

A look inside The Oak "K"

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Eat some turkey!



Fighting Fire with Purple Pride

Jordan Price
Assistant Business Manager

Bravery secretly walks the halls of Lone Oak High School; it is hidden in the broad spectrum of honorable traits that belong to many, but particularly to seven young men who have worked for the privilege to be called a firefighter.

You may have not know that these guys shuffle through the same crowded hallways as you do, eat at the same lunch table as you do, share pencils and paper with you, but the most important thing they may ever do for you is save your life.

This group of extraordinary gentlemen includes **Sean Carrell (12)**, **Aaron Carter (10)**, **Tony Cornwell (10)**, **Derrick Farlee (12)**, **Jake Mason (11)**, **Landon Oliver (12)**, and **Cameron Stewart (10)**. These young men meet on the 1st and 3rd Thursday of every month to review training procedures and to catch up on the necessary maintenance in order to ensure that when called upon they will be ready. They pass on going out or visiting with friends to analyze the best and safest ways to help a person in need. Because they do so, we can sleep soundly at night (or not so soundly if the siren happens to go off).

Sean Carrell has been involved in the program for about six months and is a part of the Lone Oak Fire Department. He said that he became a volunteer firefighter because of the satisfaction he gets from helping people and because he wanted to be involved in the community, which is what all of the other six had to say about why they are a part of the program

Many of these students spoke about the adrenaline rush they received from getting a call, making the drive, and playing a part in the rescuing process. Although most (anyone under 18) can not actually dive into flaming buildings, they are entrusted with almost all other responsibilities. Jake Mason said keeping up with the equipment and cleaning the stations are the main responsibilities as a volunteer firefighter, and Aaron Carter and Cameron Stewart included that keeping themselves and each other safe was also pretty high on the chore chart. Although this job includes a lot of time and hard work, it also is a great and fun experience. Derrick Farlee expressed that one of the highlights of his career as a firefighter could also be considered a lowlight if you are afraid of heights; he once had to climb a 65 foot ladder! Unfortunately though, this profession is not all fun and games; Tony Cornwell mentioned that one of the toughest things he has had to do as a volunteer firefighter was being called out to Whitney Herzog's car accident. Sean Carrell added that there are always times when there is nothing you can do.

Many of the aforementioned volunteers became involved in firefighting because of family members, such as Landon Oliver, whose dad is an active member of the Hendron Fire Department. Landon spoke highly of the friendships that are developed through the program, stating that most of his friends are also members of the fire department. Derrick referred to his colleagues as a second family. Some of the volunteers consider this a possible career whereas others consider it just a hobby, but whatever the case, keep up the good work.

As I was told by these young men, the fire departments (which include Hendron, Lone Oak, Reidland/Farley, and Concord) are always looking for new people who have a desire to work towards a common goal. If interested, show up at the meetings which are from 6:30-9:00 p.m., or stop a fellow volunteer in the hallway or at a home football game (which they work) and ask for some more information.

If you happen to see these brave souls at school, give them a pat on the back or just say a simple "thanks". It may seem like an insignificant gesture and may never compare to the huge commitment they make to our society, but through this small act, maybe we can show some indication of our support and gratitude.



Pictured above are all of the LOHS volunteer firefighters. Picture by Haleigh Fellows

Black Friday Blues

Rachel Lundberg
News Editor

I know that the day after Thanksgiving most of you are more concerned with the slowly digesting food from the previous day's festivities than you are with the economy, but for retailers all over the nation, Black Friday is the most important day of the year. Black Friday, originally referring to the day of the stock market crash that kicked off the Great Depression, now signals the start of the Christmas shopping season, the day that retailers are "in the black," or making a profit. More shoppers flock to the stores on this day than any other day of the year.

But retailers are experiencing a growing sense of concern as the make-or-break day approaches in the midst of what has been called the worst economic recession since the original Black Friday. Despite the fact that many average Americans are already out spending their last few dollars (which, arguably, was a contributing factor in the current economic crisis), retailers will be forced to lower their prices if they hope to stay afloat. High-end and name brand items especially will be reaching new cost lows to try to sell product in a less frivolous consumer market. HD TVs and Blu-Ray players are among the items expected to experience the greatest drops in price. Technology retailers realize the very real challenge they'll be faced with, and have been forced to resort to a fiscal "survival mode." This Black Friday has already been marked as the leanest in decades, with many retailers cutting their orders nearly in half for fear of vast overstocking.

Economists urge consumers to remember that they are the most powerful force in the market economy, and that the best thing a consumer can do to strengthen the economy is to have patience and make purchases with a frugal mindset. Experts stress that it is the consumer that will fix the economy, not the corporation, and that restrained spending is in fact better for the economy in the long run. The question on everyone's mind this year is what Black Friday will mean for the economy in such a trying time. The only forthcoming consensus is...we don't know. However, most authorities in the field agree that the damage will not be as severe as many doomsayers would have the American consumer believe.

As corporations struggling with labor costs are forced to lay off thousands, the upcoming mass shopping season will certainly be a big issue to consider on Capitol Hill, where the government bail-out topic is at the top of the priority list. Though it is certain that the current state of the economy will have a negative effect on direct purchases this Black Friday, the effect that Black Friday will have on the economy is less clear. Experts are optimistic; however, for any sort of certainty, our only option at this point is to wait and see.

Students Visit MSU Foreign Language Department



Photo courtesy Teresa Wallace

The International Studies class takes a field trip to Murray State University to tour the Modern Languages Department. The students sat in on classes for their respective languages and spoke with language professors. Pictured above are the students (from left to right: **Erin Conwell**, **James Samples**, **Michal Potts**, **Pierre-Olivier Colles**, **Heather Burghard**, **Monica Kauffman**, **Amanda Holler**, and **Lauren Ligon**.) outside of Pogue Library.

First-Class Farley

Jon Freeman
Sports Editor

You might see this months Junior Rotarian towering over everyone else as he walks from AP Calculus to AP Physics



Photo courtesy of Cameron Farley

and then to AP Literature. **Cameron Farley (12)** is this month's Junior Rotarian.

Cameron has been swimming since he came out the womb. He is the Lone Oak swim team captain and our rendition of Michael Phelps. He is a member of both the Lone Oak Swim Team and the Paducah Swim Team. He has been swimming for Lone Oak six years and the Paducah Swim team for ten. He is 16th in Kentucky in the 200m butterfly. He plans to swim after high school.

This active eighteen-year-old enjoys camping and swimming at Hillman's Ferry. He also delights in running, biking and of course swimming. He is up at the PAC swimming every morning before most of us are awake. He swims a total of twenty insanely intense hours in the pool a week. When this swimmer boy isn't getting his fair share of exercise he takes pleasure in getting on Facebook, chatting it up with his friends, or watching *Heroes*, *Family Guy* or *The Office*.

He is Math Club President and also participates in the Geocaching Club, Chess Club, and Beta Club. He placed 3rd place at the National Institute on Cooperative Education Conference this summer. He has maintained a 4.0 throughout his high school career and as you probably already know he made a 34 on his ACT.

His passions include Superman, Apple computers, and of course swimming. If you know Cameron, then you know that he is in love with Superman. Don't be surprised if you see him sporting his very own superman shirt around school. He also enjoys working and playing on his Apple Computer.

After high school, he plans to attend college at either Cal Tech, University of Evansville, or Transylvania. He will swim wherever he goes. He also plans on majoring in Computer Engineering and pursuing a career with Apple.

The faculty, staff, and students at Lone Oak are absolutely delighted with Cameron's presence. **Katie Followell (12)** said to me with a smile on her face, "Farley is a jolly man with a charming personality and a hott bod." Mrs. Sprunger said "Cameron Farley is an outstanding individual. He has a strong work ethic and a wonderful attitude."

As you can see, Cameron is an outstanding student and a stupendous athlete. In couple of years Cameron could be the next Bill Gates or break Michael Phelps's records in the 2012 Olympics at London.

Obama Wins Historic 2008 Election

Aaron Williams
News Editor

On November 4th, 2008, America elected its first African American president in nation history. Democratic nominee Barack Obama, former Illinois Senator, defeated his running mate, Republican nominee John McCain with an electoral vote of 365 to 162. Obama needed only 270 to secure the presidency.

Political analysts have identified several key reasons Obama was able to beat out Arizona senator John McCain. Their findings suggest that the Obama campaign was heavily supported by younger voters and minority groups, though age played a bigger role than race when it came down to who backed Obama and who backed McCain.

For the youngest group of voters, ages 18 through 24, 68% backed Obama while 30% voted McCain. The next voting group, ages 25 to 29, also pulled strongly at 69% for Barack, and only 29% for John McCain. According to exit polls the only age group that the majority voted for McCain was the 65 and older group.

As well as age, the issues of this year's campaign were also important voters. Voters took their opinions on the war in Iraq, the economic crisis, the situation of Social Security and welfare, and homeland security with them into the voting booth. These were just a few of the key issues that voters named as reasons they voted for their specific candidate.

With the help of an electoral map, one can also see trends in regional voting. John McCain received the majority of his votes from southern and Midwestern states, including Kentucky. Obama had several upsets in this region however, including taking the battle-ground state Virginia. Obama's electoral votes mostly came from the eastern and western coasts in addition to the Northwest region of the United States. McCain took Alaska, home state of his running mate Sarah Palin while Obama took Hawaii and his running mate's, Joe Biden, home state, Delaware. Breaking it down further to the state-county level, Obama won more votes in urban areas while McCain took the lead in rural areas.

McCain will continue serving Arizona as senator now that his campaign is over. Speculation continues on whether his running mate, Governor Sarah Palin, will run for the GOP nomination in 2012.

As president elect, Obama is set to take the oath and the office alongside his vice president Joe Biden on January 20th, 2009. He will be the 44th president of the United States.

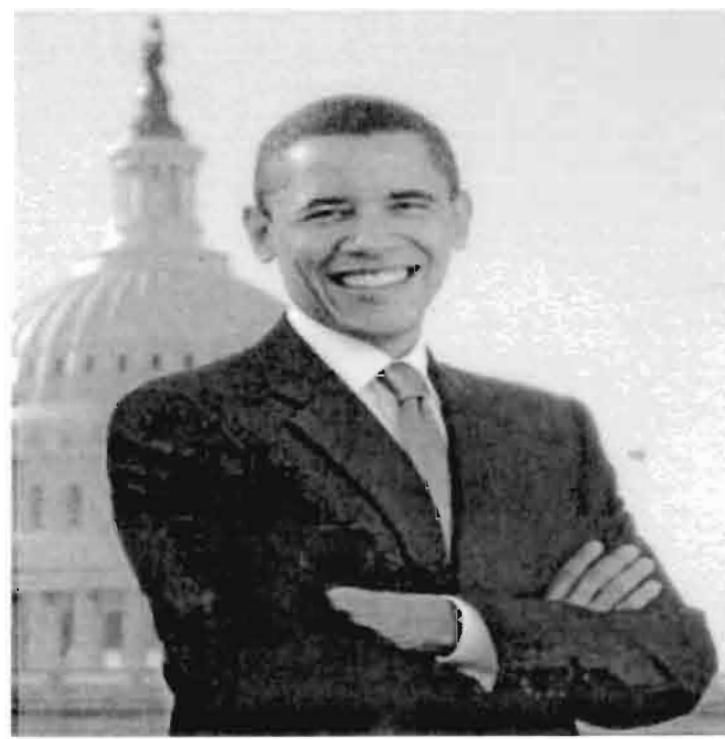


Photo Courtesy of google.com

Academic Team Smarting from Early Losses

Kelsey Smith
Entertainment Editor

Lone Oak High School's 2008-2009 academic team has unbelievable precedents to live up to after last year (winning the fourth consecutive regional championship, defeating Marshall County with a score of 45-24 at the Western Kentucky Academic Bowl, and claiming sixth place in the statewide Quick Recall competition). Along with seeing seven senior members leave at the close of the 2008 school semester, it could fairly be said that the team had few chances to recover.

