

November Tiger Chat 2013



Thanksgiving Day Jokes!

1. If April showers bring May flowers, what do May flowers bring?
2. What are unhappy cranberries called?
3. What's the best thing to put in pumpkin pie?
4. Why didn't the pilgrim want to make the bread?
5. Why did they let the turkey join the band?

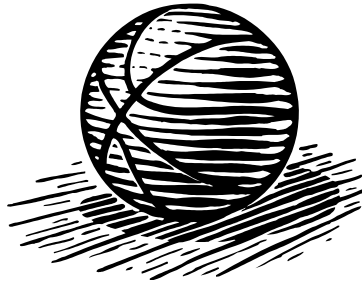


4. It was a crummy job
5. Because he had the drumsticks

1. Pilgrims
2. Blue berries
3. Your teeth

By: Julianna Summers

LADY TIGER BASKETBALL



The Commerce Lady Tigers have been working extremely hard since the beginning of October, practicing everyday after school until coach decides to let them go. The Lady Tigers have 13 girls who decided they wanted to be a part of the team. We push each other everyday at practice to go our hardest and to give it our all. We pick each other up. We're not just a team, but a family. The Lady Tigers traveled to Grove November 25th to scrimmage their team. The girls did a great job, but realized they still have a lot of improvements to make. The first game for the Lady Tigers is December 5th at Welch for the Welch tournament. They will be playing the Foyil Panthers. Come out and support the girls and always remember.....BTS!!

By: Delaney Ballard

What are you doing for Thanksgiving Break?

Nate Rogers: spend time with family

Norma: eat tacos with my family

Ava Acosta: eating at my grandma's house

Natalee: eating with my grandma

Delaney: stuffing my face with stuffing

Britney: eating more than anybody else

Tiger Football

The Commerce Tigers 2013 football season has come to an end. The Tigers lost their second round play off game to Hartshorne by a score of 17-7. The Tigers still came very far this season and overcame much adversity. With senior quarterback Blake Jameson getting injured late in the season, the Tigers had to find a replacement quarterback-and fast. They played their hearts out, and Angel Landeros and Nolan Schaper did a great job. This season closed with a record of 11-1. We are proud of the seniors as well as the entire football team.



By Morgan Hayes and Rachel Hartsock

Veteran's Day

On November 11, 2013 we had our annual Veteran's Day assembly put on by the student council, NHS, band, and choir. We honored our Veteran's with poems, songs and speeches. The U.S. history teacher, Mr. Greene, explained several wars that have gone on since Veteran's Day was established. Madison Moss played Taps, which is played to signify to the troops it is the end of the day and to honor fallen soldiers. In 1891 Taps became standard at military funeral ceremonies. The students and faculty at Commerce High School are all very thankful for our troops and everything they do for us.



By: Ashlyn Riley

Turkey Makes You Tired

MYTH BUSTED!

Turkey alone will not make you sleepy. It's true that L-tryptophan, an essential amino acid found in turkey and many other protein foods, can have a sedative effect in some people, says Linda Yerardi, R.D., a diabetes nutrition educator at Mercy Medical Center in Baltimore, Maryland, but its effects are blunted by the presence of other amino acids in turkey, which compete for the same binding sites in the brain, she notes. "You'd have to take L-tryptophan alone (with no other amino acids present) and on an empty stomach to produce any drowsiness. "Lots of other foods, including ground beef and chicken, contain L-tryptophan, too, and don't have this reputation.

Turkey gets a bad rap because of Thanksgiving," Yerardi continues. "People get sleepy after this meal for a variety of factors, not the L-tryptophan alone. The more likely reason is that it takes a great deal of energy to digest a large meal. A full stomach means that blood is directed away from other bodily functions and systems, including your nervous system. This can make you sleepy."

Source: http://www.eatingwell.com/nutrition_health/nutrition_news_information/5_nutrition_myths_busted



By: Christina Spriggs

CONCURRENT ENROLLMENT!

What is concurrent enrollment?

In education, concurrent enrollment involves students being enrolled in two separate, academically related institutions. Generally, it refers to high school students taking college courses. Less commonly, it may refer to any individual who is participating in two related programs.

