



ARE YOUR GRADES NAUGHTY OR NICE?

Spartan Students Share Their Academic Gifts This Holiday Season!

GOOD NEWS

- ★ Out of every Saint Tammany Parish Public School, Salmen High School has grown the most in school performance points, gaining a whopping 10.4 SPS.
- ★ Hailey McIntosh was accepted into Mississippi State University.
- ★ Kiersten Lewis was accepted into The University of Alabama.
- ★ Tiyion Lane was accepted to The University of Mississippi, Mississippi State University, The University of Southern Mississippi, and Southern University of Baton Rouge. She has also been awarded three scholarships; Academic Excellence Scholarship for \$6,000, UNO Prevost Scholarship for \$16,000, and Non-Resident Scholarship for \$16,000.
- ★ Laila Houser was accepted to UNO and Hastings College. She has also been awarded the Hasting's Academic Scholarship for \$56,000.
- ★ Daneiry Gomez Pastor was accepted to Savannah College of Art & Design.
- ★ Kevarria Decay was accepted to Northshore Technical Community Co.
- ★ Daisha Richardson was accepted to Jackson State University and Mississippi State University.
- ★ Alfred Smith was accepted to LA Tech, McNeese State University, and University of South Alabama.
- ★ Jamirean Montross was accepted to The University of New Orleans.
- ★ Amir Abdulahad was accepted to The University of Louisiana Lafayette.
- ★ Hailey Barnett was accepted to Southeastern Louisiana University.
- ★ Samantha Burns was accepted to Louisiana State University.
- ★ Aneas Toney was accepted to Mississippi Gulf Coast Community College.
- ★ Angelina Thomas was accepted to University of Louisiana Lafayette.
- ★ Alli Dominique was accepted to Southeastern Louisiana University

<ul style="list-style-type: none"> ★ December 9: -Boys Soccer vs Pearl River 5:30 PM ★ December 10: -Girls Basketball @ Warren Easton 5:30 PM ★ December 12: -Picture retakes -Salmen High Prism Concert & Art Display 6:00 PM ★ December 13: -Girls and Boy Soccer vs Franklinton 5:30/7:00 PM -Boys Basketball vs East Jefferson 6:00/7:00 PM -Winter Formal Pep Rally 	<ul style="list-style-type: none"> ★ December 14: -ACT -Winter Formal 7-10 PM ★ December 17-20: -Exam Week ★ December 22 - January 6: -Winter Break ★ December 30 -Boys Basketball vs Hammond 1:00/2:00 PM ★ January 3 Boys Basketball vs Covington @Smoothie King Center ★ January 6 -Teacher PD - No Students -Senior Pictures
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UPCOMING EVENTS

- ★ **December 4:**
-Future Focus Night
- ★ **December 5:**
-Club Day
-Girls Basketball @ Hahnville
6:30 PM

- ★ **December 6:**
-Girls Soccer vs. NOMMA
5:30 PM
- ★ **December 7:**
-Boys Soccer vs NOMMA
7:30 PM
- ★ **December 7:**
-Saturday Detention & Seat Time
8:00 AM-12 Noon

Winter Holidays BY RONDEL FINLEY

The countdown ‘till Christmas starts now! Even though many of us celebrate Christmas, there are a lot of holidays that people celebrate and cherish during this time. These holidays are celebrated all throughout the world and can even last for several days. Christmas, Kwanzaa, the winter solstice, and Hanukkah are just some of the many holidays celebrated in December.

Christmas dates back all the way to Rome in 336 AD. Unlike other holidays mentioned, Christmas only lasts 1 day, or two if you count Christmas Eve. According to history.com, Christians celebrate Christmas Day as the anniversary of the birth of Jesus. People participate in many activities during this time, such as gift-giving, decorating Christmas trees, having meals with family and friends, or waiting for Santa Claus to arrive. The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. St. Nicholas was believed to have done many miracles and good deeds. The name Santa Claus originated from the Dutch name Sinterklaas, someone who is also admired as a good and helpful person. Even though the tales of Christmas fade as the years go by, it is still known as a holiday for being kind to one another.

In contrast, Kwanzaa lasts for 7 days, from December 26th to January 1st. According to the National Museum of African American History and Culture, Kwanzaa is a celebration of African-American culture that started in 1966. The ideas and concepts of Kwanzaa follow 7 principles: Umoja (Unity), Kujichagulia (Self-Determination), Ujima



(Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith). During the week of Kwanzaa, each day families light a candle to highlight the principle of that day, followed by activities such as



African drumming, reciting poetry, and sharing a meal of African-influenced foods. Kwanzaa was created less than 100 years ago, but still, more than 9 million people celebrate it, and that number is growing.

Longest of all, Hanukkah lasts 8 days, spanning from December 7th to December 15th. According to Britannica, it is a Jewish holiday that people celebrate as a reminder of the victory God brought to them after a time of severe oppression.

Hanukkah originated around 164 BCE after a small group of Jewish fighters liberated it from occupying foreign forces. Traditions of Hanukkah include but are not limited to lighting the menorah, playing dreidel, and gifts. Dreidel is a small, four-sided spinning top with a Hebrew letter on each side. It was created as a way for Jews to study the Torah, the first five books of the Hebrew Bible. People light a menorah to symbolize the creation in seven days, with the center light representing the Sabbath. The center light is also used to light the other lamps or candles.

The winter solstice is the time of year when the sun is the farthest south in the Northern Hemisphere. This year it happens on Saturday, Dec 21, 2024, at approximately 3 AM. In many cultures, people celebrate the winter solstice because it marks the symbolic death and rebirth of the Sun. This holiday contains traditions such as making a wreath, preparing for a feast, burning a yule (Christmas) log, or decorating a Yule tree. The winter solstice is celebrated all around the world by all types of people and religions.



All in all, there are many holidays that are celebrated around this time. Whether you celebrate Christmas, Kwanzaa, Hanukkah, the winter solstice, or something different, these holidays bring us together and allow us to spend time with one another. With that being said, I hope you all enjoy your break, and happy holidays, Spartans!

December Activities and Festivities

BY STEPHEN BARTHELEMY

Do you ever feel like you're ready for December but not at the same time? Personally, I find myself hesitant, not wanting to say goodbye to this magical month. December is such a special time of year for people all around the world. It's filled with joy, family time, and the excitement that comes with unwrapping gifts, cooking delicious meals, listening to festive music, and preparing for the new year ahead. December is truly a wonderful way to wrap up the year, and I hope that this December, in 2024, is better than ever for all of us. I'm



reporting from Salmen High School in a small yet vibrant parish called Slidell, Louisiana. Our state offers a plethora of activities this holiday season, perfect for kids and adults alike.

