



SCHOOL IS OUT, SUMMER IS IN!

Spartan students and staff celebrate another year coming to a close.

GOOD NEWS

- ★ Alli Dominique, a key member of *The Spartan Chariot Newspaper* Staff, was named Southeastern Louisiana University’s inaugural recipient of the Waddell Family Southeastern Channel Sports Media Scholarship. The scholarship is for \$1000 and is exclusively for graduating seniors planning to attend Southeastern and pursue a degree in communications with a concentration in sports media. In addition to the scholarship, Alli will also obtain an official internship with the Southeastern channel sports department, assisting with regular sportscasts and the production of university sporting events on ESPN+. Alli received this scholarship by submitting her portfolio of newspaper articles and photographs. We love you, Alli! We are so proud!
- ★ Muhammad Abid was named Salmen High School’s 2024-2025 Student of the Year! Muhammad plans on attending college and studying the medical field.
- ★ Talented Theatre, Art and Music students attended the Hamilton musical at the Saenger Theatre in New Orleans. Students studied art and scene design as well as musical theatre and careers in class. The next round of Talented Screenings will be in August. If you are interested, please see one of the Talented Art teachers - Mr. Despenza (Art), Mrs. LaSalla (Theatre) or Mrs. Whitehurst (Music) or your counselor for information.
- ★ Demi Spears has earned a cheerleading scholarship to Trevecca Nazarene University in Nashville, TN. (See page 2 for more information)
- ★ Jamal McDonald was accepted into Delgado Community College.
- ★ Mi'Kayla McLaurin was accepted into Mississippi State University, Southeastern Louisiana University, University of Texas San Antonio, and University of Louisiana Lafayette.

Nathan’s Weather Corner

BY NATHAN MEUNIER

Hello Spartans! Here we are once again in the Weather Corner, and with all the things you've likely come to expect by now. For our final month, you can expect something pretty warm with some possibly cooler weather sprinkled throughout so don't put on many layers and prepare for sunshine! Without further ado, let's jump into our final weather talk of the 24-25 school year!

In May, The temperature is going to be steamy with the high being around 84°F with it dropping down to a nice and cool 69°F on the lower end, likely being reserved for early morning and nighttime. With the temperatures starting to ramp up and the sweat starts falling, be sure to keep hydrated this summer and don't have too much fun! Anyhow, the rain chances are looking pretty normal for May, with the rain coming anywhere from 3-8 days that have around 3.5 inches of rain by the end. Overall, May is going to



be a good finisher to the school year and a great way to start the summer!

Speaking of Summer, let's get a quick look at what those temps might look like. The high for summer is looking to be in the upper 90s with some estimates saying we might break triple digits. With this in mind, be careful when doing outside activities, Spartans, because it could end very badly! As for the lows, despite only showing up at nighttime, they reach the lower-mid 70s. Nights are gonna be cooler but they're likely gonna still be pretty mucky.

And with that, we finish the last weather talk of the year. This year was a doozy for some and a breeze for others but we made it through yet another year of school. Unfortunately, while the year is over, there is still sad news to come because this is the last time I will be writing for you all seeing as I'll be heading out with the other seniors by the time this goes out. So while this is goodbye, I thank you all for tuning in and I hope the summer and your next weather writer treats you all well!

Senior Trip - Memories To Last a Lifetime

BY ALLI DOMINIQUE

Many memories made, laughs shared, and time spent together. The Senior Trip was something I will never forget. Something that I have always dreamed of as a kid, seeing the older kids, and my older siblings attend this trip waiting for the day i could attend it. Though the trip was expensive, it was worth it 1000% percent. Many of the



other seniors could agree with me. Toward the end of the trip I overheard one of my classmates, Makayla Bourgeois, say “best \$900 I have ever spent.” I could agree with that! Talking to my fellow Seniors I roomed with during the trip, Kalia Williams, and Michelle

Williams, said that their favorite parts of the trip were “vlogging, taking pictures, all the water rides, and having “parties” in Alli’s room all together.” We really just ate snacks and laughed while laying in my bed, but that's the definition of party in our eyes! Mikayla McLaurin said that her favorite part of the trip was being able to experience something she always wanted to do, and her favorite ride was The Rockin Roller Coaster. Of all the time spent

UPCOMING EVENTS

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| <ul style="list-style-type: none"> ★ May 3: -Saturday Detention & Seat Time 8:00 AM-12 Noon ★ May 6: -Freshman Picnic 5th-7th hour ★ May 7: -Sophomore Picnic 5th-7th hour ★ May 8: -Junior Picnic/Parade 5th-7th hour ★ May 10: -Saturday Detention & Seat Time 8 AM-12 Noon ★ May 13: -Chromebook pick-up | <ul style="list-style-type: none"> ★ May 16: -Final Exams (1 exam) ★ May 17: -Saturday Detention & Seat Time 8:00 AM-12 Noon ★ May 19: -Final Exams (2 exams) ★ May 20: -Final Exams (2 exams) ★ May 21: -Final Exams (2 exams) ★ May 22: -End of 4th 9 Weeks -1/2 Day for students -Make Up Exams ★ May 23: -Teacher PD - No School ★ May 29: -Report Cards mailed |
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together, and being able to hang out, these memories will last a lifetime. Even though the trip is very tiring I would 10000% recommend this trip to anyone that has the chance to attend it when their senior year rolls around!

