



ROSES ARE RED, VIOLETS ARE BLUE

Mardi Gras is coming, and Valentine's Day too!

GOOD NEWS

- ★ Tamia Agnew was accepted to Southern University of Baton Rouge and Xavier University with a scholarship award of \$14,000.
- ★ Saniya Jones was accepted to Southeastern Louisiana University
- ★ Emmanuel McCray was accepted to LSU
- ★ Tre'mon Joseph was accepted to Texas College University & Jackson State
- ★ Janiya Miles was accepted to LSU, Southeastern University, Mississippi State University, Jackson State University, ULL, West Virginia University, Arizona State University, Dillard University, University of Oregon, Grambling University, Xavier University, and UNO. She was granted \$70,000 in scholarships.
- ★ Yasmine Armstrong was accepted to Georgia State University, Grambling, Dillard University, Prairie View A & M University, Texas Southern, University of Houston, ULL, Louisiana Tech University, LSU, North Carolina AnT, Claflin University, and UNO.
- ★ Sanford Johnson was accepted to Texas A & M and received a \$16,000 scholarship.
- ★ Amari Oubre was accepted to Morgan State University in Baltimore, Maryland.
- ★ Jailin Hamilton was accepted to Nunez Community College
- ★ Danylah Matthews was accepted to Jackson State University
- ★ Maleyah McGary was accepted to North Shore Community College
- ★ Yasmine Samuels was accepted to Southern University and A&M College
- ★ Kennedy Warning was accepted to Southeastern Louisiana University
- ★ Dinahia Brown was accepted to Nunez Community College
- ★ Keith Durel was accepted to Tuskegee University, Fort Valley University, Clark Atlanta University, Florida Agricultural and Mechanical University.
- ★ Gabriela Ham was accepted to LSU and she was awarded a \$48,000 Merit Scholarship
- ★ Jalen Honore was accepted to Universal Technical Institute
- ★ We currently have 64 seniors who scored a silver and 15 seniors who scored a gold on WorkKeys.

Want to submit more good news to be published in our next issue? Email Alexa.Yates@stpsb.org, or stop by room 207.

UPCOMING EVENTS

- ★ **February 7:**
Honor Roll Breakfast
- ★ **February 9:**
Salmen High Mardi Gras Parade
- ★ **February 12-16:**
Mardi Gras Break - Schools Closed
- ★ **February 28:**
Blood Drive
- ★ **February 29-March 1:**
Salmen High Spring Play
7:00 pm-10:00 pm in the cafeteria

- ★ **March 15:**
End of Third Quarter - No School for Students
- ★ **March 26:**
Junior Ring Ceremony
6:00 PM - 8:00 PM
Salmen Jay Carlin Gym
Students arrive at 5:15
Dress Code: Sunday Best (No Jeans)
- ★ **March 29-April 5:**
Spring Break - Schools Closed

Be Your Own Valentine - A Note of Encouragement
BY AMARI OUBRE

Heyyyyy Spartans!!! I hope 2024 has been good to everyone so far. I bet you are all excited for the many new festivities coming up. We're almost to the end of the school year, and Mardi Gras and Valentine's Day are also upon us. So, does everyone have a Valentine?

Valentine's Day is a day filled with love and happiness. I think it's important to spend it surrounded by people you love, doing things for yourself, etc. Valentine's Day can be a little rough for a bunch of people. Some people don't have anybody to spend it with, or maybe if they do, they can't spend time with their person on that day. I feel like Valentine's Day is getting normalized to celebrating it only when you're in a relationship with someone. But what about all of the singles out there?

If you don't have a valentine this year, I encourage you to do something for yourself! Go on a walk, buy yourself something, get some roses, etc. Any form of self love is really important and it goes a long way. You could even get your parents or friends a gift. You don't need a valentine to get a gift! Just remember that you are loved, you are worthy, and you deserve happiness. Enjoy your Valentine's Day everyone!

Weather
BY NATHAN MEUNIER

Hello Spartans! Welcome back to the news, everybody. I hope you're all doing well and are prepared for another month of wacky Louisiana weather. To start, the temperatures could reach anywhere from 53°-66° throughout February which leaves us with a cooler month but not a freezing one. We did receive some surprise hail at the beginning of the month, but that was a pretty unexpected event. Hail yeah, though! As far as rain goes, there are possibly 4 days where it might rain and there will be somewhere around 2.36 inches of rain total. For Mardi Gras the weather looks cold with a high of 57° and a low of 51° so make sure to bring some extra layers with you this year.

