

A look inside
The Oak "K"

AP
Grant a
Success
Page 3

Parkers
Rebuilds
Page 4

Meet the
New
Teachers
Page 5

Captain
America
Returns
Page 6

Sports
Sneak-
Peek
Page 7

White and Wonderful

Cody Waggoner

The new year at Lone Oak High School brings a throng of changes in staff and resources. Besides the new faces, the most notable would be the Mac books carried by every student. Although the Mac books look impressive, the introduction of new technology is always problematic.

For the Mac books to have the greatest impact, the teachers will integrate them into daily instruction and assignments. Susan Helmich uses the Mac books to show her students where to find practice problems and how to sign up for the ACT.

Other teachers also use or plan to use the Mac books in class. Sarah Sprunger thinks they are a good thing and once they "get the kinks out and teachers get to use them more" the benefits will truly be seen.

Regarding the Mac books, Tony Jarvis said, "They are white and wonderful." Jarvis teaches a new course titled History of Sports but does not have a textbook. His students frequently use the computers for information, research, and presentations.

Teachers who are less familiar with the Mac book's capability and learning through the assignments they give students. Brian Gill enjoys watching the student produced iMovies although he isn't prepared to make one himself.

Unfortunately, many students do not consider the Mac books a part of their educational routine and like the Mac books only for their recreational uses. Jeran Swift, junior at Lone Oak High School, says "The best part about the Mac books is unlimited access to Duran Duran during school."

The Mac books have drop box technology that isn't being utilized. The drop boxes are supposed to allow students to transfer files from their Mac books to their teachers' Mac books. If the drop box function was enabled, students could turn in homework and classwork without the waste or the hassle of papers.

Another issue is the reasoning behind blocking some sites and leaving others available. At school, web-sites with no educational value like *addictinggames.com* are left unblocked while sites with informative content like *Youtube* are blocked.

Additionally, the security systems in place are easily bypassed using instructions found on search engines such as *Google*.

Certainly, the unauthorized usage is not what the technology was intended to do, but if the students buy into the technology and become fluent in Mac, the ends may justify the means. Unbeknownst to them, students may benefit from the educational opportunities provided through the Mac books.

Mac books have the potential to bring great educational progress, but the major problems must be worked out.



Photo by Cody Waggoner

Governor's Scholars Excel

Spenser Price

Eight Lone Oak High School students were selected for the 25th Annual Governor's School for the Arts and the 26th Annual Governor's Scholars Program. Through a selective admission process, these students joined a prestigious group in effort to prepare for college level courses. Those who represented Lone Oak in the Governor's School for the Arts were Katy Miller (11), Spenser Price (11), and Jordan Potter (11). Those selected for the Governor's Scholars Program were Roberto Arreaza (12) at Centre College, Katherine Clayton (12) and Katie Yates (12) at Morehead University, and Lee Dapp (12) and Andrew Croft (12) at Bellarmine University.

The GSA students were interviewed for their individual disciplines along with 1,600 others across Kentucky. After each applicant's portfolio, video, or performance was viewed, 249 students selected. Each student chosen to attend at Transylvania University in Lexington was funded by \$2,800 in sponsored scholarship money. This allowed students to take advantage of an enormous opportunity without major expense.

For three weeks beginning on June 21, each student participated in rigorous classes that discussed how all of the arts interact with each other and how each art form can be applied to future plans. Every morning and evening consisted of either a guest performance or a faculty and staff presentation, in which the students got the chance to see their teachers' and counselors' art forms. Everyone went on field trips, including a trip to the Kentucky Center for the Performing Arts in Louisville, and received lessons from professional artists in every field. "I took two things away from it; life long friends and a new mentality for the arts," says Potter, who attended GSA for architecture. Students were also presented with college scholarship offers and the opportunity to exchange information with college representatives. "I realized that I can make musical theater my career, and that, truthfully, it is what I want to do with my life," states Miller.

By the final week, the students reveled in sharing their completed works to a vast gathering of families and friends.

The 26th annual GSP juniors were selected from 1,500 distinguished students. A total of 1,000 students were chosen across the state; five of whom were from LOHS. College personnel evaluated student applications, incorporating student profiles, academic achievement, essays, and teacher recommendations.

The goal of the GSP is to maintain academic excellence throughout Kentucky. Arreaza observed that GSP made him more aware of the academic competition across the state. Through the Governor's Scholars Program, several colleges offered students scholarship possibilities. The student schedule at GSP was similar to that of GSA, but the focus was scholastic.

These programs for accomplished students in the academic field or in the arts provided eight students the opportunity to delve into what they may eventually choose for careers. For years these active organizations have been steering generations toward success and fulfillment. LOHS was well represented.



Graphic Courtesy of Governor's Scholars Program and Governor's School for the Arts

Rachel Represented at LOHS

Jordan Price
Ruth Wooten

April 20th, 1999 is a date LOHS students have all become familiar with over the last few weeks. This is the date of the Columbine High School Shootings. On Wednesday, August 19, our school was captivated by the story of an extremely mature and compassionate youth whose dream is changing the world. What makes her goal so extraordinary? Maybe it is the fact that she died when she did nothing to deserve her fate. Or maybe her story is so powerful because she had a definite vision for the lives she touched. Either way we would have to say that the highlight of the morning was the entire school having their arms on the shoulders of their neighbors singing "Lean On Me" and swaying to the music. The speaker, Craig Scott, told the story of his sister who based her actions on compassion and kindness for others. This girl was Rachel Joy Scott, the first victim of the Columbine shootings.

Craig Scott goes around the world sharing his sister's dream to touch the lives of millions. He shows videos of the Columbine news footage and surveillance videos of the actual shootings where the terror can be seen on every student's face. He himself was in the school at the time of the shooting and watched two of his closest friends be shot to death on either side of him. Even as he was fleeing the library, the scene of the shooting, he held back to help carry an injured girl to safety. Outside the school, he learned that a girl had been shot not too far from where he was standing. Little did he know the girl was his sister.

Rachel had an amazing vision and a wonderful hope for the world. "I will not be labeled as average" was the simple phrase written on the back of her last journal. Now her words reach students around the world and those who hear her story will no longer accept being just average. Her insight about life was truly inspiring. Even at the age of 17, she could see that the world was negative. Not being one to sit back and watch, she came up with a solution to spread kindness to the world.

The solution became Friends of Rachel who are challenged to choose positive influences, write down goals and dreams, use kind words and act kindly, look for the best in others, and finally start a chain reaction. Interestingly, that last challenge was the same goal her killers had for their massacre. Instead of focusing on all the negativity that surrounds T.V., music, literature, etc., Rachel chose to put her efforts towards the positive in life and bringing that compassion to others. Her brother said, "What you put your attention on, you give power to. Which fits Rachel's values about individual impact."

Alyssa Smith (11) said, "I believe that having our student body hear about Rachel Scott's story was a blessing and I really hoped it changed the thoughts of people and made them think about compassion. Hopefully, we will all start showing acts of kindness and see a chain reaction." Haley West (11) said, "The fact that he could speak about his sister to so many people spoke to me...I really think it

changed our school." Zach Boyarski (11) said the part of Rachel's story that impacted him the most "was how she showed compassion for everybody no matter who you were."



Photos by Jordan Price

Craig Scott, younger brother of Rachel Scott.

Twenty-five representatives from each grade met in the gym to discuss the Friends of Rachel club.



