



HOMECOMING, HALLOWEEN, HUDDLES & HAPPINESS

Spartans gear up for a whirlwind of exciting October events



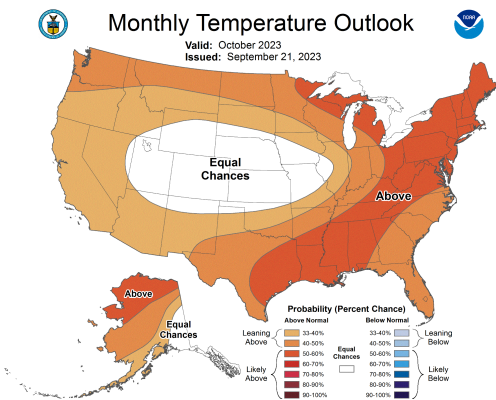
Weather

BY NATHAN MEUNIER

Can you feel that Spartans? It's the spookiest month of the year! And with the coming of October, I bring you the predicted forecast for this month, along with any special weather-related events or expected storms. We can expect the first week and a half or so to be more of the same temperatures as September up until we reach around the middle of the month, with the highs being in the mid-lower 80s and the lows reaching into the 60s. However, later in the month we can expect the highs to be in the mid-upper 70s which I'm sure many of us are going to welcome with open arms (including myself).

In terms of rain, we might not get much rain this month with estimates saying there will be around ~3.4 inches of rain compared to September's and for that to be spread over 4 days throughout the month which is good compared to the weather last month since we will finally get a taste of that fall weather before Halloween at the end of the month (which, as of writing this, will have a high of 72° and a low of 58°). Outside of rain, Hurricane Season will be over in just under two months on November 20th and for those of us in Slidell, we have no storms or hurricanes to worry about so far.

Since there's not much special going on in October other than Halloween, I'm gonna give you some fun weather facts! First up is a weird one, did you know you can tell the temperature by counting a cricket's chirps? Cool right? For the second fact, Daniel Gabriel Fahrenheit (1686-1736) was the man who invented the Alcohol and Mercury Thermometer and also created the Farenheit scale. That's all the fun facts I have for you this month but since there's nothing special happening with the weather this month this is your favorite weather writer, signing off, see you next month Spartans! And I wish you all a great Halloween!



Sports

BY MARIAH WALDEN & KALEILAH DAVIS

Get ready Spartans, it's football season! Mariah Walden here, reporting on your Salmen home team. On Friday, September 8, 2023, our Salmen Spartans played the Northshore Panthers at one of the biggest games of the 2023 football season. The varsity game began at 7:00 but the streets were packed by 6:30! With a home field advantage, our players were more than excited to perform in front of all their friends and family to showcase their new skills against our rivals! The student section of the



GOOD NEWS

- ★ The Salmen Spartans football team is ranked in the top two 4A District 8 Football Standings.
- ★ Lilly Ross was accepted into Southeastern Louisiana University's Honors College and scored in the top percentage on the ACT.
- ★ Ikea Williams was accepted into Grambling State University.
- ★ Yasmine Armstrong was accepted into Southeastern Louisiana University and Northwestern State University of Louisiana.
- ★ Rhett Adam and Kamyra McCray scored in the top percentage on their September ACT.
- ★ A whopping 17 Salmen students are completing internships this year. This is the most internships that Salmen has ever seen.

UPCOMING EVENTS

- ★ **October 2-3:**
Girl's Senior Portraits
- ★ **October 6:**
Parish Fair Day - No School
- ★ **October 9-10:**
Boy's Senior Portraits
- ★ **October 13:**
End of 1st Quarter - No School
- ★ **October 23-24:**
Boy's & Girl's Soccer Tryouts - See Mr. Marlborough
- ★ **October 27:**
Homecoming Football Game against Pearl River High School
- ★ **October 28:**
Homecoming Dance
- ★ **November 9:**
Talented Theater Improv Performance - 6:00 pm
- ★ **November 15:**
Future Focus at Salmen
- ★ **November 16:**
CTE Showcase at Salmen
- ★ **Nov. 20-24:**
Thanksgiving Holidays

bleachers were packed for both teams with screaming fans, rooting for their friends on the field. Tensions were high, everyone on the edge of their seats waiting to see who would take home the win for their school. And drumroll please...it's good Spartans! Tre'mon Joseph, #06 scored the first touchdown of the game in the second quarter, with our kicker Baha Barakat, #85, making the field goal! Having not won against the Northshore Panthers since the 2019-2020 school year, the Class of 2024 has never been successful in beating them, but with a new determined spirit, our 2023-2024 Salmen Spartan Football team got to claim their win and celebrate it with their teammates. It was a great game to attend all around, and both teams fought with all they had! What an awesome game to show our Salmen Pride! Now, let's toss it on over to sports reporter Kaleilah Davis.



