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Thanks for Reading!

Inside the Mind of a Voter

Blake Harrison
Editor-in-Chief

God bless America. After all, this is the land of the free and the home of the brave, right? Did you notice the word *free*? People who are free generally are those who enjoy certain "freedoms" that others may not. And so, in this free nation, we Americans have the right to vote. I am going to exercise that right for the very first time tomorrow, and I am stoked.

As you are well aware, people 18 and older have the right to vote. Many take full advantage of that right, while others do not. Some are apathetic, and some feel they aren't educated enough to make such an important decision. Having established those facts, I set out on a mission: talk to voters— first-time voters specifically, and get a sense of why it is they are voting in *this* election.

In order to give a balanced representation, I spoke to voters in three categories: 18 year old voters, experienced voters, and first time voters who declined to vote in previous elections. For some like me, voting has been something to look forward to for years. For others, exercising the right just isn't appealing at this point. Surprisingly, for many, voting is imperative because of our nation's current condition and/or strong sense of connection, or disconnection with a certain candidate. For **Courtney Kerns (12)**, it is important to vote against a specific candidate. "I feel so strongly against one that I feel like I need to vote for his opponent." Something tells me she's probably not

alone. Of all the elections in recent memory, this might just be the one where people feel most apt to vote against someone, rather than for another.

Why might that be the case? **Nancy Mornar** says the news media is to blame. "I have never seen an election where both sides have gone after each other so viciously." Sadly, the news media has played a major role in enhancing such crude tactics. Mornar has voted in every presidential election in which she was eligible, and gladly so. But she can't help but have a sour taste in her mouth because of the cut-throat strategies. However, she fully intends to vote tomorrow. Unfortunately, some voters may be so disgusted by both parties that they may choose not to vote at all.

Even though millions of American citizens vote, there are still millions more who, for one reason or another, don't vote. Many don't feel like their vote matters, some don't care, and others feel as if they are not in a position to have a say. Four years ago, **Morgan Morris** fell into that category. "I was eligible, but I didn't feel like I knew enough about either candidate to vote." Four years later, though, Mrs. Morris says she is much wiser and familiar with each candidate's policies and beliefs. Oddly enough, she cites the media as a reason for her knowledge.

So there you have it. People vote, or abstain from doing so, for a variety of reasons. Today, I am pleading with you to take full advantage of your right to voice your opinion. Do not stand by and let others make important decisions for you, especially in this day and age. After all, this is the land of the free and the home of the brave, right?

THE MAINE EVENT

Blake Harrison
Editor-in-Chief

Amidst the current situation the county schools find themselves in, Lone Oak High School continues to pursue all avenues and aspects of a small learning community high school. In doing so, certain members of the administration and faculty have had the opportunity to explore and familiarize themselves with such schools. During Fall Break, a group of central office staff, high school principals, and LOHS faculty members traveled back to Maine to gather more information about Noble High School, a school that operates with three houses of students within the school.

During this trip, their second to Maine, the group went through a design studio, which helped them mold ideas and strategies based on LOHS's specific needs and makeup. They were shown Noble's journey map, which chronicled its experiences during its 18 year operation.

To briefly summarize how the school is run, there are three houses which hold three teams apiece: a freshmen team, a sophomore team, and a junior/senior team. In each team (nine total) there are only four core content teachers. Every teacher in a specific team has the same students throughout the year. The benefits of "team teaching" are quite simple. The teachers are able to collaborate on projects, plan class schedules together, and identify issues that any student(s) may have. It is nearly impossible collaborate in such a manner in the confines of a traditional high school like ours.

Because Noble has been able to perfect their craft for nearly 20 years, they were able to pass along valuable do's and don'ts to our team.

For example, in order to strengthen weaker teams, they initially broke up very strong teams. It was quickly clear that such a move was a mistake. Other interesting aspects of the new age school include their half hour of silent sustained reading each day, and their requirement of 80 community service hours in order to graduate.

Many aspects of the school intrigue the LOHS faculty, and as more time and research is invested in this type of school, the more appealing it becomes.

Whether the county consolidates or not, the idea of small learning communities, team teaching, and the other aforementioned curriculum additions seem to be fascinating and viable options for the future.

Who's Been Procrastinating?

Derek Operle
Entertainment Editor

Do you remember last year, when I polled the student body on cheating and revealed that about 95% of students cheat? Well, I came up with another polling topic: procrastination. For those of you who don't know, procrastination is the putting off of things until a later time, in other words, waiting until the last minute to do things.

Now, because I possess years of experience in this field, it wouldn't be too much of a stretch to call me a procrastinator. I've procrastinated on everything from school science projects to newspaper story. It's a recurring thing in my life, this vice called procrastination, but I know I'm not alone: almost everybody I know has procrastinated at one time or another, it's not at all uncommon.

As I thought about doing this story, I racked my brain, trying to find the right question to ask the student body, my mind finally came to rest on this one: "How often do you procrastinate?" and that would be accompanied with five choices, never, rarely, on a regular basis (about half the time), more often than not (more than half the time), and all the time. After I came up with the question (and choices), I had a pretty good idea of how I thought the results would go: I thought that "all the time" would have the most and that numbers would go down as the regularity of procrastination did. It turns out that I was, for the most part, correct: 42.3% of those polled answered "all the time," with 21.1% being "more often than not" and 25.8 saying "on a regular basis." The other two (rarely and

never) accounted for an astounding 10.8%.

I'm not really surprised with these results in the least: I initially thought that most people would answer "all the time," especially in a blind survey, which keeps the identity of the polled person a secret.

Procrastination, though seemingly an innocent and common bad habit, can have serious consequences. With so many people putting things off until the last minute, it's a wonder anything gets done at all. You see, procrastination is an adaptation: it's something that evolves into people over time. It begins when they're young, with them putting off small things, like chores, but, as they get older, and they get away with more procrastinating, the bigger and more important the things they procrastinate on become, they begin putting off truly important things, like applying for colleges and jobs and paying their bills. Procrastination, once it begins, is a vicious cycle in a person's life: once they put one thing off, even if they do it at the last minute, they will be behind on whatever they have to do next, putting them even further behind in the long run. And it only gets worse as it continues.

I know it sounds like I'm making a mountain out of a mole hill here, but procrastination can have dire consequences. It can turn a simple work sheet into a huge packet, a short story into a novel, and a simple study session into an "I have to cram all this info into my head right now" session. Many students find themselves saying, "Why do now what you can do later?" they say. It is a temptation. A temptation that I urge you to resist because, once you have fallen to procrastination, it's hard to get back up.

Magnificent Monica

Yashaswee Malla
Business Manager

Monica Spees was doing a little more than just "muttering" during the month of October. This prominent member of 2009's senior class is this month's Junior Rotarian!



Photo by Haleigh Fellows

Monica has been playing soccer for a whopping 13 years, but claims that she dislikes to watch the sport on TV. She was involved in the McCracken County youth soccer program as a child and also tried her feet at indoor soccer. She played for two years at the middle school and all four year while in high school. After making spectacular saves from her position at the goal, she can be seen with her hands on her hips, feet shoulder width apart, and chest puffed with pride, proclaiming, "Not in my goal."

This young lady was President of the Journalism Club freshman year. She has been a Book Club officer for two years and is also currently in the Writers' Club. She has also been a member of the Beta Club since middle school.

This energetic eighteen-year-old is a member of Lone Oak First Baptist Church and has been a part of the youth group drama team there since 7th grade. Over the years they have performed two plays and several skits.

After graduation, she hopes to attend Western Kentucky University in Bowling Green. With her love for English and her devotion to the newspaper staff for two years running, it shouldn't come as a surprise that she wants to pursue a career in journalism. She also harbors a love for writing short stories, so she is considering doing some creative writing on the side.

When she's not busy with activities at church or school, she loves to unwind by watching a good movie. She'll keep you entertained by spitting out lines from movies, TV shows, and stand-up comedy almost word for word, and is eerily accurate in impersonating people's voices. Creedence Clearwater Revival is her favorite band and "Bad Moon Rising" is her favorite song by them. You can catch her in her white Chevy Impala which she's affectionately nicknamed Moby, and will tell anyone who will listen that this is the same car that Dean drives in *Supernatural*, her favorite show. When questioned as to what her favorite word is, she promptly replied with "Lacrimation", claiming that she "stumbled across it one day, and what person wouldn't want to say that word and know what it means?"

Haley Quinton (12) declared that Monica was an all-around good person and that she was glad to call her her friend. **Alec Valerius (9)** had this to say: "I've only known Monica for a short amount of time (about nine weeks to be kind of exact), but she has a way of making me look forward to coming to class everyday." Not only do students love this young lady, teachers adore her as well. **Mrs. D. Harper** claimed that it was such "a blessing to have someone as sweet, smart, and precious as Monica to be in our 5th hour Word Processing class." **Mr. Neel** admitted that she was "one of the most capable and nicest students that [he] has had."

Monica Spees is a compassionate, hardworking individual. I am pretty sure that there is never a dull moment when she's around.

At Face Value: A Last-Minute Policy Cheat-Sheet

Aaron Williams
News Editor

Running on the Democratic ticket November the 4th will be Illinois senator Barack Obama. Obama's campaign focuses on breaking the monotonous cycle of the past twenty years in Washington created by the Clinton-Bush dynasties. The ideals of hope and change here in America and abroad with our influence are some of the highlights of the Obama campaign.

Alongside Barack will be Delaware senator and vice-presidential nominee Joe Biden. Obama's choice of Biden undisputedly strengthens his campaign by adding Biden's experience as a foreign policy guru. Combining Obama's energy, ambition, and plans for America with Biden's collective wisdom and expertise seems like a wonderful idea to many Democrats. Some, however, criticize Obama for running a campaign that aims to change stagnant Washington and then choosing a long-time congressional player like Biden as his running mate.

When it comes to the big issues Obama has made several clear stands. He is staunchly pro-choice, believing abortion is a woman's right should she choose to exercise it. Obama plans to increase funding for sexual education in school that teaches the importance of the use of condoms and contraceptives in addition to the traditional curriculum of abstinence. By doing this, Obama hopes to decrease the number of teen pregnancies across our nation.

Though he supports same-sex domestic partnership benefits, Obama does not support a constitutional amendment legalizing gay marriage. Obama believes that the decision on allowing same-sex unions should be made by the states themselves. Barack opposes the absolute right of gun ownership. He believes the 2nd amendment should be respected, but that local bans on guns can and should be enforced, especially in the inner city. He also holds to his belief that only retired police officers should be allowed to carry concealed weapons.

