



DEAR SANTA, WE CAN EXPLAIN...

Naughty or nice, students, faculty, and staff prepare for the holidays

GOOD NEWS

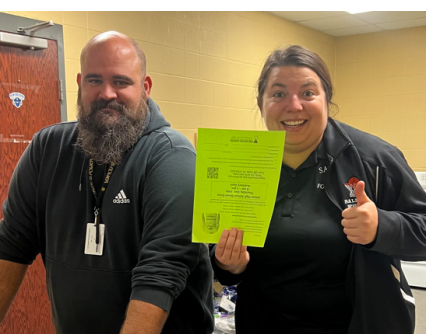
- ★ Mrs. Charity LeBlanc was accepted into University of Louisiana at Monroe to complete her Master’s degree in Educational Leadership Technology.
- ★ Shawn James got accepted into the University of Jackson, Clark Atlanta University and Xavier University.
- ★ Seniors taking the Workkeys are scoring exceptionally well.
- ★ Jamari Morris got accepted into Holy Cross University and University of Notre Dame. He was awarded a \$65,000 scholarship to the University of Notre Dame.
- ★ Brooklyn Gordon was accepted into University of Louisiana Lafayette, Southeastern Louisiana University, and University of Southern Mississippi
- ★ Adriyanah Lovell was accepted into Delgado University
- ★ Rhett Adam was the first student in Salmen High History to get matched with the QuestBridge National Scholarship. Rhett Adam was matched with Vanderbilt University and was awarded a full ride scholarship
- ★ ACT banners have been delivered and hung up in the front of the school for our students that made a 28 or higher.

Don’t Be A Grinch, Give Blood!

BY SAGE BRUMFIELD



Don’t be a Grinch, come support Girls and Boys soccer blood drive. The Blood Drive will be held in the Auxiliary Gym on Thursday, December 14th from 8 am to 1 pm. It takes 30 minutes to save a life. Giving just a small amount of blood can save countless others. Where would the blood go? The blood goes to any person in need of it. This holiday season, commit to helping others in their time of need. Your one small act of service could make a huge difference to someone else. What better gift can you give to your community?



This is for Juniors and Seniors only. If you choose to donate, you will receive a free shirt and snacks. If students donate blood during their senior year, they will receive a red cord to wear for graduation. Who is eligible to donate? If you are at least seventeen years old, you must

weigh at least 110 lbs. If you are sixteen years old, you must weigh at least 130 lbs. Appointments are preferred. You can go to https://www.tbcdonors.org/donor/schedules/drive_schedule/50608 to make one! Please see Ms. Fritscher or Mr. Marlborough for more information.

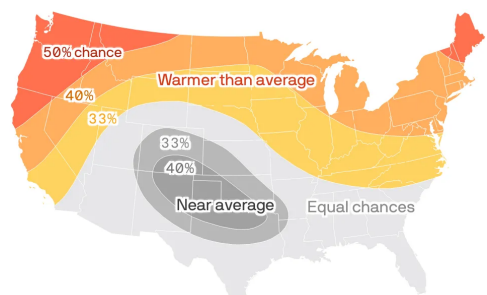
Weather

BY NATHAN MEUNIER

Hellooooo Spartans! I hope November has treated you all well! This go around we will look at the weather for December along with any weather-related events that may or may not happen. So without further ado, let's get started. The temperature for December ranges anywhere from the mid-70s to the low 50s, with an average of 68°-62°. It will be coldest in the days surrounding Christmas, with temperatures reaching as low as 40° and as high as 63°.

In terms of weather events, there doesn't seem to be much happening during December, no storms or anything of the like. It will get pretty cold though so a few extra layers or a warm jacket is still recommended, even if there's no special weather this month. Despite the lack of special weather, we had some rainfall throughout December, with an average of 2.68 inches of rain and about 13 days throughout the month.

