



SEASONS CHANGE, BUT SO DO WE

Spartan students embrace the change that graduation season brings.

GOOD NEWS

- ★ Daniery Pastor Gomez was accepted into Louisiana State University.
- ★ Carolyn Knauer was accepted into Louisiana Tech University.
- ★ Michel'le Walker was accepted into the University of Louisiana Lafayette.
- ★ Jakhari Bender was accepted into the University of New Orleans, University of Louisiana Lafayette, The University of Southern Mississippi, and Loyola University New Orleans. Jakhari was awarded the UNO Academic Scholarship and the Dean Scholarship at Loyola.
- ★ Alexis Brower was accepted into Mississippi State University, University of New Orleans, and Jackson State University.
- ★ Azaryia Cobbins was awarded the Cardonor Opportunity Grant.
- ★ Sahara Sheridan was awarded the Non-Resident Scholarship and the Dean Scholarship of the University of New Orleans.
- ★ Ja'Kari Curry was awarded the Non-Resident Scholarship.
- ★ Carolyn Knauer was awarded the Presidential Scholarship for LA Tech.
- ★ Johann Robinson was awarded the Mile College Band Grant in Aid Scholarship, Texas College Marching Stampede Scholarship, XULA Marching Band Scholarship Award, Mississippi Valley Band Scholarship, Talladega Band Scholarship, Virginia Union Scholarship, and Alcorn State Scholarship.
- ★ Kemijah Morgan was awarded the Golden Horizon Scholarship and the Rocky Mountain Scholar.
- ★ Teachers in the 500 Hall have reported that Mrs. Peffley is a tremendous asset for their hall. Thank you, Mrs. Peffley!
- ★ Kendal Thomas was named 7-5A All District Team and All St. Tammany Parish Team for the 24-25 Girls Basketball season.
- ★ Jamari Muse and Akayla McMooain were named honorable mentions to the All-District Team for the 24-25 Girls Basketball season.
- ★ Mrs. Yates won On Way Love's Impact Award at their Night of Hope Gala. She was honored on stage for the deep and lasting impact that she makes on her students.
- ★ Talented theater students Todd Laraque, Jaleah Carter and Isis Dubuclet recently participated in the Poetry Out Loud high school competition held at Salmen High School. The students learned about poetry interpretation and recitation and performed their 2 chosen poems for the audience of judges and high school students. They did a fantastic job, and we are very proud of them!
- ★ On April 1, 2025, softball player, Ja'mya Williams, hit the first grand slam in Salmen's history against Fontainebleau High School.

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| <ul style="list-style-type: none"> ★ April 9:
-Senior Awards Night @7 PM ★ April 11:
-Deadline: Underclass Picnic Tickets
-Senior Exams (6th & 7th) ★ April 12:
-Saturday Detention & Seat Time 8:00 AM-12 Noon ★ April 14-21:
-Spring Break | <ul style="list-style-type: none"> ★ April 24:
-Senior Exams (3rd & Makeup Exams)
-Seniors Last Day/Picnic ★ April 26:
-Saturday Detention & Seat Time 8:00 AM-12 Noon ★ April 28:
-Graduation Practice 10 AM-12:30 PM @Southeastern ★ April 29:
-Graduation 7 PM @Southeastern |
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Nathan's Weather Corner

BY NATHAN MEUNIER

Welcome back Spartans to our cozy little Weather Corner! We're in the final stretch! With this being our penultimate weather article before most of us leave for summer and our seniors break into the real world, it is time to close out the year.

To summarize, April seems to be warmer than previous months, with warmer weather all around and a good chance of a lot of rain. But if you're reading this then I don't think you want a short summary. So without further ado, let's get into what we all came here for: the stats!



As of writing this, the average temperature for April can range from 71° on the lower end and about 81° on the higher end with some wiggle room for warmer or cooler temperatures here and there. As for rain, April seems to have around 16 days where it could rain with (insert inches of rain) inches on average. So, Spartans, make sure you have something to protect you from mother nature and try to enjoy one more month of nice weather before the heat starts kicking in for summer!

With the stats laid out, we close out another month's weather. But fear not, for I still have more fun facts about the weather to throw at you! First, Phantom Rain is a phenomenon where rain falls, but never actually hits the ground due to evaporation. Next, Raindrops are usually represented in the shape of a teardrop, but this is not true in reality. When raindrops first form high up in the atmosphere, they take on a spherical shape. But as they begin to fall their shape changes and during this time, air resistance causes the bottom of the drop to flatten and curve resembling that of a jelly bean rather than a teardrop.



Finally, while providing an exact figure is difficult, the height raindrops fall and size can differ BUT following an average speed of 14 mph and an average cloud height of ~2,500 feet, it would take ~2 minutes for a raindrop to hit the floor. Very small raindrops can take as long as seven minutes to reach the

ground; while larger droplets can fall at speeds of 20mph. With the finishing touches over and done with, I'll leave you all for another

UPCOMING EVENTS

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| <ul style="list-style-type: none"> ★ April 4:
-Free Physical Exam @Salmen ★ April 7-8:
-Senior Cbook Pick-up | <ul style="list-style-type: none"> ★ April 22:
-Senior Exams (4th & 5th) ★ April 23:
-Senior Exams (1st & 2nd) |
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month and return for one final time as your weather writer. I hope you all have a good month and I'll see you all next time!

Number Buff

BY WALESKA ADRIANO

Throughout the year, many of us have seen progress in our math classes, which greatly influences the quality of education on campus. So, wherever you are reading us today I want to tell you that this April we are launching a teacher spotlight in the name of Mrs. Hall. Mrs. Hall is dedicated to teaching Algebra I & II at Salmen High School and also, like most good teachers in this field, to correct students and guide them to the right path. This is an amazing time to highlight her importance on this campus and to showcase her performance in our school for the first time in our school newspaper. Continue reading to see the performance Mrs. Hall brings to our Spartan family.



As many of us know, Mrs. Hall is an Algebra I and II teacher. But, she is so much more than that. While serving in Korea she taught English classes to primary school students after her serving hours. Teaching English classes sparked her interest in becoming a teacher, given what she did, teaching ROTC or a physical fitness class is also something that she is still really interested in. After returning to the United States, during her term of service, she had the wonderful opportunity to complete a teacher certification course. Like any good teacher, she decided to dedicate herself to teaching and correcting students, and like a good mother, to dedicate more time to her 3 children. During her college years, Mrs. Hall took many engineering classes, but she never thought that her taste would become mathematics.