One of Obama's most controversial stances is his belief in universal health care as a right to all Americans. His Obama-Biden plan outlines a way for all Americans to attain affordable health care, a measure some critics point out seems to look like creeping socialism here in our capitalist society. Obama hopes to provide more benefits to U.S. citizens with better federal funding by making taxes more "progressive."

Finally, Obama is in full support of a gradual reduction of troop levels in Iraq and hopes to pass a withdrawal time table from the Middle East that would have our troops out of harm's way by early 2012.

Rachel Lundberg
News Editor

The Republican presidential candidate who'll be appearing on the ballot tomorrow is, of course, John McCain. He flew ground-attack aircraft as a naval aviator during the Vietnam War before going into politics. He served two terms as an Arizona Representative in the House, and is currently in his fourth term as a Senator. McCain ran for the Republican presidential nomination in 2000, but lost to George W. Bush.

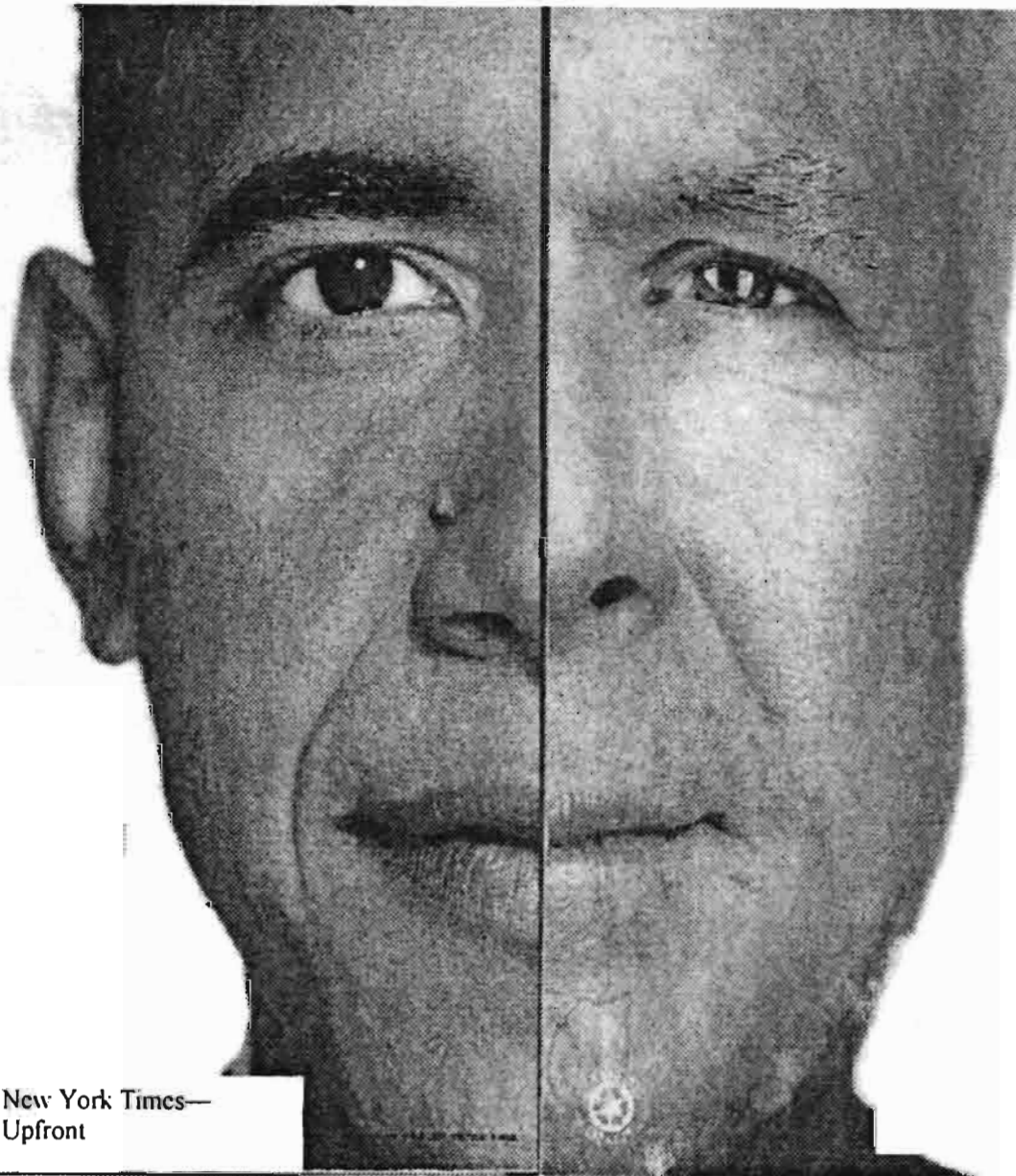
The topic on everyone's mind, and likely the issue that will decide this election, is the economy. John McCain has a mixed economic voting record, but he is firm in his assertions that he intends to veto any and all bills to raise taxes, and that he considers lowering government spending a top priority. His strategy is to reduce health care from \$5,000 per person to \$5,000 per family, allocate certain tax credits to tax exemptions, and reduce war costs. He says the surplus will be used for Social Security, tax cuts, and the national debt. McCain supports the bailout bill and wants to cut corporate income taxes to keep jobs in the country, with the condition that corporate bankruptcy laws will have tighter restrictions. "Ethanol is not worth it, even in Iowa," says McCain. His voting record shows support for development of alternate fuels, but many find his five-year projection for oil independence to be more than a little optimistic.

John McCain's foreign policy is right leaning in almost all respects. He is a strong supporter of the Patriot Act, continued U.S. occupation of Iraq, and expansion of the armed forces; he feels that a response to Russian aggression and possible nuclear warfare in the Middle East are not out of the question. However, he voted for immediate withdrawal from Somalia, and opposed deployment in Lebanon. McCain is in favor of more aid to legal

immigrants as well as Social Security and naturalization opportunity to illegal immigrants.

McCain's stances on civil rights issues are not straight down party lines. In addition to absolute gun ownership, the death penalty, and a ban on abortion, he also supports gay rights and women and minority funds, and has a long-standing record of support for Indian causes. He values affirmative action, but wants to abolish the quotas involved with it. McCain also makes clear his belief that "the First Amendment is not a shield for hate groups."

Senior Senator John McCain is a Republican of strong conservative values, with important exceptions. Read up on the candidates, and make yourself the best kind of voter -



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From the Guidance Office...

CLASS OF 2009

THINGS TO DO YOUR SENIOR YEAR OF HIGH SCHOOL

Wendy Waits
Guidance Counselor

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.

January

- Apply for federal financial aid. Visit FAFSA (Free Application for Federal Student Aid) on the web at <http://www.fafsa.ed.gov/>. This is the first step to receiving federal aid at colleges and universities. While you can apply using a paper application, online applications are processed faster, and this method checks for many common errors.
- FAFSA applications can be filed after January 1st. Many schools have priority deadlines for some aid programs. Be sure to complete the FAFSA early in the year, and check with each school you are applying to.
- Encourage your parents to complete their federal income tax returns early this year. This information will be collected on the FAFSA to determine your financial aid eligibility.

ACT: Go to www.actstudent.org/regist/nextdates.htm to check testing sites and to register.

Penny Designs Put A New Spin on Old Abe

Yashaswee Malla
Business Manager

The penny is being redesigned for the first time in 50 years. The U.S. Mint has introduced the designs of the pennies that are to be released next year along with a Lincoln silver dollar to commemorate the 200th anniversary of the birth of the sixteenth President and the 100th anniversary of the penny's production. Although the one cent piece will continue to portray Lincoln's profile on the front, the Lincoln Memorial on the back will be replaced by one of four new designs.

The designs on the back will illustrate four stages of Lincoln's life. A new coin design is to be issued in approximately three-month intervals throughout the upcoming year. February 12, 2009, Lincoln's birthday and the 100th anniversary of the production of the original Lincoln cent is when the first coin will be put into circulation.

The first design is of a log cabin which represents his birth and early childhood in Kentucky. The second design is an image of him taking a break from working as a log-splitter in Indiana by reading a book. Lincoln as a young lawyer standing in front of the old state capitol building in Springfield, Illinois, is to be the design of the third coin. The final coin design in the series is of the half-completed U.S. Capitol dome which depicts his effort to preserve the Union during the Civil War.

After 2009, the design on the back of the penny will be changed to feature "an image emblematic of President Lincoln's preservation of the United States as a single and united country." This is stated under the law that authorized the design changes for the coin. That new image has yet to be chosen.

By changing the designs of the penny, the Mint is hoping to duplicate the success of the 50-state quarter program which was the most popular coin collecting program in U.S. history. The penny is not the only coin besides the quarter to sport various designs. The nickel also had changing designs to commemorate the 200th anniversary of the Lewis and Clark expedition. The Mint has also started an effort to revitalize interest in the \$1 coin by planning the introduction of four new designs each year honoring a different president.



Photo Courtesy of google.com

Greenway Trail Opens in Noble Park



Photo courtesy of paducahky.gov

Aaron Williams
News Editor

The first phase of the Greenway Trail, located in scenic Bob Noble Park right here in Paducah, opened over the summer to cyclists and pedestrians every where. The 1.75 mile-loop begins near the back of Noble Park, right next to the infamous skate park. This opened section of the eventually much larger Greenway Trail runs from Noble Park, through Stuart Nelson and finally connects with Coleman Road. When finished, the completed trail will also connect to Perkins Creek Nature Preserve and Schultz Park as well.

The Paducah Parks Department is very proud of this truly gorgeous trail. The trail passed from idea to realization with extended funding the project received. Greenway offers a safe, beautiful way for citizens and tourists to enjoy themselves and nature while keeping physically fit. The path runs mostly through wooded, shaded areas and is clearly marked throughout. The terrain is densely packed gravel that provides for both a smooth and comfortable surface to run, walk, or ride on. Future improvements to the trail will include lighting and emergency call stations. Already several community walks and benefits have been held on the trail, including the Critter K.

Students should be quick to take advantage of the trail before the fall months turn the weather too cold. The falling leaves and cooler air should provide the perfect atmosphere for a brisk ride or jog. "Right now is the perfect time to enjoy the trail!" quotes **Gabby Fellows (12)**, who helped mark Greenway.

Stress Strikes Students at LO

Kelsey Smith
Entertainment Editor

Parents often give wistful sighs when remembering high school, stating it was easier than life as an adult. But what parents – and teachers it sometimes seems- often forget is that stress also comes along with being a student.