This holiday season, Louisiana is bursting with enjoyable community

activities. If you're looking to celebrate the holidays and don't know where to start, you're reading the right article! Community events

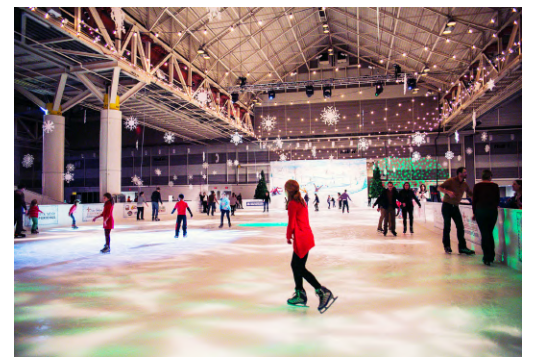
aren't just about spending money; they're about creating cherished memories, building friendships, and igniting excitement for what lies ahead.

Some of the biggest holiday events in our area usually take place each year. For instance, "Celebration in the Oaks" is an annual extravaganza that runs from Thanksgiving through the New Year. Visitors can experience one of the most spectacular holiday light shows in the country, as the grounds of New Orleans City Park transform into 25 acres of dazzling lights and beautiful festive displays. The Park, Botanical Garden, Storyland, and Carousel Gardens Amusement Park come alive with hundreds of thousands of lights, creating a winter wonderland right here in New Orleans.

Another major holiday event is the "NOLA ChristmasFest," which runs from December 20-30 at the New Orleans Convention Center. This indoor holiday celebration is perfect for the whole family, featuring festive attractions, live music, concessions, ice skating, mini-golf, and so much more.

Additionally, there are several other holiday activities throughout Louisiana worth checking

out. "Kickoff to Christmas" in Ruston features festive festivities such as a tree lighting ceremony, carriage rides, and a special visit from Santa himself. In Oil City, near Shreveport, you can enjoy the Christmas on Caddo Fireworks Festival,



which boasts local entertainment, a bounce house, clowns, food booths, arts and crafts, and pictures with Santa. One of Louisiana's longest-running Christmas traditions, the "Natchitoches Christmas Festival," turns downtown Natchitoches into a holiday wonderland filled with hundreds—if not thousands—of colored lights and enchanting decorations. This festival was ranked by Yahoo as the third "Best Holiday Light Show" behind Rockefeller Center and Disneyland, making it a must-see event.

In our very own Slidell, just 10 minutes from Salmen High School, we have "Christmas Under The Stars" in Griffin Park, which runs



from December 1 to December 31 from 6 PM to 9 PM. This festive event features holiday lights, decorations, a giant Santa, Santa's magical mailbox, a life-size Christmas cottage, and many photo opportunities.

It's an event brimming with joy and laughter, and I encourage everyone to check it out!

In conclusion, I hope the holiday activities listed here help you find the perfect spots to create lasting memories with your family this season in Louisiana. I highly recommend visiting "Celebration in the Oaks" as it offers a truly magical experience for both adults and children. This article serves as a guide for anyone visiting our area during this festive time. These activities will undoubtedly become cherished memories for everyone involved!

As Mariah Carey said, "It's Timeeeee!!!"

BY KELSEY LEE

What's your favorite holiday? My favorite holiday has to be Christmas because of the good spirits and time off of school to spend with family and friends! I'm sure most people can agree with me about that, so I interviewed some students around Salmen to see what their favorite holiday season is! So, let's jump into the sleigh and see what our fellow peers have to say, followed by whether they are going anywhere for the break.



Riley Orso is a sophomore here at Salmen High School and we're going to see what his favorite holiday is! Riley tells me, "My favorite

holiday is Christmas because of the food and giving out presents.” Along with that I went ahead and asked him what he may want for Christmas and if he is traveling anywhere for a break. Riley tells me, “For Christmas, I want my driver's permit and shoes.” Riley is staying home for the holidays this year. Along with Christmas, we can't forget about New Year's! So, the last question I asked him was if he was excited about 2025 and what he is looking forward to the most. Riley responded, “Yes I am excited and I am looking forward to getting a car.” That wraps it up for Riley, but now it's on to Carolina to see if they have different perspectives on their favorite holiday.

Furthermore, I interviewed Carolina Salinas and asked her the same questions as I did Riley to see if they had different opinions. Firstly I asked her about New Year's!! I asked Carolina what she is most excited about for this upcoming year of 2025. Carolina says, “Starting my senior year because it's when I officially feel done.” With this, I asked her what she was looking forward to the most. She states, “Getting a car so she can drive around by herself.” Now, let's get into Christmas. Lastly, I asked what she was looking forward to for Christmas break and what she was wishing for this year. She says, “I am looking forward to finally getting a break from school and I want everyone to be happy for the holidays.”



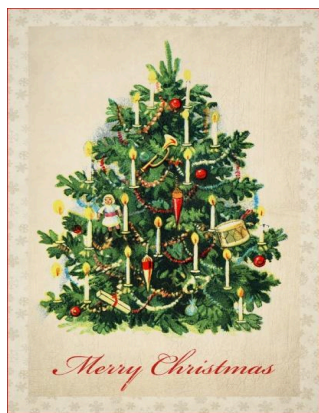
Now that we have heard from our Spartans, we can see the difference between favorite holidays and the way people celebrate holidays with their family, along with where they are

traveling! I enjoyed interviewing these two because it was so much information to hear what their opinions were. Well, that concludes the interviews for this month! I hope everyone has a great Christmas Break and enjoys their time off school. Until next year!!

Christmas Tree Roots

BY WALESKA ADRIANO

Can you imagine putting up a wooden pyramid inside your home, instead of a Christmas tree? Well, when wood was scarce, Germans did just that, decorating them with evergreens and candles. Let me give you a sneak peek. Germans in the 16th century used these wooden pyramids as Christmas trees to represent the Garden of Eden. Ironic, isn't it? Evergreen trees became part of Christian belief as a symbol of eternal life with God. According to Germans, evergreen trees represented the Garden of Eden because of their apples that were displayed in homes on December 24th on the religious feast of Adam and Eve. These paradise trees began to appear in the Middle Ages. From the origin of the Christmas tree to who invented this theory, along with why and how it achieved its current fame, it is necessary to read to believe.



The Paradise tree represents the Garden of Adam and Eve because of its apples that are displayed in homes on Christmas Eve. In the Middle Ages, trees of paradise began to appear, along with the belief of living beyond this world by just knowing the existence of Jesus Christ and God. Some families put up the Christmas tree right after Thanksgiving, since the family is still gathered in one house and can decorate together, but another ideal date to put up the Christmas tree is the first day of Advent which takes place on December 1st. This day represents the hope of the “Prophet's Candle” that reminds Christians that Jesus is coming.

