



# AND SO IT BEGINS: CHAPTER 1

## Spartan Students and staff close the book of 2024, eager to see what 2025 has in store.

### GOOD NEWS

- ★ Hailey McIntosh was accepted to Mississippi State University and the University of Mississippi.
- ★ Kiersten Lewis was accepted to The University of Alabama.
- ★ Tiyion Lane was accepted to the University of Mississippi, Mississippi State University, The University of Southern Mississippi, Southern University of Baton Rouge, University of Louisiana Lafayette, and Southern University at New Orleans.
- ★ Laila Houser was accepted to UNO and Hastings College.
- ★ Daneiry Gomez was accepted to Savannah College of Art & Design and Jackson State University.
- ★ Israel Puckett was accepted to Roger Williams University, Molloy University, University of Evansville, Full Sail University, Hardin-Simmons University, and Caldwell University.
- ★ Kevarria Decay was accepted to Northshore Technical Community College, Woodbury University, and Xavier University of Louisiana.
- ★ Daisha Richardson was accepted to Jackson State University and Mississippi State University.
- ★ Alfred Smith was accepted to LA Tech, McNeese State University, and the 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 and Louisiana State University Alexandria.
- ★ Samantha Burns was accepted to Louisiana State University and Duke University.
- ★ Aeneas Toney was accepted to Mississippi Gulf Coast Community College.
- ★ Angelina Thomas was accepted to the University of Louisiana Lafayette and the University of New Orleans.
- ★ Alli Dominique was accepted to Southeastern Louisiana University.
- ★ Isis Dubuclet was accepted to Los Angeles Film School.
- ★ Jaylin West was accepted to the University of Louisiana Lafayette.
- ★ Kemijah Morgan was accepted to Metropolitan State University of Denver and the University of New Orleans.
- ★ Kaleilah Davis was accepted to Southeastern Louisiana University.
- ★ Kyla Harrington was accepted to the University of New Orleans and Loyola University New Orleans.
- ★ Todd Laraque was accepted to Tulane University.

- ★ Khalil Carrol was accepted to Southeastern Louisiana University.
- ★ Kalia Williams was accepted to the University of Health Sciences and Pharmacy, Southeastern Louisiana University, and Florida Memorial University.
- ★ Ty’ler Jones was accepted to Western England University.
- ★ Iyanna Douglas was accepted to Southern University, the University of New Orleans, and Southeastern Louisiana University.
- ★ Adrian Ballard was accepted to Belhaven University, Mississippi State University, the University of Mississippi, Southeastern Louisiana University, the University of South Alabama, and the University of Southern Mississippi.
- ★ The following student-athletes were chosen to represent Salmen High School Football in the Louisiana Football Coaches’ Association All-Star Football Game: Markel Keyes, Tayshawn Scott, A’san Johnson, Peyton Elder, Wylee Jackson, Michael Welch, Desmond Beasley, Kylan Fryson, and Baha Barakat.
- ★ Salmen now has a chapter of Mu Alpha Theta (Math Honor Society). Mu Alpha Theta will host math tutoring every Monday beginning at 2:50 pm. Location: Library (back room)  
The elected board members are:  
President: Kendall Pichon  
Vice President: Katy Kwanbunbumpen  
Secretary: Kyla Harrington  
Treasurer: Aabraah Abid
- ★ The following Lady Spartan Volleyball players for being recognized by receiving All-district honors.  
1st team all district: Kalia Williams  
2nd team all district: Daisha Richardson  
Honorable mention: Carolynn Knauer, Michelle Williams, and Brittney Walton.

### UPCOMING EVENTS

- ★ **January 1-5:**  
-Winter Break
- ★ **January 3**  
-Boys Basketball vs Covington @Smoothie King Center
- ★ **January 6:**  
-Senior Pictures  
-Boys Basketball @ Higgins  
6:00 PM
- ★ **January 7:**  
- 1st Day of 2nd Semester (cont.)

- ★ **January 18:**  
-Girls JV Basketball Tournament  
-Boys Basketball @ Central Lafourche  
2:00 PM  
-Saturday Detention & Seat Time 8:00 AM-12 Noon
- ★ **January 20:**  
-MLK Holiday - No School
- ★ **January 21:**  
-Boys Basketball @ Northshore  
7:30 PM (cont.)

<p>-Girls Basketball @ Mount Carmel 5:00 PM</p> <p>★ <b>January 9:</b> -Boys Basketball vs Mandeville 5:00 PM -Club Day</p> <p>★ <b>January 10:</b> -Report Card Distribution -Girls Basketball @ H.L Bourgioes 5:30 PM</p> <p>★ <b>January 11:</b> -Saturday Detention &amp; Seat Time 8:00 AM-12 Noon</p> <p>★ <b>January 14:</b> -Boys Basketball vs Ponchatoula 6:00 PM -Girls Basketball @ G.W. Carver 5:00 PM</p> <p>★ <b>January 16:</b> -Hearing and Vision Screening 9th grade -Boys Basketball vs Lakeshore 6:00 PM</p> <p>★ <b>January 17:</b> -Girls Basketball vs Chalmette 6:00 PM</p>	<p>-Girls Basketball @ Northshore 6:00 PM</p> <p>★ <b>January 22:</b> -Girls Basketball vs Mandeville 5:00 PM</p> <p>★ <b>January 23:</b> -Girls Soccer vs Plaquemine 5:30 -Boys Soccer vs Sarah T Reed 7:00 PM</p> <p>★ <b>January 24:</b> -Girls Basketball vs Fontainebleau 6:00 PM -Boys Basketball vs Fontainebleau 7:00 PM</p> <p>★ <b>January 25:</b> -Saturday Detention &amp; Seat Time 8:00 AM-12 Noon</p> <p>★ <b>January 28:</b> -Girls Basketball vs Slidell 6:00 PM -Boys Basketball vs Slidell 7:30 PM</p> <p>★ <b>January 31:</b> -Boys Basketball @ St. Amant 6:00 PM -Girls Basketball @ De La Salle 5:30 PM</p>
--	--

**A Day for MLK**  
BY RONDEL FINLEY

Martin Luther King Jr. Day is on Monday January 20th. It is a day celebrated by us Americans to commemorate Dr. Martin Luther King Jr.'s life and what he has done for our country. He has influenced many civil rights acts, social reforms, and protests around the nation. Throughout his life, Martin Luther King Jr achieved many accomplishments such as his protest in the 1960s which changed America forever.



