



SPOOK-TACULAR SPARTANS

Spartan Students and Staff Gear Up For Spooky Season

GOOD NEWS

- ★ On October 1st, the Allstate Sugar Bowl announced that Markel Keyes was one of the week’s Manning Award Futures for his outstanding performance in football.
- ★ Salmen High School had their first Spartan Family homeroom, and it was a success.
- ★ This month will begin a new tradition here at Salmen: Club Day! This will occur one Thursday per month.
- ★ On September 20th, Mr. Jim Stevens hosted his last Alumni Band Performance at Salmen High School. We love you Mr. Stevens! You will truly be missed.
- ★ Salmen High Prostart took First place in the Wild Game Division of the Wild Game cook-off. The students who won were Anjelle Lawson, Kierston Collins, Brendon Joseph, Daja Lightell, and Jada Qualls.

Nathan’s Weather Corner

BY NATHAN MEUNIER

Welcome back yet again, Spartans! It’s October already and we’re closing in on the end of the first quarter but that doesn’t keep the world from spinning and the weather from continuing on! September was unexpectedly rainy (and even had a Category 2 Hurricane named Francine right in the middle of the month), but at least we’re all still here to read about it! Anyways, I hope you all had a great September and let’s get right back into it.

Throughout October, we can expect to see some warm temperatures in the beginning of the month but we can see some cooler temperatures towards the end, going as low as the upper 60’s and at the highest, the mid to low 80’s. The rain chances for October looks like we’re gonna get around 5 days with rain, totalling to ~3 inches. Now that October’s weather is out of the way, let’s talk about the elephant in the room, Hurricane Francine. As mentioned earlier, Francine started as a Category 2 Hurricane that thankfully weakened after making landfall, but not before knocking the

power out for thousands. Altogether, Francine has been said to cause over \$1 billion in damages and though there was thankfully no casualties were reported by officials due to Francinewere dozens who



needed to be rescued from the rising waters towards the coast. All in all, Francine was Louisiana’s first (and hopefully last) major hurricane this year but you should still be keeping up with any bad weather that even has a chance of hitting so you can be one step ahead of the game.

With that, we conclude our weather report for this month. Before we move on to our fun facts, I hope you all have a great end of the quarter and make sure to keep up the good work Spartans! To kick off our fun facts, did you know that rain drops can be as large as a housefly and fall as fast as 30 kph (~18 mph)? In July 2001 the rainfall in Kerala, India, was blood red! This was caused by the high amount of red dust or sand in the air at the time. For the final fact of today, the Empire State Building gets struck by lightning, on average, 23 times a year! And that does it for October’s weather article. It was nice reporting to you all again, so make sure to stay cool (or warm depending, on the weather) and have a great October!

All The Looks Into Homecoming

BY KAYLA WATSON & ADRI’ANNA RAY-FRANKLIN

Every year, around late September, we have a dedicated school week, game, and dance in honor of Homecoming. We interviewed teachers and students, asking them their thoughts about the 2024-2025 homecoming dance this year.



Oftentimes, when people think about homecoming, they not only think about the dance, but also the football game. The Spartan Football Team will go against Fontainebleau High School Bulldogs on October 18, at 7pm, at home. We asked A’san Johnson, a Wide Receiver (WR) and

UPCOMING EVENTS

- ★ **October 2:**
College & Career EXPO
Slidell Harbor Center
5:00 PM - 8:00 PM
- ★ **October 4:**
Parish Fair Holiday
No School
- ★ **October 5:**
Saturday Detention &
Seat Time
8 AM-12 Noon
- ★ **October 7:**
College & Career EXPO
Castine Center
5:00 PM - 8:00 PM
- ★ **October 8:**
LSU Lunch Visit
- ★ **October 9:**
JV Football - 6:00 PM
Volleyball vs Pearl River
4:30/5:45 PM
- ★ **October 10:**
-Hearing and Vision
Screening - 10th grade
-College Acceptance
Recognition - Lunch
- ★ **October 11:**
-Football Away Game -
Northshore High
-End of 1st Quarter
1/2 day students
-Deadline for Tailgate
and Homecoming tickets
- ★ **October 14:**
-Crimestopper
Presentation
-Pajama Day
- ★ **October 15:**
-LOSFA/ FAFSA Night
@6 PM
-Twin Day
- ★ **October 16:**
Biker/Surfer Day
- ★ **October 17:**
Throwback 1920s
- ★ **October 18:**
-Football vs
Fontainebleau
Black Out - 7:00 PM
-Black Out Pep Rally
-Report Card Distribution
- ★ **October 19:**
-Homecoming Dance
7:00 PM
- ★ **October 21:**
Lock In: 8-9:30 PM
- ★ **October 21:**
Volleyball vs Amite
4:30/5:30 PM
- ★ **October 25:**
-Football vs Slidell
7:00 PM
-Tailgate
5:00-7:00 PM
- ★ **October 28:**
School Wide Yearbook
Pictures
- ★ **October 30:**
Volleyball vs NOMMA
4:30/5:30 PM
- ★ **October 31:**
Volleyball vs Edna Karr
4:30 PM
- ★ **November 1:**
Football vs Hammond
7:00 PM

CornerBack (CB) on the Spartan football team, what he is expecting from this homecoming game and why this particular game is important to him and his teammates. He said, “ I believe we’re going to dominate the competition and win the game.” He then responded by explaining that, “this game is important as this is a district game and our senior’s final homecoming game.”

