

## Kind Mr. Kiser

**Jeannie Suhrheinrich**  
Photographer

When I heard that this month's Junior Rotarian was none other than my good friend (and prom date) **Eric Kiser**, I jumped at the chance to write about this outstanding person. I have been very lucky to have known Eric as long as I have, thanks to being members of the same church family and sharing many memorable moments with him, like spending a fan-freaking-tastic week in London. He is one of the nicest, most genuine people I know and is the prime candidate to represent Lone Oak High School at Paducah's Rotary Club.

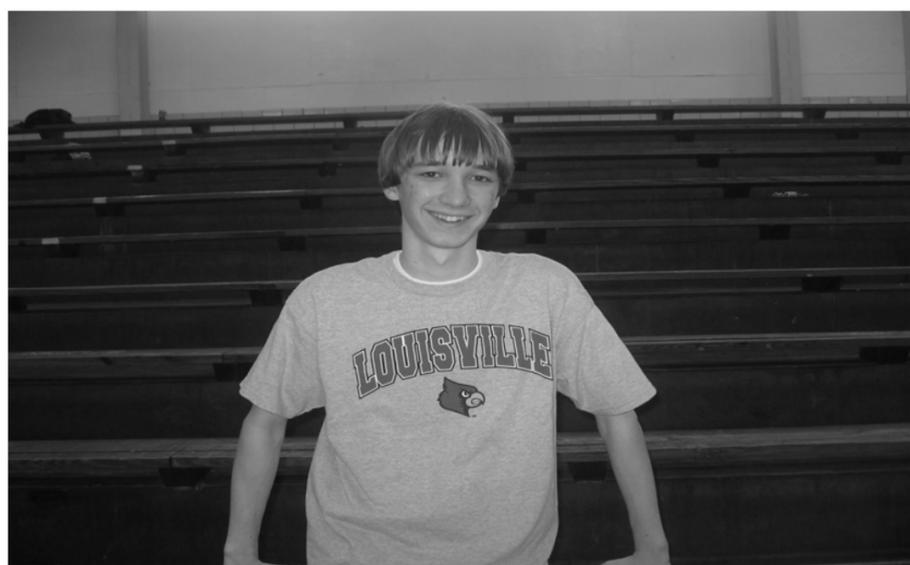
Mr. Kiser displays an impressive list of achievements, activities and awards. Around school he is known as Mr. LOHS and is a vital member of the varsity Academic Team. With his involvement on the team he has numerous winnings in both Social Studies and Composition tests at District Governor's Cup and the WKCTC President's Cup as well as 3<sup>rd</sup> place awards at History Day two years in a row. Last summer, Eric attended the Governor's Scholar Program at Centre College and he is a National Merit Finalist. He is a member of the Beta Club, makes a regular appearance on the Honor Roll, is a Kentucky Colonel and is in both the National Society for High School Scholars and the United States Achievement Academy. Phew. I'm only half-way done here, folks.

But Eric offers so much more than academic talent. He also happens to have a beautiful singing voice, as demonstrated in his participation in Chamber Choir his junior year. And enemies beware: hidden under this gentle façade, Eric is the proud owner of a black belt in Shotokan Karate. I also happen to know that he exudes great skill in both Ultimate Frisbee and Wii tennis. (Don't even try to beat him, you'll be humiliated of your Wii skills.) And because of his generous nature, you can always be sure to see Eric surrounded with a group of friends. Says **Aspen Davis (12)**, "Eric always gives me rides to AP Calculus parties and is an excellent neighbor." **Brick Green (12)** adds: "Eric is a great and courteous parking lot neighbor."

Probably one of the more prominent aspects in Eric's life is his involvement in Boy Scouts. He has been named a Silver Palm Eagle Scout, which is the highest award in Scouting. He is also the Junior Assistant Scoutmaster for BSA Troop 1 and is in the Order of the Arrow, better known as the BSA Honor Society. Eric is also active in the Lone Oak United Methodist Church Youth Group and has the prestigious title of Duke of Paducah. This comes to no surprise to both students and teachers, like **Mr. Neel**, who states, "Eric is the most gentlemanly person I have met and is a very capable student."

Come next August, Eric will be a freshman at the University of Louisville, who has awarded him with the Yarmuth Book Award and the title of McConnell Scholar. Although he's not entirely sure what he will major in, Political Science sparks his interest. It is no doubt that the mile-long list of his achievements will continue to grow in college and beyond. And what with his kindness and intelligence, I believe we will be seeing great things from Mr. Kiser in the near future.

Photo by Jeannie Suhrheinrich



## Academic All-Stars

Powerful. One word that describes our very impressive Academic team. Coming from a year of dominance, the A-team still maintains a level head, (sort of). Considering that the team consists of a very intelligent group of youngsters, along with a jeopardy celebrity, you might as well say that our A-team is capable of world domination. Aside from one loss to Marshall County, when three out of the four starters were not able to attend, the A-team's winning streak was very consistent.

March 1 marked the Regional Governor's Cup competition held at Carlisle County. **Jon Fejes (12)**, a senior on the Academic team, went above and beyond in Arts and Humanities, as well as Language Arts, receiving first place in each category. Following right behind, was **Lee Cole (12)** receiving second place. **Jeannie Suhrheinrich (12)** cast her spells in the Regional competition and won first place in composition. Another Lone Oak achievement was that of junior **David Spencer** who placed third on the regional mathematics exam.

After regional competition placements of six out of fourteen team members, they went on their journey to continue the winning streak at the State level. The quick recall team performed admirably, making it to the quarter finals with jeopardy whiz **Zia Choudhury (12)**, **Kyle Oetjen (12)**, Fejes, and **Mark Kaltenbach (12)**. However, two members of our Academic team proved their academic domination, by placing in the state finals. Cole placed 3<sup>rd</sup> in Arts & Humanities, while Fejes placed 6<sup>th</sup>. Fejes also brought home the 4<sup>th</sup> place prize, placing in English.

## CHARGING: A PROBLEM?

**Derek Operle**  
Co-Sports Editor

I typed in my lunch code as I exited the queue and began to walk away, on March 5<sup>th</sup>, when the attending lunch lady stopped me. She proceeded to tell me that I was charging, I turned around only to find that it was not my name upon the screen, but another person's. That other person was charging \$40.00. I quickly rectified the situation, explaining that that was not my account and then typing in my number. As I began the commute to my usual table I began to realize how much money the school could be being "charged." If one account is charging \$40.00, then how much could it be total? The next day I ventured into the inner workings of the cafeteria, where I received this information from Marsha Carmichael.

When I first started talking about this story I thought that the school wouldn't have accumulated charges of more than \$1000. I also thought that the seniors, many of whom have jobs, would be charging the least and that the charge totals would go up as the graduation years went up. But it turns out that the school is being charged a little over \$2600 on average and that sophomores appear to be the most financially responsible among the classes, only charging (on average) \$462.40, followed by the seniors with

\$612.60, the freshmen with \$682.90, and finally the juniors with an average charge of \$868.70.

While these charges appear to be enormous, the cafeteria's balance is usually positive. The cafeteria balance is normally about \$1000 dollars, depending on the time of the month or the meals of the week, like those weeks when Chinese day and Papa John's both occur, those are the times when it's elevated. The cafeteria, while already excellent, could improve stupendously if the debts were to be paid off. Who knows? If we pooled our money and paid off the collective debt, we might find ourselves in one of the top cafeterias in the state. These improvements would come from the additional funds provided by the erasure of every student's debt, they would come in the form of quality snack foods, a variety of fruit juices, and maybe even the return of the classic Chinese day sweet-and-sour chicken that we all miss.

The "charging" of lunch is not a sinister crime and it doesn't affect the schools finances in any massive way, but it is not okay. If you can't pay for lunch, apply for free and reduced lunches; don't cost the school untold amounts of money with your pride. These expenses, if made up, could make the school lots of money. Please, do not do this. It's like stiffing the federal government out of tax money, it's just wrong.

## Primary Focus

**Mark Kaltenbach**  
Features Editor

The presidential primary season stubbornly persists, with the Democratic nominee still undecided. John McCain clinched the Republican nomination with solid wins in Texas, Ohio, Vermont, and Rhode Island on March 4. Since then, McCain's foremost objective has been the consolidation of the Republican base and the appeasement of hard-line conservatives.

Meanwhile, the Democratic contest has intensified, with Barack Obama maintaining a narrow lead over Hillary Clinton. While the exact delegate count varies depending upon the source, Obama's advantage is generally recognized as slightly over one hundred delegates. Clinton managed to arrest Obama's momentum on March 4, besting him in the Ohio, Texas, and Rhode Island primaries. Obama won the Vermont primary and Texas caucuses, both by concrete margins. Since March 4, Mississippi is the only state to have held a contest, with Obama scoring a resounding victory. From there, the eyes of the nation turned expectantly northward, to Pennsylvania. Pennsylvania is the site of the next primary, to be held on April 22. Demographically, Pennsylvania is quite similar to Ohio: a large number of white industrial workers, disillusioned with

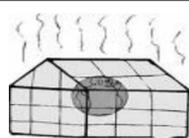
the failing economy, as well as concentrated cities containing high populations. These statistics seem to benefit Clinton.

In recent days, the exchanges between the Clinton and Obama campaigns have grown increasingly bitter. The ardor with which the Clinton campaign is attempting to discount Obama's experience and rhetoric as obsolete and unsuitable for the duties of President becomes more and more insistent as the contest remains undecided. Obama's counters to such tactics have increased in forcefulness.

Race also has become a much more integral part of the primary contest. Certain remarks made by Obama's former pastor Jeremiah Wright, deemed inflammatory and divisive by many, have led to a firestorm of controversy. Obama has disavowed Wright's remarks, but has refused to disown the reverend altogether. In a speech given on March 18 in Philadelphia, Obama addressed the issue of race at length.

McCain, meanwhile, has remained largely out of the headlines, with one notable exception. *The New York Times* ran a controversial story insinuating that McCain was involved in an inappropriate relationship with a Washington lobbyist. McCain strongly condemned the story, calling its allegations totally false. The story for the most part failed to cite specific sources.

Featured this month



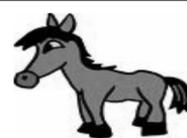
**Greenhouse Galore**  
Page 2



**Pi Day Pizzazz**  
Page 3



**A Word From Lee Cole**  
Page 4



**Equestrian Elation**  
Page 5



5

**What's Happening 5th hour?**  
Page 6



**March Holidays**  
Page 7



**You-Can Toucan**  
Page 8



**Dr. Drew Review**  
Page 9



**MLB Preview**  
Page 10



**Church-ball Recap**  
Page 11

# Git-R-Done in the Greenhouse!

**Austin Clark**  
Sports Editor

One of the areas of our extra curricular realm of clubs often overlooked is our FFA. After an interview with several sources, I quickly learned that our Future Farmers are probably the most active and involved in their club. With the duties of growing, taking care, and selling of plants in our Agriculture Class's Greenhouse, not to mention the maintenance of a newly constructed fish farm, hands down this group is dynamic.

In the past, most of the acclaim of our FFA's success has gone to Mr. Harold Wood, our school's legendary Agriculture Teacher. However due to health concerns, Mr. Wood retired putting a new teacher in his stead. Mr. Coye Elliot has taken on his appointment as Ag. Teacher and FFA head with poise and effectiveness. Mr. Elliot confesses his secret of success is "Introducing new ideas and concepts to students."

Agriculture is not just farming; it is the foundation for industry as well. It was Mr. Elliot who proposed the idea, and eventually constructed a fish farm. When I asked what the purpose of cultivating fish was, Mr. Elliot explained that in the area, former tobacco farmers were looking to make use of their old barns for something constructive, the answer was tending to Tilapia, catfish, and other edible fish to be sold to restaurants and industries. Elliot proposed "that this was just another creative way to get the kids involved with the agriculture and industry around them."

In regards to his club, Elliot explained that "FFA and the actual Agriculture class coincide; FFA is the reward

for our Agriculture students for the hard work they put in." Despite this being his first full year at our school; Mr. Elliot is certainly an asset to Lone Oak.

After talking to a few of the members, I found that FFA meetings are very similar to the sports and other extra curricular activities offered at our school. They spend long hours practicing and preparing for mental and physical tests of their skills in public speaking and parliamentary procedures as well as traditional farming procedures like tractor maintenance and utilization.

