiting for you all month!
- B) You're oddly brown around the edges, but what you've got going on is great!
- C) Wow, ummm... you're pretty nasty!
- D) I wish I could clone you so that I have multiple yous in my life!
- E) You don't come around often, but when you're here it's awesome. You get along with everyone!

2) You look best in:

- A) Red with a pineapple accent
- B) Brown
- C) Puke Green
- D) Butter
- E) Yellow

3) You can best be described as:

- A) Sweet yet sour
- B) Mexican
- C) Nauseating
- D) Fluffy and Delightful
- E) Yellow

4) Your favorite type of music would be:

- A) Shrieking women playing the gong
- B) Ricky Martin
- C) country
- D) I don't like music... but I do like those "I can't believe it's not butter!" commercials starring Fabio.
- E) Gimme some Billie Holiday, Tupac, or the Grateful Dead. I like everything!

Mostly (A) - You are Chinese Day
Mostly (B) - You are a Crispito
Mostly (C) - You are Chicken-N-Dumplings
Mostly (D) - You are a Dinner Roll
Mostly (E) - You are Honey Mustard



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-T. Megibow



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Blast from the Past



Nate Brelsford
Staff Writer/ Cartoonist

Led heads, listen up! On XM channel 59, continuous Zeppelin will be aired until May 2008. Plus, the remastered album "Mothership" was released on November 14 and the remixed "The Song Remains the Same" came out November 20. As if that wasn't enough, the legendary Led Zeppelin will soon be reunited in concert. On December 10, the band will come together to once again enthrall long-time fans and minister to a new generation of music lovers.

Led Zeppelin has been playing music for decades. Widely considered a hard rock band, they have also been known to play acoustic melodies and blues. The band originally consisted of guitarist Jimmy Page, vocalist Robert

Plant, bassist John Paul Jones, and drummer John Bonham. When John Bonham died in 1980, Led Zeppelin was disbanded. Over the past twenty years, Zeppelin has reunited several times. This December, Jason Bonham, son of John Bonham, will cover the drum set for both Led Zeppelin and Foreigner.

The Ahmet Ertegun Tribute, as the reunion concert is called, will be held in London's breathtaking O₂ Arena. The concert was originally scheduled for November 26, but the fracture of Zeppelin guitarist Jimmy Page's finger led to postponement. Also making an appearance are Bill Wyman's Rhythm Kings, Paul Rogers, Pete Townshend, Paolo Nutini, and Foreigner.

More amazing than the reunion of Led Zeppelin and the appearance of these performers, however, is the man to whom they are paying homage. Ahmet Ertegun, born in 1923 to America's Turkish Ambassador,

grew up with top-of-the-line, big name jazz musicians. These artists inspired him to later found Atlantic Records alongside Herb Abramson. Atlantic soon became famous for names like Ray Charles, Aretha Franklin, and the Drifters. Twenty-one years after the founding of Atlantic, Ertegun picked up Led Zeppelin. Led's success led to the signing of the Rolling Stones, Cream, Genesis, and Paulo Nutini.

Ertegun was also the founder of the Rock and Roll Hall of Fame. His contribution to the progression of rock awarded him an election into the Hall.

Tragically, Ertegun died in a fall at a Rolling Stones concert in December of last year. His goal in life to advance the world of music is carried on by his wife Mica. She presently presides over the Ahmet Ertegun Education Fund,

which sponsors musically gifted youths in the hopes that they will achieve new heights in musical ability.

This is where Led Zeppelin and friends come in. The Ahmet Ertegun Tribute will add to the Education Fund. Robert Plant, vocalist of Led Zeppelin, ironically states, "...This performance stands alone as our tribute to the work and the life of our long standing friend."

In case anyone was wondering, tickets to the Tribute are practically gone. Due to the postponement, refunded tickets were placed in a drawing. There were several tickets available on eBay, none of which sold for fewer than one thousand dollars.

And so passes the best, and perhaps even the last opportunity of our lifetime to see the world's first great hard rock band. History only presents a handful of such occasions. Before you know it, we'll be fracturing our fingers too.



Aaron Williams
Online Editor

What's your favorite radio station? If you are like most teens at Lone Oak High School, you probably just responded to that question with an answer like 96.9, 105.5, or 106.7. Some, if only a few, would say their favorite radio station is 94.7 or perhaps 100.7, the classic rock stations. If you tune in to these stations regularly you have probably heard at least one or two hits from a band called The Eagles. Perhaps you've heard the characteristic guitar-wailing of "Hotel California" or the trouble-free beat of "Take It Easy". Listeners to 98.3 will probably recognize titles of some of the band's softer songs like "Desperado" or "I Can't Tell You Why".

At this point, the pop music fans are probably saying something like "What is this guy talking about? Why do I care about this ancient band my dad listens to every now and then?" or "Doesn't this belong in the 'Before Our Time' segment?" Well, regardless of what your opinion was of The Eagles prior to looking through this article, I can assure that you will have a new respect for them by the time you finish reading it.

The Eagles officially broke up in 1980 after an impressive display of musical mastery and billboard dominance throughout the 1970s during which time they had five number one singles and four number one albums. Between 1980 and 1994 there was a lot of talk in the music world as to whether the band would ever join back up to give a final tour. The common question of, "Will The Eagles ever get back together?" was answered by the equally common reply, "Yeah, when hell freezes over." That is just what happened. In '94 the band released "Hell Freezes Over", a new album featuring live tracks of some of their hits and four new songs including "Get

Over It."