The dance is the closing event of Homecoming Week. The dance is on Saturday, October 19, 2024, from 7:00pm to 10:00 pm at the Harbor Center and the theme is the 1920s Era: *The Great Gatsby*. The crowning for all students who made the court will take place during the dance, around 8:00 pm. For the people who made the 24-25 homecoming court, there would be a section where they are able to sit down the whole night. This also goes for student council. We interviewed a teacher and a student about the dance. The first person that was interviewed was retired Lieutenant Colonel Bruce L. Wilson, who has mostly chaperoned the Homecoming Dance every other year since he’s been here, which has been the last 14 years. He said, “Every dance I chaperoned I notice the same thing that happens, they charge \$25 for the ticket and then there's nothing but a DJ there.” Colonel Wilson also spoke about the behavior of the students at the dance. He stated that the students are well-behaved and there have been no incidents at the dances he’s been to. We have also interviewed Olen Robinson, a freshman who is running for homecoming court as Mr. Freshman to see his thoughts for this year's dance. As a freshman, he feels that homecoming is the first event that he’s excited for. He said, “The reason I'm running for homecoming is because I want to represent the freshman class in every way that I can.” Olen seems to think that homecoming would be a great experience for him to see how things are done in high school vs junior high.

The Homecoming Court for the 24-25 school year are as follows:

- ★ Olen Robinson and Jayla Curley as Freshman Class of 2028 Mr. and Ms. Freshman
- ★ Mason Blunt and A'Rielle Smith as Sophomore class of 2027 Mr. and Ms. Sophomore
- ★ Camron Robinson and Gracie Williams as Junior class of 2026 Mr. and Ms. Junior
- ★ Donovan Burkes and Alexis Brower as class of 2025 Mr. and Ms. Senior
- ★ The Homecoming King is Desmond Beasly and the Homecoming Queen is Diary Banks

Homecoming Spirit Week is October 14-18. Monday is Pajamas day where you would roll out of bed and wear your PJ to school! Tuesday is Twin Day. You and one other person would dress alike and

at the end of the week the duo with the most votes would get a type of compensation, but to enter, you and your twin must email pictures to Mrs. Howard. Wednesday is Bikers vs Surfers day, where some students dress as Bikers, and some students dress up as Surfers. Thursday is Throwback to the 20s, and on this day you should dress how you would

if you were in the 1920s. Maybe you could dress like a flapper or an old-timey mobster! Friday, which is also the day of the Pep Rally, is Black Out Day. Students and staff should dress in all black. Also, keep an eye out for some fun games and events that may pop up during lunch time!

Well, there it is: all you need to know for this year's Great Gasby themed Homecoming Dance and everything that is related to Homecoming so far. It’s going to be the best



Homecoming the Spartans have experienced in a while. Can’t wait to see you all there!

Teacher Spotlight - Mr. McGovern

BY MADISON KNIGHT

As students, we all know that not every teacher is perfect. Some teachers have positive energies that light up a room, and some do not. But, if you are lucky enough to have a teacher who puts a smile on your face with just their presence, you should be grateful. Mr. McGovern is one of those teachers. Mr. McGovern, or some may



know him as “Mr. Mac”, has such an optimistic and contagious energy. He is no longer a newbie to Salmen. This will now be his 2nd year teaching English I and being a part of our Spartan Family. He allowed me to chat with him a bit to get a different perspective on being that happy, energetic, English teacher that many of us adore.

I’m sure we all have wondered “How do teachers wake up and do this everyday? Are they robots?” No, silly! Teachers are just like us...human! As teenagers and young adults, we

kind of go through this thing called “life” with a blind fold on waiting for the unexpected. We don't exactly know what the future may have in store for us. However, Mr. McGovern is a perfect example of “waiting for the unexpected”. He never desired to become a teacher, he always hoped someday to become an artist. Mr. McGovern has had previous jobs that didn’t interest him too much, nor did they pay enough to live off of. Nothing seemed to be good enough and couldn’t find a job that he loved and was passionate about. He attended UNO majoring in business, then eventually dropped out, not because of his grades but simply because his heart wasn’t into it. He then later decided to go to LSU and give the education department a chance, which was just right for him. Mr. McGovern actually was influenced by these 3 significant women. Their names are, “Mrs. Deshotel, Mrs. Groves, and Natasha Otis”, and these women helped him in different ways, but they were each a reason he started teaching.



Mr. McGovern actually has never taught anywhere else but Salmen, and he stated “I can’t imagine being anywhere else right now”. How did he even start his journey at Salmen? According to Mr. McGovern, he spoke to the previous principal, Mrs. Blackman Stokes, and also Mr. Brisco during the summer of 2023 and formed a casual relationship, later realizing this might be the place for him. Mr. McGovern didn’t know much about students, but didn’t want to miss this opportunity so he gave it his best shot! He is known for his perky positive energy, and he considers himself as having “endless energy”. He always strives for bringing the best out of students and doesn’t stop

until he does. He loves all of his classes but certain people seem to always stick out to him like a sore thumb. For instance, he named a few students that were in his 9th grade honors class in the 2023-2024 school year, including, “Kaiden Nelson,

Lauren Smith, Madison Knight, and Brittany Selines”. He stated “these kids feed me intellectually, they keep me going to build up the not so good students.” Everyday he comes to school with one specific goal, which is to challenge himself to not get upset the whole day! He considers getting mad and frustrated as “losing”. All in all, Mr. McGovern is loved by many and he truly is the definition of “A good teacher can awaken joy in their students and leave a positive impression that lasts a lifetime.”

Well there you have it! Mr. McGovern can be located in the 500 hall, so don’t be shy and say “Hi!” Thank you for all your hard work



and dedication that you show to us everyday, it never goes unnoticed Mr. McGovern!

Student Spotlight - Kierston Collins
BY STEPHEN BARTHELEMY

Hey, do you know what a student spotlight is? Our newspaper team likes to applaud a student that stands out in our school, is doing the best they can daily to progress, and works hard to get knowledge that's needed for the future.

Kierston Collins is a girl, who is 17, and is now a senior this school year 2024-2025, She is captain of the dance team, and is there for most school activities. She is a friend/sister/cousin to me outside of school, and she is always very kind. I can ask her to help me with just about anything when it comes to school. She has worked hard throughout all of her academic life to finally get to this moment. All would agree that she is very bright, talented, and smart, so now it's her time to shine and head onto college.

