

# Tiger Talk



**DECEMBER 10, 2010**  
**VOLUME III**  
**ISSUE 5**

# Announcements

*December 14th*

**Senior Proofs due!**

*January 4th*

**Classes Resume!**

*January 17th*

**Martin Luther King Jr. Day school holiday**

**TIGER  
TALK**  
A SLATON HIGH  
SCHOOL  
PUBLICATION

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# Nurse's Notes



November is...

National Lung Cancer Awareness Month

Cancer of the lung is a disease that begins in the tissue of the lungs and results from abnormal cell growth that forms a mass known as a tumor. Since lung cancer tends to spread or metastasize very early after it forms, it is a very life-threatening cancer and one of the most difficult cancers to treat.

Lung cancer is predominantly a disease of the elderly; almost 70% of diagnoses are in people over 65 years of age, while less than 3% occur in people under 45 years of age. It was not a common diagnosis prior to the 1930's but increased dramatically as tobacco smoking increased. A greater risk of lung cancer occurs based on the number of cigarettes smoked per day and the age when smoking began.

The following information comes from [medicinenet.com](http://medicinenet.com):

## Lung Cancer at a Glance

- Lung cancer is the number-one cause of cancer deaths in both men and women in the US and worldwide
  - Cigarette smoking is the principal risk factor for development of lung cancer
  - Passive exposure or second-hand exposure to tobacco smoke also can cause lung cancer
  - Diagnosis is most commonly from history and physical examination, chest x-ray, CT scans, MRI, blood tests and bone scans
  - Treatment of lung cancer can involve a combination of surgery, chemotherapy, and radiation therapy as well as new experimental methods
  - The general prognosis, or outcome, of lung cancer is poor, with overall survival rates of about 16% at five years
- Not smoking or smoking cessation is the most important measure that can prevent the development of lung cancer

While the incidence of lung cancer is strongly correlated with cigarette smoking (about 90% of lung cancers arise as a result of tobacco smoke), pipe and cigar smoking and passive smoking as well as asbestos fibers, radon gas, and family predisposition can also cause lung cancer.

Symptoms of lung cancer vary depending upon where and how widespread the tumor is. Continued on page...

In some cases, there are no symptoms. In fact, up to 25% of lung cancer is first discovered on a routine chest x-ray.

#### When Should You See a Doctor?

- A new or persistent cough or worsening of a chronic cough
- Blood in the sputum (saliva and mucus)
- Persistent bronchitis or repeated respiratory infections
- Chest pain
- Unexplained weight loss and/or fatigue

#### Breathing difficulties

Patients that have been diagnosed with lung cancer can call 1-800-298-2436 for support. It is important for patients and their families to know they are not alone. There are many who have been affected by lung cancer. Additionally, [www.lungcanceralliance.org](http://www.lungcanceralliance.org) offers many stories of hope from lung cancer survivors.

I hope you have learned some new information. National Lung Cancer Month may be a good time to consider making some changes that could be important to your health.

*Your School Nurse,  
Mrs. Gordon*

### Ingredients

1. 4 Eggs
2. 1/4 cup of white sugar
3. 1 teaspoon vegetable oil
4. 2 cups all-purpose flour
5. 1 teaspoon baking powder
6. 1 teaspoon salt
7. 1 cup white sugar
8. 1 teaspoon ground sugar
9. 1 cup vegetable oil for frying

### Directions

1. In a large bowl combine eggs with 1/4 cup of sugar and beat until thick and lemon colored. Add the oil. Combine separately 1-1/2 cups of flour, the baking powder and the salt. Gradually add this to the egg mixture and beat well.
2. Turn dough out on to a flour board. (Use remaining 1/2 cup flour) and knead thoroughly until dough is smooth.
3. Shape dough into 16 balls. Roll each one into a circle about 5in in diameter. Let stand uncovered on wax paper for about 10 minutes.
4. Heat oil in a deep frying pan to 350 degrees. Fry circles until golden brown, turning once.



*Bunuelos*

# Counselor's Corner

## The Carpenter's House

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family.

He would miss the paycheck, but he needed to retire. They could get by. The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.



When the carpenter finished his work and the builder came to inspect the house, the contractor handed the front door key to the carpenter. "This is your house," he said, "my gift to you."

What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with shock, we look at the situation we have created, and find that we are now living in the house we have built! If we had realized that, we would have done it differently!!!

Author Unknown

### **Moral of the story**

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. **BUILD WISELY!**

**THIS** is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity.

"Life is a do-it-yourself project" Your life tomorrow will be the result of your attitudes and the choices you make today.

**LOVE** yourself, your family, your friends, make yourself and your family and friends proud. Give every project, every homework assignment, every event, your very **BEST** effort!!!

# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Year's
2	3	4 Classes Resume	5	6	7	8 Band Area Try Outs @ Lubbock Cooper
9	10	11	12	13	14	15
16	17	18	19	20	21 Progress Reports	22
23	24	25	26	27	28 Band 2A Try Outs @	29
30	31					

# Varsity Basketball

Date	Opponent	Site	Time	Team
Dec 14	*Denver City	Here	4:30	JVG/VG
Dec 17	*Roosevelt	Here	4:30	JVG/JVB/VG/VB
Dec 28-30	West Texas Invitational	Here	TBA	JVG/JVB/VG/VB
Jan. 4	*Colorado City	There	4:30	JVG/JVB/VG/VB
Jan. 7	*Coahoma	Here	4:30	JVG/JVB/VG/VB
Jan 11	*Post	There	4:30	JVG/JVB/VG/VB
Jan 14	*Forsan	Here	4:30	JVG/JVB/VG/VB
Jan 18	*Stanton	Here	4:30	JVG/JVB/VG/VB
Jan 21	*Denver City	There	4:30	JVG/JVB/VG/VB
Jan 25	*Roosevelt	There	4:30	JVG/JVB/VG/VB
Jan 28	*Colorado City	Here	4:30	JVG/JVB/VG/VB

## Semester Test Schedule 2010

December 13<sup>th</sup>  
December 14<sup>th</sup>  
December 15<sup>th</sup>

Regular schedule  
Regular schedule  
Semester Tests

Odd periods  
Even periods  
Period 1-8:05-9:15  
Period 5-9:20-10:30  
Period 7-10:35-11:45  
Period 9 11:50-1:00  
Period 2-8:05-9:15  
Period 6-9:20-10:30  
Period 8-10:35-11:45  
Period 10-11:50-1:00  
Period 11-8:05-9:15  
Period 12-9:20-10:30

December 16<sup>th</sup>

Semester Tests

December 17<sup>th</sup>

Semester Test/Workday

Tiger Talk  
Slaton High School  
105 N. 20th street  
Slaton, TX 79364

**Merry Christmas!**



**Happy  
Holidays!**



**Happy New Year!**