



BETTER YEAR, BETTER SPARTANS

Salmen students, teachers, and staff start the 2024-2025 school year off better than ever.

Welcome Back, Spartans

BY SAVANNAH SMITH, JAMIYAH TURNER, & ALEXIS RUIZ

Bringing in the new school year of 2024-2025! We are welcoming back our new students and returning students to our Spartan family. Our faculty and staff are hoping that you all had an awesome summer and are now ready to transform back into school for a hard working, great productive school year.

We look forward to seeing Spartans participating in the upcoming events, such as volleyball games, football games, and our Homecoming week. As we go into a new school year, we bring in new school rules and regulations. There will be more positivity, amazing grades and graduates of 2025. So, let's make sure we are keeping all the new rules and expectations in mind so we can have a great year, let's make this one better than the last and keep our Spartans growing.



Now let's start this year off great and end it even better, we are wishing you the best year, keep up the hard work, motivate others, and believe in yourself. Lets show improvement to be better as the Spartan family we are and as always have a great productive year, the Spartan way.

up! He is most excited for Friday night football under the lights, hoping that we get some awesome wins this season. Leonidas told me to relay this message to all of you Spartans out there: “Don't be shy if you see me! Stop and take a picture. Don’t forget to tag me in the post!”...too bad he didn't tell me a username.

UPCOMING EVENTS	
★ September 2: Labor Day - No School	★ September 24: Volleyball vs Pine 4:30/5:45 PM
★ September 4: Freshmen Parent Meeting 6:00PM	★ October 9: JV Football 6:00 PM Volleyball vs Pearl River 4:30/5:45 PM
★ September 5: Volleyball vs McDonogh 35 4:30/5:30 PM	★ October 10: Hearing and Vision Screening 10th grade
★ September 6: Football vs Mandeville CAMO theme 7:00 PM	★ October 11: -Football away Northshore 7:00 PM -End of 1st Quarter 1/2 day students -Deadline to buy Tailgate ticket
★ September 7: Saturday Detention & Seat Time 8 AM-12:00 PM	★ September 25: JV Football 5:45 PM
★ September 9: Volleyball vs Hammond 4:30/5:30 PM	★ September 27: Deadline for class bundles, homecoming ticket and class t shirts
★ September 10: Senior Meeting Cafeteria 6:00 PM Senior Trip Deposit Due	★ September 28: Saturday Detention & Seat Time 8 AM-12 Noon
★ September 11: Yearbook Bake Sale	★ October 1: JV Football 6:00 PM
★ September 12: -Softball Tryouts -Volleyball vs First Baptist 4:30/5:30 PM	★ October 2: College & Career EXPO Slidell Harbor Center 5:00 PM - 8:00 PM
★ September 13: Football vs East Ascension 7:00 PM	★ October 4: Parish Fair Holiday No School
★ September 19: Volleyball vs Loranger 5:00/6:00 PM	★ October 5: Saturday Detention & Seat Time 8 AM-12 Noon
★ September 20: Football vs Bogalusa 7:00 PM	★ October 7: College & Career EXPO Castine Center 5:00 PM - 8:00 PM
★ September 21: Saturday Detention & Seat Time 8 AM-12:00 PM	

GOOD NEWS

- ★ Mrs. Therese, a beloved custodian, has done a wonderful job with the plants in the quad area. She also included students in the effort, which gives them a chance to help the school and gain experience working together. She was assisted by Kole Doss, Nicholas Carr, Rashad Tezeno, and Justin Gatlin. All students reported to the quad in second period to help Mrs. Therese.
- ★ Salmen Alum Dwayne Coleman received 2nd place in the Junior World's Competition after lifting 2039 LBS.
- ★ This year we have the MOST off campus interns we have ever had at Salmen. We have 18 interns and 4 student workers (on-campus students)!