OPINIONS

Matters that Are Minimum

Andrew Harlan

As a young person I have found myself trying to make a few dollars working small-time, entry-level jobs. As it is with most teenagers who are looking to earn some cash, my first, second, and third jobs paid minimum wage. I was paid the federal minimum wage for doing what most people consider minimum wage work, such as washing golf carts and dishes. Many times, I had found myself wishing that I had more money to show for my labor, but if I think about it, I realize I was paid what the job was worth. An honest day's work for an honest day's pay.

Since the time of my first job to today, the federal minimum wage has increased from \$6.35 an hour to \$7.25 an hour. The last jump of minimum wage took place July 1st raising the federal minimum wage 25 cents. This adds up to a staggering increase of 90 cents over the past 2 years. Now I know what you are thinking; you're thinking this is a good thing because it puts more money in the pocket of unskilled workers who will, in turn, buy more goods. False, at least in the long run. True, such an increase will provide more paper money in wallets of hard working minimum wage workers but the increase will inevitably cause drastic inflation of the price of goods.

Think of it like this. A worker gets paid 7 dollars an hour and a gallon of milk costs \$2.25. Now when the minimum a worker can be paid is raised to \$7.25, a gallon of milk will steadily rise with it to an estimated \$2.40. Yes, the worker will have more paper bills to show for his work, but in return he is spending more of his dollars to buy the same goods. This does not benefit the worker over the long haul. Supply and demand will dictate that the worker will receive more money but will be spending more money for things that were once of less value. The more bills circulating the less value they hold. What would be so special about diamonds if everyone was rocking a chain full of them?

The worker is not the only one who suffers, but the employers do as well. Employers cannot keep running people the same number of hours if the numbers on the employees' checks keep getting bigger. Rather than cutting hours or employees, the employer could cut benefits to recover some of the money being spent on higher wages.

Now what do you say? Is this minimum wage increase worth the costs? Raising wages is not always a positive thing for your country, your community, and yourself. So the next time you see prices go up, don't think it's just the bad economy; it's also your bigger paycheck contributing to the inflation.

A Legacy Lives On

Ruth Wooten

"We are not trying to entertain the critics. I'll take my chances with the public.... You can design and create, and build the most wonderful place in the world. But it takes people to make the dream a reality."

These words are from the founder of America's premier family entertainment company. Walt Elias Disney, a man who's creation and vision has provided happiness to millions of people for over eighty years, fostered the spirit of creativity, innovation, and excellence that continues to underlie the company's success.

Walt founded his company on October 16, 1923, approximately seven years before the stock market crash in the United States that began the Great Depression, left most of the country jobless, and forced many businesses to close. Not only did Walt's company survive, it also provided joy for many people. *The Three Little Pigs*, a film released by Disney in 1933, was an anthem of hope, paralleling the Big Bad Wolf with the global economic situation at that time.

In 1950, when Walt wanted to broaden the horizons of his company, he reflected on the time he spent with his daughters at zoos, carnivals, and parks. He concluded that he wanted to create a place where children and their parents could have fun together. In 1955, Disneyland opened. Nothing of its kind existed. You could enter into movies and fly with Peter Pan or have a Wild Tea Party with the Mad Hatter. Walt expanded his vision once more with Walt Disney World. It was more than just a park, but an entire destination. A sanctuary secluded from the outside world where families could make memories. Sadly, he did not live to see it completed in 1971.

Walt Disney, who died on December 15, 1966, was said to be the most widely recognized individual in the world. Even though he was gone, his legacy of innovation and dreams lived on. The Walt Disney Company continued to break barriers in animation with films like *Toy Story*, one of the first computer animated cartoons. The company has become the largest media and entertainment conglomerate in the world.

Walt Disney always believed in moving forward and achieving your dreams, while he served the public in creating ideas to entertain people throughout the world. Parents make memories with their children everyday enjoying the small moments made possible by this man's dream. Every little girl dreams of being Cinderella and finding her Prince Charming. Young boys seek adventure like Peter Pan and Jack Sparrow. From the Great Depression to our recession today, his vision has brought merriment and joy to millions of people of all ages. The first and likely the last of his kind, Walt Disney excels all others in his ability to spread joy to others.

Accelerated Reader: Exposed

Kendra Sanders

Reading programs, such as *Accelerated Reader*, establish a contrivance in which students can practice reading for fluency and comprehension while allowing student choice and accountability.

This reading program does more harm than good. Theoretically and idealistically, a program to encourage reading is a good idea. However, realistically, defects in the system not only discourage students from reading but also teach them bad reading habits.

As students advance into AP Language and eventually college, the techniques they have taught themselves to pass the Accelerated Reader quizzes no longer work. Because Accelerated Reader goals are forced by teachers, students start to feel pressure to read as many books as fast as they can in order to obtain the ridiculous number of points asked of them. Three-hundred page books might only be worth six points which made a 95 point goal impossible. The pressure pushes students into desperation. Out this hopelessness, skimming, browsing, and cheating occur.

Additionally, the AR program forces students to read within a certain level based on a 25 question vocabulary test. Natalie Tavernaro recalls, "In 5th grade I wanted to read a book that was above my 'level.' I was told no because I wasn't smart enough and that was based on one little test. (AR) limits the reader's mind." These limits hinder growth that comes from using context clues to decipher words and phrases found in the great literary classics. Some might believe students should read other books on their own time. Those people need to understand that Accelerated Reader is a grade like any other homework grade. Students have precious little extra time between school, homework, extra-curricular activities, jobs, and sleep to read for enjoyment.

Another downfall of AR is the limited texts and tests. If students must read, they should have the freedom to read literature of interest to their unique tastes. In some cases, LOHS library doesn't supply a book and, even more often, an AR test isn't available for a particular book. Caroline Williams declares, "It pressures you to read a certain list of books. You could be interested in one book and it not be on the list, so it would make you not want to read. It back fires on the whole system and makes it pointless."

Hemingway justifies the value of reading an ace book best. "All good books are alike in that they are truer than if they had really happened and after you are finished reading one you will feel that all that happened to you and afterwards it all belongs to you; the good and the bad, the ecstasy, the remorse, and sorrow, the people and the places and how the weather was."

Neil Tucker adds, "It's outdated. There are better ways to encourage students to read." AR doesn't foster an understanding of the inherent value of a good book. AR doesn't teach a student literary concepts. AR doesn't allow students to enjoy reading. What is AR good for? Accelerated Reader is -- an easy grade for teachers. "So it goes."

However, as juniors and seniors, readers are taught to find deeper meaning and purpose in a text by close reading sentences or paragraphs, not entire novels. Syntax and diction are used to understand the subtle meanings the author has placed throughout his/her work and makes reading more interesting and pleasurable.

When asked about her feelings on A.R., Kylie Tillet, recalls a memory. "In 5th grade I wanted to read a book that was above my 'level'. They said no because I wasn't smart enough and that was based on one little test."

Kylie goes on to say, "It limits the readers mind. It's just stupid and makes reading unenjoyable."

"I think it discourages students to read, because they feel forced to read," Rachel Sloan asserts, "They aren't getting the enjoyment out of it."

As a student, I found that I never enjoyed reading until I didn't have to. I started to read novels by Faulkner, Vonnegut, Salinger, Knowles, and Kerouac. A deeper sense of literature opened up to me. Currently taking AP Language, I seem to already know things that we are currently discussing. I read slowly through our summer reading, *A Scarlet Letter*, because I enjoyed it as other students seemed to not comprehend the text.

I believe the pressure to read was very overwhelming throughout my school years. Ruth Wooten adds, "I do not like A.R. because it creates a false incentive for students to read. They end up hating it and/or just doing it for a grade."

