



GIRLS JUST WANNA HAVE FUN!

Now get loud, it's Women's History Month!

GOOD NEWS

- ★ Sahara Sheridan was accepted into the following schools Xavier University of Louisiana, Mississippi State University, University of New Orleans. Sahara was also awarded a Non-Resident Scholarship and the Dean Scholarship of the University of New Orleans.
- ★ Kenneth Vontoure was accepted into Southern Louisiana University.
- ★ Ja'Kari Curry was accepted into Mississippi State University, Clark Atlanta University, Jackson State University.
- ★ Azaryia Cobbins was accepted into Southern University of New Orleans, Dillard University, The University of New Orleans, Loyola University of New Orleans, Southeastern Louisiana University. Azaryia was also awarded the Cardonor Opportunity Grant.
- ★ Alicia Davis was accepted into Mississippi State University.
- ★ Caue Soria Browder was accepted into University of Tampa, Southeastern Louisiana University, LA Tech, along with his top pick: Kennesaw State University. He is eagerly waiting for a response from Georgia Tech on March 28.
- ★ Monae Reese was accepted into Southern University at Shreveport Louisiana.
- ★ Janiyah Carraway was accepted into University of Nevada Las Vegas.
- ★ Lamarion Walker was accepted into Northshore Technical Community College.
- ★ Skye Gant was accepted into Southeastern Louisiana University.
- ★ Terrance Walker was accepted into Louisiana State University, LA Tech, Southeastern Louisiana University.
- ★ Marcus Livious was accepted into Pearl River Community College.
- ★ Travis Robinson was accepted into Nicholls State University, Culinary Institute of America.
- ★ Trinity Youngblood was accepted into Southeastern Louisiana University.
- ★ Caleb Brooks was accepted into Northshore Technical Community College.
- ★ Jordan Brown was awarded an Academic Scholarship and a Speech and Debate Scholarship.

UPCOMING EVENTS

- ★ **March 1:**
-Saturday Detention & Seat Time 8:00
-Salmen Band, Cheer, Dance & Flag parade @ Endymion
- ★ **March 3-7:**
-Mardi Gras Break
-Salmen Band, Cheer, Dance & Flag parade @ Orpheus
- ★ **March 13:**
-ACT/PRE ACT
- ★ **March 14:**
-End of 3rd Nine Weeks
-1/2 Day for Students
-Prom 7PM-10 PM

- ★ **March 15:**
-Saturday Detention & Seat Time 8:00 AM-12 Noon
- ★ **March 19-22:**
-Senior Trip
6:00 PM Departure
- ★ **March 21:**
-Report Card Distribution
- ★ **March 22:**
-Saturday Detention & Seat Time 8:00 AM-12 Noon
- ★ **March 23:**
-Senior Trip
6:30 AM Arrival

Nathan's Weather Corner

BY NATHAN MEUNIER

Hello Spartans and welcome back to the weather! It's been a mix of very cold and somewhat warm so I'm sure many of us got hit with that curveball! This next month has even more weather to talk about so we might get hit with all sorts of temps from warm to cold. March seems to be somewhat of a more relaxed month in comparison to previous months, with less extreme temperatures and better averages. Without further ado, let's get into the stats and the phenomenon that are gonna happen in March.

In March, the temperatures will be sitting at a nice middle ground, giving way to a comfortable month overall. Specifically, the high temperatures will reach somewhere around 71°F with the low temperatures dipping to around 59°F. Something else to look forward to (or not) is rain! March will potentially be quite rainy with around 3 to 8 days which average around 2.56 inches of rain each. All in all, March will be a nice and cool month that could get a bit rainy but also could just be pleasant all around



When it comes to different types of weather like snow, hail, or sleet, there is nothing to speak of as of writing this article. In any case, I'll take this time to remind you all that no matter what I say here, weather is unpredictable. Always check your local weather station/app/radio before making any command decisions about your day!

With that we close what should be our coldest month of the year and yet another weather issue. March was a pretty comfortable month but we're already getting ready for next month where we close in on the end of the school year. Sadly this means that my time as your weather

writer is running out, but fear not, we still have a few more issues to go and even more fun facts to throw at you! In 1684, the River Thames in England froze completely solid for two months and has yet to freeze again since then. In theory, hail doesn't have a size limit but has been recorded to be as large as cricket balls! For our last fact, Space has weather!



Space weather includes but is not limited to: solar winds, radio blackouts, solar radiation storms, and geomagnetic storms caused by disturbances from the Sun. And that's a wrap for our March check in. I hope you all enjoyed the latest iteration of the Weather Corner and I hope to see you all again when I come back for April!

GUESS WHO'S BACK?! - Coach Smith

BY MADISON KNIGHT

What makes a team successful? Leadership! It all starts with the coach. Baseball is a complex sport and can be very difficult to play. So, who is the mastermind behind it all? Well, meet Coach Smith! This is his very first year as a Spartan. I'm sure we're wondering about his opinions on this year's team and his perspective alone. Read below to find out more!

I'm sure there is no better feeling than coaching your own alma mater. Coach Smith is now the 2024-2025 baseball coach at Salmen.

Coach Smith describes this opportunity as a “blessing” because he was a four year letterman here at Salmen where they won two district championships and went to semifinals for state. Baseball is very tricky, and it takes more strategy as it takes athleticism. Coach Smith feels he has to stick with a specific mindset in order to lead his team to victory, he states “We have to utilize the guys we have and push them to become the best baseball players they can be. If we can create chaos on the field, we should be able to score runs and win some games.” Coach Smith is extremely excited about this upcoming season, he loves working with this group of boys. He expresses the amount of dedication each one of them shows, when they show up to practice and give it all they’ve got. This motivates Coach Smith the most which makes him further believe that this group of boys will turn around Salmen High School’s baseball reputation. Salmen’s baseball program has changed Coach Smith’s life, and it’s nothing like it then to try to rebuild what has been broken. It wouldn’t be a Goal oriented team without mistakes, the baseball team as a whole often struggles with trying to figure out how to get as many pitchers to be ready when needed. Coach Smith has the impression that if they find a way to work together and



“completely buy into the system” he shared they should have a better record than the previous years. After all, Coach Smith is extremely proud of his team and loves their work ethic!

