



BLACK HISTORY IS AMERICAN HISTORY

This month, Spartan students and staff celebrate the diversity that makes our campus and country great.

GOOD NEWS

- ★ Thomas Knight was accepted into LA Tech, Louisiana State University, University of Louisiana Lafayette, University of Memphis, University of Arkansas, and Tulane University
- ★ Layla Perry was accepted into Clark Atlanta University, Hardin-Simmons University, Jackson State University, St. Ambrose University, Long-Island University, Metropolitan State University, Texas State University, Loyola University New Orleans, University of Louisiana Lafayette, Buffalo State - The State University of New York, Morgan State University, University of Nebraska - Lincoln, Winston-Salem State University, Mississippi State University, University of Maryland Eastern Shore, and University of Missouri - St. Louis. Layla Perry has also been awarded the Hardin-Simmons University Scholarship, Academic Scholarship, and Minority Scholarship.
- ★ Camryn Zardies was accepted into Mississippi Gulf Coast Community College.
- ★ Brittney Walton was accepted into Regis University, Southeastern Louisiana University, Buffalo State University, Centenary College of Louisiana, Wingate University, and Wiley University. Brittney Walton was also awarded the Merit Scholarship of Wingate University.
- ★ Darien White was accepted into Loyola University New Orleans, Southeastern Louisiana University, University of Louisiana Lafayette, and Mississippi State University.
- ★ Tayshawn Scott was accepted into Mississippi State University.
- ★ Desmond Beasley was accepted into Seton Hall University and McPherson College. He was also awarded the Seton Hall University Scholarship and Premier Scholarship.
- ★ Demi Spears was accepted into Thomas Moore University, Stillman College, Jackson State University, Southern University, Alabama A&M University, Miles College, and Lane College
- ★ Tiyion Lane was awarded the Academic Excellence Scholarship, UNO Prevost Scholarship, Non-Resident Scholarship, and Academic Success Non-Resident Scholarship.
- ★ Laila Houser was awarded Hasting's Academic Scholarship.
- ★ Israel Puckett was awarded the Caldwell University Merit Scholarship.
- ★ Ty'ler Jones was awarded the Tuition Advantage Scholarship.

- ★ Kevarria Decay was awarded a scholarship to Woodbury University, University of Missouri-St. Louis, University of Evansville, Tiffin University, Thomas Moore, Baker College, Bellarmine College, Bradley University, Hardin-Simmons, Illinois Wesleyan, Maryville, and Seattle.
- ★ Alfred Smith was awarded a Merit Scholarship and the Merit University of South Alabama.
- ★ Kaleilah Davis was awarded the UNO Academic Scholarship.
- ★ Samantha Burns was awarded the Navy ROTC Scholarship.

UPCOMING EVENTS

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| <ul style="list-style-type: none">★ February 1:
-Saturday Detention & Seat Time 8:00 AM-12 Noon★ February 4:
-Girls and Boys Basketball @ Chalmette 6:00/7:30 PM★ February 6:
- Club Day
-Blood Drive 8:00 AM-1:00 PM★ February 6:
-Boys Basketball (9th and JV) vs. Northshore 5:30 PM/ 6:30 PM★ February 7:
-Girls and Boys Basketball vs. Northshore 6:00/7:00 PM★ February 8:
-ACT★ February 10-13:
-Lunch Competition B-ball★ February 11:
-Girls and Boys Basketball @ Fontainebleau 6:00/7:30 PM★ February 13:
-Girls Basketball @ Slidell 6:00 PM | <ul style="list-style-type: none">★ February 14:
-Boys Basketball @ Slidell 7:30 PM
- Basketball Tournament Pep Rally★ February 15:
-Saturday Detention & Seat Time 8:00 AM-12 Noon★ February 17:
-Girls Basketball playoff begins★ February 18:
-Boys Basketball vs Franklinton 6:00/7:00 PM★ February 21:
-Boys Basketball vs Chalmette 6:00/7:00 PM★ February 22:
-Saturday Detention & Seat Time 8:00 AM-12 Noon★ February 25:
-Senior Trip
2nd Parent Meeting 6:00 PM Cafeteria★ February 28:
-Salmen Parade 11:00 AM★ March 3-7:
-Mardi Gras Break |
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Nathan’s Weather Corner
BY NATHAN MEUNIER

Welcome back, Spartans, to another issue of the Weather Corner! I know January gave us all a surprise with the snow day but it's time to get back into the swing of things with our next issue about the weather! This time, we’ll discuss February’s weather and other stuff like that, so buckle up and bundle up because it's going to be a cold one. For those who don't like to read through everything, February will be a chilly month, so you should make sure to bundle up and maybe even bring an umbrella. Now with the re-introductions out of the way, let's jump right into the stats.

In February, the temperatures are usually low and can range between 53°F and 66°F. You can expect about 3 to 8 days of rain in Louisiana during the month so it’s a good idea to bring along your umbrella and some warm clothes so that you don’t get caught in poor weather or temperatures. With that being said, you should still be sure to check your preferred weather broadcaster (I recommend Accuweather) so you can be up to date with the correct temperatures and weather conditions. Even though it’ll be cold and a bit rainy, there doesn't look like there will be much chance of snow again, and even if we do it likely won't be as much as last time so if it does snow, don't stay out too long and wear some gloves if you plan on making a snowman or getting someone with a snowball or two!