Kierston Collins is the perfect representation of “demure” ; she stands out at what she does and makes sure she is good at what she does. Kierston is really great at dancing, she has been dancing since she was 7 years old. She always has had a passion for dance. Kierston deserves to be my spotlight student, not only because she is a cousin/best friend, intelligent young lady, smart, and very active, but because she is a senior in high school now and this will be her last year before she starts her life. Kierston is very resourceful and helps out anybody around the school if they truly need it. I'm going to ask Kierston a few questions today about how she feels about me honoring her to be my spotlight student.

Steph- Hey Kierston I'm going to ask you a few questions today! Is that okay sis?

Kierston- of course bro.

Steph- How is your school year going so far?

Kierston- It's going great cousin, I'm just focused on my future these days. So my school years are okay right now.

Steph- Okay that's great, glad to hear that. Are you excited and prepared about what's coming next in your life?

Kierston- I'm almost prepared, still trying to process the fact that I will have to leave my parents, and begin my life. I'm definitely excited about it.

Steph- Do you plan on going to college after high school?

Kierston- Yes, I do plan on going to college.

Steph- Awesome. How does it feel to be captain of the dance team, and support numerous school activities?

Kierston- It feels great, I have always been a leader my whole life, so I was fit for the job. I want to make sure I have a lot of high school experience to reflect on in the future so I feel honored to be a part.

Steph- Aww, it's always great to give yourself a pat on the back, now How do you feel about me choosing you to be my spotlight student?

Kierston- I feel honored to be your spotlight student, especially because you're like a brother to me. Our family is friends, we go on



vacation together, go places, support each other, and etc. So I wouldn't mind helping you out with anything.

Steph- Thanks so much Kierston and I'll do anything for you. Anything else you would like to say to new coming high school students?
Kierston- I would like to tell any new students to be themselves always, never let anyone tear them down, and work really really hard to graduate from high school. Strive for your future ahead of you, don't let anyone get in your way. Keep good friends around you, pay attention in class, and to your friend group. Last but not least, high school is only as hard as you choose to make it.

Steph- I just want to say thanks to my spotlight student for answering my questions today, I truly appreciate your time. Kierston I just want to say as I close out my article, to continue to be a bright student, a nice young lady, role model, and respectful young lady throughout your life, it will grant you into many rooms. You are a good friend so I had no doubt about you being a great spotlight student for my newspaper article. In this generation we admire young talented girls like you, to be great at whatever you plan to do in the future.

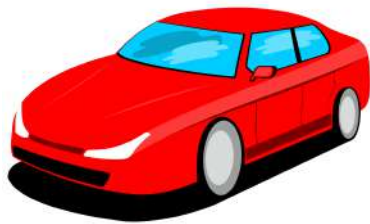


In conclusion, Kierston is the true meaning and perfect representation of a spotlight student at our high school. It wasn't hard for me to pick her because I knew the perfect person to be my spotlight student. A spotlight student does have to be

perfect, but definitely has to be worthy. After reading this, hopefully it helps influence other students in our high school to push themselves to be in the spotlight of their school. Spotlight students can be anyone from female to male, you just have to prove that you can be the role model to present to other students.

Program Spotlight - Auto Tech
BY LONDON COBBINS

At our age, as new or aspiring drivers, many of us have an interest in cars. When one gets their license and a car of their own, they should know how to take care of their car.



Working with cars and knowing about cars can be exciting and sometimes difficult. Luckily, Salmen High School offers a class to teach you this: Auto Tech. Members of the Auto Tech class are all over our school, and you may have noticed them walking with their Auto Tech shirts on. Working with cars can be difficult, but this class makes it fun. While observing the Auto Tech

class, I noticed a lot while seeing the group together. I realized they all love each other and have great chemistry together! Seeing them reminded me of family. I also realized it was all about safety and respect and there was no playing around.

The teacher of Auto Tech is Mr. Laurant and his classroom is located in the 600 hall. Mr. Laurant has been a teacher at Salmen High School for 20 years. He also served 30 years in the military. This job is not like work to him, but he also has challenges. I asked him what difficulties he goes through teaching the students, and he stated, “It's always about safety, you have to stay on your toes, and also it's an art to control a human and influence a person to accomplish your mission.” He said that his mission is to train students and make them their best selves. The Auto Tech class has achieved status as the top automotive class in the state, while also winning an AAA competition. I wanted to find out what excites Mr.



Laurant the most after 20 years. He said that he is motivated by seeing kids learn things, and seeing what he accomplished from students. He stated that some of his former students have taken over dealerships and been very successful. Seeing Mr. Laurant work with his students I realized he really does love them and cares for them. One of the important words Mr. Laurant really loves to use is the word R.E.A.D, which he writes on his board. He explains, “If you can’t read, stay dumb.”

This is a beneficial class where you can learn new things and make many strides toward accomplishments. If you are interested in Auto Tech you can talk to your counselor and or talk to Mr Laurant. If you see Mr. Laurant say thank you, and tell the students good work.

National Coaches Day
BY CHLOE BOWMAN

Michael Jordan once said, “Talent wins games, but teamwork and intelligence wins championships.” Both great players and great coaches know that this is a fact. October 6th is National Coaches Day, which is a day to celebrate coaches of all types of sports. In 1972, the president of the time, Richard Nixon, issued that October sixth would be National Coaches Day to honor these heroes. He also encouraged activities and ceremonies to celebrate the holiday to make coaches feel valued and appreciated. Likewise, many Salmen coaches deserve to be applauded.