**Ross Buchannan (9)** was willing to clarify "Most people just consider us as hicks with John Deere hats and Skoal rings in our pockets, but. Most of the things do are simulations of real life situations and we are learning how to prepare ourselves for careers after school." **Drew Rodgers(9)** commented on how he "enjoys conveying his mental and physical

skills at the meets, and likes how the procedures allow him to interact with others from different places."

Where most groups have their ups and downs, this group has remained fairly consistent. Since the beginning of these events, Lone Oak's agriculture department has been a contender at the state level of competition despite the inconvenience of not being in a rural area. Last year their were 30 members in the FFA and Agriculture class combined, next year there are 150 members on the roster. It is safe to say that this group is on the rise and we expect great things from them in the future.



Photos by Jeannie Suhrheinrich

## Students Attend HOSA



The following students attended the Health Occupation Students of America (HOSA) conference in Louisville on March 6-8th with Mrs. Bowman. They competed in Forensic Science, Nurse Assisting skills, Extemporaneous Speaking and assisted with other competitions. From L: Shattika Skinner PTHS, Sharee Spencer LOHS, Alexis Leavell PTHS, Lori Lee PTHS, Mytanda Pearson RHS, Melanie Shelby LOHS.  
Photo by Brenda Bowman

The freshest ideas in flowers



**Floral & Marketplace**  
Historic Hotel Irvin Cobb  
600 Broadway  
Paducah, Kentucky  
888.256.6657 • 270.443.7988

**- AIR**  
For Home & Office  
(502) 443-2083

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

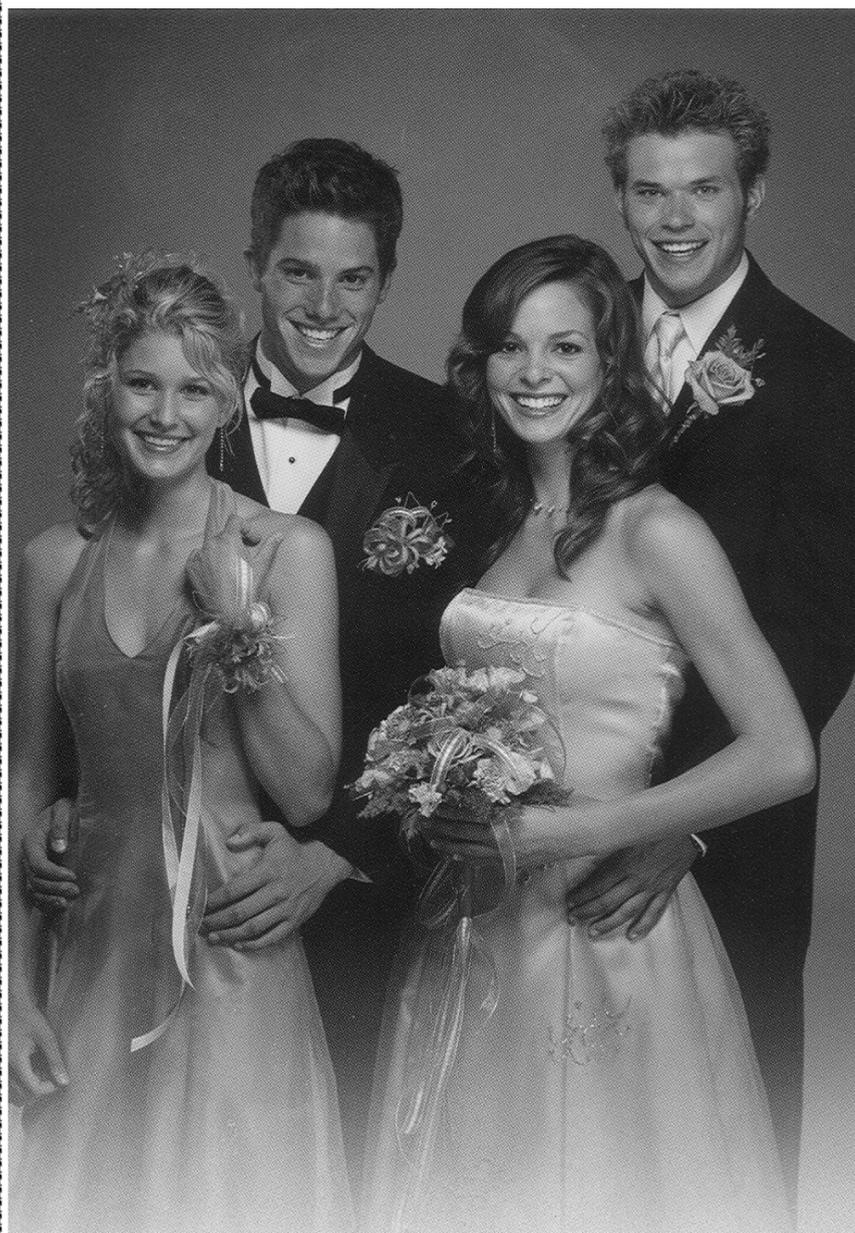
**BIKEWORLD**

[www.bikeworldky.com](http://www.bikeworldky.com)

809

Joe Clifton Dr.

442-0751



# Newsy Obscurities

**Aaron Williams**  
*Online Editor*

March has been a phenomenal month for obscure news. We begin in London, England where Lefkos Hajji has let his chances with his fiancée slip through his fingers. Literally. Hajji, 28, was ready to propose to his girlfriend Leanne, 26, and went out and bought two items: a ring and a helium balloon. Clever Hajji placed the ring inside the helium balloon and was planning on having Leanne pop the balloon the moment he popped the question.

Unfortunately, Hajji was a little too overconfident as he strutted out of the shop and moments later a powerful gust of wind wrested the thousand dollar balloon from his hand and into the sky. Hajji could only watch helplessly. Don't worry about Lefkos and Leanne's relationship though, they're doing fine. Leanne tells The Sun newspaper she will speak to him again when she receives a new ring.

In other obscure news, a Macedonian court has demonstrated the effectiveness of its judicial system by punishing true criminals. The Bitola city court found a bear guilty of theft and damage for stealing honey from a beekeeper's hives. Zoran Kiseloski, the beekeeper in question, tells the Dnevnik newspaper that he tried to thwart the bear's attacks on his honey by blasting turbo-folk music from a power generator.

The bear retreated from the audio assault but returned with a vengeance when the generator died. Since the bear had no owner and belonged to a protected species, the state was the one that had to pay for the damages. Way to take a bite out of crime, Bitola city court.

We end this month's installment of newsy obscurities back in the old United States of America. Corpus Christi, Texas specifically. It was there that the local police department was briefly evacuated after a woman strolled in with a hand grenade. The woman was no terrorist though; she had found the grenade while cleaning out a relative's belongings.

The bomb squad was called in to deal with the situation and they of course did a magnificent job. Bomb squad supervisor Lt. James Brandon spoke for the experience and expertise of all his men when he described the apparent live status of the grenade to the Corpus-Christi Caller-Times, "When we counter-charged it, it went boom." What wonders in bomb disarmament terminology. Lieutenant Brandon, you have summarized this ordeal in a way that the entire Corpus Christi general population can understand. When bombs turn up, Lieutenant Brandon will be there to tell us the community whether they go boom or not.

# Lone Oak High School Goes Green

**Jeannie Suhrheinrich**  
*Photographer*

With all the talk of global warming and doing the "green" thing, along with the creation of RecycleNow, Paducah's community recycling movement, recycling ideas and support seem to be popping up everywhere in our region. Indeed, we seem to be the one of the few schools in McCracken County who does *not* have recycling facilities; both Heath and Paducah Tilghman high schools boast efficiently run programs with active student participation. However, Lone Oak High School students and teachers alike are hoping to add our name to this important list.

The push for facilities in the school is being run by members of the Biology Club, mirroring the push for permanent recycling resources for the town of Paducah. Recycling products like containers designated for paper, plastic, cans and the like would be ordered from ClearStream, a company designed to implement recycling containers for out-of-home areas, like schools and businesses. The system includes TrashMax, PaperMax and CycleMax containers, each designated for vari-

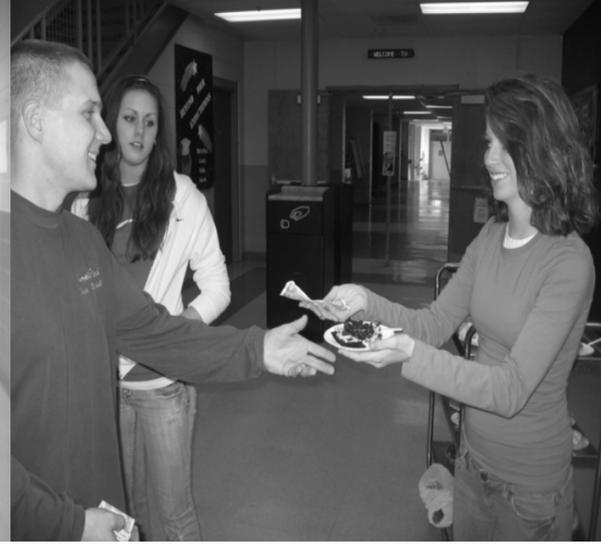
ous types of trash that could be easily separated and loaded up to recycling facilities. Orders can be customized so that customers can buy different ratios of containers corresponding to their trash output. For example, our school would probably need a larger number of containers designed for papers rather than one for cans. The stable bins are about 10" tall and 50 to 60 pounds, making them small enough to not cause a burden but noticeable enough so that students would participate.

Products are on the path to being ordered for our school. This is a very beneficial program and movement, considering the amount of recyclable materials Lone Oak High School produces, like the stacks of paper used everyday or the Styrofoam trays used at lunch. With support and participation of the ClearStream program, benefits abound; money will be saved, others will be inspired to recycle and the use of the containers will become a habitual practice for Lone Oak and its future students.

# Don't Lie - You Know You Love Pi! LOHS Pi Day 2008



**Robin Ezell(12), Morgan Eggemeyer(11), and Daniel Russel (12)** take a break from selling the various flavors of delicious pie, to pose for a quick picture.



**Robin Ezell(12)** sells a scrumptious piece of pie to **Coach Powell** as **Gabby Fellows(11)** glares from a distance.

# The Oak K Investigates: The Bigfoot Cover-up

**Lee Cole**  
*Entertainment Editor*  
**Mark Kaltenbach**  
*Features Editor*

Sasquatch, Yeti, Mapinguari, Abominable Snowman: a myriad of titles exist identifying the same enigmatic creature, the incomparable "Bigfoot". We hear about sightings in the dense, coniferous forests of the Pacific Northwest, or in the bamboo thickets of China and Mongolia, or in the snow capped Himalayas; always a distant threat, having little or no bearing on our sleepy hamlet. That was until May of 2007, when the demon beast began to appear in Kentucky's Land Between the Lakes. Now, our once peaceful and Bigfoot-free environment has been plunged into a state of imminent demise.

It all started when Jan Thompson, a native to the LBL region, heard a mysterious story about a family of campers being massacred by a vicious animal of the unidentifiable variety. This family was discovered, literally torn asunder. Shortly thereafter, according to Thompson, the police and local government, in coordination with park officials, moved to cover up the incident. Apparently, the influx of cash from LBL tourism is more important than the lives of the poor camping family.

As a journalist, I can only assume that this is all true. The lack of any missing person reports or hard evidence of any sort only validates the cover-up. Professionals were contacted. An elite team of Bigfoot hunters arrived promptly and, with the assistance of a Paducah Sun reporter, managed to discover and cast several of the great beast's footprints.