Emphasis is placed more on obtaining A's instead of obtaining knowledge. In this generation, students are taking higher level courses- often from three to five AP or enriched classes a year- and are involved in numerous extracurricular clubs and sports teams. 44% of students also hold part-time jobs throughout the school year, as reported by a *USA Today* article in 2005. And despite that time management is recognized as an issue by students **Roberto Arreaza (11)** who is a member of the academic, baseball, and soccer teams, concedes, "In all fairness, school work wouldn't have a much of an affect on me if I were to work in class or as soon as I got home", some report having homework in at least three classes each night or more than two hours of homework on most nights. One complaint concerning workloads was the timing of deadlines. Teachers often gave projects to be completed over the weekend or an extended break, detracting from the purpose of breaks altogether. Along with lessening the amount of free time, assignments affect sleeping patterns. Teenagers should rest an average of nine hours every night; most get roughly seven hours. A study according to Brown University found that the difference between the amount of sleep a student who received Cs, Ds, and Fs and a peer who made As and Bs was only 40 minutes.

Another source of stress (even for seniors who signed up to take easier classes during their last year of high school) is college. Students must consider various issues, not only where and when to apply, but whether ACT and SAT scores will be sufficient. Students must consider whether extracurricular activities and essays will push their résumé ahead of other applicants. Scholarships and the financial aid needed outside of that plays one of the most important parts in a final decision. The list of other factors that influence the result would merit a much longer essay.

But even with the loss of sleep, the homework over fall and winter breaks, most, like **Ally Heine (12)**, know the stress is a result of their own decisions. So students may not worry about the cost of a house or a deductible on taxes; they may not have to make dinner or doctor's appointments, but students are certainly still losing sleep. At least, as **David Spencer (12)** states "over things I couldn't imagine living without."

Future of the Executive Inn to Affect Our Area



Photo Courtesy of google.com

Erin Conwell
Features Editor

As many people know there has been a lot of controversy surrounding the Executive Inn as of late. But what do all the recent really mean for the people of Paducah?

The whole deal started when the AQS threatened to take the annual Quilt Show to another state unless renovations were made to improve the Executive Inn. The quilters were also upset to hear news that the Executive Inn may have overbooked the hotel for the Quilt Show and taken the deposits of patrons even after they were aware of the shortage of rooms. The downtown hotel is vital to the quilt show even though only about 3 percent of the quilters who attend stay at location because it houses the majority of the show's events. This year will hopefully mark the 25th Anniversary of the Quilt Show in Paducah which has become a beloved tradition. Not everyone enjoys the town being invaded by white-haired fanny pack wearers, but it is only a few days a year and attracts over 25,000 visitors each year which really boosts local business.

On October 14th a contract was put in place for Space Coast Hospitality Management Group to purchase the Executive Inn for 9 million dollars. The President of Space Coast Hospitality, Bill Parsons, has high hopes for the future of the Executive Inn and already has announced a two-phase plan for renovation. The first phase of the plan includes basic structural renovation such as repairing the roof, replacing

windows and furniture and doing other repairs. The second phase which would be complete by 2010 will entail attracting new businesses to the hotel and even building an indoor water park, something we could all enjoy. They also plan to convert the areas of the building formerly used as retail and office rental space into areas for vendor and other exhibitors to use during events such as the Quilt Show. Parsons also ensures that any room deposits will be returned to quilters who had hoped to stay at the hotel for the 2009 show and may not get their room.

Quilters and the local businesses that the Quilt Show helps so much aren't the only ones worried about the fate of the Executive Inn though. Former tenants of the rental spaces in the Executive Inn have been left in the dark since the hotel's power was shut off over a month ago due to nonpayment and they were forced out. Some of the businesses that used the area had been there for over 25 years and were sad to leave what they now consider a home away from home. A few, such as Curl's Salon, are hoping to move back in once the hotel is under new ownership and the renovations are made. Others are less worried about regaining their former address but all are concerned with what will happen to the rent money they paid in advance and other fees. Luckily for them Bill Parsons says there have been provisions made to make sure all former tenants are paid anything they are owed.

It is possible that our little city of Paducah may finally see some good come out of the Big E.

Imagine the difference 5 points can make.

Ask these students how they increased their ACT scores 4 to 7 points!



Paducah Tillyman Megan Albritton, Erin Bright, Chris Cappock, Nancy Williams, Chise York
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OPINIONS

ANDREW'S ANALYSIS

"..I am sick and tired of every music magazine naming Jimi Hendrix the greatest guitar player ever."

Andrew Croft
Sports Editor



After a long process of thinking about what to write my opinion article about, my mind miraculously landed on a subject that I have had many heated arguments about: *Rolling Stone* magazine's list of the top 100 guitarists of all time. I know that *Rolling Stone* is an entertainment-based magazine, but it doesn't mean that they should put crappy guitarists over deities based on popularity and success.

First off, I am sick and tired of every music magazine naming Jimi Hendrix the greatest guitar player ever. I'm not saying he wasn't amazing and influential, because he obviously was, and I am a big fan of his. I just feel that he is highly overrated, simply because he is without a doubt the most recognizable guitarist. But honestly, who cares if you can pluck a guitar with your teeth? I don't. Maybe if he had lived past the age of 27, my opinion of him might be different. Even Hendrix himself recognized the superiority of other guitarists as he regarded the great Phil Keaggy to be the greatest he had ever seen. Though Hendrix definitely deserves a top 10 spot, he is not (in my opinion) the greatest of all time.

Of course Hendrix is followed by people like Duane Allman, B.B. King, and Eric Clapton, all of whom should be somewhere near the top of the list, but not top 5 by any means. They are all amazing guitarists, and among the elite, but they have been made famous by the success of the bands they were in, with the exception of B.B. King. I should probably throw in other names *Rolling Stone* put in the top 20 that should not even be mentioned on their list at all. They include Kurt Cobain of Nirvana, Keith Richards of the Rolling Stones, Kirk Hammett of Metallica, Johnny Ramone of The Ramones, Jack White of The White Stripes, and John Frusciante of The Red Hot Chili Peppers. All of these guys are great musicians, I'll give them that, and I love the Chili Peppers, but to suggest that Frusciante is more talented than someone like Frank Zappa or Carlos Santana is a sin.

While spending a lot of my time on iTunes and YouTube searching for different musicians, I have come across several guitarists that would easily wipe the floor with Hendrix's abilities. Most of these guys easily deserve a spot at the top of *Rolling Stone's* list, but have somehow failed to make the list at all. My personal favorite guitarists are Steve Vai, John Petrucci, Joe Satriani, and Tim Reynolds. Vai, Petrucci, and Satriani, living legends in the guitar world, are the most talented and technical rock guitarists I have ever seen. They have clearly mastered every aspect of their instrument, effortlessly giving mind blowing performances every time they touch a guitar. Tim Reynolds is easily recognized by any Dave Matthews fan, but is relatively unnoticed by the rest of the music world. He is the most exciting acoustic guitarist to watch, playing unbelievably fast and technical improvised riffs.

Though I disagree with *Rolling Stone's* list, I know it's impossible to rate musicians and not make someone mad. But the point I'm trying to make is that there are so many people out there with extraordinary abilities that are underrated and deserve recognition. I would appreciate it if *Rolling Stone* would stop trying to appeal to the public opinion, and pay more attention to the talent of the musicians.

Conwell's Comments

"Well, I guess you could just call Hannah a 'Jack of all trades'.."

Erin Conwell
Features Editor



To continue my promised series of "Anti-Junior Rotarians", I thought it would be great to highlight none other than Hannah Hagan. As a refresher, last month I expressed my opinion about how it's not fair for just a select nine Junior Rotarians to be praised and thus, the "Anti-Rotarian" was born.

Hannah is definitely what one could call exceptional. Many of us here at Lone Oak already know her as the infamous Hannah "The Flash" Hagan, our spirited school mascot.

But that isn't where the spunkiness stops; she is a colorful character with an eclectic assortment of interests. For starters, she can play a wide array of interesting instruments including, but not limited to: the accordion, piano, harmonica, and the kazoo (she claims this is a valid instrument). Most people don't know that she led our French program to a first place victory with her accordion playing at the Regional Foreign Language Festival.

Music isn't the only thing this giddy gal is good at; she is also well-known for amazing tennis playing. Combined with her sister, the dynamic duo has taken the Regional doubles by storm and has placed first twice. She shows her love of tennis by being a loyal member of the Tennis Club for four straight years.

Well, I guess you could just call Hannah a "Jack of all trades", since in addition to these other time consuming activities she also considers herself an amateur astronomer who loves to follow the stars, and even owns a piece of land on the moon. She definitely has the brains to do this because she is a whiz at academics too! This summer she was picked for the prestigious Governors Scholars Program, spending five weeks at Belknap University studying Visual Arts. She is also returning this year to our Academic Team after taking a year off, simply because she had too many activities to do all at once. With her stink bombing days behind her, she is very involved in the school and is the Vice President of the French Club as well as being active with the Beta Club.

Hannah has gone trick-or-treating as an artist nearly every year since kindergarten, and for good reason; this creative Virgo has a natural flair for art and has been in the GT Art program for six consecutive years. She also uses her creativity as the editor of our school yearbook (she was only the assistant editor last year) and has been in Yearbook Club for two years.

Hannah also loves to help out the people in her community with her collection of volunteer activities. Hannah has been a main player in Backpack for Kids for two years and recently won a community service award for these efforts. She has also been a member of 4-H for two years and has participated in many of their volunteer opportunities. She is also a proud Girl Scout who has earned so many badges in her eight years that she has to have two vests to hold them all. She is currently working toward the coveted Gold Award, the highest award given to a girl scout.

In the rare free time she has, Hannah likes to collect teddy bears. Her favorite is Bear Bear whom she has snuggled every night for fourteen years. She knows she should have outgrown them but just doesn't care. She also spends a lot of time working on her personal style and can be spotted rummaging through thrift stores from time to time where she gets her most well-known outfits.

Hannah is definitely one of the most striking students here at Lone Oak High School and she deserves recognition. So, next time you spot her American flag pants in the halls, or hear her car-shatteringly loud laugh, give her a big salute.

Don't be afraid... We accept Letters to the Editor! Bring letters to... Mrs. Goodman—Room 200

J-Free's Jargon

"He is truly an inspiration the way he lives his life to the fullest, knowing he is content."

Jon Freeman
Sports Editor



My sophomore year I decided to take Enriched English. Little did I know that this class would teach me much more than the basic grammar I needed. I had the pleasure of having Mr. Nall as my teacher for this class. Some of you may know Mr. Nall as the jolly guy who stands at the end of the English hallway and smiles at everyone as they pass by, but I know him much better than that. I consider him a mentor and good friend, for he taught me a lot more than English. He taught me about life.

Whether it was his story of the time he saw Elvis in concert, the tale of how he made his way through college, or him telling us about his first car, every story had a moral. He talked about how he always found happiness in everything he did. No matter what circumstance he was in, his main goal was to be content in life. He would always tell me to be content and find happiness.