When it comes to special weather in February, there aren't any predicted storms or anything. Despite this, February is normally one of the colder months so be prepared for the cold!

And with that, we close out yet another month chock full of weather. This month seems to be continuing with the trend of cold weather with some rain here and there but overall it doesn't look to be a bad month! Anyway, let's move on to our monthly weather fun facts! It's possible for thunder and a snowstorm to mix, causing what is called a Thundersnow. Virga is ghostly precipitation that never makes it to the ground, this happens when the air beneath a cloud is very dry and precipitation falling through it evaporates before reaching Earth's surface. Finally, the oldest instance of a weather report comes from an inscription on a 3,500-year-old stone block from Egypt. At last, we end our fun facts and time together once again so be good and I'll see you all next month!

All Sorts of Sports
BY ALLI DOMINIQUE

Hey Spartan Fam, we've got a bunch of sports gearing up for action and some that have just wrapped up their seasons. Coming up, we've got baseball, softball, track, and tennis starting. Unfortunately, both the girls' and boys' soccer seasons have come to an end. The boys' basketball team just got an awesome win against the Slidell High Tigers.



Starting off with soccer, we had some amazing games this season, but sadly, it has come to an end. As a senior on the Lady Spartan soccer team, I am happy to have formed such strong bonds with my teammates and created memories that will last forever. I have been playing on the Salmen soccer team for three years, and if someone asked me if they should join, I would say yes without hesitation! A big shoutout to Coach Fritscher and Coach Marlborough for being incredible coaches and

making our season the best it could be. And if you come across a senior who played on both the boys' and girls' soccer teams, be sure to give them a high five and congratulate them on their season. That's a wrap for soccer!

Next, let's talk about track and field! There are so many students putting in the work to achieve big things this season. I had the chance to chat with one of my classmates who has been running track at Salmen for 3 years and is heading into her 4th year. I asked her how she was feeling about the upcoming season. Alexis Ford is a senior here at Salmen, and she competes in the open 100, open 200, and relays. She's excited to set a new personal record this



season and strengthen her bond with her teammates. The team is aiming to make it to regionals and even state. Make sure to come out and cheer on your classmates at their track meets!

All in all, Spartan Fam, be sure to come out and support your fellow peers. Support is crucial. Seeing someone in the stands can truly make a difference, knowing they are being cheered on and supported. I am excited to share many victories in our future articles. Have a fantastic day, Spartans! Stay tuned next month for some sports updates!

Black History Month
BY JAMIYAH TURNER

Black History Month is celebrated to cherish those who have made a way for people today to become equal with one another. Celebrating this month is optional, but people should be very thankful for the voices who sacrificed their lives for the equal rights that people have today. Without these voices, the world would not operate the same as it does today. This month celebrates very important people who created an equal environment for the world and those people should be respected and given their flowers.



As known, Black History Month starts February 1st of every year. There is so much history behind this month, which started so many things that occur today. Black History Month is mainly celebrated to give flowers to those who have sacrificed their lives during the time of transforming the world into a better place for new generations. Those people have created an equal environment, meaning that African Americans and whites are not separated anymore and



everyone is allowed to be free and equal as a whole. Everyone has the right to speak freely and use their voices to spread words that can possibly change negative things in the world. Their voices have made a way for everyone. Other than that, different things have been made back then during those times that creates a positive and

negative affect on people today, such as hair products and other things that are used during this generation. Many trends such as oversized clothes, afros, soul food dishes, community gatherings, and more of the popular things that are utilized now. Every person from the civil rights movement has made a way, whether people know it or not. Their words and actions have made the biggest impact on the world than ever. Keeping in mind, that these were real people who had a voice to transition the world and they did it.

Also, people such as Martin Luther King Jr, Rosa Parks, and Ruby Bridges play a huge role in Black History Month because of the things that they have started and the way it made a big change on today’s society. Martin Luther King Jr was a Baptist member, along with being a social rights activist in the United States during the time period of the 1950s and 60s. If not known already, he was an active leader in the American civil rights movement. He made a change to the world by saying his famous speech “I have a dream”, which

provided all equal rights for citizens no matter the color of their skin. Rosa Parks was named “the mother of the civil rights movement” in 1955. She created a change in this world because she was forced out of her seat on the bus for a white man because all African Americans were told to sit at the back of the bus, but she refused because she felt it was unfair and everyone should be able to move equally. After her refusal, she started one of the biggest social movements, which allows all races to be together today. Ruby Bridges was also an American civil rights activist, also known as the first African American to attend an all-whites school named William Frantz Elementary School in Louisiana during the New Orleans school desegregation crisis on November 14, 1960. After this, all races were allowed to attend



schools without the separation of their skin colors. These people recreated a huge impact on the world, and without their risky actions, the world would still be living in separation. This month celebrates very important people who created an equal environment for the world and those people should be respected and given their flowers. In other words, Black History Month celebrates special people who made a way for the world. These people are very important and have given everyone their equal rights. Without them this world would live in separation. In conclusion, take the time to celebrate the people who made this world an equal environment. Give them grace and may they continue to rest peacefully. Those people really put their all into everything they have done for this world, and that includes everything more than people not being separated by race.