Martin Luther, a priest, theologian, author, hymn writer, professor, Augustinian friar, and one of the most influential figures in Christian history, used his theological beliefs to form the basis of Lutheranism, the reform movement. He not only invented the belief, but gave birth to Protestantism as the third major force within Christianity. In addition to being the first to place lit candles on a tree, according to the common version of the story, Luther was amazed by the twinkling stars among the evergreens and from there, Christmas tree decorations

were born. Clearly, Luther was a devotee. Although Luther generated new ideas, the following modern generations have taken hold in the hearts of many. Some families use sentimental decorations for Christmas Eve, while others come up with aesthetic ideas each year to make it a fun event. In the mid to late 16th century, trees were erected in city squares across the country, decorated with paper flowers and pretzels, and burned each year to celebrate the end of the Christmas season and the birth of Jesus.



Over time, Germans came to believe that the Christmas tree was in fact a symbol of God's redemption and resurrection. Luther's idea of decorating evergreen trees with twinkling stars became popular and gave rise to the celebration of the

birth of Jesus Christ, and the Star of Bethlehem. The practice of this belief over the years has been beneficial since in many families at this moment of putting up the Christmas tree they feel wisdom and undoubtedly a lot of joy. Besides being a Christian religion, it has brought many families together to celebrate this season under a simple Christmas tree. Take a second and decide how your Christmas tree will look this year!

How to Help Out During the Holidays

BY CHLOE BOWMAN

Ever think you could help out more during the holidays? Well, there are many ways you can. Some things that you can do are donate to homeless shelters, Angel Trees, and Toys for Tots. It is important to help out during the holiday season because some people are less fortunate than others.

Homeless shelters are places where people who don't have homes can come and stay. Shelters often don't provide supplies unless they are donated, which is why it's important to donate. Donating to a shelter during the holidays is important not only because it's a good thing to do, but also because it can make them feel special. If you want to donate but don't know what to donate, shelters often will have a list of supplies that they need. If the list is not available here are some things that most homeless shelters need, blankets, socks, underwear, clothes, toiletries, shoes, books, bedding, baby wipes, and diapers. It is also important to donate food, most homeless shelters prefer non-perishable foods because they can last longer in storage and are easier to distribute. If you don't have time to go to the store and pick up these items most shelters will also accept cash.

Ever been walking through Walmart with your parents and you see a Christmas tree with cards on it? Those are called angel trees. The Angel Trees Program is run by the Salvation Army, and on the tree, you will see cards with the name, gender, and age of the child, along with what they want. In 1979, Major Charles and Shirley White were stationed by the army in Lynchburg, Virginia. While in Virginia they knew several families that were struggling, so they asked the Salvation Army and a local shopping mall to help them provide toys and clothes for children whose parents were struggling. They would then set up a large Christmas tree at the mall and would write down a child's name and what they wanted, then shoppers would come by and take a card and pick up the items that were on the list while they were doing their Christmas shopping. This idea then spread all over America where it is still in use today.



Another thing that is available to help is Toys for Tots. Toys for Tots is a program run by the U.S. Marine Corps, the purpose of this is to collect toys for children, they achieve this by getting donations from the public. This program began in 1947 when Marine Corps Reserve Major Bill Hendricks's wife had a few dolls that she wanted Bill to deliver to an agency that supports children in need. When he returned home he explained to his wife that an agency like that does not exist,

his wife then told him to start one. In 1991 the Toys for Tots program was officially established and is now used all around America.

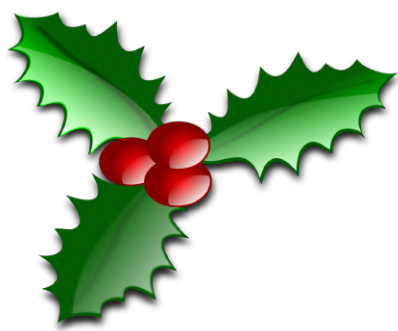
In conclusion, there are many ways all around the world to help out during the holidays. Toys for tots, angel trees, and donating are only a few ways that you could help someone out. Going out and helping during the holidays is important because it can make someone feel special and let them know that there is someone out there who cares for them.



Holiday Blues

BY SAVANNAH SMITH

December! As we enter the time for December, we also enter the time for decorating gingerbread houses, ice skating, and baking cookies. Unfortunately, not everything is all merry because it's also the



time for huge style changes, dull hair and skin, and sickness. Throughout the article, readers can learn all about how to fix these recurrent issues and have a better December.

In today's fast-paced society, popular clothing can change every day, especially in winter. As it gets colder and snowy, we often wear layers of clothing, scarves, gloves, and

earmuffs, which we don't typically see outside of the cold weather. According to Danielle Gervino, a beauty and fashion blogger, there are many must-have staples for your wardrobe. These staples include sweatshirts, crewneck sweaters, a classic blazer, leggings, denim and leather pants, ugg boots, and black boots.

Furthermore, in winter, we notice our hair gets dry and dull, our skin becomes brittle, and overall in the winter, we become lifeless. Don't worry! There are many solutions to fix these common problems. As we know our hair gets very dehydrated during the cold weather and ways to fix this is to include a good nourishing shampoo and deep hydrating conditioner. Hair masks are so simple to use but very effective as they provide nourishment, add moisture, reduce frizz, and strengthen your hair which is very good to replenish that winter hair. If you want to contribute to fixing that hair, hair oil is really good. Oiling the ends of your hair can be a huge advantage to not having dry hair and bringing it back to life. Not only is our hair getting dry but also our skin. I recommend using Palmers cocoa body butter and oil to help renew your skin.

Nevertheless, as we go into winter you notice everyone and everybody around you getting sick, so here are ways to prevent you and others from getting sickly. First off the most basic and simple rule, wash your hands! Washing your hands is so important to make sure you don't spread bacteria to others. Having a healthy diet and eating nutritious food, staying hydrated, taking vitamins, are all simple habits to include in your daily routine to make sure no sicknesses come to you.

Overall, everyone suffers in winter. We all have to come face to face with the consequences of the cold weather coming in. We all have to keep up with our health, maintain our looks, and know what to wear. There are many many hardships with winter coming up, but reading these tips will ultimately help you and others.

Tis the Season to Relax

BY AMIYAH SHANNON

December is the most wonderful time of the year, filled with love and family. But, it can also be the most stressful. Between Christmas planning, traveling and finals, December has a lot of stress that comes with it. Lucky for you, this article will tell you how to reduce this stress coming from the holidays, student finals and everything in between!