Once hell froze over, the reunited flock toured sporadically around the country during which time they were inducted into the Rock and Roll Hall of Fame. Yet all of this is still in the past, still a moot point. Well, here is where it gets current.

On October 30th, 2007 The Eagles released "Long Road Out of Eden." It's their first studio album in 28 years as well as their self-proclaimed farewell album, and what a farewell it is. This stunning success of an album contains two discs and twenty new songs like "How Long" and "Fast Company" that sound

so much like classic Eagle style old fans will be reminiscing about earlier days while the younger generation, like me, is left in awe. The title track itself is already being called today's "Hotel California."

"Long Road Out of Eden" contains

works written by certain members of the band particular to their style, so listeners will be hit by a blend of country-twang, stinging guitar, soulful melodies, and just a dash of funk. The sound is so vintage Eagles that were it not for the relevant message found in the lyrics that speak of the problems in the world today, one would have to conclude that the CD had been brought to via time machine from 1976.

I give The Eagles' "Long Road Out of Eden" a 4.5 out of 5 stars. For the longtime Eagles fan this album is essential and for the person out there looking for a band whose music will truly move them, this album is also for you. So run down to your local record store (do they still have those?) and pick up "Long Road Out of Eden" from the shelf and experience The Eagles. Whether it is your first time or your millionth, I promise it will be worth it.

All photos from google.com



Before Our Time: The Songs of Leonard Cohen

Lee Cole
Entertainment Editor

It's my firm belief that most music of note, outside of the classical and jazz realm, comes from a time many people today seem to have forgotten. It was a time when albums had names like "Sgt. Pepper's Lonely Hearts Club Band," when the themes of peace and love had not yet been replaced by the themes of greed and violence, and Keith Moon was destroying hotel rooms across the country that would 40 years later be providing the wealth that has allowed Paris Hilton to play rock n' roll star and lip synch to songs someone else wrote. That's why it's a treat for me to write the "Before Our Time" piece; it allows me to discuss my favorite era of music and introduce an album that, like many of the modern albums I review, is lesser known, but still highly deserving of praise and recognition. This album is 1967's "Songs of Leonard Cohen," by, oddly enough, Leonard Cohen.

The first question you're probably asking yourself is, "Who in the world is Leonard Cohen?" The answer, simply put, is one of the 20th century's greatest songwriters. Throughout his long and illustrious career, Cohen has taken on countless roles including that of a poet and novelist, a world traveler, a notorious ladies' man (or womanizer, depending on who you ask), and more recently, a Buddhist monk. It's his contribution to popular music, however, that has left arguably the most lasting impression of his career. Born in Montreal, Canada, Cohen was brought up in an atmosphere of music and poetry. Long before he found success as a songwriter, he published several books of poetry and fictional prose beginning in 1966 that garnered tremendous critical acclaim and eventually earned him the Governor General's Award for English-language poetry in 1969. It was in 1967, after establishing himself as a literary figure of note that Cohen began to write songs. The resulting debut album, encouraged by John Hammond, Sr. who famously discovered both Bob Dylan and Bruce Springsteen, was entitled "Songs of Leonard Cohen," and it was nothing short of spectacular.

The only real exposure many readers have most likely had to Leonard Cohen is probably

from the film "Shrek" in which his song "Hallelujah" appears. (although not performed by Cohen). "Songs of Leonard Cohen" covers a much different phase of his career, and "Hallelujah" would not be released for another twenty years. The songs appearing on Cohen's debut album are of a dark and often lonesome nature, rich in lyrical complexity and understated beauty. They deal with lust and greed, and most importantly, the relationships between men and women, a theme often revisited in later albums. The subtly vengeful and scathing "Master Song," and songs like "So Long, Marianne" and "Hey, That's No Way to Say Goodbye," capture perfectly the themes of love and loss. Cohen's stunning imagery shines through in songs like "Stories of the Street," with its sinister lyrics moving along easily to the quiet guitar and low, meandering organ.

The album closes with "One of Us Cannot Be Wrong," a tender song of love and anguish, telling the weary listener, "I heard of a saint who had loved you/so I studied all night in his school./He taught that the duty of lovers/is to finish the golden rule." Perhaps Cohen's finest example of songwriting, however, is "Suzanne," the album's first track. Steeped in Biblical imagery, it acts as a solemn ode to the eluding and mysterious character of Suzanne. Cohen's low, lilting vocals tell of this saint-like figure who "takes you down/To her place by the river," and "just when you mean to tell her/That you have no love to give her/Therapie gets you on her wavelength/And she lets the river answer/That you've always been her lover."

Leonard Cohen's contribution to song writing is monumental because he is perhaps the only popular performer to transfer genuinely important poetic lyrics into accessible music. Known to have spent years on single songs, Cohen takes his craft seriously and with unparalleled devotion. In his debut album, listeners will find some of the finest examples of Cohen's songwriting. Taken as a whole, "Songs" sounds like a single prayer of love and sorrow, allowing listeners to wander through the mysteries and complexities of love and relationships. One of these seminal works of the late sixties, and Cohen's greatest work, "The Songs of Leonard Cohen" is not to be missed.