Coach Smith is affecting these players in the best possible way and they’re future looks bright. He is creating a positive and supportive environment on and off the field. His role goes way beyond strategizing for wins, he shapes the players teamwork and character! Well, there you have it Spartans! If you see any baseball players or Coach Smith make sure to wish them luck as they take on this season.

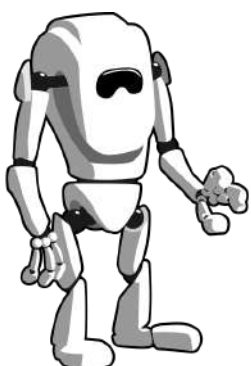


Club Spotlight - Robotics

BY LONDON COBBINS

Are you interested in discovering how to code and build commands for robots? Well, you're in the right place. The Robotics club at Salmen High is a club where you build robots by building codes. You can also communicate, make friends, and gain skills for teamwork. The Robotics club is one of the most important clubs that makes Salmen great today.

Robotics is a student-led club here at Salmen High School. There are a lot of robots that they build. The robotics club has been running since 2003. Students in the robotics club create robots for competition and robots for convenience. There's also a robot that is for newcomers. Not to mention, they made a robot for a teacher's cannon and shooting t-shirts. Building codes depend on the person and program. There are two programs that use python, java. They also have a good programmer named Ashton Esler, he's also in charge of their electronics. Furthermore, this club participates in outreach events. They go to many venues to learn about the art of robotics. Additionally they also show what they do, build and create inside their



building space, and tell them how they reach out to the kids of the community.

A student named Chau Pham is in the robotics club. According to Chau, she likes to build robots. Based on Chau, the goals of the robotics club are to make robots that can get them to win world competitions and inspire and spread stem to the community. Giving people the opportunity to dive into STEM is another huge aspect to this awesome club. Chau believes that you should join because it gives you a good business engineering background.



Robotics club is one of the most important clubs that makes Salmen great today. In conclusion, robotics is one of the most beneficial clubs here in Salmen today. The students have lots of knowledge from working in this club. If you are interested in the robotics club, you can talk to your counselor. This is a great class if you want to build robots and make new friends.

The Love Of Libraries

BY JAMIYAH TURNER

Undoubtedly, school libraries are important because there is so much history behind them. Many people just go to the library for books, but there is a deeper meaning to why there are so many books and keeping quiet is important. When people think of libraries, they may think of checking out books or just wanting to be in a quiet place. Libraries are where people can gather as a community to support one another. Librarians show as much passion and respect to the libraries, which is also very appreciated. Libraries bring so much love and peace to people, which inspires them to want to work in a library and see how much people enjoy coming in to find books that may interest them. Also, libraries offer free education resources to those who need it. Many libraries have book clubs, workshops, lectures, and more programs that bring people together and spread positivity.

Edward Everett Foil Jr was born March 2, 1942 and he passed away on February 10, 2024. He was an original faculty member at Salmen High School and worked as a Media Director and Librarian for over 30 years. He graduated from Bogalusa High School and continued his education at Southeastern Louisiana University, which he attained for a Masters Degree in education and certifications in



Edward E. Foil Jr.

Library Service and Secondary School Administration. He enjoyed his job, also photography was one of his favorite jobs because he enjoyed taking pictures at different events, such as school events. Although it has been many years since Mr. Foil was our school’s librarian, one of his final wishes was for donations to our school. In honor of Ed, his family asked for contributions to be made to our own Salmen High School.

Libraries can hold so much power and history behind it. Therefore, if you are ever having a bad day you can go to the library and find a book that interests you and read it in a quiet and peaceful environment. A library is a place that makes you feel safe and at home, which allows you to clear your mind and have a positive day. Maybe stopping by the library every morning to read a book or just sit before class starts can help give you a stronger mindset throughout the day. Libraries hold so much value which allows individuals and communities to stay healthy mentally. Librarians should be given a big thank you for all the years and hard work they put in providing the environment that the library shares! In honor of Edward Everett Foil Jr and his love for being a librarian for over 30 years, make sure to show our school library some appreciation.

Women's March

BY WALESKA ADRIANO

Hello Salmen students and staff, I am pleased to inform you that this month is Women's History Month. It honors the accomplishments and contributions that women of all backgrounds have made. We are generally known in today's society as sensitive and fragile women, but that may be because these people have not met someone with inner strength. I can tell you that women are not only fragile and sensitive, but we can also have a lot of courage and self power. Focus, discipline and confidence are very strong and empowering qualities, but the delicacy of a woman is incomparable to anything simply because it is our nature. Likewise, let me introduce you to two women who are the definition of the words determined and courageous.