Michael Luther King, Jr was born January 15, 1929 in Atlanta, Georgia. He wanted to be a fireman when he grew up. His father, Martin Luther King Sr was a Baptist minister and he was in charge of the children's moral and religious education. In 1934, his father changed his name to Martin Luther King Jr. He did this in honor of protestant reformation leader Martin Luther. At a young age, he understood that white and black people were treated differently at the time. He attended Atlanta University Laboratory School his junior year in school because his college entrance exam scores were super high.

Martin Luther King's involvement began in 1955 during the Montgomery bus boycotts. He led the established Montgomery Improvement Association, which assisted the boycotts and presented the legal challenge to segregated buses. The boycott led to the Supreme Court ruling segregation of public buses was unconstitutional in 1956. On August 28, 1963, The March on

Washington for Jobs and Freedom took place. 250,000 people marched the capital where Martin Luther King delivered his famous "I have a dream speech". This march was a demand for an end to segregation, fair wages and economic justice, voting rights, education, and long overdue civil rights protections. Less than 3 years later, the Civil rights act of 1964 and the Voting rights act of 1965 were passed which were greatly influenced by the March.

Throughout his life, Martin Luther King Jr achieved many accomplishments such as his protest in the 1960s which changed

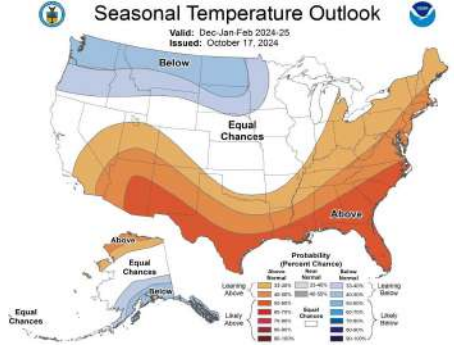


America forever. Whether it be his famous "I have a dream speech" or his leadership in the Montgomery bus boycotts, Martin Luther King Jr's impact still influences our country today. Think about it, if it wasn't for his involvement and efforts to end segregation. Some of the friends you have know you might have never met. His movements paved a way for Americans to peacefully make their voices heard.

Though he was assassinated, Martin Luther King Jr's legacy still stands strong and will always be remembered in America. So, on Monday January 20th, take a moment to thank Dr. King for fighting for the rights of all.

**Nathan's Weather Corner**  
BY NATHAN MEUNIER

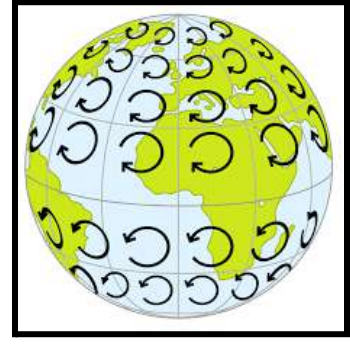
Happy New Year and welcome back, Spartans, to the Weather Corner! It's the month of cold and the start of 2025 so some of you might already have some expectations of the weather. January typically is a cold month so if you just read this first section for the TLDR: it'll be nice and cool with a small bit of rain. For those of you who read



the rest of the article, we're gonna talk about January and what else to expect in the coming weeks. With the reintroductions done and the checklist checked, let's hop right into the weather!

In January, we can expect some cool days with the high sitting somewhere around 60°F and the lowest temps reaching around 48°, but keep in mind, the weather is unpredictable. With these temperatures in mind, you should prepare for some chilly outdoors and some warm indoors! The rain chances for January are looking small, with most days having no rain. Even the days that do have rain dont have more than an inch or two of rain set to fall.

Next, we would normally have what I like to call "the storm watch", but January doesn't have any predicted storms or other weather phenomena to speak of. Despite the lack of storms or anything like that, watch those weather apps and skies so you can prepare by grabbing an umbrella or jacket should an unexpected storm hit.



In January, you can expect some nice and cool weather with some minor bits of rain but, as always, check your preferred news station so you can be up to date on what your day will look like. Now for my favorite part, the fun facts! The Coriolis effect is what happens to the air because of Earth's rotation. In the northern hemisphere, air veers to the right. But in the southern hemisphere, air veers to the left. This can affect air circulation, weather patterns, and ocean currents. Because of the Coriolis effect, Jupiter has had a cyclone going for over 340 years (since the invention of the telescope)! And with that, we close out our first weather debrief of the new year. I hope all of you have a great year and I'll see you all next month!

---

## Teachers' New Year Wishes

BY SAVANNAH SMITH

Have you ever thought about what your teachers' holiday plans are? As new year's day just passed everyone will be celebrating and so will some of your favorite teachers. You will now know how the teachers feel after asking them their New Year's resolutions, if they have any traditions, and if they have plans for new years. Of course on New Year's Eve, almost everyone goes outside to watch and pop fireworks and hang out with friends, but have you ever wondered what teachers just might be doing? Well I interviewed Mrs. Kordahi, and here's what she has to say.

Firstly, I asked her what was the best thing that happened during 2024 and she said multiple things had happened that made her whole year. Her son graduated from Slidell High School, and took a family trip all the way to the Bahamas. As we continued I also asked her if she had any new year's resolutions and she said there's plenty. She wants to start eating better and have a more cleaner diet, she overall wants better health and wants to start working out. Mrs. Kordahi also wishes to spend more time with her family and wants to make sure her students pass the leap and move onto the next grade.

Next I asked her if she stuck to any of her 2023 resolutions and for a matter of fact she did. Mrs. Kordahi said she has been working on cutting back how much money she spends and has a budget and is still currently working on this resolution with her husband. Moreover, I asked if she had any plans for the new year. She said in January she's going to visit Montreal as that's not the only place she's going but also to manhattan for a trip with her friends. She also plans to organize what she had any plans to accomplish in 2025. She also said again one of her main goals is for everyone to pass the LEAP test and as she quoted, "If I can complete this goal I will be so happy" and she shows her pride and spirit for teaching and helping her students graduate.

