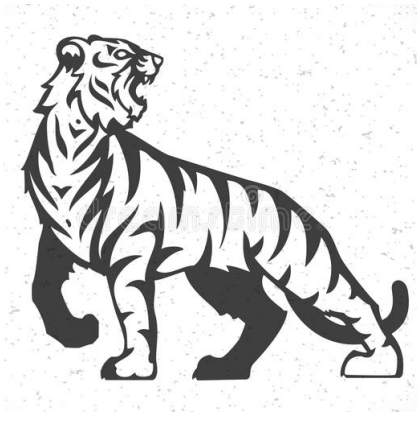


THE TIGER PEN



Thanksgiving is a time for reflection and being grateful for the things you have in your life.

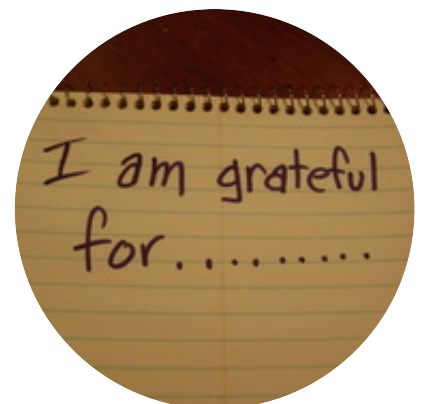
'TIS THE SEASON TO BE GRATEFUL

Gratitude. Defined as being thankful and having the readiness to show appreciation for others, gratitude is something most, if not all, of us too often forget. Being grateful can have many, many benefits to our psyche. Being grateful can actually have a positive impact on your personal well being and happiness. One trick to do that many people do is to create a gratitude journal. In this journal, as some people do, create a list of 10 things you are grateful for. Many people do this in the morning before work or in bed once they wake up. Doing this can propel you into a more positive mindset before the day begins. Gratitude can also make people more optimistic. When realizing or listing all the things you are grateful for, you then become happier and realize that, 'hey, my life is not that bad.' This forces you to really put your life circumstances into perspective.

Gratitude can also have a huge physical impact on your life, as well. When you are more grateful, you tend to sleep better, eat better, and practice more healthy habits. As you become physically more healthy, your mind then becomes healthier and happier, and vice versa.

We all have so many things to be grateful for. The thing is, as with most people, including myself, is that we tend to forget all the things we *have*, and instead focus more on the things we *don't have*.

Over the Thanksgiving break, begin to take a list of all the things you are grateful for and try thinking about those more often. After some time, determine if you are a happier person. Give it a try! I know I will.



Pg 1. Gratitude

Pg 2. What Are You Thankful For?

Pg 3. Old Friends Reunite to Fight

Pg 4. My Mom Is Better Than
Yours & Memes

Pg 5. Texas Church Shooting and
Nuestros Students in Jail

Pg 6. Trump-Russia Investigation

Pg 8. Boy Basketball Season
Preview

Pg 9. What Are You Thankful For?

Pg 10. Cambio Climatico/Climate
Change

WHAT IS THE NV COMMUNITY THANKFUL FOR THIS YEAR?

continued on page 9



"I'm thankful for my mom and my family because they are awesome" -George Pacheco

"I'm thankful for the opportunity to work with the best collection of people" -Mr. Salas



"I'm thankful for my family, life, and football" -Stephon Chavez

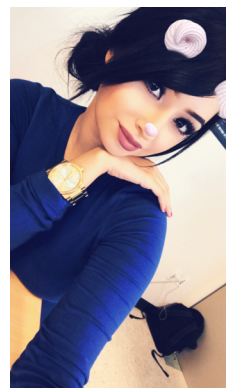
"I'm thankful for my daughter" -Tania Martinez



"I'm thankful for my family, their love and support" -Ms. Lu



"I'm thankful for my family and my new baby" -Sabrina Ramsey



"I'm thankful for the health of my kids, look at them" (while he admired their beauty)"-Mr.T



