

JANUARY 2019 TIGER CHAT

SPRING HOMECOMING WEEK at CHS!



The week of January 28-February 1, 2019 was Spring Homecoming week. Students competed in the annual homecoming games on Wednesday, January 30. The Seniors won again this year.



Monday Jan. 28 was stop light day.

Tuesday Jan. 29 was generation day.

Wednesday Jan. 30 was class color day.

Thursday Jan. 31 was vine and meme day.

Friday Feb. 1 was blue and white day.



Hygiene Tips

By: Jeyny Lopez

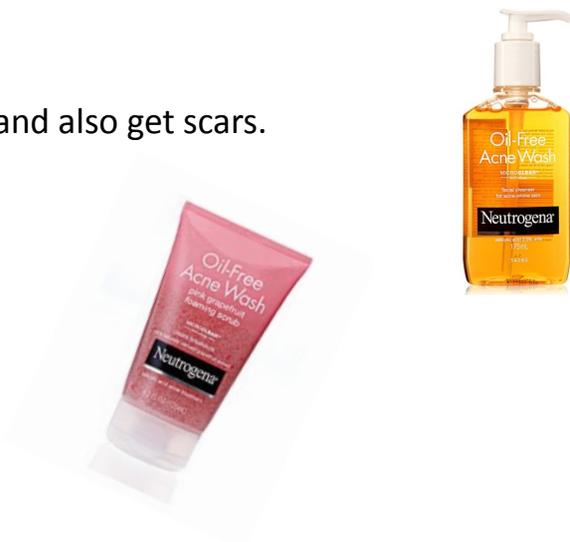
- Properly wash your body.
- Brush your teeth.
- Wash your hands.
- Wash your clothes.
- Cover the nose and mouth when sneezing or coughing.
- **Wear deodorant.**
- Wear perfume or cologne.
- Wash your sheets every two weeks.
- Floss at least once a day.
- Wash your shoes in case of stinky feet.



Acne Tips

- Wash your face every morning or night.
- Take off your makeup before going to bed.
- Change your pillow case every 2 weeks.
- Put a bleached t-shirt on your pillow.
- Use face masks.
- Apply lotion that has no scent.
- Don't pop your pimples or you'll get more and also get scars.
- Don't touch your face.
- Drink plenty of water.
- Eat a balanced diet.

By: Iyannah Johnson



What did you do over Christmas break?

By: Rachel Garza

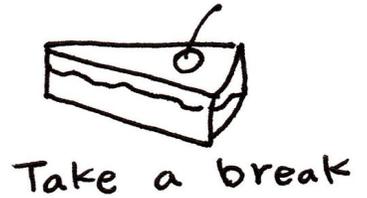
FERNANDO C- I went to Texas and trusted the process with Ty

Junior R- Hung out with the Vlog crew

Lucy H- Played basketball

Ty J- Played basketball

Valeria L- Watched Netflix



Help Your Hair!



- **Comb it with care! When brushing your hair, don't tug or yank on it. This causes split ends and causes your hair to break off.**
- **Rinse ALL shampoo products out of your hair. If you don't, this can cause you to have dandruff. Scrubbing and rinsing well helps dramatically.**
- **Washing your hair everyday can also affect the oiliness of your hair. Your body naturally reacts to this and creates more oil than it needs. This occurs mostly for straight hair.**
- **Use less heat! Heat causes the most damage, so make sure to use a protective spray or use heat at a low temperature.**

-Vanessa Alexander

Guess Who?

- 1. I've had a beard fresh out the womb.**
- 2. I wear Buckle jeans everyday.**
- 3. I'm short.**

By: Julie Balboa



5 Tips For Better Grades

- 1. Balance your schedule.. No distractions.**
- 2. Take good notes.**
- 3. Get enough sleep and get exercise because it is great for the mind..**
- 4. Do your homework while you still have the lesson on your mind.**
- 5. Always pay attention and stay alert to the lecture.**