Now as we go onto Mr. Dubuisson, I asked the same questions, what is the best thing that has happened in 2024. He said the best thing that happened was getting the opportunity to become a jag teacher as his students made his jag career wonderful. Furthermore, I asked him what his new year's resolutions were as the start of a new year is approaching and he said to exercise and better his health. Even though Mr. Dubuisson doesn't make many resolutions, I asked him if he had



any 2023 resolutions and he replied that he just lives life happily. To continue I also asked him if he has any plans for the new year, and said he wanted to visit his family more often since his career is coming to an end and he will be retiring. To end it off I asked him one more question, what is something you want to accomplish in 2025. Mr. Dubuisson said he will keep going back to health and be more open and mindful of having a more extended life. That just about sums of Mr. Dubuisson as he will be leaving Salmen to focus on his health. As his 16th year as a JAG teacher comes to an end, he is grateful to have this experience and being able to teach so many students as not only he appreciated us, but we admired his hard work, determination and consideration.

To summarize, not only do other people have plans for new years but also your teachers too. Mrs. Kordahi has future plans and events coming up, has New Year's resolutions and



plans to follow them while on the other hand Mr. Dubuisson does not really have new years resolutions but rather just lives life to the fullest and be happy.

---

## New Year, Same Spartans

BY KELSEY LEE

Are you looking forward to the break? Hopefully you are because I know a lot of us are! So, speaking of, I'll be interviewing students to see how excited they are for Christmas break and New Years. Well, I hope you are all just as excited to hear about our peers' excitement more than I am. Let's get into the interviewing now.

With the New Year coming up, I will be interviewing Anjelle Lawson who is a senior to see just how excited she is for break



and the New Year! I asked Anjelle to tell me what she wants for Christmas. She replies, "For Christmas I want a macbook and Pandora charms. I want the macbook because I want a good working computer for college next year. For the charms, I want them for my bracelet." Following that, I asked her to tell me her plans for the break and if she is going anywhere. . Anjelle says, "My plans for Christmas Break is to spend time with family and to hangout with my boyfriend before he leaves to see his family. As well as getting ready for my Mardi Gras Krewe Ball because I'm a debutante." Lastly, with the New Year coming up I asked her how excited she is for it and what she's looking forward to the most. Yes, I'm very excited for the New Year because it means I am getting closer to graduating and going off to achieve my goals in college along with being introduced into woman hood at my coronation day which is January 11th." Anjelle says. With all of the Christmas cheer, let's get into our next Spartan I will be interviewing.

Secondly, I interviewed Markel Keyes who is also a senior here and asked him the same questions just to see the different perspectives. Markel tells me what he wants for Christmas and says, "For Christmas I want clothes and money, very simple. You can never go wrong with those things." To add on to that, I asked him what he was most excited for with the upcoming break and New Year. He tells me, "Yes, I'm very excited for the New Year because I'm ready for my last summer home and also excited for graduation and going off to college. But, my plans for Christmas break are to spend time with family and to give my girlfriend her Christmas gift because I feel as though I did good with my gift."



I was super excited to listen to my peers' wishlist as well as what they're looking forward to. Well Spartans, now that we are back in school let's finish the semester off right and put our learning caps back on that we took off during break. Anyways, this concludes this month's interviews and welcome to 2025!! I hope everyone had a great break and let's kick this New Year off right. Until next time!!

---

## All Sorts Of Sports

BY ALLI DOMINIQUE

Woah Spartans, y'all haven't checked in on sports since last year! Get it? Because we're in a new year. We have many things happening with our sports teams. Through the wins and losses, our sports teams never give up. From basketball and soccer, soon to baseball and softball. Checking in with one of our coaches here at Salmen and one of our awesome basketball players.

Let's kick it off with soccer! They have had some away games and home games. Our lady Spartans soccer team won their first game of the season, 3-2. Kelsey Lee scored 2 goals and Jada Ibanez scored the other. The stands at the home games aren't as filled as we need them to be. Come out and support your Spartan soccer teams. Moving forward, I got the chance to interview our new assistant coach for the girl's soccer team, Coach Staes. She feels a sense of liberation



and excitement to be a new coach, especially since Salmen is her alma mater. She has played soccer from the age of four and is currently still playing in local adult leagues. Her inspiration and drive to become a coach came from the significant impact that her past coaches left on her. She tries to teach athletes to reach their full potential and make a meaningful impact on their lives, as her coaches did for her. She loves to see the joy on the players' faces as they learn, and create memories. To her that is priceless. This season, her goal for the soccer team is to consistently improve each player's skill individually and their performance. She also wants to build a strong team chemistry, lots of sportsmanship, many memories of laughter, and the love of soccer. Shoutout to Coach Fritscher and Coach Staes for being awesome coaches, and always pushing our girls to achieve their goals, and to never give up.

Dribbling right into basketball, our boys basketball team has won some games! On the girl's team, Kendal Thomas received player of the game on December 3rd, playing at Destrehan. Many more wins to come this season. Speaking with Tyler Jones, a senior on the boy's basketball team, I asked him some questions



about this season. This season he personally looks forward to making it to the playoffs and having a positive record this season. Tyler has played basketball from the age of 6, and he always played against older people, which helped him to get better and more experience. He plans to attend college and play basketball,

as he is communicating with a few schools currently. Wrapping it up, he told me that as a team they have good sportsmanship and work well together because they have all been playing together since freshman year. Their main goal as a team is to go out every night, to every game and give it everything they have got. Never give up. The biggest goal they have is to make it to the playoffs. Be sure to check in for game schedules and upcoming events. Come out and support your basketball teams!

In conclusion, we have had some awesome action happening with our athletes. Hoping to see many wins from these sports teams throughout their seasons. Make sure you check in to see the dates for senior nights! Come support your senior athletes. Also a big shoutout to all of our coaches that dedicate their time to our players making them better everyday. Purchase any ticket to home games through GoFans. That's a wrap, and what a way to start off our new year. Check back next month!

### It's Shining Outside, folks!

BY WALESKA ADRIANO

Did you stay to see the fireworks on New Year's Eve? Hope so, otherwise you don't know what you missed. Let me tell you that the most exciting thing about New Year's Eve is to welcome the new year with joy and enthusiasm, but the fireworks are not far behind. When lighting fireworks, the colors, shapes, effects, and timing of the fireworks create unique patterns and sequences that convey messages of unity that become unforgettable memories. It is very magical to see those flashes reflected in the eyes of our loved ones when watching the fireworks. The fascination with fireworks is so strong that the response that our human brain transmits is loaded with emotions and happiness.

Dopamine and serotonin are the exact chemicals that are created in one's brain in these very special moments. When looking at the emotions that fireworks provoke, let us also look at different factors about these fascinating objects.