"My family, my kids, and my family's good health" -Mrs. Padilla



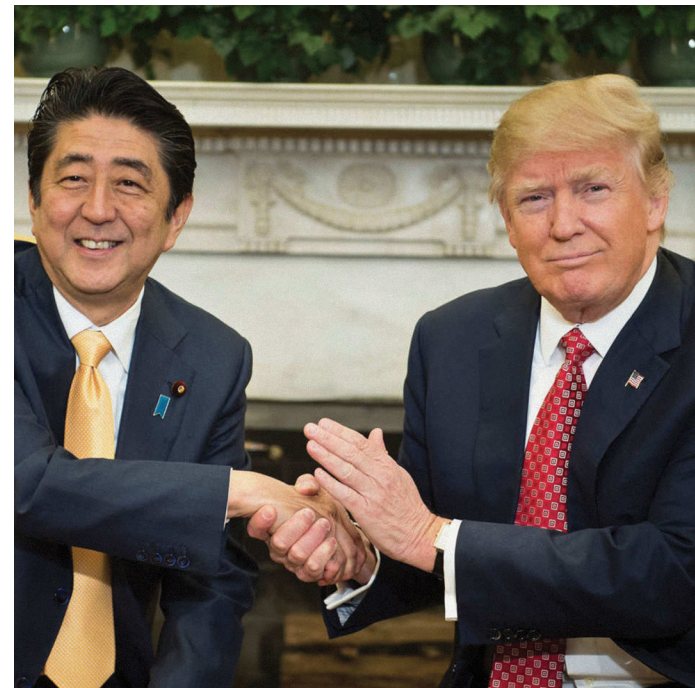
"I'm thankful that Josiah is always happy" -Miquela Romero



Old Friends Reunite to Fight



Mr. Trump and Mr. Abe, Japan's PM Shinzo Abe, were speaking to reporters at the close of Mr. Trump's first state visit to Japan. The leaders were discussing North Korea firing two missiles over Japan twice in recent months. Trump said Abe was "going to purchase massive amounts of military equipment" from the U.S. If he were to purchase this equipment it could possible benefit America as well as Japan. Referring to the North Korean missiles, Mr. Abe could "shoot them out of the sky." Completing the purchase with America it will provide jobs to Americans and safety for both nations. Ending this visit with this deal the leaders also reaffirmed their ties and pledged to "stand against the North Korean menace."



The United States: two time world war champions, going for that three peat?

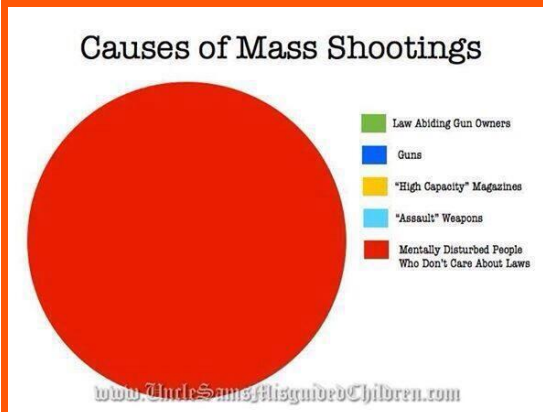
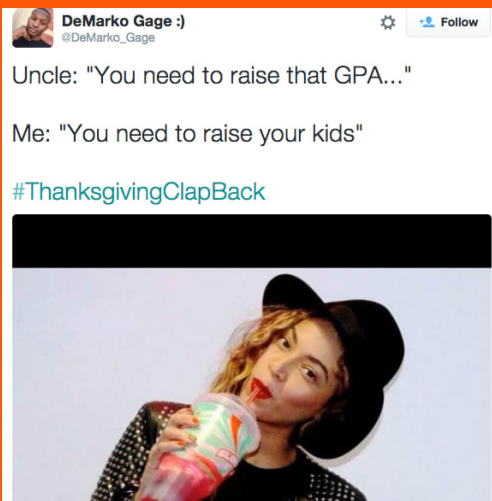


My Mom is Better Than Yours

She works nine hours a day, four days a week cleaning kitchens. She is strong because every time she comes back from work she either has a new burn, cut or bruise. My mom is better than your mom because she would rather work herself to death so that her kids go to college and get a good job than have us working to help with the bills and end up like her; having to clean for minimum wage for the rest of our lives. She is amazing because she spoils us, she is a hard working person who has put her dreams aside so that her children are able to make their dreams come true. My mom is better than your mom because no matter how tough things get she keeps going, no matter the obstacles she perseveres and takes no shortcuts. My mom has worked her butt off to prove that no matter where you stand in the world it is possible to succeed. To me my mom is the epitome of moms; she amazes me everyday with how strong she is mentally.



Memes



Mass Shooting in a Church!

