

# CHS Tiger Chat - January 2020



## In Loving Memory of Francisco Gonzalez

Commerce High School encountered a great loss on January 30th 2020. Francisco was a great student, friend, son, and brother. He was a very hard-working person at everything he did. It did not matter if it was in classes, band, soccer, etc., he always did his best. The greatest thing about him was the continuous smile on his face; something that so many noticed and will always remember. He will be missed on and off the field and in the classroom. My deepest condolences go out to his family and friends in this time of despair. Rest in Peace French! Heaven gained another angel. You spread joy wherever you were and we will miss you.

-Kyonah Johnson

## HOW CAN YOU PERVENT GETTING THE FLU

The single best way to keep from getting the flu is to get vaccinated each year. It is also important to develop healthy habits such as covering your mouth when you cough, washing your hands with soap and water, and avoiding touching your eyes and nose and mouth. It can help stop the spread of germs and prevent respiratory illnesses like the flu.

There are also flu antiviral drugs that can be used to treat and prevent the flu. Try not to get the flu because it is not fun, but if you think you might have it, especially if you have a fever, stay home and rest.

By Miranda Aguilar

<https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>



### 7 Ways To Make A Healthy Fresh New Start

1. Place a priority on maintaining your health.
2. Develop an **ATTITUDE of GRATITUDE.**
3. Commit to becoming more physically fit.
4. Resolve to make quality sleep a priority.
5. Plan to strengthen social relationships.
6. Look for ways to brighten someone else's life.
7. Make learning a life-long habit.



by Haley Watkins

<https://www.lifetothefullest.abbott/en/articles/fresh-start-in-new-year.html>

# 1ST ANNUAL COMMERCE BASKETBALL TOURNAMENT

On January 8th through the 10th, Commerce held their first annual invitational basketball tournament. Commerce, Nowata, Afton, Bluejacket, Salina, and South Coffeyville all competed in the tournament. Both the Lady Tigers and the Tigers first game of the tournament was against Salina, and both teams pulled out a win. Though they pulled out a win, the Lady Tigers lost a few players to injury including Marisa Scott, Ashley Myers, and River Friel. River was able to make it back from injury the next day while Marisa and Ashley are both still waiting on news. The second day of the tournament the Lady Tigers took a hard loss against Nowata, while the Tigers took another win against Bluejacket. The championship games of the tournament were canceled due to weather, but will be played on Saturday February 1st. The Commerce boys will play in the championship game at 7:30 and the Commerce girls will play and 3:00 for the third place game. Make sure to be there for both games to support your tigers!

by Sunny Crawford

## Lady Tiger Basketball

The Lady Tiger basketball team has a current record of 10 wins and 7 losses. With their starting point guard, **Marisa Scott**, out with an ankle injury, they have been facing some adversity on the court. **Ashley Myers** also faced a knee injury that will sit her out the rest of the season taking away good minutes from the Lady Tigers. Freshman **Baylee King** has filled the role as starting point guard and has become a scoring threat. Despite the loss of two important players, the Lady Tigers pulled together at the right time. They beat the Quapaw Wildcats for the first time since the 2016-2017 basketball season. The Fairland Owls, ranked #11 with 14 wins and 3 losses, have now lost to the Lady Commerce Tigers twice. Beating the top 2 teams in the conference really set the girls on fire. They just finished the NEO tournament with a result they would feel better without, but that won't stop their determination of going after a conference championship. Teams have their ups and downs, but the only way we're going from here is UP. Besides being mentally and physically exhausted from two hard weeks of basketball, there are five games left in the season with four being conference games. Senior night is February 14th against the Chelsea Dragons.

### BBOC!

*-River Friel*



## 10 Tips to Have a Good 2020

1. Always look at the good in bad situations.
2. Focus on the solution, not the problem.
3. Hangout/surround yourself with good people.
4. Stay focused, and do not lose track.
5. Take risks because you never know if you don't try.
6. Learn to love yourself.
7. Do NOT procrastinate.
8. Allow yourself to be sad once in awhile.
9. Do what is best for you.
10. Always give your fullest.

Autumn Welday

## Tigers Play in the NEO Tournament

It was a very tough tournament because we were placed in the large bracket, but it was great for our kids to have to rise up and play good competition. It really hurt us Friday and Saturday not having our players at full strength due to injuries and sickness. I was proud of our kids for not giving up and playing hard. Hopefully it leads us along ways in the postseason.

By Abigail Garza



— HAPPY NEW YEAR —