The team has had seven meets this season, and with a record of two wins and five losses, the matches have been rough. Kyle Fouse (11) states, "We're a very relaxed team, and we're not used to losing...ever. This year has been like a wake-up call, a slap in the face concerning our total performance."

This season's starters are usually Derek Operle (12) -who is also the squad's captain- Josh Dolan (12), Roberto Arreaza (11), and Kyle Fouse (11). The other most regular players are Josh Lynn (12), Morgan Jenny (11), Andrew Croft (11), Cody Waggoner (11), Seth Helton (11), and Lee Dapp (11).

Some members believe the seniors contribute most to the team, mainly by answering the majority of the questions, while others like Morgan Jenny (11) assert that, "I wouldn't say I carry the team...but I carry the team. Question after question, condescending remarks spread evenly among my inferiors, my mind is both a burden and a blessing. Throughout my many days as an A-teamer, I have realized that it is not a team that wins a match but a great mind that inspires all."

Despite the willingness of academic team members to contribute their views of the season, when teacher advisor Mr. Jarvis was questioned about the team, his only response was a blank stare followed by a prompt 180 degree turn and a swift shut of the door. He, apparently, does not have much optimism for the remainder of the matches.

The student body still has faith in our academic team. Lone Oak has consistently performed well in standardized testing and combined with the trivia, the team can put up a challenge. The next meet is Thursday, November 20th, and hopefully, by then, the record will have improved by at least one on the win side. If not, at least we can argue that we have the best dressed boys- and girl in the region.

No Shave? No Problem!

Aaron Williams
News Editor

The month of November has been something the males, and heck maybe some females too, here at Lone Oak High School have been looking forward to for a long time. November has recently been dubbed the month to grow a beard, earning it the title "No-Shave November," but just how much do we know about this rite of passage, this trial of manhood? Fellow staffer Jon Freeman (12) recently revealed to me that the event of "No-Shave November" is much more than an excuse for male teens to grow a beard without fearing ridicule. No-Shave November actually serves a purpose, and it is that purpose that the Oak "K" delves into this issue.

The concept of No-Shave November has been around for a while. It makes perfect sense. With the arrival of November, the breezes of summer have officially been chased away to be replaced by rainy days and chilly mornings, and what better to keep your face warm on those cold mornings than a big, fluffy beard? This realization made males everywhere decide to grow their beards to provide themselves with a velvety blanket full of warmth and happiness for the long winter months.

Just recently, however, some bright-minded college students decided to take young males' attempts at growing their velvety blankets of warmth and happiness and make it

benefit others. Students from Hobart and William Smith Colleges, Skidmore College, University of New Hampshire, and Williams College came together and decided to pledge their facial hair growth to the Save Darfur Coalition. This organization, based at www.noshavenovember.org, seeks to spread awareness of the humanitarian crisis in Darfur by growing beards, patches of bristly stubble, or peach fuzz, whatever the case may be. They also aim to raise money for the Save Darfur Coalition by having people sponsor their beards. Basically, they get sponsors to pledge a certain amount of money to the Coalition for every day they do not shave.

The website, like the event, is a work in progress. Noshavenovember.org soon hopes to have features that will allow participants to upload photos of their progress and how much money they've raised for the Coalition, which is based at www.SaveDarfur.org. Whole schools will hopefully soon be joining the event as more people learn of it. Consider this as my contribution and a big hand to the members of www.noshavenovember.org for growing both facial hair and awareness of a major humanitarian crisis!

Photo of James Samples (12) by Haleigh Fellows



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From the Guidance Office...

Wendy Watts
Guidance Counselor

CLASS OF 2009 THINGS TO DO YOUR SENIOR YEAR OF HIGH SCHOOL

ACT: Go to www.actstudent.org/regist/nextdates.htm to check 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 3rd. 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.

History Behind Heroism

Monica Spees
Features Editor

Each year in the United States on November 11th, Americans celebrate the lives of the valiant men and women who have fought for the freedom enjoyed here in this country. However, few actually know the story behind what we now call Veteran's Day and the ceremonies involved.

Veteran's Day, established by President Woodrow Wilson in 1919, was originally referred to as Armistice Day to commemorate the armistice of World War I between the Allies and Germany on November 11, 1918. At that time, businesses ceased from eleven o'clock in the morning to two minutes after, therefore remembering the exact time that the armistice was signed. In 1921, November 11th was officially declared by Congress to be a national holiday to preserve the memory of those who fought in the war.

That same year, the Tomb of the Unknown Soldier was established. While the tomb houses the body of only one unidentified American soldier of World War I, it has come to represent the lives of other soldiers who never came home and were never identified. At our own ceremony at Lone Oak High School, we remember these lives with a wreath, appropriately called the Wreath of the Unknown Soldier.

Another common Veteran's Day remembrance is the playing of *Taps*. Although the story has several different versions, one regarding Union General Daniel Butterfield is widely accepted. *Taps* began in 1862 when General Butterfield wished to better honor his men at the end of the day when a bugle was played to signal lights out. He was unsatisfied with the version at the time, so, with the help of his bugle player, he wrote a new song. Butterfield named this new bugle call "Extinguished Lights," though the soldiers referred to it as *Taps*, the name which has persisted to the present day. It spread through both the Union and the

Confederacy and, after the Civil War, became the official song to end the day.

Veteran's Day has been characterized each year by parades, speeches, memorial services, and special programs to remember all those who have served in the United States armed forces. It is a perfect day to honor those military men and women who fought for us and did not make it home, but it is also a time to show gratitude to the brave ones still with us who have fought in past wars or fight even now. Their service to the country is no small sacrifice, and there are not enough ways to give them thanks. Even if everyday were Veteran's Day, we, as civilians, cannot begin to show them the respect and honor they deserve. History has given us hundreds of good stories about the Veteran's Day holiday, solemn landmarks, and emotional songs, but nothing can compare to the story that continues to be told: the story of the courage and dedication of United States veterans.

Lone Oak High School Honors Those Who Serve

Yashaswee Malla
Business Manager

On Tuesday, November 11, students were greeted with the sound of our band, directed by **Mr. Kelley Ray**, enthusiastically playing a patriotic medley as they filed in to gym for the Veterans' Day program. This program was organized by **Mrs. Daralea Harper**, who has done this for the past 15 years now.

Once everyone had seated themselves, **Mr. Harper** addressed the school and the veterans seated before him, welcoming all to celebrate this significant day. Following the gracious welcoming speech, the choir, led by **Mrs. Lyndia Fuller**, sang *America*. During the song, members of Paducah Tilghman's Navy Junior ROTC marched to the front of the gym, holding the American Flag.

The Pledge of Allegiance was then led by **Richie Dittsworth (12)** and **Buck Edwards (12)**, followed by the National Anthem played by the band. A moment of silence was observed after the band's wonderful performance as **Brandon White (11)** and **Shelby Schaefer (9)** brought out the Wreath of the Unknown Soldier. The tranquil silence ended as the played *Taps*, a piece that was arranged by Mr. Ray himself.



Next on the agenda was to recognize the veterans that students at our school know. These names, compiled together by **Sarah Burton (12)**, were read out by the class presidents: **Shelby Schaefer, Ruth Wooten (10), Andrew Croft (11), and Blake Harrison (12)**. After all the names had been read, **Richie Dittsworth** proudly sang *Proud to be an American*.

The school then viewed a slideshow that was prepared by **Mark Francis (12)** along with a little help from **Mrs. Brenda Metzger** and **Mr. David Pope** showcasing pictures of veterans submitted by students as the band somberly played along. The band's piece ended a minute or so earlier than the slideshow, and the still silence that lingered in the air spoke louder than any words of gratitude could ever manage to convey our reverence to America's veterans.

The Ladies Chamber Choir led by Mrs. Fuller sang *The Storm is Passing Over* with much grace and beauty before a speech in recognition of all veterans was delivered by Mr. Harper. **Mr. Franklin** then announced members of the faculty who know veterans. **Mrs. Jarvis** delivered the closing remarks to wrap up the program after which the Symphonic Band dramatically played *America the Beautiful*.

Veterans' Day is observed but once a year; however, we must never forget the sacrifices made by our veterans and those who are currently serving in the armed forces, for they are the reason we are able to enjoy the luxury of freedom.

Mid-Continent Inks Byrd, Haase

Blake Harrison
Editor-in-Chief

On Wednesday, October 29, two of Lone Oak High School's athletes took the next step in furthering their education and playing careers. Seniors **Josh Byrd** and **Allen Haase** accepted and signed offers from Mid-Continent University to play baseball.

Mid-Continent, a NAIA school, recently hired former LOHS graduate **Shawn Yarbrough** as head coach. Yarbrough hopes to eventually have a team made up of nearly 70% first region players, and he has gotten a head start. "I feel like in signing Josh and Allen that I've picked up two of the region's best players."

Byrd, primarily known for his ability to hit for power, should see plenty of playing time with one stipulation. "As long as Byrd's swinging the bat well, he'll be in the lineup."

As for Haase, Yarbrough believes he picked up an outfield glove, and then some. "When you look at what Allen brings to the table, he's a proven outfielder with a good bat."

Lone Oak Head Coach **Geno Miller** is proud of his players. "It's nice for them to be able to make it to the next level--I'm proud of their progress." Speaking of progress, Yarbrough believes his newest players will have the opportunity to progress even further. "There's no doubt that playing under Coach Miller gives these guys a distinct advantage over everyone else."

Robinson Signs with WKU

Blake Harrison
Editor-in-Chief

On Monday, November 7, **Emma Robinson (12)** made her final decision. It was then that she verbally accepted an offer to play golf for Western Kentucky University. Robinson, who has been a key component for the LOHS golf team for several years, has competed at the State Tournament three straight years.

This season, Emma placed first in all but one of her matches, finishing near the top in the other.

Robinson had two serious offers from Division I schools, couldn't pass up a chance to go to WKU. "It's really where I wanted to go all along, and I'm excited to make my decision official."

Chris Gregory, who coaches the golf team, is happy for Robinson. "She is a very driven golfer who earned this honor."



Allen Haase and family, Shawn Yarbrough



Allen Haase and Josh Byrd, Shawn Yarbrough, Geno Miller, Dave Pope



Josh Byrd and family, Shawn Yarbrough



Emma Robinson signs her Letter of Intent



Mr. Harper, Robinson, Chris Gregory, Dave Pope

Photos taken by Jon Freeman

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OPINIONS

Sundberg Says It on Ya ANDREW'S ANALYSIS

"You can't expect me to be full of Yuletide cheer for two months straight!..."

Rachel Lundberg
News Editor



It was November 5th, and Christmas music could be heard in Wal-Mart. I say to you that this is a crime. Don't get me wrong, I love Christmas just as much as the next guy (unless that next guy is Weasel), but a two-month holiday season is simply intolerable. Being force-fed the Christmas spirit the entire month of December was bad enough, but this is just getting ridiculous. You can't expect me to be full of Yuletide cheer for two months straight! The "Season to Be Jolly" comes earlier and earlier every year. Before long, carols will be the only music to shop to, and signs in the store windows will proclaim, "Only 364 Days 'Till Christmas!"

There are obvious disadvantages to the lengthening of the Christmas season. The music, of course, is a major problem. Most of it is distressingly bad. I could tolerate it if the holidays actually were almost here, but prolonged exposure seems only to put me in a violent disposition. With each time I hear "Here Comes Santa Claus" it gets tougher and tougher to resist the urge to start knocking over display stands. And somehow, every single Christmas song is highly likely to get stuck in my head, forcing me to relive the pain all day long. What can a person do? Avoid shopping altogether?