Meet Leonidas

BY ALLI DOMINIQUE

After 5+ years, Leonidas, our school mascot, finally decided to make his return! He has made a few appearances so far, while welcoming our freshman at orientation, the first day of school, and also at the senior sunrise. He wouldn't tell me where he went all this time, but he did mention a trash can. He doesn't like to talk and he is extremely secretive, so it was hard to get this interview. Nevertheless, I managed to get some information out of him. He told me he plans on being at all the home games, for all the sports this year. Of course he will be wearing his favorite colors, black and gold! Leonidas loves to dance, at the senior sunrise he was cutting



Hispanic Heritage Month

BY BRENDON JOSEPH, WALESKA ADRIANO, & ADRI'ANNA RAY-FRANKLIN

When talking about the history of Hispanic Heritage Month, which is on September 15 - October 15, you have to think about the things people of Hispanic Heritage had to go through until they got recognition. According to hispanicheritagemonth.gov, Hispanic Heritage Month’s purpose is to “celebrate the histories, cultures, and contributions of all American citizens who have ancestors who have come from Spain, Mexico, the Caribbean, and Central and South America.”

Hispanic Heritage Month was created in 1968, but it was originally established and it was called “Hispanic Heritage Week”. The meaning behind the date September 15 is significant because it’s the anniversary of independence for Latin American countries; Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson, and it was expanded by President Ronald Reagan in 1988 to cover 30 days starting on September 15 throughout October 15. It was enacted into law on August 17, 1988 on the approval of Public Law 100-402. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18. The reason for Hispanic Heritage Month is to recognize the contributions of minority populations in America towards the end of the Initial Civil Rights Movement of the 1960s.

According to latino.si.edu/ “during Hispanic Heritage Month, many cities will host concerts, parades, runs, festivals, art exhibits, and more in celebration.” Some very popular Latin celebrations here in America are Cinco de Mayo and the Day of the Dead (Dia de los Muertos). According to nbclosangeles.com “The first American Cinco de Mayo celebrations date back to the 1860s, when Mexicans living in California commemorated the victory over France in Puebla.”



However, you can also celebrate these traditions by watching awards, hosting concerts, or having festivals! Their traditional food plays an important role in the Hispanic Heritage Month since Mexican and almost all Caribbean food tends

to have more spice to their food and most Americans tend to add cheese on most of their traditional plates. The exotic dishes and exclusivity of Latin food spices brings people’s attention and enforces Hispanic culture.

Jacqueline Savorgnan lived in Latin America for 18 years (South America). Some of the ways she honors her culture throughout her life is by identifying & recognizing important famous people (music, acting, politics). She encouraged her students to participate in projects, such as randomly selecting Hispanic artists/actors during Hispanic Heritage Month. However one of best memories from her childhood is when her mother would play and sing Enrique Iglesias. Her knowledge of South American dishes Arepas, empanadas de chile, arroz con frijol negro and much more. She also likes to incorporate Hispanic and African students, to recognize what Latinos have offered to the United States like how the African descendants have mixed with the Latin race and the Afro-Latin race has been created. However, Baseball has mainly played a major role in the United States because of the fact that its

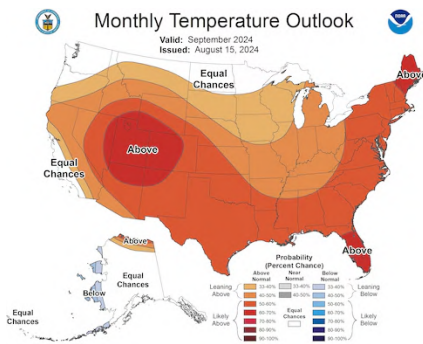


first Major League World Series was held in 1903 and also from their talented hispanic athletics. Savorgan enjoys new years because of the latin food and music and the traditions hispanic culture offers, like the tradition if the grapes you fit in your mouth welcomes good fortune and prosperity in the new year.

The Weather Corner

BY NATHAN MEUNIER & RONDEL FINLEY

Hello Spartans, and welcome back to Salmen High! I hope you all



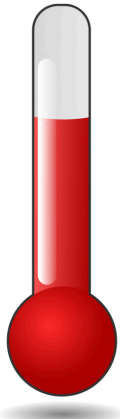
had an amazing summer because it was a hot one. We’re back again with your monthly weather report like usual and we have a two-for-one deal this month so without further ado, lets jump right back into it.

Before we dive into the next month’s weather, how about an overview of what August was like. In August, the temperature reached up to as high as

101°F and bottomed out at around 72°F, this means that the average temperature for August was 89°F on the high end and 78°F on the low end. As for rain, we got a decent amount with around 8.82 inches of rain. August was pretty boring in terms of storms, the most we got was a rain storm and a power outage for some which only lasted a few hours.