Her favorite moment of teaching is when she watches her students progress after understanding the concepts, she says it is like solving a puzzle. Every teacher has their opinion on what is hardest when teaching, but Ms. Hall says that in math, keeping students interested and motivated to learn is a big challenge, since math skills are not learned through Google. Respect in a classroom is mutual, so she

always puts it into practice to earn it. Much like concentration; as long as a student is focused on their work they will not have time to dawdle and misbehave. She tries to make sure everyone has full control over their approach, so she helps out whenever and wherever needed. As someone of distinction, she always follows Salmen's rules and expectations. Ms. Hall believes that all humans are blessed with the ability to learn, but she thinks it is the teacher's responsibility to find what works for each student.

In short, Mrs. Hall brings a lot to the table when talking about good quality teaching in Salmen High. Her teaching is very important for every student on this campus, so it is worth taking into account. Now, you tell me, have you done your algebra homework yet?

Salmen Spartan Cheer Team!

BY LONDON COBBINS

S-P-A-R-T-A-N-S! SPARTANS! Have you ever heard of the Salmen Spartans Cheer team? Well, they are a cheer team here at Salmen. There are a lot of people you may know that are on the cheer team. On the cheer team, you show your leadership, hard work, and integrity.

Mrs. Carter is the cheerleading coach and sponsor here at Salmen. She decided to sponsor the cheer team because the team needed a sponsor, and she was available. She wanted to make a difference and be a role model in each of the young girls' lives. Her favorite part of coaching the cheer team is seeing the smiles on the members' faces. She enjoys watching how they engage the crowd, and she enjoys observing their progress throughout the year. Her main goals for the cheer team are to promote school spirit and unity, enhance skills and performance, achieve competitive success, encourage leadership, and support community involvement. One word she would use to describe the team is dynamic.

Madison Knight is one of the cheerleaders on the Salmen Cheer. This is her second year on the Salmen Spartan cheer team. Madison joined the cheer team as a freshman. Now Madison is officially a "vet". Madison's goal



for the cheer team is to bring the team together and make it feel like sisterhood. She wants to be able to be an older sister to a lot of them and make them feel at home. Madison's plan to grow the cheer team is to spend more bonding time together outside of school to learn more about each other. Madison would describe the cheering team as "hectic" and "unexpected". Madison's experience on the cheerleading team this year was very overwhelming and stressful. There were many adjustments that she had to get used to. Coming in as a freshman in high school making the team was such an amazing experience, then coming in as a returner to multiple changes.

Adri'Anna Ray-Franklin is also a cheerleader on the Salmen Cheer team. This is Adri'Anna first year. Adri'Anna is trying out to cheer for her sophomore year. Wish her good luck! Her goals for the cheer team would be to have a better attitude and make sure we get the best experience possible. "My freshmen year was a rollercoaster, and we didn't get to do many things." Her plans for the cheer team are to try to make the new freshmen have a good year and to welcome them the next time she can. Adri'Anna would describe the team as interesting. Adri'Anna's experience on the cheer team was very natural. She has been cheering since she was around three. From performances and competitions she can say that this year was not what she expected it to be. She hopes for her sophomore year that she'll get to be the best that she can.

Well, they are a cheering team here at Salmen. There are a lot of people you may know that are on the cheering team. On the cheer team, you show your leadership, hard work, and integrity. If you are interested in the Salmen cheering team, talk to Ms. Carter.

The History Of April Fools

BY SAVANNAH SMITH

Breaking news! Aliens have attacked Salmen High School....APRIL FOOLS! April Fools' is a day celebrated on April 1st, dedicated to pulling mischievous pranks on others. April Fools' history dates back ages ago and is still celebrated today. In England and Canada, they typically celebrate April 1st in the morning, while in America we celebrate all day with funny tricks and pranks.



April Fools' is a holiday that consists of practical jokes and hoaxes, and it dates all the way back to 1582. Historians speculated that when France swapped to the Gregorian calendar for the Julian calendar and into the new Gregorian calendar, the new year started around April 1st. Some others didn't get the news and were late to know the recent changes that the new year changed to January 1st and the people who didn't know about these changes celebrated them on April 1st and, as a result, the ones who knew about the changes made jokes and hoaxes on those who didn't know. Although this was the first occurrence of there ever being April Fools', there's some more rich history. As April Fools' started spreading, it came to Scotland. The Scottish people had a tradition of people sending others to "Hunt the gowk" in which they were sent on false quests and even the traditional "kick me" signs and pinning fake tails.

Now, in more modern times, April Fools' hasn't completely changed. It still consists of its usual funny pranks and tricks while falling on April 1st. Most of the time, people are all pulling pranks and joking with each other, even big companies. Yes, even companies play pranks on the media. On April Fools', Burger King introduced a toothpaste-flavored whopper, but be careful because it was just an April Fools' prank!



In conclusion, April Fools' is a day of playful jokes and hoaxes and is celebrated on April 1st. April Fools' is still the same as it was hundreds of years ago, originating from France when France made a change from the Julian calendar to the Gregorian calendar. April Fools'

dates back all the way to the 1500s and it is still celebrated today with funny pranks to pull on friends and family.

The Month Of Love For Children

BY JAMIYAH TURNER

Undoubtedly, children are gifts that come into life and bring joy and motivation to those who may need encouragement. They provide families with unconditional love and should be treated with respect, no matter the situation. Remember that they are here to live a life just like normal humans. No one should ever make a child feel unloved or unwanted because they are innocent and are here to learn and love. Kids should be the reason a person would want to do better and work hard to watch them sprout into amazing adults. Abuse is something a child should never have to experience. Being patient saves a lot of stress. Which changes a person's perspective of certain situations. Everyone has different ways of coping, but the mind should think before taking action.



Specifically, Child Abuse Awareness Month takes place every year in April. Also, it originated in 1979 by President Jimmy Carter. According to a report, over 646,000 children have become victims of child abuse. Another 1,580 children died due to being abused physically. Thus, most child abuse cases have been found in developed countries rather than developing countries. Over six million children have been reported due to child abuse and there are at least four million referrals sent to Child Protective Services Agencies to keep them aware of child abuse cases. Spreading the awareness of the kids who suffer from being abused can save many kids who think that they are alone at times in those traumatic situations. Thinking deeply about how these young children or even teenagers expect their parents to be protectors and superheroes who are supposed to keep them safe instead of visualizing them as monsters, can cause emotional damage as they grow up. It can cause isolation in the mind and make a child not want to show any love or even trust anyone due to childhood trauma. People who create kids and bring them into the world should cherish them and guide them through life as long as they can, no matter their age. There

is no reason a child should suffer because a careless person takes their anger out on them. For this reason, there are many horrible outcomes to a child being physically abused, such as lifetime bruises and scars, becoming hospitalized, or leading to death. Spreading awareness is a way to slow down these traumatic events.