The Oak "K"

Editor-in-Chief
Assistant Editor-in-Chief
Business Manager
Assistant Business Manager
News Editor

Features Editor
Entertainment Editor
Sports Editor
Photographer
Advisor
Stephanie M. Carter

2009-2010 Staff Members

Kyle Fouse	Charis Gurrola	Andrew Harlan
Seth Helton	Rachel Lundberg	Sanjana Pampati
Jordan Price	Spenser Price	Megan Ross
Kendra Sanders	Rachel Sloan	Kelsey Smith
Ryan Steele	Kylie Tillet	Cody Waggoner
Ruth Wooten		

The Oak "K" is a publication of Lone Oak High School, distributed to students, faculty and the community. The newspaper is designed by staff members using Microsoft Publisher 2003 and is printed by The Paducah Sun, 408 Kentucky Ave., Paducah, Ky. 42003. Letters to the editor are to be under 250 words in length and signed by the writer. The Oak "K" reserves the right to edit all letters for placement as long as the meaning is not altered. The Oak "K" attempts to inform and entertain its readers in a broad, fair and accurate manner on all subjects that affect the audience. Final authority for the content of The Oak "K" rests in the hands of the principal.

Traveling Pants

Jordan Price

Want to broaden your horizons? How about being able to experience new and exciting cultures? Does any of that sound appealing? If so, pack your bags to do some traveling. Get on a plane, in a car, on a boat, on a train, or go buy some comfortable walking shoes and go somewhere.

Now is the time to take to the open road. With the economy at a slight stand-still the prices of plane tickets have never been better. Even gas prices have begun to fall. On another economic note the currency exchange rate is note-worthy. Some examples are: one United States Dollar is about .71 Euros, one USD is about one Cuban peso, one USD is about 1.50 German Marks, one USD is about 5.10 French Francs, one USD is about 3 Russian Rubles, and one USD is about 363.60 Zimbabwe Dollars. Not too bad. Especially if you are interesting in visiting Zimbabwe.

Once you pick a place to go, whether you carefully researched it or randomly selected it on map, arrive like you know what you are doing. Walk with your head held high and don't act... American. Unfortunately our riotous attitude and boisterous behaviors are sort of frowned upon in most foreign countries. So make a good name for your country and don't act silly, blend in and you won't get arrested for laughing out loud. When you are ready to see the local sights, make some friends and have them show you the town. Go to a show or you can partake in my favorite activity and go shopping. Do something you think you would enjoy but that may be a little bit outside your comfort zone.

This summer I had the opportunity to fly half way across the globe to the remote village of Klintsy, Russia. There on a mission trip I helped run a Bible school at a Russian Baptist church, a denomination that is not yet well accepted in Russian society. I had the privilege of making new friends and experiencing many aspects of Russian culture such as having a Bana (a relaxing dry spa) and trying Kvas (a traditional beverage). This trip has instilled in me a desire to travel all over the world.

Traveling is an adventure that everyone should be able to experience, and your chance is here. Fall Break is only 39 days away.

Nothing to be taken for granted: The AP Grant

Sanjana Pampati

Beginning in the spring of 2009, students who passed an AP English, science, or math exam earned one hundred dollars. The five-year grant responsible for this is sponsored by the Kentucky Science and Technology Corporation. The grant's goal is to increase the number of passing scores on AP tests by 186% increase. The program insists on specific requirements for each AP class to help reach the goal. For example, several teachers had to attend AP training classes. Students also have the opportunity to attend eighteen hours of instruction outside of regular school hours to help ensure they pass. Roberto Arreaza and Jacob Porter both think that the extra study sessions provided really helped them pass.

This program motivates students to try harder and pass those important AP tests that will turn into college credit. Kentucky Science and Technology Corporation has provided schools and students with a generous amount of funding for technology to use in the AP classes, as well.

Several teachers saw improvements in scores. Molly Goodman, the AP Literature teachers, says: "(The AP grant) provided motivation for my students and it was evident in the scores that students received on the tests."

Charles Fountain thinks that the AP grant, most of all, encouraged more students to attempt to take the AP exam. Mr. Fountain says, "There was an overall increase in the scores I saw."

According to research, taking AP exams and courses leads to increased ACT scores and higher GPA. Most colleges use AP scores to determine how prepared a student is for the rigor of college academics. In addition, students who passed AP exams were more likely to graduate from college. Last year, 140 LOHS students took math, science, and English AP exams. Overall, Lone Oak did well on the tests but Diane Beckman's calculus class had a 95% pass rate and 13 of her students scored perfect fives.

In addition to the grant funding, KHEAAS will reward students who qualify for free/reduced lunch and pass AP exams. KHEAAS, a supplemental awards program, rewards all AP exams generously: a score of 3 (\$200), 4 (\$250), and 5 (\$300). Like the KHEAAS money already set aside for high GPA and ACT scores, AP exam money will help pay for college education.

Rendezvous on the Riviera

Kelsey Smith

This summer, Mme Beyer and eight of her French students embarked on a trip to France. The group stayed in France for ten days and traveled with the Education First Tour Group. The EF Tour Group arranges flights, transportation, hotels, most meals, a full-time tour director and local guides. Lone Oak High School students toured with two other groups in the program: one from Roswell, New Mexico and one from Peoria, Illinois. The main goal of EF tour groups is to transfer knowledge from the classroom into life experiences.

Students visited several cities in the country including Paris, Versailles, the Loire Valley, Nice, Normandy, and Amboise, usually traveling by bus, but on occasion taking the famous European high speed train which travels at over 125 miles per hour. Students saw the Eiffel Tower (of course), Leonardo Da Vinci's grave, the Royal Palace Marie Antoinette inhabited, cathedrals, beautiful châteaux, a winery in a cave and a particularly interesting tour of a parfumerie where the group learned about the process of making a fragrance and were able to buy high end perfumes for a low price. Along with the sights and sounds of France, the tastes of the nation were also memorable. Among the favorite native foods were baguettes, gelato, pastries, and escargot (or maybe not so much a favorite as an experience).



Photo Courtesy of Travelwizard

Students saw beautiful landmarks, practiced their foreign language skills and learned about the rich culture of another nation. To sum it up: all was good in France. Except maybe the 10+ hour flight. Student **Audrey May (12)** says, "I remember complaining about that."

GOOD OL' GERMANY

Kyle Fouse

This summer, privileged German students (levels 2-4) took the opportunity to travel to Germany for a learning experience they won't soon forget.

Ryan Freeman, Tyler Barker, Cody Brown, Jessica Heine, Monica Kaufman, Haley Quinton, Amy Reineking, and Danielle Compton journey to Germany under the supervision of Frau Teresa Wallace.

Their eight day journey began as they landed in Frankfurt on the 15th of July and immediately began to enjoy the local sights and immerse themselves in the culture. The language skills that they had gained in class at Lone Oak High School became necessary for even the simplest of tasks.

Frau Wallace, although she has previously taken 8 groups to Europe, believes that this particular trip was the best one that she has had yet. She credits the success of the trip to the passion and energy that the students had put into study the language, culture, history, and geography of the area.

Ryan Freeman believes the trip contributed to his education as much as his education did the trip. "There is no way to recreate that in the classroom. The memories and experiences from this trip will be with me forever." When studying a foreign language, there is no substitution for the educational value of immersion in the language, culture, and history of your target.