Now let's talk about what we can expect in September. September is a hot and rainy month. Because of this, you may feel hotter than it actually is. The highest temperature is around 89 degrees and the lowest temperature is around 77 degrees. This means that the average temperature for September is around 83 degrees. We can expect around 10-15 days of rain and about 5 inches in total. Luckily, from what we know as of right now, there are no storms or bad weather coming during the month of september. As always, the weather changes all the time. We can only make hypotheses and predictions of what is to come. But September looks like a pretty decent month.

With all of the “boring” weather out of the way, let's move on to some fun facts about the weather! Our first fact of this month is that one billion tons of water falls every second (that's enough water to fill a small lake!). Our next fact is a two for one deal: Mawsynram, Meghalaya, India is the wettest place on the planet with around 11 meters of rainfall each year (that's tall enough to be the size of a light pole). and the driest place on earth is Antofagasta, Chile, which gets less than 0.1 mm of rainfall per year, if any at all (that's almost 100 times shorter than your fingernail!). And with that last fact, it's time for me to go and start on next month’s weather. I'll see you all next month, in the meantime, be good everyone and have a good month!



All Sorts of Sports

BY ALLI DOMINIQUE, KEIONA WILLIAMS, & CAMARIE SMITH

Hey Salmen Spartans, as we kick off this awesome new year lets talk sports! (kick off...Get it cause we're talking about sports here!) We have a lot of sports about to spring into action; Football, volleyball, basketball, and more! Starting off this new year I interviewed some players off some of the sports teams. At the time I am writing this article we haven't had any games so i can't tell you about an awesome win. So instead we get to learn about some of our awesome players, their goals, and what they want to accomplish along with some upcoming sports.

Starting off with our volleyball team, I got to interview Kalia Williams. She is going into her senior year, but only her second year as a Salmen Spartan, she did transfer from one of our rival teams...Northshore High. I asked her what she looked forward to, her goals, and a quote. She told me she really looks forward to the bonds



that are being created between her and her teammates, and she wants to be able to make an impact on the underclassmen on the team, inspiring them to reach for their goals. By the end of the season she is looking forward to signing to one of the 5 colleges that have given her offers, and she wants to accomplish her goal of being the district MVP. Wrapping up my interview with Kalia I asked, what is one quote that inspires her. She said, “Success hits different when no one believed in you.” Remember to always push for your goals even if people doubt you. Finishing up with our volleyball team they have their first game vs Pearl River, September 4th. JV starts at 4:30, and Varsity at 5:30.

We also got the chance to interview one of our junior Basketball players Akayla McMooain, who followed up asking her these questions. What did she look forward to this season? Personally and as a team? she responded with “This season I look forward to creating stronger bonds with my teammates, and I look forward to winning and celebrating together.” One goal that Akayla said she wanted to accomplish was a winning record for them to win state. Lastly when asked what's one quote she would use she stated “To be the best you have to work the hardest.”

Which was a quote from Lebron James. And therefore that includes all for the interview from Akayla McMooain.

As our football team springs into action I interviewed one of our seniors, Grayson O’Shaugnessy, he is #4, team captain, and wide receiver. He said this season he is looking forward to playing our rival teams, especially Lakeshore because he transferred from there. He is hoping to win against our rival schools. As a team he said they look forward to winning district and hopefully making it to playoffs and being able to have the advantage of playing it as a home game. One



goal that he set for himself is to have many 100 yard games. He also wants to be able to impact blocks which will help his running backs. Wrapping up the interview I asked him a quote that meant something to him, he said “Winners never quit and quitters never win.”-Vince Lombardi. Meaning never give up on what you want to accomplish! One of their first Friday night games of the season is September 6th, home field, at 7PM! Be there to support our Spartans! If you're looking for a sport to join,



here are some you might find interesting.

Instead of a long distance relationship try long distance running (cross country) for further details report to room 303 Ms. Bourliea. Now if you're more into water come to the swimming tryouts and make a splashing impression head down to 402 Ms.Williams. If you want to kick it up, come and try out for soccer for more information head to room 204 Mr. Marlborough, or room 703 Ms. Fritscher. Well Spartans that’s all for the sports talk i have for you right now check back next month to hear about some awesome wins!