What To See This BHM

BY PAIGE BAILEY

With Black History Month being here, certain films are definitely worth the watch. Watching a film that educates you but also is entertaining is hard to find. These next two movies give a glimpse into black lives during certain periods of time. This February, indulge in movies or shows that educate you on certain topics. Seeing movies that show how black people of color are affected by real life modern problems or issues that happened in the past is important because it educates you, films like this allows you to have a better understanding of your surroundings.

On September 7, 2018, *The Hate You Give* was released.

This film was and is still very important to many people. *The Hate You Give* was an eye-opening movie for many people at the time. The film dives into the life of the main character Starr who is played by Amandla Stenberg. Starr is the middle child, she has an older brother named Seven and a younger one named Senkani. The movie features the wrongdoing of a cop who takes the life of an innocent young black man who is Starr's childhood best friend, Khalil. When this occurred Starr happened to be in the car with Khalil. After that scene, Starr faces the racial injustices within the system firsthand which changes her perspective on how people of color are affected and treated by the world. *The Hate You Give* is a very eye-opening and empowering movie. Although the film does not compare to the book it's based on, it's still a great watch. Now if you need something a little less serious but still has moments where it makes you think, this next film is perfect.

The Six Triple Eight came out on December 6, 2024. The movie is inspired by the true story of the first all-black women's battalion. During WWII 855 black women joined the war effort. Although these women were ready to get to real work they were set up with the job of organizing and shipping out mail to soldiers and the families of said soldiers. This task at first did not seem that important, and the only reason they were given this occupation was because everyone thought

they would fail. The film includes the women of the battalion proving that certain people at the time who were discriminating against them were wrong. Some scenes are less serious than others but that adds to the greatness of the film because it shows the bad with the slightly better moments. If you would like to watch more movies or shows that include the same topic, I recommend: *American Skin*, *Seven Seconds*, *When They See Us*, and *Fruitvale Station*. These films/shows have a more modern and serious take on real-life problems the black lives community continues to face. Two movies that are important and mean something are truly hard to come by but when you do they stick. Films like these impact a lot of people, especially when they are targeted. One is a bit more serious than the next but they approach similar topics in different ways and different time pieces. So if you have the time this month I suggest watching one if not both of these movies.



The Fish & The Water Bearer

BY WALESKA ADRIANO

Would you fall in love with someone sincere, intelligent and idealistic? Or someone introverted, affectionate and intuitive? If so, you will immediately fall for an Aquarius or with a light-hearted Pisces. Both were born in the month of love and friendship, but they have very different characteristics. Let's see if you are lucky enough to have Cupid reach out to you this month. Now, are they the ones you really want to fall in love with?

If you were born between January 20 and February 18, you are an Aquarius. A fixed air sign with the ruling planet Uranus, often misinterpreted and then confused by its name, as in many representations they began to mistakenly identify the water falling from the jar instead of the air that rules Uranus. Based on those Aquarius' around me, they seem to be very realistic, they need to understand and

comprehend everything and if there is no one to explain it to them, they will investigate until they know it. This sign is known for being calm, kind, challenging, friendly, original and brilliant. Being incomprehensible is one of Aquarius's flaws. An Aquarius needs to be with someone who allows them to be free and with whom they don't feel tied down, which is why Gemini, Libra and even their

sign are super compatible for them.

Astrology helps us to know our qualities in depth to get the most out of them, as well as to know our weaknesses and focus on improving them. Pisces are known for their intense sensitivity and ability to feel emotions in depth. Born between February 19 and March 20. Fixed water sign, that allows them to feel emotions deeply with their heart. As ruler of Neptune, the spiritual planet that symbolizes inspiration, makes them sensitive to other people's problems as their own. As a feminine nature, Pisces are passive, receptive and introverted. In accordance with these signs, in love, finding someone who can navigate their deep waters is crucial. The union between Pisces and Cancer, both ruled by the water element, share emotional fluidity and sensitivity that allows them to have understanding. However, Leo, Aries and Sagittarius are not very compatible as these signs can get frustrated by the sensitive and patient nature of Pisces.

Coming to a conclusion, those zodiac signs compatible with Aquarius and Pisces are certainly very lucky as these traits make them stand out as fabulous signs. Pisces' creativity and way of loving and Aquarius' truthfulness and assertiveness are of course ideal to be fixed targets of the god of amur and desire. Take a look at these two signs and try to get to know their affectionate, friendly and enthusiastic side in this month of love and friendship. Don't be left behind on Valentine's Day.

Groundhog Day

BY CHLOE BOWMAN

Will we have six more weeks of winter or early spring this year? This will be decided by Punxsutawney Phil, a 139 year old groundhog that lives in Punxsutawney, Pennsylvania. Phil lives in



Punxsutawney Memorial Library, with his wife Phyllis and two kids named Sunny and Shadow.

On February 2, at 6am, everyone gathers around Punxsutawney Phil’s Denn at the Punxsutawney memorial library and waits to see when he emerges if he sees his shadow or not. Punxutaweny Phil was born in 1886, that means he is 139-years-old. He got to be this age by drinking a drink called “groundhog punch” or “elixir of life.” He gets this drink every year at the annual groundhog picnic in the fall.