Everyone loves the holiday season, so many fun activities are involved in just one month! But, what about the person who has to plan and host these activities? A lot of stress can be involved in planning with family and friends coming into town, money wise and other internal and external problems. If you're planning to host any activities this year my advice to reduce the stress would be to not be afraid to ask for help and plan ahead. Planning the holidays is a lot of pressure for just one person so it's more than okay to ask for help. Planning ahead is always the best choice so nothing is super last minute and more frustrating than it already is. In all these scenarios whether it's traveling, hosting, or any other activities it's important to keep a positive mindset. Positive attitudes can take you a long way when it comes to stressful situations.



Another stressful situation would be student final exams, which take place during the week before Christmas break. Finals have always been stressful for me and I'm sure it's the same for other students. To



reduce the stress I suggest no overthinking. It's never too early to start studying and paying actual attention in class. Most definitely don't wait until the last minute to start locking in, that's just going to make finals a more stressful situation for you. As long as you know what's going on in class and your grades are already good you should be okay. If you don't do too well it won't affect

your grade as much if you have an A in the class. Once again, if you think positive, positive things can happen but that also means you have to do your part and put in effort.

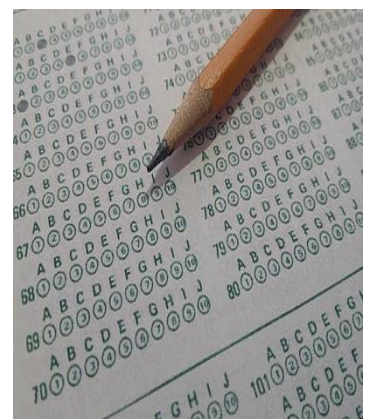
In conclusion, now you know how to reduce stress coming from the holidays and student finals. December can take a toll on so many people. Even though the holidays and finals are important so is your mental health. Take the time to relax yourself during the holidays, it is the most wonderful time of the year after all!

Rest For The Tests

BY ELIZABETH KALUEV

Have you realized that exams are around the corner? From late-night study sessions to acing your exams, this article will help you get those butterflies out of your stomach. Exams are starting soon, the exact dates are from the 17th to the 20th of December. If you are feeling worried, you're not alone! Other students have the same nervous point of view for the exams coming up.

If you need a couple of ideas on what to do in your free time during December to influence a good grade on your exams you could get enough sleep, reduce caffeine, maintain your nutrition, and lastly make sure you don't overwork yourself. Stressing about exams won't help you and it will just make you do worse on them. To help with your sleep schedule try to reduce taking naps and take warm baths! If you are worried that you will run out of energy without caffeine, sparkling water with citrus or lemon water also helps stimulate your energy. Maintaining your nutrition is a huge aspect of being healthy and steady. Some foods that you could eat include eggs, avocados, greek yogurt, leafy greens, and fruit. Lastly, if you overwork yourself all you will do is stress yourself out so go with the flow.



Jewel Fitcher, a current freshman at Salmen, has some thoughts on the upcoming exams. Jewel believes that the exams are stressful and they harm her relationships with her close friends and family. She also stated that exams make her stressed because they determine her

Rights Day on December 10th. This day honors the occasion in 1948 when the United Nations General Assembly approved the Universal Declaration of Human Rights. Now, let's explore further into the details of Human Rights Day.

Human rights are rights we possess simply by being human, they aren't given to us by any government. These global rights are inherent to every individual, no matter their origin, gender, ethnic background, race, faith,



language, or any other identity. They surround the most basic rights to life. Also, some aspects enrich our existence, like the rights to sustenance, learning, employment, healthcare, and freedom. The reason why Human Rights Day is important is because it establishes the principle of equal respect and passage for every individual. Due to



the declaration, and the promises made by countries to its ideals, the respect of countless people has been established. However, the idea of human rights gives individuals the strength to maintain their worth and informs them that they are entitled to respect from the

community, whether it's from the authorities or the place of employment. When this respect isn't given to them, they have the right to protest. The General Assembly approved a measure urging every member, state, and relevant groups to commemorate December 10 annually as Human Rights Day. The main goal of this measure was to acknowledge achievements in human rights. Which had highlighted ongoing human rights issues. Therefore, on December 10, 1948, when the UN General Assembly approved the Universal Declaration of Human Rights in reaction to the horrific events of WWII, highlighting

that every human being is born with inherent freedom and equality, deserving of respect and worth. Mainly, they're multiple human rights that people have every day that protect them like the right to equality and freedom



from discrimination. Also, the right to life, liberty, and personal security. However, we also have freedom from slavery, torture, and degrading treatment. As a human being, you have the right to recognition as a person before the law and a right to remedy by a competent tribunal. You also have the freedom from arbitrary arrest and exile and the right to a fair public hearing. The entitlement to be presumed innocent until proven otherwise. Also, you have the freedom from interference with your privacy, family, home, and correspondence.

Now, we have explored further into the details of Human Rights Day. According to the United Nations, "human rights include the right to live and be free, safety from slavery and harsh treatment, the liberty to hold and share opinions, the right to work and education, among other things." Every individual has the right to these entitlements, without any form of bias. Now that I have given a bit more insight into Human Rights Day, let's emphasize the understanding that human rights serve as a path to solutions. They establish a crucial position as a preventative, protective, and transformative agent for positive change.

Drink Less And Drive Safer

BY JAMIYAH TURNER

Undoubtedly, drunk and drugged driving should be prevented in order to save lives. As a whole in this world, bringing awareness to this specific topic is very important. Driving while drunk or even drugged will lead to dangerous outcomes. We can prevent this by speaking up about ways that this can be stopped can help do a lot to

this world, meaning that it can give others an idea of being safe and less intoxicated. There should be attention brought to the benefits and importance of this prevention.



As well as saying drunk and drugged driving should be prevented, more people in this world should raise their focus on being safe while driving because anything can happen at any given time. In fact, we all want to go home to our

families, meaning that nobody wants to be involved in tragic accidents because someone is intoxicated and isn't in the correct state of mind.