On November 5th, over a couple dozen people were killed including kids in a Baptist Church in Sutherland Springs, Texas, about 30 miles east of the city San Antonio. They were killed by a man by the name of Devin Patrick Kelley. He walked into the Church during a typical Sunday service and fired shots from his AR-15 Ruger and AR-556semi- automatic rifle. There were a total of 26 people killed, the youngest was still in the womb, and the oldest being 77 years old. This was the deadliest mass shooting in the states history. At least 20 people were wounded. When the shooter fled from the church, he was eventually confronted and exchanged shots with an armed



neighbor. Then he hopped into his vehicle and fled the scene with the neighbors following him all the way into the next county, Guadalupe County where, Mr. Kelley crashed his car and died. He left 23 people dead inside the church, two were outside, and one died later at the hospital. They held a memorial for all the victims at the church where they had it open to the public and had no sign of a shooting even happening. Roses were placed on chairs for the victims of the shooting, red roses for the victims and a pink ones for the unborn.

NUESTROS STUDENTS IN JAIL

Students visit Metro Courthouse, get a taste of life in the legal system

A select group students visited the Metro Courthouse recently. On this visit, students first had to go through a metal detector and security to enter the building. The look on the face of the students revealed both a sense of fear and familiarity. After this brief scare, students were greeted by Camille Baca, our host and Program Manager of Communications and Public Outreach. Our first stop on the tour was to the area where people pay fines and citations. It is also the place where people can and do get arrested. Sometime people show up to a pay fine, not knowing there is a warrant out for their arrest. As they hand over the money to the cashier, a button is subtly pressed, altering the police. They approach the individual, notify them of the warrant and promptly arrest them. Our next stop was to a room where records are kept. This room is open to the public to search for people that have committed crimes and to peak at their files to see what they were charged with. While we were in this room, a representative from local channel 13, KRQE, was browsing through the previous nights' felony charges. He explained to me that he chooses the "juiciest" arrest, take the records to their managers at the news station, and the managers and TV producers decide if they should mention the case and the person charged with the crime on the news. ANYONE can go to this room and ask for these documents....ANYONE!



Students pose for a picture under a large 'scale of justice' sculpture outside of the courthouse.

This was quite terrifying for the students, and for Mr. Salas and Mr. Curry, who accompanied the students on the field trip. Before we left the room, the KRQE representative mentioned that he was taking a child molestation arrest to this manger at the news station for review. (continued on page 7)

TRUMP BEHIND BARS?

*Russian election meddling investigation underway,
probing possible Trump ties to Russia*



In the film *Wag the Dog*, actor Michael Belson, acting as the President of the United States, gets caught up in a sex scandal, allegedly involving an underage girl two weeks prior to an election. To divert the public's attention away from the scandal, the President's top advisor develops a scheme to construct a war with another country by bringing in a professional spin doctor. It's an old movie premise that has extreme

relevancy today concerning Mr. Trump (I refuse to refer to him as President).

Trump and much of his former and current staff is currently under a massive investigation looking into Russian meddling during and prior to the recent presidential election. Suspicion of Russian interference during the election, in which Trump soundly defeated Hillary Clinton, electoral college-speaking, ran strong before the final votes were tallied. With recent FBI indictments, including that of former Trump campaign manager Paul Manafort, suspicion has now evolved into paranoia. Manafort's longtime associate, Rick Gates, was also indicted, while former foreign policy adviser to Trump, a key and powerful position, pleaded guilty to lying to the FBI about his knowledge and communication with Russia.

While much is still unknown, picture this: it took over two years for the Watergate investigation to come to fruition, ultimately leading to the demise of President Nixon. When reading about political investigations people tend to get bored, lost or even confused about it. It may be long and tedious, but investigations like this take a massive amount of time. I like to use a lobster trap metaphor, personally. Lobster traps are thrown into the ocean with a lengthy rope attached to it. When you feel the trap is full, you slowly pull the trap out from the ocean, inch by inch using the rope. This is much like the Trump investigation. The trap is slowly being pulled out, inch by inch; individuals being investigated have given their depositions and information they know. Piece by piece, the story will unravel. By the time the rope can no longer be pulled, will the trap be Mr. Trump or empty?



After the investigation is complete and the evidence is reviewed, will Trump be implicated?