Club & Program Spotlight - Newspaper and Student Council
BY KAELYN LEVY & STEPHEN BARTHELEMY

Have you ever been interested in trying something new in high school? Joining a club or class program is the perfect way to ease into that. We had the opportunity to interview one of our very own, Mrs.Yates, to ask her some questions about the Newspaper class. Also, we selected a student here to ask them some questions about the club and class programs we have here, to learn more about them, and to help students notice these clubs and class programs.

So, we decided to interview one club and one class program to tell us information about these clubs and classes we have here at Salmen. We had a chance to talk to Mrs.Yates about the newspaper class she has

here. Last year, she was given some old newspapers from Salmen High School that dated back to the 1970s. Seeing the school’s history



inspired her to bring the newspaper back to Salmen, even using the same name, *The Spartan Chariot*. While last year it was just an after-school club, now it is an actual journalism and publishing class. Students can expect the chance to learn about journalism and also improve their skills in writing, interviewing, and more. Students also get a sense of community from talking to people around the school.Taking this class

students can go into a career in journalism, news reporting, and writing careers! This class is something that Mrs. Yates enjoys teaching, and when asked, she said that she thinks she will teach this class forever! She believes that this class could help and benefit a lot of the students that have an interest in a future career of writing.

Next, we interviewed Kayla Watson, she is part of the Student Council. She also helped us learn more about what the student council club is about, to help us understand what this club is all about.In the previous years of the student council, you had to go to the club meetings to participate in this club. This year there is a different sponsor so they handed out flyers around the school for others to join. She likes to do after school activities, and feels like school should have a little kick to it, yes to do your work but to do more, and she joined it to come up with ideas to help the school get a kick in it to add a hype to it , so students would enjoy school at the same time. She feels like it would improve if other students joined, instead of the presidents and vice president, and treasury she feels like it needs more people for other ideas, and she wants more students to be involved, one of her favorite things is when they get to meet up to add ideas, and help the school year, improve what to do better and what to change.



High School is all about new beginnings and getting into new things, clubs, and class programs are a great way to ease yourself into that. Clubs and class programs allow you to learn, create new relationships, and get a headstart with the “real world”. The Newspaper class is the perfect starting point if you’re interested in journalism and student council if you like things to change! If you are interested in joining Newspaper class during the 2025-2026 school year, make sure to add it to your scheduling card! If you would like to join the Student Council, ask for the sponsor in student services for more information.

Student Life - It’s Back To School Season
BY KELSEY LEE & CHLOE BOWMAN

Welcome back Spartans! It’s Kelsey Lee back again to interview all of our fellow Spartans, with help from one of our newest reporters, Chloe Bowman. With this upcoming school year I am personally so excited to see all the new faces along with all new personalities. Along with being excited, I am so excited to be able to experience all the new fun activities we will be doing this year! Enough talking, let’s get into the interviews of our peers!

New school year means new faces! One of these new faces is senior Wylee Jackson. Wylee came to Salmen during the second semester of his junior year from Washington. Wylee lived in Washington for 7 years but was born in Havasu, Arizona. He has played football for 11 years, and shows a strong passion towards the sport. Along with that, he is our linebacker for football this year. He is looking forward to a bright and busy school year. When asked how he spent his summer, Wylee said his summer was good because



he didn't have the stress of school and no work to keep up with. I think we can all agree no school work is the best! His favorite part about summer was the weather because it was hot which is perfect for swimming. Additionally, the things he is looking forward to the most are graduation and football season. He stated that he is excited for graduation because that means he's officially done with high school and is able to sleep in late. Lastly, a holiday to be looking forward to isssss.... You guessed it! CHRISTMAS! As for a lot of people, Christmas is the best holiday. He's mainly excited about Christmas because he can go to Washington to see his friends.



