

A look inside
The Oak "K"

Watch out for that black hole!
Page 3

What kind of person are you?
Find out!
Page 4

Who's in the halls?
Take a look!
Page 7

My Morning Jacket's Evil Urges
Page 8

Bye-Bye, Beijing
Page 11

Meet Mr. Harper

Blake Harrison
Editor-in-Chief

What's your idea of a cool principal? Someone who likes the lake, and listens to your kind of music, perhaps? If I were to list qualities that I would want my principal to have, I would include the desire to better the school, find new ways to learn, all the while keeping the students in mind. In my dreams, right? Wrong! All of the traits mentioned above describe **Brian "Hurricane" Harper**.

Since day one, he has strived to better LOHS and the learning environment it provides. Sure, the belt may be tied a tiny bit tighter, but so what? Just because students can't skip class or escape during lunch doesn't mean we're on lock down. Mr. Harper has stressed time and again that safety and academics are his top priorities. With the new project-based learning system and the rule enforcements, he feels like we're headed in the



Photo by Erin Conwell

right direction.

How exactly did Mr. Harper find his way to Lone Oak High School? A Reidland High School graduate, he attended Murray State University, where he majored in Health and Office Systems. He taught right here at LOHS, became the principal at Calloway County Middle School, and went on to become the principal at Hendron Lone Oak. In addition, he also served as Head of the Local Planning Committee. He carefully monitored the situation, and after support and urging from mentors and parents, he decided to apply for the principal job here. "It was an honor just to be interviewed," remarked Harper.

In getting to know Mr. Harper, I have learned some pretty interesting things. For example, he was able to bring an iPod Lab to HLOE, and he would love to have one at the high school. Not only that, but he is also working hard to implement several other technological devices for learning purposes.

Away from the job, Harper enjoys spending time with his wife and two children. They attend Lone Oak First Baptist Church, and love to camp and spend as much time at the lake as possible. He also enjoys sports (he loves UK and the St. Louis Cardinals).

The road ahead will present many challenges, but with the staff and student body he inherited, Mr. Harper only sees success. "I see great potential for us to exceed expectations in the future. The student body is very intelligent, and the staff is willing to try anything to improve the culture of learning."

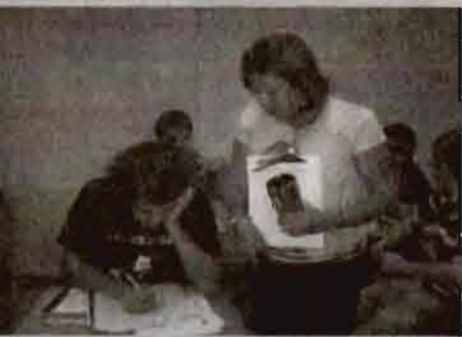
New School Policy Asks Students to Change, Focuses on Learning Environment

Aaron Williams
News Editor

Adjustments in the school policy here at Lone Oak High School are asking students to change their routines in ways some find quite irritating. The new policy was drafted over the summer by a committee of students and teachers headed by **Principal Harper** in an effort to make Lone Oak High a smoother, safer, more disciplined learning environment. However, some students remain skeptical as to whether or not this will work. Other students even seem to be resentful to a few of the measures the committee implement to ensure a better school-wide culture.

Maegan Alexander (10) reflects one particular argument against the new policy. "I don't like before school or the lunches," she says. Students do seem to be rather exasperated over the fact that they now have only two options as to where they can go before school: the gym to socialize or the cafeteria for breakfast. This takes away the freedom students had every morning before classes associated with yester year. Proponents of the new morning procedure firmly believe that the student population is made better by the change. "It makes the school safer by keeping students supervised at all times," says **Assistant Principal Mrs. Jarvis**, with an emphasis on *makes the school safer*.

As for the switch back to three lunches, it is clear that the committee once again had very good intentions. The idea was to enable students to have more time to enjoy their lunch and socialize on their break from class. Instead, students have been voicing their opinion that they now have less time to eat, and much more cramped conditions to eat under. One could argue, however, that as the year goes on, the lunch routine will become



Photos by Haleigh Fellows

smoother and faster as it always has in the past. Students will learn to cope with the new conditions and undoubtedly enjoy their lunch once more.



See Students Adjust Page 3

Ellie Enchanted

Derek Operle
Entertainment Editor

Who's the nicest person you've ever met? If you go to Lone Oak High School, I'm sure one of the first names that came to your mind was our very own **Ellen Renee Hammons**. Undoubtedly, you've seen her walking through the halls as she smiles and waves at everyone she passes, giving off an aura of friendly energy. Yeah, Ellie is just about the friendliest girl you'll ever meet.

Ellie isn't just a friendly face in the hall; she's also the epitome of the term student-athlete. She is one of the top players on our girls' tennis team, taking second in the regional doubles competition where the team, as a whole, received first and participated in their third place run at the state level. She is also a wonderful singer, having been awarded the honors of All-State Choir for two years, and Quad-State Soloist for one year. Along with choir and tennis, she is active in the Beta and Math clubs. Besides participating in LOHS extracurricular activities, Ellie enjoys reading literature, listening to music (especially Guster), and is involved in the Youth Leadership Group at Broadway Church of Christ. Yes, Ellie has a full plate, but she somehow manages to carry this load while maintaining excellent grades.



See HAMMONS Page 6

Photo courtesy of Pam Hammons

School of Art: A Dream Come True

Erin Conwell
Features Editor

Finally, Paducah's art community is complete as we come full circle by establishing not only places to display and create art, but now an institute to learn about art and how to create it. Paducah's Lowertown Arts District is quite fabulous and innovative yes, but there is just one thing: none of the artists are from Paducah. Our fair city houses such an exuberant art community, yet until now, none of the locals have really been able to be a very large part of it. This is all changing with the recent opening of Paducah School of Art.

Paducah School of Art is a new member of the WKCTC family with much potential, without a permanent home. Its future site will be the former Kitchens, Inc. building, but only after extensive renovations to bring the place up to the many earthquake, fire and other codes that it is currently violating. This is estimated to cost a whopping six-million dollars in all, and will consume quite a lot of time. The building was acquired with the aide of Mayor Bill Paxton and then donated it to the Paducah Junior College Fund as over to WKCTC on October 31, 2007 during a ceremony.

Since the school will not be finished for at least a year, the program to use. The first eleven courses began with Drawing I, Ceramics I, Portrait Sculpture I, and many more courses as the program grows. Information like the program, the page is currently under construction. For the mean time, you can find out more about course offerings and other information by calling 1(270) 408-4ART. This number will get you Harvey Sadow, the director of Paducah School of Art, who doubles as a world famous sculptor. The director was named last September and everyone seems to be very excited about the outcome. Sadow's recognition world-wide had left him with many important connections in the art world, and it is hoped that he will use some of these to bring even more expertise and aide to our endeavor. His knowledge of sculpting and architecture is also expected to help choose the appropriate architect to make the Paducah School of Art a dream come true for Paducah's art community.

If all goes as planned, Paducah should soon be able to rely on local artists to keep our growing reputation for quality alive. We will now be looking for more artists to relocate here to teach us about art rather than to just create it. The new Paducah School of Art has a lot of potential to boost Paducah to a higher level of cultural diversity and understanding. This journalist is proud to know our small town can achieve so much.



Photo by Google.com

NEWS

Summer Programs Offer LOHS Students A Collegiate Experience

Kelsey Smith
Entertainment Editor

The value of knowledge cannot be overstressed, or at least colleges would like prospective students to believe that, judging from the rise of tuition with each passing year. Along with KEES and AP course offerings, Kentucky does fund two programs for students in the state to expand scholarship opportunities while learning about a field of interest: GSA (Governor's School for the Arts) and GSP (Governor's Scholars Program).

GSA and GSP are both residential summer programs primarily for high school juniors (though sophomores can apply for GSA, chances for acceptance are higher as a junior); GSP spans five weeks, while GSA lasts three weeks. These programs are held on college campuses within the state where students take classes based on the major applied (and in the case of GSA auditioned) for. Both are extremely selective and are designed to promote academic and artistic growth, as well as personal growth.

Five current Lone Oak High School students were chosen to attend GSP, and one student was selected for GSA. **David Spencer (12)** studied modes of mathematical thinking at Morehead State University, **Martha Bailey (12)** majored in creative writing/literary studies at Centre College, **Hannah Hagan's (12)** focus was on visual arts at Bellarmine University, and **Courtney Jenny (12)** also attended Bellarmine, where she bolstered her knowledge of biology and environmental sciences. Lastly for the GSP program, **Zach Hughes (12)** also went to Centre College to study physical science. For GSA, **Katie Followell's (12)** area of concentration was architecture. Favorite classes of each student ranged from art for the non-artists to the trouble with our food system to seminar (an open discussion forum), which Zach Hughes and Martha Bailey felt helped them to gain insight not only into what their beliefs were and why they held those convictions, but it also allowed them to understand the opinions, the perspectives of others. David Spencer stated that the program gave an idea of how a college environment functions, which is important in adapting to living independently after high school. When asked who the most memorable person from the experience was, most students hesitate initially, and though the answer might have been narrowed down to a crazy teacher like Tony Crunk, or head of campus, Clarence Wyatt. All participants believed that *everyone* they had met brought something worthy to the experience. Not only do these programs create a larger opening for scholarships and offer classes to enhance the mind and aid in logic, but interaction with people from spectrums of life students weren't aware existed reinforce the importance of a different kind of learning.

Photos by Haleigh Fellows



U.S. Government to Intervene in Mortgage Crisis

Kyle Fouse
Assistant Editor-in-Chief

As many of you may already know, Wall Street has been suffering tremendous losses in these last couple of months. The U.S. economy has been suffering tremendously lately and there have been many speculations as to how the government, or even the people themselves, can safely end the crisis placed before us. Some are in favor of going green, defending the theory that the high prices of gas have forced the consumer to more wisely save their money and discouraging the spending and consumption of goods in the market. Others say that the companies themselves are to blame for gross misconduct, and making the high risk loans and losing their money. Some even blame the government for not looking into it and attempting to prevent the crisis before it occurred in the first place. Whatever the root cause may be, the fact remains that our economy is on the verge of collapse, having had the worst day in the market since the Great Depression last Monday.