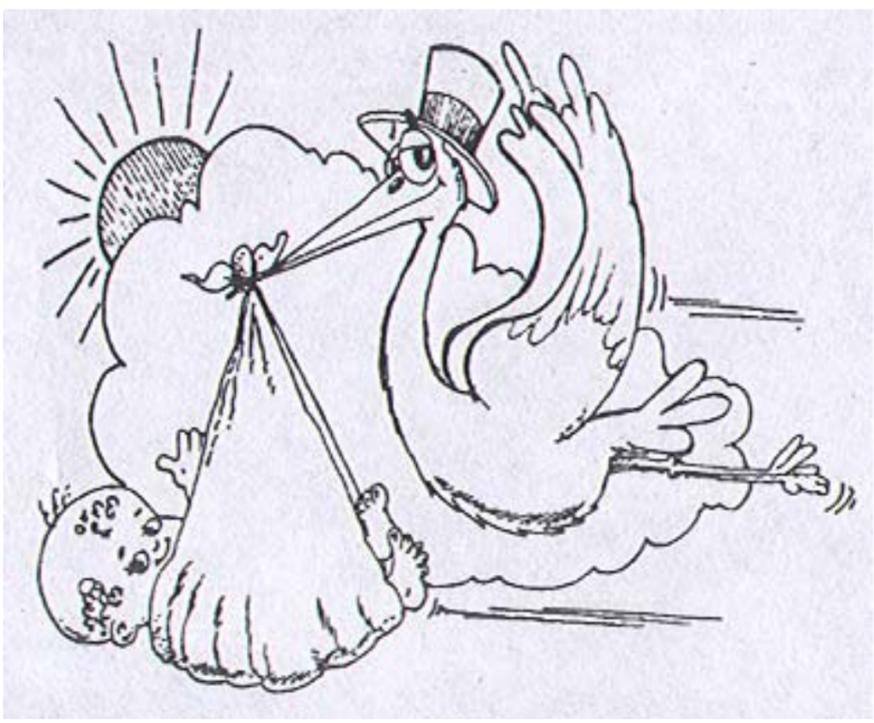
The Paducah Sun ran a story on these events, with the more gruesome details omitted in an effort to avoid a mass exodus from our besieged region.

Unfortunately, the team's research proved inconclusive, and the elusive creature remains free, terrorizing the bastion of wildlife that is the Lakes area of western Kentucky. Eyewitnesses reported that the beast resembled an apelike man, nearly 8 feet tall and highly muscular. A man known only as "Steve" summoned the courage to come forward and tell the story of an attack that affected him greatly nearly two years prior. Steve was ambushed in his pickup truck by a terrifying creature whose primary weapon was a dislodged tree stump, literally wrenched from the earth and hurled in his direction. The creature apparently fled soon after this episode, most likely to lumber obscurely through the backyards of other concerned citizens.



Defending yourself against this wooly marauder is of paramount importance. No one wants to end up like the unfortunate campers. So, I feel it is my duty as the Oak K's resident Bigfoot expert to proffer some advice that will most likely one day save your life. First of all, avoid camping in secluded woodland areas. Bigfoot prefers to show up only in isolated, largely unpopulated areas or near the homes of the least credible witnesses imaginable. This situation is highly unfortunate. Secondly, take along with you some high tech video equipment. Bigfoot tends to stay away from those with cameras that have been purchased after 1978 or are not severely damaged. This explains the reels of vague and poorly shot footage, sometimes criticized by ridiculous skeptics as being merely a man in monkey suit.

Follow these guidelines, and you should be safe from Bigfoot. He rarely shows himself, and sightings have lessened considerably since May. In fact, everything seems normal. Paducahans continue their daily lives seemingly unhindered, but in the air, somewhere just beneath the surface of every normal conversation, an uncompromising sense of fear lurks; and, in the growing dusk, the eyes of the populace turn forlornly toward the darkened forest, and a terrible name forms on their lips: Bigfoot.



## S. Blair Tolar, MD

## Tammy Carr, ARNP

# OB/GYN of Paducah

## (270) 443-1220

Suite 201  
WBH Doctors Bldg 2

## Monica Mutters

**Monica Spees**  
Features Editor

This topic was recently brought to my attention during a lunch with a fellow student who is affiliated with a different political party than I am. Although we have conflicting political beliefs, we could agree on one thing. At the age of eighteen, Americans are given a very dangerous gift: the right to vote.

As you may have guessed, the upcoming election prompted this discussion. We were discussing, in particular, the two candidates on the Democrat side, Barack Obama and Hilary Clinton. Whatever your party affiliation, you have to admit that neither of these individuals are as qualified as most of the presidents of the past have been. However, they both have a large following. What reasoning compels

these voters to vote for one or the other? My fellow student, after asking some of his friends who were Barack fans, found that one reason people are choosing to vote for Obama is the fact that he is black. Likewise, some of those voting for Hilary Clinton are doing so only because she is a woman. I don't care if you're a Democrat, a Republican, an Independent, a Communist, or whatever; voting for an individual just because of his or her looks or gender is just ridiculous.

This is not the first time that our nation has been guilty of being swayed in votes because of appearances. Abraham Lincoln was thought not to have a chance for the presidency. During the campaign, a photographer was hired to take his picture. In this picture, he did not appear as tall and gangly as in real life, nor did his facial features seem as unattractive. Furthermore, after he heeded the

suggestion that he grow a beard, people seemed to like his looks even more. The rest is history. Another presidential example is John F. Kennedy. Between him and his opponent, Richard Nixon, people went with the younger, better-looking man.

On the flip-side, refusing to vote for someone because of his or her appearance and/or gender is equally as wrong. While racism and sexism are significantly on the decline, I'm sure people still use these excuses to vote for someone else. Older, more experience voters occasionally have more sense than first-time or younger voters. After being able to vote in several elections and after having lived through several presidents' terms, veteran voters have developed a pretty good idea of what they want in a president. I'm not saying that all these voters will use perfect judgment when at the polls,

**Americans are given a very dangerous gift: the right to vote.**

but some will.

This brings me back to the young voters. If a lot of older voters will not vote with good sense, then it is even more crucial for those of us who will be voting in this next election to examine each candidate's background and political stance. Think of what you want and what you don't want in the White House. If the candidate that you're thinking of voting for right now is not going to bring those values to Washington, don't vote for that person. Who cares if the candidate is black, white, male, or female? You have to know the qualifications this person possesses or doesn't possess. Seek out the truth in these candidates. You have to pay attention. Don't vote for someone because of what's on the outside. Skin-color and gender are not the United States' biggest concern right now.

## And Now A Word From Lee Cole.

**Lee Cole**  
Entertainment Editor

As I was watching TV recently, I stopped briefly on the *E!* Entertainment channel, something I don't do very often unless I'm sure *The Soup* is on. It was late at night and the show that was airing was called *Chelsea Lately*. I recognized her as the not-so-funny comedian that sometimes occupies *Comedy Central* with her arsenal of lackluster jokes. Accompanying her were several other mediocre comedians and "fashion experts" discussing the recent Academy Awards. Before I could change channel, I heard something that truly disturbed me. One of the commentators made a distasteful joke involving Oscar presenter Owen Wilson's recent attempt at suicide. Disgusted, I began to ponder the despicable state of our country's pop culture TV.

Every major network has some degree of this pop culture entertainment, but none seem to champion the cause so well as *VH1*, *MTV*, and the *E! Channel*. Spewing forth lowbrow filth onto the airwaves day and night, these three networks exemplify the degradation and desensitization of our culture more than anything else, perhaps. Whether it's the "celebrity" of *VH1*, taking advantage of washed up, B celebrities desperate to make money, or the reality shows of *MTV* which seem to feature, most commonly, an array of quasi-celebrities participating in shows and contests that almost always seem to end with cast members screaming at one another and drinking themselves half to death, these three have something to offer everyone. Now, if the shows aired on these networks were merely harmless forms of entertainment, I would have no problem. They could be left to those that do not have the capacity or that do not want to enjoy anything but such mindless drivel. But this is not the case. When the people involved with *VH1*, *MTV* and *E!* use tragedy in the lives of celebrities (Owen Wilson, Heath Ledger) and the struggles of men and women trying to overcome drug abuse and serious emotional problems simply as tools for making a profit, then they go beyond just harmless entertainment. The consequences become much direr. But these networks don't just take advantage of those participating; they also contribute tremendously to the "dumbing down" of American youth. A great deal of the viewers for these networks are young, impressionable high school and college age students. Every day they tune in to see Flavor-Flav and Tila Tequila find love for the second and third times, amidst a worthy troop of scantily clad suitors, offering only their total devotion (and almost certainly one or more highly infectious dis-

eases). They gawk at the screen as the latest *Real World* reaches its climax and one of the cast members tries desperately to explain to his girlfriend back home that it wasn't entirely his fault; I mean after all, as he says, "I was too wasted to know what was going on." They stare helplessly, and they slowly become addicted to the cheap entertainment. But why, you may ask? I've thought about it myself, and I think I can attempt to answer.

Watching these shows is simply thinly veiled voyeurism. With these "reality" shows and fashion critiques, we are peering into a fantasy world of wealth and squalor. Seeing a group of washed up celebrities trying to recover from emotional and drug abuse difficulties in a rehab program should not only be boring, but also quite depressing. *VH1*, however, takes advantage of this

**...we can live our own fantasy lives of excess and extravagance, without suffering the consequences.**

drama, and broadcasts it to millions. We watch without hesitation, and while we may think for a moment that it may be unethical to examine the highly private and genuinely sincere struggles of these people (people just like you and I), the feeling quickly passes, and it's on to Flavor-Flav. Aside from all of this, extravagant promiscuity and imbibition of alcohol should not be something we look to for laughs, especially considering

the problem that the 12-24 demographic for these shows has with alcohol consumption and teen pregnancy. The TV shows students watch only contributes to this problem. High school students see the men and women on their favorite programs drinking and having wild, excessive parties, and it excuses, or at least makes them feel better about their own vices. In this American pop culture of ours, it is not knowledge or talent that is glorified, but degradation, manipulation, and ignorance.

So why do we continue to tune into the pop culture garbage that dominates American TV? The reason: because it allows us to experience a disconnected reality altogether; we can live our own fantasy lives of excess and extravagance, without suffering the consequences. In the process, we are subconsciously desensitized to all of it, and when faced with similar circumstances in the real world (no pun intended), we don't know how to react. Drinking huge quantities of alcohol, and engaging in unrestricted promiscuity suddenly doesn't seem so bad, because after all, if Brett Michaels does it, who shouldn't? So the next time you turn on the TV and you begin to watch one of these shows, try asking yourself if there is something better you could be doing. I guarantee there will be.

## AUSTIN'S ARGUMENT

Austin Clark  
Sports Editor

Opinions, everyone has one on every subject or situation. Opinions are the direct cause to alliances, they are the direct cause to altercations, and above all they make you unique from others. The discussion of a person's opinion is a very sensitive issue, often resulting in catastrophe if not handled properly.

People have a tendency to push their opinions onto others expecting them to automatically recognize it as fact. However, after pondering on this topic, I have realized that opinions are absolutely subjective. I know my revelation is actually common knowledge but people often subconsciously believe opinions to be fact. For example, our school's population has many different views on music. I myself have written reviews on a few bands that I personally enjoy listening to. I've also bashed music that I have labeled, "garbage" or "awful" but really, it is just awful to ME. Soulja Boy could be the best musician YOU have ever heard, or Wilco could be overrated and disinteresting, but

their positions are solely based on YOUR personal opinion. I see people too often trying to voice their own opinion, but when it comes to listening to what others have to say, the same people who view their own words as gospel shoot down others, seeing them as inferior. If you happen to fall into the category of being very outspoken with your opinions, don't be surprised or offended at opposition to your views. People are not worse for their opposition so don't treat them like they are. If you can dish out criticism of a person or an idea, then surely you can endure the explanation

**...don't be surprised or offended at opposition to your views.**

of other's thoughts on the matter. Having that said, opinions are not permanent. People can change their minds on how they view people and ideas sporadically, influencing future situations. Personally, my views have changed periodically throughout high school, shaping who I am as a person and what I stand for. The student body as a whole needs to stop being so negative towards others and their opinions, people have the right to exercise them freely. My opinions can only go so far, now it is your job now to form your own opinion on opinions.

## Sums Says

**James Summerlin**  
Editor-in-Chief

Ah, it's spring time again. The birds are singing, the sun is shining. The weather is finally warmer. My 18<sup>th</sup> birthday is around the corner (Huzzah!). Who doesn't love the month of March?

When people ask me when my favorite holiday is, I say Christmas so I don't offend Weasel. However, when it gets right down to it, my favorite day is in March. And, no, it's not my birthday. This year my favorite day fell on March 16. Selection Sunday.

My favorite time of the year is during the college basketball tournament. It starts off with the suspense of the bracket being revealed to the public. The joy continues on the next day, Bracket Monday, in which I use up multiple sheets of paper to fill out my bracket to predict the winner only to be disappointed later. Then on Tuesday, you get to watch 2 teams that have no shot of getting in the tourney play their hardest in Dayton, only to become a 16 seed team to lose to North Carolina. On Wednesday, we make our final revisions our brackets and we submit our works of art to the contest or pool that we hope to win with our brackets. Then on Thursday, we become demoralized. Friday, we realize our bracket

picks are worthless. Then on Saturday, we're just plain bummed out. But we love every minute of it.