The only special bit of weather this month is that there is a possibility of flooding around Mardi Gras so either bring an umbrella

or check the weather frequently so you don't get wet during the parades. Besides that, it seems like there are no more significant weather events for the rest of the month.

To end off this month's article, let's throw out some more weather facts! Did you know that there are an estimated 6 million lightning strikes a day? Did you know the wettest place on Earth Is Mawsynram, Meghalaya, India? They get around 11 meters of rain a year (433.071 inches)! The lowest temperature ever recorded was on July 21, 1983, in Vostok, Antarctica, with the temperature hitting -89.2°C (-128.5°F). And with that we are officially done with yet another month of talking about weather, stay safe this Mardi Gras Spartans and I hope you all enjoy your break!

Sports

BY KALEILAH DAVIS

Happy Mardi Gras!! Wow, it is hard to believe that we are already in February, and how fast the time rolls! (Get it? Because the Mardi Gras saying is “let the good times roll”...). Anyway, our boys basketball team had a home game on February 2nd, so I hope you went and cheered them on! Not only was it the Basketball Sweetheart Game, but also they took home 3 Wins! The girls varsity and junior varsity team dominated against Pearl River, with a score of 69-36. Similarly, the boys varsity team also had a win against Pearl River with the score of 86-46. A special congratulations to Destiny Bennet who won Queen for the Basketball Sweetheart. The next boys basketball game is Monday February 5th at 7:00pm. And, the next girls basketball game is Tuesday February 6th at 6:30pm. So make sure you show up and show out!

Soccer season did come to an end, so if you see any soccer players, congratulate them on their season. Boys ended their season with a score of 2-8, and Girls ended their season with a score of 1-6. Anyway, that's all for sports this month! Have a good Mardi Gras! LAISSEZ LES BONS TEMPS ROULER!

Club Spotlight - Lighthouse/Leader In Me

BY GENEVIEVE DEBARBIERIS

As Black History Month quotes are now called out by students on the morning announcements, artwork of a revitalized Spartan painted on the walls, and questions murmuring around as to what’s next, the Lighthouse Team may deliver brilliant news!

The Lighthouse Team is a new student-led club intended to make the bland, lifeless hallways a more interactive place! Every other week on Mondays, the Lighthouse team meets in Room 206 to discuss new plans as to what we should do this year for the student body. This includes recent projects such as the Black History Month announcements, wax figures, a wall mural, and more to come as the club plans new invigorating ideas and events for the students to enjoy

as the school year goes by. The members aren’t only devising activities for today, however; they’re also planning even better and more thoughtful projects for next school year! Stay tuned.

The members, both students and teachers,

hope for aspiring accomplishments to come from the events. “The lighthouse is a very student-led interactive group, which not only allows us to voice our opinions, but to make them become reality,” says Andray Smith.



Principal Jacobs is also elated to learn more of what’s to come from Lighthouse.“They are little idea generators. They have the school’s best interests at heart. They’re leaders in training.”

Of course, the Lighthouse Team needs the student body’s feedback to make meaningful improvements. Please ask or suggest anything to our student members, including: Kristina Blair, Samantha Burns, Khalil Carroll, Genevieve DeBarbieris, Brooklyn Gordon, Celeste Heard, Kamyra McCray, Isaac Salinas, Andray Smith, Mariah Walden, Kennedy Warning, Kayla Watson, and Joe’marrious Winters. You may also talk to staff members such as Ms. Carter, Ms. Glover, Ms. Hanna, Coach Rushing, Ms. Prevost, Mrs. Mangus, Mrs. Jacobs, Mrs. Peffley, Mrs. Yates, Mr. Marlborough, Mrs. LeBlanc, and our sponsor Mrs. Windhorst. For now, let’s put first things first, but still begin with the end in mind!



Teacher Spotlight - Ms. Prevost

BY MARIAH WALDEN

English is a subject that has many correct possibilities, you can be as creative as you desire. In Ms. Prevost’s room, free thinking is encouraged and there is never a wrong answer! Ms. Prevost teaches English IV and Technical Writing, both of which she enjoys outside of the classroom. She is also the SBLC chairperson at Salmen, and she is involved in clubs, such as the Lighthouse Club. Her main motivations are her family and her students, along with her mother being her greatest role model. She states that her mom “is the kindest person I’ve ever met”. Coaching sports is not her forte, but supporting her students