Hence, there are many ways to prevent child abuse, like calming down in situations where it feels like a person is going to lose their mind.



Keeping in mind that kids are young and will not know any better until they are taught by their parents, is a good way to teach people to be patient. Letting a kid make mistakes to learn from is also a good way to start, so that a job as a parent can maybe be less stressful. Yelling will only do worse and make a person want to physically abuse their child, because the anger just builds up, which is overwhelming. Actions will always speak louder than words, and overpowering is a true thing. That is a prime reason why a clear, positive, and strong mindset is important. Abusing a child will not make anything better because there are consequences for those types of actions, not only to the person responsible but also to the child as well. The child will be in a worse condition than the parent because it is something that that child will grow with for the rest of their life. Being caring to a child is also a way to show love and let them know that they have a parent who is there to cherish them and keep them on their feet. If being overwhelmed by a child is stressful for a parent, starting a routine for every day can slow the stress down and create a positive and patient mindset for the parent, which also teaches the child or teen to be organized and always their-day-to-be smooth. Abusing a child should not cross anyone's mind because it will not relieve stress, it will only add more stress on both the child and parent. As a parent, keeping the child safe and protected from the evil world should be the main focus because the child can grow up to show hatred towards the parent, guardian, or even people around them. They would not be able to come in contact with other kids or people because they may be traumatized or scared of the outside world, due to what went on in the home as a child.

Furthermore, children are brought into this world to give unconditional love and grow up to be successful. Making a child feel

unloved and unwanted, due to abuse can cause traumatic outcomes throughout their lives. No one ever wants a kid or teen to grow up having to remember what was done to them as a child. Any child would want to grow up to tell amazing stories and points of view about their parent's parenting. All kids should be treated with respect no matter their ages. No child knows better in some cases, the way a child is raised can cause isolation, anger, and depression. Always show love to children no matter what mistakes have been made, mistakes cannot stop life because they go on and eventually the mistake will be a life lesson that has to be moved on from. A person should never let their negative thoughts and actions overpower them because there is always a reality and an ending to every story that is created. Also, wearing blue in any way can show support for Child Abuse Awareness Month. Be a great person and spread the awareness of child abuse around the world. Not only in April, but every month! Everyone's dedication to saving children is well appreciated every day.



Stress Awareness Month

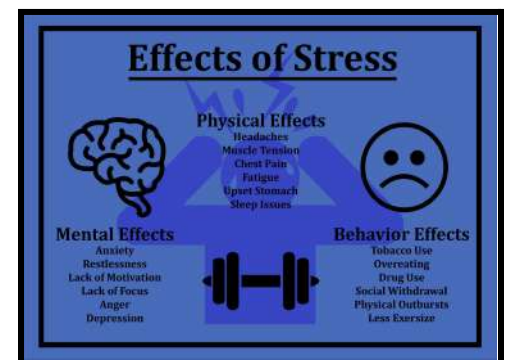
BY BRENDON JOSEPH



Since 1992, every April has been designated as Stress Awareness Month. However, as the years continue Stress Awareness has become more significant. Gaining skills to manage your own stress and discovering constructive methods to handle certain circumstances and

contribute to leading a healthy and uplifting life. Now let's dig deeper into why it's important to manage your stress and what it can do.

Stress is the body's instinctive response to changes or challenges that arise. It can lead to various physical, emotional, and behavioral reactions. Everyone faces stress occasionally; it is unavoidable. However, employing stress management strategies can assist you in coping with it. Stress is a typical human reaction that affects us all. In fact, our bodies are built to experience and respond to stress. These stress responses enable your body to adapt to new circumstances. Stress can have positive effects—keeping you alert, driven, and prepared to evade danger. A major exam, for instance, might trigger a stress response that fuels your focus and energy levels and makes you stay alert for an extended period. Nonetheless, stress becomes problematic when stressors persist without offering relief or opportunities for relaxation. It states on my.clevelandclinic.org that “there are three main types of stress: acute, episodic acute, and chronic.” Acute stress is short-lived and arises quickly, and it can be either positive or negative. Episodic acute stress occurs when you frequently experience acute stress, preventing you from regaining a calm, relaxed state. This type of stress often affects individuals in certain professions, such as healthcare workers. Chronic stress is long-lasting and can continue for weeks or months. You may encounter chronic stress due to marital difficulties, work-related issues, or financial concerns. It is crucial to discover methods to deal with long-term stress, as it can lead to health complications. Therefore, stress can adversely affect your mental well-being in various ways, such as leading to anxiety, depression, and trouble sleeping. Stress can trigger numerous physical manifestations, including headaches, muscle discomfort, and gastrointestinal problems. Additionally, it can influence your cardiovascular health, sleep patterns, and immune response.



Now that we have explored more into why it's important to manage your stress and what it can do. A lot of people deal with stress but have different ways of managing it and with certain ways of handling it you can cause more damage to the body physically. It states on cms.illinois.gov

“Stress Awareness Month is important because if stress is not managed properly, it can lead to numerous health issues, including elevated blood pressure, heart conditions, obesity, and diabetes.” However, there are multiple ways you can reduce your stress level by time management, exercising, journaling, yoga/meditation, acknowledging it, eating well, connecting with others, and learning to say no when necessary.

Earth Month

BY KAYLA WATSON

Do you know there's actually a month that deals with keeping the earth healthy? Earth day is on April 22nd but is celebrated throughout the whole month. It is an event that brings awareness to the challenges that the Earth faces. Being recognized as a day where many people can take action against climate change, pollution, and deforestation. Earth day has always been celebrated on April 22nd and has a rich history, there are also many ways to celebrate earth day.

U.S. Senator Gaylord Nelson organized the first nation-wide “teach in” where it taught the community to be aware about their environment and all the issues that were either natural or issues that are caused by humans in the 1970s. During the 1970s, there was a lot of industrial pollution, oil spills and environmental degradation that received little to no public or political attention. According to the Library of Congress, Nelson was inspired by anti-war movements growing energy to advocate for the environment that he organized the teach in which drew about 20 million Americans to support the great cause of protecting and caring for the environment. With this event being such a huge success it led to the creation of the EPA (U.S. Environmental Protection Agency) and the making of new laws that help the environment. Such as the Clean Air Act, Clean Water Act and the Endangered Species Act. The United States is not the only country that celebrates Earth Day, it is a worldwide event that more than 190 countries celebrate in an effort to combat environmental crises.