Drunk and Drugged Prevention Month begins on December 1st and ends on December 31st each year. As everyone should know, driving safely and less intoxicated is a responsibility that all adults, even young adults should take very seriously because it is in fact, life-threatening to not only yourself but others around you. Interestingly, December is known as the prevention month of drunk and drugged driving because it's the holiday season. This signifies that alcohol and drugs tend to be used way more because there are family gatherings and many parties throughout the whole month of December. Spreading awareness on this topic can lower the rates of accidents, sicknesses, and deaths that occur from driving recklessly while intoxicated. Also, when spreading the word, it can encourage people to want to be safer and less intoxicated to be able to make it back home safely to their homes. Many people benefit in horrible ways due to drinking or being drugged while driving because it causes them to lose

focus and distracts them from the importance of being sober while driving. People should take more responsibility for being safe with the things they eat, drink, and what they allow



their bodies to absorb because if you're drinking irresponsibly, those intoxicants don't allow you to be in your right state of mind, which keeps them from functioning correctly.

Undeniably, drunk and drugged driving is never safe and you can possibly go to jail for being intoxicated while behind the wheel. In the United States, the alcohol limit is 0.08 and you should want to avoid going above this limit. If the police are called to the scene while you are intoxicated, you will be asked to take a "Blood Alcohol Concentration Test" and if you are above the 0.08 limit, you will not pass the test and you will be arrested. However, spreading awareness can prevent things like this because no one wants to be in jail for something that could have been avoided. Being less intoxicated or not intoxicated at all can lower your chances of being hospitalized, in jail, or dead. This is such a serious topic because a large percentage of people around the world have either died or been hospitalized due to alcohol and drugs and there needs to be a stop put to this in any way possible. Alcohol and drugs can change a person's life in a horrible



way if you do it constantly with no care in the world. It's very important to cleanse your body, which keeps you healthy and safe, along with driving. Anybody who has problems with staying sober while driving should try to create a way to challenge themselves by being less intoxicated, therefore a safer environment will be created. You should try being the person who has a great reputation for driving safely at all times. Partying is fun, but if you are very intoxicated you should

try calling a friend that you trust to make sure you make it home safely. There are many ways to avoid tragic accidents that come from

drunk and drugged driving, such as therapy, routines, goals, and challenging yourself to stay sober and healthier.

After all, alcohol and drugs are not good when driving at all because they lead to dangerous and traumatizing outcomes for people and their families. Introducing yourself to a great mindset and laying off the drugs and alcohol is a very great way to start fresh and to be safe while driving. As people, everyone should want to go home to their family every single day. There should be some sort of awareness on promoting Drunk and Drugged Driving Prevention Month to the world in any way, shape, or form. Lastly, if you ever see someone in need of any help away from drugs and alcohol you should offer to help them in the best way possible. Helping others will seek eyes on you and you can be known as a hero because you care to prevent drugs and alcohol for safe driving.

Nathan's Weather Corner

BY NATHAN MEUNIER

Hello once again, Spartans! It's finally almost Christmas so we can expect some cooler, more festive weather for this month. As always, you should make a good habit of checking the weather before you leave your house in the morning just in case of surprising weather. It will seemingly be pretty cold at night with somewhat warm days so you may want to bundle up with that warm blanket of yours. With the greetings and lists done and checked, let's ho-ho-hop right into the stats and such.

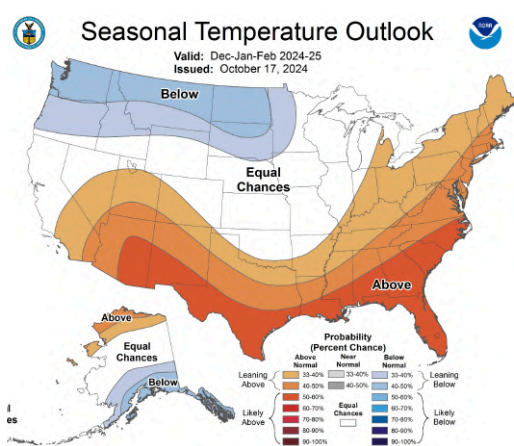
For December, we're looking at a pretty cool month with temperatures averaging at around 64 degrees on the higher end and around 53 at the low end. But the highest they will reach is 70 and the lowest being 36, respectively. The rain for December is looking alright with the total rain being around 2.75 inches and only having rain for around 4 days out of the month. So overall, December will be a nice and cool month with some days being warmer than most but



we will be having some pretty frigid nights, so be prepared for some spotty weather, Spartans!

December will mark the end of Hurricane season, but that doesn't mean we won't have any more storms! As of writing this, there are no storms that will form but there is still a small chance for one to form and hit the US. As always, you should be checking the weather every day so that you can be prepared in case there is a storm or two that sneaks into December. Overall, predictions say that we need to prepare for little rain and some cooler weather for this month so it should be easy to stay warm, dry, and prepared.

To conclude, December will be a nice and cool month with a little bit of rain sprinkled throughout the good festivities and fun times in store. This month, all of our fun facts are Christmas and winter-related so let's get right into it! Did you know that a "White Christmas" is actually a term used by meteorologists? They define a White Christmas as greater than 0.5 inches of snow falling on December 25th with at least 1 inch of snow on the ground. The coldest temperature ever recorded around Christmas time was 70 degrees below zero near a mining camp in Rogers Pass, Montana in 1954. And for our last fact, there must be pollen or dust in the air for snow to form. Finally, Now that we're finished with the facts, It's time for me to sign off and wish you all well. I hope everyone enjoys their holidays and gets what they asked for and I'll talk to you all again next year!

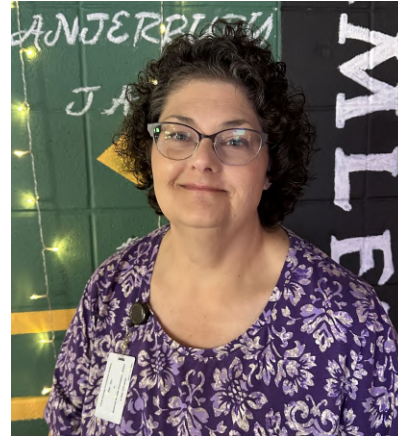


Teacher Spotlight - Mrs. Meyer, The Sweetest of Them All!

BY ADRI'ANNA RAY-FRANKLIN

To help us learn almost everything we need to know to be successful in the future. Having a good teacher who believes in you to reach your goals is an impactful experience for students. I've heard from people around the campus that our French teacher, Mrs. Meyer, is the sweetest of them all! So I interviewed her to find out!

Mrs. Meyer graduated from Southeastern Louisiana University in 1994. Just a few weeks later, she began her teaching career at Mandeville Jr. High in January 1994.