And picking the winners is just the half of it. Who would have thought that George Mason would make it to the Final Four? There is an unpredictability that makes the tournament so amazing. The last second shots, the comebacks and the Cinderella stories make the tournament interesting. The tournament is unlike the NBA, in which you have a pretty good idea who will make and win the finals. In the NCAA, who knows who will win? Every game is important and anything, and I mean anything, is possible.

March Madness is insane, exciting, and intense. Since Alabama isn't in the tournament this year, I believe I can enjoy the purity of the tournament and not struggle to pick against my beloved Crimson Tide. To be honest, there is nothing better than to sit on the couch in front of your TV drinking a nice refreshing Coca-Cola Zero (the official drink of March Madness), and watching as Bucknell knocks Kansas out of the tournament. That's what it's all about.

From Selection Sunday on March 16 to the championship game on April 7, excitement runs wild though the bloodstream of every passionate sports fan. This is something you can't miss.

**When it gets right to it, my favorite day is in March.**

## The Oak "K"

**Editor-in-Chief**  
James Summerlin

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

**Business Manager**  
Hannah Hudson

**Entertainment Editors**  
Lee Cole  
Aaron Megibow

**Features Editors**  
Mark Kaltenbach  
Monica Spees

**News Editor**  
Ally Heine

**Sports Editors**  
Austin Clark  
Derek Operle

**Online Editor**  
Aaron Williams

**Photographer**  
Jeannie Suhrheinrich

**Staff Writer / Cartoonist**  
Nate Brelsford

**Staff Writer**  
Patrick Hollowell

**Coroner**  
Brick Green

**Adviser**  
Molly Goodman

The Oak "K" is a publication of Lone Oak High School, distributed to students, faculty and the community. The newspaper is designed by staff members using Microsoft Publisher 2003 and is printed by The Paducah Sun, 408 Kentucky Ave., Paducah, Ky. 42002. Letters to the editor are to be under 250 words in length and signed by the writer. The Oak "K" reserves the right to edit all letters for placement as long as the meaning is not altered. The Oak "K" attempts to inform and entertain its readers in a broad, fair and accurate manner on all subjects that affect the audience. Final authority for the content of The Oak "K" rests in the hands of the principal.

# Aaron Asks

**Aaron Megibow**  
*Entertainment Editor*

Since the premier of Flavor of Love in 2004 reality dating shows have become a staple in my television diet. Yet, recently as "Rock Of Love 2" and "That's Amore" premiered I have become more disillusioned than an ex-scientologist. My once favorite genre of TV shows has become something far worse than trashy. They have become... PREDICTABLE!

Here is how every reality dating show goes: **Episode 1-** Contestants are greeted by the celebrity's "assistant" outside a mansion with too many lawn decorations. Contestants spend a total of ten minutes with the celebrity that night (Five minutes of taking photos/nicknaming, five minutes of awkward small talk). At elimination night 95% of the contestants operate under the assumption that fate, not ratings-hungry casting directors, has brought him/her to the celebrity.

**Episodes 2-5-** Contestants begin to form alliances based on hair color, race, or a common enemy. Challenges are presented to the contestants involving humiliation in order to determine who deserves to see Flav/New York/Bret/Tila. Nights of marathon alcohol consumption begin to fuel aggression, anxiety, and delusions of grandeur. At elimination nights contestants are eliminated based on emotional instability, amount of hot tub time, and bra size.

**Episodes 6-9-** Contestants become increasingly insecure about their place in the celebrity's heart. As a result, they try to gain a place in the celebrity's bed. Contestants steep

to low levels in order to keep other contestants from receiving a clock, chain, pass, or key at elimination night by accusing each other of "being here only for television", "being a porn star/exotic dancer" or "having an STD". After all but two have been eliminated they take a trip to Mexico or The Bahamas.

**Final Episode-** The two contestants and the celebrity all sit down for a dinner which ends suddenly due to built up tensions spilling over. Over the next two days each contestant

spends a full day of one-on-one time with the celebrity. They eat exotic food, play with animals, charter yachts, and take long walks on the beach. At the final elimination the contestants walk a long walkway lit by tiki torches to the celebrity. After a long speech followed by "dun dun dun!" music and a commercial break one contestant is chosen. Yet, both are shafted due to the fact that one has to face life in

the real world while the other faces life with a D-list celebrity.

I desperately wish that I could turn on my TV and see a dating show that doesn't follow this timeline. I would enjoy a surprise or two, along with just maybe one respectable contestant that makes it past the first night. It's time for these so-called "creative" producers to shake off the cobwebs and think up something slightly original. Reality dating shows may never be as good as they used to be, but it is something to strive for.

I would enjoy a surprise or two, along with just maybe one respectable contestant. .

# Weasel Wonders Why

**Derek Operle**  
*Co-Sports Editor*

Why do songs get stuck in our heads? I don't know about you, but songs get

stuck in my head all the time. I'm constantly singing songs under my breath. These songs can range from "Angelina" (Louis Prima) to "Naïve" (the Kooks). The genre doesn't really matter, as long as the song is catchy.

Believe it or not, researchers have determined that our brains develop "cognitive itches" that can only be scratched by repeating the tune over and over. They have also discovered that women are more likely to develop "cognitive itches" than men and that musicians are more likely to develop them than non-musicians.

Isn't it annoying when a song gets stuck in your head? Especially when it's a song that's repetitious anyway - who can forget that awful month when you couldn't go five minutes without singing, "Who let the dogs out? Who? Who? Who?" Or how about that time you were watching TV and you heard "1234?" Whether it's the catchy lyrics, the rhythm, or both, songs find ways to get stuck in our heads. I've found myself repeating the oddest, "uncatchy" songs like "The Ghost

Song" (the Doors) simply because somebody said the word "ghost." Your brain can trigger the weirdest "itches" based on word association, for example, if somebody started talking about this year's NBA All-Star game and you might suddenly go into a rendition of "Superman" (R.E.M.) or "Kryptonite" (Three Doors Down).

The fact is when musicians write songs, they're going for the most annoyingly catchy lyrics they can get, because that's what brings in money. If "YMCA" didn't get stuck in our heads, where would the Village People be? Or Los del Rio without "Macarena?" Or Aqua without "Barbie Girl?" My point is that there are many musicians that owe their "careers" to one song or maybe a single chorus that took five minutes to write before they sat back, read it, and said, "Hey, that's kinda catchy. I bet we could make a living doing this."

As long as musicians do this we're going to have songs with unbelievable pop hooks and ridiculously catchy lyrics that seem to just etch themselves into our minds forever. Honestly, I can live with that... as long as they aren't all as annoying as "MMMBop" (Hanson).

.. I'm constantly singing songs under my breath. . .

# Ulti{Nate}um

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

Personally, I am one hundred percent content with the present Lone Oak High School. However, with the new Lone Oak soon to undergo construction, we must look ahead to prepare future students for the greatest high school experience possible. I had to think long and hard in order to spawn a concept that would vastly improve the current institution and the bold conclusion of my pondering was *horseracing*.

There are honestly too many factors in favor of high school horseracing to haphazardly reject the idea.

First, this is Kentucky and we, as Kentuckians, are identified by our "unbridled spirit." The desire to pit racer and jockey against racer and jockey is in our blood. It is only natural for this yearning to be released through LOHS.

Second, along with the new school, we will also have more acreage at our disposal. Rather than leaving hundreds of square feet to remain vacant, stables and trails will provide effective use of the land.

Third, horseracing is a classic sport that could feed into additional sports such as polo, horse shows, and other equestrian events. It also provides a high level of competition for those uninvolved in traditional Lone Oak sports such as football and basketball.

The downsides, though few and insignificant, do exist. With several large, grazing mammals traversing the campus, students will naturally be forced to pay closer atten-

tion to where they set their feet. Those sneaking food from the cafeteria may return home with teeth marks in their pockets. Injuries are inevitable, but there is hardly a nobler manner for a student to find himself or herself wounded.

At first the school may only have to purchase one or two horses, just as the band utilizes school instruments. The students may wish to invest in their own beasts, however, as it is much more pleasant to swap spit on a school instrument than to swap spit on a school horse.

If you are still not convinced, just imagine yourself on a sultry summer day several years from now, sitting in brand-new bleachers, enjoying the slight breeze as a train of horses, each topped with a high school jockey goes thundering by. Fighting up in front is a rider in purple - he's only a speck of color in the whole mess, but now he's leading the pack.

The crowd rises, whistling, waving streamers, shouting in the midst of the animals' stench, and the cheerleaders chant, "Dig your heels, Dig, dig, dig!"

At that moment, you know you are a Kentuckian. You are proud to wear the purple and gold. What's more is that moment will last for the remainder of your life, as there will never be such an experience anywhere else.

"Dig your heels, dig, dig, dig!"

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

I promise to reduce the size of government spending! We'll form a committee whose sole purpose is to appoint specialist members who will in turn hire assistants dedicated to the assessment of other government bodies. A third-party board will report the committee's activity to a group of political analysts...



# Aaron Williams 180°

**Aaron Williams**  
*Online Editor/Button-maker*

Following the tradition of Editor-in-Chief James Summerlin, I have taken upon the task of reaffirming the Oak 'K' staff's opinion that Batman outdoes all super heroes. This article is more than blind praise though. I am directing my writing ability to pit Batman's incredibility with one of the biggest icons of American culture.

I have opened with this informative exposition to lead into my opinion this month because the controversial topic I am about to cover may cause many of you to rise in uproar. You may feel the need to stop me in the hall and try and convince me otherwise, but I assure you it will be a waste of your time. My stand on this issue is set in stone.

I cannot stay silent any longer; I better just come out and say it. Batman, the Dark Knight, the Caped Crusader is a far greater super hero than Superman can ever aspire to be. I know Superman fans and groupies throughout LOHS just grin in outrage, but if you misguided souldies who falsely throw your adoration behind the Man of Steel will just read on I promise you, you will at least look at the Dark Knight differently by the end of this article.

Of all the reasons Batman wins my respect over Superman, three key ones stand out in my mind. Reason number one would have to be the type of villains the two super heroes fight. Batman puts true criminals behind bars. I'm talking about murderers and psychopaths like Two-Face, the Joker, Penguin, Mr. Freeze, Poison Ivy, Scarecrow, and the Riddler. When it comes to the evils Superman must face, there is no comparison. Superman fights villains that have a Saturday morning car-

toon feel. They're disguises and identities are unrespectable and childish. Some of my favorites are Brainiac, Superboy-Prime, Puzzler, Funny Face, and Toyman. Of course I get the greatest laugh out of Bizarro, the jumbled-up version of Superman who the Man of Steel considers one of his arch-enemies. So lame.

When examining these two classic crime fighters, the second thing one most look at is their motive to fight. The traumatic murder of Batman's parents in his past leads him to desire the imprisonment of all criminals. He truly wants to clean up the streets of Gotham to make them safe and free of scum again. This is why the Dark Knight fights. Why does Superman? Since no clear reason exists, we must assume that Superman fights for self-glorification. Luckily for the people of Metropolis, Lex Luthor keeps a fresh supply of baddies headed Superman's way. Otherwise, due to lack of competition, Superman would turn to pummeling local law enforcement to prove his might and after they had all fled town, small children.

Finally, we must look at what each hero has done with the powers they were given. Superman is so cheap. He has practically every power: super speed, super strength, heat vision, x-ray vision, the list goes on. Yet for all of Su perman's powers and invulnerabilities, the Caped Crusader accomplishes just as much, if not more. And what does Batman have to work with? Nothing! He has no more powers than you and I my friend. Batman represents the strength in the common man, in all of us. His nifty gadgets, sharp intellect, and the Batmobile are all he needs to trample crime underfoot.

Due to lack of competition, Superman would turn to pummeling local law enforcement to prove his might and after they had all fled town, small children.

# Free Association

Blake Harrison  
Assistant Editor-in-Chief

Name	Elliot Spitzer	ACT	Pi Day	Bracket Buster
Ian Harris (9)	Prostitute	Hard	Pie	Oral Roberts
Garrett Watson (10)	Who?	Boring	Fun	OK..?
Emily Wallace (11)	Don't Know..	Hard	Yummy	What?
Carly Rorer (12)	Escort service	Dodgeball	Yummy	Lame
Mr. Sims	Shame, Shame	Hard	Good Food	Who Cares

## MYSTERY STARS



**Patrick Hollowell**  
Staff Writer

Our senior star for the month stands at six feet tall and a whopping 235 pounds. He has blue-green eyes and is a member of our golf team, where his nickname is gorilla. His favorite food is Munky Bars. After school you will usually find him working out and you can tell because he bench presses 350 pounds. On the weekends he likes to hang out with his friends, go hunting, and play golf.