At the time I took his advice for granted. I looked at some of his stories as a way to get out of class work. Now I take his advice and apply it to my own life. He has taught me a whole lot more than I expected. I'm so glad that Mr. Nall clued me in on what life is really about and I thank him for that. He really helped make me into the man I am today. Thanks to Mr. Nall, I don't take the little things that happen for granted. I realize that some people have different things that make them happy. For some it may be money, cars, and beautiful women. For others it may be a certain person or activity that makes them happy.

I believe that a person can be truly happy without great wealth. If that person finds something they love and makes them happy then that is all that they really need. I live knowing that it is not all about having a nice, new car or a big plasma TV. You can find happiness without all these things.

I found something that makes me truly happy. I'm now the happiest I have ever been in my life. Whenever you find that one thing that makes you truly happy, you never want to let that go. I never want to let go of the thing that makes me happy. I am completely content with my own life. I feel like I don't need anything but the one thing that makes me feel like the happiest man in the world.

Everyone needs to be happy. All you have to do is go out and find your own happiness. I found mine and now I feel like the luckiest man because I am truly the happiest I have ever been. If you haven't found happiness yet, don't worry; you will find it. You just have to be open to new things. Whenever you find what makes you happy you will never want to let it go. These are all things that Mr. Nall taught me in Enriched Sophomore English. He is truly an inspiration the way he lives his life to the fullest, knowing he is content. I consider it a privilege to have learned from such a great man. He taught me to find happiness and never let it go. Thank you, Mr. Nall.

Lundberg Says It on Ya

"The illusion of democracy is good enough for the common American and even better for the American politician."

Rachel Lundberg
News Editor



I'm sure we could all think of a few things this country could do without, but I've got a bigger party politics. Politics itself includes a whole mess of problems, but the two-party system is one of the major ones. It actually inhibits the democratic process, and I wouldn't be surprised if today's politicians intend for it to have that effect. It doesn't make much difference which party happens to be in the White House for the time being; the "party out of power" still has plenty of it.

First off, our representatives — if you can call them that — up at Capitol Hill spend so much time worrying about party loyalty, and party affiliation, and party power balance, that they rarely get anything done. As a little singing bill says, "Now I'm stuck in committee, and I sit here and wait, while a few key congressmen discuss and debate..." The best way to hold on to the power you've acquired is to make sure nothing changes fundamentally, right? It's this logic that makes even liberals more conservative than they'd like you to think. The illusion of democracy is good enough for the common American and even better for the American politician.

The politicians aren't the only ones to blame for this situation, though. They couldn't have done it if we, the people, didn't let them. Each time a presidential election rolls around, I find myself surprised that so many people are uninformed and yet staunchly opinionated. You're not doing yourself any favors where your democratic rights are concerned when you vote a straight ticket of names you don't even know. I see so many people today drinking in their shallow democracy by looking at the (D) or (R) beside someone's name and calling them a political savior. "Rule by the people" suggests that we think like people, not like lemmings.

Votes are like pennies, practically worthless and often discarded, but if you are planning to hit the polls tomorrow, keep this in mind: it's your responsibility as an American citizen to *inform* yourself and to *think* for yourself. Party affiliation is not a fault, but closed-mindedness is. You don't have to side with your party on every issue, or vote for every one of your party's candidates. Don't waste your limited freedom of choice. Your vote, your thoughts, your words may not make a difference, but isn't it better to know that you honored the freedom that you have as best as you could? Think about it while you wait in line at the ballot box.



Fouse's Facts

"Who doesn't enjoy having a bucket full of candy...?"

Kyle Fouse
Asst. Editor-in-Chief



How many of you dressed yourselves up for Halloween and enjoyed the evening's festivities last month?

Should high school students even dress up for Halloween? If you did, then good for you! I believe that is the best way to celebrate such a macabre and enjoyable holiday. Besides, if people are going to spend their time and money buying candy to hand out to random strangers on one day of the year, anybody who wants it should be allowed to dress up and get it. Although there aren't as many eccentric people dressing up for and partaking in the festivities of that exciting day. I believe those who still choose to do so should not feel out of place or immature. Who, after all, doesn't enjoy having a bucket full of candy at your disposal? The little kids that the candy was intended for won't even eat all of the stuff that they receive! I know for a fact that when I was a child I let many good candies go to waste, and I intend on getting many a piece of that sweet sugary gold!

Halloween is also a great time of the year for being outside and enjoying the fresh, cool breezes, and the warm comfort of a light jacket. Football games and other such outdoor activities are also excellent ways to not only support your school, but share some memories and comforts with that one guy that has the blanket. It's so much better to spend your time with friends outdoors, possibly dressed up as a completely random person (or thing), than

it is at any other time of year. I am in full support of the outgoing students and their full enjoyment of the beginning of the holiday season with a group trip into the hoods and houses of Lone Oak, to plunder the booty of subordinating parents and their candy.

I am not, however, in support of certain groups of people (most notably girls) using the holiday as an excuse to go out and dress in the skimpiest clothing possible. It's simply weird for people to do that. Seriously, I don't care how you dress up for Halloween on your own time, but when you're at school among groups of people who really don't care to see what you got, you should probably just follow the dress code to the letter. It makes things a lot better for everybody else, who are just as eager to get out of school and dress out like yourself, and a lot less stressful for you if you so happen to get called out and forced to change your dress.

October is a great time of the year to have such an interactive and creative holiday, and I personally think everybody attending here at LOHS should have partaken in that end of the month festivity in some form or fashion. It was also on a Friday, which makes things so much better, because that way you don't have to worry about waking up in the morning with a candy hangover and having to go to school in the morning. That way you can wake up at 1 P.M. in the afternoon and not have a care in the world! Because I'm pretty sure that's what I did. So what I'm sayin' here is simple: if you got yourself out of your house on Friday, October the 31st and took advantage of the people who didn't, then you are not in the least bit alone. Hopefully I will have seen you out there in the wild, wild hoods of Lone Oak!

Jordan Jabbers

"I think all of us have been confronted with the 'Whatever could I do now?' problem."

Jordan Price
Assistant Business Manager



Although I do thoroughly enjoy myself here in Paducah most of the time, one thing that I most certainly do not like about my hometown is the lack of, dare I say, "anything" to do. Sure we have the movies and the mall, but the movies get expensive and the mall's wonders and mysteries quickly wear off. I find myself constantly asking, "Why is Paducah so boring?" or "Why don't we have anything to do?" It makes me sad to think that my city offers nothing for its citizens except rip-off movie tickets and not so bargain shopping. I can't help but wonder why Paducah is the snore-fest of Kentucky.

To the town's credit, a skate park was constructed and a sports complex was built a ways down the road. But I for one definitely am not a sk8er girl and gas prices prohibit any fun at the distant "Plex." I know I'm not alone in this matter; I think all of us have been confronted with the "Whatever could I do now?" problem. I know I have on several occasions, but wait. Is Paducah really as dull as I think it is? Maybe it doesn't have to be.

I am constantly looking for something to do with the occasional Friday night that I am not working or swamped with a year's supply of homework. I want something new to do, I want something spectacular and fun for my friends and me to enjoy. Stand up and revolt... no, just kidding about the revolting, although even that would be something different.

Seriously though, do you want to look back during your elderly age and reminisce on the times you bought another latte or about the seven times you saw Iron Man? Boring. I want better stories to tell my grandchildren. I for one want something new, even if it is just a one time thing. Let's throw a party, let's dance in circles under the full moon or whatever gets you going, but let's do something.

After much consideration and some acceptance of the nothing-ness that Paducah has become, I have now come to the realization that it is up to us (yes, that's right, you and me) to do something about our lack of anything interesting. After all, this movement would most greatly benefit us and later generations. I don't really care what we decide to do, whether it be a parade or a music-palooza type of thing, I just want something to fill up my free time. I feel like we should do something to help ourselves and our community, it is our lives I'm talking about here. I think we should come together and ask for an activity specifically aimed at the youth of Paducah. As my folks might put it, we need "something to keep us out of trouble" and I know this goes against the code, but I agree with them: we need an activity to keep us occupied, safe, and intrigued for years to come. So, what do you say, are you ready to stand up and do something (literally)? I know I am.

Aaron Williams 180°

"..when I watch my TV I want instant entertainment for the moment and a complex plot for the long haul. *Heroes* gives me both of those things."

Aaron Williams



News Editor

With the launch of all the brand-spankin' new TV this fall, couch potatoes and devoted series followers alike are jumping with joy and for good reason. The world of cable television has sprung back to life after the writing strike figuratively murdered it last year. The resulting TV drought, which will probably later be referred to as the Dark Ages of our time, has been ended by flash floods of creativity. The heavy hitters are back as is, my personal favorite, *Heroes*.

I freakin' love *Heroes*. I really do. I understand the break we had to take in our relationship last season when *Heroes* couldn't really decide where it wanted to go with itself. It just needed some space. I understood, and I patiently watched *Heroes* from afar with the confidence that when it came back, I would be there with open arms. Boy was I glad I waited. Without a doubt, *Heroes* is the best show on television, and I'd love to tell you why.

For those of you who don't know, *Heroes* is a television mystery/suspense series that is on-going on NBC. It tells the story of ordinary people who discover they have extraordinary powers and their struggle to save the world from the ongoing threats it faces from these powers. Along the way, the viewer sees all the different perspectives of the characters in the plot and how they interact with one another. The viewer sees how the characters fates are tied together and how they all affect one another. Independently, the 'heroes' of *Heroes* struggle to find themselves, find answers, and just try to fit in. As a group they struggle against evil and fight for what they believe is right.

The extraordinary dynamic and plot of *Heroes* is just one of the reasons it's so good. As far as TV goes, it's probably one of the most action-packed shows you'll watch on television. And for a guy like me, that's important! If I'm going to devote an hour out of my night to television, I want to get the most out of that hour as possible. I don't want to sit around and watch some boring drama about an overly complicated love triangle that might end in a lame murder in the season finale. Nor do I want to have to sit and watch a comedy for a whole hour so when the big comedic punch lines comes at the end of the episode I'll be able to laugh for thirty seconds.

No, when I watch my TV I want instant entertainment for the moment and a complex plot for the long haul. *Heroes* gives me both of those things. I mean, what would you rather watch? A doctor's tearful, fifteen minute monologue or *Heroes* characters Peter Petrelli and Sylar duel it out with a catalogue of powers, including but not limited to: stopping time, flying, ripping people's skulls off, and shooting pure nuclear energy?