Hi Spartans, and welcome back to the Spartan Sports Report. Your favorite, and only, Salmen Sports News source is here! I know you liked the last Newspaper so we're here to bring you more. On September 15, 2023, we had a Home game at 7:00pm vs Bogalusa.



Ummmmm, unfortunately, we took our first loss of the season. The score was 20-39. It was a tough game but I know they can bring it back this week for our next games. We also had some

excellent players who really stood out, despite losing. These players still fought to help the team try to win. The players are Jacobi Jefferson #2 and Jimmy Chauncey #31.

One of the Coaches, Coach Johnson, stated "Salmen and Bogalusa have a lot of history. We've had a rivalry that has been going on for years. I feel that it was a hard fought game on both sides and they made some good plays and we made some good plays. Moving forward we have to concentrate and work on not making little mistakes and continue to work hard."

And this concludes the Spartan Sports News of this issue. I hope you all have a good week and hope to see you at the next games in the crisp October air. Hopefully luck is on our side for the Friday the 13th game!

6	*Lakeshore	H	Friday	10/6	7:00 PM
7	*Archbishop Hannan	A	Friday	10/13	7:00 PM
8	*Franklinton	A	Thursday	10/19	7:00 PM
9	+*Pearl River	H	Friday	10/27	7:00 PM
10	*Loranger	A	Friday	11/3	7:00 PM

Teacher Spotlight: Ms. Fritscher

A Teacher Dedicated to Growth, Community, and Empathy
BY HAILEY BARNETT AND SONNI TALAMO

In the realm of education, there are educators who inspire, guide, and nurture the minds of their students year after year. Ms. Fritscher, awarded the prestigious Teacher of the Year in 2020-2021, is one such remarkable educator. With nine years of dedicated service at Salmen High School, she embodies the essence of teaching excellence. Her story is a captivating blend of teaching methodology, extracurricular passion, and a profound connection with her students.



With nine years under her belt here at Salmen, Ms. Fritscher is always going above and beyond for our school. She teaches Psychology, AP Psychology, and U.S. History. Her duties do not end in the classroom. She is currently the assistant athletic director, and she coaches tennis and girls soccer. In the past she ran the spirit club, student council, and served as a class sponsor. With a motto like, "Good luck, kick butt", she surely does get things done!

Her original motivation for becoming a teacher was to help students find love in her content area, and she currently seeks to make the learning environment a safe place and those students that find joy and love in learning. Ms. Fritscher's role model is her mom. Her mom was a teacher, and she made class fun while helping as many students as possible. Her favorite part of being a teacher is the growth she sees in students over their four years at Salmen along with the relationships she forms with her students, even after graduation. One thing that she loves about Salmen is the community. According to Ms. Fritscher, the Spartans are really a family and have helped her through some tough times. The most important thing that she has learned from her students is to be more patient and empathetic to others, and also to never give up. When she is not teaching or coaching, Ms. Fritscher can be found playing with her two dogs.

From the bottom of our hearts, thank you for all that you do, Ms. Fritscher! Salmen would not be the same without you.

There's No Place Like Homecoming

BY KELSEY LEE

Homecoming is a very exciting night that many highschoolers look forward to. I've interviewed three students who are going to homecoming and are very excited about it.

The first Salmen High School student I interviewed was junior Reginald Tezeno, also known as Reggie. Reggie's plans for homecoming is to get dressed up nice and have fun. For dinner, Reggie says he's going after homecoming because it's better to go after. As for a date, Reggie says he does not have a date because he wants to enjoy one of his last homecomings with his friends. But, for prom he will have a date. For Reggie's outfit, he says he will have a designer suit, shoes, and watch so he can look the best he can. For the music that will be played, Reggie says he wants to hear Lil Baby, Drake, and YoungBoy. Reggie says that when Lil baby comes on he definitely will be dancing, but for other artists he'll be hanging out with friends. After this long night of having fun with friends, Reggie will be going out to eat with friends going to hangout with his girlfriend.