Most of you will maintain ignorance to the situation with the economy, defending yourselves with the ideology that it doesn't affect you. But for the others that drive, work, pay taxes, or are aware that the market affects everybody, this is quite a big deal for the United States. With the failures of Fannie Mae and Freddie Mac resulting in government support, many may fear that as the government becomes more and more involved in our economy, it won't be a far cry for them to become completely involved in everything we do and eventually establish a Socialistic government base. Although it seems highly unlikely to most people, anything is possible, and with the continued failure of many key companies in our nation's economy (more recently AIG), the government is being forced to involve itself more and more.

Congress has approved \$85 billion to keep the Insurance giant from going under, fearing that the collapse of such a large company would not only wreak havoc among the U.S. stock market, but also on the global economy as well. The economy has become such a big deal to so many Americans that the presidential hopefuls are now turning full face to confront the problem, and are using it to augment their support base for the election. One thing is for certain: if the economy continues to decline in the way it has been doing recently, the next president will not be able to put it off any longer. Major reforms and regulations will most likely be initiated by the White House to not only stimulate the economy, but remediate the problems therein. America has proved itself many times before as a resilient and strong nation during times of crisis, and I believe that we can continue to do it again and again.

CHIP WYNN Jeep
Paducah, KY

A.O. "Chip" Wynn, Jr.
Dealer

1127 Broadway • Paducah, KY 42001
Phone (270) 443-1728 • Fax (270) 441-2405

Durbin's Auto

Don't hesitate
to call us at:
554-5839

Service

3401 Lone Oak Rd.
Paducah, KY
42003

From the Guidance Office...

CLASS OF 2009

Wendy Watts
Guidance Counselor

THINGS TO DO YOUR SENIOR YEAR OF HIGH SCHOOL

October

- Work on those application forms. Be sure you complete every section, and request that your high school transcripts be sent to the schools you are applying to.
- Attend local or regional college fairs and financial aid fairs with your parents.

Take the SAT and/or ACT if you haven't already done so or if you feel you need to take them for a second time to better your score. Remember, scores often improve with subsequent testing.

November

- Continue working on applications and researching and applying for scholarships.
- Financial aid packets should be available from your high school counselor. Pick one up and read it with your parents. If packets are not available at your school, contact the Financial Aid Office or go to www.hpu.edu/financialaid to complete the worksheet and online application.
- ACT: Go to www.actstudent.org/regist/nextdates.htm for schedule updates, testing sites and to register.
- SAT: November 7, 2008 is the deadline for the December 13, 2008 test date. Go to www.collegeboard.com/splash for updates on testing sites and to register.

December

- A lot of scholarship deadlines are approaching. Talk with your counselor to be sure you don't miss any you are qualified for.

If you are planning on filing a FAFSA (Free Application for Federal Student Aid), start getting your information together now, as it will take some time to complete. Go to www.hpu.edu/financialaid and click on the **FAFSA on the Web Worksheet link**, fronting the page. This will help you prepare for the FAFSA application.

Students Adjust to New Policy

(Continued From Page 1)



Other complaints about the new policy depend on the individual you talk to. For **Chris Waddington (11)**, it's a simple matter of hydration. "I don't like being unable to hydrate before soccer practice in the afternoons because I can't bring Gatorade to my classes," says Chris. Among **Monica Kauffman's (12)** problems with the new policy is a matter of personal expression. "I don't see how hair color is considered such a distraction," she says.

Seniors, of course, have a variety of things to say about the changes. For them the transition is perhaps the most difficult and most resisted. Admittedly, it is hard to be told to do things a different way than you have done for the past three years. All the seniors have known since they first walked in as freshmen was the policy of previous years. The adjustment is understandably tough. "It's going to take a while," says Monica Kauffman when asked if the adjustment will be able to be made smoothly. She goes on to speak her mind about the change being almost unfair to older students, "It's ridiculous that most seniors are eighteen and college bound and having so many strict rules forced upon them."

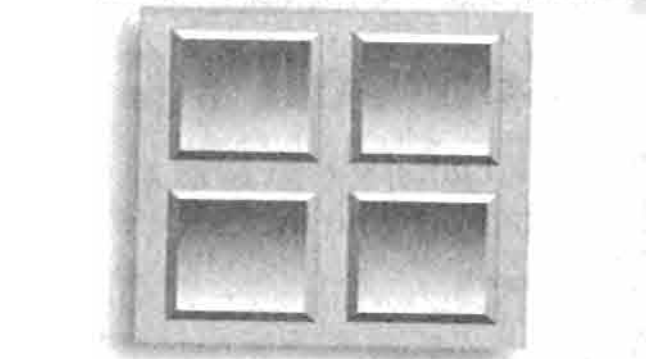


Some seniors are more complementary of the new rules. **Hannah Hudson (12)** believes that, "Due to the new policy, the school is much more orderly," representing a belief by a few of the upperclassmen that the issues and qualms will generally subside and work out for the better over time. Others still argue that they are being treated like they are back in middle school. But what does someone who just left the middle school have to say about that? Freshman **Payton Harris** feels that students here have much more freedom than over at LOMS. "More freedom here, definitely," he says. "They treat you more like an adult."



So with a new principal comes a new set of rules. These rules signify a change in Lone Oak High, and as always, people are resistant to change, whether rightly or wrongly so. The adjustment for students varies from freshman who can easily go with the flow because they never knew anything different, to seniors who must bite their lip and try and make the best of the rest of their high school experience. The changes may not be fun, but they're here to stay. We might as well hope they accomplish their goal and make LOHS a better learning environment.

Photos by Haleigh Fellows



COLGAN

ORTHODONTICS

JOHN A. COLGAN • DMD-MS-PSC

105 KIANA CT.
PADUCAH, KY 42001

PHONE 270.534.8776
800.298.8776
FAX 270.534.8780

www.colganorthodontics.com
e-mail:john@colganorthodontics.com

your smile is our specialty

Hadron Collider Rocks Science World

Aaron Williams
News Editor

Geneva, Switzerland. On September 10th, 2008, the European Organization for Nuclear Research (CERN) fired up its latest toy. Just what is it? It's called the Large Hadron Collider (LHC) and in layman's terms that basically means 'particle accelerator.' For those who don't know, a particle accelerator is a device that smashes electrically-charged particles into each other at high speeds using electric fields to both propel and contain the said particles. The LHC happens to be the biggest and most complex particle accelerator yet to be assembled. It stretches 17 miles along the France-Switzerland border in the heart of the European Union, running close to Geneva, Switzerland. The cost to build it was a whopping \$9 billion.

CERN hopes that by sending two high energy beams of protons around the tunnel in opposite directions, it will be able to simulate the conditions that occurred less than a millionth of a second after the Big Bang. Scientists involved in the project say that by doing this we will be able to learn more about how the universe might have been formed. CERN also hopes that through their experiments with the LHC they can locate the theorized Higgs boson particle, also called the "god-particle," which has never before been found but could help determine why matter has mass.

Supporters of the LHC call it a huge breakthrough for the scientific community and even go as far as to relate it in importance to that of Columbus' voyage to the New World. They are quick to praise its success and promise that the information it yields will advance mankind's knowledge and better human lives by ushering in a new wave of technology and ingenuity.

There are, however, critics of the project. Some have said that in the course of its running, the LHC could produce a black hole capable of swallowing Earth and all of humanity. Whether or not the LHC will create black holes is not the question. It most certainly will. The physicists involved in the project claim that the black holes will be 'miniature', capable of swallowing a proton every ten years, and will quickly evaporate inside the tunnel. Though this danger is always a possibility, the general opinion is that the physicists are correct, as is CERN's research, and the LHC is, for the most part, safe. Many outside the scientific community, however, believe that \$9 billion would be better invested in cancer and AIDS research, or another related field that would have a more immediate impact on human life in the real world instead of the world of a group of men in Europe 'playing God' underground.

The major experiments of the LHC are set to begin in early 2009. Then we will see if \$9 billion and a lot of faith were aptly placed in the hands of the brightest minds around the world.

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

Specializing in color, cuts, and perms

images
beauty salon

120 Brett Chase
Suite B
Paducah KY, 42003
(270) 554-5967

Obstetrics & Gynecology of Paducah, P.S.C



Blair Tolar, M.D., F.A.C.O.G.
Tammy Carr, A.R.N.P
Natalie Woods, M.S.N

2603 Kentucky Ave., Suite 201
Paducah, KY 42003

Phone (270) 443-1220

Conwell's Comments

"Since all good things have to start somewhere, I guess I will start off with the ever-bubbly Katie Followell.."

Erin Conwell
Features Editor



As we have been discussing what to add-in, cut-out, and revamp in this year's paper, the subject of the well-known

Junior Rotarian article has come up many times. According to our student polls, a lot of you seem to think that we make them too important and that they shouldn't be such a big deal. I agree. The nine chosen Junior Rotarians are only a fraction of the amazing seniors we have every year. So many of our best students don't get any recognition for the all the great things they have accomplished, honors they have been awarded or even for all the ways they have helped our community. This is why I have decided to make my little chunk of this newspaper a salute to our seniors that have done some really remarkable things in their high school career, but maybe just aren't in that coveted top ten percent of our class in academics. Every month (or maybe every other one, depending on my mood) I will choose a random senior that isn't a Junior Rotarian and tell you all about why they are awesome.

Since all good things have to start somewhere, I guess I will start off with the ever-bubbly Katie Followell, who was my inspiration for this article. Katie may not have a 4.0 or inspire all of her former teachers with her amazing omnipotence but she has done plenty of other equally impressive things. A lot of people may not even know that Katie may very well be the next Picasso or Monet and was the only student from our school to attend Governor's Scholars for the Arts (GSA), won honorable mention at the 2007 Murray State Art show, and that she even has a piece showing at the Ice House Gallery in

Mayfield. She doesn't just appreciate the visual arts, but considers herself an all-around arts enthusiast who loves music and has played the piano for eight grueling years. Katie is very active in our school and has been an active member of both the French and Art Clubs for most of her time at Lone Oak. She also has proudly been in the G.T. Art program for four straight years. Supporting our slow-growing swim team is also on her agenda, and she will have earned four varsity letters for the fishy sport. She obviously loves school since she has only missed three days of school since she began Kindergarten.