By the time this editorial is printed we will already be several episodes into the *Heroes* season, but don't worry. If this opinion piece has made you feel you should go check out the series, you can use NBC.com to view previous episodes to catch up on the plot. If you're not watching *Heroes*, you're missing out.

The Oak "K"

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Kelsey's Kvetch

"The most frustrating thing isn't that the former style of rap exists.."

Kelsey Smith
Entertainment Editor



Hip-hop is hanging on a wire. Almost all of the music the mainstream culture classifies as hip-hop serves little

purpose but to reinforce materialism, misogyny and bad grammar. Somewhere within the past two decades, this music stopped being an art form and started being an easy way to advertise. Record labels emphasize the value of money (example, label named Cash Money), there is an album entitled *Get Rich or Die Tryin'*, a song called "Got Money." These rappers also exhibit the importance of currency by singing about "bling" and "rides" and write about women as objects, not people, to show how these things give power and credibility.

Even with these common subjects, sometimes excerpts fail to make complete sense. This is due mainly to two things: the overuse of profanity and the prevalence of abbreviations. Profanity is used so relentlessly that it was difficult to find any lyrical snippets suitable for print. Some lines contain as many as four or five obscenities, which causes one to wonder how these songs get high rotation on the radio if half of the three minute time slot is filled with

silence to meet Clear Channel guidelines. Add to that the use of "dat" instead of "that," "da" as opposed to "the," along with "U" and "b4" in print and every song feels more and more like a preteen chat log.

Thankfully for the genre, there are legitimate emcees around. With lines such as, "I'm just tryin' to be the dream of every peasant the hurricane can offer," artists such as Aesop Rock and Sage Francis spit lyrical muse that makes listeners wish they too had been touched by the hands of Gods, or at the very least, that they had paid more attention to rhetoric lessons in class. Along with more elaborate lyrical structure and concepts, some underground rappers are bringing a new dimension to the genre by collaborating with artists outside of hip-hop, like Cat Power and The Mars Volta being featured on El-P's latest album *I'll Sleep When You're Dead* or John Damielle from The Mountain Goats appearing on Aesop Rock's most recent offering.

The most frustrating thing isn't that the former style of rap exists (evolution has to begin somewhere) but that that sort of music is the most well-known. That is what is associated with the terms "hip-hop" and "rap." What needs to be seen is that although 50 Cent has his "mind on his money and his money on his mind", he obviously didn't even think about passion or intelligence.

CLUB SPOTLIGHT: WRITERS' CLUB

This month's club spotlight has been shone upon the new Writers' Club. Instead of the traditional newspaper article highlighting all the wonderful attributes of this group sponsored by Mrs. Carter, the club chose to stay true to its name and write something for the paper. A "popcorn story," a story in which each person writes a portion of a story before passing it onto another person, was decided. Due to different writing styles and various ideas about how the story should go, the following might seem unbalanced, even odd, in parts. However, it is what it is. On behalf of the Writer's Club, here are the misadventures of Mr. Sydney Hucklebee Esquire. Enjoy!

Mr. Sydney Hucklebee Esq. looked down in dismay. He found himself to be in no state to be seen in public. This, however, was irrelevant, since in public he was. Sydney searched his aching mind for an explanation. How had he ended up in such an inconvenient situation? (Charis Gurrola)

Alas, it was too late. As the subway hurtled through the dark tunnel below the city streets, Sydney could feel the eyes of the other passengers slowly turning to gawk at him. He was halfway to work with no way to change his clothes. There seemed to be no escape from this fashion crisis. (Monica Spees)

He looked around with desperation. With no other option left, Sydney dove for the sliding doors leading to an empty car, his last hope. He hesitantly looked at his watch. Fifteen minutes left. Maybe, just maybe, he could jump off the subway and get a change of clothes. (Cassie Watson)

Sydney stood in the dark corner of the car as he listened to the opening and closing of the outside doors. It felt like he waited in the darkness for an eternity when someone entered in a fairly nice outfit. Thinking quickly, Sydney jumped out of hiding and knocked the stranger unconscious. He quickly changed clothes and left the man's body. As the train slowed, he immediately left the car. (Garret Watson)

He was in a stranger's clothing, now running to the Two Mile High Selippend Building where he worked as a contractor. Unfortunately, the building was still some way from the subway station. In order to get there on time, he would have to fly or something...

"What the?!" Sydney found himself high in the air, feeling smog enshroud his body. Somehow, he was flying. His mind drifted to the stranger. He had had a strange atmosphere around him, hadn't he? Before he knew it, Sydney was on top of his work building next to the roof door and apprehensively creaked it open. (Shane Miller)

He felt around for the light switch to have a look around this mysterious place. He had never been in this room before. There were a few tables, chairs, and the carpet was an interesting lime green-and-white checkered pattern with a few violently scattered red stains. Murder was at the back of his mind as he wondered what had happened here. He noticed a note on the floor and picked it up. It said, "S.H., meet me in the corner office on the thirteenth floor." He got into the elevator, heading toward the baffling meeting. (Tyler Barker)

The elevator descended down the shaft. Sydney's mind was bursting with unanswered questions. "Come on!" Sydney growled impatiently when the elevator halted at the thirteenth floor, but the doors wouldn't open. Sydney banged frantically on them. Apparently, the elevator did not like the abuse it was receiving and groaned and buckled within the shaft and promptly fell all thirteen stories right down to the basement, ending the life of its occupant and leaving the mystery of the red stains unsolved. And so ends a day, and the life, of one Sydney H. (Adrianna Fitch)

THE FLASH

Erin Conwell
Features Editor

We all know and love the Flash for his wonderful efforts to promote school spirit both here at Lone Oak High School as well as in the community, but do any of us really *know* him? Recently I got the opportunity to sit down with the Flash and get a little more personal.

I myself have often wondered why the Flash does what he does, when asked he proclaims, "The answer is simple, I've always felt that our beautiful school just needed a little push to get us going in the right direction. With my awe-striking physique and natural charisma, I knew I was just the man for the job." The Flash also strongly believes that people are afraid to start things on their own whether out of fear of embarrassment or for some other reason and that they need a leader to start the spirit chants, waves, and get our spirit pumping. But we know enough about Flash the mascot. How about person? I wanted to find out what life was like outside of the football games and pep rallies for our highly spirited friend.

Come to find out, keeping our athletic teams motivated and fans riled up is not the only interesting thing the Flash does, although he does devote most of his time to it. He can also be spotted around the town doing his part to improve the community. I caught up with him at a Bingo hall one night where he told me he likes to go to keep our senior citizens in high spirits. The Flash also enjoys ensuring our safety by patrolling Lone Oak streets at night, using his

superhero vision to see things that our law enforcement officers just can't. Just last week he spotted a potential intruder trying to get into the old Gore's Grocery store on Lone Oak Rd. Using his cat-like reflexes the Flash was able to intercept the perpetrator which fortunately turned out to just be Mr. Gore checking on a water leak.

After all the exhausting efforts the Flash takes to keep the folks here in Lone Oak both peppy and safe, he likes to just kick back and relax sometimes. He enjoys refueling at Chong's Chinese restaurant where his favorite thing to order is a whole bowl of sweet and sour sauce that he drinks like juice. When he is a little bit hungrier he will go to the Parlor where they automatically bring out a large pineapple and anchovy pizza to his table when they see him come in. That seems like an awful lot for just one person, but he keeps in shape pogo sticking at the P or having flying races with superheroes from nearby towns. When the Flash finally finds some quiet time he watches reruns of his favorite classic superhero cartoons and loves movie soundtracks such as *Grease* and *Footloose*.

Mostly, the Flash just really likes to make others happy, whether it's driving the newly refurbished flash-mobile or helping Lone Oak fans cheer on our great teams with his oversized megaphone. The Flash has become an icon of our experience here at Lone Oak High School, and I think we can all say we are proud of him.

THE PURPLE FLASH

Illustrated by Spencer Price
Written by Jack Pittler



DEEP IN SPACE, A STAR GAVE ITS LAST DYING GLEAM, EXPLODING INTO COUNTLESS PARTICLES



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Free Association

Monica Spees
Features Editor

Participants	Sweater Vest	Sporks	Economy	Intergalactic Exploration
Andrew Thomas (9)	Duck	Fork	Presidents	Star Wars
Nolan Brelsford (10)	Cold	Track	Bad	Space
Betsy Klutts (11)	Warm	Sharp	Big	Planets
Sean Smith (12)	Hideous	Not enough fork	Crappy	Awesome
Mr. Burks	Geeks	Soup	Money	Beastie Boys

Jordan Price
Assistant Business
Manager

MYSTERY STARS



Senior: This brown haired, brown eyed intellect enjoys hitting the trails on his mountain bike. He also does as the Romans do and cracks open a book about the fascinating civilization's history. His favorite thing to eat with a spoon is vanilla ice cream and would supply the world with free Oreo Cakesters if he had ultimate power. His favorite quote is a little verse by Marcus Aurelius that reads "anger cannot be dishonest."

Junior: This blond culinary genius enjoys breaking the waves while swimming and concocting recipes for all to devour. She also likes to get off her scurrying feet by kicking back and watching T.V. When presented with the question "Which teacher would you like to pic in the face just for fun?" she hesitantly replied "Watwood" but made clear that she didn't really want to pic anyone in the face. Her favorite microwave meal is spaghetti and said that she most frequently uses the phrase "I don't know."

Sophomore: This tall character loves a good game of baseball and you can find him in a stake out in the woods during hunting season. He likes to make like a fish and swim around during his free time and considers himself lazy because he does not like to work. He would most like to be stranded on a desert island with the blond bombshell Jessica Simpson; maybe because she would be able to sing back up for the song that he prefers to sing while he is in the shower, "International Harvester". His favorite piece of bling would be his watch, because it tells the time.

Freshmen: This historian takes after Rocky in the sense that he likes to strap on the gloves and box around the ring. He says his celebrity look-a-like is Jack Black and his favorite hour of the day is four in the afternoon because that's when he gets to haunt the halls of Talon Falls. He chose Kermit the Frog as the Muppet character he most resembles, and he sports dark brown, shaggy hair and what appear to be hazel eyes.

People in the Halls

Haleigh Fellows
Photographer

Question: What is your most embarrassing moment?



Bailey Orr (9 th grade)	Kylie Tillett (10 th grade)	Megan Sin (11 th grade)	Matthew Langston (12 th grade)	Mr. Neel
"My name is Bailey, and I'm a ginger. Enough said."	"The time I laughed so hard at the Rotary Tournament I peed my pants in the hotel bed and soaked through the mattress."	"When I got a pentagon-style haircut right before moving to Lone Oak, and everyone thought I was a boy."	"The time at a band thing I was doing wild, crump-style dancing and I ripped my pants."	"My whole life is an embarrassing moment."