There are also several psychological issues that arise as the Christmas season gets longer and longer. Expectation is a powerful thing. When I see reindeer cutouts hanging from the ceiling in Wal-Mart, the back of my brain says, "Yay! It's Christmas!" And then I come to my senses and realize with a sinking feeling of disappointment that it's still two months away. Do the math! That's 1/6 of the entire year! That's a long time to be disappointed. Secondly, too much of a good thing can spoil that good thing. When we celebrate Christmas for so long, it can feel less special when it actually arrives. "Oh, it's Christmas? Been there, done that."

This whole process of creating the two-month Christmas is a commercialization scheme by corporations and big businesses. It takes the focus away from family and puts it on gifts. I mean, sure, who doesn't love presents, but I hope I never see that as the "meaning" of Christmas. Holidays are a big industry, and December 25th is the king of them all. If Wal-Mart says Christmas is two months long, some people will shop for it for two whole months. If the darker motives of capitalism turn Christmas into a purely commercial event, we'll be left with only a hollow shell of the once-great holiday.

What can you do? Fight the power, fight the long Christmas! Leave the cookies, the decorations, and the Christmas piano recitals until December. Don't buy that plastic tree until it's the month to use it. Don't put that Sesame Street holiday video in the DVD player for your little brother or sister too soon. If your friend is singing Christmas carols in November, educate them about the error of their ways. Let The Man know that he won't take Christmas without a fight!

J-Free's Jargon

"It is true that certain scents bring about different types of emotions in people..."

Jon Freeman
Sports Editor



Have you ever had a scent that brought about some sort of emotion? Just a smell that makes you feel a certain way? Well for me I have a scent that brings about the feeling of safety and security. That scent is the scent of smoke. Not cigarette smoke or an illicit substance smoke, but the smell of a bonfire is usually what has the similar scent.

It is true that certain scents bring about different types of emotions in people. For you maybe the scent of pine makes you think of Christmas. Or the smell of cinnamon reminds you of home. The smell of fresh baked cookies reminds you of your grandmother. There is an assortment of scents out there which bring about a variety of emotions. Why do you think we have so many candles with different scents? Certain smells bring about different moods. The reason I get that feeling of safety when I smell smoke goes back to when I was an adolescent

My dad worked as a firefighter up until I was eight years old. I couldn't fall asleep at night until he got home from work. Our house just didn't seem as safe when he was gone. I would stay up and wait for him to come home, sometimes way past my bed time. When I would hear him open the garage door I would race to the door and wait for him to come inside. He would walk in sometimes with black all on his face and always having that smell from his work that night. I remembered whenever he got home he would just pick me up and give me a big ol' hug. In his arms I felt completely safe. Like nothing could harm me. I could immediately go back into my bed and fall into a deep slumber.

Now, whenever that scent sings my nostrils I get that feeling of safety. Whether it's when I'm outside helping my dad burn some leaves or at party that we are roasting hotdogs and marshmallows, I always think back to my childhood. I just absolutely love that smell. Some may think that the smell of smoke is terrible. I'm sure everyone has a smell that brings about a feeling inside them. Mine just so happens to be the smell of smoke.



"third party candidates are often ignored by the American voting population..."

Andrew Croft
Sports Editor



Our country's politics are basically dominated by a two party system: the Republican party and the Democratic party. The majority of Americans eligible to vote are registered as one or the other, and typically vote for that party all the way down their ballots. In the recent 2008 election, 53% of voting Americans voted for the Democratic candidate Barack Obama, while 46% voted for the Republican candidate John McCain. What about the other 1%? It may come to a surprise

to some people, but there actually are several other political parties, often referred to as third parties, most with candidates that have the capability to run our country. Third party candidates in the 2008 election included will know Ralph Nader of the Independent party, Bob Barr of the Libertarian party, Chuck Baldwin of the Constitution party, Cynthia McKinney of the Green party, and others. All of these candidates offer great ideas and solutions that go unheard by America due to lack of campaign funds and media coverage. I would be willing to bet that half of the people reading this article haven't even heard of any of these candidates other than Nader. So with Obama about to take his roll as the leader of the free world, I feel compelled to discuss the fact that third party candidates are often ignored by the American voting population, and they deserve to be heard.

Over the past few months, Obama and McCain commercials have swarmed television and radio. I did not see or hear one advertisement promoting any third party candidate. A lot of this is due to a lack of campaign funds, but I still believe that media should do a better job of spreading the news on these candidates. TV networks like CNN and NBC should be at Libertarian conventions just like they are at Republican conventions. People need to be informed about the policies of these candidates so they can make their own decisions about them. In some cases, voters are torn between the Republican and Democratic candidates, because they support and oppose policies of both sides. These people might be able to find a middle ground between the two if they looked into a third party. More candidates means more possibilities and options.

A lot of the blame should be put on American citizens as a whole, not just the media. We as citizens should do our homework on all the candidates before we vote. Voters often have the mind set that it's a waste to vote for anyone other than a Republican or a Democrat because they are guaranteed to win, so they don't bother studying the views of the third parties. If everyone uses this reasoning, then yes it would be a waste. But if everyone informed themselves on the other candidates, and voted the way the felt accordingly, I know the third party election results would be astonishingly better, and could possibly even compete with the Republicans or Democrats.

Haleigh Hoofs

"And honestly, who doesn't love a good piece of juicy, tender bird?..."

Haleigh Fellows
Photographer



Is there any one dinner that's so amazingly scrumptious you just can't wait to cram it down your greedy mouth again and again? I have one. It's none other than the infamous Thanksgiving dinner. Not only does it smell fantastic, it tastes twice as good and fills all the qualifications of the ideal meal.

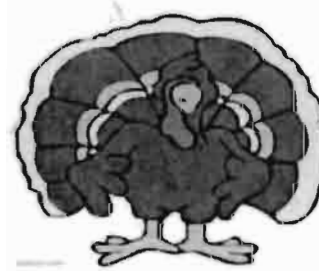
Let's start with the man that takes the show, that's right, the big whopping turkey. Whether you fry it, roast it, or brown-bag it in the oven it's wonderful. And honestly who doesn't love a good piece of juicy, tender bird? Not to mention dipping it in creamy gravy makes this main dish taste even more delectable. So pretty much, turkey can do no wrong.

Next off, I'd like to highlight three of my favorite Thanksgiving dinner side dishes: mashed potatoes, stuffing, and cranberry sauce. Now, mashed potatoes is obviously a given. Its starch loaded with butter, every American's food vice (or at least in my family it is). Stuffing is a something that's always made extremely different from family to family but always reigns supreme. It's the perfect combination of bread, vegetables, and spices to make your mouth water with its salty goodness. Again, stuffing is a starch and you can't get any better than that. Cranberry sauce is kind of the black sheep of the meal, yet it's vital to balance out the overload of bread and meat. It's tangy but sweet flavor keeps you running back for more than one piece and even the morning after. This gelatin treat is a great way to wash down the savory flavors found in the turkey and side dishes, and prepare you for dessert.

Rounding off the marvelous main course is of course pumpkin pie. The sweet, orange filling compliments the buttery, flaky crust flawlessly, and is even better with a dollop of light whipped cream. It's the excellent ending to such a hearty and complete meal, and always leaves you feeling well beyond satisfied.

Maybe Thanksgiving dinner seems so delicious and special because it only graces your plates once a year. But let's face it, it's worth the wait and definitely kicks the butt of every dinner made all year. This annual meal is perfect in every way, or as Paula Dean would say "Mm Mm good yall!"

Have a happy Thanksgiving!



From
The Oak "K"

Jordan Jabbers

"It seems to me as if the school is punishing its students with a good work ethic..."

Jordan Price
Assistant Business Manager



Over the summer, as the sun rose, so did most of the students at Lone Oak High School, and not for the reasons you might be thinking. Most of the hardworking kids awoke at the crack of dawn to spend the day reading and writing their summer homework assigned by next year's teachers. This work, due on the first day of the new school year, is quite extreme. These circumstances inspire a great little song in me that goes something like this: "Oh, my break lies over the ocean, my break lies over the sea, my break lies over the ocean, oh bring back my break to me." Ta-dah! Seriously though, where did summer break go?

It goes without saying that advance placement classes require a considerably larger amount of work than regular classes do, so extra assignments and projects might be necessary, but do they have to consist of so much more work that the assiduous students performing these tasks never get a break? I know first-hand what summer reading really is: it is helpful, challenging, and most of the time related to the class, but it is also demanding, stressful, and unfair.

In order to receive good grades, one must work hard, and a good work ethic is an honorable and coveted characteristic. It seems to me as if the school is punishing its students with a good work ethic by demanding so much of them year round. Even the most well-off, respectable business executives get two weeks vacation, and we're kids, don't we deserve a little more? Don't we deserve a childhood? Working the standard eight hours a day won't even cut through the icing on the cake of summer work; and let's not forget about the 20 page report to go along with the agony of watching the sun set on the last day of summer.

Accompanying all the reading and writing, can anyone say eye strain or carpal tunnel? What about all the hair being ripped from the heads of the most brilliant minds in Lone Oak High School? It doesn't exactly make for a pretty school picture. Summer assignments have become the bane of the young souls who thrash in anguish and agony all the live long day. I for one stayed up late at night reading 300, 400, 700, page books for a school year I hadn't even started! The rings encompassing my eyes resembled those you might find on a tree, and my fingers were so sore from typing that they hung limp at my sides. I even dreamt about oppression and recession which were two common topics in the "library" I had to bring home over the break. I am surprised that more students aren't sporting the bald head!

I am now asking myself the question, "What do doctors have to say about stress related to summer assignments?" Can it really be healthy for children to work year round on things they won't see the benefits of for years to come? What if they never see the profit of all that summer work? The stress of these elongated assignments alone is unhealthy. It seems unfair that the students who take the time to get a little self help by taking "AP" classes are bogged down with extensive amounts of work that are continually augmented. Is it possible for the teachers, who so graciously bequeath us with this abundance of work, to collaborate on summer assignments or abate them? I read two very similar books this summer and thought about the time it would save the students and the teachers if only one book could have been read. I spent my vacation in California driving along highway one, which is said to be the most scenic drive in America, but unfortunately I missed all the scenery because I was buried beneath the curled, manila pages of an oh-so-wonderful book, absolutely the best I've ever read... not.

The point I'm trying to make here is not to rid the break of all work, but to give us all a much needed vacation. I know that some assignments keep students on their toes, but we all deserve a break. After all the two month stretch between the end of school and its beginning is called summer "break"... gasp. I know it is appalling, but we all need rest and the possible three minutes that squeezed through the millions of missions that have to be completed during summer don't exactly do the job. I hope that maybe I have enlightened you to some extent and that you will take to heart my claims; maybe we can do something about the breaks or lack thereof together.

Conwell's Comments

"No one wants to be around someone who just goes along with everything you say..."

Erin Conwell
Features Editor



If I have one strong opinion then it is on the subject of opinions. Quite frankly, I hate it when people don't have them. I can't understand the idea of not having some form of opinion, no matter how small, on any given topic. You must at least have a vague idea of approval or dislike, right? There is absolutely no reason for anyone to ever utter the one phrase related to opinions that just makes me cringe, the infamous "I don't know." Of course you know! You have to know, how can you make any decisions in life if you don't have opinions. Even about the most trivial things one should make at least a small judgment. I'm not saying that you should have a definite black and white answer for every question you are ever given, but there has to be more than just "I don't know."

When someone asks you a question on a particular topic that you really don't know about, explain that. You could say, "I think that may be good, but I don't really know a lot about that subject." People will appreciate this answer a lot more and probably won't keep harassing you on that subject. Just do anything other than mumble that hideous phrase, not only does it make a person look ignorant, but it is rude. It is as if you are saying "Your question isn't important enough for me to think about." Just give it some thought!

Perhaps the case is that you truly aren't interested in the subject. At that point it would be more appropriate to just be honest. Tell the person that you aren't very interested in the topic and haven't thought about it long enough to form a solid opinion. This is still annoying, but at least you attempt to make an effort. You may run into situations where you are required to form an opinion on something you don't care about, for a debate in class or when writing a paper, so why not practice some? I think that if you take the time to think about any subject thoroughly you should automatically form one.

