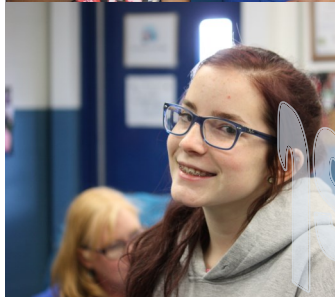
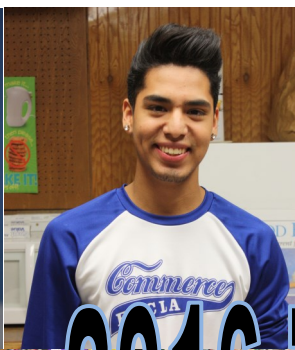
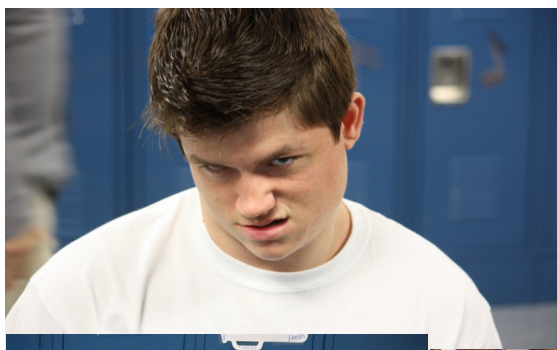




January 2016 Tiger Chat





4 Ways to Declutter Your Life

Clearing up your life's mess is the first step to unlock the doors to happiness, joy and, success. We all want to live our dreams and explore the world outside our own little world.

1. Clean up your closet-Sounds a bit weird right? How can cleaning up your wardrobe help you live your dream life. So here is the thing: our wardrobe and closet are the reflection of the person we are. If you want change and transformation to enter your life change your wardrobe. Our personalities are displayed through the clothes we wear.

2. Clean up the social group-We all have friends that are either positive or negative. Positive people will always light you up, but negative people will drag you down.

3. De-clutter your thoughts—After clearing up the space around you and getting rid of the technological hustles, know what your thoughts speak to you. De-cluttering your thoughts is like being your own gate keeper. It will be uncomfortable at first, but whenever you catch yourself thinking a thought that doesn't empower you in any way, discard it and focus on something positive.

4. De-clutter your excuses to reach heights— we all live in a bubble of our comfort zone, a zone that makes us feel safe and comfortable and that also stops us from expanding and reaching our dreams. Get rid of the excuses like “ I am not qualified for my dream job,” or “ I don't deserve it”. You can get all you want by expanding your comfort zone. Begin by doing things that scare you.

By: Jose Gonzalez

January Fun Facts

1. The flower symbol of January is snowdrop & carnation.
2. January's gem is garnet which represents constancy.
3. The zodiac signs for January are Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
4. Common Sense by Thomas Paine was published on January 10, 1776.
5. On January 10, 1920 the League of Nations was established.
6. National Blood Donor Month
7. National Braille Literacy Month
8. National Hobby Month
9. National Soup Month
10. National Staying Healthy Month
11. On January 8, 1798, Amendment 11 to Constitution was proclaimed which modified the Supreme Court's power.



<http://www.famousbirthdays.com/facts/facts-about-january.html>

By: Sydney Gaither

QUOTES OF THE MONTH FOR JANUARY

“Nerd girls are the world’s greatest under-utilized romantic resource”—John Green

Nerds like us, are allowed to be unironically enthusiastic about stuff. Nerds are allowed to love stuff, like, jump-up-and-down-in-your-chair-can’t-control-yourself love it. When people call people nerds, mostly what they’re saying is “You like stuff,” which is not a good insult at all. Like, “You are too enthusiastic about the miracle of human consciousness. — John Green

“Saying I notice you’re a nerd is like saying, hey I notice that you’d rather be intelligent than be stupid, that you’d rather be thoughtful than be vapid, that you believe that there are more things that matter more than the arrest record of Lindsay Lohan. — John Green

by Lynsey Williams

Set your goals
high, and don't
stop till you get
there.

Bo Jackson

QuotePixel.com

Your life does not
get better by
CHANGE, it
gets better
by CHANGE.

Jim Rohn

WWW.POSITIVEMOTIVATION.NET

Oklahoma City Thunder



Picture from
www.google.com
thunder.clutchpoints.com

The best player averaging 26.6 points a game is Kevin Durant who is pictured first. The second best Russell Westbrook, number 0 pictured last is averaging 25.3 points a game. Serge Ibaka number 9 pictured second, is averaging 13.7 a game. Kevin Durant is averaging 89.1% from the free throw line this year. as Russell Westbrook is averaging 83.2%. Known from experience going to games and watching them actually play is way different than on TV. You think they look tall on TV, but in person they are a lot taller. If you ever have the chance to go to a NBA game I would suggest watching these boys.