This freckled fashionista doesn't only get in involved in school, but is also dedicated to aiding her community. She is not embarrassed to admit that she is a Girl Scout and she is currently working with her troop to earn the Gold Award, the highest honor of the girl-scouting world. She often works with the youth group at her church, Broadway United Methodist, and loves helping with big events like Chrysalis and their charity booth during BBQ on the River. She has also proved her judgment worthy by participating in the Kentucky Teen Court program for the past couple years. Katie has used some of her free time serving in the Community Kitchen, at Christmas she loves to help collect can goods at the Noble Park light display, and over the summer she worked with Paducah Cooperative Ministries at a day camp for under-privileged children. Katie must just love to help people since she even chose lifeguarding as her high school occupation and works at both Rolling Hills and Brook's Pool. What a woman!

So, we all knew Katie Followell as the bright, giggly girl towing her overfilled backpack down the halls dressed straight out of a GAP ad, but now we all know that there is so much more to her, as is the case with many others of our wonderful class of '09.

Monica Mutters

"If you don't know you're obnoxious, just ask one of your friends...oh, wait, never mind."

Monica Spees
Features Editor



As a senior, I've had the pleasure, or the displeasure, of meeting many different people in my life thus far. These people are divided up into three groups, if you will. There are my close

friends; in other words, those who greatly appeal to me and I to them. We laugh together, hang out together, buy each other Christmas and birthday gifts, engage in the occasional altercation, and are always there to lend an ear or dust off a fallen comrade. Then, there are my acquaintances. This group tends to include people that I see for one hour a day at school, perhaps less often than that. The members of this group are, for the most part, quite likeable and friendly. These people and I are usually pretty comfortable around each other, just having fun without the pressure of digging way down deep into each other's personal lives and emotions.

I'm sure that we all have those two groups in our day-to-day lives, and we all like them fairly well, so there's really no need to talk about them much. I want to talk about the third group of people that invades my life: the obnoxious people that really get on my nerves. You all know who they are. There are many different types of disliked people, and they can be placed in subcategories including, but not limited to: Fashion Freaks, Music Morons, Intellectual Idiots, Political Problem-makers, Dumb Drivers, Mainstream Maniacs (a.k.a. Band Wagon Riders), and Arrogant Athletes. While each subcategory possesses its own uniquely annoying quirks that I loathe, they all share a few characteristics.

Everyone that this broad group of obnoxious people encompasses is a know-it-

all, smart-aleck, and will never fail to inform you of your shortcomings or inferior opinions. Some of their ridiculous, empty comments may sound something like the following: "You support that candidate over this one? You're an ignoramus. I'm involved in four sports, and I've been working out everyday since I was twelve. You're a wimp. You don't have an iPhone? Lame. Come on, what's *not* like about (insert name of musician here)? You're outfit's nice, but I'm probably the best-looking guy here. So, last year in AP Physics, AP Chemistry, AP Biology, AP Calculus, AP Spanish, AP German, AP U.S. History, AP Government, and AP Jerks I learned how to..."

WHO CARES? The thing that really gets me about these people is that they have no idea that they're obnoxious. Listen up obnoxious people (if you don't know you're obnoxious, just ask one of your friends...oh, wait, never mind). I'm sure you think that when you leave a class, a party, a funeral, the hospital, the zoo, or the local grocery store everyone that was in your vicinity is saying, "Wow! I wish I could be just like him/her. That person is way too awesome to even be in my presence." Guess what? That's not what we're saying. As soon as you're out the door, people say, "Ugh! I thought they'd never leave! What an idiot!"

However, I don't doubt that we're all guilty of some sort of obnoxious behavior at one time or another, myself included. Sometimes things get out of hand, your rude and malicious attitude goes unchecked, and the monster comes alive. In an attempt to decrease the physical pain that we all suffer from rolling our eyes so frequently, I urge everyone to frequently go to the people in that first group I mentioned in the opening paragraph and say, "Be honest with me. Am I a jerk?"

Weasel Wonders Why

"You see, I have taken a false assumption of mine and proven it wrong."

Derek Operle
Entertainment Editor



Why do people attack other people's music? I love music. Wait, let me clarify that: I like to sing, dance, hum,

listen, and do just about anything else you can think of to music, and I really don't care which kind of music it is. On any given day I could be listening to Iron & Wine and then the next song be by Rage Against the Machine, shifting seamlessly from genre to genre, and a lot of people, if they saw this, or, rather, heard this, would say: "Why would you do that?" or "Metal sucks!" or "I hate that acoustic, folksy stuff!" But there's no real reason for this "putting down", this degradation, of peoples' beloved music.

It doesn't matter if they have listened to them or not, people will tear down a band or a song or an album just because of some false assumption, based on the name or an opinion of the people in the band. One perfect example of this would be...drum roll please (I don't believe I'm going to talk about this), the Jonas Brothers. Now, before half the girls in the school try to crucify me, I'm not directly attacking them. I just saying they're one of the easiest bands to prejudice: a) they're on the Disney Channel b) they're on the Disney Channel c) they're on the Disney Channel for gosh sakes. Knowing that they are on the Disney Channel, one whom did not listen to them would assume they sing exclusively kiddie

songs, this isn't really true: even though only one of them is old enough to drive, they sing love songs and decent, almost alternative rock-y songs (to me it sounded like an odd blend of All American Rejects and Maroon 5). You see, I have taken a false assumption of mine and proven it wrong. Now, if someone asked me if I liked the Jonas Brothers I wouldn't say, "Aw, I hate that kiddie, bubblegum stuff." I would probably say, "They actually aren't that bad." Now this doesn't mean that the Jonas Brothers or any of that Disney stuff will find it's way onto my iPod any time soon: I said they're not bad, I didn't say they were good.

I guarantee that if you took the time to listen to a few bands you thought you could never like that you would come out with a whole new view of them; there's no way you hate everything by every artist you've never listened to. This has happened to me with a few bands that I now enjoy on a regular basis: Pixies, Belle & Sebastian, and the New Pornographers. Those are bands that I once thought were dumb, their music stupid, but that was before I listened to them; I now love them, nary a day goes by when I don't listen to "Debaser."

Anyway, the whole point of this opinion is to get people to try out new music. Don't insult or put down something just because the name sounds weird or because of who's talking about it or because of what magazine it's in or any other quirky, unbased reason. It's important that you experience it for yourself and form your own opinion about it. Don't let prejudging deprive you of some new music to listen to.

Jordan Jabbers

"If this rule has been passed, but no one has heard it, is it even a rule?"

Jordan Price
Asst. Business Manager



In the words of Shakespeare, "That which we call a rose by any other name would smell as sweet," meaning that what mat-

ters is what something is, instead of what it is called. Does the same not apply to everything...like water?

Among the various new rules that were brought about this school year, water bottles happened to find their way amongst them. In case you are asking yourself what I am talking about, let me briefly inform you. Water can now only be purchased at school and can no longer be brought from home, which means no more running down to the BP for a last minute drink stop on the way to school. Strange as this new rule may sound, it has now become law at Lone Oak High School.

When I first was told about this rule, I stared into the face of my informers with my mouth agape, positive that they were pulling my leg. *Au contraire*, that was the last thing on their minds; they were just as astounded as I was about this seemingly absurd rule. Questions ran rapidly through my head. "Why?" was at the top of the list. According to teachers and students, some fellow Lone Oak High students may have felt the temptation to sneak other substances into the unsuspecting water bottles. I, however, hope that this rumor is not true. I think it's unfair to enforce a blanket restriction on the student body based on a suspicion.

Another question, "Was an announcement made about this?" When I asked some of my classmates how they were responding to the "water restrictions" most

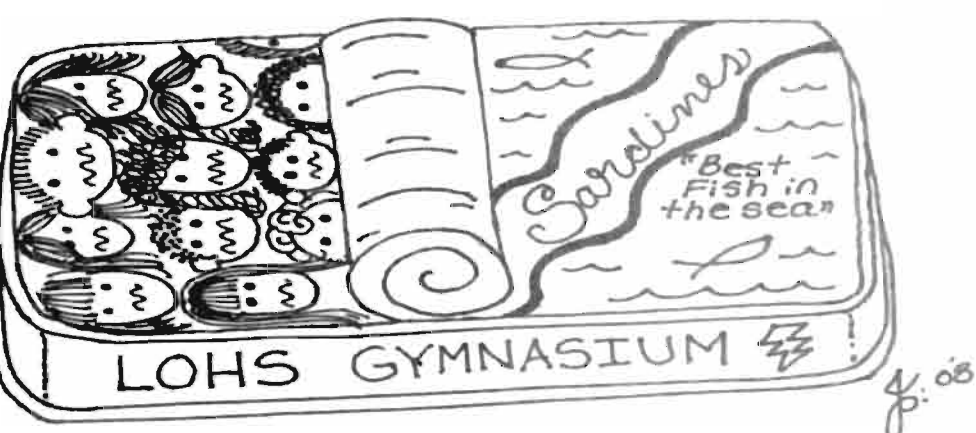
replied that they had not heard about this rule.

Did we just mysteriously miss the memo? I think the students who do drink water throughout the day would probably prefer to bring their own water due to brand preference. The one soul I found who buys water at school says that he always has but does so out of convenience. I then asked myself if it is really truly convenient to purchase your daily water bottle (s) at school for approximately a dollar apiece? A 24-pack of bottled water across the street at Supervalu is \$7.99 or about 0.33 cents a bottle, which to me sounds a lot better than paying a \$1.00 a bottle and standing in the "extra line" for an eternity. Not to mention that those of us with cars are already spreading the couch cushions for change.

For those of you who can call yourself a "green" person, wouldn't you rather transport your water in a reusable bottle than have to buy a new bottle each day? To our school's credit, a recycling program was offered this past year, but our local recycling service will only accept type one and type two plastic bottles, which includes most bottles, but unfortunately not all.

From my research, I have concluded that although this rule may have been passed for good reasons, there is no evidence that it is being enforced, or even being admitted to. If this rule has been passed, but no one has heard it, is it even a rule, or is it just this month's buzz?