Dang High Marks for Shanghai Noon

Monica Spees
Features Editor

When I tried to think of a movie that fit the personalities of all people, but perhaps hadn't been seen by enough people, I could only think of one: "Shanghai Noon." For the unfortunate population out there that hasn't had the immense pleasure of viewing this movie, this review is for you.

This "karate-action-comedy" film stars high-kicking Jackie Chan as Chon Wang, an Imperial Guard in The Forbidden City, China during the 1800s. While scrubbing floors one night, he witnesses the kidnapping of the lovely Princess Pei Pei (played by Lucy Liu). He receives permission to journey with his uncle and other guards to America where the princess is being held.

They bring with them several thousand dollars' worth of gold as the ransom to get her back. Unbeknownst to the Chinese visitors, America has different plans for them. Well, for Chon Wang, anyway. While on the train traveling to Carson City, Nevada, the place of Princess Pei Pei's bondage, a gang of dim-witted, trigger-happy outlaws robs the train. They are led by the notorious Roy O'Bannon, brought to life by the equally notorious Owen Wilson. A few mishaps occur, and Chon's uncle is accidentally killed. Seeking vengeance, Chon angrily fights any gang member that gets in his way and searches fruitfully for the gang's leader. While Roy and Chon are about to engage in a face-off, Roy's gang like mutants into their own hands, which results in Chon, Roy, and the gang separated from the other passengers of the train and in the middle of the desert. Becoming mutinous, the gang buries Roy up to his neck in sand and leaves him to die in the desert. Chon later comes across Roy, who falsely tells him the direction of Carson City. On his little trek, Chon unknowingly gains a wild and a very odd horse. Meanwhile, Princess Pei Pei meets with her captors and plainly expresses her unwillingness to cooperate with them. She fares no better than her oblivious Imperial Guard, who finally arrives at a town he mistakes for Carson City. Somehow, Roy

O'Bannon escaped the desert and happens to be playing poker in the same bar in which Chon finds himself. After a bar-room brawl, the two must spend the night in jail. While incarcerated, up-tight Chon reveals to laid-back Roy the story about the princess and how much gold is being paid to win her freedom. Money-hungry Roy immediately decides to help his new Eastern friend. This unlikely pair of a submissive Chinaman and a wanted outlaw team up to fight the bad guys and rescue the princess.

I must say that I had my doubts about this movie before I actually watched it. I'm not a real big fan of karate films, for one thing. If you're like I was and have a few reasons for not watching it, I urge you to put those thoughts aside. Once you get

past the dragging scenes of the first few minutes, you'll be good to go for the next six thousand seconds of running time. The Chan-Wilson duo brings hilarity to the screen like you'd never believe. The bad guys are truly evil and totally convincing. All the sets are beautifully designed in the traditional Chinese or Old West fashion.

Comedic timing is superb, and the fight scenes couldn't have been choreographed better. Of course, from a Jackie Chan film, would you expect any less from the martial arts action?

My only real complaint against this movie is how slow the first few minutes go by. Other than that, this movie is sure to delight an audience member with age-old themes of mystery, adventure, and, perhaps the most evident of all, friendship. Maybe this movie will become one of your favorites just as it has become one of mine. "Shanghai Noon" is rated PG-13 for action-violence, some drug humor, language, and sensuality.



ROGUE WAVE MAKES A SPLASH

Austin Clark
Sports Editor

For those of you who are hypnotized by "crunk" music, and mystified the mainstream rock that is overlapped on radio stations, you need to snap out of it, because whether you know it or not, a wave is coming. This wave is going to drown out all other sounds and cleanse you of your musical transgressions. This wave is none other than Justin Rogue's self titled band, Rogue Wave.

Rogue Wave made a huge splash in the Indie-Rock realm when they released their first album "Out of the Shadow" (2004). Since then they have released two other LP's; "Descended Like Vultures" (2005) and their latest, "Asleep at Heaven's Gate" (2007). Each album is unique in its own way; however the latest would have to be considered their best so far. Where as their first two albums give off an experimental edge resembling The Arcade Fire, their latest work creates a more relaxing atmosphere. Where the instrumentals are explosive and energetic, Rogue's spacious vocals provide mystery to their songs, a trait that most mainstream music lacks.

"Asleep at Heaven's Gate" is an album that you could put in and never have to worry about grabbing your remote to change the song, because each song brings something different to the

album. Starting with the first song, Harmonium, listeners will witness the complexity that the band strives for, the mood changes from soft and light to loud and vigorous and then ending on a mellow note. The transition from track 2 to track 5 is not very apparent, it seems that Rogue intended on it being this way. "Like I needed" and the album's magnum opus, "Lake Michigan" provide catchy beats with contrasting pseudo lyrics. Where as most of the songs are complex and experimental, 7 "Own Your Own Home" and the final song on the album 12, "Cheaper Than Therapy" provide the customary piano and guitar sounds that keep this album from going over the edge with their synthetic sounds.

Though this "sound" is not for everyone, I found that it is similar to some of the more notable indie bands such as Radiohead, My Morning Jacket, The Arcade Fire, and The Shins. Whether you're stressed out from school or catching up on homework, this is the ultimate unwinding album that could possibly get you through some of your most stressful daily ordeals. If you are someone who is looking to broaden your horizon in musical experiences or just looking for a break from the mainstream

nonsense that floods our local radio stations, I would advise you to go pick up a copy of "Asleep at Heaven's Gate."