Keith L. White, D.M.D.

Kelvin L. White, D.M.D.

Greg C. Goodman, D.M.D.

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Not To(o) Normal

Andrew Croft
Sports Editor

I have been a huge fan of the goofy, yet amazingly artistic Ben Folds from the first time I heard him. His original piano-oriented style, stemming away from the mainstream piano/pop sound brought by bands like The Fray or One Republic, along with his creativity has produced some of the best music of the past decade. Folds, former front man of Ben Folds Five, who put out three well-known albums, is widely acknowledged as a pianist, composer, songwriter, and multi-instrumentalist. But after the band's break up, he began a very successful solo career, having already released two studio albums, "Rockin The Suburbs," on which he played every instrument himself, and "Songs For Silverman," along with a highly acclaimed live album, "Ben Folds Live."

I had the privilege of seeing Ben Folds live in Murray this past summer, from the front row, I might add. While there, he played several songs I had never heard before, and mentioned he was working on a new album. Well after a long wait, his highly anticipated CD, "Way To Normal," is finally out. Officially released on September 30th, "Way To Normal" was produced by Dennis Herring under Epic record label. Folds, on piano, along with drummer Lindsay Jamieson, and bassist Jared Reynolds, have created yet another masterpiece.

Keeping his signature style, he has achieved the difficult task of making a great album while insuring it is not too much like his others. This album has everything in it, from upbeat, playful songs to serious songs about life experiences and love. The first song, "Hiroshima (B B B Benny Hit His Head)," a song about Folds falling off the stage in Hiroshima and playing the whole show concussed, proves his masterful musicianship and dedication.



Picture from Google.com

The original melody of the song was completely improvised at another concert, and the words were later written in response to his accident. Some songs, particularly "Effington," "Brainwascht," "The Frown Song," "The Errant Dog," and "Dr. Yang," show Fold's usual humorous and

sarcastic side, containing lyrics directed towards actual events or people that have ticked him off. Other songs such as "Cologne" or "Kylie From Connecticut" reveal a more sensitive Folds, having slow piano melodies accompanied by Regina Spektor, well known for her song "Fidelity" joins Folds for a song on the album entitled "You Don't Know Me," showing that the two geniuses have a lot of chemistry together.

If you are at all a fan of Ben Folds, or even if you've never heard him before, I highly recommend that you purchase his new CD. Though "Rockin The Suburbs" is still my favorite album, you will not be disappointed with "Way To Normal."

Finite Quality

Haleigh Fellows
Photographer

Michael Cera. Enough said. Right? Wrong. The adorable, awkward star of movies such as *Juno* and *Superbad* was not enough to make *Nick and Norah's Infinite Playlist* as good as his past hits. The movie only came up somewhere around mediocre (or maybe even less than mediocre), severely disappointing the excitement I had built up since the previews aired.

Nick and Norah's Infinite Playlist takes place around the Lower East side of Manhattan where different groups of teens unknowingly connected go in search of a band called Where's Fluffy. Nick (Michael Cera) is mourning over the loss of his pretty, yet shallow girlfriend Tris (Alexis Dziena). As a member of a band, he creates numerous play-lists for her as a desperate attempt to win her back. Norah (Kat Dennings), one of Tris's schoolmates, adores Nick's play-lists and steals the CDs when Tris trashes them. When Norah and her wild friend Caroline (Ari Graynor) go to a club where Where's Fluffy is rumored to be, the action (or lack thereof) begins. Tris continually treats Norah as a reject, throwing condescending comments toward her at any opportune moment. When she makes fun of Norah for not having a boy-

friend at the club, Norah uses Nick to be her pretend boyfriend and kisses him to put Tris in her place. Little did she know that this was the same Nick that happened to be Tris's ex-boyfriend and Norah's secret playlist-making crush. As a result of this, Nick's band members push the pretend sweethearts together and take Caroline so Nick and Norah can bond while finding their favorite band Where's Fluffy, and, later, Caroline, when the band loses her.



Picture from Google.com

After this first thirty minutes or so, the rest of the movie is quite boring and drags on in a series of random events as they search for Caroline and Where's Fluffy. The ending does have a cute, classic teen love scene that always brings a smile to one's face, but Nick and Norah don't even see Where's Fluffy. Considering this was the reason Nick and Norah were pushed together, that seems a little weird (and aggravating) to leave out. However, I suppose it fits in with the weirdness and randomness of the entire movie.

If you were planning on buying this movie or going to see it in theatres, I would advise that you don't. Perhaps you could save that extra cash for the soundtrack, it definitely outshone the movie and it was one of the only things that kept my interest throughout *Nick and Norah's Infinite Playlist*.

Top Ten On Zack King's iPod



Picture by Erin Conwell

This month we are featuring the top ten songs on Zack King's (9) iPod.

Zack describes his musical tastes as covering pretty much everything, but that he likes metal a lot more than most types. His favorite bands are A Day to Remember, Bring Me the Horizon, and Underoath.

10. Html Rules. Dude by Devil Wears Prada
9. Lips Like Morphine by Kill Hannah
8. Memory by Sugarcult
7. Fall For You by Secondhand Serenade
6. Kiss Me by Newfound Glory
5. Hands Down by Dashboard Confessional
4. For What Reason by Death Cab For Cutie
3. Nothing Better by Postal Service
2. Recycled Air by Postal Service
1. Poison Note by Bright Eyes

Rise and Fall. Rage and Disgrace

Tyler Barker
Student Contributor

I'm one of the kids who grew up listening to one of the greatest bands the 1990's produced. Yes, I'm talking about The Offspring. They've been one of my favorite bands since the first time I heard their very first single "All I Want" on the radio. This past summer, the band released their 8th studio album, titled "Rise and Fall, Rage and Grace." The album was simply dreadful. Twelve tracks of absolutely nothing but whining, poorly written, melodramatic trash! My beloved Offspring's 8th album is no better than the trash that some mainstream bands produce.

I dissected this new music as if it were a call in Anatomy class, asking myself questions such as, "Who wrote these Fall Out Boy clone lyrics? Where are Greg K's insane bass solos that made my stomach churn?" I even researched to see if the band's line-up had changed. I was in disbelief that Dexter Holland, the lead singer and songwriter would even put such humorous lyrics as "I'm willing to find what's really inside to show I am strong enough to trust in you" into a song. The Dexter Holland lyrics I

grew up listening to were the complete opposite of these; I remember such lyrics as "If I seem bleak, well, you'd be correct. And if I don't speak, it's 'cause I can't disconnect, but I won't be burned up by fire in your eyes as I'm staring at the sun." The Offspring that I remember trusted no one and hated sappy lyrics; they were masters at poking fun at the way society and relationships both work. As for the brain twisting bass solos Greg K used to produce, I'm still lost... there isn't a single one on the album.



Picture from Google.com

After listening to roughly an hour of this garbage, I immediately took out that CD and began listening to older albums to try and ease the disappointment I felt, and also, to remind myself that they were once an amazing band. I listened to such albums as "Splinter" and "Smash" and everyone's favorite, "Americana." If you remember anthems such as "Self-Esteem", "No Brakes" and "Pretty Fly for a White Guy" and share an itch for genuine punk rock, go home and blow the dust off of your old albums because "Rise and Fall, Rage and Grace" will not scratch your itch.

Whatever You Like

Jon Freeman
Sports Editor

With two of my favorite rap artists in the game releasing new albums recently, it was hard to choose which one to review. Since Lil Wayne's "Tha Carter III" was way more explicit when compared to T.I.'s new album, "Paper Trail," I'm reviewing the newly released "Paper Trail." It's an amazing hip-hop album that displays the range of talent that T.I. possesses and there are a lot of songs featuring cameos of other well known artists. The album ranges from songs with hard-hitting beats that will let you show off your two 12's in the back, to much softer songs with meaning that show T.I.'s motivation.

The album starts off with two songs that will bust out of your speakers and make you wanna turn the bass up as loud as it can go. "56 Bars" and "I'm Illy" produce beats that make you dance with lyrics that are truly T.I. at his finest. With "Ready for Whatever," one of my favorite songs on the album, T.I. raps about the current predicament that he is in. He wrote the album while on house arrest on pending gun charges. With this song he lets you know that he knows he did wrong and that he really is "Ready for Whatever."

Next, T.I. teams up with Ludacris to perform the track "On Top of the World." This song is hot with this fresh duo put together. We haven't heard a good song out of Ludacris since "Money Maker" in 2006. With these next three songs the Atlanta rapper pulls out all the stops. With "Live Your Life" T.I. teams up with Rihanna to do a hip-hop makeover of the Romanian group O-ZONE's dance hit "Ma Ai Hee." Since every song that Rihanna performs in, no matter how horrible it may be, seems to turn into an instant radio hit, I am sure you have heard this track by now. Then on the album comes

T.I.'s most notable hit "Whatever You Like." I personally think it's the best song he has released. Yes, even better than "What You Know." Then he hits you with "No Matter What." It shows his unique ability and it has a deep meaning that relates back to his pending gun charges. Then he teams up with Usher to perform the hit "My Life Your Entertainment" that shows off Usher's amazing vocals in the chorus and T.I.'s sick rhymes in the verses.

Now T.I. hits you with "Swing Ya Rag", "What Up, What's Haapnin?", and "Swagger Like Us." In "Swing Ya Rag" T.I. teams up with Swizz Beatz and adds some new flavor to the mix. With "What Up, What's Haapnin?", you see the good ol' southern-fried hip-hop of T.I. that we have come to know and love. "Swagger Like Us" is an all-star party when T.I. teams up with Jay-Z, Kanye West, and Lil Wayne with a vocal sample from M.I.A.'s "Paper Planes."

The Atlanta rapper now gives us a look into his softer side with "Slide Show", "You Ain't Missin' Nothing", and "Dead and Gone." In "Slide Show" he teams up with one of my favorite artists, John Legend. With these two put together it creates a great new sound that you can definitely hear coming out of the headphones of my I-Pod. At the end of the album he finally teams up with Justin Timberlake to create "Dead And Gone." He says, "The old me is dead and gone." T.I. is a new man and has changed into a better man.

This album is absolutely spectacular. It is by far the greatest release we have ever seen out of T.I. Let's just say the King has taken back his throne with this one. The album is fire. It has something for everyone. It's obvious that T.I. now has his priorities back in order and is making fresh music yet again. I strongly recommend that you go get this album. Go to the store, download it off I-Tunes, or even ask me for a copy. No one needs to miss out on T.I. at his absolute finest.