Most people light fireworks for New Year's Eve because of their beautiful lights that reflect in the cold December skies, while others have the great belief that these symbolize distancing and protection from negative spirits that may approach in the coming year. For example, in ancient China, it was said that evil



spirits sought victims during the arrival of the new year. According to legend, these evil spirits could be driven away by the sounds of fireworks. Over time, many of us still retain fireworks. Based on a Chinese theory, a demon called "Nian" took refuge at the bottom of the sea and had the habit of coming ashore only on the last day of the lunar year to devour people and livestock. This demon was howled with loud noises and bright

diffuse lights. Since then, exploding fireworks have symbolized protection from negative spirits. The celebration of the new year is the invitation to good luck and welcome the coming year, but knowing that chasing away negativity for the coming year is not a bad thing.

A great event that is held during this time takes place at the Hilton New Orleans Riverside to Crescent Park in Bywater to Algiers Point on the West Bank, fireworks are visible to spend some time with your loved ones. Tourists, including locals, seek out the great experience of watching these fireworks because it is certainly unforgettable. It would definitely be a great idea to spend your New Year's Eve in New Orleans. Keep in mind that if you go, you will have to be careful, since fireworks generate smoke filled with tiny particles that are bad for you.

The excitement doesn't really come from the fireworks, but rather from who is next to you sharing the dopamine. Chinese culture and the beautiful events held in New Orleans and many parts of the world have become popular and so influential that makes us value these joy-filled moments more and more. Figuring out these beautiful emotions that fireworks bring in ourselves, along with the birthplace of this great celebration, we must realize who we share these special moments with and value who we have by our side. Without further ado, I hope you had a wonderful old year and welcome this new year with prosperity and happiness.



### Program Spotlight- ProStart

BY LONDON COBBINS

Do you like to cook and make new foods? Well, ProStart might be the class for you. ProStart is a class at Salmen High school. It's also a culinary art program that helps students to get to work in the restaurant industry. There are also many benefits that come with taking this class. Well let me tell you more about this class.

ProStart is a beneficial class where you can make friends, learn new things, and achieve accomplishments. ProStart is one of the most important classes that makes Salmen great today. Working hard and working together is a key ingredient in this amazing class. They have won the wild game cook offs and the best dipping sauce for slipping sliders. At first, this class started off with just three students, and there are many more now.



Mrs. Hendricks is the ProStart teacher here at Salmen High school. Ms. Hendricks has worked in a restaurant since she was 14 years old. She also worked in 4-star restaurants and also managed restaurants after having graduated from a ProStart program. Mrs. Hendricks wanted to be a ProStart teacher to help build the restaurant industry. Her goal for ProStart is to get kids to

understand the basics of running a kitchen and a restaurant. This is Mrs. Hendricks 7th year here at Salmen. One word, Mrs. Hendricks can be used to describe her ProStart class as creative.

In conclusion, ProStart is one of the most beneficial classes here at Salmen today. Its knowledge from students working together forms this strong class. If you are interested in ProStart, you can talk to your counselor or talk to Mrs. Hendricks. This is a great class if you want to be a chef, or if you just want to cook a good meal for your family.



### National Day of Racial Healing

BY BRENDON JOSEPH

The National Day of Racial Healing serves as a moment to reflect on humans' common values and collaboration. Initiated in 2017, on every Tuesday following Martin Luther King Jr. Day is the National Day of Racial Healing so this year it falls on the 21st of January. The reason for this holiday is to unite all individuals and motivate collective efforts towards establishing a shared foundation for a fairer and more equitable society. Now,

let's explore further the significance of the National Day of Racial Healing, and it's essential to understand that an individual's diverse background does not define their worth.

National Day of Racial Healing originated as part of the W.K. Kellogg Foundation's nationwide truth, racial healing and transformation initiatives. Racism impacts everyone, irrespective of our histories or situations. It was also developed with and expands upon these efforts and insights. However racial healing acknowledges the importance of recognizing and speaking the truth about historical injustices caused by both individual and systemic racism, as well as



addressing the ongoing truth. It serves as a process and a resource that can foster trust and establish genuine connections that close the gaps created by actual and perceived differences. In a society marked by deep-seated racial tensions and inequalities, the journey toward true healing involves more than just acknowledgment of the past; it requires intentional efforts to foster relationships, connect individuals, and expand the circles of engagement. Racial healing is not just a lofty ideal but a practical approach needed to dismantle the entrenched racial hierarchies that have long polarized communities. It is a precursor to meaningful and sustainable policy change, acting as a catalyst for the political will necessary to create a more equitable society.

The significance of the National Day of Racial Healing to us lies in the fact that we are surrounded daily by individuals from diverse backgrounds and experiences. However, this diversity doesn't always eliminate barriers, as we often need to collaborate with those we aren't familiar with. Through this process, we



can build relationships and forge friendships. Additionally, on edudream.org it states "the National Day of Racial Healing serves as an excellent starting point for discussions that tackle misconceptions about each other's perceived histories and experiences, and how these perceptions can contribute to overt racism or other forms of hostility and negative encounters that any child may have encountered in an educational setting." Therefore, the National Day of Racial Healing is the moment to recognize the worth we hold in common as individuals, construct confidence among ourselves, nurture authentic relationships, and motivate united efforts.

To sum up, the National Day of Racial Healing serves not merely as a day of remembrance; it also acts as a rallying cry for



both individuals and communities, urging us to acknowledge our common humanity, participate in honest conversations, and dedicate ourselves to the process of racial healing. Having delved deeper into the importance of the National Day of Racial Healing, let's keep in mind

that healing is an ongoing journey, one that demands commitment, perseverance, and bravery from all of us.

### What Are Your Hobbies?

ALEXIS RUIZ

Do you have any hobbies? Well, if not, maybe you should learn more about them and find one that you enjoy doing. This article will explain what a hobby is and how you can find one of your own if you don't already have one. You can even look at some of the most popular hobbies or other different ones that you might like to try.

A hobby is an activity that someone particularly does very often that they enjoy doing. For example, some people enjoy painting and most likely do it often which would then consider it a hobby. After doing something every day or at least pretty often you will most likely get good at doing it, you just have to make sure that it is something you actually enjoy. Some ways you can find your

own hobby is by trying new things and figuring out what you like to do, which you might even be good at or become good at over time. But, to start your search for a hobby you should consider your interests, passions, skills, and try something that intrigues you and has to do with what you like.