Photo from amazon.com

What to Wear With Marc and Li

Li Cole
Entertainment Editor

It's that time of year again. It's getting colder, the leaves are falling, and in this season of thanksgiving and change, we all have one thing on our minds, the one really important thing for everyone: How to look absolutely fabulous. But if you look to your closet with woe and uncertainty and find yourself utterly clueless when it comes to fall fashion, fear not; for I, along with my illustrious sartorial specialist Marc are here to give you the sound fashion advice you need this fall.

Several weeks ago, while I was strutting through the halls of our high school with my suave compadre Marc at my side, I spotted something that made me stop dead in my tracks. I pushed back my perfectly coiffed locks to make sure I wasn't seeing things, but to my horror, it was all too real. There before me, leaving his locker was a young man wearing a shirt and tie, un-tucked, with cargo shorts. After I suppressed the gag reflex and adequately collected myself, I came to an important decision. I realized that it was my duty, my solemn responsibility as a man of style to write a fashion article for "The Oak 'K'." My wingman and I decided to take on this burden and to share our advice with those less gifted.

First of all, it doesn't matter who you are or what your previous experience in fashion is. It is possible for everyone to look great. That being said, attaining a fresh look this autumn might be easier than you think.

When it comes to buying cold weather apparel, it's important to buy clothes that fit your shape. If you're slim, buy fitted shirts and avoid the baggy look. If you're large, buy shirts with a narrow collar and don't wear skinny ties. As for colors, neutrals and earth tones are your best bet for fall. Marc and I are hooked on the sweater-shirt combo, which is always a classic look. As many of you know, I've worked the sweater vest on many occasions. It's also good to plan ahead and have an outfit in mind before game time. I plan the following day's ensemble each night, but do whatever works for you.

There are several students at Lone Oak that Marc and I feel deserve recognition for their outstanding fashion achievements. I'd like to mention a man that we all know well by the name of **Jordan Adams (12)**. Whether it's his fearless show of school spirit with that purple shirt and pair of gold slacks or his many variations of classic looking polo-style shirts, Jordan's impeccable style has always been evident. But what caught my eye recently was that belt, that piece of interwoven, multi-colored splendor we've all undoubtedly seen and admired. Way to accessorize, Jordan.

No matter what happens or what criticisms we may get, Marc and I will continue to press forward, like two Viking warriors at the helm of a ship, pillaging the shoreline of Tacky Island and enforcing the law of total fabulosity. So until next time, stay sharp.

Marc Kaltenbach
Features Editor

I was born with a three-piece suit on. All the doctors agreed that I was the most stylish baby they had ever seen. Ever since then I've been preaching the gospel of high fashion. For years I searched to find a compatriot, a true fashion expert with a sense of style as flawless as my own. I found no one. The leading fashion designers of our age were far too tacky and could not compete with my innovations in fabulosity. I began to despair, thinking that I was doomed to wander the earth alone attired in gorgeous suits and tasty ties. That was before I met Li Cole. His ideas were revolutionary. Never before had I seen the sweater/collared shirt combo used so effectively. It was truly awe-inspiring. From that moment on, Li and I vowed to take style to levels never before dreamed of.

My favorite time of year for fashion is upon us. It's getting colder, and everyone is trading in their shorts and t-shirts for jeans and long sleeves. The fall weather presents ample opportunities to look debonair. My handsome colleague and I especially enjoy the sweater-over-the-button-down look. This fall, dark, skinny

jeans are in. However, would-be fashionistas often make the mistake of buying their jeans far too tight. Don't let it happen to you. Jeans should be deliciously snug, not uncomfortably constricting.

This season I also plan to wear more ties. The tie can be your best friend or your worst enemy. First of all, to wear a tie you must know how to tie a proper knot. If you're not sure that your knot is up to par, it's probably not. Either learn how to tie a knot properly or don't wear a tie. Believe me, I will not hesitate to call the fashion police on the charge of tackiness in the first degree. The length of the tie is also crucial. It should reach to the top of your belt buckle. Skinny ties and small knots are the way to go. Dark colors look best in the winter months. Also woven or wool ties look great with a classy plaid shirt.

This month, I would like to take a little time to salute a fellow student whose fashion goes above and beyond the norm. His style is reminiscent of a regal southern gentleman fighting off countless southern belles who seek his affection endlessly. His colorful and unique polo shirts are worth noting, and his jackets and coats always complement his outfits flawlessly. I, of course, am talking about **Patrick B. Hollowell (12)**. I think we can all learn something from this stunning, smooth, well-spoken man.

Don't be afraid to look totally fab, people.

Fashion is fun. Li and I, like two gladiators combating the fierce and treacherous tiger that is tacky clothing, will continue issuing our style tips to you, our adoring readers.

To help illustrate our advice, we asked our resident fashion diva Zia Choudhury to strut his stuff for the camera. Sporting classic denim with a trendy, pink fedora Zia is ready to take on the world; In adventurous mink and a chic Brit beanie, Zia asks himself, "What does it all mean?" Photos by Jeannie Suhrheinrich



117 Reasons to Listen to Eleventyseven

James Summerlin
Editor-In-Chief

As the world of pop-punk turns, so do the days of our lives. If you have noticed, about half of all the music reviews I write about feature pop-punk bands who really sound the same. Is that bad? No. I happen to like bands like Relient K, Fall Out Boy, and Stellar Kart. But if you have been listening to that stuff for too long and you're ready for something a little different, Eleventyseven has released their sophomore album. And, boy, is it a doozy.

