



WHO RUN THE WORLD? GIRLS.

Say it loud and proud, it’s Women’s History Month!

GOOD NEWS

- ★ Nina Tran scored a 28 on the February ACT and qualified for the Platinum+ club.
- ★ Joshua Norris scored a 28 on the February ACT and qualified for the Platinum+ club.
- ★ Damon Narcisse scored a 29 on the February ACT and qualified for the Platinum+ club.
- ★ Emmanuel McCray is our first student to score a Platinum on the WorkKeys.
- ★ Taylor Debose - Accepted to Mississippi State University, Louisiana Tech University, University of New Orleans, Loyola University of New Orleans, University of Louisiana Lafayette, Jackson State University, University of Mississippi
- ★ Mariah Walden - Accepted to University of Louisiana at Lafayette for Civil Engineering.
- ★ Isis Dubuclet - Accepted into Brown University’s pre-college program.
- ★ Reginald Smith - Awarded a \$60,00 National Scholarship.
- ★ Malachi Santa Cruz received the first place award for Best Employability Skills at the JAG-LA Career Development Conference.
- ★ Congratulations to the boys tennis team for beating Pearl River. A special shout out to our individual girls/boys winners: Alli Dominique, Jada Ibanez, Muhammad Abid, Javier Colon, Titan Breau, and Adam Juneau.
- ★ At the South Regional Powerlifting Meet, three Spartans qualified for the state meet that will be held at ULL.
 - Reggie Smith - Squatted 405 lbs, Benched 225 lbs, Deadlifted 480 lbs for a 1110 lbs total
 - Joe Riley - Squatted 450 lbs, Benched 355 lbs, Deadlifted 500 lbs for a 1305 lbs total, taking 4th place
 - Dwayne Coleman - Squatted 825 lbs (most ever in the state of Louisiana), Benched 475 lbs (record), Deadlifted 700 lbs (record) for a 2000 lb total (most ever in the state of Louisiana) and he placed 1st.

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

- ★ **March 15:**
End of Third Quarter - No School for Students
- ★ **March 19:**
ACT/Pre-ACT Testing
- ★ **March 20-24:**
Senior Trip
- ★ **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
- ★ **April 30:**
Graduation
7:00 PM
Southeastern Louisiana University

Celebrating Women - National Women’s History Month

BY MARIAH WALDEN

There are over 3 billion women in the world, and this is the time to celebrate them! Your mothers, sisters, aunts, grandmothers, all face hardships that not many people recognize. National Women’s History Month is an opportunity to show all the women in your life some appreciation. This holiday is based on International Women’s Day on March 8th, which was established in support of the efforts made for women’s rights.



There is a theme every year for Women’s Month, and this year’s is “Women Who Advocate for Equity, Diversity, and Inclusion”.

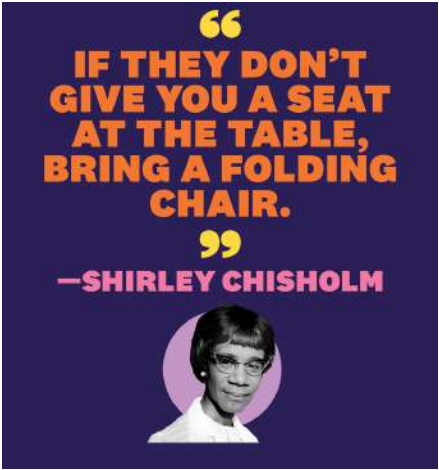
Countless women have fought for things like equality in the workplace, to be paid just as much if not more than men in their career field, and the privilege to exist in male dominated spaces. In 2004, a woman named Wangari Maathai from Kenya was the first African woman to receive a Nobel Peace Prize. She was also the first woman to receive her Ph.D in East and Central Africa. Professor Wangari founded the Green Belt Movement in 1977 to promote environmental conservation and to build up climate resilience. Her goal was also to empower young women and girls by creating a space where these communities can create a better and more sustainable life. The official GreenBeltMovement.org website states that the organization has planted over 51 million trees in Kenya. Another woman named Laudelina de Campos Melo from Brazil dedicated her career to being an advocate for women’s rights. She created the first association of domestic workers in Brazil in 1936. The Association of Campinas’ Domestic Laborers was established in 1961, and allowed women to unite as domestic workers