What are the benefits of concurrent enrollment?

Studies have shown that students who take college courses when they are still in high school are more likely to graduate from college in four years with a bachelor's degree. Each additional year of college costs you more money. Concurrent enrollment expands the range of courses offered by your high school. When you successfully pass these classes, you can earn both high school and college credit. It also gives you the chance to explore subjects at a more advanced level.

Who can take concurrent enrollment?

Most high schools require you to have a minimum grade point average or to take certain classes before they allow you to take concurrent enrollment courses. If you're struggling in regular classes, concurrent enrollment courses will be challenging, but don't assume that you can't take them.

Article created by Drew Greenwood

6th Annual Tiger Speech Classic

The 6th Annual

Tiger

Speech Classic took place on

November 2, 2013. There were nine schools present which included the following: Commerce, Mounds, Foyil, Haskell, Muldrow, Chelsea, Riverfield Country Day School, the Tulsa School of the Arts and Sciences (TSAS), Prague, and Verdigris. I personally want to thank many people who helped with the tournament. First, I want to thank staff that helped to judge which included Jennifer Buttram, Beverly Haynes, and Janet Trease. Second, I want to thank parents and former students who judged. They include the following: Lori Kurtz, Merinda Boudreaux, Jasmine Smith, and Ana Diaz. Third, I want to thank Shelia Botts, who helped set up the hospitality room. With Shelia's help every year, Commerce always has the best hospitality and hospitality room. I also want to thank Carol Sargent who made her famous tater tot casserole for the hospitality room. Fourth, I want to thank the other coaches who helped me with judging and tabbing. Finally, I want to thank my students who helped me with running the tournament. They included Megan Walker, Andrew Medlin, Rylee Kurtz, Dakota Boudreaux, and Jared Jenkins. Jared actually performed in domestic extemporaneous speaking in the 3A division.

The tournament was a success because everyone worked together to bring about unity and cooperation. In the Novice division, Mounds received first, Prague received second, and the Tulsa School of the Arts and Sciences received third. In 3A division, Haskell received first, Foyil received second, and Mounds received third. In 4A division, Muldrow received first, Prague received second, and Verdigris received third.

By: Mr. McKibben

Published By: Megan Walker

Freshmen Survey

Full name: Carlos Daniel Pinales

Birthday: July 6th

Favorite color: Red

Favorite song: Honest-Future

Favorite show: Ridiculousness

Favorite dessert: Ice-cream

Favorite actor/actress: Will Ferrell

Favorite class: English

Favorite teacher: Mr. Schaper

Funniest friend: Isaac Shelton

Loudest friend: Cooper Fenderson

Boyfriend/Girlfriend: Nope

If not do you have a crush? Jessica Alba

Best memory: Going to South Padre Island

Worst memory: Getting pulled over & getting \$500 ticket.

Pet peeves: When people lie

Favorite saying: You haven't failed until you quit

Favorite sports: Basketball & Baseball

Favorite restaurant: Buffalo wild wings

Favorite place to shop: Pac Sun

Who do you admire? LeBron James

What do you think about high school so far?
It's all right.

Freshmen Survey

Full name: Lindsey Nicole Chance

Birthday: April 26, 1999

Favorite color: Pink

Favorite song: Maybe you're right-Miley Cyrus

Favorite show: Grey's Anatomy

Favorite dessert: Ice-cream with sprinkles!

Favorite actor/actress: Adam Sandler

Favorite class: English 5th hour

Favorite teacher: Coach Poteet

Funniest friend: Isaac Wayne Shelton! :p

Loudest friend: Ivie Dwyer omg..

Boyfriend/Girlfriend: NONE

If not do you have a crush? Oh yes

Best memory: I have too many.

Worst memory: Losing my best friend

Pet peeves: People who try to be funny/
when they smack their food

Favorite saying: Ya'll ain't slick!!

Favorite sports: Softball, football, soccer

Favorite ice-cream: Dippin-dots

Favorite restaurant: Red Lobster

Favorite place to shop: Victoria's Secret

Who do you admire? My older brother

What do you think about high school so far?
It just feels normal, but better than middle school. Definitely way more fun!