I also interviewed a junior, Adriana Zaldivar. Something Adriana would like to achieve for this school year is perfecting her time management. I think we all would like that, am I right? This requires her to get ready and complete assignments all on time. She would also like to begin working out but leaving time to spend time with her

family and friends, although it could seem difficult to fit all into one day. But, at the end of the day she knows she will stay on top of her work and continue to keep her life together so at the end, everything will be worth it. One of Adriana's favorite subjects is English! SAME! She is currently taking DE English 3. Adriana explained that writing is one of her passions and she enjoys being able to pour her heart and soul into all the work she does. Adriana says she feels connected to such topics and conveying her thoughts, and it makes her feel as though she can get her point across more easily. But, on the other hand, one of Adriana's weakest subjects is math. She stated that she hasn't quite understood it and even though she tries her hardest, she always ends up right at point A. She said that she sometimes feels lost, due to the way the problems could be worded, and even though there are multiple steps to get a more simple answer, it still barely even makes sense. Funny enough, Adriana ended her interview with, "Who thought to even put numbers in math?"



What is the best part of being a freshman? According to Elizabeth Kaluev she says the best part is hanging out with friends. When asked what her goals were she said to get good grades and have a good school year. Since she is new to Salmen, I asked her what her favorite part about it was and she said it was the teachers and the students because they are easy to talk to and are very friendly. A few things she is looking forward to this year is hanging out with her friends and going to school games.

That concludes my interview this month, but keep an eye out for me around campus. I may interview you next! I hope everyone has a great year and stays happy and kind. Have a great school year Spartans!

Teacher Spotlight - Janai Williams
BY PAIGE BAILEY & ANIYAH MITCHELL

The most important teachers are the ones who are willing to understand you: often described as kind-hearted, lenient and understanding, Mrs. Williams has been a Salmen High World



Geography teacher in the 700 hall for 5 years now, and still going strong. She is very passionate about what she teaches and how she teaches. We got the chance to sit down and ask Mrs. Williams questions like, how she got into teaching and does she have a different view as a black woman of color .

Mrs. Williams comes from a generation of highly educated teachers, and she was lucky enough to

be surrounded by them her whole life. This is one of the most important reasons that she became a teacher. She attended Xavier

University and UNO, and while there Mrs. Williams earned 2 degrees, which were a Bachelor's in History and also a Master's Degree. These were the first steps of her goals to be the type of teacher she is today. Mrs. Williams also attended and graduated from Salmen High. Speaking of high school, she has also been happily married to her high school sweetheart for 13 years now. They are a power couple, one might say. Mrs. Williams now has a 13 year old daughter and an 11-year-old son, and part of the reason she is a great teacher is because she has kids herself.

As a woman of color and a history teacher, when asked if she wished African American history was taught more in-depth during certain periods, she said, "Yes I do often. But even now, I try my best to include that people of color didn't just randomly pop up during a certain period of time. For example, what I'm teaching now in my World History class is the Renaissance Era. I do include that people of color were there and a part of it". If you were to ask Mrs. Williams what the most important thing for her students to learn is, she would tell you



that it's that they actually need to process World History. This may be cliché in a way since that's her job but it's true, students need to know how our history got us to where we are now and what it means. Mrs. Williams is someone who believes in her students, who wants to understand her students, someone who still prays that her students do well in life even if she doesn't have them in her class anymore. So thank you Mrs. Williams for being the inspiring teacher you are today, we Salmen High students are lucky to have you!

Faculty Mentality - Interviews
BY AMIYAH SHANNON & ELIZABETH KALUEV

Have you ever wanted to know more about the teachers and staff here at Salmen? Starting the new school year off, we looked for answers just for you! We interviewed three staff members and asked them questions from their school life to their personal life. In this article you will learn about the mentality of the faculty.



First, we interviewed Ms. Young. Ms. Young is located in room 208 and teaches English 1 and 2. She told us about her lifestyle, her dreams, and more. First, we asked her about what inspired her to be a teacher. She said that her three main sources of inspiration were her grandma, her mom, and her old poetry teacher. Her grandmother was a special ed teacher for over twenty years. Another person in her family that motivated her to become a teacher was her mom, who was a biology teacher. One more person that motivated her was her poetry teacher, Dr. Mona Lisa. Dr. Mona Lisa was the one who inspired her to



become an English teacher. Ms. Young was always a fan of writing so she always knew that she wanted to do something that involved writing. She hopes that she can become an English professor some day. Ms. Young went to Dillard University for her education after high school. When asked about her favorite part of teaching, she answered "To learn what a kid wants to do when they are older and to hope they make it."