Mrs. Yates. A woman who despite the obstacles she has overcome, is proud of who she is today and is someone of high values. I believe that for many of us our mother is our role model, as she is the person we base our lives on, as is Mrs. Yates. She has been blessed with a mother who is totally committed to taking care of her family. A woman who moves the earth and sea to support, love and make her children feel special. According to Mrs. Yates, encouraging yourself by simply remembering that you are strong despite what you have been through is a master key to lifting your spirits. So is realizing that problems do not last a lifetime, you have to overcome them and move on. Beating yourself up for them is not the best option. When it comes to the obstacles that life puts in front of you, being strong is a priority at all times. Enduring cancer treatment was one of those obstacles that marked Mrs. Yates' heart, but made her very strong. Remembering that every day is a gift and appreciating every detail it gives you is very important. Today, society greatly influences the decisions of many women and even males, sometimes it seems we forget that we are humans no matter our sexuality. To all young women today, she would tell them to have self-confidence, courage and last but not least, to let go of the negativity that tries to tear them down. Ms. Yates says one of her favorite sayings is from Maya Angelou: "Do the best you can until you know better. Then when you know better, do better." Continuing to put forth your best effort is a key to success. Never forget that not following the path is the same as never taking the first step.



Just as many of us identify with one person in particular, Ms. Scholl does not identify with anyone in particular, but with all the women who fought to give voice to the 19th Amendment in this country during suffrage. Let's remember that we only depend on ourselves to

keep going, so Ms. Scholl recommends that never stopping is the best encouragement we can all give ourselves. Being sincere is a trait that says a lot about you, as does keeping a strong voice in today's society about many injustices against women. Ms. Scholl thinks the reason she is such a strong woman is because of her mother's reflection. Continuing educational study and keeping a strong voice is very much advice that Mrs. Scholl gives to young women today,

as it establishes your independence and self-confidence. These master keys must be used today and always in young society to make a difference in the future of the generations to come. Mrs. Scholl said, "What others think of you is none of your business." Basically our only goal is to stand up and be aware that criticism will always be there. We are proudly feminists, as we stand by the roots of where we were born and make a difference.

Coming to a conclusion, maybe Mrs. Yates and Mrs. Scholl don't have the power and control over society, but they certainly have it within themselves. Keep in mind that the word woman is short but



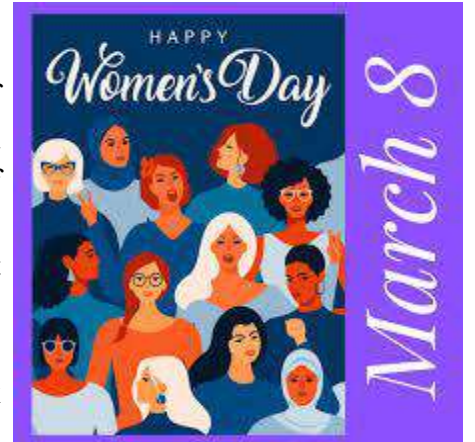
from it come many generations and also a lot of strength. Many generations will emerge from us young women, so how about we stand up, lead our way, and show a difference during Women's History Month?

Who Runs The World? GIRLS

BY ADRIANNA RAY-FRANKLIN

Every year on March 8th, everyone around the world comes together to celebrate International Women's Day. Recognizing the significant contributions of women across various fields, including science, education, healthcare, and family life. This global holiday serves not only to honor the hard work of women but also to show the importance of having equality between men and women in society. International Women's Day has a different theme each year, the focus remains the same: promoting respect and equality for women in all areas of life. The theme for 2025, "For ALL Women and Girls: Rights. Equality. Empowerment," shows an urgent call for systemic changes that support women's rights globally.

This year's theme is very important. The 30th anniversary of the Platform for Action and Beijing Declaration are just 2 of the main events that led towards achieving gender equality not just in America, but around the world. The history of International Women's Day can be traced back to the suffrage movements and labor activism in the 20th century.



The first official observance of "Woman's Day" took place on February 28, 1909, in New York City, organized by the Socialist Party of America to honor the 1908 garment workers' strike. Over time, IWD transitioned from a day of protest to a global celebration, acknowledging both the accomplishments of women and the constant challenges they face from gender equality. In communities around the world, IWD is celebrated through various activities such as rallies, educational programs, and workshops aimed at raising awareness about women's rights and encouraging many actions for change. Schools participate by having students engage in activities, such as reading about influential women or creating art that honors those they admire. Despite the progress made over the years in advocating for women's rights, significant barriers remain. The global gender pay gap continues to hinder women's economic independence, while violence against women remains a pressing concern in many societies. Currently, it is projected that it will take 130 years to achieve gender equality in political and leadership roles globally. Women in many regions continue to face obstacles in having education and healthcare, mostly in countries having armed conflict and economic instability. As International Women's Day approaches, a chipper energy of collective momentum is sent across nations. Activists and organizations worldwide are creating systemic change related to gender-based violence, economic empowerment, and reproductive rights. Organizations like UN Women and numerous local NGOs are leading



the charge, working to elevate women's voices and ensure their rights are protected and represented in policy discussions. International Women's Day serves as both a celebration of what has been achieved and a sobering reminder of the work still left to be done. As the theme "For

ALL Women and Girls" shows, solidarity and that actions are important in the push for gender equality. The empowerment of women and girls is crucial not just for addressing gender disparities but also for dealing with bigger social challenges such as poverty and inequality. As we prepare to commemorate this impactful day, the call to action remains clear: the future must promise equal rights and opportunities for all.

Let's Celebrate Red Cross Month!

BY ALEXIS RUIZ

Any ideas on what Red Cross month is? Red Cross month is to honor local community heroes who help ensure their neighbors never face crises alone, celebrating those who have helped us and those around us in many ways. This month you should maybe look into the Red Cross and further educate yourself on it so maybe you can even help volunteer or donate for those in need.