Students interested in taking a class trip to Germany can still reach the 2nd level class before Frau Wallace begins organizing the next trip in 2011 or 2012. Pictures from this year's trip are available on-line at <http://trwgermany2009.shutterfly.com/>

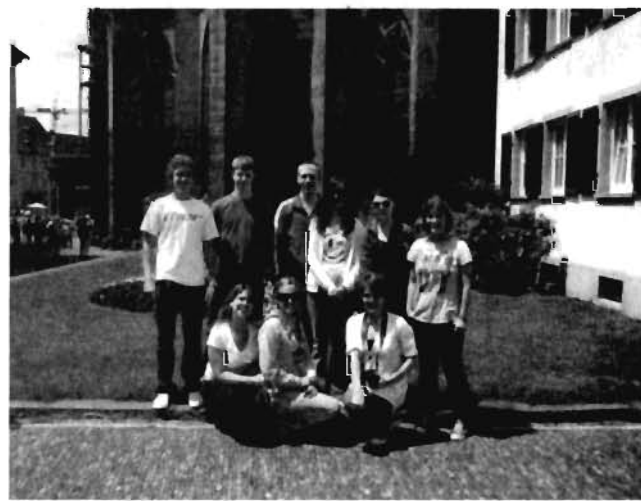


Photo Courtesy of Teresa Wallace

Robinson Resources

Kyle Fouse

Students returning to Lone Oak High School may have noticed the new addition to the front lobby. Where once a bulletin board with the names of Faculty and Staff hung, now a quite attractive looking room dedicated to John E. Robinson exists. John E. Robinson was a powerful and influential presence for nearly 2 decades at LOHS from 1946 to 1967. In 2003, a scholarship fund was established in his memory to reward select students for their accomplishments while attending LOHS. The reward is financial aid for their collegiate endeavors.

The John E. Robinson Memorial Scholarship Fund is an annual award. In the 6 years since the scholarship began, 34 scholarships have been awarded totaling \$38,500.00. Although the first award was only a \$500 scholarship in 2003, last year's fund reached an astonishing \$10,000 distributed evenly amongst the five lucky students selected for the scholarship. The recipients were Lauren Ligon, Blake Harrison, Josh Byrd, Sarah Burton, and Kayla Prall.

Buddy Rushing who oversees the Memorial Scholarship fund was proud to say that since 2003 no fewer than three scholarships have been awarded to qualifying students. This year he is expecting a great turnout from the many fundraising activities for the scholarship which include a community breakfast on Saturday, September 26th and a golf tournament on Friday, September 25th.

Blake Harrison, who is now attending Western Kentucky University, greatly appreciated the scholarship and has put it to good use in college. "It definitely helps to curb the cost of going to school, since the price tag keeps going up and up," he said.

Seniors will be able to apply for the scholarship on the 1st of January, and the winners will be announced shortly after. The memory of John E. Robinson and his influence on the minds and hearts of hundreds of students will not soon be forgotten as he continues to aid students even after his death.

History of the Name

Jordan Price

The traditional masthead of our beloved newspaper has, for as long as we can remember, been *The Oak "K"*. In the paper archives, records indicate that in 1932 our paper was called *Lone Oak Enterprise*. The title changed to the signature *The Oak "K"* in 1948. So what happened during the sixteen lost years? The world may never know. What we do know is that for over 60 years we have been published under the aforementioned name.

After years of discussion, the 2009-2010 Oak "K" staff is calling for suggestions regarding changing the masthead. What? That's right, we think that it time for a change, and we are asking you to help make it. We would like you to contribute your ideas for a new and brilliantly fresh new name. Please send epiphanies to Mrs. Carter's room, room 204, and wait to see if your entry went to print. Thanks in advance for all submissions and good luck.

"Score Higher"

Joy Lentz

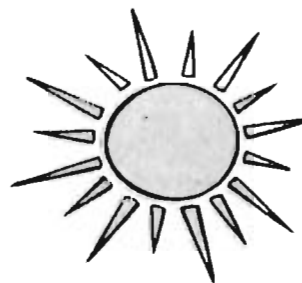
ACT PREP

Concord Elementary School
5184 Hinkleville Road
Paducah, Kentucky
42001

Phone: 270-538-4050 ex. 7633

E-mail:

joy.lentz@mccracken.kyschool



(270) 443-8266

Sunkissed Tanning Salon
4793 Village Square Drive
Paducah, KY 42003

\$20.00 Unlimited Tanning
for all Students and Faculty

Parkers Re-build

Seth Helton

Like a phoenix rising from the ashes, Parker's Drive-In celebrated their grand re-opening on August 19th. The 28-year-old restaurant was leveled by a fire earlier this year on January 15 of this year. After extensive remodeling, the Lone Oak landmark is ready to serve the community the delicious food that it's been craving.

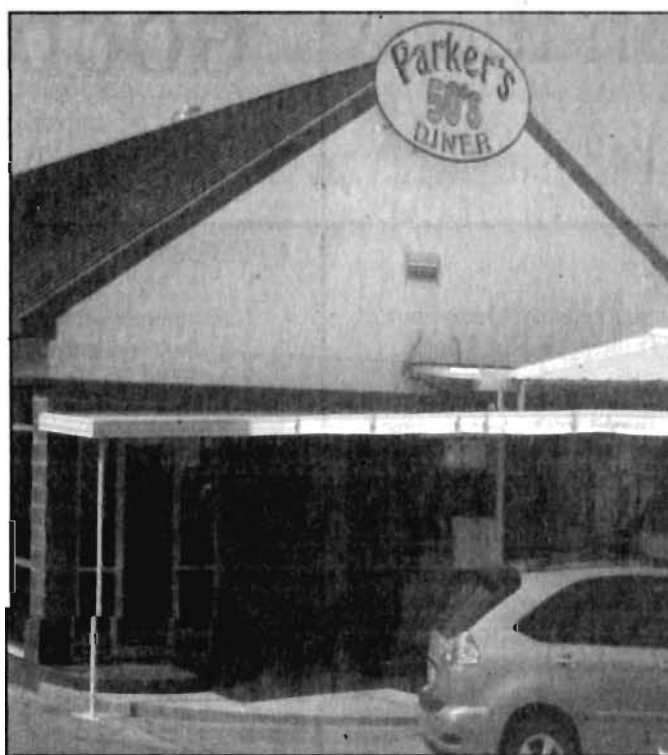
The total cost of the remodel was approximately 1 million dollars, according to founder R.D. Parker. That sounds expensive, but keep in mind the losses that the business suffered. The large collection of memorabilia that the diner has collected over the years went up in smoke along with the rest of the building. The Parker family has scoured flea markets and the internet in hopes of replacing some of the lost items, and their efforts have paid off. Sitting in a booth, one can hardly tell that the posters and plaques are replacements. Several new additions have also been made, such as posters of Jimi Hendrix and The Grateful Dead.

Not only are the decorations new, the interior has been entirely redesigned. The new purple floors scream Purple Flash pride and the dimmer lighting gives the eatery a more intimate atmosphere. There are several new menu items as well. "We wanted to make it a home-style menu," says founder R.D. Parker. Some of the new items include baked potato and fried okra.

One thing that hasn't changed is the delicious hamburgers, hotdogs, and milkshakes. "The more you drink, the better they taste," quips Jordan Potter (11) as he slurps down a chocolate shake. All the diner favorites survived the fire intact and taste perfect. Parker's still serves hand-dipped cones and has quite a large selection of flavors.

If the food and the atmosphere aren't enough to bring you in, Parker's will continue to have 1950s nights in the future. Owners of classic (and classy) cars are invited to park their oldie-but-goodie rides in the drive-in bays. Discounts will also be given on these occasions.