Senior Survey

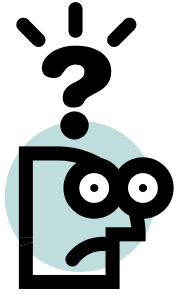
Full name: Dylan Davis
Birthday: 1-29-96
Favorite color: Lime green
Favorite show: Big Bang Theory
Favorite dessert: Pumpkin pie
Favorite actor/actress: Johnny Knoxville
Favorite class: Chemistry
Favorite teacher: Coach Schaper!
Funniest friend: Travis
Loudest friend: Miles
Boyfriend/Girlfriend: Nope
If not do you have a crush? Yep
Best memory: Travis' Birthday
Worst memory: Tearing my AC
Pet peeves: People chewing loudly
Favorite saying:
Favorite sports: Track
Favorite ice-cream: Mint chocolate chip
Favorite restaurant: Japanese steak house
Favorite place to shop: Pac Sun!
Who do you admire? My mommy
What is your advice to the under classmen?
Shower daily!

Senior Survey

Full name: Lucero Negrete
Birthday: 10/10/94
Favorite color: Yellow & blue
Favorite song: Same love
Favorite show: Cake Boss
Favorite dessert: Chocolate
Favorite actor/actress: Jim carey
Favorite class: English
Favorite teacher: Mr. Dunn
Funniest friend: Alejo Alvarado
Loudest friend: Orlando Negrete
Boyfriend/Girlfriend: Jordan W.
Best memory: Going to SPI
Favorite sports: Soccer
Favorite ice-cream: Chocolate
Favorite restaurant: King Palace
Favorite place to shop: The mall
Who do you admire? My mom & sister
What is your advice to the underclass men?
Stay in school :)

by Nancy Sierra

Student Guess Who



- ◆ I'm short.
- ◆ I have reddish-brown hair.
- ◆ I'm a sophomore.
- ◆ I'm really quiet in class.



Teacher Guess Who



- ◆ My favorite color is red.
- ◆ My favorite food is ice-cream.
 - I was born in August.
 - I have two kids.



STUCO STATE

The first weekend of November, six of the CHS Stuco members went to the state conference at Bixby High School. At the conference, we listened to wonderful speakers and met other kids from around the state. We stayed the night with Mrs. Knight's family members. We had a great time. Overall, it was a very good experience, and we're all looking forward to going again next year.



Thanksgiving Recipes

Strawberry Freeze:

12 Chips AHOY! Cookies

1 package Philadelphia Cream Cheese, Softened

1/2 cup sugar

1 can frozen berry Juice concentrated, thawed

1 cup crushed strawberries

1 tub Cool Whip topping, thawed

2 cups whole strawberries, cut in half

Double-Layer Pumpkin Cheese Cake:

2 tubes Philadelphia Fat Free Cream Cheese

1/2 cup sugar

1/2 tsp. Vanilla

2 eggs

1/2 cup canned pumpkin

1/4 tsp. ground cinnamon

a dash ground nutmeg

1/3 cup graham cracker crumbs

1/2 cup thawed Cool Whip sugar free whipped topping



Popular Thanksgiving Foods

1. Pumpkin Swirl Cheesecake
2. Sweet Potato Pie
3. Apple– Pear Crumble Pie
4. Washington Apple Cake
5. Caramel– Pumpkin Mousse Tarts with Pecan Crumble
6. Pumpkin– Gingerbread Crumble Bars
7. Apple Spice Jumbo Pie Cupcake
8. Cranberry– Caramel Cake
9. Strawberry Freeze: No Cook
10. Double Layer Pumpkin Cheesecake
11. Turkey
12. Ham
13. Stuffing
14. Mashed Potatoes
15. Green Bean Casserole
16. Rolls
17. Broccoli, Rice, and Cheese
18. Cornbread
19. Squash
20. Noodles
21. Hot Green Beans
22. Roasted Carrots
23. Roasted Potatoes
24. Tangerine– Cranberry Jam
25. Avocado– Papaya Salad
26. Broccoli Cheese and Cracker Casserole
27. Gravy

BY: Meagan Rooney and Kendra Betts

