



SENIORS HAVE GRADUATED, JUNIORS ARE NEXT

Let's get to the finish line and try our best!

GOOD NEWS

- ★ Kiersten Lewis placed 1st in bar, 2nd in vault, 2nd all around, and tied 1st in floor at the state gymnastics championship and was invited to compete at regionals.
- ★ Kelsey Lee and Samantha Burns got 1st Team All District for soccer.
- ★ Destiny Bennett was named to the Times Picayune All-Metro team.
- ★ Robert Pierce was accepted into Southern University.
- ★ Isaiah Gutierrez was accepted into Southern University.
- ★ Kendall Dodson was accepted into Southern University.
- ★ Tamia Agnew was accepted into Southern University.
- ★ Kamyra McCray was accepted into Spelman College.
- ★ Dwayne Coleman set a Louisiana high school powerlifting state record when he squatted 900 pounds at the LHSAA state championships at the Cajundome in Lafayette. Coleman ended the meet as Louisiana's strongest high school lifter of all time, based on a three-lift total of 2,005 pounds that included a bench press of 500 pounds and deadlift of 630. He received the Outstanding Lifter award for the 181 pound to super heavyweight weight classes for the Division II boys meet. He went on to attend a national powerlifting meet. He competed very well. He had 912.5 kilograms (2011.7 pounds) as a total between the three lifts: squat, bench, and deadlift. His dedication and hard work this year has gotten him to an impressive place. He is a National Champion and now we are waiting to see if he will be invited to compete in the world powerlifting championship.
- ★ Damon Narcisse was named Salmen High School's 2023-2024 Student of the Year.
- ★ Mrs. Jacobs was officially appointed as the Principal of Salmen High School.

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

- ★ **April 8 & 10:**
Algebra I and Geometry Tutoring
2:40 PM - 3:40 PM
Room 311
- ★ **April 9 & 11:**
English I and II Tutoring Available
2:40 PM - 3:40 PM
Salmen Library
- ★ **April 15-18:**
Senior LEAP Testing
- ★ **April 22-May 9:**
Whole School LEAP & ASVAB Testing
- ★ **April 29:**
Graduation Practice
- ★ **April 30:**
Graduation
7:00 PM
Southeastern Louisiana University

- ★ **May 1:**
Junior (Class of 2025) Class Picnic
- ★ **May 6:**
AP Government Exam
8:00 AM
- ★ **May 9:**
AP Psychology Exam
12:00 PM
- ★ **May 10:**
AP United States History Exam
8:00 AM
- ★ **May 23:**
☺ Last Day of School - Half Day for Students

A Note From Seniors

BY KENNEDY WARNING

Hello Juniors and other underclassmen! Or should I say Seniors? Because by the time you read this, we have finally left for good! This is very bittersweet for many. I asked a bunch of seniors if they had any advice for the underclassmen, let's see what the class of 2024 said.

★ **Do everything**

You might hear this a lot but even if those events seem really overhyped, go. Coming from someone who is more of an introvert, if I had not gone to any of my senior events, I definitely would have regretted it. Before my senior trip, I would have never thought I would go to Universal Studios until well after college. Or even my prom, dances are so fun especially with friends. Take these moments to really enjoy your senior year.

★ **Look out for scholarships, but also look for programs**

Scholarships are important for college but make sure you also look out for programs offered by colleges and universities. Not only can they help begin to introduce you to your major of choice, with some college credits, you also might find something else that also interests you; in addition, you can also experience college life and be more prepared when you finally go to college.

★ **Manage your stress, take time for yourself**

There is no doubt about it, senior year can be very stressful. With every factor expected of you it can be overwhelming along with getting used to life without the aspect of going to high school everyday

hanging over your head. It is important to take it one step at a time and always make time for self care. Something that could help with that is making sure you have a planner or a calendar of some sort. Write down your plans and assignments, it will give you a better idea of when you can squeeze in a little relaxation time. Keep in mind that self care is not just an intense skin care routine or a nice long shower. It can be you doing something you really enjoy, reading a book, praying, exercising, even finally beating that boss in



that video game you’ve been grinding in. Anything that gives you satisfaction and feels like a rewarding experience for you.

★ Don’t beat yourself up

Late work, procrastination, missing assignments. It can really bite sometimes because of how unmotivated you might feel towards the end or even randomly in the middle of year. Even a bad grade can make you feel really disappointed and make you feel even more unmotivated. Just know that sometimes it's okay to take a small step back, rest for your sake. Burnout is one big problem among seniors and many juniors, it’s so important to know and watch for the signs so you don’t get it too bad. Remember that you are only human and these types of feelings will happen, but after taking that step back make sure you get back in.