To begin, Coach Rushing is an amazingly hard-working Salmen coach. He is the assistant volleyball coach and head coach of the boys basketball team. He grew up playing basketball and football. While he dabbled in baseball as well, he consistently focused his attention on basketball and football. When asked why



he chose to coach basketball, he said, “I grew up playing basketball, and it has become my favorite sport and pastime. If a basketball game is on TV, it doesn't matter who's playing, I am going to watch it.” He has been coaching for six years, but this will be his third year coaching at a high school level. According to Coach Rushing, his favorite part of being a coach is the interaction between himself and the players. The players on his team are like a family to him, so getting to watch them grow as individuals is definitely the best part. Although coaching has positive sides there are also negative sides, one of those things is to balance home life and work life. Of the demanding duties of coaching, Rushing said, “Coaching is a full time job in itself. I often have to stop myself from thinking about basketball when I am home with my family. Being the leader of a high school program, means you are in charge of every aspect of that program from parents to making sure you have officials. The job of a head coach has many responsibilities, so trying to juggle those responsibilities can be challenging at times.” Motivation is also a big part of being a coach, and some ways that Coach Rushing tries to motivate his students is to instill confidence and preach hard work. He also explained that if you're working hard and giving it your all, there is nothing that you can not accomplish. Why would someone want to be a coach? Rushing wanted to be a coach because wanted to make a positive impact in people's lives. If not a coach, he stated that he would want to run a recreational department or program, he also says he wouldn't mind being a basketball or football referee. Coach Rushing is just one of the many amazing coaches that we have here at Salmen.

Another wonderful coach is Coach Fritscher who coaches boys and girls tennis, along with girls soccer. She has been coaching tennis for ten years at Salmen, and soccer for four years. When she was in high

school, she coached four and five year olds, and in college she was the assistant tennis coach for the local high school. When asked why she chose tennis to coach she said, “I have played tennis since I was 8 years old and even played at Spring Hill College. I love the game and think it is a lifelong sport that everyone should try.” Coach Fritscher's mom was a PE coach, so she grew up playing cross country, flag football, cheerleading, tennis, volleyball, basketball, soccer, and softball. When she had started high school she narrowed it down to just volleyball, basketball, soccer, and tennis. By the time senior year came she only focused on volleyball and tennis. She wanted to be a coach because she had always looked up to her coaches, for their dedication and drive. One way that coach motivates her students is to lead



by example, she says that if they have punishment runs, she will run with the team. Good and bad things come with being a coach. Some of those things for Coach Fritscher are the late nights, because she misses her pups. As for the best part, she said, “I really enjoy seeing my players improve and their excitement when they finally get their forehand just right or have an awesome serve. If they are having fun and trying hard, it makes me happy. It is also wonderful to coach my niece, Al Dominique.” If she was not a coach, she would want to be a captain of a boat, and give tours around Slidell and NOLA. So, next time you see Coach Fritscher make sure to say hi to Captain Suga Shelbs.

And last but not least, it is time to shout out Coach Marlborough, who coaches boys soccer. His motivation for becoming a coach was his history growing up playing the sport. Now, he also watches it on TV whenever he can. He also said that coaching gives him another opportunity to be involved with what is widely known as “the beautiful game.” Coach Marlborough has been coaching soccer for ten years. When asked what the best part about being a coach is, he said, “Seeing players develop year after year. Several of my starters came to Salmen never having played on a soccer team before. That transformation from not knowing basic skills and terminology, to finding a favorite professional team, and being able to compete with guys that have played for years is always exciting.” As far as the worst part of coaching, he explained that he dislikes waiting for the football season to end so all of his players can practice with the team, even if they also play football. Coach Marlborough motivates his players by focusing on both individual and team growth, and they all strive to do better each day than they did the day before.



Thank you to all of our coaches here at Salmen High School. They work very hard to help make our student athletes better people. Their dedication shows how much they care about the students. Through them we can learn important lessons on teamwork, perseverance, and doing our best. Thanks for helping our student body grow on and off the field.

All Sorts of Sports
BY ALLI DOMINIQUE

Welcome back Spartan Family! Hope you're ready to hear about what's been going on with our sports recently. We have got a lot of things brewing up around here! Sports are dominating Salmen, from football, to volleyball, and more. I also got the chance to interview one of our football managers and some of our awesome players.

Even though our football team has had some losses, they are always staying positive and ensuring to try their hardest. Looking at the football schedule, we have some exciting games coming up! We have the Northshore game and Slidell game this month. Most of the football

team can't wait to play Slidell high for the first time in years. Also, the Homecoming game vs Fontainebleau is this month!

In turn, our volleyball team has had quite a few awesome wins. They have won against schools like McDonough 35 and NOMMA. Clearly, the volleyball team is doing big things! I got the chance to interview Amari Walton, who is #11 on the team. She told me that the team works very well together and that their chemistry with each other helps them to flow better on the court. She also said that everyone is always working to encourage each other. By the end of the season, she wants to achieve her goals by beating all the teams that they play, and she wants to be able to set a better record for the team than they had last year. One quote that inspires her is, "Be so good, they can't ignore you" by Steve Martin. Never let anyone tell you that you can't achieve something. Prove them wrong! Closing out the interview, she wanted to say thank you to everyone who came out to support them, and she looks forward to seeing many more people come out and support them!

The football team hasn't had any good wins at the time of this article being written, but that's okay! I spoke to one of the football managers about the Spartan season so far. Alyssa Narcisse is a junior here at Salmen, and she is one of the football managers. She is always helping the boys out, giving them water and helping with whatever they need. She told me that the team is always working to better themselves and that they always set aside differences to come together



as a team. She told me that they have great coaches that are always doing their very best at coaching the team. They try to keep that positive mindset after a loss by looking at their goals and how they can achieve them. She hopes that they will become district champs by the end. Come and

support your Spartans!

Looking forward, we have quite a few games ahead of us. The football homecoming game is October 18th, 2024, playing against Fontainebleau. Another big home game is October 25th vs Slidell, 7:00 pm. It will also be Breast Cancer Awareness Night, so make sure you have got some pink gear on. Some of the home games for the volleyball team are October 9th vs Pearl River @4:30, October 30 vs NOMMA @4:30 and 5:30, and October 31 vs Edna Karr @4:30. They will be announcing their senior night, so look out for that. Come out and support your lady Spartans volleyball team as they get big wins!