Yes, Eleventyseven (117) is a pop-punk band. Yes, their first album fit the mold. But they have decided to do something that few are trying to do. The new album, "Galactic Conquest," broadens their genre to an all new level. Eleventyseven combined techo synthesizer music, with the traditional pop punk that we're used to. Eleventyseven made sure to put out something new so that the style wouldn't get old.

Although Eleventyseven is

known for having too much fun and writing some ridiculous stuff, they write serious stuff to ponder upon. In their last album, issues ranging from MySpace to teenage heart-breaks appeared in catchy songs. In this album, 117 didn't disappoint. Whether it's criticizing self-help programs or criticizing commercialism or talking about how funny Conan is, this album talks about some interesting things to think about.

Eleventyseven is just one of those bands that have too much fun to fit the mold. Their teenage anthems are catchy, fun, and thought-provoking. This is definitely an album to check out if you like the pop-punk movement. It may not be as good as Relient K or Fall Out Boy, but it's definitely something to look at. I give Eleventyseven's "Galactic Conquest," a 4 out of 5.



Photo courtesy of MSN.com

Nate Brelsford
Staff Writer/ Cartoonist



Writers Guild Strike

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End of the Trail: Cross Country Season Wrap-Up

Monica Spees
Features Editor

"I was very pleased with the outcome." These are the words of the proud Coach Hack referring to her cross country team's season. She is proud of their results from the state meet at Lexington Horse Park and the regional meet in Madisonville North Hopkins, in particular. At this season's state meet, David Spencer (11) was the holder of the fastest boy's time with 18:12. Macey Evans (10) led the fastest girl's time with 20:54. But these two were not the only team members with whom Coach Hack was impressed. "I think everybody's time improved," she says with what could be a hint of anticipation for next season in her voice. Fortunately, a minimal amount of seniors is being lost this year. But Coach Hack remains optimistic. "The team should be pretty strong next year," she says.

Of the twenty-one members on the team, thirteen of them participated in the regional meet. Competing in the regional meet this year for the boys were Nate Brelsford (12), Aaron Williams (11), David Spencer (11), Andrew Croft (10), Jake Lawson (9), Gary Scourick (9), and Ricky Grewelle (8). On the girls' side, Morgan Murphy (12), Haleigh Fellows (11), Gabby Fellows (11), Macey Evans (10), Natalie Brelsford (10), and Rion Jenny (7) competed. David Spencer finished with a time of 18:48, Andrew Croft with 19:19, Aaron Williams with 19:51, Nate Brelsford with 20:33, Ricky Grewelle with 21:22, Gary Scourick with 22:49, and Jake Lawson with 22:55. Macey Evans ended up with a time of 22:09, Gabby Fellows with 23:22, Haleigh Fellows with 23:24, Morgan Murphy with 23:50, Natalie Brelsford with 24:30, and Rion Jenny with 25:57.

Not all those team members that competed at the regional level competed at the state level. David Spencer and Andrew Croft were the only remaining boys to compete at Lexington Horse Park, while all the girls stayed to compete at state. As mentioned previously, David Spencer led the boys' time, and Andrew Croft had 18:33. Holding the fastest time for our girls was Macey Evans, followed by Gabby Fellows (22:33), Morgan Murphy (22:40), Haleigh Fellows (23:12), Rion Jenny (23:20), and Natalie Brelsford (23:21).

Both the regional and the state meet were 5K. In other words, the runners pounded the ground of 3.1 mile terrain. "Cross country races aren't bad, all the pain goes away after the first mile," says the enthusiastic David Spencer. David's eccentricity will surely be passed on to the track coaches, Coach Duncan and Coach Treece. After such a fruitful cross country season that ended positively at the regional and state levels, the upcoming track season is sure to be filled with excitement. Anything else from Coach Hack? You bet. "If they keep working in the off-season, they'll be real good."

There's No "I" in This Team

Blake Harrison
Assistant Editor-in-Chief

"If we come together as a team, we can beat anybody in the state." Those confident words spoken by senior Corey Hobbs give a good indication of what our football team is capable of.

When I last updated you, the Flash were attempting to complete an undefeated season. It seems like we have come miles since. 279 points and five wins later, we are staring destiny in the face.

We went on to beat Fulton and Heath, break some records, quite several critics, and march toward our goal. Then, we geared up for the "second season," the playoffs. In round one, sound defense and a stellar offensive performance gave us an easy 54-0 victory over Muhlenberg North. The second round saw the Flash battle heated rival Calloway County. After an intense pre-game pep-talk, we came out firing on all cylinders. A highly motivated team stepped on the field, and down went the Lakers. Quarterback Corey Robinson (12) broke the national record for most touchdown passes in one season, an incredible feat. Make no mistake about it, no record could have been achieved if it wasn't for an extremely dedicated, hard-working team. This team is the epitome of a collective unit.

Last Friday, we took the field in freezing conditions against North Bullitt. A record crowd showed up to see a thriller. In the eyes of many, we were underdogs. All week you could hear, "Oh, they are from the Louisville area, Lone Oak has no chance!" WRONG! I was once again present for Coach Duncan's pre-game speech, and let me tell you, I was so fired up, I was about to strap on some pads and take the field myself. Never have I seen such an intensely focused group of teenage guys. Had you been in the field house, you wouldn't have questioned whether or not we would win.