Which brings us to her goals as a teacher. Ms. Young's goal is to be a part of supporting student's career paths, and she wants to be one of the reasons that they make it. Ms. Young believes that potential, passion, discipline, creativity, and imagination make up a good student. She wants her students to be passionate about the topics that they enjoy. She said that she sees herself as the smiling emoji with the

hearts around it because she is a sweet person to be around and she tries her best to be as kind as possible. Her dream place to live is anywhere with a beach somewhat like Florida or Hawaii. Her reasoning for this is because she loves water and she defines it as calming and she believes that it brings her to peace. We also asked her what her favorite holiday is. She responded with Christmas because of the quality time with her peers, the food, and the Christmas spirit. She said that if she could eat dinner with any person in the world, she would eat it with James Baldwin, who is an American writer and is also a civil rights activist or Beyonce. She said that she would pick James because he is a strong and unapologetic writer that stands for what he believes in. She would also pick Beyonce because she is an amazing singer. Her favorite song by Beyonce is “SWEET HONEY”, “BUCKIN”, or “Irreplaceable”. Ms. Young's favorite album is *B'Day*. Ms. Young is most excited to see the transformation throughout students this school year and obviously Salmen’s homecoming dance and game. Her favorite quote to live by is “ Still I Rise” by Maya Angelou. Ms. Young lives by this quote because as she states, “ We all go through things that knock us down and regardless you're gonna get back up” This quote goes for students and adults and can hopefully help you throughout this school year!

Then, we were able to interview Mr. Rayford. Mr. Rayford is one of our Assistant Principals! It's his second year at Salmen and he assists teachers and maximizes the school's capabilities. This school year Mr. Rayford is most excited to implement some of the things he learned from his first year and use those things to improve and do better. Mr. Rayford's goals this school year are to continue maximizing teachers abilities and to have a clutter free environment at school. When asked about the type of student he was in school he stated that “ I did the right thing most times and didn’t maximize all my potential.” He also said he could’ve done more in school. This is why the students are one of his favorite things about Salmen, because they have so much potential. Mr. Rayford’s advice to students is to “maximize your time in high school.”

Last but not least, we sat down with Ms. Leblanc. Ms. Leblanc is Salmen’s school to work coordinator. She oversees your favorite dual enrollment teachers and classes! Ms. Leblanc is most excited to work so closely with students and the graduation for this school year. First, we asked her why she wanted to become a teacher. She responded by saying that it was her dream since she was a little girl and she always taught the kids that lived in her neighborhood when she was young. Next, we asked her what her dream place to live is. She said that her dream is that when she has 10 years before retirement she wants a house that looks vintage but isn’t. She also does not want Victorian furniture in her house. She wants to have a dog and sit on the porch drinking coffee and eating tacos. She doesn’t want her house to be remote, however, she wants it to be somewhat away from people. As long as she is still within a short driving distance from a Mexican restaurant and a Starbucks, she's happy with the location. If she needed to describe herself in three words she would say loyal, helpful,



and direct. She would say this because she helps anyone with what they need and she will tell you what you need to hear rather than what you want to hear. If she could pick anyone in the world, dead or alive, to have dinner with she would say Linda Sisson. Mrs. Sisson passed away last year and she was Ms. Leblanc's mentor. Linda was also her junior high math teacher. Ms. Leblanc does not like math however she stated that Linda was “like my second mom”. Mrs. Sisson loved tacos just as much as Mrs. Leblanc loved them. The best gift that Mrs. Leblanc has received is her truck that her husband gifted her. The name of the truck is the 1949 Ford F1 Flathead. She named the truck



Maybel. She believes that a good student consists of the traits diligent, kind, and has pride in the school. She stated, “they should strive to be successful.” Like Mr. Rayford, in school Ms. Leblanc didn’t put in enough effort. She was a good kid but a bad student. Ms. Leblanc believes that “ No matter what problem you face it's important to find a way through it and to find the most positive way to success” and that's her advice for students this year.