Groundhog day was originally called Candlemas. Candlemas is a Christian holiday where candles are blessed and then distributed out to the public. During the conquest of the northern country, the Roman legions brought the tradition to the Germanic tribes. The tribe then decided that if the sun showed up on candlemas day a hedgehog would cast a shadow, predicting, if there will be six more weeks of bad weather. Candlmas occur on this day to remember when the Virgin Mary, in obedience to the Jewish law, brought her son, Jesus, to the temple in Jerusalem to be purified. Exactly 40 days after his birth, Mary presents him to God as her first born.

In conclusion, even though Groundhog Day is so popular, Phil's predictions are often wrong, only having a 39% accuracy. From 2013 to 2023, his predictions were only right 4 years out of the 11 years. Although his predictions are wrong it is still fun to experience a tradition that has been going on for almost 200 years. If you are interested in viewing Phil make his prediction, you can watch it live online anywhere or in person. It happens in a small town in Pennsylvania, called Punxsutawney.



Super Bowl LIX

BY AMIYAH SHANNON

If you’re a huge fan of Kendrick Lamar and of course football, tune into the Super Bowl! The Super Bowl occurs every year and is the final game of the NFL season. The Super Bowl this year is February 9th and takes place at the Caesars Superdome in New Orleans. This article will tell you all about the 2025 Super Bowl and the Super Bowls before it!

The two teams playing are the Eagles and the Kansas City Chiefs. Last year the Kansas City Chiefs won the Super Bowl and this will be



their fifth time attending the Super Bowl! Now onto musical entertainment, each year a popular artist performs halftime at the Super Bowl and this year Kendrick Lamar was chosen. Kendrick

Lamar will also be bringing out SZA, which has a lot of people excited! Unfortunately, Kendrick Lamar being chosen caused some controversy. A lot of people felt that Lil Wayne should’ve been chosen instead, since he is originally from New Orleans. But, who knows maybe Kendrick Lamar will give us an iconic Super Bowl moment that is one for the books!

Speaking of one for the books, let’s dig into some memorable superbowl moments from the past as a reminder that the Super Bowl has something for everyone. For the people who are strictly watching football and the tension of it would recall David Tyree’s helmet catch in the final two minutes in 2008. Those who turn into the Super Bowl for the halftime performances, would recall the the most-watched halftime show of all time with Micheal Jackson as the performer in 1993. And of course everyone loves the Super Bowl’s famous commercials, your favorite celebrity could be featured in one this year!



I hope this article gave you an idea on what to expect for this year’s

Super Bowl. Whether you are an Eagles fan, Chiefs fans or none of the above, The Super Bowl still offers so much even for non-football fans. Tune into this year's Super Bowl on February 9th at 5:30PM for the famous commercials, the game and Kendrick Lamar’s performance!

Lend A Hand To A Friend

BY ELIZABETH KALUEV

Have you been waiting for an opportunity to meet more people? February 11th marks “Make A Friend Day” which encourages people to get to know each other. Friends are valuable to your hierarchy of needs and a lot of people do not understand that. No matter how shy or how enthusiastic you are, friendships are vital because they give you an opportunity to grow as a person whenever you find the right group of people to be around.

There aren’t a lot of fun hangout spots in Slidell, but when you find the right group of people, even just going on a walk could be fun. However, obviously you want fun, creative activities, “Tripadvisor”



listed a few points like going to John Slidell Park or making memories at Skaters Paradise. A lot of people like to stay inside too, having a spa day, experiencing a backyard movie night, having a picnic, choreographing a dance, or baking something yummy are some other things you could do with your friends that don’t take a lot of effort to have fun with.

Now, what if I don’t have anyone to hang out with? Making a friend could be as easy as making a gesture like smiling or waving at someone. You could also join a club or team at Salmen, there are so many options if you just check the school website, there is something for everyone. This might be a surprise, but extroverts and introverts have the same amount of dopamine in their brain, they all have something that they are passionate about, so just find the same group of people that have similar interests to you. Starting a conversation could also help, but to the introverts, don’t worry too much about it, because there are a bunch of extroverts that will reach out to you instead.



Friendship is the cement that can hold this world together.

Hopefully this article sums up the ways of making friends. Friendship is important for your mental health and your self-esteem, people are all around you at Salmen, all you have to do is reach out to a Spartan. No friendship is an accident, everything happens for a reason, just be yourself. Step out of your comfort zone and go make a friend today!

Giving Hearts Day

BY KAELYN LEVY

What’s going on Spartan? It’s the month of love, February! The month where people and their loved ones spend time together, and



for people who are in need of help to receive it. National Giving Hearts Day encourages people to donate and help others, also elevate awareness and donor relationships. Also donate to charity organizations and those in need of help, the importance of this day provides a way for charities to fund their missions through an

ever-increasing community of donors, many of whom get to experience the joy of giving for the first time.

Giving Hearts Day was launched in 2008 by the Dakota Medical Foundation and the Impact Foundation.This organization wanted to promote charitable giving and community support in North Dakota and northwest Minnesota. According to givingheartsday.org, Giving Hearts Day is a 24-hour event for charities in North Dakota and northwest Minnesota. Each year,Giving Hearts Day, The longest-running giving day in the country, has helped participating charities raise \$195 million since its founding.