As for me, I happen to agree with my interviewees when I say that this is a somewhat ridiculous rule and that I would rather bring my own water to school despite it. I can honestly say that I would rather be a penny-saving green girl than partake in this school-wide regulation.



Happy? Sad? Angry? Tell us about it!

If you have an opinion that you would like to voice, write in to The Oak "K"! Letters to the Editor are to be under 250 words in length and signed by the author. The Oak "K" reserves the right to edit all letters for placements as long as the meaning is not altered. Submit letters to Mrs. Goodman in Room 200.

Yashaswee Yaks

"Yes, I thought dreadfully, I had heard correctly."

Yashaswee Malla
Business Manager



You know that feeling you get when you know you know something, but when someone actually announces this pre-known information you have a jolt of realization at how serious your predicament really is? I can say for a fact that I have had this nasty feeling creep up on me more often than I would prefer it to. The most recent occasion was on August 26, 2008.

As the bell sounded to announce the end of our shortened first hour class, I frantically jotted the last of Mrs. Beckman's notes off the board then proceeded to cram my AP Calculus books into my bag. Wedging myself into a small cavity in the crowded hallway, I began to make my way toward my Focus Group. I scanned the classroom upon entering and settled in a seat toward the back.

Once everyone had arrived, Mr. Wallace started off by making sure everyone was present. He then began handing out copies of our transcripts and an ACT flier, instructing us to carefully inspect our transcripts for any incorrect information. Glancing over my transcript and finding no alarming discrepancies, I decided to look over the ACT flier to see when the upcoming test dates and registration deadlines were. Making a mental note that the next test date was sometime in mid-October, I placed the flier in my binder and was getting ready to push the thought of the ACT out of my mind ... that is until Mr. Wallace made his announcement.

He started off by confirming what I had just looked over - the upcoming test dates and registration deadlines, then he went on to make sure that we as seniors were aware of the fact that the final chance for us to take the ACT was in October. I was instantly awake. Had I heard him correctly? This October? I hurriedly pulled out the flier that I had recently stored away, so eager to forget. Yes, I thought dreadfully, I had heard correctly. The test date after the October one was in mid-December. Taking the December test would not give me enough time to receive my scores and have them placed on college applications. I mean, I have a decent score, enough to get me into most of the colleges that I want to apply to anyway, but I still am not *completely* satisfied with it.

In the time that has elapsed, I have grudgingly accepted that my last shot on the ACT will be given on October 25, 2008. It's sort of a weird mixed feeling that I have about this fact, but I think it is mainly disbelief that time has flown by so quickly and that I am where I am. The decisions that I thought I would need to make and actions that I thought I would need to take tomorrow have suddenly become what I need to start thinking and doing today ... and that can send a jolt of realization in anybody's direction.

Fouse's Facts

"..those billions of dollars could be giving me cheap and renewable energy!"

Kyle Fouse
Asst. Editor-in-Chief



As the world begins to deplete its supplies of fossil fuels, (or at least that's what the man is telling us with his gas

prices and high profits) it is essential for the United States, and humanity in general, to consider alternative fuel sources as more than just a possibility or eventuality, and more of a mandate.

I believe that the responsibility of initialing and standardizing alternative energy methods such as solar and wind energy should be left to the government because they would be able to fund it completely.

The only problem would be the massive amounts of government funding spent daily in foreign affairs such as the war in Iraq. I mean seriously, how much progress have we made out there except for the over-throwing of a self-glorious dictator? We may be in the process of establishing a democracy, but we did that for ourselves by ourselves! I'm sure they're more than capable of doing things on their own, and besides, if we focused our attention solely on establishing a national, home-grown green energy franchise, people wouldn't pay any mind to Iraq, or even Venezuela for that matter since their leader seems to be so anti-American and stingy with their oil. We are spending billions of dollars daily in the effort in Iraq when those bil-

lions of dollars could be giving me cheap and renewable energy!

Who knows, maybe after we have cheap, renewable, reliable energy our economy would grow exponentially, our social security and health-care problems could be fixed quickly and efficiently, and Americans would enter a new age of prosperity and wellness.

The Government could cut back on their annual spending and maybe we could get out of debt sometime in my grandchildren's lifetime. The United States should be a shining example to the rest of the world! But, it seems that in many ways, we are still so very far behind. Europe has smart cars that run on little to no fuel, and Canada has universal healthcare... CAN-ADA for Pete's sake! How could any American not feel shamed for having been beaten by Canada?

In my opinion I feel that the next president should place Green Energy and its immediate instatement as his first priority, because it will immediately effect a gamut of different functions and processes that the average and even not-so-average American performs every single day. And besides, who wants to see a president actually do something helpful for the first time in like 8 years? No offense or anything, but republicans, you have to step it up a bit with your nominations. In my opinion they have just been weak lately, why weren't you planning who the next president was going to be like, seven years ago? The nomination of McCain just seems, I don't know, lazy. But the American people also had a voice in it too I suppose.

Sundberg Says It On Ya

"Now that we've seen the sunny side of the retcon, let's take a trip down memory lane.."

Rachel Lundberg
News Editor



Just like anything in life, there is a right time and a wrong time to do something. Retconning is no exception, even if you are working in a fictional universe. "Retcon" is a nerd-word that's short for "retroactive continuity" - the modification of fictional events after the fact, usually referring to comic books, TV serials, or video games.

The origin of Captain America is a notable example of a retcon. Though he had his own comic during the '50s (*Captain America, Commie Smasher!*), Stan Lee retold his story in 1964, revealing that he'd been frozen in ice since WWII. This was a *good* retcon, serving two important purposes. First, it allowed the writers to reintroduce Cap to the modern era, still as a young man. Second, it erased from continuity a laughably bad chapter of the Star-Spangled Avenger's history. Now if only they'd do the same to Devin Grayson's *Nightwing!*

Now that we've seen the sunny side of the retcon, let's take a trip down memory lane to the far-off time of September 2007. The editorial disaster that was "Spider-Man: One More Day" turned out to be a bleak one for poor Peter Parker and the vast majority of his readers. On this black-letter "Day" (just couldn't help myself), Peter literally makes a deal with the devil, rewriting history so that he and Mary Jane were never married. Why? To save his decrepit fossil of an aunt, who'd already been "killed off" some four times already. So he gives up the love of his life rather than accept one of life's natural processes. (Which, I might add, has been impending for ol' Aunt May for over forty years now.)

Everything you knew about Spider-Man in the last twenty years has been retconned to smithereens. The odious Joe Q., Editor-in-Chief of Marvel Comics, and the complete dictator of the "One More Day" storyline, says it's for the purposed of telling new stories. Oh, new stories? You mean like the ones that had already been told in the decades of publication before Peter's marriage?

The real truth came out when Joe Q. admitted that it was because Spider-Man was single in the comics he read growing up, and "never really liked Mary Jane." This arc came out so magnificently horrible, the guy who wrote it, the acclaimed JMS, tried to get his name taken out of the credits. The forces of the establishment came out with chainsaws and kerosene, and razed the forest of comic book history, just because an overpaid fanboy didn't like MJ. So, I guess the moral of the story is this: *Think* before you *retcon*. Ask yourself two essential questions:

- 1) What will I accomplish?
- 2) What will be affected?

The Oak "K"

Editor-in-Chief
Blake Harrison

Assistant Editor-in-Chief
Kyle Fouse

Business Manager
Yashaswee Malla

Assistant Business Manager
Jordan Price

News Editors
Aaron Williams
Rachel Lundberg

Entertainment Editors
Derek Operle
Kelsey Smith

Features Editors
Monica Spees
Erin Conwell

Sports Editors
Jon Freeman
Andrew Croft

Photographer
Haleigh Fellows

Archivist
Forrest Walters

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.

Parker's Drive-In Dine In/ Carry Out



2921 Lone Oak Rd.

Paducah, KY

270-554-7602



Pain at the Pump

Haleigh Fellows
Photographer

Do gas prices have you kicking it like a couch potato instead of cruising with your friends on the weekends? For Nick Jacobs (12) they do. When asked about the affects of the seemingly never-ending increases on gas prices he replied, "If going out with my buddies involves driving over five miles, I stay at home and pout." So the question is: Why exactly are these gas prices leaving us to wallow when we could be carousing?

The tragedy of September 11th sparked inflated prices on gas that have seemed to climb higher and higher as the years progressed. According to records from the University of Michigan, crude oil is the primary determinant of gas prices, meaning as the price per barrel of crude oil goes up, so does the price per gallon of gas. In addition to this fact, there are many other complex factors influencing the lofty prices. The reasons range from tensions with OPEC (a governing body that controls Middle Eastern crude prices), to increased demand for world oil by industrialized countries such as China and India. Unfortunately, these contributing factors aren't likely to dissipate in the near future. This leads you to your next question: What *can* we do to alleviate the strain on our wallets?

On CBS, the show "60 Minutes" interviewed the current chairman of BP Capital Management about his thoughts and predictions on gas prices. When asked if he thought the price would ever drop down to the once, but now unthinkable price of \$1.50 he responded, "We won't ever see \$1.50 again. No, that's gone." However, he did feel there were ways to reduce the prices to a more manageable rate. Like many experts, he believes that one of the world's single largest oil deposits, up to 2.5 trillion barrels to be exact, lies in Canada. Right here in North America, we may hold eight times the total reserves of Saudi Arabia, enough to supply our country for the next century! Without the expense of export tax, this could greatly reduce the price of gas.

Okay, I'll admit these are only a few potential proposals which will take time to impact our generation. But there are ways you can help yourself out. When you and your friends decide you want to go out, why not take turns carpooling each other around? You can save each other some precious green paper, and spend more time goofing off and having fun together. Also, if you have the luxury of buying a new car, or even a used one, try and purchase a fuel-efficient car such as a compact or perhaps even a hybrid. So, I encourage you to take my advice, and the next time you go out, erase the worry that driving over five miles will put a dent in your pocketbook.