Some of the most common or popular hobbies are baking, playing video games, cooking, reading, exercising, painting, any sports, etc. In fact according to studies, the growth in hobbies occurred during industrialization which gave workers a set time for leisure. During the depression people were unemployed so they had more time for hobbies and finding things they enjoyed to do. Hobbies are

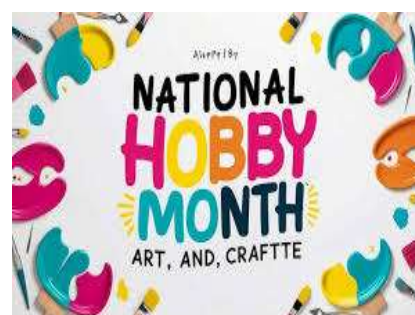
kind of an important part of our life, it can be a time where we just have some fun or relax and do something we enjoy to do, which can sometimes get your mind off something you may be stressing about and be really helpful for your mental health.

You can really ask anyone around you about hobbies, and your friends or peers could recommend you something to try, or tell you something they enjoy doing as well. For example a student from Salmen, Zachary Estes says his favorite hobby is basketball. He states "I like basketball, because I grew up watching it and got into it naturally." Then When asked



what he recommended other people try he said "playing video games because it's fun and can be a way of making friends." Just simply asking some people around you can really give you an idea of something you might really enjoy that can even help you

connect with your peers. Overall, hobbies are something people tend to do a lot that they enjoy. This should have given you a better understanding of hobbies and how to find your own. There are plenty of things people like to do that you might even like too.



Everyone has something that they enjoy to do and are good at so hopefully you found yours, remember to always stay open to trying new things.

### 12 new chapters, 365 new chances.

BY KAELYN LEVY

What's Up Spartan Family? It's January! The Year for Resolutions, and we need to hear some of the people's New



Year's Resolutions! Many people have New Year Resolutions when this time comes around and I am ready to listen to great things people have to say about wanting to better themselves for this upcoming year. The importance of having a New Year's Resolution is self-efficacy, being aware, and having more courage to accomplish what

you want to achieve.

Furthermore, I talked to Layla Smith about her New Year's Resolutions. Speaking to her, I asked her a few questions about what's one thing she did this year that she is proud of. She said "One thing I am proud of is changing my character, I didn't know myself and never took the time to so I was always in the mix, hanging with the wrong crowd, instigating fights, fighting, always cared about what someone thought about me, just to fit in". Now this year she feels like she found herself. She doesn't

fight anymore, she is doing sports that make me feel happy, she stays to herself, and talks to the few friends that have a positive impact on her. And she has a girlfriend, she finally settled down with someone that makes her happy. Staying out of the mix, keeping her grades up, and was even on the honor roll and this the happiest she has been. She has got herself together and is really proud of that. Another thing is her New Year's Resolutions which is that she wants to fix her relationship with her family. Over the years she has never realized how precious her family was until she lost them so she wants to start talking to them more and maybe go places just to spend time with them because Life is short. To keep her resolution she would reach out more and more and start slowly by saying "Good Morning" everyday, then going from there. Maybe cut some plans with my friends and spend that time with my family just to make memories. Family is more important, which shows as Layla believes "blood is thicker than water."



Along with that, I talked with Ja'Siah Joseph, to talk about his New Year's Resolutions. Speaking with him, I have heard some differences. Along with the questions, I asked Ja'siah what was one thing he was proud of this year? Ja'Siah said "One thing that I'm proud of for myself this year is that I didn't let myself down with any depression, anxiety or fear. Being an upcoming



influencer is hard because a lot of people will try anything or say anything to bring you down with negative thoughts and comments." Another thing I asked was what his New Year's resolution was. "He said his resolutions for next year is to better himself and to be consistent with what he does such as being a youtuber and a streamer."

He remembers that people are always gonna have something to say even if it's bad or good, so he doesn't let them stop what he loves doing. I also asked what he will need to do to keep his resolution. He said he needs to "upload videos everyday, create content for his channel, stay consistent and promote his channels." He wants to have at least 1,000+ subscribers by the end of the year for 2025 because he recently just lost his channel in the summertime and had to start over so next year in 2025, he will have to come back harder and stronger with his content.

All in all, New Year's resolutions are for wanting to do better things. This week of January is for new goals to be achieved and accomplishments to be set, achieve better, and accomplish better. That's why it's important to set these goals for yourself! After all, always set high goals for yourself, accomplish new things, achieve better things. You can always set higher goals for yourself every year. Always remember opportunities don't happen, you create them! If you Spartans want to create some goals you can talk to your teachers, counselors, friends and family.

### What's Your Religion?

BY ADRI'ANNA RAY-FRANKLIN

Hey Spartans! Welcome back! It's a fresh new year, which means more holidays are on the way! One of the upcoming holidays is World Religion Day on January 6th. It's a special day where people might attend different services or interfaith events where faith leaders chat and share insights. While most folks know about the big five religions—Buddhism, Christianity,

Hinduism, Islam, and Judaism—there are many interesting lesser-known religions out there, and if you're curious, this article is for you!

For instance, Candomblé is an African religion that started in Brazil in the 19th century, blending different traditional faiths like Yoruba with Roman Catholicism. Then there's Raëlism, a UFO religion kicked off in France in the 70s by a guy named Claude Vorilhon, or Raël. His followers are part of the Raëlian Church, which has a hierarchy led by Raël himself.

Another cool religion is Jainism from India, which has a long history and teaches about the soul through a line of spiritual teachers called tirthankaras. The first one, Rishabhadeva, dates back millions of years, and Mahavira, the last one, lived around the 5th century BCE.

Lastly, the Druze faith, which started around 1171, believes in a leader named al-Hakim, who the Druze see as a God incarnation and hope will return to bring peace. They also respect figures like Jesus and Muhammad, along with some lesser-known thinkers like Plato.



Learning about all these unique religions has been really eye-opening! They might not be as well-known, but they add so much to our understanding of spirituality. Recognizing different beliefs helps us learn about ourselves and our history. Personally, I've learned that my background is in Shintoism, which focuses on rituals and shrine worship.

So I'd love to know—what's your religion? Whatever it is, be proud of it!

### New Year For The Sphere

BY ELIZABETH KALUEV

How does your family celebrate the New Year? The honoring of the New Year is obviously big in the U.S. with the annual ball drop that takes place in New York City, however there's many more countries that celebrate the New Year in separate ways. Whether it's the 12 grapes in Spain, or the hanging onions in Greece, you'll learn about the different celebrations in different countries. To close this off, the countries all celebrate the same thing, just in different honorings.