UPCOMING EVENTS

- ★ **March 4:**
New Student Registration Opens Online
- ★ **March 6:**
Deadline to purchase Prom tickets
- ★ **March 11:**
Deadline to turn in outside date prom forms. The form must be completed by the student and their date. The date must have the form signed by their administrator and parent.
- ★ **March 15:**
Prom 2024
A Night Behind the Mask - Masquerading With Masks
All students must arrive PRIOR to 8:00 p.m. Lock in will be from 8:00PM - 9:30PM
*Students should vote for Senior Superlatives/Prom King and Queen. That form is located in the Senior Google Classroom.

and learn literacy skills. Eventually in 1972, according to an article written on ITC.org, these domestic workers earned the right to social security and yearly paid holidays. We also have women in our own backyard that have made amazing strides for women in the US, and that is Ruth Bader Ginsburg. She served as an Associate Justice of the Supreme Court of the United States from 1933 until she took her last



breath in 2020. Ginsburg was the first Jewish woman to serve on the U.S. Supreme Court, and the second woman to serve. She believed that the only way to ensure equality was for men and women to work together to teach the new generation. She spent her career advocating for gender equality and women’s rights, and is known to have inspired the Lilly Ledbetter Fair Pay Act. This Act makes it much easier for

employees to win pay in discrimination claims. All of these women dedicated their lives to paving a way for the young girls following behind them to have a better way of life.

This National Women’s Month I encourage you to ask questions, research and find a woman that inspires you. Find a small women owned business to support, give all the women in your life some grace, and not just for March. Happy National Women’s History Month!

Easter’s History and Traditions

BY GENEVIEVE DEBARBIERIS

With Spring Break coming up by the end of March as well as Easter Egg Hunts for many Louisianan families, many consider Spring Break as Easter Break instead. But what exactly are we celebrating for Easter? When did these traditions start? Where does the Easter Bunny and its eggs full of goodies and treats come from? Here’s a hint: it started before the common story from Christianity!

In Christian religion, Easter is usually between the last week of March or the month of April and follows three days after Good Friday, which is known as the day Jesus Christ, a significant Christian religious leader, died on a cross. On Easter Sunday, Jesus is said to have risen from the dead. This is as far as around 30 A.D. at the time, but Easter’s name holds an older origin. Easter is said to be derived from Eostre, or Eostrae, who is the Anglo-Saxon goddess of spring and fertility. Due to Christians’ view of Jesus resurrecting from the dead as well as others’ view of spring as the coming back to life of plants, Easter was accordingly celebrated near spring time.

The Easter Bunny and its eggs may also relate to Christian backgrounds mixed in with tales! Legend has it the Easter Bunny would sneak into homes to lay, decorate, and hide eggs for children

and family members to discover. These eggs were likely from the fact that, right before Easter, eating eggs was prohibited in order to act as a sacrifice for the Christian season known as Lent. However, eggs were still being produced, so people put them to better use by decorating them! Due to all of the relation with Easter and Christianity, Easter eggs soon became related to life

emerging from the eggshell, similarly to Christ.

From sweet treats to traditional meals and family gatherings shared, there’s still more to discover about the holiday beyond Easter’s origin, name, and eggs! Fortunately, Salmen has a week-long break dedicated



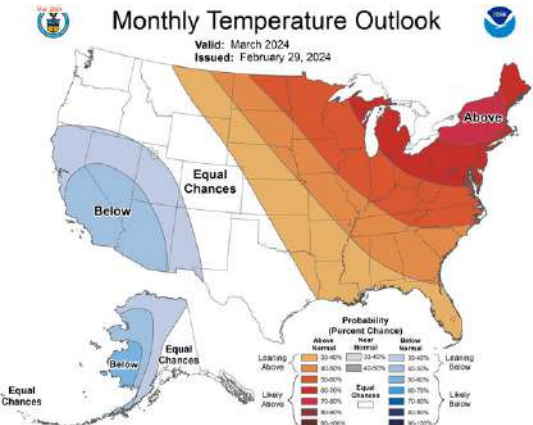
to Spring, which includes Easter, for you to learn more! Please consider researching Easter yourself, but don’t forget that other holidays exist too! St. Patrick’s Day is also coming up on March 17th along with Slidell’s parade for the occasion starting at 1:00 PM on Sunday, March 10th. Remember to have fun and stay safe while collecting cabbages and Easter eggs during March!