in other ways, like being a Senior Class Sponsor for 5 years, has been more of what she enjoys. On that same note, she’s been a Spartan for over 10 years and can wholeheartedly say that she got to experience the meaning of the “Spartan Family”. The bonds she’s formed with teachers and her students extend well past just a student’s four years of high school. While holding

back tears, she states that it is very rewarding to watch her kids walk to stage at graduation every year. Ms. Prevost loves to see her kids succeed, not just in school, but in life. Her hobbies outside of school are of course reading, and trying new restaurants, traveling, and spending quality time with her family and friends. Throughout her career, her students have taught her not to judge a book by its cover. A quote that she lives by is “You may not control all the events that happen to you, but you can decide not to be reduced by them” by Maya Angelou. Thank you for all that you do, Ms. Prevost. Teachers like you are what make our school so special.

Love is in the Air - Valentine’s Day Across Campus

BY KELSEY LEE & JAMAL MCDONALD

February is finally here and filled with love and spreading love, mainly because Valentine’s day is right around the corner! Since it is almost Valentine’s day, Student Interviewer Kelsey Lee spoke with four Salmen High students to see what they were doing for Valentine’s day this year.

Starting strong with Armani Spriggens, a junior here at Salmen. Armani tells me that Valentine's Day represents love. For instance, how deep you love someone or how important they are to you. For Valentine's Day, she does not have anything planned yet. The best valentine gift she has received was shoes and a bear. For Valentine's Day, she does not know what she is getting yet this year, but it will be from her boyfriend.

Now, moving onto junior Aeneas Toney. Valentine’s Day to Aeneas is a day you spend time with your significant other and to show him or



her how much you appreciate and cherish them. So far, he does not have anything planned for Valentine’s Day. His best memory of Valentine’s Day is bringing his past partner to Miami. The best gift Aeneas has received was a pair of Lavins, which he ended up losing. He probably will not be getting anything for Valentine’s Day. For Valentine’s Day, he assumes if he gets anything it would be a love letter.

Another junior I interviewed was Hailey McIntosh. To Hailey, Valentine’s Day means admiration and true love and how you decide to show it to your significant other. For Valentine’s Day Hailey does not have any plans so far. But, she may buy herself some things and take herself out. Last year was her best Valentine’s Day memory because her dad told her he didn’t get her anything but ended up surprising her with a lot of gifts. This year, Hailey does not have a Valentine. She thinks she will be receiving flowers or stuffed animals from her dad.



Lastly, I interviewed senior Mariah Walden. Valentine’s to Mariah is all about commitment and the love that is shared not just with her boyfriend but with everyone in her life. Her plans will be to have a virtual date with her long distance boyfriend as well as spending time with her family. Mariah loves receiving handwritten letters because to her it’s more personal. For Valentine’s Day she will be giving her boyfriend a letter and mailing him some of his favorite things. Mariah believes her grandparents will be giving her gifts because they make her feel special as well as her boyfriend will be giving her something but it’s still a secret.

Moving on to staff interviews, Jamal McDonald asked what Valentine’s Day meant to some of our most important counselors, and office staff. To Ms. Brucie, one of Salmen’s Student Services personnel, Valentine’s Day is a time of expressing love for the ones you love and care about. Her favorite memory is when her husband had a bunch of flowers for her, and cooked a delicious meal and just enjoyed each other’s time. The gifts Ms. Brucie thinks she is getting candy & flowers for valentines day gifts.



Valentine's day to Ms. Bouie, our sophomore counselor, means to her a day to show people that you love them, and show to them how you really feel everyday but February 14th was a day made for love. Her favorite Valentine's Day memory is

from when she was a child. Her dad would always make sure his daughter had something for Valentine's day, even if anyone else didn’t get her anything. Her dad would always make her feel special. The best Valentine’s Day gifts she ever received were flowers, candy, and money.

To Ms. Robinson, Salmen’s 11th grade counselor, Valentine’s Day is a day where we show our appreciation to our loved ones. Her best Valentine's day memory was in 5th grade, her class threw a Valentine’s Day party, and she ate so much candy and she got many Valentine’s Day cards from her friends. Her favorite Valentine's Day gift was pink roses , which are her favorite. Her plans for Valentine’s Day include dressing up and going out to eat with a special someone.



On Valentine’s Day, Mr. Virga, our Computer Para-Technician, believes that you should honor the person you love and to give back to them. He is going on a cruise for Valentine’s Day for the whole week of Mardi Gras. His favorite Valentine’s Day memory was when he and his girlfriend, Macy, went to New Orleans, walked the French Quarter, ate at different restaurants, and had beignets at Cafe Du Monde.