What the Spartan family needs most is support and cheering! Even though we have experienced some setbacks, we are still in it to win it! Come out and support your school. Don't forget to purchase your GoFans ticket ahead of time to receive a cheaper ticket, and make sure you have your ID at the game, as well as a clear bag. You can purchase tickets to any Salmen sports game on this website <https://gofan.co/app/school/LA7742>. That's all the sports talk I got for you until next time!

National Stop Bullying Day

BY KAELYN LEVY

Have you ever seen anyone get bullied? Unfortunately, bullying is a common occurrence in school. Many students live in fear every day of getting bullied. Some students get bullied about how they look, how they are dressed, their conditions, or how big or small they are. Together, we need to put that to a stop. If you know anyone that is



getting bullied, there are ways to stop it and to help others when it is needed.

National Stop Bullying Day occurs on October 9th and was initiated in 2009 by a group of sixth graders at the St. Stanislaus Kostka School. These students set out to dedicate the second Wednesday of October to raise awareness about bullying and encourage communities to fight against it. The purpose of this day was to prevent further bullying, to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it. In addition, a holiday called "Pink Shirt Day" was also created. The original event was organized in 2007 by two grade 12 students named David Shepherd and Travis Price of Berwick, Nova Scotia who bought and distributed 50 pink shirts after a ninth-grade student, Chuck McNeill was bullied for wearing a pink polo shirt during the first day of school, and is used to raise awareness of bullying.

One student that has experienced bullying is La'ron Barnes. When asked what bullying is in his, he explained that bullying is when someone is "messing with another person because they are bored or want attention from people, or just want to fit in with a group of people that are bad influences." When asked if he had ever been bullied, he replied, "Not really." But, he went on to explain that people laughed at him sometimes due to his weight, and that this happened in his early years here at Salmen. Luckily, no one laughs or calls him big or fat anymore. When people laughed at him, he remembered not to take it to heart because he is happy with himself. He also explained that he didn't let them turn him into a bully by making conflict with the people that were laughing and calling him names. Instead, he took the high road and just walked away without letting their words hurt him or make him do anything that he would regret later. So if you are in a similar situation like La'ron, don't let anyone tell you what you are or make you feel a way about yourself. Just be yourself and keep walking! Don't let anyone get you out of your way for who you are.



As a member of the Spartan family, remember to treat people the way you would want to be treated! Nobody is perfect, everybody is just different in their own way. Bullying is always unacceptable. If you have someone bullying you, or know anyone getting bullied, you can always talk to a trusted teacher, or stop by the counselor or principal's office to help! Above all, don't be afraid to stand up for yourself and others.

Mental Health Means Healthy Humans

BY JAMIYAH TURNER

Do you make time for your mental health? Mental health is very important and can allow you to better yourself. Everyone's mental health plays a big role in their lives and can affect you in many different ways. Mental Health Day is a great day for making time for yourself, to clear your mind and keep your spirits high. Mental Health Day allows you to feel more focused and feel like a new person and allow new beginnings to enter your life.



Mental Health Day is celebrated on October 10th every year. This day was first celebrated in the year of 1992 at the initiative of Deputy Secretary General Richard Hunter. Mental Health Day is mainly celebrated to spotlight mental health worldwide and raise more awareness to many people who suffer with mental health issues. This day is also meant to encourage efforts to be supportive of the people who are experiencing mental health issues. Raising awareness of mental health is very important because it helps a person to make healthy choices, determines how a person handles themselves

and any stress that is brought onto them. Mental health keeps a person in a positive mind state and allows them to be kind at the heart.

If a person is experiencing mental health issues, there are so many ways to cope with those issues. When a person is eating healthy, drinking water, and knowing their limits with foods and drinks, it can show so much improvement to the body and the brain and can give the body the opportunity to flow clean and naturally. A full eight hour rest is a great way to reset the mind and body to bring in positive energy and strength. Being positive can in fact change a person's mindset and make them want to work hard everyday and never give up. Meditating, praying, connecting with God can calm the person's body, improve anxiety, stress, negative thoughts, getting more sleep at night, and helps with the way someone handles a bad situation or bad energy. Hygiene plays a big part in mental health because it can cause a person to go into deep depression or not be as confident of themselves. Keeping the body clean can increase someone's mood, and can allow relationships to be stronger and longer. That's why it is important to keep your hygiene well maintained, which can help create a healthy routine.

Celebrating Mental Health Day is so important because nearly everyone in this world deals with mental health issues at some point in their life, and raising awareness to this particular subject can save many people and allow them to have a second chance at being great in life. Celebrating Mental Health Day allows a person to reset and find successful ways to cope with their mental health issues. This day is a day for everyone to reduce their stress and clear their mind. Having a positive attitude and clear mind gives people the opportunity to start new beginnings and set goals for themselves. As a person, mental health should be taken seriously because that is the main priority that keeps a person in good shape to move forward. Mental health shows causes and effects to the emotions, actions, and determines you as a person. This is why it is very important to be at peace and in a great mental state to receive positiveness in return.

Mental Health Day is a day that everyone needs because it is very important to clear your minds. Taking the time to talk to yourself and become a better person is very important because it gives you positive energy and puts kindness to the actions you precede to make. Staying aware of mental health should be a person's number one priority. Taking quality time to create a positive impact on your mental health is an amazing decision that you can make. Caring and loving yourself can keep a person very confident of themselves and can bring in new blessings and opportunities. So please, take a day to celebrate and nurture your personal mental health this month.

Columbus Day
BY RONDEL FINLEY

Columbus Day is a federal holiday that falls on October 14 this year. Even though Columbus Day is a federal holiday, many people don't know the history of Columbus Day or what it stands for. Columbus Day is to commemorate the exploration of Christopher Columbus for landing in the new world. However, there is much controversy about deciding whether he truly discovered the new world or not. According to

Britannica.com, on October 12, 1492, Christopher Columbus completed his voyage to what he thought was "hispaniola" but was really an island, part of the Bahamas in the "New World". It took him 2 months and 9 days to reach his destination and was a long troublesome journey. In 1971, President Franklin D. Roosevelt declared Columbus Day a national



holiday. Even though it's a national holiday, many people do not celebrate Columbus Day because it was not truly the first to discover the new world. Instead, people celebrate Indigenous People's Day.