The reason for Red Cross month is for us to acknowledge how the American Red Cross assists and helps people across the country or around the world through its workforce which is supported by over 90 percent volunteers. This is a non-profit humanitarian organization that contributes emergency assistance, disaster relief, and disaster preparedness education in the United States. In 1881 Clara Barton founded the organization after initially learning of the Red Cross from the country of Switzerland, Red Cross started May 21, 1881, in Washington, D.C. However the international Red Cross and Red Crescent movement started in 1863 and was inspired by Swiss businessman Henry Dunant, this is because of the suffering of thousands of men on both sides of the battle of Solferino in 1859 as many were left to die due to lack of care.

There are many ways that we can help and show our support for what the Red Cross is doing for everyone around the world. For example we can give help and donate, donations large or small can make a significant difference for people in need. You could even volunteer to help, or help fundraising events for the Red Cross. You



could also give blood, giving blood can be a significant help. The Red Cross provides about 40% of our nation's blood and components. Today about 500 blood drives are held every day to collect close to 36,000 units of red blood cells that are needed daily in the U.S. You could also share things regarding the Red Cross on social media to maybe

inspire some other people to help support or donate to the Red Cross. This month you should think about showing some support to the Red Cross as it is Red Cross month. The best way you can help is by donating or volunteering, every eight minutes the American Red Cross brings help and hope to people in need.

Red Cross month is a month where we honor our local community heroes who make sure no one ever faces a crisis alone. Overall the Red Cross delivers vital services from providing relief and support to those in crisis, to helping families and communities prepare for emergencies, which plays a very important role for those of us in our community that are in need. This month make sure you take some time to maybe help support and honor the Red Cross.

Throw Me Something Mister!

BY AMIYAH SHANNON

It's the time most people in Louisiana look forward to, Mardi Gras! So put on your fun outfits and gather your friends for the 2025 parades! Mardi Gras has always been a fun time because of the parades that we get to attend. People from all over come down to experience our culture and see how we do Mardi Gras in Louisiana. If you're looking for the history of Mardi Gras, the popular parades and their routes then this is the article for you! Before we get into the 2025 parades, let's talk about the



history of Mardi Gras. Mardi Gras was first celebrated on March 2, 1699. It's obvious that Mardi Gras was influenced by Carnival culture but when french- Canadian explorer, Jean Baptiste Le Moyne Sieur De Bienville departed France to plant a colony at the mouth of the Mississippi River, he established the holiday. Once he landed and realized it was the eve of the holiday and he named the land "Pointe du Mardi Gras." At the time, Mardi Gras was just about balls which influenced the Mardi Gras balls today. Even though New Orleans is

the main place to celebrate Mardi Gras, the first ever celebration was in Mobile, AL.

Now let's get into the parades that are happening this year. The season started back in January but I'm going to share the most popular parades people from all around the world come down to see. Starting on Mardi Gras day, which is March 4th at 8am, we have the Zulu parade. This parade is the most popular in uptown New Orleans because they throw decorated coconuts! February 27 at 6:30 Muses are occurring! Muses throw decorated shoes and makeup bags. The most popular parade yet is Endymion, on March 1st at 4pm in the mid city! If you want to know more about the parades, you can search "Mardi Gras 2025 parades." Regardless of what parades throw, they are always fun!



I hope this article helped you understand Mardi Gras more from the history to the present day parades. Once again, Mardi Gras has always been popular world wide, and is also very crowded. So it's good to know the history and the parades this year. Millions of people come down just to experience our culture! So if you are attending any parades this session please be sure to stay safe and to be sure not to miss any fun!

Cotton Candy For Two, Please?

BY KAELYN LEVY

Hey Spartans, it's a fair month! Are you ready to experience all the fun you'll have in March? Let's do this!! The Thrillville Fair is in New Orleans on Airline in Metairie, featuring world-class entertainment including Sea Lion Splash, Aquatic Acrobatics, and Dominguez Circus. There are over 30 amusement rides, fair food, games, and live music from local favorites! This is exciting because everyone likes to



have FUN! Mainly at fairs and big events like this because they come around every other year.

Furthermore, I talked with Kai Harris about the Thrillville fair, asking her questions about this event! First, I asked Kai if she had ever been to the fair. She says she

is going with her friends and her girlfriend this year. She said she went last year but couldn't get on many rides because they had some commotion going on but she said she had fun overall. She said she went with her best friend and they got on some rides. She said she was scared because she was in the air and felt like she was about to flip over. Her favorite ride was the alien ride. It is like an alien spacecraft and when you enter you pick a spot to stand in front of and when the doors close it's like your body can't move on a board it moves up and down. She said, "I felt like I was metal and the ride was a magnet". Kai also liked the food they had there. She tried the funnel cake and some lemonade they had. She said it was good but it was not cheap!

I also talked with Hamylee Hunter about this event and they have had some differences to say about it. Hamylee's experience was more detailed, she says she goes to this event every year they come out! She says "she has fun and a time and she will be going again this March". Hamylee says when she went, she went a little earlier in the day before everyone started to really come to beat the lines! She said she got on more than enough rides and they all were pretty crazy. She said she didn't scream but she



was surprised but she ended up laughing instead of screaming. She said the scariest thing she got on was probably the fireball and the boat ride, and she said, "you won't see me on that again" I can say to myself that I agree with her! Hamylee herself is a daredevil when it comes to rides she likes the fun of it, she would maybe be a little nervous about what it could do but she would still get on it with her friends.

Events like this, in a year come and go, not everyone gets a chance to experience something like this so that's why it's important to

experience these things while you can! These events bring out people's inner child, and just thinking about things that you never did before or had the chance to bring out happiness even more of a SMILE! This is important because everyone deserves to smile! After all, Everyone should get a chance to have fun and experience a chance like this, that's why I'm writing about this so everyone has a chance to know so they can have the same experience i have had or any other student have had when they went!