Anyone and everyone can partake in Earth Day by making small but very impactful changes in their daily lives. Based on many resources like National Geographic Kids and EarthDay.org there are many ways that someone can participate in helping the earth. They can use the three R's which are Reduce, Reuse, and Recycle, by using this many people can minimize waste by recycling it properly and choosing reusable products over those that are disposable. Another option is to support renewable energy. Many individuals can go for solar or wind power that gives off energy and advocate for a more cleaner energy source. Planting trees around us helps our cellular respiration system but by doing so improves the air quality by absorbing the carbon dioxide and in return provides a wonderful



habitat for all of nature's wildlife. One of the last steps that one can do to partake in this activity or festive event is to educate and advocate for what's right for the environment. Earth Day can be considered more than just a celebration but a healthy reminder that the health of our planet, our environment around us depends on all of our actions. Everyone has a role to play in protecting the earth we all live on. So if not everyday, students, teachers, and administration please make sure to make beneficial choices on April 22nd for a better environment that we live on, in support of Earth Day.

National Autism Awareness

BY KELSEY LEE

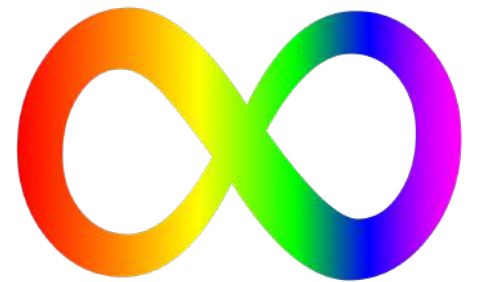
Happy Autism Awareness Month! If you didn't know much about autism then I am here to tell you about it! Autism is a developmental disorder that makes it difficult for those to communicate or interact with others. Although this disorder may be difficult to completely understand or listen to those with this disorder it doesn't mean that they are any different from the rest of us. If anything, they are unique and should be treated with the same respect and patience.



As we know, autism can make it hard for those to be social or speak to others as they can shut down very fast. This can cause anxiety, feeling overwhelmed, or even if they start

struggling to process information that is given to them. Autism Awareness Day originated from The United Nations General Assembly. They declared April 2nd is World Autism Awareness Day to highlight the need to improve those with autism so they can learn the full meaning of their lives as an integral part of society. This special day came to light on December 18th, 2007. Typically, on April 2nd people wear blue as a gesture to show those with autism as well as their family members to show they aren't alone. So, be sure to wear your blue on April 2nd!

Ms. Williams is a MHP here at Salmen High School. To get more of an inside look at what it is like to work with those who have autism, I asked her a few questions. The first question I asked was what she knows about autism. She tells me, “People with autism have neurological and developmental differences. The differences can vary greatly, which is why it's not referred to as Autism Spectrum Disorder.” Along with that, I followed up and asked her which teaching strategies she learned that work the best for the students. “Being diagnosed and treated early leads to the best outcomes. Students on the spectrum may also require an Individual Accommodation Plan (IAP), or an Individual Education Plan (IEP), depending on their needs.” she tells me. To add to that I asked what his/her experience is with autistic children. She says, “I'm a Licensed Professional Counselor (LPC), and I've worked with adolescents, including students with autism, for about 20 years.” Lastly, I asked how does autism affect students' lives? “While students on the spectrum can be very intelligent, their neurological differences can lead to struggles with communication and social interaction. Some have developmental delays that make learning difficult.” she explains. With all of this information, I believe we all can agree we understand a little more than we did previously on autism.



In conclusion, I hope everyone spreads kindness to those with autism or any other person who may live with a disorder like this. As for at the end of the day we are all the same and live on the same Earth. It can be hard to understand or talk to those with disorders but we all have to remember that they are learning just as much as we are on how to be humans in this world. So remember to be patient and understanding. I hope after reading this you have a different opinion on this topic. Lastly, don't forget to wear your blue and make someone's day a little better.

Cherishing Mrs. Cousin's Work

BY MADISON KNIGHT

Did you know April 4th is specifically dedicated to school librarians? Well, if you didn't know now you do! Mrs. Cousin is our very own librarian. Many may think her job is easy, but really what is all she does? What does a typical day in the library look like for her? Read below to find out more!

Mrs. Cousin has been a librarian for 5 years, and she loves her job! Life takes us by surprise every single day, you just have to keep waking up. Becoming a librarian wasn't exactly in her cards of what she wanted to do in life. The opportunity just kind of opened itself up to her. Mrs. Cousin expresses that she has always had a great love and interest in books and literature itself ever since she was a little girl with the help of her mother. Before considering becoming a librarian, she was an Art teacher, an English teacher, and even a coordinator. Although, with all the other experiences she is so thankful that she ended up here.



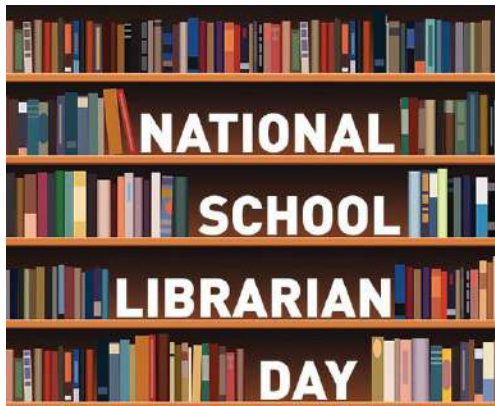
Well I'm sure we're wondering, what does Mrs. Cousin's day look like in the school library? First, in the morning setting up all of the things students may need to start their day, like printing replacement IDs and working on chromebooks pretty much takes place for the rest of the morning until students are issued to go to class. Mrs. Cousin states, “The rest of the day involves



issuing Chromebooks to new students, creating tickets for broken Chromebooks and chargers, helping students with textbook checkouts, answering emails from teachers and resetting passwords.” Sounds really hectic right?!