JANUARY'S BIRTHSTONE AND ITS MEANING

JANUARY'S BIRTHSTONE IS GARNET. THEY SAY THIS BIRTHSTONE PREVENTS NIGHTMARES AND SNAKEBITES AND CAN PROVIDE DIRECTIONAL GUIDANCE IN THE DARKNESS. FAITH, LOVE, AND CONSTANCY ARE THE ATTRIBUTES FOR GARNET. IF YOU WEAR THIS STONE ON ANY JEWELRY OR CLOTHING YOU MAY FEEL CALMER, HAVE MORE WILL POWER AND HIGHER ENERGY LEVELS, AND MAY SEE AN INCREASE IN SELF-IMAGE.

www.gemvara.com



By Cameron King



Lady Tiger Basketball

The Lady Tigers set some goals at the beginning of this season, and one of them was to win the NEO tournament. They had a rough start to their season and they had a lot of doubters. The NEO tournament was held on January 21-23. They pulled through with 3 wins and came out strong with the gold ball, proving some people wrong.





We shouldn't tell ourselves new year's resolutions that we won't keep because it lowers our confidence that we can do something. Statistics show that they don't work because many people give up on them when they stop working on the goal. They normally fail because many people are not working out properly or they are not doing the thing they need because they are trying to take the easy way out. Everyone should set goals that they will follow through with and not give up when they don't see it working out for them.

New Year resolutions by numbers

New Year is an exciting time to get caught up in plans for the future - anything feels possible! Bupa recently carried out some research among the British public to find out how people feel about New Year resolutions. Here's what we found out.

26%
made a
resolution

Of the entire British population, a quarter of adults say they made a New Year resolution last year (26 per cent), while 70 per cent say they did not.

12%
kept a
resolution

Taking into account those who didn't make a resolution, only around one in eight British adults successfully kept a resolution last year (12 per cent).

50%
lost
motivation

Among those who have failed to keep a New Year resolution in the past, the most common reasons for giving up or not achieving a New Year resolution were a lack of commitment and a loss of motivation (both 50 per cent).

By: Monique Zamarripa

Facts of this Month w/ Ronny

Today is Friday, Jan. 29, the 29th day of 2016. (All facts on this page are for the date of Jan. 29.)

Today's Highlight in History:

On Jan. 29, 1845, Edgar Allan Poe's poem "The Raven" was first published in the New York Evening Mirror.

1951: Baseball signs 6 year All-Star pact for TV-radio rights for \$6 million

1951: Liz Taylor's 1st divorce, Conrad Hilton, Jr.

1951: Commissioner Happy Chandler fines the Yankees, Cubs, and Phillies \$500 each for signing high school players

by Kolton Horne



January Birthdays

Megan O'Dell - Jan 5

James Deissroth - Jan 5

Tanner Crawford - Jan 8

Alexia Mironchik - Jan 8

Caitlin Roberts - Jan 12

Devyn Scrivo - Jan 12

Bryce Waybright - Jan 15

Juan Rodriguez - Jan 17

Devyn Bundy - Jan 20

Reece Littlejohn - Jan 28

Judith Medina - Jan 29

Iyannah Johnson - Jan 30

HAPPY
BIRTHDAY



FCCLA BLOOD DRIVE

The Oklahoma Blood Institute came to take blood on January 12th from the volunteers at our school. Our students enjoyed donating to save lives. The students who volunteered got entered to win a chance to go on a cruise. The blood drive was a very successful event which we plan to continue next year.



Shelbie Crawford & Xena Canales



Brilea Rush & Morgan Carver



Kaitlynn Myers

By: Mireya Castilleja

January Facts from the Past

1. January 1, 1863- Abraham Lincoln issues the Emancipation Proclamation freeing many slaves.
2. January 3, 1777 - American general George Washington defeats British general Charles Cornwallis at the Battle of Princeton.
3. January 5, 1920- The Boston Red Sox sell Babe Ruth to the New York Yankees in what is later known as the Bambino Curse.
4. January 8, 1790- George Washington delivers the first State of the Union Address in New York City.
5. January 10, 1870- John D. Rockefeller incorporates Standard Oil.
6. January 14, 1951 - The NFL has its first Pro Bowl Game.
7. January 16, 1919 - The 18th amendment (prohibition) is passed.
8. January 18, 1896- The first X-ray machine is demonstrated.
9. January 25, 1961- John F. Kennedy delivers the first live presidential television news conference.
10. January 31, 1990- The first McDonald's opens in Moscow, Russia.



Soccer Survey



What are your goals as a team this year?

Jordan : Make it to play offs

Kaitlynn: To win more games then we have in the past and unite more as a team.

How is your team looking?

Jordan: Young

Kaitlynn: Better than we have in the past and I have high hopes.

Do you like our new coach?

Jordan: Haven't met him yet, but from what I have heard, yeah

Kaitlynn: Yes. I sure do

How do you, as a senior, help your underclass teammates?

Jordan: Try to be a leader on and off the field.

Kaitlynn: Any opportunity I see to help them I take.