If you are ever in the mood for some burgers and fun, stop by Parker's Drive In. The Lone Oak icon will hopefully be going strong 28 years from now.



These photographs, courtesy of Mrs. Stephanie Carter, show Parker's restaurant in all its integrity. The outside of the newly remodeled eatery resembles that of the previous building, with the drive-up bays that invite all to enjoy a good burger and creamy shake. With all the new additions such as the memorabilia, Purple Flash floor tiles, and all the delectably delicious new menu items Parker's is sure to be hopping.

Middle College

Kyle Fouse

Lone Oak High School has seen many changes this year and for ten juniors, the Middle College is the most important of those changes. Through WKCTC, Middle College encourages capable students to attend college by giving them a head start during their junior year of high school. By combining high school and college classes into one daily curriculum, the students are able to attain the minimum graduation requirements, while also earning college credit hours. Middle College students stay on the WKCTC for both sets of courses which eases their transition from high school to college life.

Marco Arreaza (11) is one of the 10 students from LOHS and 50 students in the Jackson Purchase area that was fortunate enough to be accepted by the Middle College. "I believe it's a great idea that is giving a bunch of kids a real chance to go to college." Although he did mention that he desperately misses the social scene and seeing all his friends here at Lone Oak High School, he thinks the sacrifice will be worth it when he enters college with a year and a half worth of college credits.

Last year 97 students competed for 50 spots. Those have quite a bit more freedoms at the college as far as scheduling goes, and even have the benefit of arriving at school later and dismissing earlier than LOHS students. The Middle College is funded most directly by the school districts of McCracken County, Marshall County, the local Community College, and The Lays Family Foundation. The funding pays the college tuition, the high school teachers' salaries, and the cost of books.

Former LOHS principal, Mrs. Donna Wear has taken the helm at the Middle College and is pleased with this first class of students. Planning for next year is already under way. Middle College representatives will be meeting with sophomore students on the 26th and 27th of October to discuss the benefits of Middle College and also the application process.

For college bound students, Middle College is an inexpensive way to earn college credit while earning a high school diploma.

New Classes

Charis Gurrola

Junior Elizabeth Conkright steps out of her car and crosses the school parking lot. She is carrying a guitar case with a teal bow tied to the handle. "I had this guitar sitting in my room forever. With our new guitar class, I'm now actually getting to learn how to play it." It's not just the guitar class that is new. Lone Oak High School's new block scheduling has led to an increase in the number of class options. Starting this school year, LOHS has added 16 new classes for students to select from.

Last school year, students completed a survey regarding new classes they would like to be able to take. When the results were in, the following courses were added: Military History, Psychology, Business Law, Forensics, Accounting, Child Development, Drawing and Painting, Guitar, Poetry, Creative Writing, Advanced Physics, Sports History, Reading, Public Speaking, AP Statistics, and Animal Science. This has not only added a much larger variety of fun classes to our school's list of electives but has also increased the number of intellectually challenging classes as well.

The new electives have expanded options in students' areas of interests in their school careers. The upstairs hallway of the E building is covered with students working on their points of perspective for Painting and Drawing, the new Forensic Science class is solving whether fictional victims have died in salt or fresh water, and the Poetry class has students critiquing each other's craft. The new electives are building on skills and adding a more liberal flair to our school.

Academically speaking, students have more science, social studies, and math classes to choose from. Sports and military history are now offered as well as AP Statistics for the math minded. Some classes, such as Public Speaking, Psychology, and Engineering, are classes designed to help jump start Lone Oak students' future college experiences.

So here's to all who ponder Freud, mull out sonnets, and calculate when Train A will meet Train B. Purple and gold doesn't just apply to the art students anymore now with the new schedule. And Elizabeth, keep working on that C chord.

Block Schedule

Rachel Sloan

Walking through the busy halls of Lone Oak High School, one might think that the biggest change is the new Macbook computers seen hanging from the students' shoulders. But after spending a day with students, it is clear that the majority are most affected by the new block schedule.

The AB block schedule consists of four 90 minute class periods per day and alternating schedules every other day. School began with Monday, Wednesday, and Friday being "Purple Day" (or "A" day), and Tuesday and Thursday being "Gold Day" (or "B" day). The next week, would begin with Gold Day and continue alternating throughout the school year.

Junior Jordan Potter prefers the lengthened classes. "Block scheduling is better because students have ample time to complete assignments." Being a soccer player, Jordan explains that it is easier for students with extra-curricular activities to complete their work. "They have a longer span of time to get their homework done," he explains, referring to the extra day students have to complete their assignments before they return to that class. Gary Scourick agrees, admitting that he's thankful for the extra time to finish homework.

The new schedule is quite a change and there were definitely good reasons behind it. Now that every student is allowed eight classes per year, more courses are being offered. Some of the new, popular classes include beginning guitar, psychology, forensic science, and sports history. Now in the four years students attend Lone Oak High School, they have more choices and more chances to take classes of interest to them.

Though many teachers, and even students, have expressed concern for the loss of class time over the year, the schedule seems to be running smoothly so far. The intensity has definitely increased during class time. No time is wasted; teachers are teaching from bell to bell. Perhaps this renewed focus on using instructional time will balance the loss of minutes and test scores will remain consistent to years past. If so, the benefits will surely be worth the initial confusion.

And there has certainly been some confusion. "No, I don't like it," junior Haley West explains, "It's so easy to forget about what we learned two days ago." Natalie Tavernaro (11) and Alexis Ludovissie (11) have the same mindset, but Alexis admits that getting to have two different lunches with two different groups of people is definitely a benefit of the schedule change.

As with any change, part of the challenge is sticking with it long enough to be comfortable and see results.

FRESH FACES

Rachel Lundberg
Ruth Wooten
Kylie Tillet

New faces fill the halls of Lone Oak High School. These new faces belong to not only freshmen, but additions to the staff. The growth in student population, an increased number of classes due to block scheduling, and retirements and resignations were catalysts for hiring new teachers. Eighteen new teachers shared a little bit of themselves.

Brittany Brammeier, a first year teacher in the Agriculture Department, is a graduate of Murray State University, like many of the other new teachers. Other rookie teachers such as Genny Wright (Art), Jeremy Felker (Business), Adam Pitman (English), Brian Gill (Science), Shaun Thomas (Government and Economics), Chad McLaren (Choir), Kelli Bowland (English), Natalie Carter (Special Education) and Warren VanWyck (Science) were educated at MSU as well. Even Shannon Mungle (Business), who really isn't a "new" teacher, attended MSU. In fact, Mungle doesn't really belong on a new teacher list since he has been with the McCracken County School System since 2001.

The new teachers shared a common response when asked about their favorite thing at LOHS: most said the students, like Jacqlyn Allen (Spanish). Kelli Bowland's interesting response was, "The school colors!... They were mine growing up." Jason Moore, who supervises ISD, said, "The football tradition. I played for Lone Oak when I was in high school." Allyson Scheer's (Science) favorite thing about Lone Oak is "How the teachers and students are more casual and friendly than most places."

The hometowns of these new Lone Oakers varied. Shand Stamper, one of the two new art teachers, is from Louisiana and Allen Harmon (Health/PE) is from Tennessee. Maybe they can find the same Southern Hospitality here. Cynthia Howe (Math), made her way to Paducah from Illinois. Other Illinois natives include Amanda Scheer and Brittany Brammeier. Welcome back to Jeremy Felker, Jason Moore, Warren VanWyck, and Shannon Mungle who are all local.