However, being the school's librarian isn't just about working on technology and replacing items. Mrs. Cousin's main goal is to encourage more students to check out books, ever since she has become a part of the Spartan family and working in the library, she has taken in consideration what students at Salmen enjoy reading the most and has specifically chosen similar genres and novels for our library. Apart from this, positive staff makes positive students, coming from a student, I love happy, energetic, & heart warming teachers! Mrs. Cousin is one that loves to build relationships with students, as she stated “Our students are the best in the parish and I love getting to know them.” This tends to make a lot of students feel comfortable, and encourages most of us to come to school.

In conclusion, Mrs. Cousin has a lot of responsibilities being a school librarian. She loves her job more than anything, and wouldn't trade this position for anything. Creating new relationships with students, encouraging them to check out different books related to their likes makes her job worth the while. If you see Mrs. Cousin around, ask her if she needs a hand! I'm sure she'd love the extra help from students. Thank you Mrs. Cousin for dedicating your time and energy into making our school better everyday!



National Wildlife Week

BY AMIYAH SHANNON

How can we love and appreciate the Earth we live on, without supporting our wildlife? We can't! Therefore, I'm bringing to your attention National Wildlife Week! This takes place in the first week of April, what a great way to start the month. In honor of National Wildlife Week, this article will tell you about our very own wildlife



and ways we can support it.

Let's start off with why wildlife is so important. Wildlife is so important because it gives our ecosystem a balance. Wildlife affects us, other animals and our environment. Wildlife is like a domino effect, if it goes down everything

else on Earth also goes down with it, including us. We need wildlife to produce other food. That's also the same reason why other animals need wildlife, without these certain animals, a lot of other animals wouldn't exist either. As far as our environment, according to the World Wildlife Fund, wildlife animals play a role in controlling the carbon cycle and supporting biodiversity. The habitats of wildlife also have a huge effect because of the ecological benefits. For these reasons alone, wildlife has a huge impact on the earth and the species on it.

Unfortunately, our wildlife is slowly being destroyed. Species like tigers, red pandas, blue whales, snow leopards, giant pandas, asian elephants, green sea turtles and others are currently endangered.

Mainly because of human activities and climate change. However, there are ways our wildlife can be helped and supported! The website, NOAA Fisheries, gives more information on the endangered species and ways we can help. For starters you can



volunteer for restoration projects, protect wildlife habitats, donate funds, and report wildlife harassment to NOAA's Office of Law Enforcement 24-hour hotline: (800) 853-1964.

There you have it! All about our wildlife and ways you can help support and spread awareness. I hope this article opened your eyes

about the importance of wildlife. If you haven't done anything to help our wildlife, I suggest taking the first week of April to appreciate it and bring the attention of our wildlife to others. You can always help our wildlife by doing simple things like picking up litter and donating. And always remember without our wildlife we wouldn't be here!

The Life of a Student-Athlete

BY ADRIANNA RAY-FRANKLIN

In honor of National Student-Athlete Day, I had the opportunity to sit down with Andray Smith, a junior athlete here at Salmen High. Andray has been participating in athletic activities since he was around 10 years old. During our interview, he shared insights into his daily routine, the challenges he faces as a student-athlete, and what this special day means to him. Andray wakes up every morning at around 5:00 AM to get ready for school, he takes notes in all his classes about the assignments he needs to complete throughout the week so he can stay on top of his work. Once he's done with school he heads to band practice and practices his notes for the upcoming parades he is playing the tuba in. After practicing for a bit he heads over to the field for his track practice, where he encounters “excruciating workouts” he heads home and starts on the work he needs to get done. Despite the rigorous schedule, Andray finds that being part of a team motivates him to excel on both the track and in his studies.



When asked about the support system available to student-athletes, Andray emphasized how crucial it is for success. “Our coaches are incredibly supportive; they understand that our education matters first,” he said. Did you know Salmen provides tutoring after school? “Having that support makes a huge difference,” Andray added. On National Student-Athlete Day, Andray feels proud to represent not only himself but also all student-athletes who work hard every day.



“This day is a reminder of our dedication and commitment,” he stated. “We are not just athletes; we are students pursuing our dreams.”

For Andray, being recognized on this day reinforces his belief that hard work pays off and inspires his peers to strive for excellence

in both academics and athletics. National Student-Athlete Day is a time to celebrate the hard work and achievements of student-athletes who excel both in sports and academics. This day highlights their commitment to balancing school and athletics, showing not only their skills in games but also their dedication to staying on top of their assignments. By recognizing these student-athletes, we acknowledge the important life lessons they learn, like, teamwork, discipline, and perseverance. In the end, National Student-Athlete Day serves as a reminder of the positive impact that student-athletes have on their schools and communities, inspiring future generations to pursue excellence in both their studies and athletic dreams.

Good Friday

BY CHLOE BOWMAN

Good Friday, which will occur on April 18 this year, is a holiday to celebrate and remember the crucifixion of Jesus Christ. This holiday happens the Friday before easter. Good Friday is celebrated by Christians and Catholics. Good Friday is often celebrated at churches with family and friends. At these gatherings people eat fish, rather than meat. And people will also retrace Jesus' final steps before he was crucified, which is a 14 step process.



Good Friday is an important date to many, this is because it is a holiday to celebrate the death of Jesus, leading into Easter which celebrates his resurrection. Although we don't know the exact day that Jesus died we know that it was on a Friday, hence the name Good Friday. But why is it called

“Good” Friday if the holiday is supposed to be about remembering the death of Jesus? It is called “Good” because the people believed that Jesus's death was the ultimate sacrifice for humanity's sins. Good Friday is the day that Jesus was crucified by the Romans in Jerusalem. Jesus was sent to death by crucifixion by the Roman leader Pontius Pilate He was publicly beaten and forced to carry a wooden cross through the town, he was then nailed to the cross, where he died. Today many people attend church, read the bible, and do not eat meat. A couple of fun facts about Good Friday is that it is illegal to dance in Germany today, and many people do not wash clothes or do chores



because it is said to bring bad luck. Another interesting fact is at about midday traditionalists would crack an egg in a bowl of water and then collect the white of the egg. It is then left in the sun to dry, once it's done drying it is believed to form a shape that will show your future.

All in all, Good Friday is a day to celebrate and remember the death of Jesus and the sacrifices he made for us. Some things that people do to celebrate this holiday are fasting, attending special church services, family gatherings, reflection, and prayers. Good Friday is an important date for us to celebrate because although it's sad, it is leading up to Easter Sunday when Jesus was resurrected. If you don't celebrate Good Friday you could always ask a friend that does, and ask about how they celebrate it and what traditions they have.