The junior mystery madam is five feet 6 inches tall with blonde hair and brown eyes. She has three older siblings, one which looks like her identical twin. She is a member of our girl's golf team which was the first in many years to reach the state competition. Her favorite food is Lucky Charms and her favorite teacher is Mrs. Annie. In the summer you will find her life guarding at Rolling Hills and playing golf.

This month's sophomore star had blonde hair and brown eyes. She is a member of our Math Club and her favorite class is Art with Mrs. Harper. Her favorite sport to watch is basketball and her favorite television show is Grey's Anatomy. On the weekends she likes to hang out with her friends and catch up on her sleep.

Our special freshman for the month of March is five feet tall with blonde hair. Her favorite hobbies are cheerleading and horseback riding. Her favorite class is Spanish and her best friend is Christina Derezza. On the weekends she likes to go to the movies and go bowling.

## What's Happenin' Fifth Hour?

**Jeannie Suhrheinrich & Ally Heine**  
Photographer News Editor

So Jeannie and I were sitting in Mrs. Goodman's room during fifth hour when a proposition presented itself to us. To walk around Lone Oak High School and find out, just what really is going on fifth hour. Now, since we are usually either having wheelchair races, riding elephants down the hallway, robbing a convenience store, or playing cops and robbers in the office, we found this opportunity very challenging as well as daunting. When we accepted this mission that was so wisely bestowed upon us, we had no idea what the future was about to bring. As we walked down the educational hallways of LOHS we couldn't escape the knowledge that the teachers were providing to the students. We looked to the left, and we saw kids intrigued at what these wonderful teachers were having to say, we looked to the right, and still, kids wanting to fill their heads with more knowledge. We were somewhat uneasy as well as unsure as to what was going on, so Jeannie and I snapped a couple pictures, got back on our elephants and rode back to Mrs. Goodman's room. The pictures that are shown above are actual photos of what really happens at LOHS.



Enjoying a lesson given by Mrs. Carter, **Kaitlyn Thompson(12)**, **Courtney Oliver(12)**, **Megan Morgan(12)**, and **Drey Duncan(12)** are learning new and exciting things in the class, while **Kaity Lafferty(12)** is excited for it to be over.



**Carly Rorer(12)**, **Lyle Dennison-Jordan(12)**, & **Josh Lynn(11)**, celebrate Pi Day, as well an excellent calculus lecture given by Mrs. Monnar, while **Cameron Farley(11)** attempts to escape school.



Sophomores **Macey Evans**, and **Molly Green**, learn from freshman **Jacob Somero** on how to draw pretty flowers.



**Josh Leeper(10)** and **Corey Hobbs(12)** find time from diligently working on their math home-work to give a thumbs-up!



**Chelsey Brantly(9)** learns from the wise **Mr. Gagnon**, as he lectures about the journey through the economic world, and teaches kids the true meaning of monopoly.

# TOD MEGIBOW

ATTORNEY AT LAW

(270) 442-0121



"Extremism in defense of liberty is no vice. Moderation in pursuit of justice is no virtue."

-T. Megibow



www.educate.com

High school demands a higher level of reading. Sylvan has a tutor for that!



Sylvan can help your child master the strategic reading skills that increase speed and improve comprehension.

- Only Sylvan can give your child personalized reading tutoring to aid with the increasing demands of high school work.
- See why more parents turn to Sylvan than to any other tutor. And why more teachers choose Sylvan for their own children.

Did you finish the ACT in time? Would you like to read more effectively? Guaranteed 100% increase in Effective Reading Rate. Call 554-4111

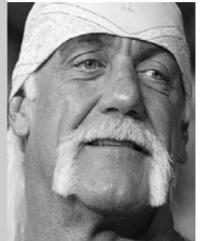
Word Knowledge • Vocabulary • Comprehension  
Critical Reading • Fluency and More!

# Quizalicious!

**Aaron Megibow**  
Entertainment Editor

## True or False: Celebrity Edition

- Scarlett Johansson signed up for eharmony.com  
-False. Scarlett Johanson auctioned off a date with her for charity through ebay. Bidding has already reach \$41,000
- Hulk and Linda Hogan are divorcing because of Brooke's best friend.  
-True. Brooke's 33 year old friend, Christianne, had an affair with Hulk.
- Paris Hilton is currently seeking advice from a Buddhist monk.  
-False. Paris was spotted shopping with an actor posing as a Buddhist monk as part of a show on E! that pranks the paparazzi.
- Justin Timberlake exposed himself to Madonna.  
-True. While recording her latest album with J.T she gave him a vitamin B12 shot in the rump to combat lethargy.
- Sara Silverman was spotted kickin' it with Amy Winehouse.  
-False. Sara Silverman dressed as Amy Winehouse for a photo shoot for Vanity Fair magazine.
- "Girls Gone Wild" founder, Joe Francis, was just released from jail.  
-True. He spent a year in a Nevada jail for tax fraud. Next, he goes to a Florida court to defend himself for putting underage girls in his videos.
- Ellen Paige is having a real baby that she plans to name Sarah.  
-False. Ellen Paige is shooting an indie film with Sarah Jessica Parker to be released in May.
- Britney Spears' father is stealing money from her.  
-Well, this one is both. As conservator of her estate he is allowed to pay himself \$2,500 a week



**Aaron Megibow**  
Entertainment Editor

## Quiz: Which Class at LOHS are you?

- Your favorite form of entertainment is:
  - A. Calculator games
  - B. Stephen Hawking documentaries
  - C. A Jane Austen novel
  - D. C-Span
- People often have a problem with:
  - A. How complex you are
  - B. Your head is always in the clouds
  - C. The way you over-analyze things.
  - D. Your obsession with playing stocksquest
- Your ideal date is:
  - A. A calculus party
  - B. A Pink Floyd laser light show at the local planetarium
  - C. Watching Masterpiece Theater
  - D. Listening to "I'm Just a Bill" from Schoolhouse Rock.
- Your favorite pickup line is:
  - A. "You + Me = Us"
  - B. "Was your dad an astronaut? Because you have stars for eyes."
  - C. Any quote from Shakespeare or Lord Byron
  - D. "Girl, can I balance yo check book?"

Mostly A's - AP Calculus  
 Mostly B's - Integrated Science  
 Mostly C's - AP English  
 Mostly D's - Government/Economics

Photos from google.com

**score Higher!**  
Like **Corey Robinson!**

Corey Robinson's achievements on the football field are now Lone Oak legend. His achievements on the ACT were aided by his teamwork with **Score Higher, ACT Prep.**

*Congratulations Corey, on your athletic & academic achievements! We are proud to be a part of your success!*

**Score Higher, ACT Prep**  
JOY LENTZ, DIRECTOR • 270.519.6474

## March (Holiday) Madness!

**Patrick Hollowell**  
Staff Writer

With as many holidays and festivities going on in March we wanted to see what the student's favorites were. We took a survey of around 75 students from all grades 9-12. They had a choice of Easter, March Madness, Pi Day, and St. Patrick's Day. Here is what we found out...

### Favorite March Activity

Activity	Percentage
Easter	7%
March Madness	27%
St. Patrick's Day	44%
Pi Day	22%

# Need a job??

Home City Ice is looking for PT employees.

- Flexible scheduling - Work PT now and FT during holiday and summer breaks
- A fun work environment
- Location just minutes from campus
- Up to \$10.00 per hour
- Must be at least 18 years of age

Apply:

- Online at [www.homecityice.com](http://www.homecityice.com)
- Call 1-800-247-7971

**Brad S. Mills**  
DMD MS

**ORTHODONTICS**  
ORTHODONTICS FOR CHILDREN AND ADULTS

PADUCAH      MURRAY      MAYFIELD

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

TELEPHONE  
(270) 554-2026

BAYLEY SQUARE  
SUITE #5  
2850 LONE OAK ROAD  
PADUCAH, KENTUCKY 42003

## Quality from Cuomo

**Derek Operle**  
Co-Sports Editor

Weezer is one of the more successful bands of the last ten years, recording such hit songs as "Beverly Hills", "Island in the Sun", and "Say It Ain't So"; they are currently working on their sixth studio album, but in the mean time their front man, Rivers Cuomo, has set time aside to compile a compilation album of his unreleased solo material. He has alleged to have accumulated hundreds of unreleased songs over the course of his musical career, many of which he recorded at home. This gave rise to the title of his "new" album, *Alone: The Home Recordings of Rivers Cuomo*.

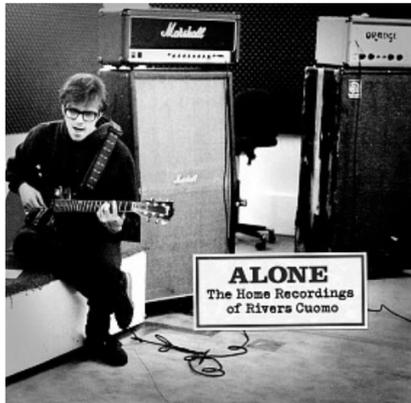
This album impressed me because I wasn't aware that Rivers Cuomo, singer, guitarist, and principal song writer of Weezer, could play drums. I also didn't believe that he could amass so much good material and not release it.

Cuomo managed, not only, to put together a successful compilation of unreleased works, but he presented them in a way that demonstrated his ability to vary the moods in his songs. The moods can shift from the happiness of "Dude We're Finally Landing" to the melancholy of "The World We Love So

Much". While this CD features mainly Cuomo-composed songs, it also features a number of early of demos of Weezer songs and even a few covers.

If you like Weezer, then you should definitely try this CD out. Heck, if you like alternative or pop or rock music you should check this out. This CD has something for everybody: there are heavier songs for you rockers, lighter "poppier" songs for fans of Weezer, darker things for you fans of indie music, and there's even an Ice Cube cover thrown in. How diversified can you get?

Following the success of this compilation, Cuomo began talking to his record company, Geffen Records, to see if they would be involved. Nothing definite has been set, but should you like this compilation, you can probably look forward to the release of a second compilation.



All photos from google.com

## Knockout Performance

**Jeannie Suhrheinrich**  
Photographer

"Punch brothers, punch with care! Punch in the presence of the passenjare!" This repetitive chorus is part of a catchy jingle that is the foundation of Mark Twain's short story "Punch, Brothers, Punch". It is also the foundation for my favorite folk band, The Punch Brothers. The band's lead singer, epic mandolin player and Mark Twain fan, Chris Thile, brought together his long-time friend Gabe Witcher (fiddle), Noam Pikely (banjo), Chris Eldridge (guitar) and Greg Garrison (bass) in 2006 to form the Tensions Mountain Boys, a string-based bluegrass group, and later renamed themselves.

The boys met great success with their first album, "How to Grow a Woman from the Ground" that sprouted a large fan base across the country and gave way to their second album, "Punch". While the first record contains more vocal and classic bluegrass songs, "Punch" is more instrumental and demonstrates Thile's musical genius. Following the bitter break-up of his marriage, Thile compiled a four-movement composition called "The Blind Leaving the Blind." This piece may seem rambling to some, the twelve minute movements are written to incorporate the great skills of each mu-

sician in the band, with fast-paced notes followed by slow, dissonant chords. The lyrics written and sung by Thile are so heartfelt and applicable; the listener can relate to the pain Chris feels. Other songs include "It'll Happen" and "Sometimes", with my favorite song being "Punch Bowl", a fast-paced and bright bluegrass tune with heavy emphasis on the fiddle.

I had the pleasure of attending a Punch Brothers' concert at WKCTC March 9<sup>th</sup>, and the performance and antics of the band was even better in person. Thile and his mates were witty and pleasant with the crowd between songs, which were played with all the skill you would expect from listening to their albums, with a dash of improvisation thrown in. I was also overjoyed to meet the Punch Brothers after the concert, and I was greeted with gentlemanly manners and huge smiles, ending the night on a perfect note. If you are a fan of bluegrass and folk music or you appreciate the talent of original songwriting, I urge you to check out both albums by the Punch Brothers, but especially the more recent "Punch". I guarantee you will be uplifted and moved by the music and will love the people behind the instruments immensely, but probably not as much as I do.