Also, we celebrate this day on the second Thursday of February each year so they can encourage every person to donate to millions of charities around valentine’s day. A lot of people need love or

need help during these times, that's why we have Giving Hearts Day to donate those in need and to spread the love that everyone deserves and needs. Everyone needs a community to support them and you shouldn't be struggling with anything by yourself! Also According to nationaltoday.com, it says this day provides an excellent opportunity to learn more about charitable organizations, how they operate, and how they aid people financially/medically. It makes us realize the importance of these organizations and also how crucial it is to donate.

This day in February shows what love really is and how people care about supporting those in need of help with the love of donating and being supportive. This holiday is one of giving and a holiday where we support those in need with love, charity, and anything they could ask for. So far by reading this article you should get the meaning of this holiday we should give back to those in need. So if you are interested in helping others and donating charity search up "Giving Hearts Day" and see how you could help those in need!

A day about Love!
BY ADRIANNA RAY-FRANKLIN

Valentine's Day is celebrated on February 14th every year, and it's a special day known for showing love and affection to friends and family. The holiday started long ago as a celebration of a man named Saint Valentine, who lived during the Roman Empire in the 3rd century. He was known for helping people in love by secretly marrying couples when the Emperor had forbidden it. As a result, he became a symbol of love and sacrifice.

Over time, Valentine's Day transformed into more than just a day to remember Saint Valentine. By the Middle Ages, people began to believe that February 14th was the time when birds started to find their mates. This idea inspired poets like Geoffrey Chaucer to write about love in their stories, and it helped create a connection between Valentine's Day and romantic love. People started sending notes and tokens to express their feelings, and these gestures became very popular. In the 18th century, exchanging handwritten cards became a special tradition on



Valentine's Day. People would write sweet messages to their beloved ones and exchange gifts like flowers and chocolates.

What would you do about Valentine's Day? Well, if you don't have anyone to celebrate with, today would be the perfect day for self-love. To paraphrase a well-known bible verse, true love is patient and kind. Loving yourself first is important, and remember to take your time in relationships. This holiday is a time to show appreciation for friends, family, and loved ones, reminding everyone that love comes in many forms, not just between couples. Whether it's giving a simple card or spending time with someone special, Valentine's Day is all about celebrating love and friendship!

What Are You Doing for Valentine's Day?
BY ALEXIS RUIZ

Planning or thinking of ideas for any holiday can be hard. Valentine's day is one of those holidays where you would want to do something nice for the person or people that you love. Sometimes it's just stressful to plan something or make ideas of what you should do for valentines. However, if you need an idea for any events or what to do for



valentines this article should help you get an idea!

Going out on valentines with the person or people you love can be fun. Some Events that are going on this Valentine's Day are The New Orleans Dine And Dance Valentines Day Sweethearts Show, The Valentine's Day Ball, Valentines

Bake Sale, Valentines Day Edition: Candle Making workshop in New Orleans,etc. There could be more things available to do depending on the area you live in, just check online to see what events might be going on in your area, however you can even plan something nice to do at home, for example you can make a nice dinner, make a gift basket, painting, decorate your house with cute valentines day decorations and get some candy, make cute love letters, plan a spa day, have a picnic, go dancing, etc. There's many things you can do, It all depends on what you and whoever you are spending your valentine's day with like to do. Also, some gift ideas for your loved ones could be Jewelry, chocolate, stuffed animals, perfume/cologne, candles, flowers, accessories, clothing, or shoes. Anything you think the person you are getting a gift for would like should work and they will most likely appreciate whatever you get them.

Conversely, sweet treats and snacks are foods that everyone may enjoy! This Valentines Day you might want to try and make some cute valentines day snacks, for example treats such as chocolate covered strawberries, heart shaped cookies, Valentines day trail mix, cake pops, rose shaped pastries and many more things you can probably find online that you think you and your guests may like can be made. Some decorating ideas for this very



special day could be something cute like Putting roses or flowers around your house and maybe some heart shaped balloons. You could also find heart shaped decor to put around your home and put some valentines day candy out for your guests to have when they stop by. But honestly you could even just make some valentines day decor, it could be a fun activity for you and your guest/guest's. For example you can make valentines day paintings or heart shaped decor and other things you may desire.

Furthermore, if you were stuck on what to do for this holiday, this should have helped you decide on something. Overall these are just a few ideas or things you can try this year. Your loved ones are sure to appreciate any of these ideas, or if you're spending this valentine's day alone these could be some fun things you can do to treat yourself. Hopefully this helped, sometimes you just need to look around and search for some ideas, at the end of the day it's the thought that counts so pick what you think is best!

Falling in Love with 2025
BY KELSEY LEE

It's February, meaning love is in the air! But, do you have a Valentine? As we all know, February is the time of love, given February 14th is Valentine's Day. Therefore, I will interview some of our fellow Spartans to see what they do for this special day! Now, with all of that being said, let's get right into seeing what our peers are up to for this holiday.

Valentine's Day is a day full of love whether that be with a partner, family, friends, or even yourself. With that being said, let's get right into these interviews. First up we have senior Angelina Thomas. The



first question I asked was if she has any plans for Valentine's Day. Angie replies, "My plans for Valentine's Day is to hangout with my boyfriend and best friend." Along with that, I asked her what her favorite Valentine's memory was and why. "My fav V-day memory is everyone, to be honest. My mom and stepdad

always have a basket for me and my sisters for Valentine's day and it's the cutest and sweetest thing," she says. To follow up, I then asked what her ideal Valentine's Day date would be. She tells me, "My dream ideal date would be one of those cute restaurant dates with the flowers and presents that I see on TikTok." That would be super cute and sweet and every girl deserves a date like that. With all of this being said we're going to see what Tia Thomas has going on for this holiday.