Patriots Day

BY RONDEL FINLEY

On April 19, The Battle of Lexington and Concord took place. This battle was known as the “shot heard round” the world and was the first battle of the American Revolution. The American Revolution is the reason our country is independent today and since then there have been many holidays recognized by our country and by different states to honor what our past soldiers have done. On April 19, 1894, Patriots day was created.

Patriots Day is observed(honored) by 6 states, Massachusetts, Maine, Florida, Wisconsin, Connecticut, and North Dakota. Governor Frederic T. Greenhalge proclaimed Patriots Day as a holiday in 1894. It was originally observed on April 19, the original day of the battles but was moved to the third Monday. It commemorates the Battles of Lexington and Concord and the Battle of Menotomy in 1775. The Battle of Lexington was the first battle in the American Revolutionary War. 73 British were killed, 173 wounded, and 26 missing while 50 Americans were killed, 39 wounded, and five missing. The Battle of Lexington helped turn a colonial revolt into a fight for political independence.



The Battle of Concord took place the same day on April 19, following the battle of Lexington. The British lost 73 men while the Americans only lost 49. This fight was significant because It showed



the British that unjust behavior would not be tolerated in America. It proved that Americans were gonna revolt. Patriots Day is celebrated in many ways. Some of the ways people celebrate and honor the battles include but are not limited to, sporting events, parades, and even historical reenactments.

On April 19, 1894, Patriots Day was created. The American Revolution is the reason our country is independent today and since then there have been many holidays recognized by our country and by different states to honor what our past soldiers have done. This battle was known as the “shot heard round” the world and was the first battle of the American Revolution. It's important to know about this holiday because these battles are the reason we have the opportunities we have

today. After knowing what Patriots Day is about and how it's honored, consider doing some of these things, have a great month Spartans!

Don't Worry, Be Hoppy

BY ELIZABETH KALUEV

Do you celebrate Easter? Easter is a holiday to praise the resurrection of Jesus. This is also called Pascha in other languages like Greek. This is a cultural holiday as well as a Christian festival. The tradition of painting eggs originated from Ukraine, this spread worldwide and now many people do. Interestingly, the Easter bunny arised from Germany.



At first, Easter was just a celebration for reaching the Spring Equinox. This holiday started in the 2nd century. Did you know that America replaced the Easter hare with an Easter bunny? Before it turned into an American holiday, the Pagan nation claimed it as a symbol of rebirth and renewal. Christians go to the church every Sunday because of the fact that it's the day that Jesus was reborn. In the late sixteenth century people discovered Easter egg hunts. They came across this when the men would put the eggs in a hiding place so that the kids and the women could locate them. Not only is there Easter, however there is also something called Orthodox Easter. These are very similar but they use different calendars. Countries like Ukraine, Russia, Bulgaria, and Greece use the Julian calendar. The Julian calendar was founded by Julius Cesar in 45 BC. People in the West use the Gregorian calendar which was established by Pope Gregory XIII in 1582. Orthodox Christians believe that Orthodox Easter is more salient than Christmas.

You can have so much fun on Easter! One idea is doing an egg and spoon race, this is an entertaining way to bring people together. A local annual Easter egg hunt happens in Olde Towne Slidell where they hide eggs along a couple of streets. On April 12th you can enjoy an Easter breakfast while also meeting the Easter bunny at Northshore Mandeville Kiwanis Club. Next, you could do an Easter basket gift exchange with your friends. Some other recommendations include pin



the tail on the bunny, decorating Easter eggs, a classic Easter brunch, or even decorate an Easter tree!

Easter is one of the holidays that brings people together. Did you know that five million marshmallow bunnies and chicks are made each day in preparation for Easter? Also, people in Poland wish each other a “Happy

Egg” instead of a Happy Easter. To close it off, this Easter will be egg-stra special. I'm sure hopping that you have a hoppy easter!

Celebrating The Magic Of Learning

BY KAELYN LEVY

On National Kindergarten Day, we celebrate the journey of young learners as they take their first steps into education! Let's cherish the joy, and creativity that spark a lifelong love for learning! National Kindergarten Day is a special occasion dedicated to celebrating the invaluable experiences and foundational skills that children gain during their early education. On April 21st each year, this day highlights the importance of kindergarten in fostering creativity, social skills, and a love for learning that sets the stage for lifelong educational journeys. Join in on recognizing the teachers, parents, and, most importantly, the young learners who make this vibrant stage of education so remarkable! National Kindergarten Day highlights the essential role of early childhood education in fostering foundational skills, creativity, and a lifelong love of learning, emphasizing the importance of nurturing environments for young learners.



Each year On April 21st, we celebrate National Kindergarten Day. We celebrate to remind us of the man who started the first kindergarten! Friedrich Wilhelm August

Fröbel created this day to highlight the importance of education, the first steps of learning in your early childhood life. Kindergarten is a German word meaning “children’s garden”. According to nationaldaycalendar.com, Froebel laid a foundation for modern education, recognizing that children learn through play and experience. In 1856, Watertown, Wisconsin, opened the first kindergarten in the United States. Founded by Margarethe Schurz, this kindergarten was a German-language class, as were many in this region. Kindergarten found its way into private English-speaking institutions across the country. However, it wasn't until 1873 that it became part of any public school system.

Some key points of being a kindergartener are that it prepares the kids for the academic demands of first grade! It allows them to explore and grow academically, socially, and emotionally, mainly through play-based learning techniques and activities that include music or playtime outside. Teachers also use tablets and computers to teach the youth, this helps them gain useful tech skills that can be used later in life if needed!



Kindergarten is the start of everything, especially being around other kids that are the same age as you, by learning how to share and play with each other, and how to act based on the setting of the classroom. It's the first step in learning how to do basic things like

playing, singing, drawing, counting, and talking more. It's the first step for you to get started and ready for the 1st grade and more difficult techniques than playing.

Holidays like these are special to people like you or your parents having a kindergartener going to start real school! This shows the process of their child growing up and that's what makes parents happy, seeing their baby growing into big years! Little holidays like this always count and this is what makes some people proud. Little holidays like this all matter because we get to learn about the kindergartner's mindset and more! In celebrating National Kindergarten Day, we honor Friedrich Froebel, whose belief in the importance of play and creativity in early education continues to inspire and shape the learning experiences of children today. And this shows the care about little kids growing up and the importance of that so if you would like to support this holiday! Recognize an outstanding kindergarten teacher, or you can donate to a teacher's supply fund !