Daylight Saving Time

BY RONDEL FINLEY

Have you set your clocks yet? Daylight saving time starts March 9th, which means you turn your clocks an hour ahead. Have you ever wondered why you do this? Many people think the only thing you're supposed to do is advance your clock by an hour, but there are many other hobbies people do around this time.

Aside from changing your clocks, many people do many more things around this time. Some people replace their smoke detector batteries, change their air filters, reverse their ceiling fans and clean their curtains. For many, daylight saving time is an opportunity to check on their home and make sure there is' no problems. Daylight saving time started March 19, 1918 and it may be coming to an end.

The origin of daylight saving time can be credited to 3 people, Benjamin Franklin, George Hudson and William Willett. Each of these people played a part in the invention of daylight saving time, said David Prerau, computer scientist and author of "Seize the Daylight." Franklin suggested that people should change their sleep schedule to save money on lamp oil and candles. In 1895, George Hudson

presented the idea of moving clocks forward because he wanted more sunshine to hunt bugs. Willet introduced a bill in the British Parliament to officially enact a time change.

Daylight saving time is said to be a global

attempt to save energy. Ironically, researchers say it might be doing the opposite. In 2022, the Sunshine Protection Act was unanimously approved by the U.S. Senate. This act makes daylight saving time the new permanent time, meaning we wouldn't switch our clocks 2 times a year. Many states have introduced bills and laws to Congress also suggesting the end to daylight saving time. In some such as Hawaii and Arizona, daylight saving time isn't observed or taken part in. The pros of daylight saving time year round are, no more clock changes, people might feel more rested, and fewer schedule disruptions. The cons are darker mornings around winter, the sunsets would be earlier in the winter and it disrupts your body's natural light cycle.

Many people think the only thing you're supposed to do is advance your clock by an hour, but there are many other hobbies people do around this time. Now that you know some of the hobbies and traditions people do, you should try some yourself. Daylight saving time can prove to be beneficial in many ways. But after learning why people want to end it, what do you think? Have a great month Spartans!

Never Miss A Chance To Dance

BY ELIZABETH KALUEV

Have you been waiting for prom to come up? Well, lucky for you, prom isn't that far away. On March 14th, you will be able to partake in the promenade. Not only is prom on the 14th, but March 11th marks national promposal day. Therefore, this article will give you ideas for a good promposal and information on the prom!

Anyways, onto some creative promposal ideas! So, if you're reading this and still haven't asked someone out, and you have someone in mind, then you should probably hurry it up because this article is going out on March 10th so you don't have many days now. You could always just text them, but let's be for real? You have to put some effort into showing your date that you WANT to go with them. You could always plan a picnic and ask them there or write a message out of sidewalk chalk in front of their house so they see it as they walk outside. For everyone that likes crumbl cookies, you could write a

message on the ceiling of the crumbl cookie box and when they open it ur date will see the delicious cookies and a message on the top saying that you would like to prom with them. Now, the history of prom

awaits, prom started because debutante balls gave the idea of a "coming of age" sort of party. Debutante balls are ceremonies for young women with wealthy families. This event certified that the girl was ready for adulthood and meeting her future marriage partner. Prom is similar to this in the sense of adulthood since you will soon graduate from highschool as a senior going to prom. The United States isn't

the only country that celebrates prom, the US inspired people from different regions to celebrate this one of a kind extravaganza that makes loads of memories.

Hopefully, this article thoroughly explained some ideas that will help you get an idea about what to do. Also, don't forget to vote for your favorite prom king and queen. Now, onto some fun facts, did you know that corsages were originally meant for the waist? Not to mention but girls usually try on over 10 dresses before finding the perfect one for her. Lastly, 15% of girls believe that prom is as important as their wedding. To close it off, have fun at prom to the spartans that are going!

Total Lunar Eclipse

BY CHLOE BOWMAN

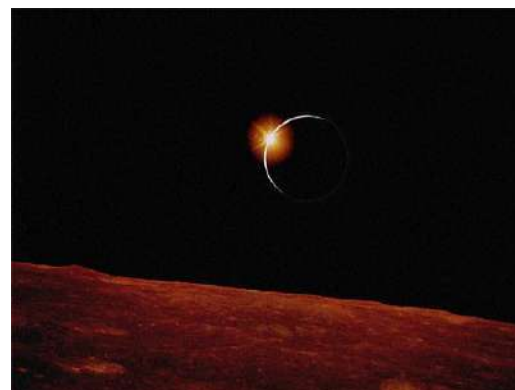
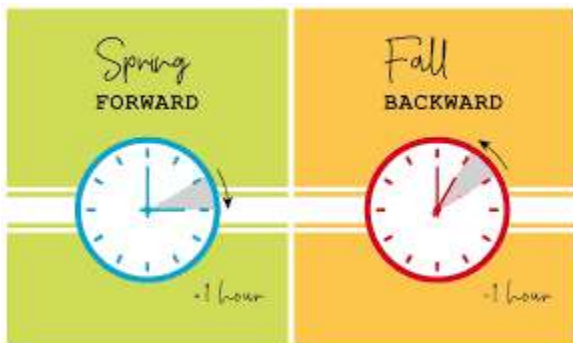
Have you ever seen a lunar eclipse? Well on the night of March 14, 2025 a total lunar eclipse will happen. A total lunar eclipse is a rare event that happens every 2.5 years. This happens when the earth comes in between the sun and a full moon causing its shadow to cover the moon. There are two main types of eclipses, a solar eclipse and a lunar eclipse.