Many of the new teachers are teaching the contemporary elective classes. Animal Science, Psychology, and Poetry are among the courses being taught by fresh faces. Brammeier states that "Animal Science is my favorite class to teach...I look forward to it!" Pitman who is teaching the elective of Poetry stated, "I love it so much. The students are enthusiastic!" Shaun Thomas, the teacher of psychology remarked "I enjoy it a lot!" Larry Jett, though not a teacher, has been welcomed to Lone Oak High School as the Micro-Computer Technician to aid the students with various problems the Macbooks may conjure up.

A warm welcome to the new teachers and staff! These faces will become familiar as the new freshmen become the upper classmen of Lone Oak High School.

Make an effort to introduce yourself to these new teachers.



Photos by Seth Helton and Andrew Harlan

OBAMICS

Kelsey Smith

Obama has reached his sixth month as head of the Oval Office, and already, criticism and praise for what he has and hasn't done abound. How a president handles the economy has always been an issue that comes under deep public scrutiny, and according to a poll conducted by CNN, most Americans are not happy with the current president. The average national rating on Obama's economic plan was a C-. Contributing to that average were 36% of the voters who gave him an 'F' and 16% who ranked his performance at a 'D'. Why are these ratings so low? And what has the administration been doing to fix the economy, and ultimately, reverse the recession and reduce the federal deficit? Will it be enough?

Less than a month after Obama's inauguration, the Senate passed a \$789 stimulus plan (also known as the American Recovery and Reinvestment Act). The bill aims to "save or create 3.5 million new jobs, make critical investments in our infrastructure and give 95% of working Americans a tax cut." Criticisms of the stimulus have come from Democrats, Republicans, and economists alike, with Democrats calling for a larger stimulus. Republicans pointing out that unemployment has risen- an obvious sign of failure, and economists saying the bill was helpful but in limited ways and people tended to save the money instead of spend it. Overall, the government has allocated at least \$10.6 trillion to fix the economy, 2.9 trillion of which has been spent. Along with the ARRA, the money has been used to bailout companies, cover energy efficiency loans and fund booster programs like 'Cash for Clunkers'.

Another major issue is how health care reform will affect the economy. Obama has stated that any health care bill that passes must not add to the federal deficit over the next ten years. The problems? Figuring out who will be taxed to cover the uninsured, making sure Americans will be satisfied with their health coverage and ensuring that Americans still have options in choosing their plans. Currently, America is one of the few industrialized nations receiving less benefits for more money and nearly 18% of Americans under 65 are uninsured.

Though no one is certain which direction the nation is headed, one can be sure that when it comes to the economy, Obama and the people both have a full plate in front of them.

Waggoner Clothing, Inc.

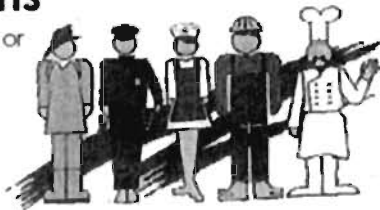
\$3.00 OFF Carhartt Jeans

Cannot be combined with other promotions or discounts.

Expires: September 30, 2009

3335 Park Avenue
Paducah, KY 42001
270-443-1280 Fax 270-443-4147

Mon -Fri 9-5; Sat 9-4



Carhartt



MUSIC ZONE

www.musiczoneusa.com

2825 Maryland St.
Paducah, KY 42001
270-554-0964

206 E. Reelfoot Ave.
Union City, TN 38261
731-884-0077

210 Main Street
Murray, KY 42071
270-762-9115



Brad S. Mills

DMD MS

ORTHODONTICS

ORTHODONTICS FOR CHILDREN AND ADULTS

PADUCAH

MURRAY

MAYFIELD



THEY'RE BACK!

THE PURPLE
FLASH POWERS
THROUGH
WITH A WHOLE
NEW STORY!
BE SURE TO READ
NEXT MONTH AND SEE.

America Reborn

Rachel Lundberg

Nearly two and a half years ago, Captain America was killed, shot face charges related to his refusal to give up his secret identity. As the Todd, and Uncle Ben." The rule became a comic book in-joke when there was little doubt that the Sentinel of Liberty would be back in writer on the Captain America train since the relaunch (and the one ing Superman's real-time death by almost a year. In the meantime, the the new Captain America, a mantle taken on by Cap's WWII sidekick, met with numerous red herrings, such as the mislabeled *Avengers*/ cover of *Captain America* #40, and others.

After all that waiting, Steve Rogers, the original Star-Spangled five issue mini-series written by Ed Brubaker and penciled by Bryan have come to expect from Ed, fast-paced and intense. True to form, ion. It's not a shot out of the blue, though—the series' creative team

While it would have been great to have the monthly series' main-it, illustrating in a style intentionally reminiscent of Epting's own. per issue), including a few by legendary Cap artist John Cassaday, is a

Of course, there is a downside. Each issue is an elevated \$3.99, a price usually reserved for double-length issues and cardstock covers. Clearly, this is just a bit of price gouging to take advantage of the big event. This was precipitated by making the story a mini-series rather than fitting it into the monthly, as it should have been. With the previous storyline completed and none forthcoming in *Captain America*, Marvel is forced to run filler stories while *Reborn* goes separate. This breeds yet another disadvantage: the story is likely to be collected in "Premier Hardcover" format, a clear rip-off as far as price/quality comparison goes, before it reaches trade paperback. However, if you can stand to wait for the trade, I suggest that you do, in order to save yourself some money on the pricey singles.

As I write this, *Captain America: Reborn* #1 and #2 have hit the shelves. This will likely prove to be bigger news, at least as far as reader impact is concerned, than *Secret Invasion* and *Dark Reign* combined. This is the real deal, folks—Steve Rogers has returned at last. Don't miss it!



CAPTAIN AMERICA: REBORN #1 (COVER) MARVEL.COM

by a sniper on the courthouse steps on his way into the courthouse to saying goes, "No one stays dead in comics except for Bucky. Jason Bucky and Todd were revived in 2005. With this kind of track record, action in due time. But that wily Ed Brubaker, the groundbreaking responsible for the return of Bucky), held out for a long time, surpass-creative team of Brubaker and Epting brought us a sensational run of none other than Bucky himself. And throughout it all, comic fandom *Invasers* promo art, Ms. Marvel's comments in *The Initiative* #1, the

Avenger, takes the stage in the pages of *Captain America: Reborn*, a Hitch and Butch Guice. The storytelling is up to the standard fans he's put a spin on the expected, and Cap returns an unexpected fash-has been laying the groundwork for this one for the last twenty-five of *Reborn* pays homage to a certain Kurt Vonnegut novel. stay artist, Steve Epting, on pencils, Hitch and Guice do a fine job with Each one of the nearly ridiculous number of variant covers (about five beauty.



Ryan Steele

Hot Summer Releases



Summer 2009 saw the debut of several highly anticipated movies. Among the blockbusters are *Harry Potter and the Half-Blood Prince* and *G.I. Joe*. Certainly, these titles have two different plot lines and how they did in theaters and in the eyes of fans are two completely different stories as well. While one easily rose to the top of the charts and managed to stay there, the other wasn't so lucky.