Everyone needs to have opinions and express them when appropriate in order to achieve anything in life. No one wants to be around someone who just goes along with everything you say and never has a point to discuss. Just think, you could never have a good conversation without opinions because all it would consist of is a series of questions followed by the boring "I don't know" over and over again. If people didn't want to know how you felt on the subject then they wouldn't ask the questions. It's only courteous to take the time to think about things and make social life more interesting for you and those around you. Just please, ANYTHING but "I don't know."

Aaron Williams 180°

"When I think of cultures here in the United States that are feared and misunderstood the most, Islam stands out..."

Aaron Williams
News Editor



We live in a diverse world. We are distinguished from one another by our differences. Some close-minded people in the world, including people here in our little corner of Kentucky, use these differences as reasons to hate. They fear people's cultures that they do not understand. This fear leads to suspicion and sometimes even hatred of different ethnicities and cultural groups simply because we don't understand their background and their beliefs.

Maybe if we just addressed the root of the problem, the misunderstanding, we could alleviate the symptoms of cultural hatred and discrimination. If we helped people ignorant of the situation to understand they would more easily embrace people who have a different belief or religion.

When I think of cultures here in the United States that are feared and misunderstood the most, Islam stands out as the poster child. We all know the reasons why, though some have become too politically correct to even address the problem anymore. People in America who believe that Islam is an evil religion believe so because of one thing: September 11th, 2001. They hate Islam because the people who flew those planes into the Twin Towers were Muslim and got on their knees every day and prayed to Allah.

Unfortunately, in our Christian-minded society, most of the information people even have about Islam came from the mainstream media after the attack. They see images of veiled women, terrorist training camps, and Arabs toting RPGs and AK-47s think one thing: Muslim. So when they hear the word *Muslim* or *Islam* it is these images that flash through their mind, however incorrect this is. Terrorists, as we know them, belong to a single branch of radical Islam that follow an inaccurate interpretation of Islam.

Some may argue that if a religion can be manipulated to justify the killing of innocents to receive a reward in heaven that that religion was evil to begin with. Let us not forget, however, that Christianity, the faith many of us most closely identify with, has committed its own share of atrocities because of false presumptions about the Bible. The Spanish Inquisition, the religious wars between Protestants and Catholics across medieval Europe, and the Salem Witchcraft Trials all come to mind.

When it comes to Islam, we need to understand that it is not a mindless religion of evil as some believe. Its bad reputation comes as a result from several terrorist groups that ruin its name for all who belong to the faith. The Koran teaches strong morals and love for the fellow man just as the Bible does and its true message is followed by many peace-loving Muslims who hate the terror groups that oppress them as much as we here in America do. I'm not saying go out and convert to Islam! All I ask is that the next time you hear a person or group of people making false accusations against Muslims is that you correct them. They are not a group of suicidal, hate-filled, war-mongers. They believe in God, just as Christians do, and, more importantly, they are fellow human beings.

Weasel Wonders Why

"I think they try to ruin everybody's fun because they aren't having fun themselves..."

Derek Operle
Entertainment Editor



Why do people take their time to ruin the fun of others? Don't you hate when someone completely and utterly takes the fun out of a situation? That was rhetorical; everybody hates a killjoy. Call them what you will: killjoys, spoilsports, party poopers, wet blankets, sticks in the mud, pessimists, etc., but they all have one thing in common, they are not fun to be around. These glass-half-empty people just spoil the fun for everybody else. In fact, they consciously try to end the fun by making unnecessary derogatory comments. Why? That's my question.

I have a theory about these people. I think they try to ruin everyone's fun because they aren't having fun themselves, and they think that if they aren't having fun, then nobody else should either. It makes sense doesn't it? Why would anybody be happy if someone else was having fun and they weren't? There would only be one exception to this theory and that would be if they were a perfectly selfless person, but let's face it, those don't exist. Nobody's perfect, right?

I'm sure just about everyone can remember a time when they ruined everybody's fun. Maybe you didn't want to go on the gigantic rollercoaster. Or maybe you shot down everybody's ideas in brainstorming. Perhaps you shut down all hope mocking something by defending its rationality. Okay, so maybe these are all things I did. I can be kind of a pessimist sometimes; I'm not going to lie about that. But I am willing to bet that everyone has had their "stick-in-the-mud" moments.

Well, if you're one of these people, it's ok. It's perfectly natural to be this way, a little mean, but perfectly natural. I'm cool with you as long as you don't do anything incredibly drastic to end the fun, that would just be kind of jerky, and that would be so royally uncool of you. I know that I hate it when people take all the fun out of things (I also know that I do it sometimes) so I am encouraging you to be the fun-loving person that you are. Don't lie down with the sticks in the mud. Be as happy as you can be and don't let those spoilsports ruin your fun. After all, everybody hates a killjoy.

The Oak "K"

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MYSTERY STARS

Kyle Fouse
Assistant Editor

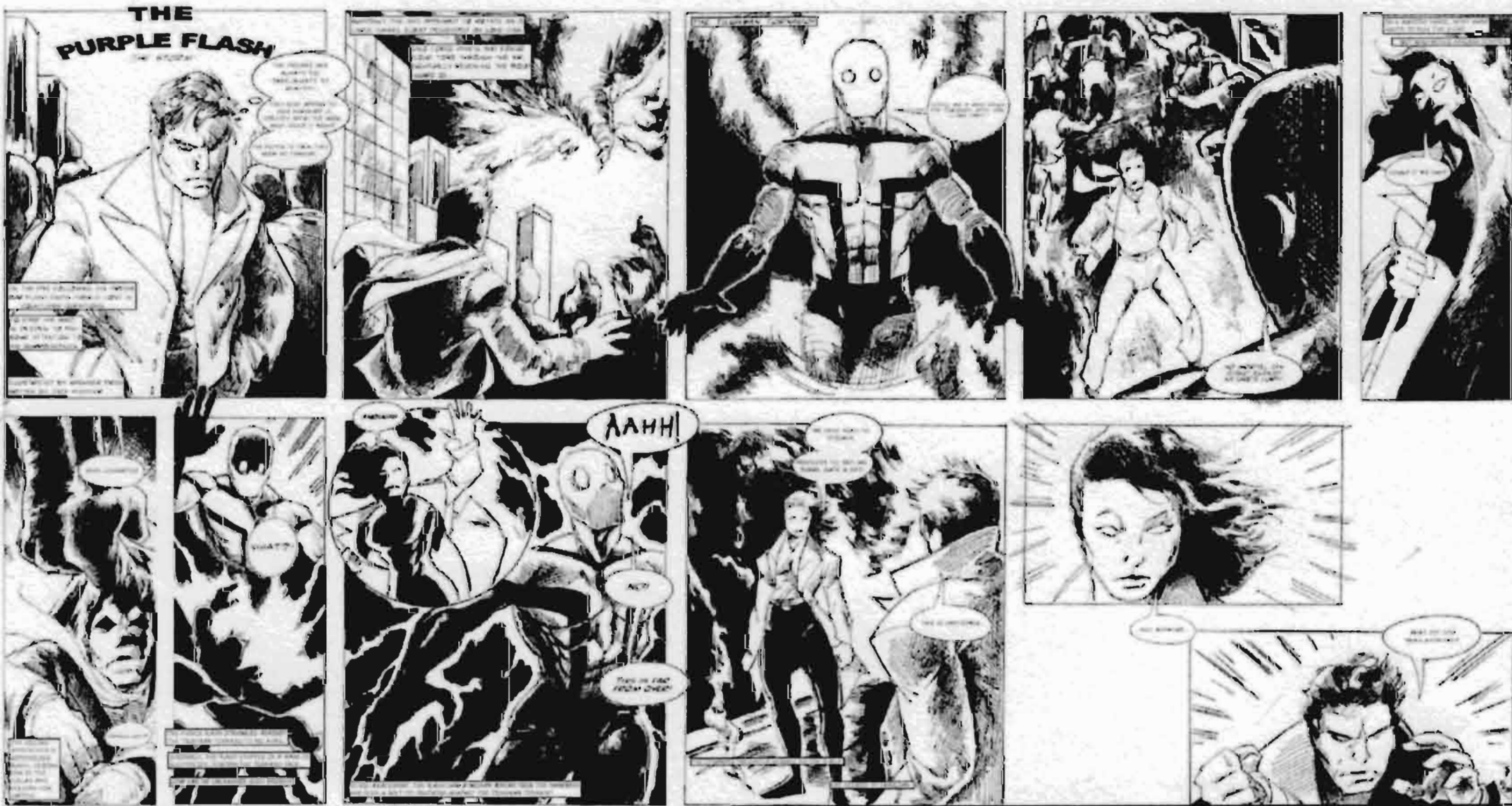


This black-haired, dark-eyed senior is a volleyball and softball veteran who enjoys hanging with her lab partners in AP Chemistry. Who is this timid-looking but fun-loving young lady?

This robust, brown-haired junior is known for his "half dress up" and his many rivalries with most of the teachers at LOHS. Who is this self-proclaimed "worst soccer player"?

This brown-haired, blue-eyed sophomore always has a smile on her face and is a die hard New York Yankees and Colts fan. Who is this softball and golf playing student?

This blond and curly-headed (before a haircut) freshman is rarely seen with a frown on his face and is always laughing. Known for his prestige on the soccer field as a varsity player, who is he?



People in the Halls

What is your favorite Thanksgiving memory?

	
Lenny Copeland (9)	Melissa Chandler (12)
"When the leg of the table gave out and all the food fell to the floor."	"My whole family getting together at my grandmother's house from every corner of the country to eat really good food!"