Total lunar eclipses are often called blood moons because during a total eclipse the moon turns a deep red color. The moon gives off this reddish color because the light that illuminates it has to pass through

the earth's atmosphere, which then spreads the blue light and reflects the red light toward the moon. The totality of this event lasts about 30 minutes to an hour. Totality is when the moon is completely covered causing it to be dark. On the night of Friday March 14, 2025 the totality of the eclipse will be

around 66 minutes and 3.9 seconds. The difference between a total lunar eclipse and a solar eclipse is that a total lunar eclipse happens when the earth comes in between the sun and moon casting a shadow on the moon and a solar eclipse happens when the moon passes between the sun and earth casting a shadow on the earth. Another difference is that a solar eclipse is only visible to a portion of the earth while a total lunar eclipse is visible to everyone. Solar eclipses are not as rare as lunar eclipses but they are just as exciting, this year there will only be two solar eclipses. One on march 29 and the other on september 21, since they are solar eclipses and not lunar eclipses they will only be visible on certain parts of the earth. Unlike lunar eclipses, a solar eclipse's totality only lasts about four minutes. When watching a solar eclipse make sure to wear protection for your eyes because looking directly at the sun could damage them. During a lunar eclipse protection isn't a must but it is still important to not look at the sun for long periods of time.

In conclusion lunar eclipses are exciting events, and everyone should be able to see at least one in their lifetime. On the night of March 14, make sure to take a break from whatever you're doing and step outside



to take a look at the lunar eclipse. Although if you miss this lunar eclipse, there will be another lunar eclipse on September 7, along with two solar eclipses. When you see the eclipse make sure to take plenty of good pictures for the memories.

St. Patrick's Day History

BY BRENDON JOSEPH

St. Patrick's Day is observed every year on March 17. Initially, this occasion was commemorated in Ireland with religious ceremonies and feasts to honor St. Patrick, a patron saint of the country. As Irish immigrants introduced St. Patrick's Day customs to the United States, the day transformed into a non-religious celebration of Irish heritage. Now, let's explore the significance of St. Patrick's Day and understand why it holds great importance for the Irish community.

However, when Irish immigrants introduced St. Patrick's Day customs to the United States, the occasion transformed into a more secular celebration of Irish heritage. It states on kellogg.campusgroups.com "It was these immigrants, especially those in the United States, who transformed St. Patrick's Day into a largely non-religious occasion brimming with happiness and a celebration of Irish heritage." Cities with significant Irish immigrant populations, many of whom held political influence, organized the most elaborate festivities, including grand parades. Boston hosted its inaugural St.



Patrick's Day parade in 1737, soon followed by New York City in 1762. Since 1962, Chicago has dyed its river green to commemorate the occasion. Although blue was historically

the color associated with St. Patrick's Day, green has now become widely recognized as the color for the occasion. Both Irish and non-Irish individuals commonly engage in the "wearing of the green" donning a piece of green attire or a shamrock, the national plant of Ireland, on their lapels. Corned beef and cabbage have become synonymous with the celebration, and some beverages are occasionally tinted green to honor the day. Although some customs were later adopted by the Irish to appeal to tourists, they originated from the emigrant experience. Additionally, in the 1760s, Irish soldiers in the British army coordinated their own St. Patrick's Day parade in New York City. During the 1800s, as Irish Catholic immigrants faced prejudice in a predominantly Protestant America, St. Paddy's Day parades emerged as a chance to demonstrate solidarity and strength in numbers. Today, numerous cities across the United States uphold rich traditions of St. Patrick's Day parades, and the holiday is recognized by individuals from various ethnic backgrounds.



Having delved deeper into the history and recognizing the significance of St. Patrick's Day to the Irish community. Throughout history, Ireland has been invaded and colonized by various groups, including the Celts, Norsemen, Normans, English, and Scots,



yet there are no distinct ethnic divisions that resulted from these events. Ireland has long been celebrated as a welcoming place, and its diversity is not a new phenomenon. However, there are numerous events taking place around the time of St. Patrick's Day that you can participate in like going to parades, making crafts, baking festive desserts, or watching Irish movies.

There's Nothing More Magical Than This

BY SAVANNAH SMITH

Where dreams come true, and magic is real. Have you ever been to Disney World? Well you're lucky if you're a senior! The class of 2025 is graduating and taking a trip to Disney World. I'm going to be interviewing seniors and asking what they are most excited about their upcoming Disney adventure.

Disney World is located in Orlando, Florida, which is where the seniors are taking a trip to. Orlando, Florida hosts the Walt Disney World Resort which is a theme park where you can enjoy a wide range

of activities. Disney has various restaurants but not just any, they're magical as each one represents a different theme and showcases different foods

from all around the world. There's also many attractions that you can see like the Cinderella Castle located in the middle of the park and the most photographed scenery. Disney World doesn't only have pretty views and good places to eat but also roller coasters! There are 45 rides and roller coasters to try out and 52 attractions. When you go to Disney World you wouldn't miss out as you're trying new foods, watching pretty views, and enjoying your time on the roller coasters.

Now to go onto senior interviews. I first interviewed Daneiry Gomez, I asked her what she is looking forward to on this trip. She said she's excited to go try out the new foods at Disney World. I then went on to ask if she has any goals she wants to accomplish, and she said she wants to take as many pictures as she can so as to capture her memories that she will soon make with her friends. I asked her what she was most proud of through her high school experience, and graduation approaching, and she said she's most proud of not giving up and not getting fully distracted by other things and kept his attention on school. With graduation coming up in April, I asked her if she's ready for the next big step in his life: graduation. She said she is very excited to experience this and definitely what she's looking forward to next. After highschool, she plans to go to a school for fashion marketing and make a career for herself.