Who's your favorite pro soccer player?

Jordan: Jose Covarrubias

Kaitlynn: Abby Wombat

By: Morgan Black

New Year's Resolution

Name: Ms. Ybarra

- Start going to church on a regular basis**
- Get healthier**
- Better myself**

**NEW
YEAR'S
EVE**

Name: Kinsey Snider

- To stop eating McDonalds and to not talk to anyone in this school.**



By: Wences Ramirez

New Year's Resolution

Name: Kolton Horne

-To be less aware of my surroundings

-Also, to slow down my ride to riches

-Learn to ride a horse

**-Learn how
to sit on a
fence**

**NEW
YEAR'S
EVE**

Name: Lacy East

-Be nicer, better, stronger than ever

-Get new friends

-Trying to be better PERIOD



By: Wences Ramirez & Amaro C.

Commerce Tigers Baseball

The baseball team has been having some bullpen practice this last month. There have been some good pitchers throwing and we are hoping for a promising season. Our Senior pitchers include Jacob Pittman and Dylon Treece. They have worked hard and are going to be a big key for us this season. Our Junior pitchers are Blake Kelly, Carlos Pinales, Noah Ballard, Chase Cunningham, and Bryce Waybright. We have a few Sophomores that'll step up this year and be really good. Hunter Burkybile and Damond Kelly are going to do some good things for us. Our Freshmen pitchers are Brandt Nading and Jacob Bachman.

We will also be good offensively. Dylan Trease, Blake Kelly, Chase Cunningham, and Carlos Pinales will be the ones to watch for at the plate. We are going to be putting in a lot of work this season to be better than we were last year. It's going to be a great season, so come out and support the boys.



Update: Baseball Starts in about a month!!!!!!

By: Chase Cunningham

Commerce Tiger Basketball

The boy's basketball team has not been playing to their potential lately and it is really hurting them. Against the South Coffeyville Lions the boys did not have their best rebounding game and the Lions got a bunch of second chance points. The Tigers lost 53-62. Against the Foyil Panthers the Tigers played a bit better than the game before but had some size mismatches and did not give enough effort to seal that

win. The Tigers lost then 27-31. The next team the Tigers played was the Fairland Owls and we weren't looking past them. They have a couple shooters and got a new kid from Jay that could play a little. The game was very, very close until the end. We had a defensive breakdown at the end and they scored a bucket at the last second. The tigers lost 48-52. The boys played a close game against the Colcord Hornets. They are a

very fast paced team and they were going to be a tough team to beat. The tigers played with them well until the start of the second half. We had many turnovers coming out of halftime and it cost us in the end. The Tigers lost 38-47.



By Chandler Wilson

NEO Tournament

Day 1: The Tigers played Diamond, Missouri. We had a slow start, but picked it up in the second quarter. It was close throughout the game but we fell short with a final score of 49-54.

The Lady Tigers played Watts the first day. At first, the girls let them hang around but coming into the second half, they picked it up and sealed the win 40-21.

Day 2: The boys had a good start against Cave Springs. Devyn Bundy hit 3 tres to start off the first quarter. We kept the intensity the rest of the game and finished with the W, 52-48.

The girls played the Fairland Owls the second round. They were up 16-9 at the half. The Owls battled back, but the Lady Tigers kept the lead and won it 39-33.

Day3: The Tigers played the Wyandotte Bears for 5th place. We started the game with a 14-8 lead. Wyandotte came back and won it 45-41.

The girls played the Quapaw Wildcats in the championship. Quapaw came out strong with a 8-1 lead in the 1st quarter. The girls rallied back and ended up closing out the 71st Annual NEO High School Tournament as Champions. 33-24



**What was your favorite Christmas gift
from this Christmas?**

**Myla Miller– Fuzzy
Socks**

**Britney Bachman–
Earrings**

**Olivia Acosta– New
Shoes**

**Tori Schnakenberg–
Pillow made out of my
grandpa’s shirt**

**Reghan Trease– New
Shoes**

**Devyn Bundy– New
Armani Watch**

**Stefan Blankenship– North-
Face from Kaleigh**



By: Ava Acosta

Spring Homecoming 2016



Your spring homecoming court included Gaby Dunn and James Deissroth representing Art Club, Myla Miller and Devyn Bundy representing basketball, Sam Smith and Jake Hailey representing FCA, Sam Baldwin and Wyatt Chuckluck representing Science Club, Lynsey Williams and Logan Smith representing track, Kaitlynn Myers and Luke Freeman representing TSA, Lesley Cardenas and Jordan Carrillo representing soccer, Madison Payton-Freeman and Wences Ramirez representing FCCLA, Allison Gann and Justin Jarnagin representing choir, Genesis Alvarado and Dylon Treece representing baseball. The crown bearer was Cooper Trease and the flower girl was Makayla Moss. The 2016 Spring Homecoming king and queen were Devyn Bundy and Myla Miller.



By: Logan Smith