## Before our Time: The Godfather Part II

**Lee Cole**  
Entertainment Editor

When Francis Ford Coppola's Mafioso epic *The Godfather* opened to enormous popularity and critical acclaim in 1972, it was hard to imagine that any subsequent films by the director could top his original masterpiece. But when producers practically begged Coppola to write a sequel, the result was nothing short of spectacular; a film that, in my opinion, exceeds the original in depth and importance, and remains, along with the original, as one of the finest films in American cinema.

*The Godfather Part II* continues with the story of Michael Corleone, the initially unwilling heir to his father's crime empire. Now a full fledged Don, Michael has moved the family from the familiar streets of New York seen in the first film, to an isolated compound on Lake Tahoe. The film begins, similarly to the first, with a party being held at Michael's home in honor of his son's first communion. It is in the wake of these festivities that someone makes an attempt on his life. Juxtaposed with Michael's continuing saga is the tale of his father, Vito Corleone's rise to power. The two stories and plotlines intertwine throughout the film, and the parallels and symbolism between the two are unmistakable. Michael's story follows his quest



to discover and seek retribution for those responsible for the assassination attempt. In the process, he carves a bloody swath through his friends and enemies alike, slowly transforming into the kind of man he swore he would never become. *The Godfather Part II*'s story is one of murder, betrayal, and the inevitable consequences of the corruption of power.

With relative newcomer Robert De Niro taking up the role of Vito, formerly occupied by Marlon Brando, and Robert Duvall and Diane Keaton renewing their roles as Michael's advisor and his wife, the supporting actors alone are enough make *The Godfather Part II* good. But it is Al Pacino's portrayal of Michael Corleone that makes it truly great. Pacino's performance is, without a doubt, the finest acting I have seen in any film. Francis Ford Coppola's is in top form as well, due in part to the producers giving him total artistic liberty, a sharp contrast to the first film when he was almost fired.

*The Godfather Part II* went on to win an Oscar for Best Picture, the only sequel to do so, and is considered by many critics to be among the greatest films of all time. I consider myself to be a film enthusiast, and I've seen a wide array of the world's finest films, but *The Godfather Part II* is by far the best, and it remains as my favorite

## You-Can-Toucan

**Austin Clark**  
Sports Editor

As I was strolling down the sidewalk of 3<sup>rd</sup> street, deciding where my friends and I were going to eat, I noticed a change in scenery. Instead of the Moss Rose Café, a newly constructed establishment was in its stead. Exotic shrubbery and tiki torches, along with two extremely large bird statues protruded the street. Christened Toucan, the restaurant was packed with people and the wonderful smell of fine cuisine.

On deciding to give this place a shot, my friends and I were relieved to find a table in the corner of the room. When I sat down I was intrigued by the display of striking colors on the wall, contrasted with the traditional formal dining table and chinaware. As we decided on what entrées we would be ordering, I noticed the menu had a traditional beef, chicken, and seafood lineup with various soups and salads. The wait for our food was rather long, but due to the muddle of people present, I let it go. The waiters and waitresses were very polite as expected and were quick to refill a glass or supply a basket of bread. When our food finally arrived, I was let down. Though my steak was cooked to perfection,

the quantity of food on my plate was incomparable to what the menu had led me to think. I left the restaurant let down on an empty stomach and an empty wallet.

Though I thought the whole experience wasn't a disaster, I would not recommend this restaurant. Though the setting was unique, the style of food was not much different than the surrounding eateries such as Max's or C.C. Cohen's. The quality of the food was superb but in this case, the price of the food did not parallel to the quantity served. However the vibe that the restaurant puts out is successful, but time will only tell how long this success lasts.



## Around Town: The Upper Crust

**Monica Spees**  
Features Editor  
**Hannah Hudson**  
Business Manager

A quaint building on Jackson Street has, sadly, not caught my eye before now. This adorable little piece of real estate is none other than The Upper Crust. I have to admit that I was slightly skeptical before entering this place. I hadn't heard much of anything about The Upper Crust, so I had no idea of what to expect. Even if I had had ridiculously high expectations, they would have been met and surpassed by the sensational characteristics of this establishment.

As soon as I stepped over the threshold of the bakery, I adopted the persona of a kid in a candy store. Actually, I was more like a chocoholic teenager in a bakery. My eyes feasted on the sight of pies, cakes, and cookies that seemed to be sitting behind the glass counters just waiting to become acquainted with me. I was tempted by the "extreme chocolate" cake, the sugar cookies, and the assorted pies. The "extreme chocolate" cake was immediately my first choice, but it hadn't been cut yet, and I couldn't bear to witness such exquisite beauty marred by a stainless steel pie server. Instead, I ventured away from total chocolate to the remaining half of a French silk pie. After receiving my slice on a glass plate, I seated myself in a comfortable chair and enjoyed the afternoon breeze that entered the room through the open door.

A little uneasy, I lifted my fork and thrust it into my pie. Let me tell you, after that first bite, I made a vow to never eat French silk pie from a freezer ever again. The whipped topping, the soft chocolate filling, and the decadent crust hosted a party at my taste buds' house. Every bite was even more wonderful than the last. In addition to that, this French silk pie left me content, unlike most pies. As I saw that I was nearing the end of my journey with the delicious dessert, I did not feel sad and depressed. I smiled to myself, satisfied after a delightful time with just one of the many pastries offered at The Upper Crust.

In addition to the aforementioned pies, cakes, and cookies, the Upper Crust also offers cupcakes and specialty cakes for weddings, showers, birthdays, and other special events. Don't forget that all these desserts are completely and 100% made from scratch. But these sweet treats are not that are available. If you're thirsty, you can sip on a cappuccino, a latte, a Jones

Soda, a Red Bull, or homemade sweet tea.

My only regret is that I didn't have room to taste a few other desserts. They all looked so wonderful. Hannah, my newspaper staff accomplice on this mission, ordered a sugar cookie with a baseball decorated in icing on it. She said it was "delectable, and the best cookie I've ever had." If only I had seen The Upper Crust as I drove by on my way to other, inferior bakeries. If only I had gone there more times and had the opportunity to sample more of the tempting pies, cakes, and cookies lying behind glass. I am sure of one thing, though: I will return to The Upper Crust very soon.

Not only does the Upper Crust have great pies, cakes, cookies and much more, but the atmosphere is very inviting. When Monica and I walked up to the beautifully painted building, we were welcomed by smiling faces through an open door. As we entered, we could hear the music playing (at the perfect volume; not too loud, not too soft) through the speakers. If you are stressed out, then this is the place to go, because the mood is very relaxed. On this particular day, it was warm and a little breezy, so the door was left open, letting that glorious breeze flow in. There is a table placed outside for those warm days when you want to enjoy the sunshine, but you might miss out on the music and wonderful smell of freshly baked cookies. So, our first impression was definitely a good one.

The Upper Crust is owned by Lana Watkins and her husband, but Lana looked to her best friend, Lisa Smith, to help her operate this delightful bakery. Lana and Lisa are best friends who love to bake together, and they have been looking for a fine piece of real estate on which to open their bakery for about a year. Although they live in Metropolis, they go to church and shop in Paducah, so they decided to open up shop here because of their great location on Jackson Street. Lana says that their first 5 months of business has been great.

If you haven't been to the Upper Crust, then you are really missing out. No offense to my meemaw's old recipes, but I don't ever want to eat a dessert again unless it is from the Upper Crust. So, when you get the time, wait, no, make the time to cruise down Jackson Street and visit the Upper Crust.

# Dr. Drew Delivers Gleeland for Leeland

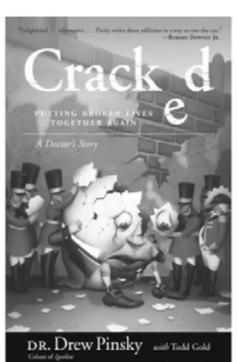
**Aaron Megibow**  
Entertainment Editor

On March 5, VH1's finale of the hit show "Celebrity Rehab" featuring Dr. Drew, and a variety of troubled celebrities, aired. We've seen Dr. Drew on this show and on "Loveline", but what many people don't know is that Dr. Drew Pinsky is also an author. In 2003, the famous addictionologist published Cracked: Putting Broken Lives Together Again A Doctor's Story, an interesting commentary on the field in which he works.

Not only does Cracked serve as an autobiography of sorts, but it also serves as a commentary on the dynamics of treating alcohol/drug addiction and mental illness. Dr. Drew draws the reader in through informal case studies, intense introspection, and vivid detail and ends up teaching the reader about the most misunderstood field of medicine. Cracked chronicles Dr. Drew's treatment of a pregnant woman who miscarries due to her addiction to crack and anxiety medication, an elderly alcoholic who resists treatment, a man who (as a result of post-traumatic stress disorder from time he served in the first gulf war) has fallen into pain killer addiction, and a woman who dies in treatment after a "friend" sneaks her drugs. While reading Cracked you can't help but become at-

tached to these patients and their journey at the Las Vencinas treatment facility in California. Dr. Drew uses these unique patients to teach the reader a great deal about the treatment process.

This remarkable book raises many interesting questions such as "What role does genetics play in addiction?", "What factor, if any, does age play in the treatment process?", "In what ways does society-at-large influence destructive behavior?" and most importantly "What exactly is it that drives people to seek rehabilitation?" If you're searching for a book which not only enriches your mind but also tugs at your heart strings, pick up Cracked by Dr. Drew Pinsky.



Courtesy amazon.com

**Nate Brelsford**  
Staff Writer/Cartoonist

This past October, I reviewed Leeland's first album, the incredible *Sound of Melodies*. Although Leeland has been busy touring with Casting Crowns and receiving four Dove Award nominations and even a Grammy nomination in the last year, they have managed to release a second record entitled *Opposite Way*.

*Opposite Way* was released on February 26. As an avid fan of the band, I was expecting the repeat album to blow my mind – and I was not completely disappointed. Leeland once again proved to be musically superior. The band has developed a more intense, cleaner, and more original sound without altering their style. They still slightly resemble Coldplay's progressive elements with the occasional Paul McCartney-ish twist. As great as it is, the music cannot be considered Leeland's primary focus.

Leeland's strength lies in lyrics, and once again, they've pulled through. Their messages are not merely meant to be listened to and repeated, but lived. In contrast to *Sound of Melodies*, primarily a Christian worship album, *Opposite Way* contains several themes that are pertinent to Christ-followers

and non-Christians alike. Leeland says of *Opposite Way*, "A major theme on our new album is to encourage our generation to live passionately for the Lord, even when it means going the 'opposite way' of the world." In other words, there is an escape from "the system" we face every day. Just as Rage Against the Machine opposes "the system" through malice, Leeland inspires others to combat it with a much more effective tool: *life*.

*Opposite Way* does have its drawbacks. Although topping *Sound of Melodies* is, in my opinion, nearly impossible for any band, I don't feel Leeland accomplished it with this album. It's the sort of record that grows on the listener over a period of time. It only gradually develops "cognitive itches" in listeners (see "Weasel Wonders Why," page 5).

Despite this observation, I strongly recommend both *Sound of Melodies* and *Opposite Way* to any audience. As I mentioned back in October, the full Leeland experience comes only in live performance. Coincidentally, Leeland will appear in concert along with Casting Crowns and John Waller at Murray State University's Regional Special Events Center (RSEC) on April 17.

For more information on Leeland and the concert, visit [www.leelandonline.com](http://www.leelandonline.com).



Courtesy google.com

## Definitely, Maybe Baby

**Lee Cole**  
Entertainment Editor

When I was asked recently to go see Adam Brooks' magnum opus, *Definitely, Maybe*, I didn't quite know what to expect from this new film starring the dashing, squinty-eyed Ryan Reynolds, slated as the greatest romantic comedy since *Annie Hall*. Given Reynolds' previous successes in *Van Wilder* and *Blade Trinity*, I was somewhat weary of this film, but as I sat in the theater, I found myself being pleasantly entertained.

Now don't get me wrong; as I said in the previous issue of the "Oak K" concerning *Walk Hard: The Dewey Cox* story, this film was not terrifically important or particularly moving. But like *Walk Hard*, it was entertaining, and I had fun watching it. It could neither be categorized as a bad movie, or a great movie; it was just somewhere in between. The story is that of political consultant Will Hays (Reynolds) and his relationships with women throughout his life. The story is told mainly in flashback as Hays explains these relationships to his 11 year old daughter, played by Abigail Breslin (Little Miss Sunshine). While the plot can be hard to follow with its series of unexpected and often unrealistic twists, the writing and the presentation of the story are generally good. Ryan Reynolds part was well acted, and the female leads, Isla Fisher and Rachel Weisz, were excellent. Kevin Kline's minor role was perhaps the most dynamic, and the only acting that was really lacking was that of Elizabeth Banks, who played one of Reynolds love interests and Abigail Breslin's character's mother.