Winter 2023-24 temperature outlook
December 2023 through February 2024



To conclude, this month should be a bit rainy and plenty cool. Before we part ways once again, how about some winter weather facts? First up on the fun fact podium is that during the winter, the earth is the closest to the sun, which is odd since winter is generally cold. Next up, the word winter comes from the Germanic winter which in turn is derived from the root word ‘wed’, meaning 'wet' or ‘water', and so signifies a wet season. Lastly, the coldest temperature ever recorded during a UK winter was -27.2 °C or -16 °F. That concludes this year's selection of weather articles and I will wish you all a Merry Christmas and a Happy New Year!

UPCOMING EVENTS

- ★ **December 11-12:**
ASE Automotive Certification Testing
- ★ **December 11-15:**
Holiday Spirit Week
Khaki bottoms are REQUIRED
Monday 12/11- Santa Hat Day
Twinkle Tuesday 12/12- Wear something shiny or blinky!
Wednesday 12/13- Ugly Sweater Day
Thursday 12/14- Elves vs Reindeer (Elves wear green shirts and reindeer wear antlers)
Friday 12/15- Clash of the Carolers (Freshman- wear Gold, Sophomores- wear White, Juniors: wear Green, Seniors- wear Red)
- ★ **December 14:**
Blood Drive - Juniors and Seniors
If you donate twice during your senior year, you will receive a red cord to wear at graduation. We will have a second blood drive in the spring
- ★ **December 15:**
Choir and Jazz Concert - 6:00 pm
- ★ **December 19-22:**
Exam Week
- ★ **December 22:**
Half Day - End of 1st Semester
- ★ **December 25 - January 5:**
Winter Holiday Break
- ★ **January 15:**
Martin Luther King Holiday - Schools Closed

Welcome Spartans! I hope you had a fun and relaxing Thanksgiving Break! The football team had a very good season this year, coming to end with a score of 9-3. Although their season is over it's now time to let our other sports shine, like our boys basketball team.

They have been doing very well this season. They have created an impressive winning streak against NOMMA, H.L Bourgeois, and Destrehan, also their win against Warren Easton the other day. They are 4-2. Led by Coach Rushing, Coach Young, and Coach Ro. According to Head Coach Rushing, “The strength of this team is the core seniors. They’ve been a part of this program longer than I have and they are the heartbeat to the program. Our success this year is a direct result of the hardwork and dedication they have put into their final season.” All of our players are really talented athletes. Coach Rushing explains, “Shawn Washington and Jeremiah Carter are our



leading scorers this year. However, there is so much more to a basketball team than the leading scorers. We have a great group of students who are doing their part in different ways to make us successful. Whether it’s Chase Thomas getting us into the right spots as the point guard, Anthony Gusman and Ty’ler Jones playing lockdown defense or Tre Hartley being an Swiss Army Knife on the court

doing whatever the team needs at any given moment.” Their next home game is December 5th Vs Riverdale so we need ALL Spartans to show up and show out. When asked about the future of our team this season, Rushing said, “I feel like we have a strong and solid squad who can definitely compete for a district championship and more. We are still growing as a team and constantly improving and I’m anxious and excited to see our growth along the way.”

Likewise, the girls basketball team has also been doing well this season, as they are 4-3. Again, there are some really good players, but the ones that stood out are Destiny Bennett, Kendal Thomas, and Zoe Nastasia. As shown on MaxPreps, those 3 have made player of the week. Their next Home Game is December 1st vs Hahnville.



Last but not least, soccer season is now in session. The girls soccer team, coached by Ms.Fritscher, had their first home game of the season on Monday November 27. They went against Bonnabel. Unfortunately they did take a loss, but we all know that they will get right back up and make a comeback at their next home game which is December 4th vs Haynes Academy. The boys soccer team, coached by Mr. Marlborough, had their first home game on Wednesday the 29th vs Slidell. They did tie, but we will count that as a win! Alright that is all I have for you. Have a Good Day and TIS THE SEASON.

Season’s Greetings From Our Spartan Students, Faculty, & Staff
BY JAMAL MCDONALD & KELSEY LEE

It’s beginning to look a lot like Christmas! As we enter the holiday season, many members of the Spartan family are excited for the festivities ahead. In honor of Christmas being right around the corner. Student Interviewer, Kelsey Lee, asked three students from Salmen High school to see what they’ll be doing for these two weeks off. In all, we are very excited for this break.