Weather

BY NATHAN MEUNIER

Welcome back once again, Spartans, to the weather corner! This month has been quite the doozy for most of us and with the heat starting to get turned up, most of us are shedding some layers and cranking the A/C. February messed with most of us due to the temperature fluctuating so much but thankfully it seems that March will be a little bit more consistent so without further ado, let's get into the monthly forecast!

Throughout March, the temperature is set to be anywhere from 71° to 59° so while the temps have yet to break out of the 70s for the most part, we can still expect to be comfortable when traveling or walking around campus. As for the rain, we can expect about 3-8 days of rain for the coming weeks and about 2.56 inches of rainfall so it might be a good idea to bring an umbrella or poncho and to monitor the weather so you can be as prepared as possible for the rainy days.



To conclude, let's continue the trend of having some weather fun facts! Did you know that lightning strikes men around 85% of the time, but still kills more women than men despite lightning strikes having a (shockingly high) 90% survival rate? Did you know the first and oldest weather measuring device is the rain gauge, created around 500 BC by Ancient Greeks and around 400 BC by Indians? And for the final fact, Between July and September 2001, in Kerala, the rain was red like blood! Fortunately, the rain wasn't actually blood but a red rain caused by the burst of a meteor that was thought to release spores that colored the rain.

Sports

BY KALEILAH DAVIS

Wassup Spartans! Wow, we are already in March. The school year is really going by fast. Speaking of March, it's spring season and you know what’s in Spring season.....Spring Sports! Softball and Baseball are in Season and actually have had a few games since we came back from break so hope you've been going to support and continue



supporting them through their season. The Boy’s Baseball Team's next game is March 8th @ Albany at 5, but their next home game is March 9th.The Girl’s Softball Team next game is March 4th vs Pine, it's a home game. Come out and support our ladies for Women’s History Month! Also, Tennis is in season! Their schedule hasn’t been released yet but when they

do make sure you go out and support the Salmen Tennis Team Coached by Ms Fritscher. Reminder, my personal favorite and the best sport, Track and Field is finally in season. Make sure yall go and support the Salmen Track Team. The first meet was canceled due to weather but the next meet is Thursday March 7th @ Salmen. That is all I have for you guys Hope y'all have a Good March!

Program Spotlight - JAG
BY AMARI OUBRE

JAG is an exciting, educational, and amazing program offered here at Salmen. JAG is a “for credit” program. It is taught by Mr. Eric DuBuisson. “Teaching JAG is the most rewarding job I’ve ever had,” said Mr. DuBuisson. This class takes place in the 600 hall. The goal of this program is to help teens navigate their way to high school graduation and on to successful careers. In this program Students often hear from different guest speakers. These guest speakers speak about motivational topics, their past, etc. Students learn the soft skills needed for any career and learn how to select and plan for a successful career. All the students in the class get the chance to help others, learn important values, and get community service. In this program students develop skills in communication, leadership, values and goals setting, decision making, job excellence, job attainment, and career development. Students in this program meet during the four JAG classes. Officers meet Wednesdays before school. At the meetings the officers plan activities and community service projects. If you are interested in participating in JAG please contact your guidance counselor about scheduling JAG for next year.



Teacher Spotlight - Ms. Howard
BY LA'KYA ROMAIN

This month, for our Teacher Spotlight, we are featuring a new teacher here at Salmen. She may be new to the school, but she’s not new to teaching. Mrs. Howard has been a teacher for several years at a couple of schools. One of the schools she taught at was Jefferson Phillis Wheatley 1st Line School in New Orleans. Mrs. Howard is a World Geography teacher. She thinks this course is a very interesting course. However, she did not have any intention of becoming a teacher. She went to school for law and African studies at Jackson State Mississippi, and then decided to shift careers and become a teacher. She comes from a family of educators. Her dad was a principal and her mom and aunts all worked in the education department. So, one might say that teaching is in her blood. Her dad was the one who influenced and pushed her to become a teacher. One day he decided to take her to the school board to get a job as a teacher.