This year marks an important milestone, as it is her 31st year of teaching. She originally taught 8th-grade English, when reading and English were categorized as two separate subjects in junior high. When asked about her motivation for becoming a teacher, she stated "My grandmother was a 3rd grade teacher for 30 years, and several of my aunts and uncles were also teachers, so I

felt it was in my blood" This has undoubtedly shaped her passion for teaching, as she follows in the footsteps of her family members who made a significant impact on their students lives. She goes into talking about her love for teaching saying, "I love language, I love talking, I enjoy being around people, and I enjoy telling people what to do." Despite her dedication and passion, Mrs Meyer has encountered many challenges that come with being a teacher. Some of the struggles that she has as a teacher are keeping up with all of the paperwork and grading that comes with it, and also dealing with the discipline of her students. Mrs. Meyer claims to meet all of her students' needs, to her this feeling is like "being a chicken with her head cut off" trying to keep up with everything that's going on around her in her classroom.



Overall, Mrs. Meyer is an amazing teacher. From having to deal with all the struggles to have when it comes to teaching, but at the end of the day she still works through it with a smile on her face! She is someone who is determined to make a difference in many kids' lives. Teachers that have this mindset are really rare to find. So make sure you cherish them while you can!

Program Spotlight - Band

BY LONDON COBBINS

Do you like to play instruments and make music while having fun? We have a class for this at Salmen High School called Band. Our school band class is one of the most important classes at Salmen High School and one of the things that makes Salmen great today. The knowledge from the class's leaders and other students worked together to form this strong class.



Mr. James Stevens, one of our teachers here at Salmen High School, is also known as a band director. Stevens has been teaching the band class for 33 years. He taught for 5 years before Salmen and has taught at Salmen High School for 28 years, thus far. Stevens' goal for the band class is to be the best band on the northshore and to be able to compete and be on the same level as New Orleans bands. Stevens' other goal is to make leaders out of the band kids. He also wants to provide them with life lessons, such as knowing how to deal with other personalities and make decisions on their own. According to Stevens, kids should join the band because you can be with your

friends, and it's fun. One word Stevens can use to describe the band is family because they argue and have problems like a family.

Mr. LaBee is another teacher at Salmen High School, also known as the assistant band director. Mr. LaBee's goals for the band are to improve the discipline and the quality of the sound and help every student realize their individual potential, Mr. LaBee would describe the band as a work in progress. To Mr. LaBee, band is his passion, and he spent his school years as part of the band since 4th grade.

Janiyah Carraway is the drum major, also known as the leader of the band. Janiyah's goals for the band include making sure that they sound good for Mardi Gras season, also making sure kids know how to march while holding their instruments up, and being the best band in St. Tammany Parish. Janiyah thinks people should join the band because it is fun. One word Janiyah can use to describe the band is lively. Janiyah feels like the band is like a third family and a passion.



Band is one of the most important classes that makes Salmen great today. Band class is a beneficial class where students can make friends and also learn new things and achieve accomplishments. You can also play your instrument and make music while having fun. If you are interested in being part of the band class, make sure to schedule it next year with your counselor.

Student Spotlight - Laila Jenkins

BY MADISON KNIGHT

The class of 2027 is filled with greatness and success. Here at Salmen, we are the future. Laila Jenkins is a perfect representation of this. Laila has maintained a 4.0 GPA with all honors and has



accomplished this while being a part of Salmen's High's cheerleading team. Laila has so much going on & such big plans. Graduation day is slowly approaching, but time is ticking. The pressure begins NOW! Although graduating soon is easier said than done, what is the downside of it coming up so quickly? Read below to find out more

Many of our peers fear getting involved or challenging themselves to go that extra mile. Sometimes, it takes

that extra push. Laila Jenkins was encouraged by her parents to get put in all honors because it'll look well on her transcript. However, many of our peers tend to discourage students like Laila and tell her "Honors may be too difficult" or "I don't like the teacher that teaches that class". Instead of listening to the negative comments, Laila actually prefers honor classes rather than regular classes, she then stated "Regular classes are chaotic, it'll be difficult for me to even process my thoughts in there". Most people in regular classes fear the workload or maybe even think the work may be too challenging for them, which makes them reconsider. This is actually not the case at all, honor classes are all about time management. The same work is given; everything just moves at a faster pace.

With us being in the month of December already, I'm sure we have all noticed at least one class that gives us a run for our money. Laila noticed out of all of her classes, biology is the most challenging subject at the moment, this class requires Laila to teach herself independently. This is a drastic change for her and another hardship she has to overcome.



Yet, she takes this as an opportunity to learn more which may

eventually help her in the future. In addition, with her being a student athlete she learns a lot in the midst of pressure. Laila doesn't have much time to do anything that is not school-related. She has learned to be more responsible during instruction time, instead of procrastinating. A common rookie mistake Laila has made would be her being aware an assignment is due at 11:59 pm and not turning it in until the last minute due to her having to cheer at a football or basketball game. However, it is highly recommended by many to get involved in high school, you won't regret it!

Furthermore, Laila Jenkins wants to go to college to study biochemistry and sooner or later become an esthetician to work with the skin. She is preparing herself for this by using her time wisely to study for the ACT, which will soon help her get into an amazing college based on her scores. Not every day is perfect, nonetheless, she looks at everything from a positive perspective. Laila's goal every day is just to make it through the day. Last but not least, a piece of advice Laila



Jenkins would like to share with her peers would be "Don't get distracted by others, focus on you and your goals".

Well Spartans, instead of saying "Practice makes perfect" start saying "Practice makes progress!" Laila Jenkins has learned so much with only being in her 2nd year of high school. As you can see, it is easier said than done, but it can be done as long as you keep persevering. Hopefully this motivated many, never say never! Finally, Laila, your hard work never goes unnoticed, and your Spartan family has your back always, Merry Christmas from us to you!

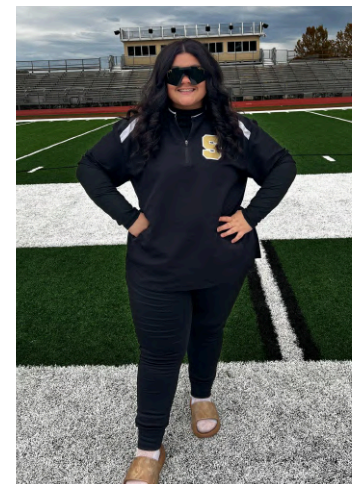
All Sorts of Sports

BY ALLI DOMINIQUE

What's up with the Spartan's sports recently? We played one of the biggest rivals for the first time in many years, Slidell High, and walked away with the win as well! As the football and volleyball seasons have now come to an end, we have many other sports just getting started. So

if you see a senior on the football team or volleyball team, take a minute to congratulate them on their season and the wins that they have achieved. Sports like soccer, basketball, baseball, and softball and springing into action. As we move through the months hoping to get some awesome wins from these teams. Make sure to check back monthly for updates! Let's get into it, Spartans.