By Julian Castilleja

2018/2019 Commerce Academic Team

The Commerce academic team just completed a successful year of competition. On Oct. 8, 2018, Commerce got first place at the district seeding tournament. Commerce competed against Afton, Quapaw, and Wyandotte. Commerce went 3-0. As a result, we were seeded in the top four at the regional academic team tournament at Chelsea on Nov. 10, 2018. At this tournament, the team went 2-2 and qualified for the area academic team tournament at Preston, Oklahoma. We won against Quapaw and Nowata. The following schools competed at regionals: Chelsea, Wyandotte, Colcord, Hulbert, Caney Valley, Commerce, Quapaw, Nowata, Oklahoma Union, and Adair. Afton forfeited. Commerce finished in fourth place. At the area academic team tournament, we went 0-2. However, the two teams that beat us ended up going to state. We lost by only forty points to the second place team, Adair. At area, we competed against Adair, Caney Valley, Chelsea, Pawnee, Mounds, Preston, and Kellyville. The team has practiced since late August to early January. The team is still practicing for next year's competitions. The team had four night practices. They did a great job representing Commerce Public Schools, and I am proud of their character and participation. The team and I want to thank the following people for their help and support. First, we want to thank Shelia Botts and Carol Sargent for setting up the hospitality room at the district sitting tournament. Also, we want to thank Carol Sargent for our great signs. Second, we want to thank Ms. Bayless and Mr. Bindel for being judges/moderators at the district seeding tournament. Third, we want to thank Shelia and Darrell Botts for taking the team to the regional and area tournaments. Fourth, the team wants to thank Mrs. Stebbins for providing shirts to the academic team which students wore proudly at the regional and the area tournament. Finally, we want to thank Ms. Janet Trease for making practice announcements and Mr. Barker for his continual support. The following students make up the academic team: Katie Convirs, Kolby Dean, Jayven Elias, Jovona Elias, Haylee Fleming, Francisco Gonzalez, Tyler Gravison, Jaden Guzman, Sarai Guzman, Austin Hart, Hannah Kelley, Kyler Kollmeyer, Gaby Medina, Cruz Munson, Jillian Swadley, Chris Wallen, and Abigail Weaver, team captain. Their coach is Mr. McKibben.

by Mr. McKibben



What are your favorite song lyrics?

Chris I: "ONE MINUTES GONE AND THE NEXT ONES MINE" -XXXTENTACION

Tony: "Mama always told me I was gon' break hearts" -Blueface

Paco: "Who want the smoke?" -Lil Yachty

Johannah: "Don't gain the world and lose your soul, wisdom is better than silver or gold" -Bob Marley

Carla: "I was like, why you so obsessed with me?" -Mariah Carey

Jacob B: "WEST VIRGINIA, MOUNTAIN MAMA" -John Denver

Brandon: "WOO WOO WOO OFFSET" -Migos

Jayke: "I'm at one and I've been quiet for too long" -Marshmello



-Gabriel Gonzalez

Lady Tiger Basketball

The Lady Tigers competed this last weekend in the 74th annual NEO basketball tournament. On Thursday afternoon, the girls first competed against the Chetopa Hornets, winning 49-29. Winning that game advanced them to play the Nowata Ironmen Friday night. They came out with another big win which put them in the NEO tournament blue bracket championship. The Lady Tigers faced the Quapaw Wildcats and suffered a tough loss. The Lady Wildcats came out and shot the ball very well, draining 3-pointer after 3-pointer making it a tough game for the Lady Tigers. Even though the Lady Tigers lost, they did get better in certain aspects of the game Saturday night. Facing some adversity with sophomore Dawn Convirs gone, they played hard with who they had on the court and never gave up even when the tables turned. They fought hard for themselves, their team, and their fans. As of right now, the Lady Tigers have a current record of 10 wins and 10 losses.

-River Friel



Sugar Cookies

Ingredients:

1 Cup unsalted butter
1 Cup granulated white sugar
1 teaspoon vanilla extract
1/2 teaspoon almond extract
1 egg
2 teaspoons baking powder
1/2 teaspoon salt



Directions:

Preheat oven to 350° F.

In the bowl of your mixer cream butter and sugar until smooth, at least 3 minutes

Beat in extracts and egg.

In a separate bowl combine baking powder and salt with flour and add a little at a time to the wet ingredients. The dough will be very stiff. If it becomes too stiff for your mixer turn out the dough onto a countertop surface. Wet your hands and finish off kneading the dough by hand.

DO NOT CHILL THE DOUGH. Divide into workable batches, roll out onto a floured surface and cut. You want these cookies to be on the thicker side (closer to 1/4 inch rather than 1/8).

Bake at 350 for 6-8 minutes. Let cool on the cookie sheet until firm enough to transfer to a cooling rack.

By Kyonah Johnson



The Relationship Between Technology and Depression

Almost everywhere you go most people have some sort of technology device at hand. Babies are even growing up around technology and can't seem to "live without it". Technology has completely taken over the world. Social media also leads to anxiety, envy, and depression. People put their world lives on social media and subconsciously obsess over how many likes their posts receive. Since social media allows people to portray themselves a certain way, most people only see the best pieces of their friends' lives on it. Social media has replaced evening news and causes people to believe things that may not be true. Individuals seem like they have to look a certain way and look impossibly flawless because of how others look on social media. Recent studies have found that there is a dark and downright dangerous side to being surrounded by technology at all hours of the day and night.

by Madi Kollmeyer