Tia Thomas is a junior here at Salmen High School and she has some fun plans for Valentine's Day!! For Valentine's Day, Tia will be hanging out with her boyfriend. She tells me, "My plans for V-Day are to hang out with my boyfriend. We are going to make cookies and watch movies together while they're baking," That sounds super fun! To follow along with that, I then asked her what her favorite memories from past Valentine's Day were. "My favorite memory was when my dad came home with a big bear and then we went out to eat at my

favorite restaurant,” she said.” Lastly, I asked her what her ideal dream date would be and she said, “My ideal V-day date is going out to eat with my loved one, then going home to watch movies while being in pajamas with a fire going.” That would be a super fun and cute date to go on!

With all of that being said, it seems that our peers have some fun plans they’re looking forward to. I hope y'all got ideas on what you can do to spend time with someone on this lovely holiday. In all, I hope everyone reading has a great Valentine’s and receives and gives out love to others.



Let them eat king cake

BY SAVANNAH SMITH

Have you ever been to a festival? I bet you have! But have you ever been to a king cake festival? In Louisiana we host many festivals but this one in particular is exceptional. The Louisiana King cake festival is a good day to bring the family together and enjoy king cake all while learning the history of the desert.

This festival introduces king cakes. On February 15 Thibodaux is hosting a festival dedicated to king cakes. The festival starts at 10 am and ends at 5pm, and don't worry there's plenty of time to do all the fun activities. When you first arrive at 10, you will see the Krewe of King Cake Children's parade. The parade is spirited for kids to have a good time to parade and dance around the street. An hour later at 11 the fun festival begins. After the parade, live music plays while everyone is trying king cakes from local bakeries and votes on the best tasting king cake.



At 11:30 another parade begins, the Krewe Toast! The Krewe Toast is a unique parade that hosts different types of parades. Each Krewe is different from another. In the past, the Krewe of Zulu threw coconuts and the Krewe of Endymion flaunts its unique floats every year. The ones hosted at the king cake festival, Krewe toast, are known for sipping on drinks and toasting to Mardi Gras. Not only do floats pass by but also live music bands! Some important ones that play are: Nonc Nu and Da Wild Matous. The fun doesn't stop there! Between 2-5 the Watersedge band will be playing as they introduce lively christian music. As the band plays, at 4 they announce the winner of the King Cake Festival. Coming here would be a good option for family and friends as general admission is 10 dollars for kids 12 and up.

All of the partying would make me wonder..where did king cake come from? Years ago, The first ever King Cake Festival occurred in Louisiana, even though it actually originated in eastern Europe. They had all the same activities we have currently like: they ate king cake, danced around floats, and played music that really gets you in the Mardi Gras mood. The festival's king cakes are not much different than years ago, it's still a cinnamon dough coated with sugary yellow, gold, and purple icing but the history is. King cakes were a Roman Catholic tradition and it came from Jesus. Learning the history of king cake and the festivals is essential for everyone, especially if you live in Louisiana.

The Louisiana King Cake Festival is a good time to bring family and friends together to enjoy all the activities, try out new king cakes and dance around to a live band!

Presidents’ Day

BY RONDEL FINLEY

Every year, on the third Monday of February, is Presidents’ Day. Presidents’ Day, officially named “Washington's Birthday”, is a day to celebrate and honor our first president of the United States.

Though it is officially named Washington's birthday, people around our country use this day to honor other presidents as well which is why more people refer to it as Presidents' Day rather than Washington’s Birthday. Whether it is addressed as Presidents’ Day or Washington's birthday, it is important to understand the history of the holiday and where it comes from.

Presidents’ Day was officially declared a federal holiday in 1872. This holiday was originally to honor and celebrate our first president George Washington and the impact he made on our country. Before becoming president, George Washington was the leader of the continental army



and played a vital role in the American Revolution. He made important decisions such as holding positions in key battles like Yorktown which though being outnumbered allowed us to win the war. He is regarded as one of the best presidents and without him, our country would likely not be the same.

Presidents' Day initially didn't have a name and was just referred to as George Washington’s birthday. But since Abraham Lincoln’s birthday was only 10 days apart from George Washington’s, it became apparent that instead of just celebrating George Washington's Birthday, we should celebrate all the president’s birthdays which is why the name “Presidents' Day” was adopted.

Whether it is addressed as Presidents’ Day or Washington's birthday, it is important to understand the history of the holiday and where it comes from. Though it is officially named Washington's birthday, people around our country use this day to honor other presidents as well which is why more people refer to it as Presidents' Day rather than Washington’s Birthday. We use this holiday to celebrate all that our past presidents have done for our country. Now even though Louisiana does not give a day off for this federal holiday, enjoy your month Spartans!



National Love Your Pet Day

BY MADISON KNIGHT

Did you know there is a day dedicated to loving and pampering our pets? Interestingly, this day is named “National Love Your Pet Day”. This takes place on the 20th of February every year. This holiday was founded in 2006 by Colleen Paige, a pet lifestyle expert, author, mom,



and Cruelty-Free Beauty Advisor. Many celebrate this day to show appreciation to their pet and focusing on the special relationship the pet holds in their lives. What’s better than showing appreciation to your pet by mentioning them in this article? Read below to find out which Spartans decided to show appreciation to their pets and different gestures to show appreciation to your pet.