This brings us to the end of our faculty interviews! It was a pleasure interviewing them and getting to know staff for the start of the school year. If you see one of them in the halls don’t be shy to say hello. Make sure to follow up on future articles, your favorite teacher might be present!

Student Spotlight - Our Spartan Family is Increasing!

BY MADISON KNIGHT

The 2024-2025 school year is off to a great start! Not only do we have new freshmen, but we also have new students transferring from different schools to come be a part of our Spartan family! The class of 2027 continues to grow with many students such as Xachary Hill. Xachary is a student athlete who is currently a sophomore. He plays one of the most challenging sports, basketball! He is actually a shooting guard on the basketball team. This will in fact be his first year attending Salmen High School. I recently sat with him and he filled me in about his thoughts about the 2024-2025 school year so far as a Spartan! Xachary Hill recently transferred from Brother Martin, which was a massive change. Not only because it’s in a different city, but because Salmen is a public school and Brother Martin is a private school. I’m sure we are all wondering why he decided to transfer, well Xachary has heard about our extracurricular activities such as basketball. He knew of the coaches already, which is what drew him in even more & convinced him to eventually try out which led him to make the varsity team.



Xachary is thrilled about him starting at Salmen, he is looking forward to the biggest rivalry games of the season, the Salmen vs. Slidell football and basketball games.

Xachary is off to a strong start in school with his studies! His biology teacher Mrs. Williams is his most favored at the moment, he stated “she is cool, laid back , doesn’t assign alot of work and if she does she lets us work in groups.” Everyone has their own opinion about the school year so far, he feels like school is boring but it’s not terrible, it's alright. We love hearing students' feedback, especially about the thoughts and ideas that could potentially make the school year an unforgettable experience. Xachary feels if we were allowed to have more freedom, more class events such as field trips, and fun rewarding incentives would likely help make the school year a pleasure. Being a new student isn’t always easy, especially in high school.

Here’s a piece of advice Xachary shared with me for all the new students, “Do your work and be yourself always.” I’m sure we all had hopes that high school was more like High School musical, but this is reality and it’s not unfortunately, but let’s not waste time & take this year for granted. Enjoy what we have now! Well Spartans, to wrap things up let's welcome Xachary Hill, along with all of our other new peers! Wishing you all the best, as we embark on this new upcoming school year!



Salmen Spartanettes Rising To The Spot Light
BY KAYLA WATSON & LONDON COBBINS

Have you ever heard or seen the Salmen Spartanettes Dance Team around campus? They are the dance team of Salmen High School and you just might know a couple people who are on the team. They are all around you, in your grades or in your classrooms. You may also see them at football games, pep rallies, and basketball games. Dance can be someone's lifelong dream, or maybe the only way one knows how to nonverbally communicate with others. Like any team you have parts that make it one, you not only have the dancers, but you have coaches, maybe sponsors and maybe also a manager that help the team out to get them to the point where they need to be. And guess what the dance team has all three on their team; you have the sponsor/coach, manager and the dancers themselves. There is also the captain of the team, you can't forget about them.



The dance coach is Ms. Howard, she is located in the 100 wing towards the end of the hall, in case you have any questions about the dance team. As coach, she definitely has some principles and expectations for her team. When we interviewed her, we asked her the big question as to "Why did you become the dance team's coach?". In response, she said, "Dance is my life, it's rewarding. Being able to work with people that love dance like I do is empowering, because it's an art people use to express themselves." As she spoke about dance, she also mentioned a couple of things that she would like to see from her team. She likes to see a really clean technique and precision, as well as wanting them to have fun. She also expects discipline, style, and grace.

You can find the dance team's sponsor in the middle office, between the front office and student services. Her name is Ms. Bouie, and she is also the beloved sophomore counselor here at Salmen High. Ms. Bouie wanted to be the sponsor of the Spartanettes dance team because really loves dancing, and she also loves the girls who participate. She also felt like she could be a great asset to the team. Her main goal for the team is to see the program grow from last year to this year. For instance, last year they didn't get to take official pictures, but this year they did. They will also compete in competitions, so the stakes will be higher. The hardest thing on the dance team in Ms. Bouie's opinion is to manage the attitudes from different girls and ensure everyone is happy. One word she can describe her team is "sizzle" because they're hot!



or when everyone does not participate. One word Brendon uses to



That's not all of the support team we have. Another important asset is our dance manager, Brendon Joseph. Regarding his feelings toward being the manager, Brendon stated, "It's really nice, fun, and the events are fun. I want to be a manager in my free time and be involved in the school." He also said that the hardest part is when a girl forgets something

describe the team is "different". His goals for the team are to become more organized, more in sync, and to stay on count.