For starters, the volleyball season has come to an end. They made it to the playoffs, which is very exciting, and they strive their hardest. Though they did not advance to the next round, they made it. That's all that matters. If you see a volleyball player, give them a pat on the back. To all the volleyball seniors you're going to do big things! Also, take some time to thank the coaches and let them know how wonderful they are for helping these girls achieve their goals. The football season has ended as well. They pushed their hardest every day at practice, getting better each time. They just closed out their senior night game and the playoff game. Having over 20 seniors to congratulate for their time spent on the team. If you see a senior football player, give them a high five! What a great season the football boys had. The boys and girls soccer team had their first game of the season on November 14th, 2024. Good luck to them for the season.



Furthermore, I got the chance to speak with Ms. Hanna. This is her first year being head coach of the softball team! Speaking to her, I asked her a few questions about how she felt and how she was going to better the team. One of her biggest goals for herself and the team is to enhance the sister-hood that is created on the field and to help her athletes be confident in their skills while understanding the game. It's always been a dream of hers to coach, and now she is finally getting to fulfill that dream. Her father was one of her coaches when she was younger, and he inspired her. She has played softball all of her life since she was a child. She said her father knew she was going to play since birth. Ms. Hanna wants to be able to create that impact on the girls' softball team and help them strive this season. She wants to teach the team not only the fundamentals but how important it is. One thing that we talked about a lot was what it means to be a woman athlete and the importance

of that, and she wants to be able to make sure her team knows the importance of that throughout this season. She wants everyone



to come out and support the team this coming season. Shoutout to Ms. Hanna because not only is she an amazing coach, she is an amazing counselor, helping all the seniors achieve their goals. Making sure they have what they need to graduate, and so much more.

In conclusion, let's wish these sports teams some good luck as they push through their seasons. Come out and support them! More information about soccer, softball, basketball, and baseball is coming next month when the seasons officially start. If you see a coach, take a minute to thank them for all the hard work that they put in on and off the field. Don't forget to purchase your tickets on GoFans, and follow the sports guidelines as to what you can bring to the games. Until next time Spartans!

What Is SWE?

BY KAYLA WATSON

Do you ever wonder what type of degree or background you need to be a teacher who helps out with students with exceptionalities? At every school, there should be a couple of teachers whose purpose is to help these kinds of students. Here at Salmen, not only do we have them, but we also have a SWE Coordinator who plans out all the activities that these students should be doing. SWE Educators' jobs are hard because they have to come up with a curriculum that will help and benefit students with exceptionalities and make sure these students are getting everything they need.

For those wondering what SWE stands for, it's an acronym for Students with Exceptionalities. This includes but is not limited to gifted or high honor classes, whether it's with academics or



extracurriculars like art, music, etc. I had the pleasure of interviewing Mrs. Veronica Williams about being a SWE Educator. One of the first questions that I asked was "What type of education level do you need to be an educator for students with exceptionalities?" She told me that it does not matter what

type of education or degree that one gets. If anything, a person would need a SWE certificate saying that the person is qualified to be a teacher in the SWE field. It would also help to take a child development course and maybe a psychology class or course. The main goal of these educators like any other teacher or educator is to provide the appropriate education for every individual student who may need some additional school support.

Going more in-depth about being an SWE Educator Ms. Williams is the Behavior Education teacher at Salmen. She loves being a SWE Educator 90% of the time, she also related to me that there are also challenges to being an educator. Two of the problems or challenges that she faces as an educator are parents taking advantage of using SWE Educators and the amount of paperwork they must complete. Ms. Williams also said it was funny how she ended up being the behavior Education teacher, she was tricked into doing this job at first and hasn't been able to leave since then. Finally, when asked how SWE educators impact students' lives, Ms. Williams responded that she believes it is to "Make it easier for them to learn because we work with their unique needs."

SWE Educators' jobs are typically challenging because they have to create a curriculum that best benefits students with exceptionalities, while also making sure that these students are getting everything they need. There is



a lot of paperwork that goes into this job. SWE Educators' jobs are really important, their jobs enlist and detail more than a regular teacher's job does. These educators are involved in the students' lives. On behalf of Salmen Spartans faculty, staff, and the Newspaper club we would like to give thanks to all of our wonderful SWE Educators on campus.

Must-See Films

BY PAIGE BAILEY

'Tis the season to give, so here are my two gifts to you. Ahh yes the season of gifting, matching PJs, and hot cocoa but there is one thing that is essential for a wonderful December and that is movies. The perfect movie to cuddle up with whomever and have a large bag of popcorn and a giant mug of hot cocoa. This December two movies seem like they are perfect for this holiday season. Now, these films are only perfect if you're tired of your average cheesy, holiday movies that most of the time lead nowhere.

The Man In The White Van, who would've thought the first movie to



be recommended would be a horror film, nonetheless coming out on December 13. *The Man In The White Van* is a film based on a true story. In 1975 Florida there was a series of violent disappearances that unfortunately went unnoticed. In the movie we are introduced to our main character at the start, Annie our main protagonist will be played by Madison Wolfe. Annie is targeted by a mysterious white van that ends up stalking her in a way, for example, her school and house.

Annie is the middle child of her older sister and younger brother, her parents often don't pay that much attention to her so when she first starts noticing that things aren't right, she has a hard time explaining the truth and her parents have a hard time believing her. Director Warren Skeels says he was inspired by a survivor's story of the horrible experience, the movie is based on said survivor's first-hand account.

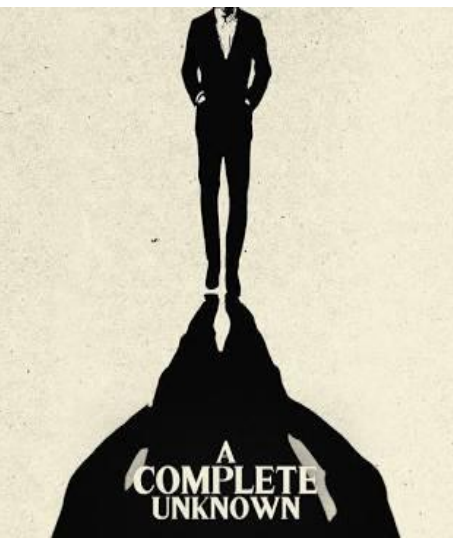
Keeping up with films that are based on true stories releasing this December, here is *A Complete Unknown*. This motion picture is a film based on Bob Dylan's upbringing to fame in the music world and will be released on December 25. Bob Dylan is played by Timothée Chalamet and his love interest is played by Elle Fanning. Set in the New York music scene of the early 60s, diving into his drugs and alcohol struggles. A 19-year-old Bob Dylan struggling with the new

and sudden fame, but also dealing with a label that doesn't want him to expand his music career and try new things like adding an electric guitar to some of his new songs. *A Complete Unknown* is a film about discovery, in a way it's something that you can sit down and watch with your family and not have any distractions. It's a simple film to enjoy.