Next I interviewed junior football player Christian Brown. Christians plans for homecoming are to look good, have fun, and have a good time with his friends. Christian says he is not planning on going anywhere to eat before. Datewise, Christian does have a date. His date is himself. Moving on to what Christian will be wearing, he says he hasn't decided yet but just knows he'll look good. Christian has been to homecoming before and he says the best part is when the jig songs come on. The songs and artists that Christian hopes come on will be YoungBoy, Rylo, and Ydtheillest. Christian says he will be both hanging out with friends and dancing. After homecoming

Christian is going out to eat and hanging out with his friends.




Saving the best for last, I interviewed senior Tanya Pratt. Tanya's plan for homecoming is to win Homecoming Queen and have a good time. Much like the others, after the dance Tanya will be going out to eat. Tanya doesn't know if she has a date yet, but most likely will. She is planning to wear a beautiful red dress. Tanya has been to homecoming before, and she

says the best part was winning homecoming court Sophomore and Junior year. For music, Tanya would love to hear SZA, Jhene Aiko,

and Rob 49. At homecoming, Tanyra said she will definitely be dancing. After homecoming, Tanyra is going out to eat and going to after parties with friends.

Along with all the excitement for homecoming, this year's theme is Paris! In all, homecoming for us Spartans will be really fun and I hope everyone has a good and safe time. Au revoir!

Homecoming Spirit Week - Daily Themes:
Monday- Dress for your Class (Freshman-babies; Sophomores- toddlers; Juniors- adults; Seniors- elderly; Teachers- dead/skeletons)
Tuesday- Twin Day
Wednesday- Meme/Character Day
Thursday- Throwback Thursday (Decades)
Friday- BLACKOUT



Spooky Spartans
BY EHRYEL WADE

Autumn. Autumn. Autumn. Autumn is the best time of the year. It’s when everyone dresses in their cute fall colored clothes. It’s time for the haunted houses, and scary amusement walks. The only time of the year you can eat candy all night and day just because you knocked on a door and said “TRICK OR TREAT”. The time of the year when you can dress up as whatever you please. All because of a holiday called Halloween. Now even though not everyone celebrates it, or we may not have the day off...it’s still the time of the year most people look forward to. To hang out with friends and a family, throw costume parties, and much more.

I asked a few students what their favorite part about Halloween was. Some said it's the candy and dressing up, while others said the parties and the haunted houses. I then asked what their plans were for Halloween. Kierston Collins said she was going to a Halloween party, Da’ja Lightell said that she was probably going to a haunted house, and Marlon Alexander said he was going to walk his little sister down the street. A lot of the students like to debate on what the best halloween candy is, so I asked a few of them. Aeneas Toney said snickers are the best, but Tiyyon Lane disagreed and said Reese’s are her favorite candy, then Jaylynn Hamilton came and disagreed with the both of them and said candy corn is better than both of their choices. You can answer some of the questions like what are your plans for Halloween? What is your favorite thing about Halloween? Are you dressing up? What will your costume be? What is your favorite Halloween candy? What was the best costume you've ever had? And most importantly, what is your favorite scary movie? Let Mrs. Yates and the newspaper staff know some of your cool ideas. Stay spooky, guys and ghouls!

Club Spotlight: E-Sports
BY GENEVIEVE DEBARBIERIS



Calling all gamers and spectators! Enjoy Nintendo, Xbox, Playstation, and VR? Enjoy multiplayer games like BeatSaber, Super Smash Bros. Ultimate, Mario Kart, and more? Want to also partake in fun tournaments with prizes and shirts that say “Champion” on the back? Want a club that really feels like a family? Then the time’s now to join Salmen eSports!

Salmen eSports usually meets after school in Room 205 or 103 on Tuesdays and Wednesdays from 2:40 PM to 4:15 PM. Aside from playing video games, we’ll chat about games, characters, shows, anime, and cheese (we’ll tell you about that joke if you join us)! We eat some snacks, and even have some yelling or jokes in between, but it’s all in good fun and friendship! If you need a quick break from strenuous work, this club is the perfect remedy! If you’d like, you can even bring your own console, controllers, and games to play. And if you don’t, that’s fine too! We don’t mind sharing our controllers so long as you respect us and our property. That’s the only significant rule! Anyone and everyone is invited to join us at any time. We have members from all grade levels in the club, but we’d love to have more showing up!