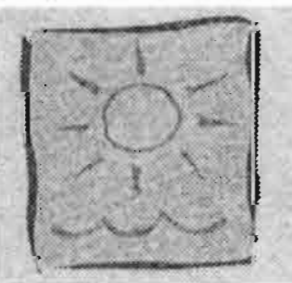


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Oasis: Not a Mirage

Derek Operle
Entertainment Editor

The Gallagher brothers have done it again and you know what that means: there's a new Oasis album! Noel and Liam Gallagher are back, in full force I might say, with the release of "Dig Out Your Soul."

Oasis has now released seven studio albums, all of them good in their own right, but only the first two ("Definitely Maybe" and "(What's the Story) Morning Glory?") have really stood out. "Dig Out Your Soul" is being heralded by many, including me, as the true completion of an epic trilogy of albums by Brit-pop's current kings.

"Dig Out Your Soul" starts off with a rather heavy track for Oasis, "Bag It Up." This really shocked me because the Gallagher brothers usually stick to a lighter, somewhat more airy style of rock but this time they went into a jangling, harder tone of rock. As surprised as I was by the song, it impressed me. I never thought Oasis could truly rock: they're the kings of Brit-pop.

As the album progressed the music became more and more like the Oasis I know and love: full of huge, arena-style choruses

and driving, steady back-beats. This revival of the "classic" Oasis style manifested itself into my two favorite songs on the album: "Shock of the Lightning" and "I'm Outta Time." These two songs will be joining "Wonderwall," "Don't Look Back In Anger," "Supersonic," "All Around the World," and "Champagne Supernova" in the pantheon of classic Oasis songs.



Picture from Google.com

"Dig Out Your Soul" also has a couple oddities and trivialities on it. Like showing the Gallagher brothers' ongoing obsession with the Beatles in the "To Be Where There's Life," in which they have instilled a subtle Indian flavor with some psychedelic stuff added into it, telling us that they have entered their "Maharishi" stage. Also, the introduction of the harder rock

sound into the material in songs like "Bag It Up" and "The Nature of Reality" occurs, swaying them from their traditional style.

The album, as a whole, is amazing. I would have to say this is definitely the best album from Oasis since "(What's the Story) Morning Glory?" and that "Dig Out Your Soul" truly completes one of the best trilogies of albums to be released by a band in the last 15 years. That being said, this Oasis CD, while great, is not for everyone. Unless you have a predisposition to Brit-pop or you are already a fan of Oasis, you probably won't enjoy this album as much as I did. Don't get me wrong, it's still a great album but you won't get the full effect of the album if you aren't already a fan of Oasis.

Fe Man → Au

Rachel Lundberg
News Editor

By now most of you have seen the spectacular superhero epic smash-hit of the summer that is *Iron Man*. (No amount of Bat-junkie IMDB users is going to convince me that *The Dark Knight* deserves the honor of best summer movie.) From a fan's standpoint, I can assuredly say that *Iron Man* is by far the best comic book adaptation in the last twenty years. Say what you will of Christopher Nolan and his gratuitous violence and angst disguised as "realism," but I'm still sticking with the party animal in the big metal suit. His film didn't have to overexert itself trying to be "artistic" to be an excellent movie in its own right.

If you haven't seen *Iron Man* yet, I strongly urge you to drop whatever you're doing and go watch it. (If that means you don't finish reading this article, I can live with that.) The movie has too many hilarious one-liners to count, mostly presented by the back in action Robert Downey Jr. I had my doubts that he could pull it off; I made as many jokes as the next guy—probably even more—about a drug addict playing an alcoholic, but I was pleasantly surprised with his great work as Tony Stark. And Jeff Bridges, man! I'd love to see him in more parts like this. The animation was awesome, the movie was well paced for having so much content. Not to mention the best Stan Lee cameo to date and a few disguised references for fans of the comic.

And now, all the waiting has finally paid

off. *Iron Man* has arrived at last on DVD (and Blu-ray, but seriously, who has Blu-ray?), after making us wait for a grueling and sadly Batman-filled four months. The release boasts a slew of deleted and extended scenes, which are definitely worth checking out at least once. There's an intimidating monologue from Jeff Bridges as Mr. Big, Bald, and Angry, Obadiah Stane, as well as the lengthy death scene he deserved.



Picture from Google.com

The tech-suit fight scene is extended as well, with some amusingly rough animation, including Downey's pasted-in talking head. The "Special Edition" DVD also has about three hours of additional footage highlighting the movie's production and some movie stills. Could be interesting, I don't know; I didn't pay the extra \$8. Unfortunately, this is the extent of the DVD special features. Unless you're really interested in the deleted scenes, I'd recommend that you re-

cord it off Pay Per View and save yourself nearly twenty bucks. The Blu-ray edition has everything plus Iron Man IQ and Hall of Armor features for about the same price as the "Special" edition DVD, which seems kind of unfair to DVD owners like me, but I guess that's to be expected if we're at the beginning of another technological eclipse. (I still miss VHS...)

I've watched *Iron Man* three times in the last week, with at least equal if not growing enjoyment, so I would definitely say that this is a movie that's worth owning to watch over and over. Or just watch the neat-o menu screen a few hundred times.

Watch Out For Watchmen

Aaron Williams
News Editor

If you happened to be part of the massive throng of people that herded into movie theatres this summer to enjoy the season's biggest blockbuster, 'The Dark Knight,' you probably saw a preview trailer for DC Comics' next movie adaption, set to hit the big screen in '09. It is a film entitled 'Watchmen' and the trailer praises the movie adaption as "based on the most celebrated graphic novel of all time." For my entertainment review, I thought I'd read 'Watchmen' and see what all the hype was about.

For those unfamiliar with the term, a 'graphic novel' is basically an extended comic book, analogous to a short story and its larger literary counterpart, the novel.

Honestly, when I saw the trailer I thought 'Watchmen' looked like it was going to be terrible. That was before I picked up a copy of the full edition graphic novel at BAM and gave it a chance. Each chapter of 'Watchmen' is the size of an average comic book, with twelve chapters total. After reading the first chapter at BAM, I was hooked into the fascinating plot of 'Watchmen' and pleaded with fellow Oak K Staffer Rachel Lundberg to let me borrow her copy and finish the story.



Picture from Google.com

neglect due to its concentration on military spending and more powerful weaponry has led to social decay and depravity on the streets. Masked vigilantes, similar to the traditional comic book archetype, once fought this corruption and kept the criminals at bay throughout the 50s and 60s, but a congressional act passed in the 70s has outlawed masked vigilantism. The only active masked heroes at the time of Watchmen are the government-contracted Comedian, the loner Rorschach, and super-human Dr. Manhattan. The plot is set off by the Comedian's murder. Rorschach's resulting investigation takes him back to all the previous masked adventurers: Dan Dreiberg the Nite Owl, Laurie Juspeckz the Silk Spectre, and Adrian Veidt a.k.a. Ozymandias. I can unfortunately not delve much further into the story suffice to say



Watchmen far surpasses a simple murder mystery. Rorschach's investigation leads him to a horrific discovery that asks the age-old question: Do the ends justify the means?

Author Alan Moore and illustrator Dan Gibbons show complete mastery of their craft as they weave a brilliant tale about real-world heroes and the imperfections they share with us. 'Watchmen' is careful to show all angles through the use of multiple narrators and supplementation of

extra info between chapters. The reader sees that being a hero is much different than the Superman stereotype makes it out to be. The characters of 'Watchmen' are all tragically flawed and the power they have been given over humanity only deepens the impact these flaws have on the rest of the world. After finishing the book, I can easily see why this is considered one of the greatest graphic novels of all time. 'Watchmen' is a tale that grips the reader from start to finish. It moves you through words and pictures and transcends all comic book stereotypes. This is not your run of the mill action comic. This is one of Time Magazine's 100 Best Novels. The ending will infuriate you, rip your heart out, make you weep, and leap with excitement all at once. It is a masterpiece, and my favorite book of all time. I give 'Watchmen' a 9.7 out of 10, and I cannot wait for the movie to hit the big screen.

Gene Boaz
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BOOM-ACTION

Jon Freeman
Sports Editor

First of all, I would like to congratulate our amazing volleyball team on a spectacular season. They finished the regular season with an undefeated record in the 1st Region, finished the year with an overall record of 30-9, and finished runner-up in the regional tournament. If you didn't go to one of their action packed volleyball games this year, then you really missed out. These girls fought hard all season and their record shows that.

Their playoff run started with two easy wins in the district tournament. **Andrea Campbell (12)**, **Madi Parker (10)**, **Chelsea Brantley (10)**, and **Audrey Midkiff (10)** were named to the All-District Tournament Team. The Flash then went on to play Graves County in the first round of the 1st region tournament and handled them with ease in straight sets, 25-10, 25-14 in which **Shannon Bowman (10)** had eight kills. With their win over Graves they went on to play Christian Fellowship. Lone Oak played Christian Fellowship in the Regional Finals in 2006 and lost, so the girls were looking for some revenge. The girls pulled together an easy win against the Eagles in straight sets, 25-11, 25-16. Madi Parker had four kills and **Hannah Hudson (12)** had four aces in the win that put them into the 1st Region Final against Marshall County.

The Lady Flash then had to prepare for the big game against the defending regional champions. They had beaten the

Marshals twice this year, but it's always hard to beat a team three times in a year. If you walked into the gym Thursday night you would have thought that our basketball team was playing Heath because Robinson Arena was filled to the max. The girls had a tremendous amount of crowd support with students with beads, balloons, and some painted up with the letters G-O-F-L-A-S-H on their chests and B-O-O-M-A-C-T-I-O-N on their backs. The volleyball game had an electrifying atmosphere.

Though they had such great support, the Lady Flash worked hard, but lost in straight sets to the revenge-minded and experienced Marshals. They had a great run and an action packed season. **Natalie Tavernaro (10)** finished the game with five kills and Chelsea Brantley had three. Natalie Tavernaro and Madi Parker were selected to the First Region All Tournament team.

Many sports teams at Lone Oak would love to be region runner-up. **Coach Whitis** had this to say as he held the First Region Runner-Up Trophy. "The girls had an amazing season. Next year I want this trophy to be gold instead of silver." Gold instead of silver for the Flash next year is a high possibility. They will lose Seniors Hannah Hudson and Andrea Campbell but they return a junior and a group of experienced sophomores. They have a real good chance of winning the region next year. If you see any of these volleyball girls in the hall, congratulate them on a great season because they gave their all in between the lines this season.

To the right, **Andrea Campbell (12)**, **Madi Parker (10)**, and **Shannon Bowman (10)** await a serve from the Marshals.



To the left, **Andrew Harlan (10)** roots on our Lady Flash to victory over Christian Fellowship.