And that’s a wrap! I hope this advice is helpful to you in some way and that you can use it. I wish all of you the best of luck with your upcoming school years and the rest of this one!

Living The Dream - Mr. Rogers is Retiring!

BY JAMAL MCDONALD

Did you know that Salmen High School has the greatest Dual Enrollment Medical Terminology and Health Science teacher in the world? His name is Mr. Timothy Rogers and you can find him in room 110, for now! Mr. Rogers teaches Health Science classes where you’d learn about all the structures of the human body, he also teaches a Med Term class, that is where you learn about medical words with Latin root words that pertain to diseases, medicines.



Over the years, his experience of teaching was challenging, rewarding, he still sees many of his students, and relationships with his old students. Mr. Rogers describes his journey as a path of growth. Mr. Rogers chose teaching as a career because his high school year his teacher told him that he was going to be a teacher. In response, Mr. Rogers said,“I will never be a teacher because they make no money!” After high school Mr. Rogers decided to go for nursing school, but it didn’t work out. Mr. Rogers didn’t originally plan on being a school teacher, but being a

nursing teacher ended up being his calling.

When asked, Mr. Rogers stated that his best memory of teaching was when he got asked to speak at one of his former students' wedding ceremony. He also got asked to speak at a college graduation party for his student. Whenever he sees his students in public he is gladly kindred. Mr. Rogers always has kind words today about his former students, and Mr. Rogers is proud of all of his students.

Mr. Rogers feels that the timing of his retirement is perfect because he feels comfortable, he doesn’t have any regrets, and another year is another year. Overall, he’s ready. He plans to continue to do his small business and live his life. He stated that work is work! Everywhere you go, there is work. Of course, he is going to miss parts of teaching like getting to meet new

people every year, getting a part of their growth, and watching his students go across the graduation stage. He's also going to miss his co-workers and all of the students he has taught. This summer, Mr. Rogers is eager to see his daughter in New York. He is also going to be working his side job, going on vacation, going to the beach, and enjoying himself.



Mr. Rogers is a kind teacher throughout the years and he will be missed by all. On behalf of your Spartan Family, thank you! We appreciate your dedication to us. Have a great retirement, you deserve it!

Autism Awareness

BY KENNEDY WARNING

Happy Autism Awareness Month! Not many people know much about autism, and it only recently has begun to show up in our media in a more accurate and healthy depiction(Heartbreak High being one I recommend). Autism Spectrum Disorder or ASD is a developmental condition that affects how one interacts, communicates, learns, and behaves.

When we typically think of a spectrum, we think of a linear spectrum even though autism is more of a radial spectrum in a few main potential traits which is not limited to but can include: need for routine, difficulty with eye contact, special interest, stimming, sensory issues, and trouble regulating/understanding emotions. Someone might not have every single trait in the book, but they might have some and they might be more prevalent than others such as someone having little to no difficulty with eye contact but become very overwhelmed and uncomfortable when they encounter a very uncomfortable sensation like carpet on their bare feet.

When overwhelmed they may resort to stimming or self-soothing techniques, this can include playing loud music, seeking certain sensations via the five senses, or going non-verbal(also known as shutting down). The best thing to do as a friend or family member if you wish to comfort them is to just be there. Many people, autistic or not, enjoy “parallel play”, the act of people doing things separately but together.

Not all stimming is for comfort! While it can be used for that, some will also have stims based on other emotions such as joy, anger, and sadness. They can also vary in types such as vocal, repetitive, sensor, and visual. Some examples include, parroting, watching videos, touching different fabrics, and dancing.

During this month you may learn of an organization called Autism Speaks that wishes to cure Autism. Autism, just like ADHD and other disorders cannot be cured, it is not a disease or something to be ashamed of. There are ways to make it more manageable to live with and that is what people seek out occasionally, but, if you have loved ones, friends or family, who have autism, make sure to make them feel comfortable and listen to them. Someone who listens to and cares about you truly is the best gift there is.

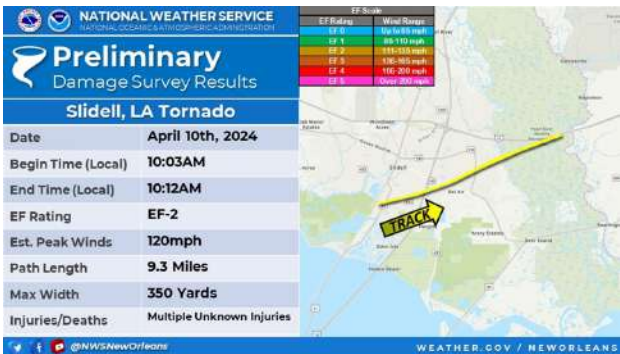


Weather

BY NATHAN MEUNIER

Welcome back once again, Spartans, to the weather corner! This time around we’re doing a little weather sendoff for the end of the school year by doing both April AND May’s weather in one place and what happened during April and what could happen with May’s weather. So without further ado, let's dive right into the nitty gritty details!