Senior Gabby Fellows gives the current gas prices a thumbs down. Photo by Haleigh Fellows

Hammons (Continued from Front)

Ellie is one of the most respected students here at Lone Oak High School. Her Chemistry teacher for two years, Mr. Whitley, had this to say of her: "As long as Lone Oak has Hammons there will be no famines of intelligence, grace, or kindness." That's an apt quote from Mr. Whitley; he couldn't have hit the nail more directly on the head. Not only do her teachers think highly of her, her peers hold her in high regard as well. Her classmate, Zach Hughes (12), was quoted as saying, "Ellie is easily one of the sweetest people I know, and I would marry any cake she made. Yeah, they're that good." Yes, Ellie is one of the most beloved students here at Lone Oak High School.

As for the future, Ellie plans to attend Harding University (of Searcy, Arkansas), where she has already been accepted, in the fall of 2009. Though she hasn't decided her major yet, she has it narrowed down to pre-medical, pre-dentistry, and pharmacology.

Ellie Hammons is one of the coolest, nicest, most well-rounded people you'll ever meet. If you don't really know her, get yourself introduced, because she's going places. Wish Ellie luck as she finishes out her last year here at Lone Oak High School.

Seniors Celebrate After On-Demand



Zach Hughes plays Ultimate Frisbee.



A group seniors in the bleachers.



Tyler Barker and Kevin Stafford swinging.



Ally Heine is happy to be done with On-Demand Writing.



Jeff Prescott and Peyton Logue play some football.



Seniors on the GRAVEYARD wall.

Bike • Run • Walk • Bike • Run • Walk • Bike • Run • Walk • Bike • Run • Walk • Bike



PEDALIN' FOR A CURE

SATURDAY, OCTOBER 11TH, 2008

SIGN IN/REGISTRATION BEGINS AT 8:00 AM * RIDE BEGINS AT 9:00 AM

- ▶ 3 MILE FUN RIDE OR WALK
INSIDE THE PARK FOR FAMILY & KIDS
 - ▶ 22 MILES WITH 1 REST STOP
 - ▶ 62 MILES WITH 3 REST STOPS
- SAG SUPPORT PROVIDED**

LUNCH WILL BE PROVIDED

FOR ALL PARTICIPANTS YOU ARE WELCOMED TO
PATICIPATE BY WALKING
IF YOU
DONT FEEL COMFORTABLE RIDING A BIKE

SPONSORED BY:

Crawford and Lundberg X-Ray Clinic,
Bike World - Bikes & Fitness and Trek
TREK will be giving away GREAT prizes!

PLEASE VISIT FOR REGISTRATION/SIGN IN SHEET
www.crawford-lundbergxray.com

CALL DARLA PARKS FOR MORE DETAILS
(270) 450-6217

American Cancer Society

Free Association

Kyle Fouse
Asst. Editor-in-Chief

Participants	3 Lunch Periods	Directional Detours	Hurricane Gustav?	Democrat or Republican?
Harley Andrews (9)	I'm a Freshman	Ya mean the stairs?	Bad?	Republican
Kendra Sanders (10)	Crowded	Pointless	Disappointing	My momma's for Obama!
Cody Waggoner (11)	Better than 4	Stinks	Everyone's a winner at LOHS	Neither
Kyle Hogencamp (12)	All spent in line	2 laps around school	It just didn't apply itself	Demo'
Mrs. Mornar	Wish it were 2	Don't like 'em	Scary	I'm not telling

MYSTERY STARS



Kelsey Smith
Entertainment Editor

This fashionista-of-a-senior wishes people would describe her as a "ravenous beauty." If told to choose one object to represent herself, she says it would be a map. Her ideal last meal would be a plate of strawberry pancakes paired with some biscuits and gravy. In her downtime, she searches for Betsey Johnson dresses to purchase on eBay.

This junior can cut and box a pizza in eight seconds. She's an avid Tom Cruise fan and loves to drink coffee while catching up on her backlog of TiVo'd episodes of *Gossip Girl* and *One Tree Hill*. Along with television, she also spends hours in the closet reading novels like *Pride & Prejudice*; the isolation helps her concentrate.






This angel-headed sophomore is well-known for wearing one of two jackets: a checkered or Cute Is What We Aim For hoodie. He has several qualms with hygiene, namely not being able to use a single toothbrush more than ten times or being able to sleep on a pillowcase after another person's head has been there. He also says that his biggest ambition is to become a pilot.

This freshman claims to be is the greatest man alive and also likes the color pink " 'cause he's fruity." He listens primarily to Death Cab for Cutie and G Love and is also involved in music at school by playing snare drum in the band. One thing he does not dig is someone who doesn't dig themselves.

Yashaswee Malla
Business Manager

People in the Halls

Question: What is your favorite fairy tale? Why?

				
Shelby Schaefer (9 th grade)	Mikel Bray (10 th grade)	Austin Clark (11 th grade)	Jessica Heine (12 th grade)	Mr. Jarvis
"Cinderella, because it starts out as someone who seems to just be a poor housekeeper, but she gets through that and becomes much more. It shows that everyone should have dreams."	"Three Little Pigs, because it is a funny story and the best one that I could think of right now." (It was a little early in the morning.)	"Shrek, because I like the short king guy. Oh, and Donkey too."	"Cinderella, because it just goes to show you that everyone who doesn't necessarily have it all in life can still have their shot at happiness in the end."	"Rumpelstiltskin, because it's hard for you to spell." (Indeed it was, but thanks to Google, I now know how.)

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

Not "Just" Burgers

Jon Freeman
Sports Editor

Are you tired of eating the same old wimpy burger off the McDonald's Value Menu? Are you running out of money because you have spent it all getting a good burger from a nice sit down restaurant? Well, I have found a way out of this fix. You can get a hold of a mouth-watering burger for a straight-up bargain. The place is Just Hamburgers, located on Jackson Street just past O'Reilly's Auto Parts near Paducah Tilghman High School. I stumbled upon this little burger shack after a baseball game at Brooks Stadium one day when I had the appetite for a nice juicy burger. I have never found another burger that caters to my every want like the burgers at Just Hamburgers. It's just everything I could wish for in a burger and more. The way every bite melts in my mouth just puts little butterflies in my stomach. The way that all-beef patty seems to smile at me right before I sink my teeth into it puts a smirk on my own face. What can I say? It was love at first bite. Now it has become a ritual for some of my baseball teammates and I to visit before every game. **Josh Byrd (12), Forrest Walters (12), Drew Harrison (11),** and I just can't get enough of the place. Josh Byrd had this to say: "I love sinking my

teeth into my burger while I watch Dr. Phil on their TV." We all have fallen in love with those mouth-watering all-beef patties. The best part is that when we don't have much money, it's a great place to go to get quality food. "When the burgers are this good and this cheap, I don't mind loaning Byrd a few extra bucks," declared Forrest Walters.

Now don't be confused by the name of the burger shack. Just Hamburgers doesn't have just hamburgers. It has much more than that. You can get side items with your burger like their chili cheese fries and onion rings. If you're not looking to get a burger, you can order a chicken sandwich or even a salad. They have a variety of fresh baked cookies ranging from white chocolate macadamia nut to the beloved chocolate chip. Within the place you will also find a hodgepodge of outlandish milkshake flavors and an assortment of scrumptious cakes that will satisfy those of you with a sweet tooth.

So, if you're in the vicinity of this cool, little burger shack, stop by Just Hamburgers. I encourage you to visit the place that has the best hamburgers in Paducah. If you're low on cash, just reach into the center console of your car and snatch some spare change out because that is all you will have to squander up to meet the needs of your stomach at this burger joint.



Photo courtesy Just Hamburgers

Let's Go to Astro City!

Rachel Lundberg
News Editor

"Welcome to Astro City." There are lots of things to see in the well-known tourist trap—and they're all superheroes. From the stoic Samaritan to the irreverent Crackerjack, the bustling megalopolis is a mixed bag of colorfully costumed vigilantes. Citizens of Astro City may indulge themselves with a proud smile as they reflect on their sparkling metropolis from the privacy of their evening chair, but living among superhumans is their concept of normality. As one Astro City native said to a newcomer staring up into the sky, "They're around, sure, but it's just *sometimes* you see them."

And there, truly, lies the brilliance of *Astro City*. It's a superhero comic, but it's not *about* superheroes. Instead, it's a narrative that portrays life in the city for the average person. In some cases, the story focuses directly on members of the city's diverse population. The volume entitled "Local Heroes," for example, is a collection of tales each depicting the life of a different citizen of Astro City. "The Tarnished Angel," however, paints a more subtle picture of how superhumans can affect the community as a whole. The importance is not the events themselves, but what the events *mean*. The multifaceted quality of *Astro City* is what makes it

worth reading and rereading, enjoying it through casual analysis.

Astro City is consistently top-notch, with a refreshingly unique down-to-earth writing style you can only find from Kurt Busiek, the series' creator. Brent Anderson's pencil work is a snug fit for the series, his finely crafted faces, large panels, and meticulous attention to detail packing all the imagery needed to bring to life a completely new universe of characters and locales. And finally, with the distinctive paints of the award-winning cover artist Alex Ross on the front of every issue, *Astro City* is gorgeous both in collected form and as singles.

When it comes to starting a new comic series, many people are hesitant, worried about continuity. "Do I have to read it all to understand? Will I be missing out if I start in the middle?" they ask. Each story arc of several issues (later collected in a volume) is self-contained, not critically connected to events occurring previously. *Astro City* can be read entirely out of sequential order and still be fully enjoyed.

Whether you're a comic fan looking for something different than the mainstream super-action, a bookworm interested in trying a graphic novel, or just someone who likes to think about what they read, you should consider taking a day trip to Astro City. Give the second volume, "Confession," a try, if you get the chance. I hope to see you there.



Image from google.com

Top Ten On Nik's iPod

Kelsey Smith
Entertainment Editor

I cannot name someone who does not listen to music; someone who blatantly does not have an opinion or taste in music. Whether out of fun or for feel, we all listen. We hear, we respond and critique, or maybe we just dance. Each month, *The Oak "K"* will put a different student in this feature to show what songs have the highest play count on his or her iPod. This month, we feature **Nik Boulton (12)**.