To the right, **Coach Whitis** gets the girls ready for the game with a dramatic and very motivational pep talk.



Photos by Haleigh Fellows

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No Pryor Experience

Jon Freeman
Sports Editor

If you ask anybody, they will tell you that I love the double-threat quarterback. I love the option offense because it just makes the game so much faster and unpredictable. Since Vince Young led the Texas Longhorns in the BSC Championship comeback against powerhouse USC, I can't get enough of the running QB. Recently I have had an obsession with Pat White and, of course, Tim Tebow, but now I found my new place of worship with Ohio State Freshman QB, Terrelle Pryor.

I've been keeping up with Pryor since his junior year of High School at Jeanette High. His junior year he had 1,732 Passing Yards, 1,676 Rushing Yards, led his team to the Pennsylvania State Championship Game, and was named Rivals Junior of the Year. He went into his senior year being the highest rated recruit in Nation. He had 1,889 Passing Yards, 1,899 Rushing Yards, led his team to victory in the state championship, and of course was an All American. This kid is a superb athlete to say the least. He is 6-foot-6, weighs 235 pounds, and runs a 4.4 forty. Oh yeah, he was ranked in the top 25 in basketball recruiting also.

Now that his senior season was over it was time for him to decide where to go to college. He had narrowed it down to two school's which just so happened to be bitter rivals. He had to settle on either Michigan or Ohio State, the biggest rivalry in college football. When it came to national signing day he failed to make a commitment, but days later at a press conference he put the Ohio State hat on and decided to play for Jim Tressel and the Buckeyes.

This year is Terrelle's Freshman season at Ohio State. Jim Tressel, Buckeye's coach, said that he was going to use Terrelle along with Senior QB, Todd Boeckman in a scheme similar to the one that Florida used with Tim Tebow and Chris Leak to win BCS National Championship two years ago. The first two games of the season Boeckman got almost all the snaps and Pryor saw little action, but after the Buckeyes narrowly slipped passed unranked Ohio, Tressel made the decision to split the snaps evenly next game. Their next game was against the #1 Trojans of USC and the pressure was on for this #1 vs. #5 matchup. Boeckman played a horrible game while Terrelle stepped up his game and showed he could lead the Buckeyes on the field even though they lost the game.

After that loss, Jim Tressel decided to name Terrelle Pryor the starting quarterback. He had four passing touchdowns in their 28-10 win against Troy. Now with Pryor behind center the Buckeyes are 5-1 with their only loss coming to number #3 ranked Penn State this past weekend. Pryor has proven that he can perform under pressure and can handle the leadership role as a freshman.

I know you will see many exciting things out of this kid. With his speed, athleticism, and leadership capabilities, next year you could see the Ohio State Buckeyes with a BCS National Championship, and Pryor posing with his Heisman Trophy.

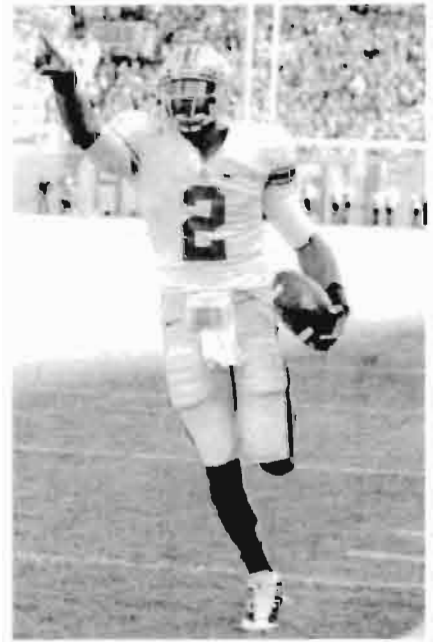


Photo from latimes.com

Heflin, Whitis Awarded COY Honors

Haleigh Fellows
Photographer

As a player of Larry Heflin's esteemed tennis team for the past five years, it was of no surprise when he was awarded with the prestigious honor of National Tennis Coach of the Year. I can't think of any coach more deserving of this reward. This driven, hardworking, and Beatles-loving coach everyone has grown to love and respect encompasses all the qualities a perfect "coach of the year" should possess.

Larry Heflin was chosen out of eight finalists across the U.S. and recognized for his outstanding achievements and services as a coach. With a record of 386 wins and only 37 losses in his thirty five years of coaching, I would say that's an outstanding achievement. Not to mention the nine state team titles coupled with six second place finishes he has under his belt. However,

what's recorded on paper isn't the only thing Coach Heflin finds important. When asked how he wanted to be remembered for as a coach he replied, "That I was always fair to my players, and tried to do the right thing." In my experience, he has done just that. The line-up is based on merit rather than personal favorites, wrongdoings aren't matched with outrageous punishments, and help is always offered to those who need it. Coach Heflin is truly a one of a kind person on and off the court, possessing more knowledge and love for the game than anyone I've ever met.

So, the next time you see this smiling face strolling the halls of our high school after a hard day's work of teaching Geometry congratulate him on his recent honor. His devotion definitely deserves to be celebrated and noted; for it's not every day you meet a man as special as Larry Heflin.

Andrew Croft
Sports Editor

Each year, sports coaches throughout the region are judged on their teams performance against other teams in the region, and their dedication to their job. With our volleyball team's outstanding display of dominance this year, its no surprise that **Tim Whitis** was selected the First Region Volleyball coach of the year. There is clearly no other coach that deserves it more.

Coach Whitis led the team in a 30-9 season this year, undefeated in the region, and a second place finish in the regional tournament. He has accumulated an overall record of 111-65 after 5 years as head coach., about 63% winning average, which is a huge accomplishment in itself. Whitis has seen his year-end record increase every season.

Coach Whitis has gained the full respect and appreciation from his team and the community through his dedication as coach. "He brought us to a level even we didn't realize we could reach," says **Audrey Midkiff (10)**, a key player on the volleyball team. Despite the disappointing loss to Marshall in the regional final, Coach Whitis is already looking to next season with much anticipation and several high expectations to meet. There is no doubt that he will lead his team to another winning season next year, and hopefully a regional Championship.



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Sports Culture

Kyle Fouse
Asst. Editor-in-Chief

SPORTS!! The fall season has been choc-full of sports and the dedicated students of Lone Oak High School have been the best of fans for many different activities. To better understand the cultural components of the effect of sports on LOHS students' daily lives, I journeied deep into the heart of this anomalous beast and discovered many interesting (and not so interesting) things surrounding our student's school spirit. Not really. But I did ask quite a bit of questions and do quite a bit of reminiscing. For one thing, it seems as though students really enjoy being a part of a team that wins, and if a team is really good, they usually seem to attract a massive crowd of people, especially on nights of convenience for many students.

Football has to be the number one spectator sport and social gathering utility, and with a ___-2 record since the 2007 regular season, there's no need to ask why. For many, attendance to such games is relaxing. A convenient schedule of a Friday night games, a team that is expected to win (by a lot) and the comfort of cool weather and a lot of friends are only some of the reasons that people attend school sport outings, and on such a regular basis. Many, such as Roberto A., Andrew C., and Cameron T., have even shown their complete and utter school spirit by doing such things as body painting before games, tail-gating before games, and rushing the field after a close or important victory. To many, its good to have a flag to rally behind.

The golf team has also done very well, but as I can imagine, there are not many spectators to that sport, with great regional performances and a trip to state, you can surely take time out of your day to congratulate a member of this distinguished Lone Oak team.

The soccer teams, although a disappointment in their (our) own minds, had great potential this year and attracted quite a few fans to the pitch to enjoy the social scene and the after school stress relief that watching other people run brings! Next year however, I expect to see a lot more people on the sidelines and in the stands, because we are going to have a phenomenal season. We're already preparing...

And last, but certainly not least, our very own girls Volleyball team! Everybody enjoys a winning season, and especially if it's indoors in a climate controlled environment. And I can guarantee that if you come to watch a volleyball game

at home or away you will not be disappointed. Their enthusiasm and team cohesion shows the true spirit of Lone Oak sportsmanship. Be sure to congratulate any and all of the Volleyball team on an excellent season, and show them that you care!

Sports are an important part of LOHS, and even though we may lack the ostentatiously enthusiastic Mrs. Wear announcing every single game of every single sport (especially with notable rivals), we do have Mr. Harper showing up and partaking in the culture we have developed and enjoy at every sporting event he can.

It's not always the scoreboard that decides a victory, in my opinion it's the size and vigor of the fans that really determines a victory. And in that sense Lone Oak is invincible! Go Purple Flash!



Alex McKinney (12), shows his enthusiasm for the Flash.

Photos by Haleigh Fellows



Senior Cameron Tillett hugs Parker Throgmorton (9) in the stands at Robinson Arena.

Soccer Wrap-up

Kelsey Smith
Entertainment Editor

The 2008 fall soccer season did not turn out as well as the Lone Oak teams or fans wanted. Both varsity teams won six games, while the men's team lost eight games and tied twice and the women's team lost 12 games and tied once. Heath (the district champion), as always, proved to be a difficult opponent (the men's team lost 1-5, 0-4, and 1-7 in three games; the women's team lost 1-6, 0-4, 0-3 in their three face offs). Nearby Paducah Tilghman also challenged the teams. But students like **Cody Waggoner (11)** believe that "We had the players to make it to regionals, but better guidance was needed for the team to realize its full potential."

Concerning guidance, the women's varsity team will lose eight seniors next year: senior captains **Ally Heine, Lawrissa Yeaman, and Chrissy Coorts**, along with seniors **Courtney Jenny, Jasmine Holcombe, Michelle McNeil, Monica Spees, and Morgan Eggemeyer**, but on an optimistic note, the team will include a large amount of young players to balance what should be a strong group of juniors and seniors for next year.

As for the men's varsity team, seven seniors will be leaving: **Richard Scelzi, Adam Clarke, David Spencer, Derek Operle, JT Scourick, Luan Pham, and Aaron Williams**, but the team will have 10 upcoming seniors to lead during the 2009 season. **Kyle Fouse (11)**, who will be one of those senior leaders next season, states that "Stronger leadership behind plays, sub-ins, practice, and warm-ups would have allowed us to be regional contenders. The players and talent were there."

The junior varsity teams also had rough seasons with losses being more prominent than wins, but the promise in those teams are evident as well, with players coming up from the middle school to gain experience even before they reach high school.

All members of the soccer teams (both varsity and junior varsity) put in hours of practice during the season and in preparation for the season before the school year starts. So hopefully with the recognition of what is needed to push the team to higher levels of competition will fuel its members to play harder, faster, and stronger...and maybe, if it isn't too high to hope for, a district or regional title is in the near future.



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