Ever since, she enjoys the opportunity she has to teach about the bigger world to young impressionable minds. She opens up minds to doors to places and cultures that young students might not know had existed. She also likes to give challenges to students and wants them to learn on their own. Mrs. Howard is also the coach for our Spartan Dance Group. She’s been teaching dance for 15 years and has her own studio. “Dance is a self expression,” she explained, “You can show how you feel

without using words.” She inspires her dance students to take this and go have a full career that’ll open up so many doors to different places. In the past, she has done debate teams, step teams, black history club, and quizball. Besides teaching and dancing, Mrs. Howard has a talent for singing. She used to sing in a band but now every Sunday she volunteers and sings for her church. She has a strong passion for the arts. She loves music and often goes to art museums to admire other’s work. What motivates Mrs. Howard is that there is time, nature, culture, music, and anything with art. She looks up to her mother and inspires to live up and be just as spectacular as she is. A quote she frequently looks up to for inspiration for her and her student

that she shared was: “But if your inside is beautiful, it never wears away. The light always shows on the outside if you are striving to be good inside.” - Erykah Badu. Thank you for all that you do, Ms. Howard!

Spring Breakers - Salmen Student and Staff Interviews
BY KELSEY LEE & JAMAL MCDONALD

It’s finally March! That finally means spring break, Easter, and PROM are approaching! With spring break being right around the corner, Student Interviewer, Kelsey Lee, interviewed four students to see their plans for Spring Break and prom.



Salmen junior Grayson O’Shaughnessy said that he is most excited for the track meet that’s over spring break. He runs the 400 and the 800. Along with that, the track meet, Grayson said he isn’t going anywhere over break due to track practices. Other than track, He is excited for Easter to spend that time with his family.

Senior Brooklyn Gordon is super excited about spring break because it is the last break of senior year. But, for spring break, she is going to Alabama to go to the beach. Since Brooklyn is a senior, she will definitely be attending prom. She is wearing a black dress which is absolutely beautiful.



Tayshawn Scott, a current Junior here at Salmen is looking forward to spring break so he can work and train more on football. For spring break, Tayshawn is going on vacation to Jamaica and the Bahamas which should be super fun!

Lastly, I interviewed junior Michelle Williams. The thing she is most excited for



about spring break would be to not have to go to school. Over break, Michelle is going to Destin Florida to go to the beach as well as shop.

Moving on to staff interviews, Staff Reporter, Jamal McDonald asked some of our leaders around campus for their plans. Mrs. Carter’s plans for Spring Break are to fly out to Las Vegas to a music concert show with her family. They will be seeing New Edition perform. Mrs. Carter would really love to finish remodeling her house, doing her floors, and she’s also a DIYer, she loves to paint, and change the rooms in her home. She is also excited for the warm weather. Mrs. Carter loves to feel the sun on her face and she enjoys doing outdoor activities with her family and friends. She believes there are more exciting things to do as the temperatures heat up .



Ms. Meyers plans for Spring Break are to read, her favorite thing to do in the world, and spend time with her family. Ms. Meyers would also like to accomplish



finishing planting her flower beds in her garden. Much like Mrs. Carter, Ms. Meyers loves to enjoy the warm weather and spending time outside.

Our principal, Mrs. Jacobs, cannot wait for the break too. She plans on going to Dallas to see her daughter, and also going to Miami on a trip. Over Spring Break, Mrs. Jacobs would like to rest and recuperate so she'll have the energy to finish the year strong. Mrs. Jacobs is another fan of warmer weather. She likes the Spring weather because it is relaxing, she does not like the cold weather.

Here’s to a fun, relaxing, and enjoyable break. Have fun and be safe, Spartans!