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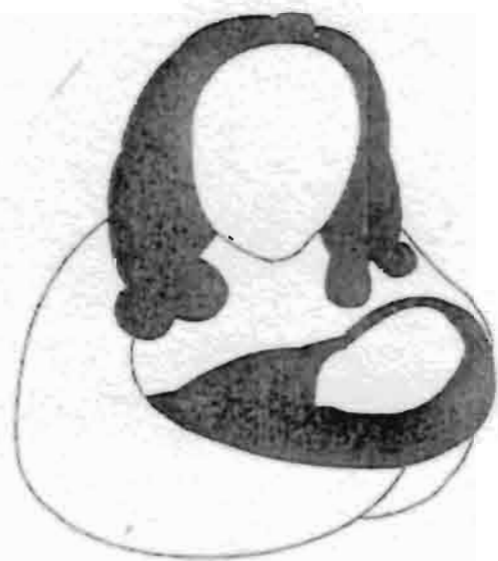
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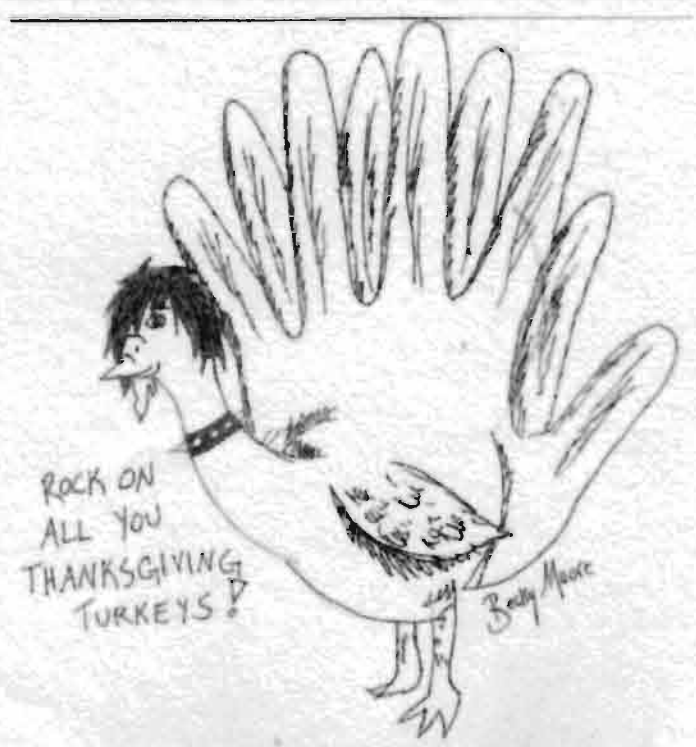
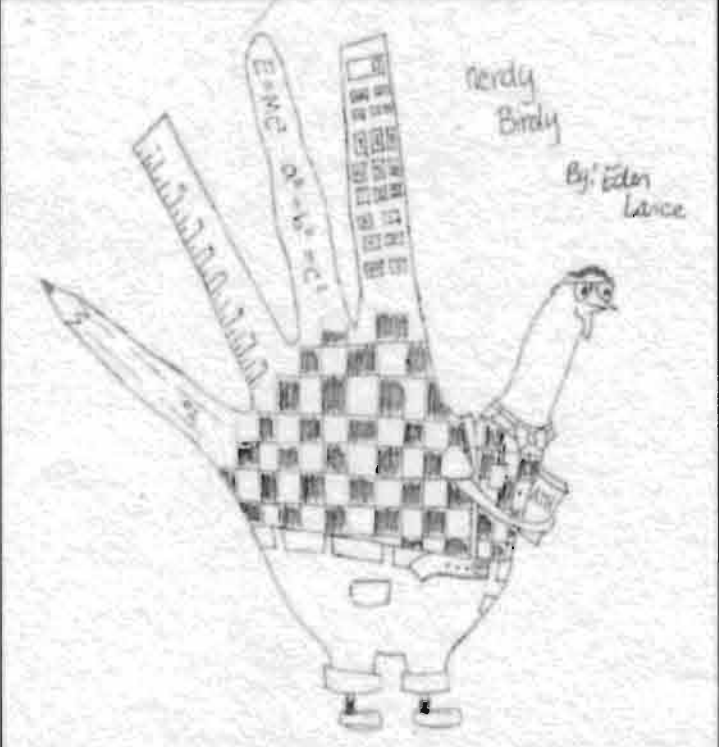
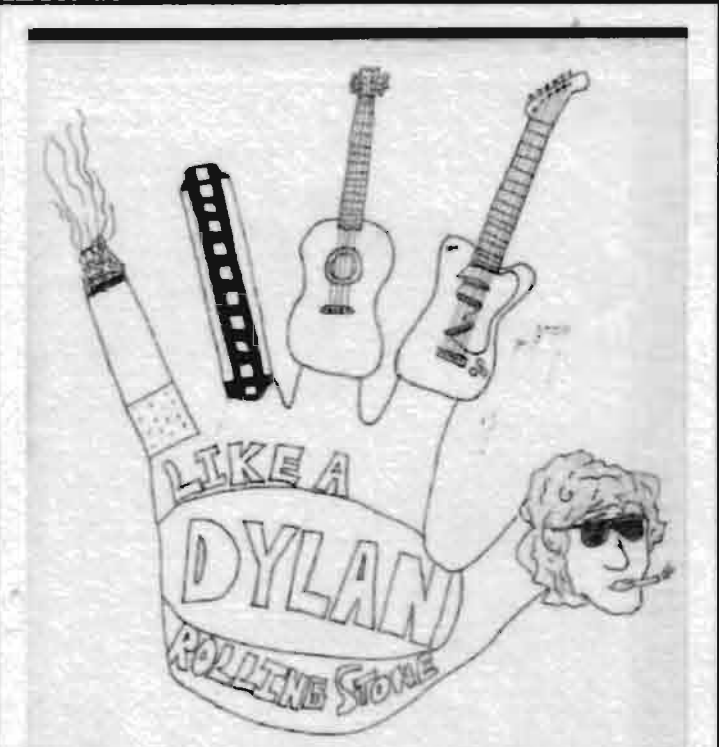
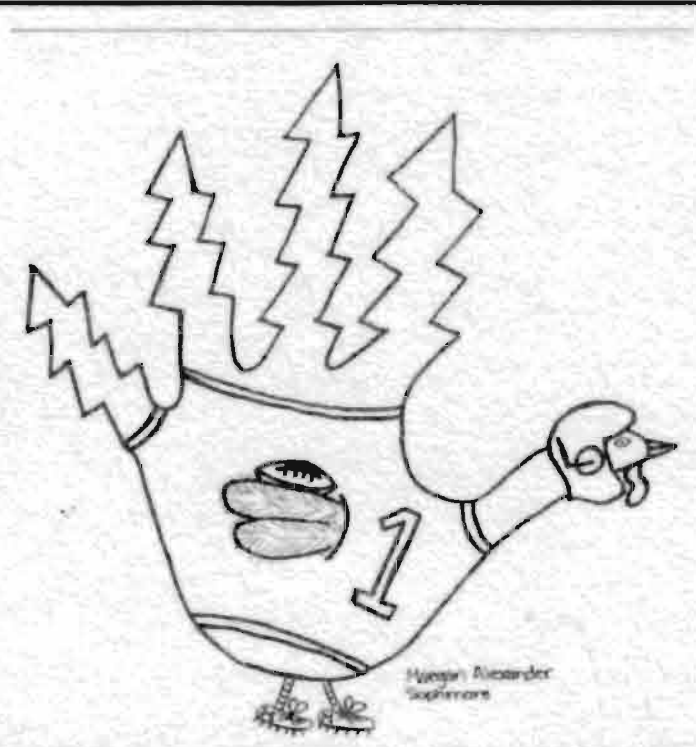
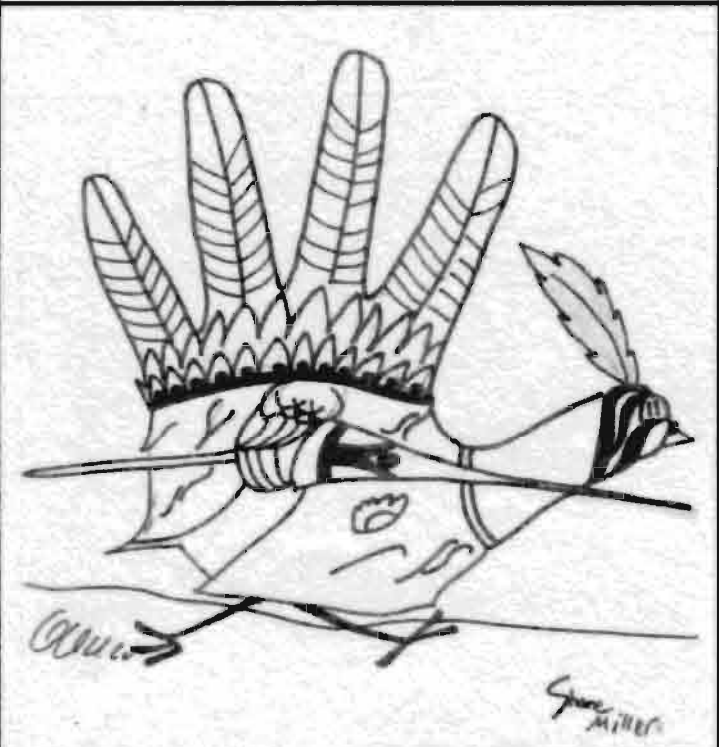
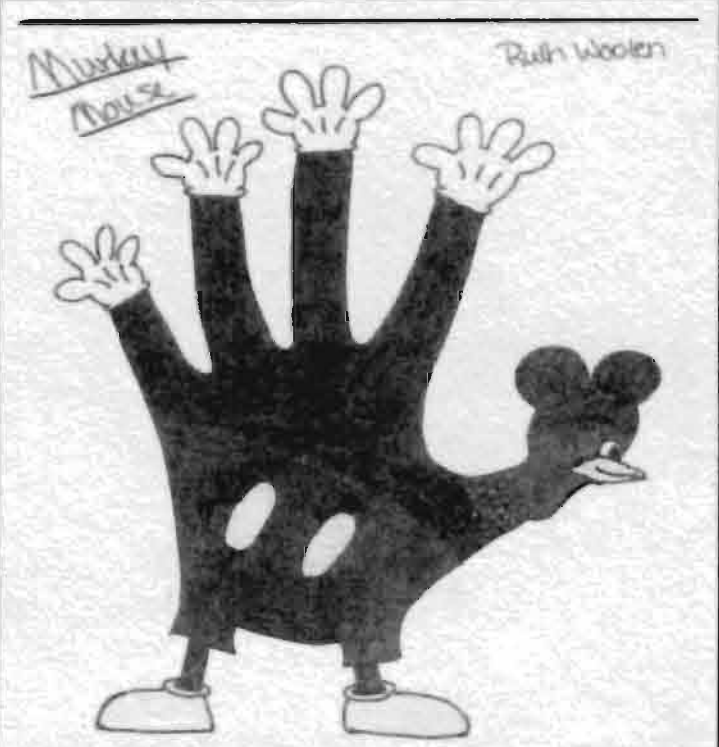
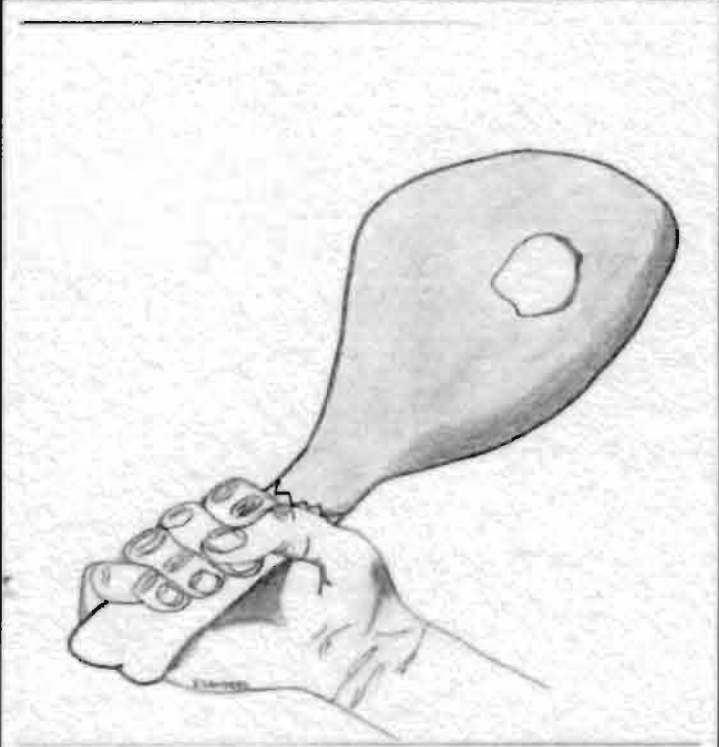
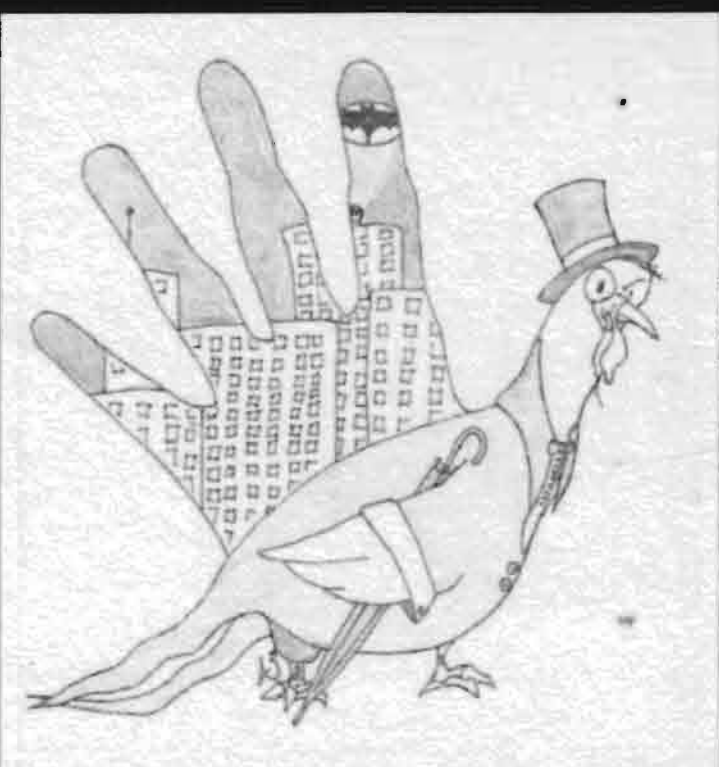
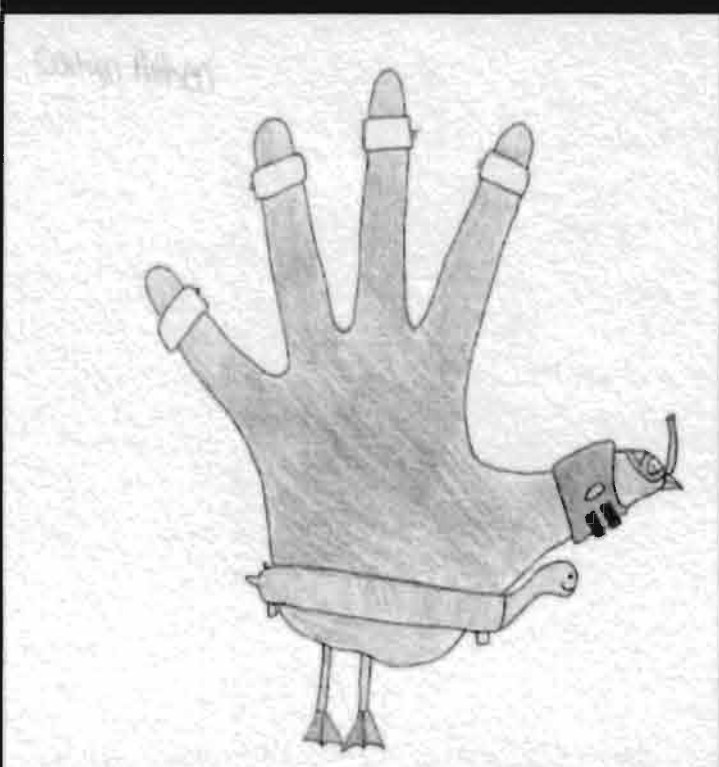