10. "The Game" by Public Enemy
9. "El Scorcho" by Weezer
8. "We Will Fall Together" by Strelight
7. "Scooby Snax" by The Playful Eight Manifesto
6. "The Biggest and the Brightest" by Jackmove
5. "19-2000" (Soulchild Remix) by Gorillaz
4. "Ain't It The Life" by Foo Fighters
3. "Shine" by Everclear
2. "9mm and a 3 Piece Suit" by Catch 22
1. "New Shoes" by Paolo Nutini

Magnificent Mayer

Derek Operle
Entertainment Editor

This summer saw the release of an abundance of awesome CD's and I really had trouble deciding what to review, but I finally settled on what I consider one of the best live albums released in past few years, John Mayer's epic concert, *Where the Light Is - Live In Los Angeles*. *Where the Light Is* is, in my opinion, the best of John Mayer's live releases, outdoing *Any Given Thursday* and the entire *AS/IS Collection* by far.

Where the Light Is starts off with five song acoustic set, with just Mayer on the stage, that includes four of his originals (including "Neon" and "Daughters") and one marvelous cover version of Tom Petty's "Free Falling," which was probably on the top of my iPod play count for July.

Just the acoustic set alone would have been worthy of releasing, but, no, he also did a set with his blues band, the aptly named John Mayer Trio. This set kept the show going in grand fashion as the Trio unleashed several Mayer hits and a few covers, namely "Wait Till Tomorrow" and "Bold As Love" by Jimi Hendrix, upon the

unsuspecting audience. It was on this set that Mayer showcased his virtuosity on lead guitar, playing beautifully through the eight Trio songs played that night in Los Angeles.

As if those two sets weren't enough, Mayer finally brought out his touring band to play their way through a monster third set that covered even more hits, including a close to ten minute rendition of "Gravity," an awesome version of the Grammy-winning "Waiting On the World to Change," and a fantastic performance of one of Mayer's earlier hits, "Why Georgia." The third set rounded off the already spectacular show in terrific style, finishing off a truly exceptional concert that included nearly all of Mayer's hits, plus some extras.

Where the Light Is is an incredible show; a must-have for any Mayer fan and the perfect album to buy if you're just getting into him. If you want to get the full Mayer experience from one album, this is it. This album is the epitome of pop/rock, blending light-hearted biographical songs and gut-wrenching blues jams to create the perfect musical harmony. Looking for a great live music experience that doesn't involve costly tickets, snacks, or crowded arenas? This CD is most definitely the way to go.



Photo courtesy Google

An Urge You Can't Deny

Aaron Williams
News Editor

The summer of 2008 was good to the music lover. An unprecedented amount of new material came out from the top artists of mainstream radio throughout the summer. Artists such as Usher, T.I., Coldplay, Jonas Brothers, Lil Wayne, Weezer, and Kid Rock pulled in some of the biggest successes. Flying a little under the radar was the June 10 album release from a couple of boys from Louisville known as My Morning Jacket.

Prior to the release of their fifth studio album, "Evil Urges", My Morning Jacket was considered by the music community as another southern rock band with roots steeped in country and indie tradition. Rolling Stone predicted "Evil Urges" to be a dark horse in the race and, sure enough, they were right. After this summer, music critics aren't really sure how to describe the band. As a fan of MMJ, I was sure to grab a copy of "Evil Urges" a few days after its release at FYE. Simply put, I was floored.

From the start of the disc, the listener is thrown off balance. My Morning Jacket truly outdoes themselves on this one. Almost refusing to fit in a specific genre, MMJ abandons previous norms to explore new depths in their music while blending it with elements of their older style. The result is an album so fresh and so unique that it simply begs to be listened to.

The opening track, which is also the title-track, "Evil Urges" begins with a funk-nasty drum and bass beat over top Jim James' falsetto performance, which shows impressive vocal range from MMJ's front man. Not to disappoint, the opener is full of lots of raw energy and ends in a blazing guitar duel reminiscent of the older MMJ days. The next surprise and probably the biggest one on the album is the third track, "Highly Suspicious", which is simultaneously one of the biggest treats.

"Highly Suspicious" can only be described as one of those shining moments in your music experience where you discover a song so strange, so off the wall, you immediately love it. Not only that, but the song rocks. Flat out. James pulls out another shining falsetto, this time mixed in with explosions of drumming fervor and screeching guitar throughout, capping it off with an utterly sickening guitar solo.

As if this new sound wasn't cool enough, My Morning Jacket is kind

enough to throw in some of their original sound for devoted followers. They drop the listener back into their comfort zone after they have been thoroughly rocked by "Highly Suspicious" with the fourth track, "I'm Amazed" which, like later songs "Thank You Too!" and "Sec Walkin," sounds like something you'd pick up on your radio from a small indie station while crossing through the Appalachians.

MMJ proves with "Evil Urges" that they can not only mix and mingle with new and old sound, but also make an album flow flawlessly from energetic rock to soulful melody. Probably the pinnacle of "Evil Urges" energy comes at the tenth track, "Aluminum Park," a song that the band seems to just have fun on, as it is far from lyrically deep! Following it comes the heaviest song on the album, "Remnants," which seems to leak energy as the band jams the best they probably have since "One Big Holiday" on their "It Still Moves" release in '03. In fact, I'll venture to say that you could play "Remnants" on your stereo with one of Mr. Jarvis's frozen dinners next to the speakers and the song would probably give off enough energy to microwave the meal.

Immediately after "Remnants," MMJ takes it down a notch to gracefully melt into "Smokin' from Shootin'", a progressively building ballad that is part of "Evil Urges" fantastic finale. "Smokin' from Shootin'" is so perfectly placed after the two rock anthems preceding it. When James begins to wail about his smoking guns, you can practically see the two pistols in his hands that had been fired just moments ago. As for the second half of the finale, well you'll just have to see for yourself.

I wish I had more space to go into every one of the album's fourteen tracks, one by one, telling you how they are all amazing in their own, very different way. How they all flow together so perfectly, and how they create the greatest American rock album of the summer, maybe of the year. Since I don't have the space though, you can do yourself a favor. You can go out and buy this album. Don't just pick the songs I talked about in this article and go buy them on iTunes or rip them off Limewire, go to the store and buy the whole thing. Listen to it, and appreciate it fully. I can almost swear you won't be disappointed. I give this album my FIRST EVER ten out of ten. And who knows, maybe my last?

Makin' Waves

205 South Friendship
Paducah, KY 42003
Salon #: 270-554-4274

\$5 off any service

The Oak "K" September '08

One Day As a Lion

Andrew Croft
Sports Editor

It was difficult to choose what to write my music review about, especially with the summer's several different album releases. With bands such as O.A.R., My Morning Jacket, and Coldplay to choose from, none of them stuck out to me. But when I heard from a fellow Rage Against the Machine fan that Zack de la Rocha, my favorite lyricist of all time, was working on another project, I knew exactly what my topic was going to be.

I have long been a die hard fan of Rage Against the Machine. No other band can get you pumped up better than Rage, and no other band can make you despise our national government for no particular reason. Their distinct political, rap/metal style is impossible to duplicate, thanks to the brilliant, innovative guitar work of Tom Morello, and most importantly, the social comments and rebellious rhymes of Zack de la Rocha. Nothing brings out the revolutionary spirit in listeners like de la Rocha's signature "ticked off," protest style of writing.

Zack de la Rocha left Rage in 2000, reunited in 2007 to play a concert, and continue to play together today. But during the band's absence, de la Rocha fled to the underground hip hop scene in an attempt to kick off a solo career. After a long time experimenting with different underground

labels, he began working with Mars Volta drummer, Jon Theodore. The duo released their first five track, self titled EP this summer under the name One Day as a Lion. Though it was not commercially advertised, it is receiving a lot of attention over the web thanks to file sharing and iTunes.

One Day as a Lion greatly resembles Rage Against the Machine, sharing the same noise-drenched, rap sound. de la Rocha creates the heavily distorted, droning keyboard and synthesizer riffs, backed by surprisingly complex, head-bobbing drums beats from Jon Theodore. Though Theodore's drumming is not as experimental as it was for Mars Volta, it provides the perfect hip-hop feel necessary for de la Rocha to flow with.

Starting with the first and most well known song, "Wild International", de la Rocha comes out on fire and as energetic as ever. Like in Rage, he continues stringing together creative lines such as "tongues dipped in funk arsenic," that would easily challenge any of today's best so called "rappers." All of the songs on the EP share the same governmental disgust as in Rage.

The only negative comment I have on the EP is all the songs sound exactly the same. As in comparison with Rage Against the Machine, One Day as a Lion is not quite as diverse or influential. But if you are a Rage fan, or a fan of rap, you will not be disappointed with One Day as a Lion's EP.





Kyle Reeder



- International Thumbpicking Champion
- Thumbpicking Hall of Fame Inductee

Guitar Instructor at Music Zone in Lone Oak
Phone Number: 270-554-0964
~ Schedule lesson times with Stephanie ~

Gene Boaz

PHOTOGRAPHY

270.554.2642

www.geneboaz.net



Yeah! Ya Ya's Island!

Kelsey Smith
Entertainment Editor

I was bound by the mystery of YaYa's Island since it was brought up in a class discussion. I hadn't heard of it before then; I had no idea where it was, when it was supposed to be open, or even what it was.

YaYa's Island is in a new complex next to Pasta House behind the mall. The building itself is nondescript: sand toned brick with "YaYa's Island" hanging above the awning in yellow and aqua lettering. Once inside, the tropical theme is more evident with various fish tanks and palm trees fixed throughout the room; huts with thatched roofs and trihal carvings are placed accordingly.

As admission (\$6.99 for adults; anyone over 16 is considered an adult and can enter without a guardian) was taken at the door, I was also told that I would need to purchase socks to play. Not knowing what "playing" entailed, I decided I would come back to the register if needed.

First and foremost, I was relieved to see that an eating area had been set up, though one section was comprised of long tables that reminded me of a cafeteria. The menu wasn't extensive, but included dishes like salad, pizza, and sandwiches, some of which - like grilled cheese and peanut butter and jelly- were obviously geared toward children, while others appealed to a more general audience. I ordered a veggie sub, and although it was mediocre, it was filling.