Diary Banks, who is a junior, is eagerly awaiting the break. For Christmas she wants concert tickets to whoever she can get them for. Over break Diary will be hanging out with her friends, working, and having Christmas parties with family. Diary is excited for this break because she will be able to sleep in as well as have less stress with school work.

Tayden Walker, a sophomore, is equally excited. For Christmas Tayden says he wants the lego titanic and meta quest. With these two weeks off, Tayden will be sleeping and eating. He is excited about the break because he can be alone and have no school.

Lastly, junior Kyla Harrington is counting down the days until our break. For Christmas, she is hoping to get her ugg slippers. Over this break she will just be laying in her bed on her phone. Kyla, as well as everyone else is excited for this break because no school.

Staff Interviewer, Jamal McDonald, asked many of our Spartan staff how they will be spending their holidays. This is one of Ms. Donald’s favorite holidays. Christmas is a time of being thankful, and grateful. Ms. Donald is thankful for her family, friends, good health, and being blessed. Ms. Donald loves spending time with family and friends, along with relaxing. She states that she wouldn’t have it any other way. She loves listening to Christmas music, shopping, and spending time with her family. Ms. Donald’s favorite Christmas dinner is sweet potato pie because as a kid she would grow up making them with her grandmother, and she has a rockin’ sweet potato pie recipe! To Ms. Donald, Christmas means going to church to celebrate Christ. For the Christmas holidays Ms. Donald is excited about looking at Christmas lights with her family, decorating the Christmas tree, and enjoying the spirit of Christmas. Christmas is not about the getting or receiving of gifts, it’s about loving one another.



Much like Ms. Donald, Ms. Mary Jackson is eager to experience the magic of Christmas. For the holidays, she is going to visit her daughter in North Carolina. Ms. Mary absolutely loves to give gifts. She likes being with family and spoiling them with presents. To her, the true meaning of Christmas is spending time with family and friends. Ms. Jackson is most excited about taking a ride to see her daughter and putting up Christmas lights. Her traditions for Christmas are putting up Christmas lights and decorating the tree. Much like her, Ms. Mary’s husband likes decorating by putting up reindeer and blowing up Santa Claus inflatables, along with a sleigh. Similar to Ms. Donald, she loves to cook, and loves to bake sweet potato pies.

One of the jolliest Spartans on Campus, Ms. Hanna, cannot wait for our holiday break. Ms. Hanna’s plans for the holidays are to go back to the Netherlands, a city in Europe where she grew up as a child. She plans to go to the Christmas Markets, ice skating, snowboarding, and hiking. This Christmas, she is most excited to spend time with her family, because as a child she didn’t really have a family. Family is the most important thing in life because not most of us have families, so we are lucky to have people that care. As a Christian, Ms. Hanna loves celebrating Christmas by celebrating the birth of Christ. To her the spirit of Christmas is passionate and empathetic. Sometimes, the holidays are quite hard for some people, because some of us don’t have anybody to spend it with. Christ gave back to his community, so we could live and be happy, if Christ didn’t suffer his body for us none of us would be here today. Every single Christmas, she volunteers for a soup kitchen and Toys for Tots. On Christmas, she brings presents to the foster children. Another Holiday tradition that Ms. Hanna does is watch Christmas Movies, and she adores watching *Sleepless in Seattle* and Grinch movies. Her favorite Christmas dishes are smoked prime ribs and smoked brisket. This year, Ms. Hanna and her Fiance are creating a new family tradition by taking their son on a trip to the Netherlands, where they're going to be popcorn-ball making, and Christmas Morning, Ms. Hanna is going to have her son ride on reindeer. Sounds like a magical time!



Last but not least, Mr. Rogers plans to be on the “nice list” this year. Mr. Rogers is excited for the holidays so he can spend time with



family and recover from Thanksgiving. This Christmas, Mr. Rogers is most excited about seeing his daughter, son, and also spending time relaxing. To Mr. Rogers, the true meaning of Christmas is giving, and taking care of other people/family, and showing others love. His traditions are getting together with family, and going to view Christmas lights. His favorite Christmas dish is Mashed Potatoes, and his favorite dessert is Pecan Pie.