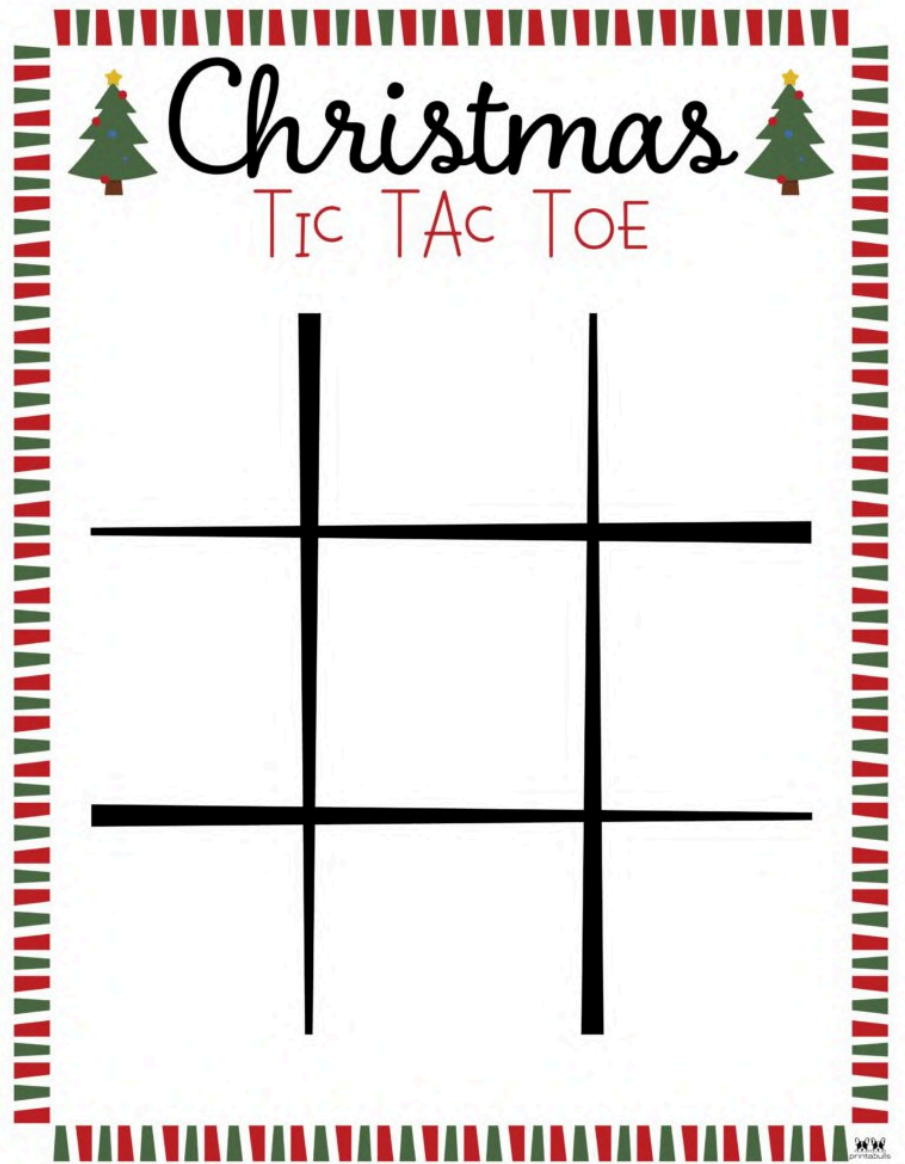
This December, two movies seem like they are an alternative to cheesy holiday movies this season. So this December, make sure you catch these films in the theater. Although both films are a bit sad, they make you appreciate the people and family around you and if that doesn't scream holiday season then I don't know what does. The perfect movies to snuggle up and obsess over. Remember to have a Merry Christmas with two of the most look-forward films.

Comic Relief

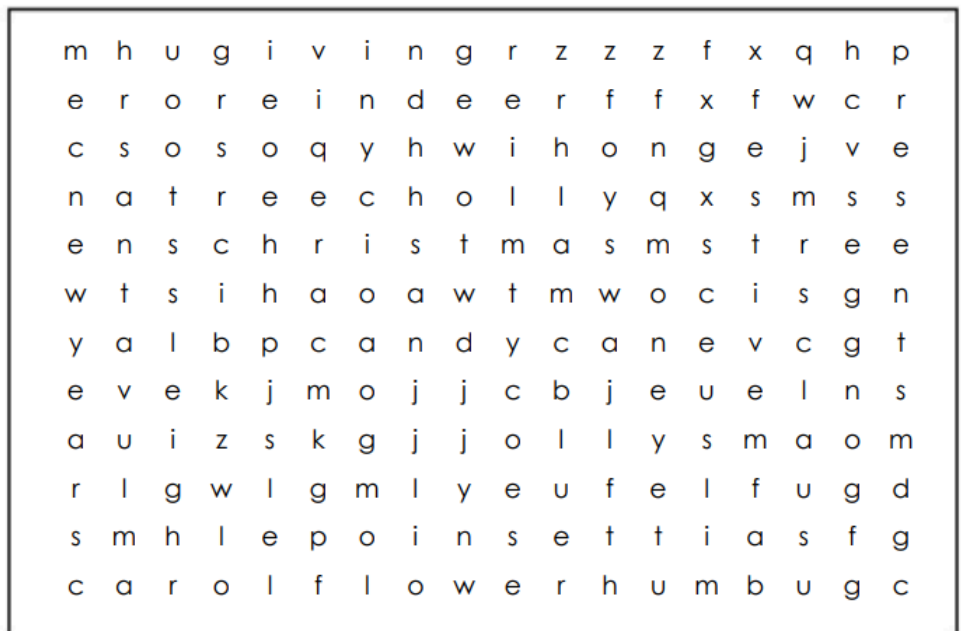
iPad Kid Christmas
BY DUCE SMITH



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Spartan Christmas



Find the following words in the puzzle. Words are hidden → ↓ and ↘ .

- candy cane
- giving
- poinsettia
- carol
- holly
- presents
- christmas
- humbug
- reindeer
- eggnog
- jolly
- santa
- elf
- money
- sleigh
- festive
- mrs. claus
- tree
- flower
- new year

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SPARTAN SNAPSHOTS
BY ALLI DOMINIQUE