The Half-Blood Prince, the highly anticipated sixth part of the *Harry Potter* saga was due to be released in November of last year, but Stephanie Meyer's *Twilight* took the slot pushing *Harry Potter* to this summer. The postponed release didn't hurt ticket sales as young fans were now out of school and able to see *Harry Potter* all summer long, racking up an incredible \$276,456,321 monthly. As critics and fans alike got their first looks, *Harry Potter and the Half-Blood Prince* was destined to surpass all other summer movies. Despite the discrepancies between the book and the movie, even die-hard enthusiasts loved the film. Scenes such as the dramatic fight sequence between Harry and his nemesis Draco Malfoy where one nearly lost their life were worth seeing over and over. The fantastic CGI portrayal of the zombie-like creatures "Inferni" was so frighteningly realistic that fans went back to be scared again. Ron's comedic relief brought levity to the heavy film. With the success of *The Half-Blood Prince* and the first half of *Harry Potter and the Deathly Hollows* releasing in November, fans of the series are going to have a good year at the theaters.

Now to the film that had fanboys palms sweating in anticipation, at least until the first preview debuted, *G.I. Joe*. As the midnight showing drew ever closer fans in Paducah lined up to see the movie they had been anxiously awaiting. The line of fans was roughly twenty people long. Although the anticipation for *G.I. Joe* was high, apparently early reviews and screenings had discouraged fans. While in the theater, long time fans of *G.I. Joe* were almost giving up completely as one disappointment came after another. From the small out of place details that sent fanboys, and girls, leaving the theater to the one-sided acting and barely decent CGI that left them wondering, "What just happened?" However, some fans such as **Geoffrey Jones** (12th) enjoyed the film. Jones said, "I loved the movie and personally I thought they picked just the right people to play the roles of all the characters." Jones is definitely in the minority. In fact, most believe that *G.I. Joe's* only redeeming quality was seeing the characters Snake Eyes and Storm Shadow going at it in the most intense action sequences of the film. Although *G.I. Joe* topped the box office on opening weekend, its glory was short lived as word of mouth spread and Joe's fate was sealed. New releases such as *District 9* forced *G.I. Joe* out of the big theaters and out of the minds of those who had seen it. Incredibly, talks of a sequel and possibly even a trilogy are circulating but, at this point, most fans are feeling less than optimistic. Writers and producers would need to seriously modify any upcoming script or film so die hard fans and newcomers can leave the theater happy and not regretting the price of the ticket.

Bonnaroo is Bangin'

Andrew Harlan

Bonnaroo - a word with which young and old alike are becoming familiar. Bonnaroo is one of the largest annual festivals in the United States and raked in close to 80,000 people last year. The film and comedy acts are reason enough to attend but above all else, they come for the music. With some of the world's biggest and smallest musical acts, Bonnaroo is the music Mecca of America.

Bonnaroo doesn't have the humble beginnings of a small time festival that has grown over time. For its debut in 2002, Bonnaroo hosted musical talents such as Jack Johnson, Noah Jones, Widespread Panic, and Ben Harper. The inaugural festival sold more than 70,000 advance tickets.

Bonnaroo has never stood on one single side of music while other genres are left out to dry. Rock, country, rap, folk, indie, jazz, bluegrass, and almost every form of music have been showcased here. With three stages running from morning to night, space and time are available for a plethora of acts. Bonnaroo is the place for smaller acts to hit big. The focus is on talent and skill, not name and fortune. John Butler Trio, a now fairly well known band was a much lesser heard of band prior to their 2002 appearance at Bonnaroo. The festival helped jump start their tours and album sells. Their album *Three* went platinum in 2002, their first true success.

The 2009 line-up included Bruce Springsteen and the E Street Band, MGMT, The Beastie Boys, Merle Haggard and close to one hundred other bands and artists that kept the sweet musical fusion on until the sun came up. And, of course, at dawn, the music starts again. Typical shows can run between 2 and 4 hours, depending on the band and attendance for the show. Phish jammed out for more than three hours with their notorious style that can make one song last far longer than some other bands entire sets.

Comedy and film are not the main draw but are still important at Bonnaroo. Acts like Jimmy Fallon, Triumph the Insult Comic Dog, and Michael Ian Black with Michael Showalter were all guests in 2009. Independent films and shorts can be seen here as well.

Chadman Hardin, an attendee of Bonnaroo 2009, and a student at Murray State University explained his view of the festival, "It's a musical Utopia. No such thing as a bad time at Bonnaroo." The atmosphere during the 3 day camp out at the scene Hardin described as, "Absolute freedom and Love." Unfortunately, the event is not free, coming in at a cost of over 300 dollars. But all good things come at a price.

Bonnaroo is a familiar place where love, inspiration, happiness, and peace come together.

Leeper
Chiropractic
Center

DR. ROBERT J. LEEPER

(270) 554-9637
229 S. FRIENDSHIP ROAD
PADUCAH, KY 42003

Los Amigo's
Mexican Restaurant

2817 Lone Oak Road
Paducah, KY. 42003

Phone:
270-534-1534

Crawford & Lundberg

X-Ray Clinic
and
Open MRI

Professional • Friendly • Convenient • Ultra-fast Results

Sloan Appraisal & Realty Services

2218 Kentucky Avenue
Paducah, Kentucky 42003

Phone: 270-442-6379
Fax: 270-442-9357
E-mail:
russellsloan@bellsouth.net

"Sloan Appraisal & Realty Services, a proud sponsor of Lone Oak High School."

Boots & Blues

Where you will find two great names under one roof!

\$10.00 OFF Red Wing Boots

Cannot be combined with other promotions or discounts.

Expires 8/31/09
611 S MAIN STREET (HWY 95)
CALVERT CITY, KY 42029
270-395-0075 Fax 270-395-0447
Mon-Fri 9-5

Carhartt **WORX**

Football

Cody Waggoner

Long gone are the days of Lone Oak Football being the laughing stock of the area. Jack Haskins and the Purple Flash are back again this season with a strong team filled with a plethora of talent. The most notable but lesser known strengths of this team are the defensive and offensive lines. The defensive line consists of seniors Jacob Porter, Chandler Thacker, Cody Cavanaugh, and Houtson Hopper and should dominate the comparably puny offensive lines of other teams in the area. The offensive line is a powerhouse with an average weight of 240 and an attitude to match. Left tackle Jacob Porter says, "We're just doing our thing out there, domination."

Backing up the defensive line is a strong linebacking crew with the perfect balance of speed and strength. The linebackers lead by Chayton Thacker (12) have enough strength to take down bigger running backs, like Tyrell Willis (12) of Calloway County, while still having enough speed to catch quick backs. The secondary this year seems to be solid, but players like Blake Bickerstaff (11) will have to continue to step up their play to keep the defense solid under stronger passing attacks.

The offense as usual with Lone Oak has plenty of firepower. The depth of the offense comes at the wide receive position with the experience of seniors Carson Beyer and Clayton Isenberg leading young sophomore talent in Felix Colón, Joe Starks, and Jared Hill. In the backfield, seniors Matt Starks and Chayton Thacker take their places beside quarterback Cameron Looper (12).

The schedule this year is a tough one. With teams like Lexington Catholic and Green County scheduled, there are sure to be some tight games, but all this talent brings the promise of another great season of Lone Oak football.

Soccer

Seth Helton

BOYS

"We have potential to do very well this year, and we've had a good start defeating Apollo and Caldwell," says Cody Longworth (11). Lone Oak soccer is off to a very good start indeed. On August 21st, the boys team played in the Franklin-Simpson Invitational. After losing the opening game to Franklin-Simpson, Lone Oak came back to win 2 games against St. Mary and John Hardin.