I realize that some of my readers may see this review as being out of kilter with my normal opinions. As one person said, "How could you hate *Juno* and like *Definitely, Maybe*?" There is a key difference, however, between the two aforementioned films. I went

into *Juno* fully expecting to be not only entertained, but moved, and I wasn't. I was dragged in to *Definitely, Maybe* fully expecting to hate it, but it won me over. This film was good enough to not only entertain me but to overcome my preconceived, snooty notions. At the same time, *Juno* was bad enough to leave me highly annoyed, even though I wanted to like it, and believed that I should. The makers of *Juno*, Diablo and the likes (Congrats on the shocking Oscar win)

knew by the time the "quirky, fun" story was pitched that it was going to do well, by critics and fans alike. It was marketed that way, and made to take advantage of all the people, like myself, who wanted to, or felt like they should like it. It should also be noted that the person who asked the question above hadn't seen either movie. Instead, they based their statement on what everyone else thought, or were supposed to think.

It wasn't until after seeing this film, and doing some research, that I discovered that it was from the same makers as *Love, Actually*, a film that I've always loved. *Definitely, Maybe* wasn't nearly as good, but I was glad that I saw it. Perhaps the most important part of my whole experience was that I was reminded, as I often need to be, of how important objectivity is in evaluating a film, or a song, or book, or any art for that matter. *Definitely, Maybe* taught me to have an open mind when I go to the theater, to never brush off a film before I've seen it, and most importantly, not to judge Ryan Reynolds just because he's played a vampire slayer named Hannibal King in *Blade Trinity*.

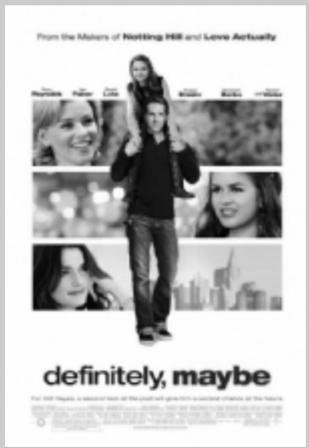


Photo from google.com

J E A N N I E S U H R H E I N R I C H O  
A S B E L L N R H W C E S H E A A K C N  
T H P O N O N G A G T N A R G O L R A C  
G E O E W O B I G E M N O R A A A A B T  
I U B T M C D L N N N N E J O N R L N O  
N R E H O H M U A A L H A U H O M C E A  
M I S E N C S U H K L M N E N T L N T E  
O E T L I U L H M I E M R W A S A I L E  
L S E R C E U S N S W H I N T B A T A K  
L P P E A D I L S A O L A M E H A S K K  
Y O H P S R S U R R L L L R B A A U K D  
G S E O P E M Y N I L L B E R A K A R U  
O L N K E M E H A Y O A B A E I E L A L  
O A C E E E M M H O H D E H L C S O M H  
D G O R S T S E M A K D E L S N O O L G  
M N L E H D I L K H C L A I F O A L N G  
A I B D O N E G N E I O N N O T I C E T  
N O E L E U L I T E R A C Y R E L R P G  
R S R E G D A B G N T N R E D R R O M N  
U M T K H G A M E G A M E L H E I J S R  
H Y J C B L R E A N P A B Y R L E L A R

### FIND THE STAFF:

#### A WORD SEARCH BY JAMES SUMMERLIN

James Summerlin	Blake Harrison	Hannah Hudson
Lee Cole	Aaron Megibow	Mark Kaltenbach
Monica Spees	Ally Heine	Austin Clark
Derek Operle	Aaron Williams	Jeannie Suhrheinrich
Nate Brelsford	Patrick Hollowell	Molly Goodman
Stephen Colbert	Grant Gagnon	Game game
On Notice	Badgers	Literacy



**Literacy Coaches**  
AN EVOLVING ROLE

Photos from google.com

# BACK TO BUSINESS: MLB 2008 PREVIEW

## Blake Harrison

*Assistant Editor-in-Chief*

It's not even April yet, and the baseball season is back in action. A national champion still hasn't been crowned, and the Yanks and Sox are already in battle mode. This year's season should be one of the best in recent years. If you look at each division, it's hard to believe how evenly matched they are. Parity has made its way to the baseball diamond, and it's something to embrace. New rivalries, fresh faces, and a clean slate have presented themselves to us, and they will make for an incredible summer. Whether it's the first pitch of the season, the All-Star Game at Yankee Stadium, or the trophy presentation in the fall, there is something for everybody to look forward to. The long wait is FINALLY over, and teams must now go out and prove they belong in October.

### *National League Central*

The NL Central has seen a shift in power occur. The Cardinals have taken the back seat to teams like the Brewers, Reds, and even the Cubs! St. Louis will still compete, but those other teams have a clear advantage over them.

#### **Chicago Cubs**

**Key Additions:** OF Kosuke Fukudome

**Major Losses:** OFs Cliff Floyd and Jacque Jones

**Bottom Line:** The Cubs are ironically the favorites in the early going. Although they have not added too many new pieces, their pitching depth speaks volumes, and the heart of their order could be deadly. Yes, it is the 100 year mark of the curse, and for some reason, Cubs fans seem to think "this is the year!"..Imagine that!

#### **Milwaukee Brewers**

**Key Additions:** OF Mike Cameron, CP Eric Gagne

**Major Losses:** CP Francisco Cordero, OF Geoff Jenkins

**Bottom Line:** The Brew Crew looks to build upon the strong season of a year ago. They are finally beginning to see the pieces come together. If Mike Cameron can provide Gold Glove defense and Gagne can close games, the Brewers should find themselves towards the top of the Central. Prince Fielder's emergence as a 40+ homer guy solidifies the offense.

#### **Cincinnati Reds**

**Key Additions:** CP Francisco Cordero, SP Josh Fogg

**Major Losses:** OF Josh Hamilton

**Bottom Line:** The Reds are legit. Yes, I just said, the Reds are legit. Oddly enough, they spent money this winter. And no, it wasn't on a broken down, hometown hero. They filled their biggest need by signing Cordero to finish games, but they did trade away last year's feel good rookie, Josh Hamilton. They honestly have a good chance to finish above my beloved Cardinals, and could easily spoil the Cubs or Brewers plans.

#### **St. Louis Cardinals**

**Key Additions:** 3B Troy Glaus, SPs Matt Clement, Joel Piniero, Kyle Lohse, IF Cesar Izturis, OF Brian Barton

**Major Losses:** 3B Scott Rolen, SS David Eckstein, CF Jim Edmonds, RHP Troy Percival

**Bottom Line:** It's clear the Red Birds are going to have a down year. The club went in a completely new direction this off-season, and changed the face of the franchise. Many household names are long gone, and they have been replaced with young and exciting talent. The outfield will be especially intriguing with guys like Brian Barton (a Rule 5 steal), and Rick Ankiel. It's worth mentioning the team has an entire starting rotation..on the DL! They'll be interesting to watch, but don't expect more than 80 wins, if that.

#### **Houston Astros**

**Key Additions:** SS Miguel Tejada, OF Michael Bourn

**Major Losses:** UTL Chris Burke, RHP Chad Qualls, CP Brad Lidge

**Bottom Line:** The addition of an aging, 'roid raging Tejada will cause a media circus in Houston. They will have an above average line-up, and they do have a No. 1 starter in Oswalt. But, I just can't see the 'Stros in contention. This will be the first year Craig Biggio won't be on the field for the Astros, and it won't feel like baseball without him. He did great things for the game that won't soon be forgotten.

### *National League West*

The NL West will be fun to watch. Every team has a chance to win the division, and the starting pitching of most teams is unbelievable. Teams will beat up on each other all year, and it will be a fight to the finish.

#### **Colorado Rockies**

**Key Additions:** 2B Marcus Giles, OF Scott Podsednik

**Major Losses:** SP Josh Fogg, RHP LaTroy Hawkins

**Bottom Line:** There's no reason to believe the Rockies will take a step back from last year's incredible run. They made everyone (including myself) look like fools as they coasted to the World Series. There's no hiding Matt Holliday any longer, and the same goes for their stellar pitching staff. The West is always competitive, but Colorado brings a new meaning to the word.

#### **Arizona Diamondbacks**

**Key Additions:** SP Dan Haren, UTL Chris Burke, RHP Chad Qualls

**Major Losses:** 1B Tony Clark, SP Livan Hernandez

**Bottom Line:** The addition of Haren gives the Snakes a sickening 1-2 punch (Haren and Webb). Their young talent will continue to blossom, and their competitiveness will scare everyone in their way. If Randy Johnson stays healthy, watch out. They could very well be the NL representative in the World Series.

#### **San Diego Padres**

**Key Additions:** CF Jim Edmonds, 1B Tony Clark

**Major Losses:** OF Mike Cameron, RHP Doug Brocaill

**Bottom Line:** The Pads could get lost in the West very easily, but that would be a big mistake. Even though other teams have stepped into the forefront, their core remains, and I wouldn't want to anger them. Peavy, Young, and Maddux head a rotation that could be one of the best in all of baseball. Should Edmonds stay healthy, their outfield defense will be top notch.

#### **Los Angeles Dodgers**

**Key Additions:** CF Andruw Jones

**Major Losses:** none

**Bottom Line:** Put perennial Gold Glove award winner Andruw Jones in the mix with young stars like James Loney, Andre Ethier, and Matt Kemp, and you have one heck of a ball team. Add in a lights-out bullpen, and you have the LA Dodgers. The Dodgers' talent is frightful to say the least. If it was possible, almost every NL West team would make the play-offs. New manager Joe Torre won't have to do too much to be successful in Dodger blue.

#### **San Francisco Giants**

**Key Additions:** CF Aaron Rowand

**Major Losses:** OF Barry Bonds

**Bottom Line:** Other than bringing Rowand aboard, the Giants stayed relatively quiet this off-season. Barry Bonds is finally out of their hair, and so goes the media frenzy. The team has taken on a new identity, and they have embraced life after Bonds.

### *National League East*

The NL East should be quite competitive as well. The Mets and Phillies are out front, but the Braves won't go out without a fight. Johan Santana has the entire division shaking in their boots, with good reason.

#### **New York Mets**

**Key Additions:** SP Johan Santana, C Johnny Estrada

**Major Losses:** SP Tom Glavine, C Paul Lo Duca, OFs Lastings Millege and Carlos Gomez, RHP Guillermo Mota

**Bottom Line:** The Mets captured the biggest prize of the off-season in Johan Santana. The Sox nor the Yanks were willing to pony up the prospects to land him, leaving the Mets the big winners. They sent out promising youngsters, but they were willing to do so for the best starter in the game today. St. Louis plays the Mets seven times this season, two of which I'm counting as losses at the left arm of Santana. He makes them automatic front-runners in the East, and heavyweights in the National League.

#### **Philadelphia Phillies**

**Key Additions:** OF Geoff Jenkins, CP Brad Lidge

**Major Losses:** OFs Aaron Rowand and Michael Bourn, SPs Kyle Lohse and Jon Lieber

**Bottom Line:** Philly's three headed monster of Howard, Rollins, and Utley may be hard to top. Each is capable of having an MVP season, and if the pitching comes through, anything could happen. Look for the bad blood between them and the Mets to boil over sometime soon.

#### **Atlanta Braves**

**Key Additions:** SP Tom Glavine, LHP Will Ohman, OF Mark Kotsay

**Major Losses:** CF Andruw Jones

**Bottom Line:** This could be Glavine's swan song. If he pitches the way he has for the past twenty years, the Braves, too, have a killer 1-2-3 punch in the rotation. Long-time anchor Andruw Jones is gone, but Mark Teixeira will help fill his void. The Bravos will not go down without a fight.

#### **Florida Marlins**

**Key Additions:** CF Cameron Maybin, SP Andrew Miller

**Major Losses:** 3B Miguel Cabrera, SP Dontrelle Willis

**Bottom Line:** It feels like deja vu all over again. The Marlins spent another winter getting rid of their best talent in return for even younger talent. I'm calling it a Tigers dynasty conspiracy; anybody with me? They did get two great young studs for Miggy and D-Train, but it's not enough to put people in the seats!