Indigenous People's Day is also celebrated on the 14th, and is celebrated to commemorate Indigenous American people and their cultures. According to the National Museum of the American Indian, "Columbus was not the first foreign explorer to land in the Americas. Neither he nor those that came before him discovered America—because Indigenous Peoples have populated the Western Hemisphere for tens of thousands of years." Because of this, many people would rather celebrate Indigenous People's Day rather than Columbus Day, since indigenous people discovered America first. People celebrate Indigenous People's Day with celebrations and online events such as one created by the National Museum of the American Indian.

With that being said, now you know the history of Columbus Day and why people celebrate it. Many people think Columbus Day should be replaced with Indigenous People day. Others think Columbus Day shouldn't be a national holiday anymore. Either way, you decide!

Red Ribbon Week
BY WALESKA ADRIANO

Red Ribbon Week takes place each year from October 23 - October 31st. The Red Ribbon symbolizes awareness of the destruction that drugs cause in our community. It is also a way to keep our teen community informed about drug abuse and the misfortunes it brings. As proud Spartans, let us take responsibility to keep Salmen High aware and away from drug abuse.

The symbol of a red ribbon highlights the importance of living a drug-free life. It symbolizes drunk driving prevention, drug prevention and for the fight against HIV/AIDS. It is important that we are aware that HIV/AIDS can be transmitted through use of drugs. This holiday originated after the death of Enrique "Kiki" Camarena, who in 1985 was brutally tortured and murdered by drug traffickers, with an investigation being carried out in Mexico. After his murder, the red ribbon began to be used as it symbolized his effort and sacrifice for drug trafficking. The National red ribbon week was created by the National Family Partnership in 1988.

Many communities use this type of celebration carried out with multiple activities and in different ways. They all demonstrate the same exact purpose which is to STOP drug trafficking and fill those voids left by drug addictions with something productive and effective. Let's help each other as Spartans and be the change and example for those lost souls. As a Salmen Spartan, we should break the cycle of drug use and refuse to let it obstruct our journey to reaching our goals.

During Red Ribbon Week make sure to say this pledge to honor the week:

*"I pledge to stay in school, learn and put good habits into practice."
"I pledge to make our world a safe and effective place for future generations."
"I am pledge to continue to pursue my dreams and not let them crumble because of things that only bring doom."*

Halloween History: Time To Have Fun and Party
BY BRENDON JOSEPH

Have you ever thought about the activities that take place during Halloween time? Some individuals engage in going trick or treating, visiting haunted houses, watching movies, or just remaining inside their homes. Nonetheless, it's the perfect time to rummage around in the historical cause of Halloween.



Have you ever wondered about the History of Halloween? Well, it's always celebrated on October 31st of each year. For some people though, that is just not the case because many celebrate the whole month. However, the traditions originated with the ancient Celtic festival of Samhain. According to history.com, "this festival is when people light bonfires and wear costumes to ward off ghosts." In the eighth century, Pope Gregory III designated November 1 as a time to honor all Saints. Due to this, Saints Day had incorporated some of the traditions for Samhain. Another fact is that the evening before November 1st was known as All Hallows Eve which would later be known as Halloween. However, the Celts, who lived 2,000 years ago,



mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1. The reason was because November 1 was significant as it signified the conclusion of summer, the start of the harvest season, and the onset of winter time, which periods had frequently linked to human mortality. Additionally, the "Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred" and the spirits of the deceased had come back to the living world.

The way that Halloween was started in America is extraordinarily restricted in colonial New England. The reason for that was because of the inflexible Protestant belief systems there. But it was more known in Maryland and southern colonies. But due to the customs and convictions of various European ethnic communities the Native Americans had interacted, leading to the emergence of a distinct American Halloween. By the late 18th century, there was a shift in the way that the United States had transformed Halloween into a celebration centered around community and friendly gathering rather than on ghosts, tricks, and magic. Therefore, by the early 1900s Halloween gatherings for both kids and adults had turned into the most popular method of commemorating the occasion. However these gatherings were centered around activities, seasonal dishes, and celebratory attire.



Now that we have got into the history of Halloween it's time for you to go out on Halloween and have fun. Also you can know a little bit more about Halloween, in case you never knew. However, Halloween is a present-day non religious holiday even though it has religious roots and traditions behind the meaning of Halloween. It's time to go out and put on your costumes and have fun with your friends and family.

Sweater Weather - Faculty Interviews

BY ELIZABETH KALUEV & SAVANNAH SMITH

Have you ever wondered what your teachers think about the sweater weather? Well you can find out here. My partner and I interviewed multiple teachers and figured out what they think about fall, homecoming coming up, and school. In this article you will find



out about some staff members' interests and opinions on fall including fall trivia! Firstly, we interviewed Mrs. Hendricks with an autumn arrangement of questions. We asked her if she had any fall traditions, and she responded that she trick or treats with her family. Then, we asked what her favorite fall movie or show is, she then named *Hocus Pocus* and *Beetlejuice*. Mrs. Hendricks stated that she does not like watching horror movies. Next, we asked her what she mostly wears in the fall and she stated that she usually wears jeans and a sweatshirt, or a sweater dress with boots. For her fall

trivia question, we asked what is the most popular fall beverage made with spiced apples. Apple cider, of course! She got this question right, so she passed the fall spirit trivia round.

Secondly, we interviewed Mrs. Meyer. We started off with the same questions and asked if she had any fall traditions. She replied that she likes Halloween, and also loves to trick or treat. She mentioned that when she was a kid she would often dress up as a witch! When asked about her favorite Halloween movies, she gave the exact same answers as Ms. Hendricks! Movie night, perhaps? We then asked her if she wears any particular clothing for fall, and she said that her go-to clothing is mainly sweatshirts, or her favorite cardigan. Finally, we asked her a trivia question: Are pumpkins a fruit or a vegetable? She correctly replied that they are technically a fruit because they have seeds.