Tyler Masse (12) with help from Cody Waggoner (12) scored a hat trick in the Flash's game against John Hardin. Despite this marvelous play, The Purple Flash still had to hold out in a penalty shootout. Kyle Fouse (12) made saves on the second and fifth attempts by the Bulldogs, while seniors Tyler Masse, Cody Waggoner, Lee Dapp, and junior Marco Arreaza nailed the first four shots, leading the team to a win.

Against St. Mary, Marco Arreaza scored two goals, while brother and best friend Roberto picked up the third goal, awarding the win to Lone Oak. The final score was a 3-0 shutout.

Rachel Sloan

GIRLS

"The team is really pumped for tonight!" says freshman Shelby Kester, obviously excited about the second game of the season against Graves County. With a new coach, the loss of many older key players, and the gain of many younger players, much has changed for the Lone Oak High School girls' soccer team. Still, Shelby stays positive. "We're going to give it our all, and hopefully it pays off!"

After practicing twice a day every day in the heat of summer, the players seem to feel prepared for the new season. Though most of the players will admit that they were worried about the loss of the leadership when the coaches left after six years, everyone seems relieved with the way things have been going.

Shannon Andrews, the new head coach, has actually been a part of the team for several years. He has assisted, helped with every broken bone and wound, and he was the head coach of the boys' team the previous year. There is no doubt that he is excited to help lead the team to what will hopefully be many victories.

The team already played one pre-season scrimmage against Caldwell County, and one official season game against Calloway County. Both games were rough and ended with injuries. The aggression required by each player on the field is becoming more intense with every game, but they all seem confident that they can pull through and tough it up.

Sophomore Dana Wilson proudly states, "I think we really work together well," and explains that they have become more of a "team" than just people who come together to play a sport. She also adds that they have "a lot of individual talent on the team" with all of the new additions--even from players as young as eighth grade.

With the motivation from every player and the new coach, the soccer season is looking good for the Lady Flash.

Cross Country

Sarjana Pampati

This year's cross country team has an amazing thirty-five members. They're already ahead in the race with five practices a week. The team's first meet is August 29th at Heath. The team's coach this year is Mr. Van Wyck. Van Wyck jokingly said, "Our goal is not to be last." Dana Wilson and Ricky Grewelle think the cross country team is going to be successful because of their coach's dedication and organizational skills. Andrew Stricklin said, "There are many new faces this year and we're all ready to work hard and absolutely annihilate the hopes of winning in any other runner in Kentucky's wee mind." Clearly, the cross country team is dedicated and ready to win!

Volleyball

Kylie Tillet

While silly and friendly off the court, the Lone Oak High School Varsity volleyball team gets down to business once they take their positions on the court. So far, their focus and determination has paid off this season. Seeded 22nd in the State, pre-season, they're proud of their two wins over Owensboro Catholic, seeded 13th. They have also beaten Marshall County this season. Lone Oak lost to them in the regional finals last year, crushing their chances of going to state. Overall, they have a 7-2 record including tournaments.

Led by head coach, Tim Whitis and assistant coaches, Lauren Templeton and Richie Throgmorton, the team consists of one senior, Sierra Senn and a group of eight highly experienced juniors. A few ladies from both the sophomore and freshman class contribute to the team's success. As of now, the starting line-up includes junior hitters Natalie Tavernaro, Madi Parker, Chelsea Brantley, and Shannon Bowman. Other starters are juniors Audrey Midkiff, a skilled setter, and Tayler Dennison-Jordan, who plays cover. Ruth Wooten, also a junior, plays a very important role by using her tremendous serve to win points.

All the volleyball players have a common goal- winning the regional tournament and succeeding at the state tournament. Madi Parker states "I think we're expected to do well this year and it's all about meeting and exceeding those expectations." Madi was one of four players picked under the category of "Players to Watch" in *The Paducah Sun* volleyball season preview. With the confidence and intensity of these girls, they should make a good run at the regional and state tournaments. In the words of Natalie Tavernaro, "We know what we want and we are going to strive to achieve it."

Golf

Kendra Sanders

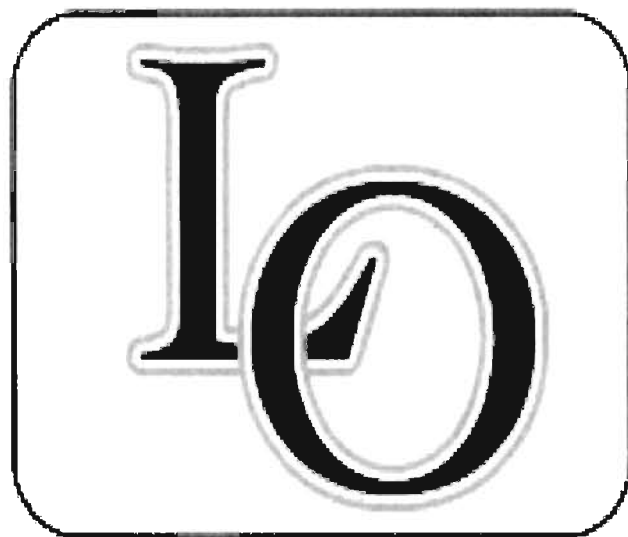
BOYS

With regional competitors such as Marshal County, Ballard County, Calloway County, and Heath, the fairly young boys team will face some challenging matches. With newcomers like Sam Goode (9), Gunner Cash (9) and returning players like Adam Kiser (10), Andrew Harlan (11), and Taylor Croft (11) the boys are radiating talent. The boys 5-9 record shows the boys are steadily improving and bringing in wins.

GIRLS

With a regional title under their belt from just the past year, the girls team is looking fantastic! The top teams are as usual: Heath, St. Mary, Tilghman, and Calloway County. The girls' season is progressing with the Bowling Green Invitational and Graves County Invitational coming up in September. While just finishing 9th out of 25 at the Central Hardin Invitational. When asked about the team, Coach Chris Gregory exclaims, "The girls are looking to try to repeat their regional championship from last year." Their current record is 6-1. Makenzye Rouse (11), Ashlyn Bechtold (11), and the oh-so young Anna Hack (7) are golfing it up on the course.

Abridged Sports Schedule		
Event Title	Date	Location
Football vs RHS	Aug 28, 2009	Reidland High School
Volleyball vs RHS	Aug 31, 2009	Reidland High School
Boys Jv Soccer vs Murray High	Sep 1, 2009	Lone Oak Soccer Field
Girls Soccer vs. HHS	Sep 8, 2009	Heath
Volleyball vs. HHS	Sep 10, 2009	Heath
Boys Soccer vs RHS	Sep 17, 2009	Reidland High School
Girls Soccer vs RHS	Sep 17, 2009	Reidland High School
Volleyball vs. HHS	Sep 21, 2009	Lone Oak
Girls Soccer vs. HHS	Sep 22, 2009	Lone Oak
Volleyball vs RHS	Sep 22, 2009	Reidland High School



ADVERTISEMENT



Making **Life**
Easier To Live

Conditions Treated

- Low Back Pain
- Neck Pain
- Headaches
- Neuropathies
- Myofacial Pain
- Cancer Pain
- Other Conditions

thepainmd.com

Pain Management

Centers Of Paducah and Marion



Laxmaiah
 Manchikanti, MD



Yogesh B.
 Malla, MD



Bradley W.
 Wargo, DO

Paducah Center: 2831 Lone Oak Road, Paducah, KY. 270-554-8373

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

MEETING THE HEALTH NEEDS OF PATIENTS WITHOUT REGARD
 TO RACE, COLOR, RELIGION, SEX, AGE, OR NATIONAL ORIGIN