From our newspaper staff to you, have a happy holiday break!

Teacher Spotlight - Ms. Mouton

BY EHRYEL WADE

The best teachers are the ones who are willing to go out of their way to help their students. Often described as outgoing and kindhearted, Ms. Mouton is an Algebra 2 and 3 teacher here at Salmen. To become a teacher, Ms. Mouton was inspired, because when she was little she played school a lot. Also, during her years in junior high she admired this one teacher, which gave her even more confidence to become a teacher. A phrase that she lives by is, “This too shall pass.” Ms. Mouton's son is her greatest motivation. She stated, “I want to be the greatest I can be for him so that he can achieve and pursue whatever he wants to in the future.” Her sister, as well, is a significant role model to her. She explained that her sister exemplifies everything she would want to be and looks great doing it. Ms. Mouton enjoys game nights and binging classic tv shows/movies, and she also loves reading along with writing in her free time. Her favorite thing about her job is the fact that she is able to be with her family during the weekend, holidays, and evenings. Ms. Mouton says that the best thing about being a spartan is the colors that represent us. “Black & gold go great together!” Some of you may have not known that Ms. Mouton actually graduated as a Spartan in the class of 2012. Ms. Mouton has learned many lessons from her students. She said her most valuable one was to stay positive. Thank you Ms. Mouton! You are the best!



Club Spotlight - Yearbook

BY QADIR ABDULAHAD

Ever wonder who makes the yearbooks? Is it a professional and certified crew of skilled students? Well... yes, Salmen High School has its own yearbook staff on campus. The group is composed of students from various grade levels this year and headed/sponsored by Ms. Theresa Seruntine. Here, students work in photography, design, and editing to make the best appearance possible for the yearbook. Though having a new sponsor, who was also a new teacher here at Salmen last year, it began in a bit of disarray and the lack of members at the time did not help. This year, however, many members agree that it is far more organized and creatively free, according to those who are returning from last year. Meeting on a weekly basis, every Wednesday to discuss roles in editing, organization, and photography. Returning members include Nathan Meunier, Kennedy Warning, Rhett Adam, and yearbooks' intern Mariah Walden. Newest members joining this year include Destiny Anthony, Tyrone Johnson, and yours truly.

Students interested in joining can expect to gain experience working in a welcoming and mostly professional environment. Described by members as cozy, lively, fun and accepting. If you are interested and you want to join this year it does not seem likely. However, those interested in joining next year can join simply by coming to see Ms. Seruntine in room 705. Those interested in entering Salmen’s digital media class will be in the best position since the Adobe programs

taught can be used to assist in efforts to edit photos and work on design projects. There will be a number of open positions since sadly many members are seniors and most likely be off into the world, but there will be more than enough people to assist any future members. Plus you get to help bring the memories fellow students have made and put them on a page of the yearbook. These are memories that could last a lifetime.

Depression - It’s Not Just a Phase

BY MARIAH WALDEN

With the holidays quickly approaching, it is important to remember that this may not be the most wonderful time of the year for everyone. Depression is a mental illness that can take form in many different medical conditions. Based on a study conducted by the World Health Organization on November 17, 2021, 14% of children from ages 10-19 have mental health conditions across the globe. In the same study, suicide was known as the fourth leading cause of death in people ages 15-29 to this day. Some of the most common misconceptions about depression are that it can be wished away, or that it only affects women, or that being depressed is a sign of weakness. If suicide and mental illness is one of the leading causes of death in adolescence, then why is it so widely dismissed?