In Spain, the new year starts with las doce uvas de la suerte. This is where Spaniards eat 12 grapes to give goodluck; each grape symbolizes one month of the year. This isn't the only tradition, in Romania the children dress up as bears. Why you



might ask? The Romanian people believe that wild animals protect people from danger and misfortune. Therefore, in the pre-Christianity era, the locals started this trend. In Columbia they like to travel so carrying an empty suitcase represents travelling a lot in the new year.

Obviously you know the iconic ball drop that happens in New York City, this started because the citizens wanted to alert people of the passage of time. Americans started celebrating the New Years on the date of January 1st in the 1980's. For a long time Pope Gregory XIII made the citizens continue to celebrate the New Year in March.



Some other traditions include Britain staying up all night and partying, watching fireworks, singing, and dancing. However, in Japan they do the opposite of partying, they go to a shrine or a temple and pray for safety, prosperity, and good health. In Ireland they enter through the front door of the house

and exit through the back to welcome in the New Year. For example, “On New Year's Eve, folks in Ireland believe you should walk in through your front door and out through the back. It's a custom that symbolizes entering the coming year to ensure good luck.” Russians see the New Year as the most beloved holiday of all. In Russia they have the magic stroke of midnight to celebrate the New Year, they toast with their loved ones and peers and celebrate by drinking champagne. After seeing all of these traditions, you would probably think that all of the countries celebrate the New Year, however that isn't the case. For instance, Cambodia, Laos, Myanmar, Sri Lanka, and Thailand do not honor the New Year.

These countries contrast their celebration for the same thing. As you can see, these places all enjoy New Years. Many Southerners, including in Slidell, celebrate by eating collard greens, black-eyed peas, and ham. You might be confused on why you live in the South and you don't do this unless you do, however, the collard greens symbolize hope and wealth, the pork is so that you live high on the hog, and lastly the black-eyed peas help you gain good fortune. These celebrations are ongoing even if they started 4000 years back.

Well, Happy New Year to all or as the people who celebrate Chinese New Year would say it, Xīnnián kuàilè!

---

### National Trivia Day

BY CHLOE BOWMAN

National Trivia Day, which takes place on January 4th, is a holiday dedicated to having fun and playing games with your family and friends. On this day people often watch trivia game shows and play trivia games. And since trivia is known for weird fun facts, did you know that Louisiana is the only state in the country with parishes instead of counties.

This holiday was founded by Robert Birch in 1980, Robert was a librarian who wanted people to have a day that was made to have a good time and play games. Ever since the holiday was created there have been many famous TV shows centered around trivia games. Some TV shows that you might know are *Wheel of Fortune*, *Press Your Luck*, and one of the most famous of them all, *Jeopardy*. The *Wheel of Fortune* is a game show made in 1975, on January 6th. On the show contestants guess one letter at a time to eventually guess a hidden phrase, the contestants will then spin a wheel that



determines whether they get money or a prize. *Press Your Luck's* first premiere date was September 19, 1983. The point of this game is to answer trivia questions correctly to collect spins on a game board, where they can then win cash and prizes. The only way to lose this game is if you land on a “whammy” which takes the players points away, at the end of the game the player with the most cash and prizes wins. And lastly *Jeopardy*, *Jeopardy* was first aired on March 30, 1964. In order to get money you must answer questions before the time runs out, the goal of the game is to accumulate the most money.

Not only are there trivia game shows there are also trivia board games. One of the most popular games is trivial pursuit, trivial pursuit is a board game created in 1979 on December 15. Chris Haney and Scott Abbott, the creators of the game made trivial pursuit because while they were playing scrabble they found that a piece was missing and so they then decided to create their own game. The goal of the game is to be the first person to collect a wedge from each of the six categories and reach the center of the game board, to collect wedges you must answer questions correctly. There are six categories of questions, arts and literature, entertainment, geography, history, science and nature, and lastly sports and leisure.



Trivia games have been around for almost 100 years, and continue to play a big part in people's lives. From being on stage and winning enough money that could change your life or being

at home on the couch with your family watching it. In conclusion there are many ways to celebrate national trivia day like watching trivia game shows or playing trivia games.

---

### What It's Like To Be In Law Enforcement?

BY KAYLA WATSON

What is it like to be working for the government? Are there many benefits? This job takes a lot of courage and the willingness to risk one's life for the benefit of others. January 9, 2015 became the first official day where people around the nation came together and decided to celebrate all the lovely law enforcement citizens we have in this country. Law enforcement jobs are very dangerous because they deal with different people who may be having problems in life and act out due to the challenges they are faced with. Here's a little history behind the day we call Law Enforcement Appreciation Day (LEAD) and an interview with our very own school law enforcement.

In 2014, there was a significant chain of events that led to a group of people deciding to start making people aware of the challenges that law enforcement around the country face. There was a police officer Darren Willson who was involved in a crossfire shooting in the state of Missouri. After this event there was a lot of backlash and violence that went out to officers. In

order to overturn this situation, cops had taken the initiative to change the negative portrayal of police officers to one of a better light. Many organizations believe that it is vital to support law enforcement officers during difficult times and by creating a day it did just that. The day was also created to raise awareness on



the importance of understanding the difficulties that many police officers face when deciding what is in the best interest of citizens and the law. In 2015 many organizations came together with the purpose of doing something to give appreciation, and show respect to police officers.

I have had the pleasure of interviewing our very own school Correction Officer, Devrone Vasser, about what it's like being a law enforcement officer, especially at Salmen High school. He conveyed to me that it is very gratifying to be a police officer when he helps out students that can't help themselves. He feels proud and has the feeling of him impacting the world little by little. His main goal as a law enforcement officer is to make the hard decision that regular day people can not for the better of one's community. To be considered a police officer depends on what level that a person is going for, in Officer Vasser's case he needed to have a high school diploma and be the age of 21 or older. One of the big challenges he faces is overcoming that strong stigma that all cops are bad. A way he believes he is actually changing that stigma is by the number of years in this profession, meaning the longer he is a police officer at a high school. All the conversations he has had in that time with either



the students or the admin changes their life for the better. And when the advice or conversation works in life. They come back to see him and let him know that whatever was talked about

worked and not only does he feel very special at this moment he knows he is changing the minds of his community on the objective of cops defying the law or citizens rights. Another question that was mentioned was about the type of benefits one receives from being a law enforcement officer. He told me that

the retirement benefit is great, the job is always changing so it's not the same and a person would really have to love the job because the pay isn't great, he has stated, "I do believe like everything else that it's a calling, and you have to love it since we don't get paid enough." On the topic of if at any point in his life was influenced to be a police officer he responded and said "I didn't have any influence on being a police officer, it was just a calling that I wanted to help people that weren't able to help themselves." Throughout this whole conversation he kept mentioning the word "calling" meaning that one has to feel it in their soul and it must be their passion to do something.