Lastly, we sat down and had a chat with Mrs. Rizk. We started off with the same questions. During fall, she plays pickleball, tennis, and other family games in the cool weather. *Halloween Town* is a go-to movie for Ms. Rizk, and she is also a fan of *Hocus Pocus*. Her fall fashion isn't much different than normal, other than a few Halloween costumes here and there. Ms. Rizk is excited for fall events at school, such as Homecoming, because she loves her students and wants them to have fun. For Ms. Rizk's trivia question we asked what the most popular Halloween candy is, but she said candy corn! This was incorrect, as the correct answer was M & Ms.

Overall, these Spartan staff members are eagerly awaiting the cool fall weather and fun traditions. Have a happy fall and a spooky Halloween!

Keep Calm and Trick or Treat On!

BY KELSEY LEE

It's October, finally!!! October is super exciting because it comes with cold weather, pumpkin patches, fall outfits and drinks, Halloween, but most importantly, Homecoming! For many people, this could be their first or even last homecoming. I know I am super excited for homecoming because it's my last. But, I went ahead and



interviewed some people who may be going to their first homecoming, second, or even last. Let's hop in and see how people are feeling for October! First up is Arielle Lowery. She is a sophomore here at Salmen High School. Arielle is so excited to attend homecoming! She is going with her best friend and Arielle will be wearing a lovely red sparkly dress. Along with homecoming, Arielle is looking forward to football games! She likes dressing up as the themes, hanging out with her friends, making TikToks, and of course watching the game to see who wins. Since Halloween is around the corner, I asked Arielle what her plans are and she replied, "My plans for Halloween are to go with my friends and go trick or treating and to hangout later." Then of course she said, "Then go home and watch scary movies and eat popcorn and candy." I agree with her. I love candy! Now onto our junior class to see what they are up to.



As for our junior class, I interviewed Cash Johnson. Along with everyone else, Cash will be attending homecoming, but he will be going alone. He plans on meeting his friends there and having a good time with them. For Halloween, his plan is to spend time with his family and

chill with everyone while eating candy. Cash is also very excited for football season and to be able to be there with all of his friends, alongside being a part of our drumline! Let’s hop right into our seniors now!

Lastly, SENIOR Ta’jae Cook! I am super happy to be interviewing Ta’jae because we get to hear his excitement about the events coming up for his last year of high school! For Ta’jae’s last homecoming, he will be going with his friend Michelle. He will be wearing a red and black suit while his friend is wearing a red dress. SNAZZY AND CUTE!! As for football, this is his last year playing football as a Spartan so obviously he is very excited for this season. This is because as he says “It’s very fun to compete and win.” For the downside of this though, they haven’t been doing too hot. Ta’jae says, “The past few weeks the games haven’t been in our team's favor but I have confidence that it’s going to change.” Well good for him because we believe that we will do what? WIN!! Enough of school events, let’s jump into Halloween! For Halloween Ta’jae is planning on getting his friends together at his house to hangout and give out candy. How sweet!

Alrighty Spartans, that concludes the student interviews! I am super happy I got the chance to interview all these students and to see what they're doing for the month of October! I hope everyone has a great October and stays safe throughout homecoming and football games. Witching all of you Spooky Spartans a Happy Halloween!

Pink for Spartans

BY AMIYAH SHANNON

In October, we wear pink! Pink ribbons represent awareness for Breast Cancer Awareness. But, we cannot forget about all cancers during this Cancer Awareness Month. This month is all about people who experienced cancer and how it affected their life. In honor of Cancer Awareness Month, a few Spartan survivors and family members will be highlighted for their strength and perseverance against a horrible disease.

What is cancer? It is a disease in which abnormal cells divide uncontrollably and destroy body tissue. Cancer can be completely random or genetic. But, with the help of medication it can be treated and cured. There’s many types of cancers and each cancer has a color to help with awareness. How has cancer affected our Spartans? I interviewed Kelsey Lee and Ms. Whitehurst to share their cancer stories.

Kelsey Lee is a senior here at Salmen and was diagnosed with skin cancer her sophomore year. I first asked Kelsey about what was the hardest part about having cancer, and she said it was the surgeries. She had to get three surgeries during her treatment and it had a huge impact on her life because it stopped her from doing a lot of things she normally would have done. Cancer also affected Kelsey’s family, she stated “We couldn’t go out a lot because of the sun.” Kelsey went on to explain that cancer tends to spread quickly if it is untreated, and that people don’t realize how fast it can increase. Luckily she completed her treatment last September! If someone you know was recently diagnosed with any kind of cancer, Kelsey advises you to “Treat them how you would normally treat them and be there if needed.”

Ms. Whiethurst is Salmen High’s Talented Music teacher, and in honor of Cancer Awareness Month she would like to talk about her hero: her nephew, Rex. Ms. Whitehurst's nephew was diagnosed with brain cancer at four years old. Unfortunately, cancer can be genetic and it runs on both sides of her family. I asked about her nephew's cancer and how it affected her personally. She responded with, “I felt



profound sadness as I watched my nephew suffer through his chemo treatments. It was also extremely hard to watch my sister leave her other 3 children, one who was less than one, to go to Texas Children’s hospital to stay with my nephew for six months.” When asked about the hardest part of witnessing someone you love experience cancer, Ms. Whitehurst explained, “The sadness of knowing you couldn’t take their burden or pain from them. Feeling helpless at times.” For other people

struggling with the experience of cancer, I asked what’s a good message for them and she responded, “Don’t ever lose hope! Miracles abound every day. It might not be the journey or answer you wanted, but don’t ever lose hope.” Throughout the cancer journey, Ms. Whitehurst’s faith and goodness of others helped her the most. If you ever feel lonely on your cancer journey, Ms. Whitehurst wants you to know “There are large, loving communities that will support you, when you enter the world of cancer.”