After I interviewed Daneiry, then went on to interview Jamal McDonald. I asked him the same questions, first starting off with asking him what he is most excited to do



on the Disney trip and he said he's excited to go Bucee's at 1 am in the morning. I then asked if he had any goals he wanted to accomplish on the Disney World trip and he said to ride all the rides there are at Disney World, as there are 173 rides! I asked him if he would give any advice to freshmen looking forward to this trip and he stated, "If you're paying it yourself, make sure to save your money. And have good grades and good actions, because bad grades, detention, and suspensions don't get you a trip." Then I asked Jamal what he is most proud of throughout highschool and he said his GPA and grades have gone up. Lastly, I asked him if he is excited for graduation and if he has any plans or goals he wants to achieve, he's excited and ready for graduation to come as it's not too long away but other than that he didn't really think about what his career would be just that he's excited for graduation.

You're never too old to wish upon a star! The seniors are wishing for a magical time with friends at Disney World. They are excited to share moments with their friends and have lifetime memories. "And have good grades and good actions, because bad grades, detention, and suspensions don't get you a trip."

Enjoying The Moment

BY KELSEY LEE

Are you going to prom? If you are, then you should be super excited, as it is right around the corner! I know I'm super excited for all the music and food that will be there. I hope everyone is expecting it to be good! So, with all that being said, in this month's article, I will mainly be interviewing seniors who are planning on attending prom and/ or a senior trip.

With prom being around the corner I decided it's only right if I interview a few seniors who will go to prom and senior trip. I will be asking a few questions about the color they plan on wearing and all the good stuff like that. Furthermore, let's see what our senior Hailey McIntosh has planned for prom! The first question I asked her was



what color dress she is wearing and why. "I'll be wearing a goldish color for prom. The color honestly didn't matter to me. I more so cared about the design." She tells me. Well, I think that color will look super good and compliment her so well! I then followed up with that and asked what type of plans she has before or after prom. Hailey says, "As of right now I don't have any plans for prom other than getting ready for it." To finish up the topic of prom for Hailey, I asked her what she was most excited about for prom. "I am most excited for getting all dolled up!" Well, I hope you have a great time at prom and I will see you there! The next and final senior I interviewed was Titan Breaux. I asked him

the same questions as I did Hailey to see the different plans. So, following that I asked Titan what color he would be wearing to prom and why. Titan says, "I'm going to be wearing a very nice shade of pink that my girlfriend and I thought of and I think it'll be very good." I like the color and think it will look great! Then I followed up and asked what types of plans he has for before and after prom. "My plan before prom is to definitely get pictures to remember the moment. Then afterwards get something to eat." Titan says. That should be fun and hopefully, you have a great time. I then asked him what he was most excited about looking towards prom. "I'm excited to experience prom with my friends and girlfriend as well as being excited to see what it's all about." Lastly, I asked him if he was attending senior trip and if he was excited. "Of course, I'm excited for the senior trip to Disney. I will be with all my friends and we are expecting a lot from the trip. I'm also for sure looking forward to all the rides." he says. I as well am super excited to go to Disney and spend time with my classmates before we go off and graduate!



With all of this being said, I hope everyone attending prom has such a fun time, and makes the most out of the last highschool dance and cherishes the memories that will be made. Well guys, this month's interview has come to an end. I enjoyed hearing the different plans for prom from my fellow seniors. I hope everyone has a lot of fun and stays safe while doing so!

Guess Who's About To Be Seniors

BY KAYLA WATSON

How does it feel to be a junior, with a couple of weeks left of junior year? Coming from a junior herself, it feels good but it's very stressful because we have to really start planning life after high school. Right around the corner is our Junior Ring Ceremony, where we will be receiving our rings to signify our transition from the end of junior year to senior year and represent the best class of 2026. I interviewed a couple of juniors on how they feel about the junior ring ceremony and the closing of our junior year along with how it feels to not be considered underdogs anymore.

The first junior that I interviewed was Junior Class President Andray Smith. One of the first questions I asked him was, How does his junior year feel? He told me that he has truly enjoyed the many aspects it offered him from branching out, doing things he never thought he would be doing and overall just doing more in general. The next question pertained to our ring ceremony, as I asked if he was going and what he would expect. Andray said he will be in attendance at the ceremony and he's expecting it to be better than last year, "I'm hoping that it's like last years, but better of course. For 2026



is the best class." I can't argue with that statement because we are. One thing that he is expecting to see at campus or at the ceremony is more student involvement along with more open spaces for students to showcase their unique talents. He expresses how he is grateful for junior year to be coming to an end, through all the unexpected changes he went through some of which he believed were needed and others

not so much but he can not wait to finally be a senior. To close the interview I asked him, What advice would you give your underclassmen for their future success in becoming juniors and so forth? " He says that underclassmen should not be afraid to do anything, " Don't be afraid to say yes. Don't be afraid to say no. Don't be afraid to explore and see what you like and what you don't like. That is what high school is for." These are wise words for Junior Class President Andray Smith.

The last person I interviewed was Amari Walton who played on the volleyball team. I asked her the same question as I did for Andray. She mentioned how her junior year is going by pretty fast and how it felt and still feels pretty fun. She feels super excited to be going to our ceremony in March. Amari expects this event to be semi-formal just like it was



last year. She expresses how she feels a little unprepared to be a senior, " I feel a little bit unprepared to be a senior but nonetheless super excited for the activities. It feels weird to almost be at the top of school after being the underdogs for 3 years." Me and you both Amari, we made it to Junior year now we got to finish off the rest of our school year. You're right it does feel weird to be at the top but that's the cycle of life, we always have to start somewhere before we can be at the top. Amari's closing advice for the underclassmen is to enjoy every moment you get because it goes by fast, " To the underclassmen, enjoy high school while it lasts because it really does fly by. Always participate in school dances and activities. Time management as well, the more you study and learn how to manage time now, the more fun you'll have now and when you get older in life." This is also wise words, underclassmen please take advantage of this advice, it will help you in your future and make it more meaningful and memorable.