More important than the food was that from any of the tables, the play area was visible. There were inflatables and wooden playground equipment that included bridges, tunnels, and small shacks. Needless to say, I replaced my sandals with the socks, and proceeded to the play area. After going through the obstacle courses on the inflatables several times, I saw that in the back portion, there was a section of traditional arcade games. But whether it was Whack a Mole or Speed Racing, it was out of order. Each machine had a handwritten sign stating this. Had I not been distracted by the pad of glowing light in the middle of the turf, I would have been more disappointed. Redeemingly, this was a type of game I had never seen. The pad was controlled by a small station near it and on the screen were three options: games, activities, or lightshows. The first game played was called "Bug Invasion." Each person was given a color, and

they must step on circles of light - the "bugs" - of that color to gain points. At the end of three rounds, the player with the most points wins. All of the games can have up to six players; they all have a similar concept, as do the activities.

At that point, mainly out of exhaustion, I quit playing games and headed out, stopping by the souvenir booth. Although the "prizes" must be bought instead of won, the games are free, which balances out the expense tokens would have created. The items range from t-shirts with the YaYa's logo to friendship bracelets; the cost does not exceed \$15, which is the price of a t-shirt.

Given the choice between YaYa's and Chuck E. Cheese, choose YaYa's. Not only are the games free, but the inflatable's beat out any token-driven round of bowling and the lack of a certain annoying, mouse-like mascot makes the time spent there more enjoyable.



Time to explore the play area!



Oh no! Out of order!



Better get our gifts and get out of here!

Erin Conwell
Features Editor

If ever you are looking for the perfect place to relive your childhood in giddy play then YaYa's Island is the place for you. It didn't look too spectacular when I first pulled up in front of the recently constructed facility adorned with a simple two-toned sign and an unfilled fountain, but walking through the doors was like walking into another land. As I approached the desk to begin my adventure with Kelsey, I was greeted by a cluster of enthusiastic (or at least the majority of them were) employees decked out in festive hats. I later noticed that they all wore fabulous headgear, most had pirate hats but there were some kings and even a Viking or two. The main cashier at the desk took our admission which was \$6.99 for an "adult" (anyone older than 16 years). She also informed us that socks are strictly required in the play area; luckily they sell them in five different sizes for only \$2 for those of you like me who believe wearing socks in the summer is sacrilegious.

We decided the best thing to do was to head over to the cafe since Kelsey was "dying of hunger". We were pleasantly surprised to find that they actually had some real food not just day old frozen pizza displayed under a heated lamp like we were expecting. The menu contained a pretty good variety, one could choose from many subs, salads, smoothies, and several island-themed dishes. Kelsey tried out some of the food and claims it was pretty average but sufficient. Above the cafe is a giant globe suspended in the air that is watched over by a small mock island village close to the ceiling.

After Kelsey's stomach was happy, we were finally ready to explore the play area. We put on our socks and placed our belongings in the cubby holes. As we headed in, it was apparent that the flooring had changed, it went from the non-descript carpet over cement to a bouncy foam-like surface covered in faux-grass that was quite pleasant to walk on. There were probably around ten or more little wooden huts each with different activities inside for the children, for example, one was filled with fake grocery goods and was set up like a little market window and another had tons of costumes for them to play dress-up with. Some of the larger huts were multi-storied and connected together to make a giant tree house maze. Kelsey and I unfor-

tunately decided we were a little too large to try out the tree house, but the children inside seemed to be loving it. Next, we spotted the entrance to one of the enormous inflatable obstacle courses (there were three of them), which turned out to be much more suitable for our size. The inflatable course proved to be extremely fun and we actually went through them several times until we were about dead with exhaustion.

Next, it was off to the arcade tent. Sadly, when we arrived, we found a group of what would be many fun games but they were each outfitted with an "Out of Order" sign. This was very disappointing. The only redeeming factor is that if the games ever do work, they are free and you don't have to fuss with those silly tokens. As we made our way out of the arcade tent with saddened faces, we noticed something we hadn't seen before. It was a large touch pad on the floor big enough for a dozen small children. Next to the pad was a station that resembled the trial video-game systems you see in stores. On the station you could choose from several games and activities, most required jumping and dancing about to hit your designated color that appeared on the pad. Most games were two-player, but some could accommodate as many as six players. We loved the game pad and played nearly every game and activity it had to offer. I can guarantee you won't be disappointed at the touch pad!

Before our departure, we took a picture atop a massive pirate ship designed to be a play area and decided to make a stop by the gift shop. Since there are no tickets to be won, you must purchase prizes. The most expensive thing is a t-shirt for only \$15. At the gift shop we purchased souvenir bracelets and had a chance to speak with one of the employees who told us she really enjoyed working there and that they have a lot of fun.

Overall, I was very pleased with my experience at YaYa's Island and would definitely choose to take any little kid there, or even go again myself. It was all very clean, thanks in part to the numerous locations in the facility where hand sanitizer is offered at childrens' height. This was important to me because I despise children that are dirty and sticky-fingered. Everyone should definitely check this place out and have an adventure of their own.

Sports Schedule

Fall 2008

- 9/26**
Varsity Football Game @ Home vs. Calloway
- 9/29**
Varsity Volleyball Game @ Home vs. CCA
Regional Golf Tourney @ Drake Creek
- 9/30**
Varsity Boys and Girls Soccer Game @ St. Mary
Regional Golf Tourney @ Benton
- 10/2**
Varsity Volleyball Game @ Home vs. Paducah
Varsity Boys and Girls Soccer Game @ Tilghman
- 10/3**
Varsity Football Game @ Todd Central
- 10/6**
Varsity Boys and Girls Soccer Game @ Murray
- 10/7**
Varsity Volleyball Game @ Murray
Varsity Boys Soccer Game @ Mayfield
- 10/9**
Varsity Girls Soccer Game @ Home vs. Hopkinsville
- 10/10**
Varsity Football Game @ Home vs. Hopkins Central
- 10/17**
Varsity Football Game @ Reidland
- 10/24**
Varsity Football Game @ Muhlenburg North
- 10/31**
Varsity Football Game @ Fulton City

LOHS Fall Sports Preview

Andrew Croft & Haleigh Fellows
Sports Editor Photographer

Soccer

Boys

The varsity soccer team doesn't have the best history, due to their failure to produce a winning season in the past 4. However, with several returning key starters including **David Spencer (12)**, **Roberto Arreaza (11)**, **Cody Waggoner (11)**, **Tyler Masse (11)**, and **Lee Dapp (11)**, along with many up and coming underclassman, the team shows a promising chance of success this season. They also have a secret weapon: Italian foreign exchange student **Alvise Vitali (12)**. With his highly advanced foot skills and ball control, he will be a crucial part of the team's success. Though the team hasn't been flawless the first half of the season, they have played several close games against top notch teams, such as Marshall County and state ranked Henderson. Their primary goal this year is to make it out of the district and on to the regional tournament for the first time in 5 years.



Photos by Haleigh Fellows

Girls

The Lady Flash soccer team was greatly impacted by the loss of several starters. This young team, led by seniors **Ally Heine**, **Monica Spees**, **Lawrissa Yeaman**, **Chrissy Coorts**, and **Jasmine Holcomb** have proven they are a force to reckon with in the district this year, with wins over Reidland and St. Mary. Heine has proven to be their go to player, leading the team in goals. She recently committed to the Ole Miss Girls Soccer team.

Football

It seems nearly impossible for the football team to top their astonishing 14-1 performance from last year, losing only in the championship game. But they are approaching this season with an even stronger determination to be the top in the state. Though the loss of Mr. Football, **Corey Robinson**, was a big setback, the team has not been discouraged. While last year proved to be a pass frenzy, the team plans to mix in a more well rounded offense. With **Jamarielle Brown (12)** at quarterback and a strong set of receivers including **Logan Francis (12)**, **Allen Haase (12)**, **Justin Jackson (12)**, **Carson Beyer (11)**, **Cameron Looper (11)**, and **Clayton Isenberg (11)**, passing will still be the forte of their offense. But they also have a solid running game this year, with **Matt Starks (11)** and **Chayton Thacker (11)** coming out of the backfield. On the opposite side of the ball, **Dylan Murphy (12)** and **Chayton Thacker** lead the defense as two key linebackers, while **Chandler Thacker (11)** destroys opposing offensive lines. So far the team has lived up to their expectations, easily winning their first three games, and they seem will on their way to the state championship game again.

Cross Country

Boys

The boy's cross country team looks to be strong this year with seven, experienced runners returning including **Aaron Williams (12)**, **David Spencer (12)**, and **Andrew Croft (11)**. Equally strong newcomers, **Richard Scelzi (12)** and **Robert Mcnail (9)** should be an extreme help to the team as well; already putting up promising times in their races. Regional teams Calloway, Muhlenberg South, and Paducah Tilghman should be top competitors to rile the Flash, but the boys seem to be in good position to make it to state.

Girls

The new coach, **Alan Treece**, has high expectations for the Lady Flash, aiming for their fourth straight year as state competitors. Returning runners **Macey Evans (11)**, **Kelsey Greene (10)**, **Haleigh Fellows (12)**, and **Courtney Jenny (12)** have a lot of experience and should be able to post up good enough times for a repeat of last year. Newbie **Kylie Tillet (10)** should also be a great contributor to the team, having already run impressive practice times. Top competitors Muhlenberg South and Paducah Tilghman will be in the running to compete with the girl's teams for the regional title.

Golf

Boys

With top teams Heath, Marshall County, and Ballard it'll be difficult to make the bid for state, but with two strong returners **Alex McKinney (12)** and **Taylor Croft (10)** along with the help of four solid newcomers **Ryan Mitchell (12)**, **Ryne Parsley (12)**, **Andrew Harlan (10)**, and **Chip Myers (9)** it seems possible. **Ryan Mitchell (12)** has proved to be a big success in his first year, and **Alex McKinney** has the experience to lead the Flash. Their record as of now is 8-19, but they have a few more matches to build confidence for regionals at Drake Creek September 29th.

Girls

The girl's golf team seems to be in great position to repeat their trip to state with an impressive fifteen wins out of seventeen matches so far. Returning for the girl's team is the successful senior **Emma Robinson**, **Jackie Ponting (10)**, **Shelbie York (10)**, and **Mackenzie Rouse (10)**. Extremely talented **Ashlyn Bechtold (10)** and a young prodigy **Annie Hack (6)** will be of big assistance to the team's success at regionals to defend their title.