I'll go ahead and say it. The Bullitt game was a very unconventional victory for us. We played poorly to start, and our passing attack wasn't as automatic as it has been. However, that didn't matter. After falling behind 19-0, we got a spark. Jamarie Brown (11) returned a kickoff 81 yards for a touchdown that sent the crowd into a frenzy. We were back in it. We finished the second quarter with three touchdowns, and headed into the half trailing, 27-21. Three fourth quarter interceptions, one each by seniors Travis Hickman, Daniel Edwards and junior Allen Haase, sealed the deal for Lone Oak. A "mediocre" night by Robinson that included 350 passing yards and five passing touchdowns proved to be enough for the victory. That was a very well-deserved, grinded out win that showcased every facet of the well-oiled machine that is

the Lone Oak Air Raid.

As we move on, we have 4A powerhouse Warren East (11-2) ahead of us. Much like Lone Oak, Warren East has soundly defeated most of its opponents all season long, including the playoffs. Provided that we triumph over them, we will in all likelihood take on Lexington Catholic (11-2) for the state championship. Unless something changes, the state title match is set for Saturday, December 8th at 3:30. One thing is certain, if we want this we are going to have to take what's ours. In words of Coach Duncan, "We've got to push through and grab it!" as he finished his speech last week. Where's the "I" in this team?



Photos courtesy of Timepiece Photography

Pre-Season Preview: Lone Oak Basketball

Hannah Hudson
Business Manager

Let's hope that the excitement from football season carries over into basketball season, because the Lone Oak Purple Flash Basketball teams are ready to go. The Lady Flash Basketball team is "looking forward to a wonderful year" says head coach Mike Murphy. Last year the team lost five contributing seniors in Katelin Halicks, Karly Grooms, Marky Evans, Tifanie Treece, and Emily Murphy, but this year seniors are ready to pick up the slack. Morgan Murphy (12), Lindsey Murt (12), and Ashley Williford (12) are prepared to lead the Lady Flash. The team has already had one scrimmage on Saturday, November 17. Coach Murphy says that the girls played well. "We noticed things we did well, and some things we need to improve on." When asked how he was going to make this season a winning one, Coach Murphy said that a winning season isn't really determined by wins and losses, but on the team reaching its full potential. He also says that once the team reaches its full potential, the wins will come. Coach Murphy can't coach these girls alone; he's helped by Shannon Mungle, and Chris Gregory.

The boys' basketball team is pumped and ready for an exciting season. "We have an exciting group of players that should be fun to watch," says Coach Andy Poore. After graduating five key players, the team has six returning seniors; all of whom have "quite a bit of varsity experience". The fact that there is also a talented group of underclassmen gives the team "the leadership we need to be successful" says Coach Poore. The boys had a scrimmage on November 15 at Crittenden County, and one on November 20 at Livingston County. Both of these scrimmages were played without the help of the team members who are still playing football, giving the younger players a chance to get some playing experience. "If we can continue to work hard and everyone pushes each other in practice, there is no limit to what this team can achieve," was Coach Poore's response when asked how his team was going to win this year.

We will no doubt be hearing more about these two teams later in the season. They will need support, though. So, don't put up your purple and gold after football; keep it out, and come see our Purple Flash Basketball teams.

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The Ultimate College Basketball Preview: Let the Madness Begin

Blake Harrison
Assistant Editor-in-Chief

Yes, it's that time again. College basketball is upon us once more. This season has already shown us that it is going to be quite interesting, to say the least. Old power houses are back at it again, and there are plenty of up-and-coming teams to watch for. In this segment, I will clue you in on all things college basketball. I will touch on last year's Final Four, as well as provide a list of teams and their assets that look like championship material. You will also find the pre-season AP All-American selections and a list of freshmen to pay attention to. The road to San Antonio won't be easy, but hey, that's why they play the games.

Last Year's Final Four

Florida: The Gators got it done for the second time in as many years last March. However, they lost six players to graduation/NBA. Billy Donovan restocked his ball club with a slew of top recruits like Chandler Parsons, Jai Lucas, and Nick Calathes, in hopes of contending for another SEC title this season. Don't expect this team to go deep into the tournament, but you definitely can't sleep on these Mickey D's All-Stars.

Ohio State: Just as quickly as Thad Matta's fab five formed, they disappeared. Gone are first round picks Greg Oden, Mike Conley, and Daequan Cook. Sharp shooter Ron Lewis? Also departed. At a glance, it looks as though OSU should be back to mediocrity at best. But, seniors Jamar Butler and Othello Hunter will team up with new arrival Kosta Koufos to challenge the field.

UCLA: With only one key piece of last year's Final Four team missing (Aaron Afflalo), the Bruins are a shoe-in for San Antonio. Darren Collison leads a team that features a host of game-tested juniors, and freshman sensation Kevin Love. If you don't know about him by now, it won't take long. He has one of the most polished skill sets of any big man in the country.

Georgetown: The Hoyas have the same advantage as UCLA this season: the bulk of last year's team is still around. JTIII won't be able to thank Roy Hibbert enough for sticking around for one more season. Hibbert will look to freshman 2-guard Austin Freeman to make up for the loss of Jeff Green, but Green's Pippen-esque style of play can't be replaced.