FEATURES

TURKEY CALL

Well, Lone Oak High School, it's that time of year again. That's right. It's the annual Hand Turkey Contest results. Everyone has their own Thanksgiving traditions. Some watch the Macy's parade, some eat huge dinners with family, and still others play football. We here at LOHS like to trace our hands and draw absurd caricatures on the outlines. To each their own. The Oak "K" staff would like to thank all the students who submitted their quirky hand turkeys. With that said, we hope you enjoy the 2008 hand turkeys.

Happy Thanksgiving, everybody!



Only "Buy" the Night

Andrew Croft
Sports Editor

Every once in a while, everybody hears a song or discovers a band that excites them and lifts their spirits for an unexplainable reason. I am constantly searching the internet for unknown musicians, looking for that feeling. Though these occurrences are rare, they always seem to renew my love for music. Well, this happened for me a few weeks ago when I listened



Photo from Google.com

to the new album from a band I have over looked for a long time: Kings of Leon. Kings of Leon are not a new group, but after listening to a sample of their new "Only By the Night" album, I was hooked on them and had to get all of their albums.

When I first heard Kings of Leon, I would have bet anything that they were another pop/rock band from England, due to the lead singer's (Caleb Followill) strangely thick "British" accent. But I was shocked when I found out that they are actually from Tennessee. They are made up of three brothers, Caleb, Nathan, and Jared Followill, and their first cousin Matthew Followill. The band's influences range from indie to southern rock to blues, which has provided them with the most distinct style I've heard in a long time. Their previous three highly acclaimed studio albums have brought them a strong following in the US, and have shot them to royalty in Europe. They have the most distinct style I have

heard in a long time. If you took the music of The Strokes, throw in some Vampire Weekend, and the vocals of an English man with a whiskey drowned voice, you get Kings of Leon.

"Only By the Night" was officially released on September 23rd. It debuted at #5 on the US charts in its first week, and sold 395,456 copies in the UK in the first three weeks. While Kings of Leon's first albums were very laid back and fun, they decided to take a much more serious and experimental approach with "Only By the Night." Caleb Followill claims that he wrote the best songs of his career for this album while he was under the influence of pain killers for his shoulder surgery.

The album kicks off with the extremely ambient song "Closer" which reveals its experimental side, containing lyrics pertaining to the life of a vampire. There are several songs on the album similar to "Closer," all with a slow melody and intense vocal expression. The most well known song on the CD is "Sex on Fire," which is a very emotional, upbeat song. Some of the other harder songs on the album are "Notion," "Crawl," and "17," all containing noise droning guitar/bass riffs, complex backing drum beats, and Caleb's signature vocals.

Though "Only By the Night" is not my favorite Kings of Leon album, it is still a very good CD that has something for everyone. If you have never heard Kings of Leon, I highly suggest that you purchase an album of theirs. I can almost guarantee that you will immediately want to get all four of their CDs.

Love-Bitten

Haleigh Fellows
Photographer

With the release of the expected blockbuster hit, "Twilight", there has been much buzz circling about this popular series of books, and for good reason. Letting my curiosity get the better of me, I finally read the book everyone had been raving about. I was instantly hooked, stuck in a "Twilight" trance until I read the last word of the last page.

Yes, I know a love story dealing with vampires sounds quite stupid; that's exactly what I thought at first too. But, this is no ordinary tale of dark-caped, blood-sucking monsters. Stephenie Meyer, the author of the infamous novels, manages to put vampires in a new, interesting light that steers away from the typical stereotype. These vampires love the thrill of a speedy sport car, playing an intense game of baseball, and could have more girls swooning over them than Zac Efron. Not to mention, the super awesome powers they have ranging from seeing into the future to hearing peoples' conversations from great distances. The Cullens (the vampire family in the novel) are made to look not menacing at all, but rather nice creatures who give up everything for the ones they love.

The book focuses mainly on the relationship between Bella and Edward Cullen

(the first of the vampire family). After Edward magically saves Bella from being hit by a car, they form a close bond and eventually fall in love. Bella is instantly attracted to his god-like features and mysterious persona, and finds Edward as an escape from her dreaded new life in Forks

with her father. Edward is instantly attracted to her smell, and finds Bella's feeling of safety with him ludicrous, yet wonderful at the same time. While dealing with the dangers and complexity of being infatuated with a vampire, Bella finds herself and learns the meaning of courage and love. It's a fantastic twist on a classic teen romance that everyone can relate to and appreciate.

For all you boys out there that find the mushy love thing not in your range of interest, there is also quite a bit of exciting action and even some violence. The Cullen family is

involved in a fight with another vampire, James, when he goes on a hunt to kill Bella. It adds suspense and thrill to distract from the book's complete lovey dovey essence.

"Twilight" is definitely deserving of all the craze it's been receiving. The book expertly combines a love story and a suspense story into one, and makes old, stereotypical monsters into modern, wonderful hunks.



Photo from Google.com

Top Ten On Audrey May's iPod



Picture by Haleigh Fellows

This month we are featuring the top ten songs on Audrey May's (11) iPod. She thinks her musical tastes reflect her personality because she enjoys the most random parts of life and doesn't try to group her musical tastes into any definite category. She enjoys a lot of artists, ranging from T.I. to Bright Eyes.

10. Easy/Lucky/Free by Bright Eyes
9. For Reasons Unknown by The Killers
8. Hustle by M.I.A.
7. The End Has No End by The Strokes
6. (Insert Title of Any Song) by Kanye West

5. Brain Damage by Pink Floyd
4. 180 by Summer by Taking Back Sunday
3. Don't Forget Me by Red Hot Chili Peppers
2. No Lies, Just Love by Bright Eyes
1. Scratches by John Frusciante

Join the "Club"

Derek Operle
Entertainment Editor

The Explorers Club is a band made up of six boys from the coast of South Carolina, but you would never guess that from listening to their debut album, *Freedom Wind*. When I first listened to *Freedom Wind* I started to wonder, "Where did they get all these unreleased Beach Boys songs? And why does Brian Wilson's voice sound different?" The thing is, The Explorers Club sounds exactly like The Beach Boys, from the incorporation of the tambourine to the glorious vocal harmonies.

"Forever" is the one that hooked me - with its "oohs" and "aahs" backing up lead vocalist Jason Brewer. "Forever," to me, sounds like the Beach Boys' hit "Surfer Girl" with a little more pep in its step.

"Honey, I Don't Know Why" is a different story though: while it still features the backing vocal harmonies, its chorus is sung in a low, grating tone. While this sounds a little weird, and unlike The Beach Boys, they still manage to pay homage to yet another hit. In "Honey, I Don't Know Why," there is a backing vocal part that sounds eerily like the ska-ing oof of "Barbara Ann."

The rest of the album maintains that Beach Boys feel, as it is covered with songs about summer and love. One of the songs that really, in my opinion, stands out is "Do You Love Me?." It has a soaring chorus that is just as catchy as any Beach Boys song ever written and, for some reason, the harmonies just seem

like pure magic in this song. "Do You Love Me?" is one of the best songs on the album. Another stand-out is "Hold Me Tight," yet another Beach Boys-esque track, that coincidentally shares a name with a Beatles song, that fills me with joy whenever I hear it. Its over-the-top, lovey-dovey, catchy chorus is truly charming.

As a whole, *Freedom Wind* is an awesome album. It ends being a near-perfect tribute to one of the best bands of the Sixties, The Beach Boys, and, at times, it really feels sounds like an old album of theirs. The Explorers Club is a band that really makes me happy when I hear them. I recommend that anybody who as ever sung along to "Wouldn't It Be Nice," "Surfin' USA," or "Kokomo" buy this album. If you are, in any way, a fan of The Beach Boys, it is imperative that you buy this album. If you just want to check them out, you can download "Do You Love Me?" for free on Spin.com. Either way, I suggest that you grab a copy of *Freedom Wind* and a surfboard and head down towards the beach because this album is fun, fun, fun.

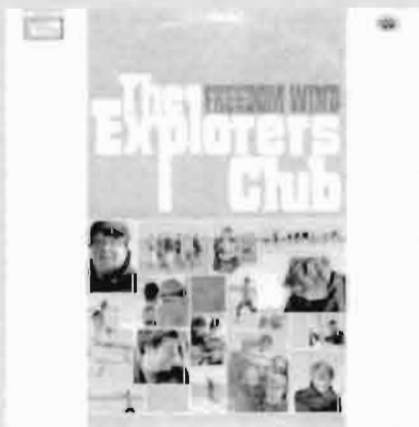


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Lunch with the Spice Girls!

Yashaswee Malla
Business Manager

Spicy Ginger claims to be Paducah's premier Asian Fusion café – fusing Chinese, Thai, Japanese, American, and Malaysian flavors to create delicious, unique tasting dishes that you cannot get anywhere else. I was a little skeptical at first, thinking 'it can't be that different from the various Thai restaurants I've dined in,' but, after tasting some of what they had to offer, I was pleasantly surprised to be proven wrong.

The menu includes a variety of appetizers, soups, salads, noodles and rice dishes with your choice of meat, 'wok fried favorites,' and chef specialties. The items can be ordered mild or spicy, according to one's tolerance of spiciness. While the menu is extensive, every dish was very well prepared and had that promised unique twist. The prices are pretty moderate, ranging from \$3.50 for a medium-sized bowl of soup to \$20 for a Shanghai Lobster.