Firstly, let's go over April. It was a pretty crazy month for us all so i'll run through a quick recap of the events that occurred: At the beginning, it was a normal month with warmer temperatures. Then, on August 8th, there was a solar eclipse. Which if you didn't get the chance to see, won't happen for nearly exactly 21 years in 2045 on August 12th. Following this rare event, a tornado tore



through Slidell and cut out the power for many people in the area. The tornado was ranked an EF 2, with an EF 1 being the calmest, having 86-110 mph winds, to an EF 5 having winds up to 262-317 mph. So with that said (and April being pretty much over) its been a wild ride for everyone, but will run through the averages for the month for those curious. The average temperatures were anywhere from a high of 74°F to 80°F, rarely exceeding 85°F. And with low temperatures anywhere from 56°F to 62°F, rarely exceeding 72°F.

Now, let's move on to May's weather and what that might look like. The average highs for May range from 81°F to 87°F, rarely falling below 75°F so make sure to drink plenty of water and stay cool whenever you can. The low temperatures can be anywhere from 62°F to 70°F, rarely exceeding 75°F so while the nighttime temperatures are getting warmer, it's still better than the daytime heat! The rain chances for May at the beginning of the month sit around 4.4 inches of rain, and the end of the month with a potential 4.7 inches, which means there is a good chance for some rain here and there all



month so make sure to check the weather and bring an umbrella if it might rain. Finally, before we end our final weather talk for the 2023-2024 school year, don't fret, for I have more fun weather facts for you all! Did you know that total solar eclipses cannot be seen from the North and South

Poles? Also, depending on the geometry of the Sun, Moon, and Earth, there can be a total of about 2 to 5 solar eclipses each year! And here's a little tornado fact: Debris Balls are a real thing that happens as a tornado spins through an area and picks up dirt, tree limbs and leaves along with debris from all sorts of human-made items. These get spun into balls known as debris balls, which the wind can throw into buildings and cars, causing further damage.

And with that, it's time to bid you all farewell for it is time to close out the school year and our weather corner for now. I hope you all finish the year out strong and do amazingly on your exams! After going through a tornado I think you can do it. Good luck Spartans, and I'll hopefully see you all next year!

Sports
BY KALEILAH DAVIS



Hey Spartans, it's Spring! Spring means flowers, people coming outdoors, sunshine, optimism, and SPORTS! I hope everyone is safe and okay, sending Spartan Love and Prayers to everyone who was and is still affected by the tornado. Anyways, Even though we are coming to an end with most sports, there is a bright side that means FOOTBALL, BASKETBALL, VOLLEYBALL, SWIM, and all other fall sports are coming back. I know y'all are excited for Football Season because I know I am.

Even though sports like Track, Softball, Baseball, and Tennis are coming to an end, I hope you're still able to support them. The track has their next meet which is District on April 18, @3 for Field and @6 for Running. Our Top Two runners for the Girls Track Team would be Kaleilah Davis(me) and Danielle Branch, both Juniors. Let's also give applause to the Girls 4x400 (if you don't know what that is, 4 people run 1 lap, it's a relay race) because they beat the Salmen Girls Record, the fastest Girls 4x400 in 10 YEARS! Which are Danielle Branch, Sarah Mitchell, Sasha Mazuelas,



and Kaleilah Davis. From the Regionals Meet on April 18, The Overall MVPs for the track were Tremon Joseph, Grayson O'Shaughnessy, and Camron Robinson. And The Boys Claim another title of being the 3x District Winners.

The Tennis team had their District game on April 15, so Good Job to them. The Two MVPs for Tennis would be Muhumad Abid Kristen Martin. The Girl's Softball Season ended so Good Job to them on their Season. The Boy's Baseball Season ended as well. The Two players on both teams that stood out are Kylen Fryson, Junior, and Damien Narcisse, Senior for the Boys Baseball Team. For the Girls Softball Team Michelle Williams and Kelsey Lee, both Juniors. Now let's jump to the Month that everyone loves MAY, the last month of school.