Probable Title Contenders

Memphis: I'm sticking with them, again. My national champ last year will finally hoist the trophy. I could talk about the guys they have coming back like Joey Dorsey, Chris Douglas-Roberts, or Willie Kemp, but the key to this year's success is point guard Derrick Rose. He is by far the best high school guard I have ever seen, and his skills are second to none. He will make or break Memphis. He could very well be the next Carmelo Anthony, who won a championship in his first collegiate year, then bolted for the NBA, where he became a star.

North Carolina: If you're like me, it seems like Tyler Hansbrough is entering his 10th year at UNC. He has been there far too long. They did not bring in any freshman this year, but it's not like they needed to. They did lose a key man in Brandan Wright, but Tywon Lawson is still running the point, and Thompson, Frasier, Green, Ellington, and Ginyard are back for more.

UCLA: I like their chances. I have to admit, I overlooked them last year, but I won't do it twice. They were one of those teams you hoped wouldn't play your favorite school, because you knew they could do some serious damage. Sure, they lost Afflalo, but so what? Collison is still running the show, guys like Mbah a Moute, Shipp, and Mata are back in the fold, and Kevin Love brings an interior presence like no other. They could easily win another title.

Kansas: My 06-07 runner-up is back at it again. Julian Wright took the NBA route, however, seasoned vets like Sherron Collins, Darrell Arthur, Mario Chalmers, and Brandon Rush are going to lead this team deep into the tournament. I expect them to at least make the Final Four, if not the championship game. *Collins has sustained an injury that will keep him out until at least late December.

Dark Horse Contenders

Ohio State: They have veteran leadership to go along with good talent. Koufos won't get the same attention as he normally would because he plays the same position as Oden did, but he can put points on the board.

Syracuse: The main reason I include them is because of their freshman talent. Donte Greene is a freak of an athlete, and guard Jonny Flynn is a nice piece as well. They can't do it alone though, and junior Eric Devendorf will come in handy against a very tough Big East.

Tennessee: The Vols will surely give their opponents fits all season long. Team leader Chris Lofton has a great team around him that includes the likes of Tyler Smith, Wayne Chism, Ramar Smith, and transfer J.P. Prince. With a good season, Lofton could grab SEC POY honors.

Louisville: Pitino has a good club on his hands. Injury bit him early with Padgett's broken kneecap. Last year's core of Sosa, T. Williams, Palacios, and Character is back, and they look ready for the run. Losing their big may slow them up a bit, though.

Kansas State: I have them here for two reasons: Mike Beasley and Bill Walker. Assuming Walker stays healthy, K-State has one of the most formidable duos in recent memory. Each possesses Carmelo/Vinsanity-like ability, and I wouldn't want to catch them on a good night. Both can put up points in a hurry, so you can't relax for even a minute. K-State could end up being one of this year's feel-good, Cinderella-type stories.

Duke: I really didn't want to include them in this issue at all. I cannot stand Duke. But, they've got a good crew at Durham. They will thrive off of excellent guard play. Freshmen Taylor King and Kyle Singler will be counted on as their only inside threats. Each has the chance to do great things in college. Sadly, Duke looks like a good team overall.

USC: Tim Floyd is trying his hardest to get some attention for his sport at USC. They have always been a football school, but they have a talented hoop squad. Freshmen superstar O.J. Mayo will fill the seats night in and night out. USC won two games in the tournament last year, and expect to make it at least that far again.

*Honorable Mentions: Arizona, Gonzaga, Villanova, Indiana

AP Pre-Season All-Americans

Tyler Hansbrough, North Carolina: Hansbrough, who averaged 18.4 points and 7.9 rebounds as a sophomore, leads his Tar Heels this season with his sights on a national championship.

Chris Lofton, Tennessee: Lofton, a senior, is coming off a season that saw him average 20.8 points per contest. He is the go-to guy for the SEC's best team.

Roy Hibbert, Georgetown: Back for one more year, Hibbert will look to improve his season averages of 17.5 points and 7.0 rebounds from a year ago. He is the biggest reason (no pun intended) why the Hoyas are back among the elite.

Darren Collison, UCLA: 12.7 points and 5.7 assists don't do Collison justice. He means much more to UCLA than that, evident every time he steps on the court.

Drew Neitzel, Michigan State: Neitzel, a senior, means stability for a relatively young Spartan team. His season averages from a year ago of 18.1 points and 4.3 assists helped him earn an All-American selection.

Top Freshmen

Here, in no particular order, is a list of freshman that will play a big role this season and will make names for themselves as the year progresses. This year's class is much deeper than years past, and I expect them to make an immediate impact on the college hoops landscape. I'll start with the best of them all, Chicago's own Derrick Rose.

Derrick Rose, Memphis: The best point guard prospect in years comes to Memphis on a mission: winning a national title. He's a pass-first superstar who will be a top five pick in the draft someday. He's big, strong, and extremely intelligent. He is the absolute best high school guard I have ever seen. I doubt he's even scratched the surface of his potential.

Mike Beasley, Kansas State: As far as athletic ability goes, he's second to none. His athleticism will allow him to simply blow past most opponents. He's a lefty who can score inside and out, and rebound with the best of 'em. He could be the number one pick in June's draft.

Kevin Love, UCLA: Where shall I begin? If you aren't impressed with his top-notch rebounding or his uncanny ability to see the floor, maybe you'd appreciate his NBA-ready post skills. Kevin will be a key player for Ben Howland's Bruins as they look for a return to glory. By the way, if his name sounds familiar, his uncle was a member of the Beach Boys.