A job where one person puts their life on the line is a very dangerous one and our Law Enforcement officers do it every single day when they step out of their house. Law Enforcement officers' jobs never end. There's always something they have to do whether it's paperwork, going out on the streets or going to court. They risk their life for a better community. And get some benefits from doing so. If you ever see any type of Law Enforcement officer just like veterans you should thank them for their service. Just a few kind and meaningful words go a long way.



### Be the New You

BY AMIYAH SHANNON

"New Year New Me" like always, right? But are you going to be committed to the new you this year? The saying "New Year, New Me" is prevalent but not a lot of people commit to the goals they set for themselves in the new year. The ones that do move

forward in life and the ones that don't, stay exactly where they were before the new year. This is exactly why this article is going to give you the motivation to plan and achieve your goals for



the new year.

Before the new year starts you should plan ahead. It's important to plan ahead so nothing will happen too late and you already know what to expect in the new year. To plan, find out what you would want to change. Make sure that what you would like to change is in your ability to change. For example, you can change your own actions for the new year but you can't change other people's actions. Be mindful of your goals. While planning it's important to focus on yourself. Once you have your mindset to only focus on yourself for the new year, planning should be a lot easier.

After planning, it's your responsibility to stay committed to your goals. Whenever you are feeling not committed, remember the reasons why you made your goals and think about the satisfaction you will get once you finally get the results of your goals. It's okay to feel unmotivated at times but you have to keep the version of yourself you want for the new year in mind. Most importantly, don't let other people demotivate you. If you are truly committed to your goals, other people's opinions and judgments wouldn't matter. If you are true to yourself and your goals, other people's thoughts wouldn't even cross your mind. The version you see of yourself for the new year is the only person you should care about pleasing so keep a positive mindset to achieve your goals!

Hopefully, this article gave you some ideas on how to plan and stay motivated for your New Year's resolutions. This



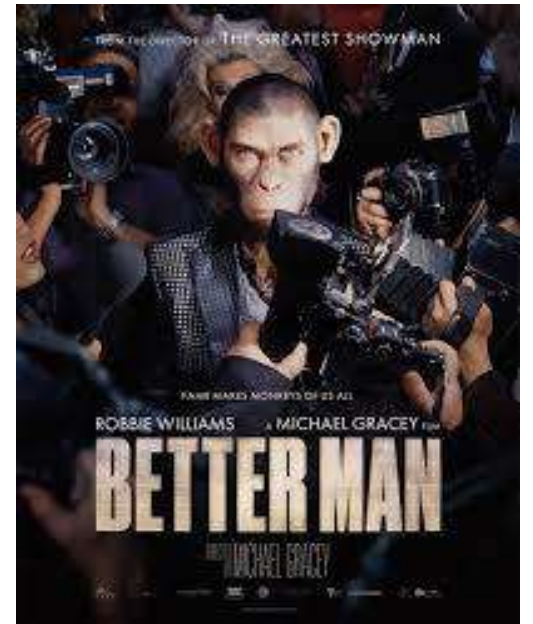
information about planning and achieving your goals for the new year can take you so far. Planning and envisioning the new you is the start of all the magic. Therefore, I hope you stay committed and become the best version of yourself for 2025!

### Film Must-Sees In January

BY PAIGE BAILEY

With it being a new year, let's start off the year right with two upcoming movies that should have been your New Year's resolution. A new year of fresh films. To start the year off right everyone should be ready to see new movies. The perfect films to make you enjoy the coming year, ones that will have you coming back to rewatch them. Movies to make you relive that fireworks feeling!

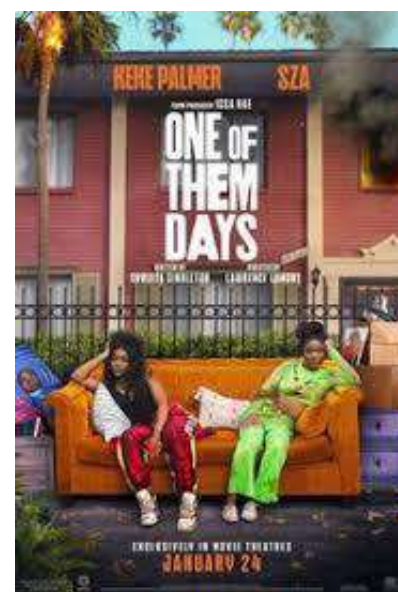
*Better Man Movie* is set to release Nationwide on January 17, 2025. If you're looking for something a little out of the normal this film is perfect for you. The film *Better Man Movie* is an odd movie about a man who so happens to be a monkey as well. The film is inspired by the true story of the meteoric rise and dramatic fall of British pop superstar Robbie Williams. Except he is not a monkey in real life, he chose for his character to be a monkey



instead of a human, I know how sad. The decision for Robbie Williams to be played by a chimp in his upcoming biopic was easy to decide...at least that's what the creator of the movie said. Despite the decision being easy, it was very hard to pitch to different studios. Michael Gracey, the filmmaker of his film who is also known for his movie *The Greatest Showman*, was inspired by Robbie Williams saying that he always felt like a performing monkey, in Robbie William's own words he said he felt like he would be dragged on stage like a monkey.

Now, if you're into comedy films, I have the perfect up and coming movie for you. Coming on the 25 of January, is the film

*One Of Them Days*. This movie is highly anticipated not only because of the stacked cast that will be in the movie but also because one of the producers is Issa Rae. She became really popular starring in a lot of movies and TV shows, one of the most noticeable being her show *Insecure* and the amazing film *The Hate U Give*. The movie *One Of Them Days* is about two female best friends and roommates, there just having one of them days you know the ones where almost



everything goes in the wrong direction. Our two main characters Dreux and Alyssa, one being played by Keke Palmer who you might recognize from the horror thriller *Nope* or the film *Hustlers* and Alyssa is played by the music artist SZA making her acting debut in this movie. If that wasn't enough star power for you our supporting cast is stacked as well, with actors and actresses like Maude Apatow, Janelle James, and Kat Williams joining the movie as well.