We started out with the Tom Yum Soup, the Japanese Gyoza, and Salt and Pepper Calamari. The soup consisted of thinly chopped carrots, fresh tomato chunks, shrimp, and button mushrooms in a spicy broth, with a hint of basil. It definitely woke up our taste buds with its tart flavor, and Monica wittily commented that it was very 'YUM-my.' The pan-fried dumplings, or Gyoza, were served with a tangy soy sauce for dipping purposes. I was delighted to discover that they were very reminiscent of the Tibetan dumplings that I enjoy

so much in Nepal. Squid lovers out there should definitely try the pan-fried Salt and Pepper Calamari; they were delectably crispy, with a hint of sweetness.

For the main course we ordered the Chicken Pad Thai. It was a dish of rice noodles mixed with small chunks of chicken, celery, onions, tofu, and garnished with crushed peanuts and cilantro. Most Pad Thai dishes that I have tried have been really sweet, but this version of Pad Thai was not too sweet, and it contained the perfect blend of hot, sour, and salty flavors.

There was a hint of curry flavor, which made it surprisingly tasty. I think it was one of the best Pad Thai dishes that I have ever eaten.

Spicy Ginger is located at 1020 South 21st Street in Paducah. They are open for lunch from Tuesday to Saturday from 11am to 2:30pm and on Sunday from 11am to 2pm. They are open for dinner from 4:30pm to 9pm on Tuesdays through Thursdays and from 4:30pm to 10pm on Fridays and Saturdays. They are closed on Mondays.

Our dining experience at *Spicy Ginger* was wonderful; both the service and food were excellent. Most people wouldn't be able to tell how really different it is from other Asian restaurants, but because I have eaten at many different Asian places, I can say that it is truly as original as it claims to be, and I completely enjoyed it. So, if you're ever craving some unique Asian food, I would definitely recommend you try *Spicy Ginger*, Paducah's Asian Fusion Café.



Photos by Yashaswee Malla

Monica Spees
Features Editor

The door slammed shut behind us, immediately sheltering us from the harsh cold outside. I noticed the Buddha by the door, then I let my eyes adjust to the dimly lit room that was empty, since the restaurant had only been open for fifteen minutes on that Sunday morning. Yashaswee and I were greeted by a friendly woman who allowed us to pick a table and informed us that a server would be with us shortly. We chose a table for two against the wall of the Asian American restaurant *Spicy Ginger*.

Some may remember *Spicy Ginger* on South 21st Street as *Skinheads* or *The Greasy Spoon*. A lot has changed since then. Although the room's maximum capacity surely is not very high, the tables and chairs are sparsely placed and are arranged in such a way that accommodates various group sizes, therefore avoiding the hassle of always maneuvering the restaurant furniture around to fit different groups. Two large, plasma televisions displaying ESPN balance opposite sides of the room. As more customers filter in after morning church services, contemporary music resonates throughout the restaurant.

While we gaze over our plush, book-like menus and try to decide what to order from the wide selection, the urgent need for a tissue, the only relief for my annual winter-time cold, comes over me. There is a moment of sheer panic when I realize that there is no bathroom inside. Then I remember that the W.C. is outside. I'm rather reluctant to venture out into the

cold once more just to get into the bathroom that is accessible through a door on the side of the building. However, there is no way around it. After squeezing into the bathroom, I am pleased to find that the small facility is absolutely spotless. This makes me feel much more at ease in the tiny space, and I quickly blow my nose in comfort.

Back in the one-room eatery, my fellow Oak "K" staffer and I promptly receive the three marvelous dishes that were decided upon after much conferencing and deliberation. Our server came back so often to see if we needed any refills and to ask how everything tasted; and, I must say, her patience was incredible, because it took us forever to decide what we wanted to eat. As our tummies protested any more food and we prepared to leave, we were thanked for our business and were welcomed to take pictures for this article. After we told the manager that we were there to review the restaurant for Lone Oak High School's newspaper, she carried on a pleasant conversation with us about Lone Oak and the many teachers that frequent there. It was almost like we were old friends.

Other than the initial shock of having to go outside to visit the lavatory, my visit to *Spicy Ginger* was completely satisfactory. The service was excellent, the food was exquisite, and the touch of Asian decoration to the restaurant added an authentic feel to the experience. *Spicy Ginger* is one of those relaxing and fun restaurants where you can have a good time while eating. If you've got a cravin' for some Asian, I highly recommend *Spicy Ginger*.

Skating Is "Cool"

Erin Conwell
Features Editor

Good news everyone! Paducah finally has at least one more form of entertainment, and that is our brand new ice skating rink. The rink is located in downtown Paducah at the riverfront near the Farmers' Market. It is only a temporary seasonal rink intended to gauge interest and if that interest is seen they will then build a permanent indoor rink. I had the chance to check out the rink and see if it is really worth getting excited about it and I'd say that for the most part it is.

Walking into the area you need to go to the rental shed to your right first, there you can rent your skates and pay for admission all for an affordable five dollars. They also offer both hockey-style and figure skates

so you can choose whichever you prefer. From there, you can take your skates to the changing benches that are conveniently surrounded by cubby holes made from plastic crates to hold

Photo by Pierre-Olivier Colles



your shoes. The flooring in this area is spongy so as not to hurt the blades of the skates. When you are finally laced up (which takes a while) you can hobble over to the gate of the rink. This is the part I was most nervous about because Paducah has never had an ice skating rink anywhere reasonable close I haven't skated in years. The ice was a little lumpy since their make-shift Zamboni left much to be desired, but it wasn't too terrible after their staff got out there and hand-scraped a lot of the areas smooth.

Speaking of the staff, they were very helpful and friendly; they cooperatively exchanged my skate size and the Safety Skaters made me feel more confident that I wasn't going to clumsily hurt myself on the ice. Another excellent effort they made towards safety was the balancing towers they offered for skaters to use until they had built up their skills to skate alone. I was also impressed by their efforts to help the environment with their easily accessible recycling bins where you can throw away your cup after enjoying some delicious hot cocoa at the concession stand.

Overall I was pretty impressed with what I saw. Everyone should check out the rink that is currently festively decorated for the holiday season and experience it for themselves. Don't forget that the more people that go, the better chance we will get a permanent indoor rink, so get down there before January 4th and help us see this thing through.

Derek Operle
Entertainment Editor

There isn't that much to do in Paducah during the winter. There's the movies... and the mall...and downtown...and...not much else. Well, as of November 14, there's something new to do: ice skate. That's right: Paducah has its own ice skating rink.

Where, you say? The rink is in the Farmer's Market parking lot, downtown by the riverfront. I know what you're thinking: "A parking lot? Jeez! How small is this thing?" Well, you're right, it's not a full-size rink (it's 120 x 50), but don't worry, there's plenty of room to skate. Enough about where it is, let's get to how it is.

The skate rental is relatively cheap, at \$5 a pair, and they are pretty comfortable, much more so than bowling shoes or any other rentable footwear. As soon as you part with your own shoes, you put them in conveniently located egg crates. Then, it's onto the ice.

The rink itself, while not full-size, is quaint. It gives you enough room so that you can try to speed down the straightaway and not slam into the wall because you haven't quite learned to stop yet. Because not everyone has a great sense of balance, there are more egg crates available, on the rink, so that you can lean on them and push yourself around the rink, if you need be.

If you get too cold or tired, while skating, you should stop and go to their concessions stand. They sell what every cold person in the world needs dearly, hot chocolate. Along with a variety of sodas and other drinks, they also sell food. That's a good thing if you burn off too many calories while skating around. Among these foods are hotdogs, hamburgers, pizza, and candy.

The new ice skating rink is pretty "cool." I can't deny that. I mean, whoever thought that we would be ice skating by the riverfront, here in Paducah? If you've never been ice skating before, I guarantee you'll enjoy it. So, you better strike while the ice is cold and head down there, because it's only open until January 4.



Photos by Pierre-Olivier Colles

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Flash Football Continuing Tradition

Blake Harrison
Editor-in-Chief

After having set the groundwork for a much improved football program several years ago, **Jack Haskins** finally reached the last stop in 2007--the state championship game. Last season brought with it records, accolades, and all the attention you could ask for, but that was last year.

Coming into this season, outsiders didn't believe we had the firepower to keep up with last year's pace. Eleven weeks later, and with a 9-1 regular season record, it's safe to say Lone Oak didn't take too many steps backwards.

It was week five before the Flash encountered a roadblock on the path to an undefeated season. Calloway County, our heated rival, played with us until the very end, but Lone Oak survived, 45-42, for an emotional home victory.

Two weeks later, we met our toughest regular season opponent in Hopkins County Central. Had we beaten them, we would have secured the top seed for the playoffs. Unfortunately, Hopkins Central handed us our first loss, 35-31.

In response to the loss, the Flash went on to smash Reidland, Muhlenberg North, Fulton City, and Heath to cap off a great regular season.

The first round of playoffs, our only home post season game, was played against Warren East. Warren East, who we defeated in order to make the state championship game last season, came in with a very talented team. **Senior Jamarielle Brown** took care of the ball most of the night in order to keep us in the game. With time running out, Brown intercepted a pass and returned it for a near 70 yard touchdown to seal the deal. Field conditions were horrible for the game, (constant rain) so Lone Oak had to adjust their style of play.

That win set us up with Allen County-Scottsville. (you fill in the score...) If we happened to have won that game, you know by now that our third opponent will be the winner of Calloway and Franklin-Simpson (you fill in the score..)

The fact that people were counting us out from the very start, even after a state title run last season, has served as motivation for the team all season long. This year's team did not worry about last year's ghosts and records--they just played Lone Oak football. Their ability to move on and stay on task can be attributed to a stellar coaching staff. It is amazing to see how having a dedicated group of coaches can change the culture of a program. No matter how this season ends (or ended), you cannot question this team's drive to make their own mark. They may not have broken as many records as they did a year ago, but they fought hard and played their style of football every Friday night.

Wrapping up Cross Country

Rachel Lundberg
News Editor

Coach Treece came onto the cross country scene with a vengeance this year, and we saw it in the results. Both the boys and girls teams had plenty of victories, both moral and technical, to be proud of.

The boys team did exceptionally well this past season, ranking as the best boys team in the history of Lone Oak High School. Team leaders, including soccer players **Andrew Croft (11)**, **David Spencer (12)**, **Richard Scelzi (12)**, **Aaron Williams (12)**, and newcomer **Jon Scelzi (9)** have much to do with the boys' cross country success. They did not qualify for state with their performance at the 2A Regional meet at Muhlenberg South, but they competed in what could mildly be described as a "very difficult" region. In fact, the boys would have qualified had they competed in five of the other six 2A regions. Aaron Williams seems content with the results.

saying, "It was an honor and privilege to run with such a talented team of runners this year. Everyone, especially the boys team, worked so incredibly hard, it was just unfair we could not all go together." Williams was also the sole Flash member to compete at State.

The cross country Lady Flash was a force to be reckoned with as well. Leaders **Macey Evans (11)**, **Haleigh Fellows (12)**, **Kelsey Greene (11)**, and newcomer **Shelby Schaefer (9)** formed the Regionals competing team, with teammate **Kylie Tillet (10)** suddenly stricken ill. The girls also faced tough competition. Evans led the Flash with a 26th place finish, and Fellows right behind in 27th. "I came to the team late, but it was a fun three weeks," says Fellows. "I will miss all my teammates and I hope they have a successful season next year."

Good call, Haleigh. Let's all hope for that. Congratulations cross country competitors!

Jon Freeman
Sports Editor

The girls basketball team looks to bounce back from last year and pull together a winning season. With **Gabby Fellows (12)**, **Ally Heine (12)**, and a group of experienced sophomores, the Lady Flash will likely make a return to the Regional Tournament where they lost to Calloway County last year. They will need strong play from Heine, who averaged 15.4 points 3.8 assists and had a 40.1 shooting percentage. If there is one thing the team lacks, it is size, but these girls make up for it with their speed and determination. Heine, a member of the all-purchase team had this to say: "We have a lot of talent on the team this year, and if we all play together and fill our roles then we will definitely be satisfied with the outcome." I encourage you to go out and watch these girls this year. It should be a fun and entertaining season in Coach **Mike Murphy's 3rd** year.