If you aren’t sure about which dates eSports will specifically meet or have questions and concerns, please join our Google Classroom! The class code is *tyteo2w*. Tentative practice dates, tournament dates, cancellations, and other important information will be listed there. If you’re still unsure about whether or not you should join, please ask the members and sponsors themselves! Our sponsors are Ms. LeBlanc and Mr. Kyle, and our president is Elias Brunet. Other veteran members and tournament players include Skye Gant, Hayden Matherne, and Shawn Rogers.

Once again, we’d love for you to join us! Whether it’s to watch, play games, or eat snacks, just come over if we’re meeting today! Who knows, maybe you’ll even want to come again tomorrow! Let the good times roll in Salmen eSports!

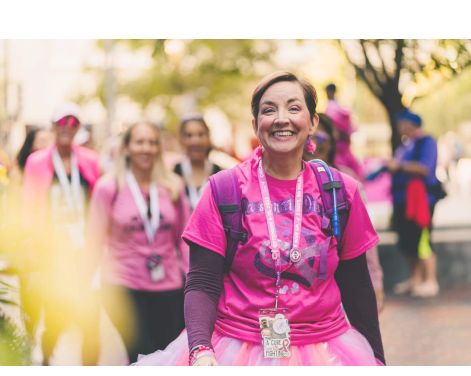
Cancer Awareness: Spartan Survivors & Supporters
BY AMARI OUBRE

Spartans! It’s now October. The weather is starting to change, schoolwork is starting to get a little hard, more events are happening. But, through all of that it's Cancer Awareness month! This month we celebrate all the people who were affected by Cancer. Those who sadly passed away and those who survived it. And for Cancer Awareness Month we wear PINK!

As a community here at Salmen we should recognize the people here that survived or were affected by cancer. I had the honor of interviewing a few cancer survivors here at Salmen. In the interview they talk about their walk to get over cancer, how it affected them, and how you can help those affected by cancer.

Starting off I interviewed Salmen’s registrar/secretary, Mrs. Cindy Boudreau, who has survived from cancer for 9 years now. Mrs. Boudreau says that cancer affected her life by appreciating more things in her life. She wishes that more people would understand that it's not the end of the road once you get diagnosed with cancer. She believes that you’re already a survivor once you're diagnosed. “Sometimes you just need somebody to listen to you,” she says. And some ways the public can help those affected by cancer is to get involved into places that do fundraising.

I also interviewed Mrs. Alexa Yates, the Salmen English III and Speech teacher. Mrs. Yates was diagnosed with stage IV Hodgkin’s Lymphoma during 2020. During the time of her diagnosis she learned a lot of hard lessons. She says the best thing she learned was not to sweat the small things in life and treat everyday like a gift. Mrs. Yates wishes that more people would advocate for themselves when



something is wrong. “You know your body best, and if you don’t feel right, keep trying to get to the root of the problem.” There are ways you can help those affected by cancer by donating to charities and participating in fundraisers. Mrs. Yates advises that if you know someone with

cancer check on them regularly. It means a lot knowing someone cares.

Lastly, I also had the chance to interview Mrs. Leblanc, Salmen’s school-to-work coordinator, Broadcast teacher, and a passionate cancer supporter. She says that cancer affected her life by taking some of her loved ones. She wishes more people understood how important it is to get checked. She also states that remembering that men can also get diagnosed with cancer. She suggests making sure you do your checkups because they are very important and you never know what a small illness can lead to. Mrs. Leblanc advises that to help those affected by cancer you can donate to the right organizations, attend events that spread awareness, etc. Mrs. Leblanc does a cancer walk every year to show her support for her and her loved ones that she unfortunately lost to cancer.

Ask Dr. Cornwell - Advice Column

BY VERNES KEELER

Dear Dr. Cornwell,

I'm thinking about asking a girl to Homecoming but we are just really good friends rn. How do I ask her without messing up our friendship if she says no?

Help me out!