Let the Good Times Roll

BY QADIR ABDULAHAD & GENEVIEVE DEBARBIERIS

Mardis Gras is coming! Although we are in the midst of Carnival Season, there are still a lot of Mardis Gras events left. With the Mardi Gras break on its way after the second week of February, students and teachers will hopefully have a chance to rest and enjoy some of the upcoming parades. In New Orleans, the Krewes of Hermes, d’Etat, Morpheus will occur at various times this Friday, February 9th. The Krewe of Bosom Buddies in the French Quarter and the Krewe of Selene in Slidell will also be floating at various times this Friday. Other famous New Orleans parades like Krewe of Zulu and Crescent City will occur in uptown New Orleans on Mardi Gras day. There will even be some daytime parades on the northshore, including a dog parade, Krewe Du Pooch, in Mandeville on February 17th. Lastly, a reminder that this Friday Feb 9, 2024 Salmen will be having its own parade to celebrate the holiday, which students will enjoy at school before beginning our break. To find more parade dates and



information, please search your preferred region’s parade schedules.

If staying at home is preferred, then you may find a small, yet exciting challenge in learning more about the history of Mardis Gras. To start this challenge off, let’s begin with some basic information: the first Mardi Gras celebration in America was in Mobile County, Alabama from French-Canadian explorer and New Orleans discoverer Jeane Baptiste Le

Moyne Sieur de Bienville! Crazy, right? Bienville and Louisiana governor Marquis de Vaudreuil then brought this over to New Orleans by the 1730s, but instead of having parades, they had society balls! This is where our Mardi Gras balls today are from. By the late 1830s, masked carriage riders celebrated and carried “flambeaux,” or bright gaslight torches, down New Orleans streets. This became the Mistick Krewe of Comus; they had their infamous first floats, known as tableaux cars at the time, and masked balls. However, this is only a snippet of the rich history of Mardi Gras! We implore you to learn more for yourself over this upcoming break! Try asking family members, visiting libraries, and searching online for more information. Who knows, you might just find a new meaning in your current traditions, or decide to start new ones based on the past!

Mardi Gras is a time to celebrate, eat, spend time with family and friends, and overall have fun! Explore Louisiana's favorite cultural season today! And don’t forget, laissez les bon temps rouler!

Black History is American History

BY MARIAH WALDEN

Black history represents a large portion of the culture of Salmen. With the percentage of African American students at our school being around 62.9% according to the US News station, not many students genuinely know the history of their surroundings. St. Tammany Junior High for instance was once known as the St. Tammany Parish Training School for Negroes. There was no urge to have any education for young black children until the early 1900s. Unfortunately, the most education that was offered was through a small group of children in the neighborhood in a schoolhouse for maybe three days a week in 1900-1915. The other four or five days, these children were working to support their families.



The City of Slidell was actually founded by a confederate emissary to England, named John Slidell in 1882. According to an article written on St. Tammany Junior High by African American High Schools in Louisiana Before 1970, an older

white land owner that went by the name of Rosenwald, donated money for a “Colored Building” to be built in Slidell. Following this, the Parish School Board was born and sought to make this building a school for black kids in the area in the 1920s. Despite facing many adversities, the St. Tammany Training School for Negroes was built.



The original building actually burned down because it was made out of wood, but was soon rebuilt with bricks. Their first yearbook was published in 1950, and eventually evolved into St. Tammany High School.

With the desegregation of schools in 1966, the last graduating class of the once high school was 1969. From then on, the name was changed to St. Tammany Junior High

School. There is so much history around us, but how hard are you willing to look? Roots, Plants, & Coffee, Black Flower Apparel, and so many other black owned businesses are all around. This Black History Month, I encourage you to find a black owned business in Slidell you can support. Be kind to each other, and never forget the strength and dignity that runs through our culture.

Q-Tip of the Month

TIPS AND TRICKS FROM MR. Q. BRISCO

Some students do not study outside of school, while others study constantly and stress over every assignment. What are some healthy study habits that students can implement in their lives?



Whether you're a freshman or a senior, developing the following ten skills will help you achieve success in school, in your chosen career, and in life.