This has been the interviews with Andray Smith and Amari Walton about their feelings on Junior year and what they're expecting after the ring ceremony. This year's ring ceremony is on March 24 in the main gym. Junior year is one of your most important years in high school. It's filled with the joy of being upperclassmen but also the stress of not knowing what will be next and how we should approach our choices for our future. On the behalf of the junior class of 2026 we wish our underclassmen a warm upcoming year. As you know, the class of 2026 is the best and we'll see you all at y'all's ceremony.

The Day Of Doctors

BY JAMIYAH TURNER

There are so many people who enjoy the medical field and helping others. National Doctors' Day shows love to the doctors worldwide. These people who are interested in being doctors save so many people every single day. They should be recognized more because without them life would be traumatic. Doctors share a love that shouldn't be taken for granted. They are the ones who are there through it all more than anything, and are always trying their best to save others.

National Doctor's Day takes place on March 30th, every year. This day is special because it celebrates the doctors worldwide, who have put themselves in a position to save people daily. Doctor's Day originated back in



1958 and was made a national holiday by congress, and was also given an official flower called Red Carnations to wear which represents doctors and since then, it has been celebrated every year. Doctors are honored because they work hard, and show dedication throughout their



careers. Also, they are the ones who put their patients first, time after time. These people deserve a day of celebration because they have gone through many steps to become a doctor, such as years of school and training. Doctor's Day can be celebrated with a breakfast or lunch that gathers all doctors, extra breaks off, free coffee, providing

materials, along with education for their mental health. Some days, doctors need extra breaks or reassurance because of the traumatic events that go on inside the hospital everyday. Most people may not

take this day seriously or think that it is important, but others may think this day is important because of the real life strategies and hard work that goes along with these doctors to do their jobs.

Mrs. Peck is the first responder teacher at Salmen High School and she teaches 10th, 11th, and 12th grade students. Also, she is an amazing teacher who tries her best to help students get an understanding in the medical field by learning life saving skills, whether it is physically or verbally. She was interested and open to be interviewed about the medical field, along with her thoughts on doctors. Firstly I asked what inspired her to teach about the medical field? She responded that she always loved science and how the body works. She feels like people should know things that are important about the body, but not talked about for a better understanding. Secondly, I wanted to know which specific parts are the most challenging when it comes to teaching students about the medical field. Her response was that the material and concepts can be challenging, along with the foreign words. The fourth question that I asked is what her thoughts on doctors in the medical field and how much training do you think it takes to become a doctor. She responded with, There are good and bad doctors as they would have

in any other profession. Therefore, the more knowledge you have, the better equipped you will be to make the best decisions for your health. Also, she says that different medical fields require different amounts of training. In total, the medical field takes a minimum of 11-15 years of education and training.



Another question was whether she would ever see herself being an actual doctor. She replied that she does not see herself being an actual doctor, but ever since she was young she dreamed of being a teacher. Mrs. Peck loves teaching students about the medical field because it is a topic that interests her and students can use this information and skills for a lifetime. She says, "I have had former students reach out to me to let me know that the skills and knowledge they learned in my emergency medical responder classes have helped them in real life." Lastly I asked her if there is anything else that students should know about the medical field. She replied by saying if it is not your passion, then you shouldn't do it and exploring other fields that interest you can be the best decision.

Ultimately, doctors are amazing people who care for their patient's and work hard to keep them healthy. They are people who take care of their patients, whether they are feeling good or bad. They try their best to keep patient's in a good mental state. Also, dedicating one day to only doctor's around the world can make their day. Different people have different thoughts and opinions about doctors. There are also good and bad doctors and the good doctors show as much love and dedication as possible and they deserve to be treated how they treat others. But, also it shows them that people actually care for them and all of their hard work they put in.

Date Night Plans

BY PAIGE BAILEY

Every couple has that one night they look forward to. What that might be, you may ask, date night! This is a very important night for couples to spend some quality time together. If you are looking for some nice places to go, here are some that I recommend. The movie I will be recommending is expected to do well, even with some of the reviews that are already out from the Sundance Film Festival, where it was temporarily released for critics to see.



This month's date night you can go out to a restaurant. My personal favorites are Boulevard, Albasha Greek and Lebanese café, and Carreta's Grill. These restaurants all have some amazing dishes to choose from. Boulevard has this main entree hawaiian ribeye that comes with a side of french fries and this almost sweet salad any side can be swapped out. Albasha Greek and Lebanese Cafe has the most amazing house salads and pasta. These dishes from these restaurants are great and perfect for good foods to try after an amazing film. After you see the movie, going to the restaurant is the best case because that way you have a buffer to talk about. The movie I suggest you see is *Opus*. This film releases on March 14, 2025. This movie is about a young aspiring writer who ends up getting invited to an

isolated compound of a once very famous pop star, said pop star was thought to have mysteriously disappeared. The movie also happens to be considered a horror/musical. The main cast of this great movie consists of Ayo Edebiri who plays the young writer, and John Malkovich plays the legendary pop star, including other actresses like Stephanie Saganami best known for her appearance in *Dave* the sitcom show and Rosario Dawson who happens to be well known for her role *Daredevil* the show. The film *Opus* already has many articles with different opinions written about it because of its early preview release.



With these recommendations comes an interesting date night. So the next time you're out wondering what to do for your next date night and you happen to like movies, you should see this one and stop by any of those restaurants. Remember to enjoy the presents of your partner, enjoy the movie and enjoy the food. Have an awesome date night!

Comic Relief

BY DUCE SMITH



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