Volleyball

With a loss in regionals to the eventual regional winners Marshall County last year, the Lady Flash hope to get sweet revenge and their trip to state this year. This looks to be extremely promising. The girl's volleyball team is ranked 23rd in the state with a record of 18-3 and just recently beat their biggest rival (Marshall County) at home. The team has been able to bond and learn each other's tendencies very well with their entire team returning, and no newcomers. Sophomore **Natalie Tavernaro** says, "We have come a long way from last year, and we want that regional title."



Swimming

While the swim team hasn't received the most attention in past years, they are making a big push to put their names on the map. Though their season doesn't officially start until October, Veterans **Cameron Farley (12)**, **Katie Followell (12)**, **Erin Conwell (12)**, **Kayla Parnell (12)** and **Mandy Jackson (11)** are hard at work, leading several rookie swimmers. These new faces include **Dan Horton (12)**, **Angie Conyer (12)**, and **Natalie Brelsford (11)**. Farley and Parnell are expected to be top contenders at the regional competition this year.

ACTIVE CARE CHIROPRACTIC

Dr. Heath Schipp

3240 Lone Oak Rd.
Paducah, Ky. 42003
Phone (270) 554-7661



Hope Unlimited

...we're here for you

1101 Jefferson * Paducah, KY * 270-442-1166
805 Market * Metropolis, IL * 618-524-5730

- FREE PREGNANCY TESTS
- MEN'S AND WOMEN'S MENTORING
- LIFE SKILLS CLASSES
- MEDICAL CLINIC
- ULTRASOUND
- HOUSE OF HOPE CRISIS HOME
- MOBILE MEDICAL UNIT



Student Ministry
Lone Oak First Baptist Church

H2O

Bible Study
Wednesdays
6:00 p.m

A place to belong...
A place to be who you are

Star Track

Monica Spees
Features Editor

Although another season has ended for Lone Oak High School's track team, it didn't go quietly. "I was pleased with the performance. They went beyond my expectations," says track and cross country coach, Coach Treece. "I'm very proud of them."

Perhaps the athlete causing the most fuss is Justin Jackson (12), the first Lone Oak male to win a state track title. Justin won first place in the 200 and 400-meter dashes and fourth place in the 100-meter dash. "I was excited about winning, but I felt down for not winning the 100," says Jackson. "My goal next year is to win the 100, 200, 400, and another individual event." At the rate he's going, Justin is sure to accomplish these goals in his last season of track starting this spring.

Despite losing last year's seniors Nate Brelsford, Morgan Murphy, and Kim Dunn, Coach Treece remains confident in his team's abilities. "We lost key members on the boys' and the girls' side, but we've still got some strong members. We should equal or do better than last year."

For all those students with even the tiniest inkling of running track, Justin Jackson has a message for you. "Do it. At least try, because many people thought that they wouldn't like it, and they ended up loving it. Track improves your speed. You might even have talent that you don't know about." Along those same lines, Coach Treece says, "Track is a sport that the harder you work, the better you'll be." Then, in a voice thick with implication, "Indoor track starts up this December."

As veteran track members near the time when they will pound the pavement and sprint into the sunset, there remain a few members to watch. As a gift from Justin Jackson to the school, Alex Hill (10) is being left. "He will follow in my footsteps and take up where I left off. He has trained with me. Alex Hill will break all my records," claims Jackson.

The Lone Oak track team's performance was exceptional this year. After winning fifth in the state, you would think that the team would be taking it easy on Cloud Nine. Aside from wishing for more support, sponsors, and press, much like other sports have, Jackson and the rest of the team have a message for all competitors. "We did well. We showed people that Lone Oak is good at track. People need to respect us. Our goal is to win at state next season. No third. No second. We're going to take the title from Tilghman. It's just beginning."

Olympic Diet

Jon Freeman
Sports Editor

Michael Phelps may give Takeru Kobayashi a run for his money in the Nathan's annual hot dog eating contest. This fish in the water can take in a lot of food. He takes in 12,000 calories a day. Yes, you heard that correctly, 12,000 calories. The average person is supposed to take in about 2,000 calories a day. If you do the math, that means that Michael Phelps eats for six people everyday. Here is what the 14 time gold medalist consumes daily:

For Breakfast he inhales three fried-egg sandwiches loaded with cheese, lettuce, tomatoes, fried onions and mayonnaise, two cups of coffee, one five-egg omelet, one bowl of grits, three slices of French toast topped with powdered sugar and he tops it all off with three chocolate-chip pancakes. I can barely eat 2 chocolate chip pancakes myself.

Then for lunch he takes in a pound of enriched pasta, two large ham and cheese sandwiches with mayo on white bread, and energy drinks that contain 1,000 calories themselves.

By now I would have already eaten enough food to last me a full week, but Michael Phelps continues to take in the calories. For dinner he eats another pound of pasta, an entire pizza, and more of those calorie filled energy drink.

You may ask yourself how Michael Phelps can fit only 200 pounds into his 6 foot 4 inch frame while taking in the amount of food that a family of six takes in. Well he burns the calories through his rigorous training exercises. He needs all these calories because the muscles he has burn up all of the calories. He is determined and has a body full of pure muscle. He has a long slender torso, chiseled abs, and long muscular arms which give him a greater edge when it comes to swimming in the deep end. Michael Phelps has all these features while still taking in a tremendous amount of calories.

Now, Michael Phelps will go down in history as one of the greatest athletes of all-time. He built up strength and endurance to win the gold not once but 14 times. He set the world record in the 400m individual medley, 200m freestyle, 200m butterfly, 200m individual medley, and the 100m butterfly in the 2008 Beijing Olympics. He will go down as the greatest Olympian in history until someone else happens to come upon 14 gold medals. He has the speed of a dolphin in the water and the appetite of a blue whale.



Photo courtesy Google

Beijing Wrap-up

Rachel Lundberg
News Editor

The 2008 Summer Olympic Games in Beijing began with an austerity worthy of the international stage. The manipulation of the world's largest LED screen by a team of dancers made the Opening Ceremony unique, to be sure. Once the competition took off, though, it was off to a running start. This year's Summer Olympics featured nine new events, including two BMX and a 10 km open water swimming marathon. As expected with the ultra-competitive nature of the Games, the gold standard continues to be raised. Over forty world records were broken in this year's Games, eight by Michael Phelps. The United States women's basketball team won their fourth consecutive gold medal.

There were plenty of memorable moments at the Beijing Olympics. Roger Federer's gold medal doubles victory with Stanislas Wawrinka and his rare sign of emotion on the podium were touching. The completion of his

childhood dream of an Olympic medal, a great achievement in itself, may be just what the Swiss tennis legend needs to get his fire back and take back the world No. 1 spot. And did I mention that Usain Bolt is a sprinting beast? You'd have to be pretty speedy to jog the last twenty meters, beat your chest, and still break a world record. (Pretty egomaniacal, too.) But the unforgettable image of this year's Games is undoubtedly Michael Phelps' scream of triumph upon his eighth gold medal victory. There was no doubt in my mind that Phelps could take the big eight, but it was still amazing to see.

At the end, the 596 members of Team USA claimed 110 medals - 36 gold, 38 silver, and 36 bronze. The 639 athletes of Team China took 100 medals, 51 of them gold. (There was definitely something fishy going on with the judged events, but that's a topic for another time.) If you missed this chance to plant yourself in front of the TV for three weeks, you missed some great competition. Be sure to clear your schedule for the 2010 Winter Games in Vancouver.

Beat Acne And Acne Scars

Think That The Only Way To Stop Acne Is With Topical Skin Creams And Prescription Medications?

Introducing Ageless Beauty Medical Spa's...

Physician Directed

Acne Program

Your personalized acne & acne scar solution that's more effective and produces results in as little as 30 days!

Thanks to recent advances in acne treatment technology you can now put an end to embarrassing acne and acne scars even if other treatments in the past have failed!

So ...if you are tired of the less than desirable results you are getting with over the counter treatments or are concerned about the side effects of prescription medications call Ageless Beauty Medical Spa for a skin analysis and private consultation.



Call 554-1552 today!

Ageless Beauty
Medical Spa
2850 Lone Oak Rd
Paducah, KY 42003
270-554-1552

Ageless Beauty
MEDICAL SPA

Dr. Lee Meals, Dr. Karen Banister,
Dr. Rheanel Tolar, & Dr. Jennifer Nelson

For a FREE copy of our cosmetic report *How To Beat Acne At Any Age* call 1-800-382-8732 and enter ID# 6105 for a 24 hour recorded message or go to www.agelessbeautymedicalspa.com

ADULT MEMBERSHIP

Sports Plex

Come to the Plex for a unique indoor sporting experience!

After Each Flash Win The First 3 People To 3 The Sports Plex With This Advertisement Get Free Drink Of Their Choice...Good LUCK FLASH!!!

For more Information
Call (270) 554-PLEX
Or visit
www.paducahregionalsportsplex.com
Located at
6525 Highway 60
W. Paducah KY 42001

- Family Memberships
- Birthday Parties
- Indoor Soccer Turf Field
- Basketball Courts
- Volleyball Courts
- Indoor Infield Practice Area
- Batting Cages
- Inflatables
- Video Game Room
- Mixed Martial Arts
- Yoga
- Aerobic Kickboxing
- Wrestling
- KO Boxing
- Cardio Classes
- Tae Kwon Do
- No Gi Jujitsu

Enjoyable bicycling since 1987

BIKEWORLD

Paducah, KY

BIKES & FITNESS

Mon -Fri: 10 am - 8:00 pm; Sat: 10 am - 4:30 pm
809 Joe Clifton Dr, Paducah, KY 42001
www.bikeworldky.com
(270)442-0751

help for your chronic pain

www.thepainmd.com

Making Life Easier To Live



Pain Management

Centers Of Paducah And Marion

Paducah Center
2831 Lone Oak Rd, Paducah, KY
270-554-8373

Marion Center
108 Airway Drive, Marion, IL
618-997-7820



Dr. Laxmaiah
Manchikanti,
Medical Director



Dr. Yogesh B.
Malla

Conditions Treated

- Low Back & Neck Pain
- Headaches
- Neuropathies
- Sympathetic Dystrophy
- Myofascial Pain
- Cancer Pain
- Other Conditions

Meeting the health needs of patients without regard to race, color, religion, sex, age, or national origin.