All Spring Seasons are completed, but let's give a hand to the Salmen Track Team for making it to Regionals. And that wraps up our Last Salmen Newspaper of 23-24. YAYYY. KK signing out and have a great summer!!! See ya next year....unless you're a senior of course!

Program Spotlight - Carpentry
BY ALLI DOMINIQUE

If you like to build things or would like to give it a try you can join the carpentry class here at sAlmen high. You have many opportunities and you are able to work on projects and take them home. The teacher of the class is Coach Cahill, and the class is located behind the Aux gym. Carpentry is a 2 year class.

In your first semester of your first year you learn about the cautions that you have to take when in carpentry and dealing with power tools. You also learn measurements and simple math skills that you will need to succeed in carpentry. In the second semester of your first year you then start building projects. First you build a paper towel holder and you advance up ending with building a birdhouse.



If you take carpentry for the second year you will then advance to building things like bookcases and chairs. You also get to make picnic benches and you are able to sell your builds to the teachers on campus. This is a fun class that you can build and learn many things that will be beneficial to you in the future. If you are interested in this class you can talk to your counselor and or talk to Coach Cahill about joining the class.

Teacher Spotlight - Mrs. Crane
BY ISIS DUBUCLET

Lights, Camera, Action! For April's Teacher Spotlight, we're featuring a newer, rather unknown teacher. Mrs. Crane, formerly



known as Ms. Walgamotte, is the Talented Theater teacher and she's never seen herself doing anything other than theater. Born in New Orleans, Mrs. Crane lived in St. Bernard until she was six. When Katrina hit, her family packed up and moved to Slidell. She joined talented theater in the fifth grade at her elementary school. The summer before sixth grade, her parents signed her up for YATS, a program for children at the Slidell Little Theatre. She performed "Through the Looking Glass"

which would be her first, but not last, show. She continued to do Talented Theater and performed in shows throughout high school. During this time, she went to a thespian convention at Northwestern State University in Natchitoches, LA. Overjoyed with the time she had, she decided to go to NSU for college. Sure enough, after

graduating from Slidell High School, she went straight there for four years. It was the right choice for her as well as she met her current husband, Chase Crane. They dated throughout college, adopted their dachshund, Butter Leigh, and after five years, he got down on one knee and you know the rest! They got married this past October and signed off on their first house together.



When being asked about how she felt being a Talented Theater teacher she responded emotionally, “Back as a Talented Theater teacher is a full circle moment. I feel privileged to inspire other young artists as I was once inspired.” And she has inspired countless students and others outside of her occupation. Thank you Mrs. Crane for all you do!

Adopt a Shelter Pet Day - April 30th
BY JAMAL MCDONALD & QADIR ABDULAHAD

Did you know that over 2 million pets are wishing that they have homes just like us? Not all dogs and cats have homes to go to, many of them live on streets, garbage cans, and are even being tortured by people.

National Adopt a Shelter Pet, a national holiday that occurs on April 30th and is meant to raise awareness of animals in shelters, brief history; The American Humane Society, founded in 1877 as the first U.S. humane organization focused on the good treatment and care of living things, particularly animals. Originally the organization set up Adopt a dog month in October in 1981 which was meant to raise awareness of dogs in shelters and of course give them a home. Eventually they realized there were more than



dogs as pets so they added “adopt a shelter pet day”.

All over the world there are an estimated 143 million dogs living on the street and 12 million dogs in shelters, 203 million cats living on the street and 4 million cats in shelters. Many of the female dogs are often kept in inhumane conditions and are forced to have litter after litter of puppies. The puppies then are taken away from their mothers at an early age and shipped to dealers or sold to customers. Because of unethical practices, society should not support puppy mills or the vendors they work with.

Mrs. Yates has adopted both of her puppies from rescue organizations. She most recently adopted her puppy Dutch (formerly known as “Mochi”) from a rescue called Once Upon a Tail Rescue, which hosts adoption days almost every Saturday in Covington. She chose to adopt them because there are so many pets without homes, and she wanted them to have a nice, safe, happy life. She feels sad she can't adopt more pets, she feels like if she can make a difference in one or two dogs lives it’s worth it.



Mrs. Rodrigue has rescued two dogs and two cats that she has kept throughout her life, and Mrs. Rodrigue also picks up stray dogs until she finds them a nice home. What made Ms. Rodrigue adopt her pets as she loves animals, and her favorite animals are dogs. Mrs. Rodrigue says “ If I could keep all of them, I would. I'd love to open a no kill shelter one day or foster”. And lastly Mrs. Rodrigue thinks that rescuing sheltered dogs and cats are important because animals have feelings and they want to be loved just like any human or creature.