NUESTROS STUDENTS IN JAIL (CONTINUED FROM PAGE 5)

Next we went to a court room where Judge Benavidez was in the process of arraignments with people from the Metro Detention Center. They had to confront the judge on their crimes, enter a plea, and be issued a release, if they were to be released. Judge Benavidez was very tough on some people due to their past criminal and court history. After the trip, it was explained to me by a source in the courthouse that judges are being tougher on people because of the public outrage over the ease in which criminals were getting off. The students in the courtroom became were aghast at some the of bond issues from the judge. After we listened to few arraignments, Mrs. Baca, decided to take us to the probation area.

As we entered the probation area, Mrs. Baca wanted to frighten the students a little bit. She took us to the room where individuals on probation have to submit a urine for a urine analysis. In this room was a toilet, a sink, and numerous mirrors. Mrs. Baca and a probation office that joined explained to us that the mirrors are used to make sure people cannot cheat on their urine test. I will not go into details

Individuals on probation have to urinate in front of a probation office as show in this picture (right). At the courthouse, there are mirrors placed on the walls all around the toilet seat. Privacy is non-existent.



as to how people have been caught cheating during their urine tests, but let me just tell you that it is both disgusting and hilarious. Basically, when you are on probation and have to do a urine test, you have to urinate in front of your probation officer. No privacy whatsoever!

After this experience, students were tired and grumpy, which is code "I'm hungry" from teenagers. There we left, headed to JC's New York Pizza Department on Central. We all got to sit, decompress and enjoy some slices of pizza after a long morning of criminality. Finally, the day was coming to end. On our walk back to our cars, we decided to stop for some ice cream in Civic Plaza. We got to sit and relax under the sun and enjoy the freedom of not being behind bars.

Over 3,000 people enter the Metro Courthouse each day



It is common for couples to get married at the courthouse



Most arraignments are held via video, where inmates speak to the judge from over 20 miles away at the Metro Detention Center.

Basketball Roster

- Coach T
- Juan M Montes III
- Andres Dominguez
- Carlos Najera
- Benito Moya
- Jacob Pino
- Alex Candelania
- George Pacheco
- JJ Pacheco
- Santos Lucero
- Jesus Saldana
- Juaquine Romero
- Joseph Martinez
- Angelo Vargas
- Eric Lopez
- Orlando Ayon
- Joseph Moya
- Stephon Chavez
- Jermicheal C
- Joseph Allen
- Christopher Cowley
- Manager-Kaitlyn

TIGER BASKETBALL STARTS NOW!



Basketball season is here. The Basketball team has been putting in work to prepare us for our first game which was on Monday the 20th against Explore Academy 4:30p.m.

We practice at least 3 times a week for two hours and I love it. The practices are hardcore and are going to push you to your limits, to be honest you will get pushed passed your limits but its only to better us as players and as students. We have 16 games this season and I know the team is going to stand tall through them all. We are White Tigers! We never back down from a challenge! The Basketball team is very diverse this year, we have players of all different skills. Some players have been playing their whole life and others have never played before. The team is a bunch of point guards. There are only two players six feet tall. We are going to be quick and explosive for every ball, every rebound, every shoot. We refuse to be out hustled.... The Tigers won their first game against E.A. and are ready for the season!

**YOU CAN'T ALWAYS
BE THE MOST
TALENTED IN THE
ROOM - BUT YOU
CAN BE THE MOST
COMPETITIVE**

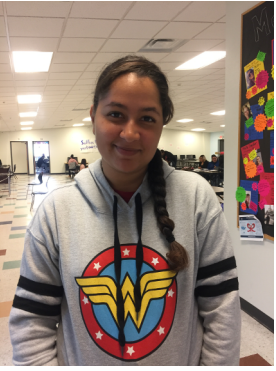
—COMPETE EVERY DAY.COM—



"I'm thankful for my family always supporting me" -Ms. Mica



"I'm thankful for my job and my husband" -Ms. Alyssa



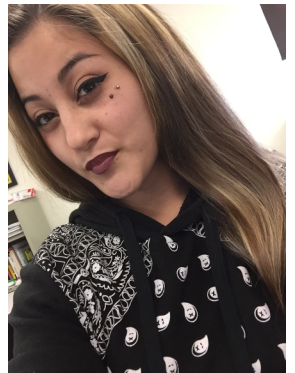
"I'm thankful that I get to work in a place that I love coming to and working with kids and people I care about" -Mrs. Friez



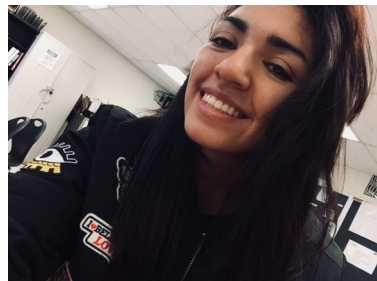
"I'm thankful to be in a career that I love" -Mrs. Garcia