At the head of the team, we have Kierston Collins. She is the captain, which is one of the most important roles of the Spartanettes Dance team. Although it is fun, Kierston stated that it is also stressful at times. As a dancer, she said that her goals are to be able to accomplish things and continuously grow into her skills and technique over time. Although she said that practices are not really intense, technique days can be a bit of a challenge. She makes sure to encourage herself to keep going on hard days.



Following the captain's lead is a whole team of talented girls, including two dancers, Brooklynn Parker and Kayla Colar. We asked Brooklynn, and Kayla about why they want to be on the dance team. Kayla said, "I feel as though being on the team is very exciting. Give me something to look forward to my senior year being on the team to help me create friendships." Brooklynn stated that it feels good seeing the different forms of dance and seeing our styles of dancing forms in a whole team. As far as goals in their dancing careers, Kayla said her goals are to be the best dancer and strive to strengthen her skill from guidance of Ms. Howard and the amazing captain Kierston Collins. Brooklynn similarly stated, "My goal as a dancer is to expand my talent and to not sit in the same place doing the basics but actually expanding what I already could do is being great at it! Learning different styles of dance and mastering techniques". The top question we asked them is: Does practice get intense? Kayla explained that practice is always intense, but organized. Even though the days are long, it is worth it to see growth in their skills.



So now that you know the Spartanette Dance team, make sure to cheer them on at all Salmen events this year. As they are dancing, notice how they are dancing into the spotlight. Upcoming events for Spartanette Dance team include the first game pep-rally on September 6th, and a competition on October 4th.

Ask the Doctor - Advice Column
BY TIYION LANE

Dear Dr. Campbell,
I just moved to Slidell and it has been harder to make friends than I thought. I eat lunch by myself. I don't know who to talk to or how.
What should I do?
Sincerely,
Lone Wolf

Hey, Lone Wolf. I was once brand new to Slidell. I had no friends and family around during my freshman year, but it eventually got better for me. It took some time, but just be your authentic self. I was extremely shy when I first got to this school, but the thing that helped me the most was joining some sort of club or just simply going out to after school activities.

Making new friends is almost always about chance and choice because you too might find someone feeling the same way you do at the moment. My advice is to just get out of your comfort zone and meet new people. If you see a crowd of people talking, possibly join that crowd and just socialize. The best that can happen is you find your wolf pack. The worst that can happen is one of those people gives a boring speech about global warming or something, lol. Good luck.

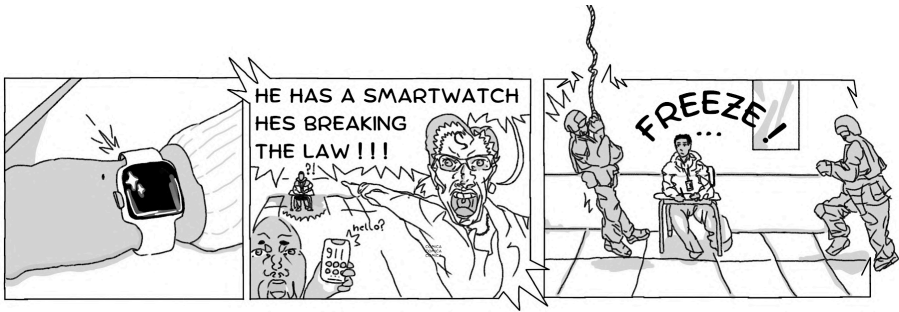
Need advice about relationships, work, school, home life, friendships, and beyond? Well, our team of doctors is here to help!

Each of our Spartan psychologists earned their degrees at the very prestigious Imaginary University of Advice, so you know that you can trust their suggestions!

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 DAIRAN AVILES SEDA



SPARTAN SNAPSHOTS - SENIOR SUNRISE