Signed,
Best-Friendzoned

Dear Best-Friendzoned,

This is a common problem, so don't overthink it. Some might tell you not to risk it. Based on my expertise, you should take the chance. I won't lie to you. The easiest thing to do in this situation is just ask, but don't just do it out of the blue. Ask her to go out somewhere casual first, and tell her how you are feeling. If she’s a true friend she’ll understand regardless of her answer. If it works it works, and if it don’t it dont. Like Wayne Gretzky said, “You miss 100% of the shots you don't take”. Good luck, and I’ll see you on the dancefloor.

If you are in need of some tips and tricks in navigating this crazy thing called life, simply slip your letter under the door of 207. Make sure to address it to Dr. Cornwell!

Mystic Jazmin’s Magical Astrology Corner

BY JAZMIN GREEN

Aries(March 21st-April 19th) for the month of October communication if key! “Seek understanding then to be understood.” Listen to every person you talk to and think about your words before you say them and every conversation shall come out in your favor.

Taurus(April 20th-May 20th) for the month of October an emotional transformation is likely for you. This means you could be maturing and even implementing support to boost your maturity such as meditation and self reflection. This could help in relationships, financial decisions, & personal development as you experience your life. (continued)



Gemini(May 21st-June 21st) in the month of October it may start off very hectic and chaotic. I see you’ve likely taken on too much responsibility for this month, but do not let this overwhelm you because I believe around the middle of the month will start turning up for you. Never lose sight of your goals.

Cancer (June 22nd-July 22nd) in the month of October I see self reflection and self appreciation. If you are feeling overwhelmed, treat yourself to something you like. It might just tune your spirits for the month.

Leo (July 23rd-Aug.22nd) in the Month of October I see a bit of instability in relationships. As tough as that may seem at that moment it may be time for a fresh start. I see this transformation boosting your personal life and you may even welcome new people who will support you.

Virgo (Aug 23rd-Sept.22nd) in the Month of October I feel that this month is an important time to figure out your mind. Your thoughts are messy and unorganized. Think of your mind as a filing cabinet and take out one folder at a time. This may help in your communication skills and public and or private speaking skills.

Libra (Sept.23rd-Oct.22nd) may the month of October be in your favor. Happy Birthday to our October Libras. This is a major step in your life that may just start new beginnings and a new chapter of your life. Just make sure you go in the right direction.

Sagittarius (Nov.22nd-Dec.21st) October should be a month of activities and communications. Going out with friends can improve your social skills. Get involved in October activities and your relationships will flourish.

Scorpio (Oct.23rd-Nov.21st) Happy Birthday to our October Scorpions. I see a manifestation that you wanted to come true happening in your October. While Manifesting make sure you are taking good care of your health (mental and physical) as not paying attention to them can lead to a spiral.

Capricorn (Dec.22nd-Jan.19th) This month will be a month full of choices for our fellow Capricorns. Your choices are important as they can make and break your future so I could tread lightly. Good luck to you capricorns.

Aquarius (Jan.20th-Feb.18th) I see you may be avoiding something. Just remember the sooner you confront the problem the sooner it goes away. Take time to access your October and plan it out and then act on it.

Pisces (Feb.19th-Mar20th) I see you may be learning something new. This should turn out in your favor so this month would be a good month to invest yourself in a new language, skill, or hobby.

What should you be for Halloween?



FIRST LETTER OF YOUR NAME:	BIRTH MONTH:	
A: Spartan	O: Skeleton	JAN: Riding a bike
B: Hot Dog	P: Banana	FEB: Juggling pumpkins
C: Ghost	Q: Nurse	MAR: With two heads
D: Pumpkin	R: Cheerleader	APR: Holding a lightsaber
E: Athlete	F: Dog	MAY: With a beard
G: Superhero	S: Fairy	JUN: That glows in the dark
H: Cat	T: Astronaut	JUL: With sunglasses
I: Police Officer	U: Alien	AUG: Wearing a tutu
J: Pirate	V: Doctor	SEP: That is undead
K: Zombie	W:Mummy	OCT: Without a head
L: Cowboy	X: Ketchup	NOV: With a mustache
M: Turtle	Y: Clown	DEC: With a mullet
N: Vampire	Z: Celebrity	

Comic Relief

BY BRADLEY PAGANO