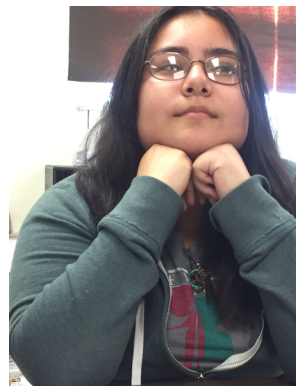
"I'm thankful for food and my girlfriend" -Lexie Chavira



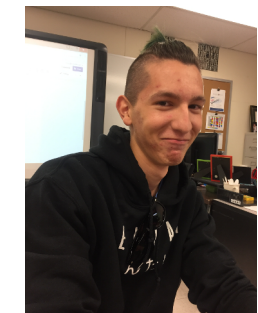
"I'm thankful for my money and my dogs" -Kaitlyn Wasierski



"I'm thankful for my grandma for giving me a place to live" -Josslyn Giddings



"I'm thankful that bleach is on sell during the holidays" -Levi Newkirk



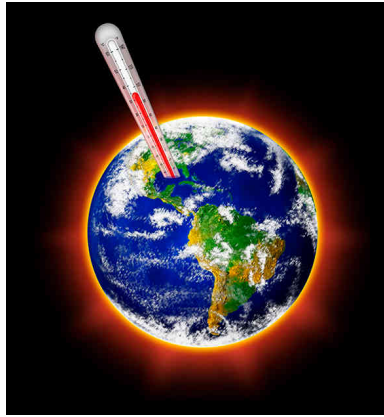
"I'm thankful that I have healthy and caring family and friends" -Mrs. Chavez



"I'm thankful for getting to eat thanksgiving with my sister and nephew for the first time in 20 years, good health and my students" -Ms. Jody



El Cambio Climático



Qué es el cambio climático? El cambio climático es exactamente eso, un cambio en el clima de una zona. Al igual que una región tiene su clima la tierra también tiene el suyo, el clima del mundo está cambiando y hay mucho más de que hablar sobre el tema. Los cambios pueden ser diferentes como los promedios anuales de la precipitación y los promedios de la temperatura en una región. El cambio climático tiene muchos aspectos del que puedo hablar pero solo voy a enfocar en lo que es lo más importante. Los que vivimos en los Estados Unidos sabemos que nuestro presidente Donald Trump no ha hablado mucho de éste tema y tampoco ha hecho mucho, pero esto tiene que cambiar. El

calentamiento global es un efecto del cambio climático que debería

llamar nuestra atención. La mayor causa del calentamiento global es por el efecto causado por los seres humanos llamado el efecto invernadero que causa que la temperatura de la atmósfera suba. Las causas de esto es como la deforestación y también los gases que sueltan el proceso de la quema de gasolina, petróleo y carbón. Todo esto causa que el clima



cambie y que se derritan los glaciares haciendo que las olas de calor sean más intensas y que los niveles del mar suban. Esto es solo un ejemplo pero hay mucho más cosas que causan que el cambio climático suceda, como dije antes podemos hacer algo para cambiar cómo usar menos automóviles, aviones y tecnología que sueltan dióxido de carbono también podemos dejar de cortar árboles y usar menos energía. Usemos bien los recursos que la naturaleza nos ha dado. Todos podemos ayudar y hay que entender que es urgente el cambio es hora o nunca. No esperemos a lamentarnos cuando ya sea muy tarde.



Tiger Pen Staff



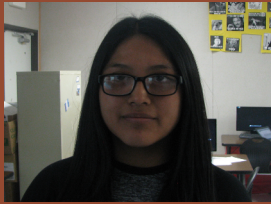
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Senior Managing Editor



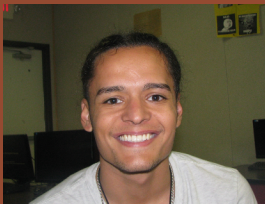
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Staff Writer



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Staff Writer



ISAIAH GIDDINGS

Staff Writer



STEPHON CHAVEZ

Staff Writer

THE NEWS LETTER

WE
HOPE
YOU
HAD
A
WONDERFUL
THANKSGIVING

We are hard at work for you!
Have an idea for a story?
Please let us know!

The Tiger Pen

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