This is a day that people take time to raise awareness of animals in shelters, because like all living things they deserve to have companionship. So take some time to visit your local shelter to give your new pet a home. Check out the furry friends below that are waiting for the perfect family!

ADOPTABLE LOCAL DOGS:

	
<p>Jasmine - 1 year old - 75lbs - Super sweet and great with kids & dogs. (Once Upon a Tail Rescue)</p>	<p>Coco - 9 months old - 13lbs - Good with dogs, kids, and cats. (Once Upon a Tail Rescue)</p>
	
<p>Dash - 1.5 years old - 62 lbs Loves to play with toys and also loves attention. (Animal Assistance League of Slidell)</p>	<p>Cashew - 3 years old - 44.5 lbs Loves to play with other dogs and cuddle. Also loves swimming! (Animal Assistance League of Slidell)</p>

Comic Relief
BY BRADLEY PAGANO



SPARTAN SHOUTOUTS & SNAPSHOTS

St. Tammany Parish Public School System ...
2h · 🌐
✎ Student of the Year Spotlight 📖

Damon is Salmen High's 2023-2024 Student of the Year! Damon takes AP and dual enrollment courses, and is a captain on his school's baseball, soccer and football teams!

#LeadStrong #FutureReadySTPPS



DAMON NARCISSE

SALMEN HIGH SCHOOL

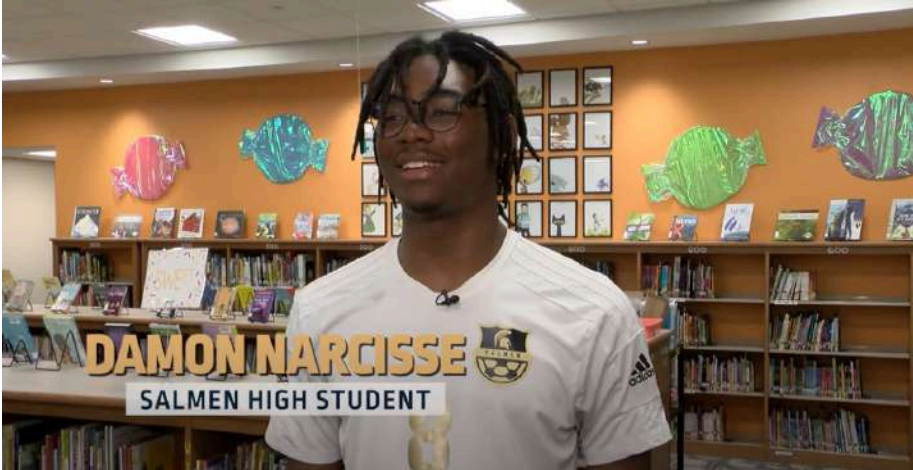


20232024

STUDENT OF THE YEAR

"I want to prove that all the sacrifices that were made for me were not in vain and that I will make all of the people that are important to me proud."

READ ACROSS ABNEY



STPSB CHANNEL 13 - FEATURING THE SPARTAN CHARIOT



Superintendent's Advisory Panel Seniors Reflect on Legacy

SALMEN STUDENTS SIGN WITH SOUTHERN UNIVERSITY



DWAYNE COLEMAN - ACCOLADES AND AWARDS



"2024 Scholarship Winner Spotlight"

Yasmine Armstrong

As 1 of our 5 Scholarship Winners, we want to share a little bit about Yasmine and her accomplishments. Yasmine is a senior at Salmen High School. She is a student ambassador and the first Counseling Intern at Salmen HS. Yasmine plans to attend Grambling St. University in the fall. She plans to major in Psychology with a minor in Social Work and also plans on a double major in sign language.

We want to wish Yasmine the very best and we know she will carry on Avery Natal's dreams, while achieving her own. Congrats Yasmine, welcome to our family!

#owneverysecondlikeaverynatal ❤️🦋❤️



CTE WALKING TOUR



A Note From The Newspaper Staff

Thank you all for reading *The Spartan Chariot*! We hope that we have made you laugh, cry, think, hope, and applaud the members of our school. To anyone who would like to join our club next year, don't be afraid to write and shine a light on your school. We welcome all new potential members and we are optimistic about how grand this newspaper team will become in the years that will follow. To our readers and writers alike, we hope that you realize the part that you have played in continuing a legacy here at Salmen by helping to revive a newspaper that had been extinct for over a decade. We appreciate all of the support and recognition that we have received. We can't wait to start again next year. But for now, let's finish this year strong!

Want to see every issue of *The Spartan Chariot*? Check out our archives by visiting:

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