Shamrock Shenanigans
BY KENNEDY WARNING

No pinching, I wore green today! Probably the most notable aspect of the widely celebrated holiday we all know as Saint Patrick’s Day, a religious and cultural holiday held on March 17th, the date of Saint Patrick’s death celebrated all around the world.

Many around the world know of the holiday and even celebrate it, but many do not know the origin of the holiday nor the figure it is held in the honor of. Saint Patrick was a sixteen year old from Britain who was kidnapped and brought to Gaelic Ireland as a slave. For six years he worked there as a shepherd claiming that during that time he had found God who told him to flee to the coast and return to Britain, becoming a priest soon after returning home. Later on, he returned to



Ireland to spread Christianity among the Irish pagans there spending many years converting thousands to Christianity, his efforts formed into the allegory that he drove “snakes” out of Ireland inhabit; snakes symbolizing the pagan

practices followed in Ireland and how they were viewed at the time.

Though the history is a bit drab, the traditions are quite the opposite. In celebration of St. Patrick’s deeds and his death, many often wear green attire, attending parades and festivals, abstaining from lenten restrictions of eating and drinking, and attending church services. Though it is seen as mostly associated with Christianity, the tradition of pinching someone stems from Irish folklore, as a warning to wear green or else you’ll be pinched by faeries and leprechauns. Now just don’t forget to wear green and party safely in the spirit of St. Patrick’s Day!

Poetry Corner

Girlhood Isn’t a Thing

It is the shared fondness of bright bows and plastic barrettes in hair between young girls.
It is the memory of a Mother forcing you to sit still while she did your hair in front of the television,
Her slender fingers massaging your sensitive scalp before the terrorizing thought of a hard brush or flat iron meeting your tresses.

Girlhood is the collective banter between teen girls.
It is the argument you got into with your older sister as she accused you of touching her eyeshadow palette or her bedazzled shirts.
It is the shouting matches and brawls the two of you would begin over the better doll brand: Barbie or Bratz?



It is the aftermath of those arguments that were tender moments,
The two of you finally conclude that you can share and play with both.

Girlhood is the transition to womanhood.
It is the anxious butterflies you get from waiting for your applications to come back for your dream university.
It is the aching pain of your first

heartbreak from someone you thought was your forever.
It is the bubbling anger that arises within when someone tells you “you can’t do it”, just because you are a woman.
It is the joy that makes your face hot when you realize how good it feels to be... well, a woman.

Girlhood isn’t a “thing”.
It is the warm feeling of a girl’s youth.

It is a vivid memory cherished by women of all kinds.
It is the transformation of young girls to working class women,
Who are able to make change at their hearts content.

By Isis Dubuclet

Venus

Venus sings to me
But roars to the world
She demands to be heard
Pleas for me to embrace my faults
She reminds me of a woman’s uphill climb
That it is okay and we’ll get through this alright

She whispers to me clearly
I am not a doll
To be dressed, judged, picked apart, and advised by all
I can pick and choose who and what I desire to be
I do not require the world’s blessing
I am woman
I know what I shall acquire beyond this beat



She rewards me
Rewards us
Covers us in the gems of our victories
Made from the ashes of our ends and beginnings
She paints us with more than blushing pinks and innocent ivory
But our confident blues, powerful purples, and passionate reds
Rough edges and gentle shadows
Contrast shows in us all but that is what makes us unique
We are women, the world hears us roar.

By Kennedy Warning

Comic Relief

BY BRADLEY PAGANO



SPARTAN SHOUTOUTS & SNAPSHOTS

We had a very successful 2nd nine weeks Honor Roll breakfast today. Over 350+ students. Keep up the good work Spartans!



Mrs. Jacobs recently participated in the recent “Read across Abney” event



Abney Elementary Information & PTA Page

NOLA.com



Salmen's Jefferson, Narcisse sign to play college football | St. Tammany community news | nola.com

NOLA.com



Salmen's Damon Narcisse signs with Georgetown || nola.com



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<https://salmenhigh.stpsb.org/our-school/spartan-chariot-archives>

SALMEN HIGH SCHOOL PARADE - 2024