- 1. Time Management** There are just 24 hours in each day. What you do with that time makes all the difference. While highschool students average 35 hours per week of class time, college students log an average of 15 to 18 hours per week. Getting your "free" time under control now will help prepare you for managing that extra 20 hours a week come freshman year of college -- when you'll need to study and want to socialize more than ever. If you don't already, start using a daily planner. This could be a datebook you keep in your bag, an online version you maintain at home, or both. It's easy to over-schedule or "double-book" if we aren't careful. Manage your time wisely and you'll get the maximum out of each day.
- 2. Good Study Habits** Good study habits include these basics: Always be prepared for class, and attend classes regularly. No cutting! Complete assignments thoroughly and in a timely manner. Review your notes daily rather than cram for tests the night before. Set aside quiet time each day for study -- even if you don't have homework or a test the next day!
- 3. The Ability to Set Attainable Goals** It's important to set goals, as long as they're attainable. Setting goals that are unreasonably high is a setup -- you'll be doomed to frustration and disappointment.
- 4. Concentration** Listen to your teacher and stay focused. Be sure that you understand the lesson. If you don't understand something, ask questions! You've heard it before, but "the only dumb question is the one you don't ask" is absolutely true. If you've been paying attention, it definitely won't be a dumb question.
- 5. Good Note-Taking** You can't possibly write down everything the teacher says since we talk at a rate of about 225 words per minute. But, you do need to write down the important material. Be sure to validate yourself after a test by going back over your notes to see if your notes contained the answers to questions asked on the test. If not, you need to ask to see a classmate's notes or check with the teacher for help on improving your note-taking. Studying with a partner is also a good idea. Note-taking should be in a form that's most helpful to you. If you're more of a visual person, try writing notes on different colored index cards. Music can also be a good memory aid as long as you don't find it distracting. Re-writing your notes daily is another strategy. If

you really have a problem with note-taking, you might ask your teacher if you can tape-record daily lessons. Do whatever it takes!

6. Completion of Assignments Teachers assign homework for a reason. While it may seem like "busywork" at times, it definitely has a purpose. Put your homework to good use. Remember, you'll only get out of it what you put into it!

7. Review of Daily Notes Don't wait until the night before the test to review your notes. Go over your notes each day while the lecture is still fresh in your mind. Add any missing pieces. Compare your notes with a classmate's notes. This isn't cheating -- it may even be mutually beneficial. Review your notes each day to reinforce your learning.

8. Organizational Skills Keeping yourself organized will save you valuable time and allow you to do everything you need to do. Remember: "A place for everything and everything in its place." Keep all your study materials (calculator, planner, books, notebooks, laptop, etc.) in one convenient location.

9. Motivation You need to be motivated to learn and work hard, whether or not you like a specific subject or teacher. Self-motivation can be extremely important when you aren't particularly excited about a class. If you must, view it as an obstacle you must overcome. Then, set your mind to it and do it -- no excuses. Success is up to you!

10. Commitment You've started the course, now you need to complete it. Do the best -- and get the most out of it -- that you can! Your commitment will pay off in the end.

Poetry Corner

Gentle

Passion, obsession, is something most desire.
Like harsh snowy winds,
The heavy heat of a pyre,
This often consumes.
It twists and churns
It is all or nothing, only what trends have left us to assume.
But what I wish from you is not so intense,
Because that is not what you are.



You are gentle, tender moonbeams.
A warm sun, gleaming down on me when you smile.
A sudden yet, soothing breeze.
I observe your bright smile;
Even on a bad day,
I adore it all; you make it worthwhile.

By Kennedy Warning

Will You Be My Valentine

A question I can ask when you're finally mine
Will you be... my valentine?
Boxes of chocolates wrapped in ribbons
With sweet kisses that is the tradition
Your touch, your smile, Your heart of pure love
Indeed helps me fill my heart above
Without your love, without your hope
Without the kindness you have spoke
Your words have tendered my fondness soul
Like a beacon, You're my guiding pole
Your presence brings me joy and bliss
In your arms, I cannot miss
The day has come for you to see
May my heart finally be free
Under these stars we will dine
And that's when I'll ask, "will you be my valentine?"



By La'kya Romain & Anaya Vaughn

BY BRADLEY PAGANO



MS. JACKSON CELEBRATING BLACK HISTORY MONTH THROUGH HER CLOTHING



LIGHTHOUSE CLUB MEMBERS PAINTING A MURAL

Students from Salmen High visited first graders at Abney Elementary where they participated in a book club! Students worked together to each read a book and then discussed how their favorite book makes them feel! 📖 📖

#LeadStrong #FutureReadySTPPS



Our Salmen students participating in the Mayor’s annual breakfast this morning. Great job Spartans!



WHAT'S YOUR ENDGAME?

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