First, Mrs. Peffley is an administrative assistant here around Salmen. She has 7 pets, which consists of 2 golden retrievers, 4 horses, and a rabbit. Their names are Tacoma, Oreo, Holley,

Roux, Zesty, Murphy, and Patrick. Each pet has a different personality which means they each play a different role. For example, her golden retriever Tacoma is very protective of her and always has her guard up especially around her owner. On the other hand, Oreo, another golden retriever, acts as her own personal teddy bear. Mrs. Peffley describes him as a “cuddle buddy”; she is able to hold him and pet him while they're cuddling. Furthermore, the 4 horses are her daughters, she uses these horses for barrel racing, although one of the horses is retired. Pet’s aren’t just our friends or just some animals that we



bring in, they’re our everything and much more important to us than they might think! Mrs. Peffley lost a dog and along came Tacoma, who Mrs. Peffley lovingly described as her “healer.”

In addition to Mrs. Peffley’s love of animals, Mr. Cunningham, our choir director, owns a pet of his own as well. This pitbull mix name is Lilo. This dog holds a special place in his heart and means so much to him and his wife, because they found her on the side of the interstate 2 weeks before their wedding! How ironic is that?! Everyone has a favorite feature about their pets. Well, Mr. Cunningham’s favorite feature about his pet is her teeth. He claims she is “snaggletoothed” which he loves. Lilo is currently the eldest out of seven pets. This dog’s life has changed in such a drastic way, from living on the street to being 50 pounds and living life! As you can see, the relationship between pets and their owners is really valuable and isn’t to be taken for granted.

Last but not least, how can we really show appreciation to our pets? Pets are almost like us, humans. They have feelings as well, and what’s

better than being a companion to our pets who mean the world to us? Here are some things you can do to show your pet appreciation. First, quality time with your pet would mean so much to them. Pets usually love their owners more than anything else, why wouldn't they want to spend time with you? Next, cool gadgets for them to play with are also thoughtful and nice. This can show them gratitude for everything they do to make our life better. you can buy treats for them which would show that you love them and would go to the ends of the Earth for them. Overall, these are just a few of the many gestures that you can do to show your appreciation to your pet.



In conclusion, National Love Your Pet Day is such a wonderful and thoughtful holiday for all the pets around the world. Mrs. Peffley and Mr. Cunningham wanted to show their appreciation to their furry animals in this article! They have many different things you can do to show your gratitude, but if you fall short read above for more ideas! Well Spartans, there you have it! Don't forget, pets are just like us and they should be shown appreciation as well.

World Peace & Understanding Day

BY BRENDON JOSEPH

World Understanding and Peace Day is observed every year on the 23rd of February. In fact, this day commemorates the first convention of the Rotary International. This assembly of entrepreneurs aimed to provide a space where their diverse backgrounds were irrelevant, initiating a chain of events that ultimately led to the establishment of the Rotary International. Now, let's delve deeper into the importance of World Understanding and Peace Day, and why it is crucial to recognize why peace holds such significance.

Nonetheless, the initial meeting that led to the establishment of Rotary International is now celebrated as World Understanding and Peace Day. Thus, Paul P. Harris, a lawyer, organized a gathering of his business colleagues in Chicago. He aimed to bring together a group of business professionals who were free from political and religious constraints. The organization also offers a graduate program called the Rotary Peace and Conflict Resolution Program, which selects 75 scholars each year. Also the reason the Rotary International is helpful in society is because it promotes dialogue to enhance comprehension both within and between cultures.



Several additional points highlight the significance of World Understanding and Peace Day, particularly the desire to foster changes that encourage global harmony and comprehension. It is hoped that this will ultimately lead to the cessation of conflicts. On a global level, Rotary International is dedicated to the promotion of peace. It serves as an essential platform for individuals to acquire knowledge and further the cause of peace. Rotary International World Understanding and Peace Day provides a fantastic chance to explore how each of us can aid in achieving global peace. Make the most of your learning today! The Rotary Peace Centers, which are collaborations between Rotary and academic institutions focused on peace studies, offer fellowships for those interested in peace and conflict resolution. One way to observe World Understanding and Peace Day is by participating in the presentations, activities, and events organized by Rotary Clubs in celebration of this day. Any initiative that promotes peacebuilding and conflict resolution can be initiated, whether through artistic endeavors or community service projects. Additionally, you have the option to sign up for courses, read online



resources, or attend lectures and discussions to enhance your understanding of the peace-making processes. The goal is to elevate living standards, spread awareness, and highlight the importance of harmony and peace.