Adopt a Pet Day

BY RONDEL FINLEY

National Adopt a Pet Day is April 30th every year. This holiday raises awareness about the many animals in shelters hoping to find loving homes forever. Pets such as dogs and cats can reduce stress, strengthen your self-esteem, and be a best friend in general. If you're looking to adopt a pet or ever thought about it, North Shore Humane Society has many dogs and cats that would love to find a new home, and who knows, that may be with you and your family.

Meet Copperhead Cooper. Cooper is a mixed breed who is 2 months and 9 days old.



He has been in the shelter since 2/11/2025. And has been waiting to find someone who will take him home. Cooper is playful and energetic but very loving and could be a great addition to your family. Pumpkin is a 2-year-old Calico kitty who was rescued from a past situation. She's playful and loves to be spoiled



and cherished. Pumpkin is as sweet as her name and would love to be a part of your home.

Caesar has been at the humane society for 4 years! He's a very patient dog who gets along with cats and doesn't take long to earn his trust. Caesar has a fear of strangers but once you get to know him he becomes one of the most affectionate, loyal and loving dogs you'll ever meet. He loves the outdoors and enjoys playing in the



water. If you have the patience and love to get to know a dog like Caesar, maybe he's the companion for you! Chopstick is the oldest cat in the humane society. She's a 1-year-old tabby who was found



homeless with some nerve damage in her tail and back, despite these challenges she still is as lovely and vibrant as ever. She's full of life and curiosity and if you give her compassion and patience, you may be the perfect owner for her.

All in all, there are over 362 million cats and dogs who are homeless around the world. Animals can provide you with love and companionship if you're willing to take care of them. There are many other dogs and cats at the Northshore Humane Society that would love to be a part of your family. If you are interested in any of the pets talked about in this article or others you can visit their website or give them a call, have a great month Spartans!

April Must See Films

BY PAIGE BAILEY

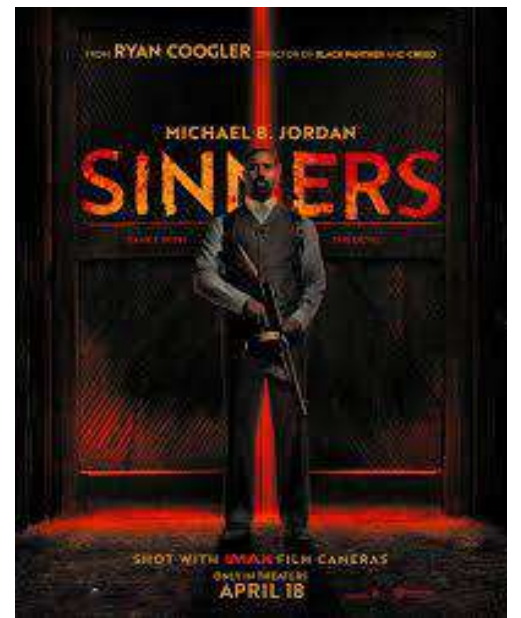
This April, indulge in two of the most anticipated movies of the year. One of the movies is an upcoming comedy and the other leans more toward a serious film that will automatically catch the viewer's attention. The first movie is predicted by some analysts to be a blockbuster, making over 1 billion dollars at the global box office. The perfect time to see films that will keep you entertained.

On April 4, 2025, *A Minecraft Movie* is coming to theaters. The film is based on the very popular video game, Minecraft. The movie is going to be about how a mysterious portal pulls four people that you would normally not see together through the Minecraft world. Fans all over the world who are Minecraft players are mad that the movie is releasing, they don't like the fact that it's a comedy film or how the graphics of the film look, they would like something less comedic looking. Many fans were thinking of going on a strike like how some fans did when the original *Sonic* trailer came out, they got the makers of the graphics to change Sonic from looking oddly goofy to normal. The film will contain a very popular cast, including Jack Black,



Emma Myers, Jennifer Coolidge and Jason Momoa who is best known for his character Aquaman in the DC movies, Jason also happens to be one of the producers for the film.

In addition, Friday, April 18, 2025, the film *Sinners* is going to be released. This movie is going to be about twin brothers who are trying to leave behind their past troubled lives. The twin brothers are played by Micheal B Jordan, both of the brothers happen to return to their hometown to start again, this is when they discover that something evil is inside the shadows waiting for them. The cast also includes some amazing actors and actresses like Jack O'Connell, Jayme Lawson and Hailee Steinfeld who is best known for her roles in *Pitch Perfect* and *Emily*. Hailee Steinfeld character happens to be an important side character, in the trailer you can clearly see her dancing with one of the twins, it can be anticipated that she might be a romantic interest for one of Micheal B Jordan characters. *Sinners* box office is projected to perform very well.



This is the perfect time to see films that will keep you entertained. Either way, you should catch a comedy or thriller this April. With anticipation very high and mighty for these films, make sure not to miss out on the fun of a movie based on a video game or a movie that has been filmed in several different areas in the New Orleans region. Enjoy your Easter!

Comic Relief
BY DUCE SMITH

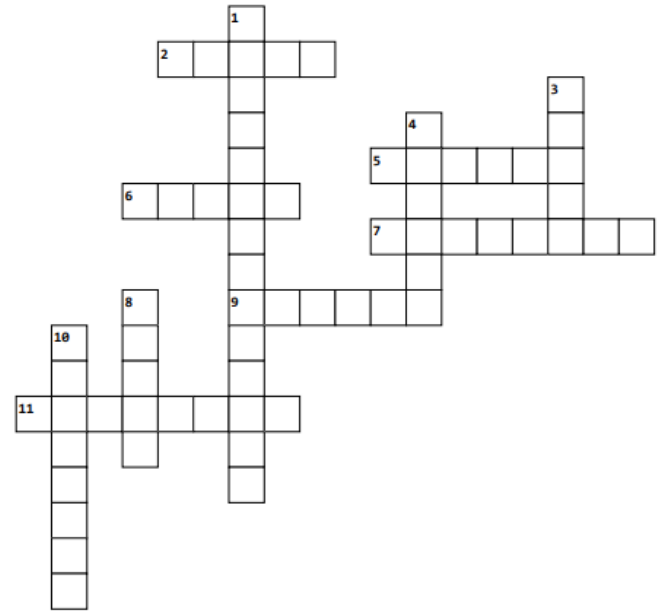


Spring Spartans

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- BUTTERFLY
- BREEZE
- SALMEN
- SUNSHINE
- POLLEN
- BLOSSOM
- OUTDOORS
- RAIN
- HAPPINESS
- UMBRELLA
- WARMTH
- FLOWERS
- SPARTANS
- BUNNY
- APRIL
- EASTER
- SPRING
- BEE
- BREAK
- GARDENING