Falling short last season, the boys basketball team looks to make it further in the Regional Tournament than last year when they lost to Graves County in the First Round. They had a slow start due to the fact that the football players who also played basketball missed games because of the trip to the state tournament. After losing a large senior class and their leading scorer last year, the Flash look for senior leadership in **Jamarielle Brown**, **Cameron Tillet**, and **Joshua Byrd**. They might not have the height on the court, but we have the speed, ability to get to the rim, and the defense needed to go far in the playoffs. The boys are working hard right now and should be in full force whenever the football players get back from another trip to the state tournament at Papa Johns Stadium. Go watch our Purple Flash Boys this season as they strive to make it deep in the playoffs.

Flash Basketball Preview



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The Ultimate College Basketball Preview: Let the Madness Begin

Blake Harrison
Editor-in-Chief

Last Year's Final Four

Kansas: The 07-08 National Champion is taking a major step back this season. Gone are stars Brandon Rush, Mario Chambers, and Darrell Arthur. Losing most of their core group (they've still got Sharon Collins) really sets the Jayhawks back a year or two, but with Bill Self's ability to recruit, KU should be back in the hunt soon enough.

Memphis: Title game runner-up Memphis will have a new look in 2008-2009. Derrick Rose, Chris Douglas-Roberts, and Joey Dorsey took the pro route, opening the door for newcomers such as Robert Sallie, Wesley Witherspoon, and Tyreke Evans. Evans, one of the best players in the freshman class, is one reason why Memphis will still be in the mix this year.

UCLA: The Bruins won't be crippled by their losses from last season. After bringing in one of the top recruiting classes, Ben Howland has his team in a good position to make the Final Four for a fourth consecutive time.

North Carolina: Where should I start? UNC retained all, yes I said ALL, of its major pieces from last season which saw them make the Final Four. Not only are Hansbrough, Lawson, Green, and Ginyard back, but they also brought in two big men to shore up their already dominant front court. I would venture to say that only health issues could stop them from making an appearance in this year's Final Four.

Probable Title Contenders

North Carolina: You just heard me mention that the Tar Heels are in pretty good shape this year. Their depth is what's so sickening. Any team could have a talented starting five, but UNC goes so deep, it's almost criminal. If they do happen to run into injury, replacing players will not be a problem.

Connecticut: It's been a couple of years since Jim Calhoun had a title contending team. Needless to say, he's made up for it with this crew. The Huskies have a veteran group of talent that includes Hasheem Thabeet, A.J. Price, Jeff Adrien, and Jerome Dyson. Freshman guard Kemba Walker's talent won't go unnoticed as he should get playing time this season. If experience is the key, UConn is in the driver's seat.

Louisville: Louisville's combination of veterans and talented freshmen make them a candidate for the Final Four. Frosh Samardo Samuels is a beast down low, and guards Earl Clark, Terrance Williams, and Edgar Sosa will carry this team deep into March.

Texas: The Longhorns' core group of A.J. Abrams, Connor Atchley, and Damion James has the potential to lead the team into the Final Four. Veteran depth will come in handy, but Rick Barnes will ride his "Big Three" to the Final Four.

Tennessee: Bruce Pearl should be disappointed if his team doesn't win the SEC. With returning stars J.P. Prince, Tyler Smith, and Wayne Chism, it shouldn't be a challenge for the Vols to end up in the elite eight, if not better. Freshmen guards Bobby Maze and Scotty Hopson will combine to give UT an exciting and fast pace back court. Look for Tennessee in late March.

Best of the Rest

UCLA: The Bruins have made an unprecedented three straight trips to the Final Four. The sad part is, they did not win a title during any of those runs. If Darren Collison makes the Final Four again with no title, he will be labeled as one of the biggest chokers in history. The addition of freshman sensation Jrue Holiday should be enough to get them back for a fourth straight.

Michigan State: It's about time Tom Izzo made it back to the Final Four. He has a confidently talented group of guys including point guard Kalin Lucas and Raymar Morgan. Their only competition for the Big Ten title is Purdue, who is ranked much higher than State. I for one, am siding with veteran leadership, and the Spartans edge the Boilermakers in that department easily.

Oklahoma: The Sooners have a good team overall, but the reason for their appearance in my top ten is their excellent duo of Willie Warren and Blake Griffin. Griffin put up solid numbers as a freshman, but with a point guard like Warren to feed him the ball, Griffin's production will skyrocket. If the rest of the team can produce even mediocre results, the Sooners should at least make the Elite Eight.

Pittsburgh: A team driven by senior starters Levance Fields, Sam Young, and Tyrell Biggs should finish near the top in the tough Big East. They look to improve upon their second round showing from last season. Their biggest challenge is the depth and strength of the Big East. By tournament time, they should be battle-tested and ready to go.

Duke: The majority of Coach K's team remained intact this off-season. At this point, it's a matter of whether his over-hyped All-American pretty boys can produce or not. Hopefully they won't, and Coach K will be left with nothing to do but polish his gold metal this June.

Honorable mentions: *Gonzaga, Notre Dame, Purdue*

AP Preseason All-Americans

Tyler Hansbrough, North Carolina: Hansbrough is entering his final (yes, I said FINAL) season at UNC. He makes his record third trip to the preseason list, and deservedly so. With junior stats of 22.6 points and 10.2 rebounds per game, it is hard to argue against his selection.

Stephen Curry, Davidson: Son of former NBA sharpshooter Dell Curry, Stephen is poised for another tournament run as a junior. He is making the transition to the point guard spot, but with averages of 25.9 points and 4.6 rebounds from last season, he needs to have the ball in his hands.

Luke Harangody, Notre Dame: Last season's Big East POY will have the opportunity to better his sophomore averages of 20.4 ppg and 10.6 rpg. Notre Dame's version of Tyler Hansbrough is never out hustled, making this Irish forward a likeable selection.

Darren Collison, UCLA: Collison will get to play the veteran role for Ben Howland this year. He leads a fresh team of young guns as they search for their fourth Final Four birth in as many years. As a junior he averaged 14.5 points and 3.8 rebounds per game.

Blake Griffin, Oklahoma: Griffin has the most NBA potential of any preseason all-american. A bruiser down low, he will carry the load for a Sooner team looking to advance deep into March Madness. He put up 14.7 ppg and 9.1 rpg last season, so he should be knocking on 20 and 10's door this year.

*This page was compiled with the aide of espn.com and google.com

Top Freshmen

Al-Farouq Aminu, Georgia Tech: Aminu, a versatile wing man with a wingspan exceeding seven feet, is one of GT's stellar recruits. He creates his own shot, rebounds well, and he can handle the ball well for a 6'8 forward. He needs to become a full time defender and his strength must improve before he makes it to the NBA.

Ed Davis, North Carolina: Davis, a tricky lefty, plays well with his back to the hoop. To be more successful, he should improve his face-up moves and add strength. With Hansbrough handling the load, Davis should be able to develop freely.

Demar DeRozan, USC: This Compton product might be the most athletic baller of the bunch. His leaping ability and explosiveness set him apart from everyone else. He is able to split defenders with a sick cross-over move, paving the way for monstrous dunks. Even though DeRozan is a great athlete, he tends to slack off and lose focus too easily. If he wants to be a top five pick next year, he better start putting 100% into every play.

Devin Ebanks, West Virginia: Because of the elevation he gets on his jump shot, it will be hard to stop Ebanks from scoring. Once he bulks up, his wingspan and quickness should make him a better defender. Ebanks was a late addition to Bob Huggins' WV team after he was let out of his commitment to IU.

Tyreke Evans, Memphis: Evans, a quick, ball handling guard, fits John Calipari's system well. His freakish athleticism plays to Memphis' style of play perfectly. He can absolutely fly past defenders and can finish at the basket very well. When playing without the ball, Tyreke is not near as effective, and he is not very fundamentally sound.

Yancy Gates, Cincinnati: Gates was a huge pickup for former Murray State head coach Mick Cronin. He has the body of an SEC big man, and the talent to go along with it.

Jamychal Green, Alabama: An excellent passer, the 6'8 Green is Ronald Steele's Karl Malone (yes, that's a stretch, but you got the analogy). He is constantly on the glass, and he will serve as Bama's go-to big.

Rashanti Harris, Georgia State: Why did a freshman from such a small school make the list? One word: R-E-B-O-U-N-D. He can do just that with the best of 'em. Remember the name.

Jrue Holiday, UCLA: While his team values his skill level a great deal, the fact that he performs well under pressure is his best asset. He does not crumble under pressure, he takes care of the ball, and he can play both guard spots making him invaluable to the Bruins. If there was an area where he could improve, gaining some weight would put him over the top.

Scotty Hopson, Tennessee: Hopson is incredibly gifted, but the main knock on him is his intensity. He was overshadowed by Kentucky foe Darius Miller in high school, specifically because he hardly ever gave 100%. All that said, Scotty is a very gifted athlete who should put UT over the top in the SEC.

Terrence Jennings, Louisville: Even though Jennings has fairly decent offensive moves, Rick Pitino will value his athleticism, shot blocking, and rebounding most. It may take awhile for TJ to fully develop, but there's no denying he's a key part of U of L's front court.

Malcolm Lee, UCLA: Lee is a good combo guard who does several things well. He will see minutes for the Bruins because of his ball handling and defense.

Greg Monroe, Georgetown: Once ranked as the 2008 class's #1 player, Monroe's body is advanced for his age. He should be able to use that when facing up against Big East centers like UConn's Hasheem Thabeet. He has a decent mid-range game, but his lack of explosiveness and foot speed will slow him down a bit (no pun intended).

J'Mison Morgan, UCLA: Morgan has a big time body with decent post moves. He's still very raw, but the potential is there.

BJ Mullens, Ohio State: Mullens, who has a great basketball body, will definitely help OSU's chances at a deep tourney run. Although he isn't always as assertive as he could be, this big time center gives the Buckeyes a dependable bigman. BJ does the little things well and uses the glass to his advantage.

Delvon Roe, Michigan State: At 6'7, Roe is a coach's dream. He's a lefty with a seven foot wingspan, he's always moving, and he can block shots at a consistent rate.

Samardo Samuels, Louisville: Big Samardo is a meat and potatoes type player who will control the inside game night after night. His strength and post skills are two reasons why Rick Pitino may find himself in the Final Four. His numbers should be comparable to those of Blake Griffin as a freshman, although having to go up against Luke Harangody will force him to earn every point and rebound.

Ty Walker, Wake Forest: An athletic shot blocker with great potential. If he puts it together, he will give opponents fits.

Kemba Walker, Connecticut: A big reason why UConn is getting so much attention this year, Walker is an excellent floor general who gives his all, 100% of the time. His biggest weakness is his inability to consistently hit an outside shot.

Willie Warren, Oklahoma: Warren, who is known for delivering pinpoint passes, should only advance the development of Blake Griffin. If Oklahoma runs, Warren won't have problems. However, if they happen to slow the tempo, Willie's decision making will need to improve.

Elliot Williams, Duke: As a defensive minded point guard, Elliot should be able to play key minutes for Coach K. He must improve his shooting range, but his slashing ability will keep him in the rotation.

Tony Woods, Wake Forest: Woods is much more polished than teammate Ty Walker. He can rebound better and block shots just as well. Together, the two combine to form a raw, potentially lethal combination.

* **Brandon Jennings** was a member of Arizona's recruiting class this year before opting to go pro overseas. He is the first marquee recruit to do so, and was considered a top talent in the 2008 class.

The following freshmen didn't make the list, but shouldn't be ignored:

Luke Babbitt, Nevada

Mike Rosario, Rutgers

William Buford, Ohio State

Iman Shumpert, Georgia Tech

Drew Gordon, UCLA

Chris Singleton, Florida State

Dequan Jones, Miami

Howard Thompkins, Georgia

**Tyler Zeller, North Carolina

**Zeller will probably miss the entire season after breaking his hand vs. Kentucky

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