#### **D.C. Nationals**

**Key Additions:** OFs Lastings Millege and Elijah Dukes, Cs Johnny Estrada and Paul Lo Duca

**Major Losses:** none

**Bottom Line:** Don't expect them to compete for a play-off spot just yet, but do look for the Nats to develop their young stars (Dukes and Millege). Both were, at one time, considered top prospects, and will be a nice tandem in the outfield. Zimmerman will continue to grow as a star, but their pitching just isn't there.

### *American League Central*

In a division where competition is usually level, the tigers have taken the bull by the horns. They will feature countless All-Stars and future studs. Cleveland isn't completely out of the rear-view mirror, and the White Sox won't lay down, either.

#### **Detroit Tigers**

**Key Additions:** 3B Miguel Cabrera, SS Edgar Renteria, SP Dontrelle Willis

**Major Losses:** SP Andrew Miller, OF Cameron Maybin

**Bottom Line:** Where should I start? The Tigers will put an All-Star team out on the field every night, their pitching is way above average, and their bullpen is very strong. Anything but a World Series ring should be a disappointment. Just thinking about the Tigers makes me sick. Miggy just signed an eight-year, \$153 million contract, so he's not going anywhere any-time soon. The only blemish for the Tigers is the fact that CF Curtis Granderson will start the season on the DL with a broken finger.

#### **Cleveland Indians**

**Key Additions:** none

**Major Losses:** none

**Bottom Line:** Although the Tribe didn't sign any new-comers, they did manage to re-sign key members of last year's team. Joe Borowski and Paul Byrd were both re-signed, which will keep the pitching in order. With virtually the same team as last year, the Indians have nothing left to do but finally bring home a pennant to Cleveland, which they are very capable of doing. Expect starters Fausto Carmona and C.C. Sabathia to push each other to compete at the highest level.

#### **Chicago White Sox**

**Key Additions:** OFs Nick Swisher and Carlos Quinten, RHP Scott Linebrink, SS Orlando Cabrera, 2B Alexei Ramirez

**Major Losses:** SP Jon Garland, OF Scott Podsednik

**Bottom Line:** The Sox have their swagger back. Swisher brings a hard-nose personality to a team in desperate need of an identity. Cuban defector Alexei Ramirez is said to have tremendous upside, and the pitching staff looks very strong. The only problem is they are stuck behind the Tigers and Indians.

#### **Minnesota Twins**

**Key Additions:** OFs Carlos Gomez and Delmon Young, SP Livan Hernandez

**Major Losses:** SPs Johan Santana, Matt Garza, and Carlos Silva, CF Torii Hunter

**Bottom Line:** With the exception of Mauer and Morneau, every recognizable face is gone in the Twin Cities. The Twins took cutting payroll to a whole new level when they said "happy trails" to Santana and Hunter, as well as Garza and Silva. The prospects they got in return for Johan are exciting (Gomez will be a **STAR**), but it's still sad to see him go. The team may have more employees than fans in attendance this season.

#### **Kansas City Royals**

**Key Additions:** OF Jose Guillen (if you can call him that)

**Major Losses:** SP Odalis Perez

**Bottom Line:** The team thinks it's ready to compete, but they don't have me sold on that idea just yet. 3B Alex Gordon will be one of the only bright spots for KC. He had a disappointing season offensively last year, but after getting a full year under his belt, should be ready to put up numbers.

**DON'T FORGET TO COME OUT AND  
SUPPORT LONE OAK BASEBALL AND  
SOFTBALL ALL SEASON LONG!**

# MLB 2008 PREVIEW CONTINUED...

## American League East

There are two *real* teams in the AL east (Yankees and Red Sox). Other than that, the East could be considered a JV league.

### Boston Red Sox

**Key Additions:** none  
**Major Losses:** SP Matt Clement

**Bottom Line:** As much as I hate to say it, an American League team will probably hoist the championship trophy again, and Boston is in the top two. They, much like the Indians, resigned their own players, but didn't dip into the free agent pool. Jacoby Ellsbury will make his name a household fixture, and Beckett (if healthy) should pitch his way to the Cy Young, again. \*Beckett has been placed on the DL, but should be ready by April 4.

### New York Yankees

**Key Additions:** RHP LaTroy Hawkins, C Bengie Molina  
**Major Losses:** none

**Bottom Line:** The last year in Yankee Stadium will be a memorable one, regardless off how the pinestrippers finish. The All-Star game will be held in the Bronx, and all the former greats should be on hand. As for the season, you know the drill: the offense will put up runs, but the pitching probably won't hold up. No play-offs for the Yanks.

### Toronto Blue Jays

**Key Additions:** SS David Eckstein, 3B Scott Rolen  
**Major Losses:** none

**Bottom Line:** The Jays must've been pretty envious of what the Cards had, considering they have THREE former Red Bird infielders on their roster. Rolen gets a change of scenery, Eckstein didn't get paid, and the Jays will just hope to get some air time on Sportscenter. Good team, wrong division. \*Not surprisingly, Rolen will begin the season on the DL with a broken finger.

### Tampa Bay Rays

**Key Additions:** SP Matt Garza, CP Troy Percival, OF Cliff Floyd

**Major Losses:** "Devil", OFs Delmon Young and Elijah Dukes  
**Bottom Line:** For some reason, the ownership though it would be a great idea to become the "Rays" and design really dull uniforms. Now, that spells a moneymaker! They got rid of two young headaches, and dealt for a legit No. 2 starter in Garza. If they could only be in Division 1 instead of the AL East...

### Baltimore Orioles

**Key Additions:** OF Adam "not Pacman" Jones

**Major Losses:** SP Erik Bedard,  
**Bottom Line:** They are also headed down the college ranks. Their one key to contention was dealt (Bedard), and they have almost no reason to play. Jones is a good CF prospect, but they got rid of a bonifide starter.

## American League West

In a league where competition is king, I'm not so sure it's as present in the AL West. Two teams took steps forward, and two took steps backward. The Halos lead the way.

### Los Angeles Angels (of Anaheim)

**Key Additions:** CF Torii Hunter, SP Jon Garland  
**Major Losses:** SS Orlando Cabrera

**Bottom Line:** The Halos have the best throwing outfield in baseball. With two centerfielders to go along with Vlad, there won't be much running against these Angels. Their rotation is good, their line up is good, and they have too many good outfielders; sounds like a good problem to have, right? They are easily the best team out West.

### Seattle Mariners

**Key Additions:** SPs Erik Bedard and Carlos Silva, OF Brad Wilkerson

**Major Losses:** OF Adam Jones  
**Bottom Line:** The M's definitely took a giant leap forward this winter. They acquired two good starting pitchers to lighten King Felix's load. The offense may be a bit of a question, but their bullpen is solid.

### Oakland Athletics

**Key Additions:** 1B Mike Sweeney  
**Major Losses:** SP Dan Haren, OFs Nick Swisher and Mark Kotsay

**Bottom Line:** What exactly does Billy Beane consider a youth movement? He continues to move great players before they are due for large contracts, and the team takes steps backwards every year. Harden and Blanton could be next out the door, especially if they find themselves out of contention by mid-July. Former Cardinal farmhand Daric Barton should emerge as a star.

### Texas Rangers

**Key Additions:** OFs Josh Hamilton and Milton Bradley, RHP Kazuo Fukumori

**Major Losses:** OF Brad Wilkerson  
**Bottom Line:** Josh Hamilton should get the opportunity to hit plenty of home runs this year at Arlington, but he'll probably see three times as many fly over his head in center field. Playing in the best hitters park in the big leagues won't help the Rangers much.

Pages compiled with the aid of mlb.com

# OSM: Sepak Takraw

Hannah Hudson  
Business Manager

I am a big volleyball fan, and not just because I play the sport. It is a fast paced, high energy, competitive sport. Now, I'm not too crazy about soccer, but I can see why some people could find it exciting, because it's a non-stop, action filled game. And when the national gymnastic competitions are on television, I'm not going to lie, I enjoy watching them. Yet, volleyball is still my favorite. Which makes me ask myself, "What could be better than volleyball?" The only answer I came up with was Sepak Takraw.

Sepak Takraw is a bizarre sport of South East Asia that combines volleyball, gymnastics, and soccer all in one. The net is the same level as a regulation badminton net, which is five feet. A volleyball player would immediately think that this game would be easy because of the low net, but the thing is: you can't use your hands. The players can use their head, shoulders, legs, or feet to smash or block the ball, but they are prohibited to use their hands. The ball weighs about half a pound, and is made of a wicker-like substance called rattan, although now, plastic is sometimes used. One other big difference in Sepak Takraw and volleyball is the fact that a player in a Sepak Takraw match can touch the ball three consecutive times, while in volleyball one team can only touch the ball three times before the ball must be returned.

A team in a Sepak Takraw match that is composed of three people is called a Regu. When the players are on defense they don't have a rotation, unlike volleyball where there is always a rotation. The winner of a match must score 15 points before their opponent, and must win two out of three sets. If the teams are tied at 13, then the first team to 13 can choose to finish the set or to go on to a 5-point match, and if the teams are tied at 14, the first team to 14 can choose to finish or to play a 3-point match.

You may not think so, but gymnastics is actually a big part of Sepak Takraw. The players must be able to jump and get their feet above the five foot high net in order to hit or block. Some experienced players can even do a back flip at the net so that when they kick the ball there is more speed on it. The key to being a successful Sepak Takraw player obviously lies in gymnastics skills.



# Churchball: Hoops Hysteria

Patrick Hollowell  
Staff Writer

Along with high school basketball, there is also another basketball league that many of you may not have heard of. CHURCH LEAGUE! The games are run by Mt. Zion Church and played at their gym, located off of Old Highway 62. Made up of many former high school basketball players, the league is almost as competitive and twice as intense as high school basketball, exemplified by the number of technical fouls. Ask any church league baller: when tournament time comes around, nothing is more important than making it to "the ship" (championship game).

There were three teams in this league out of twelve that were primarily made up of student-athletes from Lone Oak High School. The Roosters, Highland Hawks, and Da Purple Bears were these Lone Oak based teams and they all had varied success throughout the season.

The Hawks had a tough year, finishing their season with a record of 2-5. The Hawks starters were **Cody "Hot Sauce" Hammonds (12)**, **Chase Fox (12)**, **Austin Clark (12)**, **Zach Coleman (12)**, and **Tyler Parker (12)**. Austin Clark, a Kevin Love type player, was a key component for the Hawks averaging a double-double with 14 points and 10 boards a game. The Hawks two ball handlers were Tyler Parker, a player who's game resembled that of Steve Nash, and Zach Coleman who reminds me a great deal of Spud Webb. The two big men for the Hawks were Cody Hammonds, and Chase Fox who were known as the twin towers. Unfortunately these key elements were not enough to advance them past the first round of the playoffs.

The Roosters also had a disappointing year, finishing the season with only two wins. Led by Peyton Logue, a Kevin Durant style player, the Roosters clucked there way to a 2-5 record. The Roosters did however make it past the first round only to meet Da Purple Bears where they were just overmatched with the Bears skill level. Logue finished the season averaging 18 points a game. Peyton had much help throughout the year from key players such as **Allen Haase (11)**, **Andrew Croft (10)**, **Drey Duncan (12)**, **Jon Freeman (11)**, **Logan Francis (11)**, **Ryan Freeman (10)**, Peyton Gourieux, **Jerry Boyett (11)**, and **Forrest Walters (11)**.

Da Purple Bears did however achieve success, reaching the Championship Game and finishing the year with a 6-3 record. The Bears key to success was their overall balance in every position. Their scoring was dominated by three players **Adam Butler (12)**, **Jerome Gillespie (12)** and **Patrick Hollowell (12)**. The Bears main rebounders were **Derek Roof (11)**, James Malast and **Briggs Krauss (12)**. They also had very good shooters in **Austin Edwards (11)**, and **Travis Hickman (12)**. The Bears also had a great coaching staff consisting of **John "Papa Bear" Carr (12)**, and **Jordan Adams (12)**. The Bears lost in the Championship game to the Rainmen of Heath, a team they had beaten by 25 points during the regular season. I talked with Adam Butler who quoted, "I took the loss really hard, I really wanted to win the

Keith L. White, D.M.D.

Kelvin L. White, D.M.D.

Greg C. Goodman, D.M.D.

Office Hours  
By Appointment



Toll Free 800-810-8005

Phone (270) 898-6215  
Fax (270) 898-6504  
6045 Kentucky Dam Road  
Paducah, KY 42003

Phone (270) 554-1904  
Fax (270) 554-1905  
150 North Friendship Road  
Paducah, KY 42001