This month, make sure to spread awareness about the many types of cancer that affect people in our community. Support the people who are struggling with this disease, and remember that you never know who might be silently battling with the effects of cancer around you.



Alexis’s Astrology Corner

BY ALEXIS RUIZ

Aries(March 20-April 19th) - This month will be a little intense for you guys so get ready! Handle your business and great things will come to you this month, Although this month might be a little hard to handle for you, just keep trying. Nothing is in your way and fortune is coming your way!



Taurus (April 20th-May 20th) - Great opportunity awaits for you, be smart with your decisions If there is anything you are debating on doing just go for it! Don't waste a good opportunity and take your chances, this your time to go out on a limb and be spontaneous, don't hold yourself back!

Gemini (May 21st-June 21st) - This month you will be calm and well relaxed. Not having much energy and having a quiet and soothing October, simply enjoying the fall season that has come, spending time with family and friends and taking time to relax.

Cancer (June 22nd-July 22nd) - This is a time of self awareness for you guys, you'll be more focused on you and what you want and taking better care of yourself and mental health, you will end your October feeling better than ever and being strong.

Leo (July 23rd-Aug 22nd) - I feel this month new friendships and relationships will be coming your way! Be open to meeting new people and being more sociable this month!

Virgo (Aug 23rd-Sep 22nd) - This month will certainly be interesting for my virgos. I see you guys stepping out of your comfort zone and trying new things this month. Remember it's good to try new things sometimes, you might find something new that you enjoy!

Libra (Sep 23rd-Oct 22nd) - As for all my people with birthdays coming up in October, happy birthday! This month will be sure to take you by surprise and hold new and interesting things for you. Be sure to

go out,have some fun and meet new people. You guys are very sociable this month and are likely to attract some new people into your life during this time.

Scorpio (Oct 23rd-Nov 21st) - Birthday Season is coming up for you people! This October is going to be your time, you will be more relaxed and have lots of change. Just be sure to take it easy this month and focus on you, this is a time to start new beginnings and to improve yourself!

Sagittarius (Nov 22nd-Dec 21st) - You guys are bringing great energy to this october, holding your heads up high and ready to have some fun! You guys will be doing a lot and keeping yourself busy, this month is going to fly by fast for you all.

Capricorn (Dec 22nd-Jan 19th) - My Capricorns will release their attachment to something that they have held onto for a long time, you guys will see lots of change but do not be afraid change is not always bad it can only make you stronger and later in life you'll look back and see how much you have grown since then.

Aquarius (Jan 20th-Feb 18th) - This month will be promising for you guys, whatever that may have been bothering you or stressing you out will be lifted off your shoulders, you will be relieved and have good things coming to you for all of your hard work take this month as a breather and relax.

Pisces (Feb 19th-March 20th) - Last but certainly not least pisces! You guys will have a busy October standing on business and taking care of everything you need to get done. You will definitely receive your reward for all your work and see the results, just remember to push yourself and keep going no matter what!

Ask the Doctor - Advice Column

BY PAIGE BAILEY

Heyyyy Spartan Chariot!!!
Halloween is my Favorite Holiday & I was SOO excited to dress up with my friends and go Trick r Treatin.
We always do a group costume. i said it to my friends & they said that we're too old to trick or treat! !! yah we're in 11th grade but like ur only young once???? how can I convince them to dress up with me and go trick or treating like we always do?? i wanted to be teletubbies this year!!
From,
Forever Young

Hello, Forever Young. I'm a senior, and my friends and I are doing a group Halloween costume this year too! The way I think about it is that high school is our last 4 years to be children who do fun, corny stuff with our friends.

I think the best prescription of advice that I could give you is to remind your friends that y'all are not going to be this age forever, and that there is no point in not making memories.

Forever Young, you need to make your friends realize that no one is going to look at y'all and think wow they are too old to be doing that. Remember Halloween is not about caring what people think, it's about just having fun with your friends, and if that doesn't convince them you can always trick them, keep in mind the worst that can happen is they get spooked.

Sincerely,
Dr. Campbell



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

Utter Terror
BY DUCE SMITH



Better Late Than Never....
BY DAIRAN AVILES SEDA



Creature Classifications
BY NATHAN MEUNIER



First Initial: Your Creature		Last Initial: Your accessory		Month of birth: Bonus!	
A- Joe Shmoe	N- Knight	A- Shades	N- A Hamster Ball	Jan.-	Riding a Bike
B- Zombie	O- King/Queen	B- A wig	O- A Paint Bucket	Feb.-	Eating some Pizza
C- Ghoul	P- Elf	C- A top hat	P- Flower Crown	Mar.-	Juggling Pumpkins
D- Ghost	Q- Wizard	D- A Fedora	Q- Staff	April-	Reading
E- Werewolf	R- Slime	E- Makeup	R- Shopping Cart	May- With two heads	
F- Pirate	S- Demon	F- Big Jacket	S- Skateboard	June- Crawling on all-fours	
G- Surgeon	T- Angel	G- Big Hat	T- Shovel	July- with no head	
H- Superhero	U- Poltergeist	H- Trench Coat	U- Pocket Watch	Aug.-	Swimming
I- Clown	V- Banana	I- Clown Makeup	V- Bendy Pen	Sept.-	Sleeping
J- Butcher	W- Dog	J- Light-up Band	W- Paint Brushes	Oct.-	Dancing
K- Priest	X- Vampire	K- Clown Shoes	X- Alarm Clock	Nov.-	Studying
L- Goblin	Y- Nurse	L- Hair Clips	Y- Fake Arm	Dec.-	You're also undead!
M- Dragon	Z- Lion	M- CLG*	Z- Glass Eye	(If you're already a zombie then you become a skeleton)	

*(Comically large Glasses)

SPARTAN SNAPSHOTS
BY ALLI DOMINIQUE