At this point, we have explored more thoroughly the significance of World Understanding and Peace Day. Its six key environments



regarding charitable emphasis encompass the prohibition and handlings of diseases, access to clean drinking water and cleanliness, mothers and minors health, fundamental schooling and knowledge, industrial and neighborhood

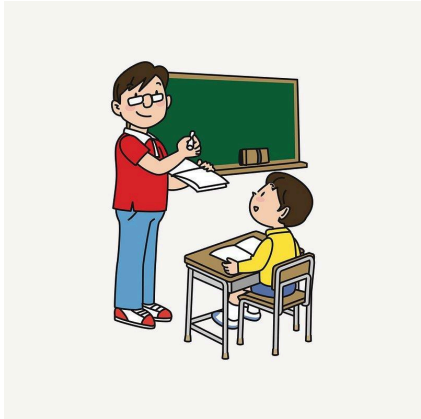
advancement, along with peace and the prevention or resolution of conflicts. Additionally, reconciliation stems from the congratulatory in regard to civil rights; the greater an association develops, assures, and realizes the civil rights of its populations, the better their prospects of reducing disturbances and quietly addressing conflicts.

Teacher Spotlight- Mr. Heintzman

BY KAYLA WATSON

What is it like being a new teacher at a school that you grew up in? Mr. Heintzman, who likes to be called Mr. H for short, is a new teacher here at Salmen. January 7th was his first official day of being a teacher here at school. Now don't let that fool you, it's not his first rodeo here at Salmen High School. Let's dig deeper into the history of Mr. H, from his memories of being a student to what he wants to accomplish by being back at where it started.

Here's a little background information on Mr. H. As far as he remembers, this school has always been called Salmen High, which he attended for all four years, from 1985-1989. Its outlook has also changed from the last time he remembers it, "To say it is different now would be an understatement. When I attended Salmen, it was still on the ground! It is all grown up now, literally and figuratively. Salmen has a much nicer facility and more extracurricular activities than when I attended." Mr. H is proud to have grown up and graduated from Salmen. When I asked him if the teachers he had were different from the ones now he mentioned the last teacher he remembered still being here was Coach Carlin, who was his PE teacher back in the day. As most Salmen students would think after graduating from here they won't come back, which led to the next question asked; why did he decide to come back to where it started? and How does it feel to be back? He mentioned that like many of us he was glad to leave Slidell and Salmen High after graduating to go and see the world but after many years he started missing his hometown. He missed the food, culture, music and his family. He felt an inevitable pull to move back to Louisiana, so he did. Mr. H is very excited to be back.



Mr. Heintzman is now a teacher here at Salmen. He is located at the end of the 700 hall in room 710, he took over for Mrs. Amy Rodrigue, and teaches Law Studies, US Government, and AP US History. When I asked him what made him want to become a teacher he responded by telling me, "I low-key always wanted to be a teacher, but chased the dollars working an ultimately unfulfilling career in Information Technology. I was given the opportunity to start over, and I am happy to say that I am now a teacher. I see

Teaching as an opportunity to help the community, which is something I have centered my career on since I graduated from Salmen High.” At the end of the day he has fulfilled his aspirations in becoming a teacher. One of the last questions I asked that brought our discussion to a close was what goals and or accomplishments does he want to contribute to as being a teacher at Salmen? Mr H vocalized that he just wants to be able to help students learn and succeed in life, while also sharing a few life lessons along the way with his students.

This has been what it’s like to be a teacher at Salmem, a school in which Mr. H attended all four years, and what he is expecting from being back. That is all we need to know about Mr. H who is a native of Salmen High School. Thank you for coming back where you started to help and empower the future generations of Salmen graduates! Good luck on accomplishing your goal while you are here. In passing the 700 hall make sure you pass by and welcome Mr. H to Salmen’s new and improved campus, unlike he remembers when he attended here.

Take Part in Art
BY LONDON COBBINS

Do you like to draw and make art? Well, the Art Club might be the club for you. The Art Club is a club at Salmen High school. It's an art program that helps students make art and make friends. It's also beneficial for you if you want to express yourself more. If you're shy, you can express yourself through art. This club can bring out your inner child.

According to Mrs. Glover, the Art Club is a place where students can creatively express themselves in personal projects. From drawings of koi fish, abstract character designs, to self-portraits, there is a wide range of artwork that students are creating. There are currently 15 art club members, but 60 originally signed up. It's also a club where students can make friends and use self-expression to make art that everyone, including you, would love. Students in this club are independent in doing the work of their choice.

Mrs. Glover is a teacher here at Salmen High School, located in the 600 hall where she teaches art class and runs the Art Club. Her love for art started at the age of 14. She attended NOCCA(New Orleans Center



for Creative Arts), where she expressed her talent for art and felt at home. After she searched for an art teacher position for 6 years with no luck, she decided to spend time in a different field, Applied Behavior Analysis, achieving her Master’s degree in Psychology. Before her 3rd year as an art teacher, she achieved official certification in the state of Louisiana to teach K-12 Art. According to Mrs. Glover, her main goal for this club is to provide a safe space for those who want to create art but aren’t enrolled in an art class to self-express themselves.

In conclusion, the Art Club is one of the most beneficial clubs here in Salmen today. It's a knowledgeable group of Spartans who want to participate in this strong club. If you are interested in the Art Club, you can talk to Mrs. Glover. This is a great class if you want to be an artist, or if you just want to make friends.



Comic Relief

Love Sick
BY DUCE SMITH



Black History Month

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HARMONY
HUGHES
BLACK HISTORY
ABOLITION
PARKS
JUSTICE
DOUGLASS
TOGETHER
OVERCOME
PEACE
ACTIVISM
FEBRUARY
FUTURE
INCLUSION
KING
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SPARTAN SNAPSHOTS
BY ALLI DOMINIQUE