Despite both of these films being great, one out of the two are expected to have top opening weekends. Anyways, here are two movies that should perfectly get your new year started right. Remember to enjoy your year and keep those new resolutions alive and don't forget to catch a rising film.

## A Beautiful Celebration

BY JAMIYAH TURNER

In the view of life, we all as humans face many challenges and over time we grow past them. Our life hardships happen to build us up for harder things that come at us during our time being. Celebrating life is a beautiful thing because it is a daily reminder to us all that life is a gift given to us. We should honor our family, ourselves, and friends. Also, taking a day to celebrate your life allows you to feel loved and honored because we all deserve to be amazing people and become successful. Showing your appreciation means a lot to the world!



Conversely, Celebration Of Life Day takes place on January 22nd every year and it falls on a Sunday, which is for religious reasons, and was originally made to celebrate the good that has ever entered our lives. According to the history of Celebration Of Life Day, Ronald Regan is the originator behind this day and its original name was “National Sanctity Of Human Life Day”, which occurred in January 1984. Creating this day was to show love to children and ourselves, also wanting to show the importance of human lives through all stages of life. Celebrating this day can help you view your lives in a positive way and can give you the courage to be successful, so that people around the world can look up to you as this great person. Furthermore, Celebrating this day can allow you to have more time with family and friends, doing fun activities, and just finding any way to celebrate and have fun to make this day worth it. Your life is a gift that was given to you, so you should cherish it and make the best of it.

Similarly, this day should be a fun day that involves activities and quality time with your loved ones. This holiday allows you to be open and express yourself, people should not take their life for granted because there are so many opportunities coming your way. Celebrating your lives allows you to honor the blessings and opportunities that have come with all your hard work that you put in. This is a holiday in January because it is the month that begins the new beginnings and it

starts off a new year, which we all appreciate and need. The new beginnings are another reason to consider celebrating this holiday because it is not something that we have asked for, but something that we have earned. With that, celebrating is the best thing to do to show that we appreciate our gifts and opportunities that have come our way. We should open our eyes and leave the negativity behind.



Celebrate your life while you have the chance to even if you feel like you don’t deserve to.

Overall, taking a day to celebrate your life allows you to feel loved and honored because we all deserve to be amazing people and become successful. Taking the time to consider celebrating life is a big thing because it allows you to create a positive impact on why you are here on this Earth. Giving yourself the time of the day to have fun and be happy makes you want to be a better person and succeed. Celebrate your life! Be happy while you are here, get the best of it and remain a Great person. Never let anyone bring you down, there are other people looking up to you. You never know who you might inspire. Therefore be the best you can be and set an example for younger people around you.

## Hey! It’s National Blood Donor Month

BY MADISON KNIGHT

Do you know one donation of blood can save more than one life? Kindness is so much more than positive affirmations and smiles. Becoming a blood donor is the endmost act of kindness! The month of January is dedicated to National Blood Donor month. Some people may ask, “Why do some people choose to give blood?”, or perhaps, “How can giving my blood to another human being help them?” Most people are uneducated about this topic, but it doesn’t hurt to spread the word & acknowledge a blood donor. Here at Salmen, we often have blood drives twice a year. Students in grades 11th & 12th have the opportunity to donate a pint of blood to save a life. Read below to find out more!

Considering people’s fear of the actual process of donating blood, it actually has a few beneficial perks. For instance, donating blood can reduce the chances of getting a heart attack & can help improve your blood flow which can reduce arterial blockages. Although, why do some people may need a blood transfusion? Well, according to The Red Cross, some people may be in need of someone else’s blood



due to a life threatening sickness. In addition, once the blood has been transmitted into the person who was in need of it, it may reduce some complications and help lower the symptoms of the sickness. Yet, did you know not everyone is eligible to donate blood? As a result of being tested positive for a virus such as HIV or either having or had some sort of cancer. Over all, consider your decision of becoming a blood donor it’s never too late!

Along with learning information about donating blood, what is it actually like becoming a blood donor? Salmen student-athlete, Thomas Knight, recently became a blood donor in 2024 as he started his journey his junior year of high school. He never really saw himself doing such a thing as it was never brought to his attention, until January of 2024. Going into this task, he didn’t know much but all he knew was that he would be receiving a red cord on graduation day due to his goodwill.



Although, after a while he realized something. Thomas stated “I understood the importance of this. It’s so much more than just a cord, I would be helping someone who is in need of something I have a lot

of.” Thomas Knight takes advantage of opportunities like this as he feels he would become a blessing to someone else in need. However, they do have a few minor downfalls of donating blood we should be aware of. Thomas stated “You should definitely stay hydrated and relax prior to you getting your blood drawn as you may feel lightheaded afterwards & sore. It’s best to be less active afterwards.” Despite the negative effects, we should take these opportunities into consideration and try to give it a shot!

At Salmen you have the opportunity to save someone’s life just by donating your blood. Kindness goes a long way. Don’t miss the next time you have the chance to donate blood. Here in your local city, there are even a few places you are able to stop by and donate blood! Such as The Blood Center located on 105 Smart Pl, in Slidell Louisiana. You can be the reason someone lives to see another day! Don’t hesitate to become a blood donor today!

**Comic Relief**


*New Year, New Me*

BY DUCE SMITH





**WHAT'S GOING ON AT SALMEN?**

**SALMEN HIGH**  
*10th - 12th Grade*



**Shelby Fritscher**  
AP PSYCHOLOGY, PSYCHOLOGY & US HISTORY

*"Knowing my students depend on me to provide them a high-quality education in order to be successful in life inspires me to do my best every day. I want each student to know they are important and loved."*


**Newspaper Staff:**

Waleska Adriano	Kelsey Lee
Paige Bailey	Kaelyn Levy
Stephen Barthelemy	Nathan Meunier
Chloe Bowman	Adri`Anna Ray-Franklin
London Cobbins	Alexis Ruiz
Alli Dominique	Amiyah Shannon
Rondel Finley	Duce Smith
Brendon Joseph	Savannah Smith
Elizabeth Kaluev	Jamiyah Turner
Madison Knight	Kayla Watson

# SPARTAN SNAPSHOTS

BY ALLI DOMINIQUE

@allidom.photography