Eric Gordon, Indiana: Gordon is definitely a top five member of his class, and many consider him a better prospect than Derrick Rose, although I am not one of those. His game has few holes, seeing as he does almost everything with exemplary ease. He can go inside, take an outside shot, he's got quick feet, and he plays defensive with great intensity.

O.J. Mayo, USC: Mayo, who has been in the spotlight since his days in middle school, brings his star to SoCal this season. I'd be shocked if he returned for his sophomore year. His flashy playmaking skills are a big part of his identity on the court, so expect to see O.J. on SportsCenter nightly. He does so many things well, but his attitude causes headaches.

Kyle Singler, Duke: Singler has a great inside/outside game. He has an above average shot, and at 6'8, will cause match up problems. Many say Singler is very fundamentally sound, and he plays the game the right way.

Taylor King, Duke: At 6'6, King poses as a threat both on the boards and behind the arc. He could stand to improve his perimeter defense, though.

Nolan Smith, Duke: A quick combo guard, Smith brings athleticism and a winning mentality to the Blue Devils. He is both explosive and aggressive, and he is more than capable of playing above the rim. His father Derek was a star at the University of Louisville.

Donte Greene, Syracuse: Sky's the limit for Donte. He is incredibly athletic and has great size. He can score at will, and can take over a game in a hurry. However, he tends to focus too much on his offensive game, and his defense lacks as a result.

Jonny Flynn, Syracuse: A five-star recruit, Flynn can easily light up the scoreboard, especially from downtown. He also excels at setting up teammates and making everyone around him better.

J.J. Hickson, N.C. State: Hickson's strength is his best attribute. His power is comparable to the likes of Chris Wilcox or Kenyon Martin. J.J. has almost Rodman-like rebounding skills. (Ok, maybe not quite that great). He won't be able to rely on his strength alone, though, and his offensive repertoire needs work.

Blake Griffin, Oklahoma: Griffin should give the football-crazed Sooner fans something to smile about. Blake has drawn comparisons to guys like Carlos Boozer, mainly because of his tenacious interior prowess. He's a monster down low, but his defense needs work.

DeAndre Jordan, Texas A&M: A Gillispie recruit before he left for the Bluegrass, Jordan is an exciting player. He has great athleticism and size, with unlimited potential. So much potential, in fact, the NBA would probably come knocking in June. DeAndre is still fitting into his body.

Jerryd Bayless, Arizona: A natural 2-guard, Bayless is still forming into a point guard. His skill set is second to none. He's athletic, intelligent, extremely quick, and he can score. He's the kind of player every coach would love to have, and Lute Olsen is a very lucky man.

Kosta Koufos, Ohio State: Call him Greg Oden's "replacement" if you want. He's not the same type of player as Oden, mainly because Kosta's offensive capabilities outshine those of Oden. Koufos can't rebound and defend quite as well, and he certainly won't draw as much attention. He's still a work in progress.

Gani Lawal, Georgia Tech: Seems to find ways to score points, but his main attribute is shot blocking. I wouldn't bring it in the lane unless I was going full speed ahead.

Patrick Patterson, Kentucky: Patterson was an extremely sought-after high school player. His explosiveness and rebounding are what make him such an intriguing prospect. Sadly, he's about all UK has on the front line, so he's got plenty of work to do.

Alex Legion, Kentucky: Legion is an Oak Hill grad who knows how to win. He is a proficient scorer, and should get ample playing time to show what he's got. Unlike many young players, Legion has a great mid-range game.

Jamelle Horne, Arizona: Aside from all of his skills, it's the intangibles and leadership ability that make Jamelle a compelling ballplayer. His shot needs work, but he should mesh well with teammates, especially Bayless.

Austin Daye, Gonzaga: His combination of length, size, and scoring ability will cause comparisons to Kevin Durant. Daye undoubtedly has great potential, and a couple years in school should see him grow extensively.

Nick Calathes, Florida: One of Donovan's five-star recruits, Calathes will prove to be valuable for a very young Florida team. He's a great leader, an exceptional passer, and he makes his teammates better. If Florida expects to go very far this season, Calathes will be a huge part of that.

James Harden, Arizona State: A team-first player with advanced skills for a freshman. He performs well in the clutch, but could stand to improve overall consistency.

Corey Fisher, Villanova: Fisher is a strong-willed, confident point guard who will take you on, head first. He's creative with a soft touch. He definitely fits that "Nova mold."

Corey Stokes, Villanova: Strength and shooting are what set Stokes from the rest. Along with Fisher, Stokes should help make Shannon Mungie proud as the season moves along.

Anthony Randolph, LSU: He reminds me a lot of Lamar Odom. He can play with his back to the basket, or face the hoop. His versatility is key to his success. He really needs to add muscle mass to his 6'10 frame.

Austin Freeman, Georgetown: Although he will probably play the 2, Freeman handles the rock as well as a point guard. He's an absolute dead-eye from mid-range, a nice compliment to big man Roy Hibbert.

Andrew Ogilvy, Vanderbilt: Andrew has great size, and is an efficient big man. He shares many similarities with fellow Aussie Andrew Bogut. His athleticism benefits him well, and he has a wide array of low-post moves.

*This page was compiled with the help of several media outlets, including espn.com

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Malla

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- Headaches
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- Myofacial Pain
- Cancer Pain
- Other Conditions