SALMEN STUFF - CROSSWORD PUZZLE



- | | |
|---|---|
| <p>Across</p> <p>2. THIS TEACHER MIGHT TELL YOU "BONJOUR" INSTEAD OF HELLO.</p> <p>5. THIS TEACHER WILL WATCH YOU ALL DAY IF YOU GET WRITTEN UP.</p> <p>6. THE NAME OF THE WEBSITE WHERE YOU CAN CHECK YOUR GRADES.</p> <p>7. THIS IS THE SPORT THAT CHUTER COACHES.</p> <p>9. THIS TEACHER COACHES GIRLS BASKETBALL.</p> <p>11. THIS IS THE SPORT THAT SMITH COACHES.</p> | <p>Down</p> <p>1. THE NAME OF THE WEBSITE WHERE YOU CAN PAY YOUR FINES.</p> <p>3. THIS COUNSELOR ASSISTS SENIORS.</p> <p>4. THIS ADMIN IS IN CHARGE OF THE WHOLE SCHOOL.</p> <p>8. THIS TEACHER RUNS THE SCHOOL NEWSPAPER.</p> <p>10. THIS IS WHAT YOU HAVE TO ATTEND IF YOU HAVE TOO MANY ABSENCES.</p> |
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TIME FLIES - SENIOR THROWBACKS

BY ALLI DOMINIQUE

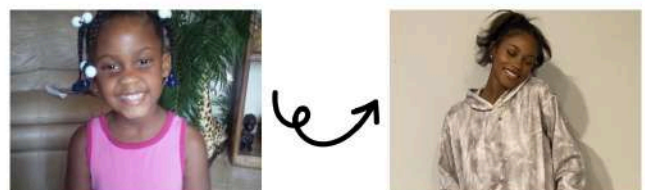
Hailey McIntosh

"never change who you are as a person to fit into the crowd and to take everything as a lesson to learn from in life!"



Mi'kayla Mclaurin

"be yourself, be confident, and know that it's okay to make mistakes."



Newspaper Staff:

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EDITOR: Brendon Joseph

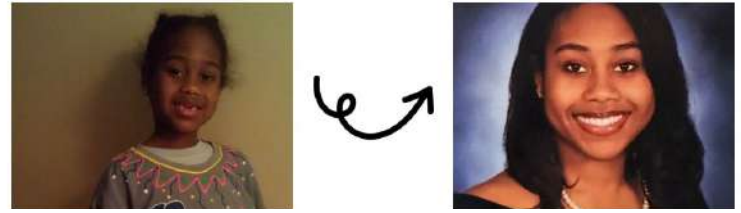
Michelle Williams

"The future belongs to those who believe in the beauty of their dreams."



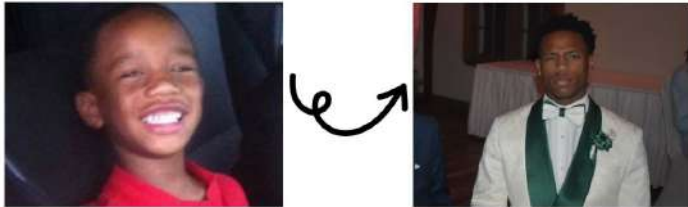
Alexis Ford

"Life is hard but as long as you take baby steps you'll find a way to achieve it"



Titan Breaux

"the only thing we have to fear is fear itself"



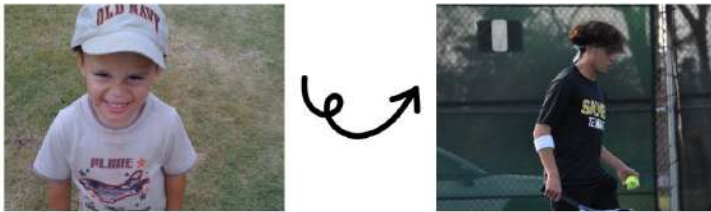
Kelsey Lee

"Keep your face always toward the sunshine—and shadows will fall behind you."



Ta'jae Cook

"Don't let what you cannot do interfere with what you can do."



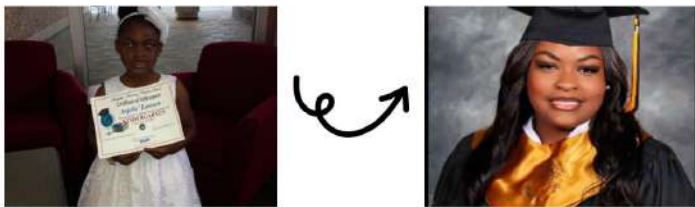
Angelina Thomas

"from no hair to best hair, never give up!"



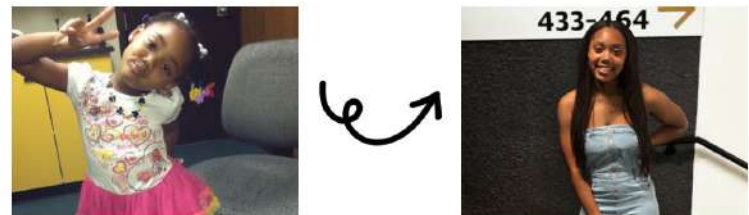
Anjelle Lawson

"if you want to move on to the next chapter always remember to turn the paper and write it "



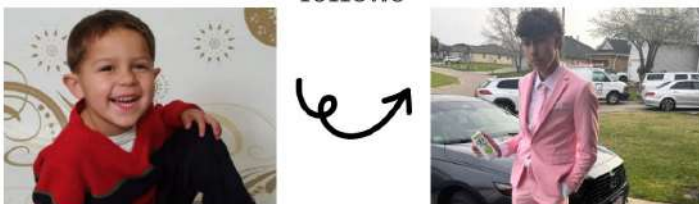
Reniyah Jackson

"Don't lets the little things prevent you from overcoming obstacles."



Frank Hoffman

Face adversity with a smile. Success always follows



Alli Dominique

"even if things get hard never give up, keep pushing yourself to the finish line"



Samantha Burns

"the future belongs to those who believe in the beauty of their dreams" eleanor roosevelt



Kalia Williams

"If my mind can conceive it, if my heart can believe it, then I can achieve it."



SPARTAN SNAPSHOTS

BY ALLI DOMINIQUE