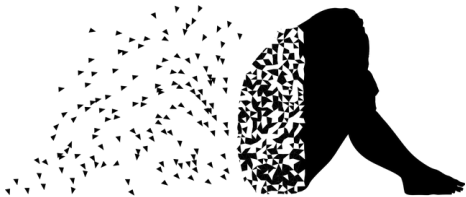
As of 2023, 16.39% of teenagers 12-17 have suffered from at least one major depressive episode within the past year. A study recorded by Mental Health of America (MHA), states that there was a significant boost in depression due to the hardships many faced during the COVID-19 pandemic. In fact, 24% of high school students reported that they did not have enough food to eat during the pandemic. The majority of us students can all agree that school work has gotten a lot harder to manage. Well, you are not alone because 67% of teens in the US have all reported just that. 55% of public school students experience emotional abuse at home and 11% of those students also reported to be enduring physical abuse in the home. On a wider scale, over 2.7 million young people have experienced severe major depressive episodes. Interestingly enough, students of mixed race were reported to have the highest rates of major depressive episodes coming in at 16.5%. Just to put that in perspective, that is about 123,000 young people. Unfortunately, many of us are too afraid of seeking treatment for fear of not being believed, dismissed, or simply cannot afford it. In 2023, 59.8% of young people in the U.S. with major depression have not received any kind of treatment for their mental health.

Becoming a young adult seems like such a long and difficult experience on its own. When factoring in trying to find that perfect balance between school and work while still being told “you only get to be a kid once, so enjoy it”, being bullied, maintaining relationships, or having to come home to an emotionally or physically abusing household, life can seem like it’s crumbling at your feet. As a teenager, you are still trying to find yourself, but it becomes increasingly harder when you have mental disorders like severe depression, and the whole world is telling you that you are “too sensitive”.

When you get in a car accident, you can incur a number of injuries, so you must act fast to ensure that you don’t sustain any permanent damages, like becoming paralyzed. Treating mental disorders needs to be treated with the same urgency. Telling someone to brush off their illness causes so much damage, and also leads to unhealthy



copng habits like substance abuse, mistreatment of others, and permanent actions like suicide. Something to remember this holiday season is to be kind, you have no idea what the person next to you goes home to. Ask someone how they are doing, check on your peers, you could be saving a life. Please continue to have these conversations because spreading awareness is so important. If you need someone to



talk to, we have a Safe Promise Club at Salmen hopes to help prevent suicide. There are signs hanging at different places in the school with lists of people within the school that are open and willing to talk and help you. If you are having suicidal thoughts, just turn around your ID and call the number on the back. To reach the Local Suidcide Prevention Hotline, just dial 211. The National Suicide Prevention Lifeline is 1-800-273-8255 and if you have something to report, like bullying, self harm or you know someone in danger, text or call Crimestoppers at 1-877-903-7867. This Christmas, let’s make sure to take care of ourselves and others. Here’s to a healthy holiday season, and a hopeful new year.

Ask Jovie the Elf - Advice Column
BY MARIAH WALDEN

Dear Jovie,
Me and my bf are seniors and have been together since freshman year. I want him to get me jewelry for christmas but he says he can’t afford it. ofc he has money to spend on himself tho!! Does he just not think I’m worth it??? Should I get over it or should I bring it up again? Also my friends think we should break up!!

Help me,
Christmas Crisis

Dear Christmas Crisis,
Congratulations on making it through almost four years together! But, I wouldn’t jump to conclusions and say that he doesn't think that you aren’t worth spending money on. Maybe he already has a gift or a special date all planned out for you? He might have money, but remember we’re still 17 or 18 years old, and we don’t have it like that! Something is telling me there is more to the story, but for now just calm down and be in love! If there are issues within y’alls relationship, talk to each other before you run to your friends, because they can shift your opinion on the situation before you even get a chance to talk to your partner. But if in your heart, you are ignoring some other red flags for the sake of being in a relationship, GIRL RUN!

Sincerely,
Jovie the Elf

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!

Comic Relief
BY BRADLEY PAGANO



STPSB SPARTAN SHOUTOUTS

"The high amount of pride at Salmen High helps give me the motivation and confidence I need to complete my job every day."

Paraprofessional Merix Batiste finds the favorite part of his job to be working with students. Each day, he sets out to help as many students as possible overcome any challenges they face.

#LeadStrong #FutureReadySTPPS



A new monthly student-led newspaper is now being created at Salmen High called the Spartan Chariot. Shout out to the student leaders in the newspaper club! You can view each month's edition by visiting salmenhigh.stpsb.org/our-school/spartan-chariot-archives

#LeadStrong #FutureReadySTPPS