Program Spotlight - *The Spartan Chariot* School Newspaper

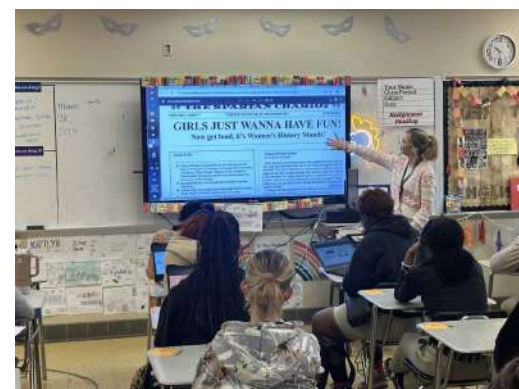
BY LONDON COBBINS

Everyone knows that our school newspaper, *The Spartan Chariot*, is for the students, by the students. If you are interested in writing articles about your favorite topics and making friends then, you have come to the right place. The Newspaper class is a student-led class here at Salmen High School where students write their own articles about their preferred topic. In this class, students research, interview, and investigate topics that interest them or the readers.

Mrs. Yates is an English teacher as well as the sponsor for *The Spartan Chariot Newspaper* class located in



room 207. Mrs. Yates wanted to find a way to celebrate and preserve Salmen's history and this became the reason that she wanted to bring back our school's newspaper. So, she brought back the school



newspaper after over a decade of Salmen not having one. She loves helping students enhance their writing and communication skills. Also, she enjoys seeing students write about things that they are passionate about. One of her main goals is to see the newspaper class grow.

Another goal of her's is for the newspaper students to make more of an impact around campus, other than reporting the news. One word she would describe this class as is "curiosity". This is Mrs. Yates's 4th year at Salmen High School and aside from teaching the newspaper class, she teaches English.

Kelsey Lee is a student who is part of *The Spartan Chariot* Newspaper class. Kelsey is currently a senior. This is her second and last year of being part of the newspaper class. The types of articles Kelsey writes about range depending on the month. She has a talent for interviewing, and usually interviews students based on the events coming up or holidays. Sometimes she will write articles on awareness of certain seasonal or research topics as well. Her main goal for herself is to become a better writer and somewhere in the future she would like to write a book. One word she would use to describe this club would be "peaceful". Kelsey thinks that walking into this class feels like home. Her experience in this class has been overall amazing.



Nathan Meunier is a senior student who is part of *The Spartan Chariot* Newspaper class. Like Kelsey, this is his second year and last year of being part of the newspaper class. The types of articles Nathan writes are normally weather articles, but he has also done crosswords and other little games like that for the newspaper. His goal is to get better at writing, find better ways to overcome writer's block, and meet some new people. One word he would describe this class as is "laid-back". Throughout both years of newspaper he would definitely say that he enjoyed it. "Mrs. Yates could have more fun with it in the future though, maybe even making the newspaper even more of a school-wide thing that everyone knows about".



Chloe Bowman, a freshman here at Salmen is also part of this fun class. This is her first year of being part of *The Spartan Chariot* Newspaper class. The types of articles she writes most often are research articles, but she has done a few interviewing articles as well. Her goal for herself in this class is to become a better writer so that it can help her out in the future. Her plan to grow in writing in

the future is to keep practicing in order to get better at it. A word that she would use to describe the club is "calm". Her experience was very good in the class, and although she didn't talk to many people, it was still nice to have a class that was calm and quiet where everyone got their work done.

Well, *The Spartan Chariot* Newspaper class is one of the most beneficial classes here in Salmen today. The students have lots of knowledge from working in this club. *The Spartan Chariot Newspaper* class, you show your leadership, hard work, writing skills, and making friends. My experience in this class was wonderful, I learned so much! From the help of the students of the class and Mrs. Yates I improved in different ways I didn't know I could. If you are interested in joining, talk to Mrs. Yates about how you can be a part of the team!

Demi Spears - Cheering For A Bright Future

A MESSAGE FROM MS. CARTER, CHEER COACH & SPONSOR

Demi began her cheerleading journey at just four years old when her mother signed her up for a local team. From the very beginning, it was clear that cheerleading was more than just an after-school activity—it was something Demi truly loved. Over time, it became a lifestyle that helped shape her identity both on and off the mat.

One of Demi's favorite aspects of being a cheerleader is the bond she shares with her teammates. She thrives on the energy of performing, especially the overwhelming yet exhilarating feeling of hitting a clean routine. These moments fuel her passion and push her to continuously grow and improve.

Throughout the season, Demi stays motivated by challenging herself to get just 1% better each day. She believes in the power of consistent effort and understands that winning is the result of hard work—not just a goal, but a reflection of dedication.

One of Demi's proudest achievements came at Orange Beach Nationals, where her team earned an impressive score of 98.0 and received a paid bid to Allstar Worlds. That performance stands out not just because of the score, but because of the teamwork, precision, and heart behind it.

To mentally prepare for big performances, Demi blocks out distractions and focuses on applying corrections and feedback. She knows cheerleading requires not only physical strength, but also mental toughness, clarity, and confidence under pressure.

As one of the cheerleading captains, Demi believes leadership is important and it begins with being coachable. For her, being a leader means listening, understanding, being responsible, respectful, positive, and always leading by example. These qualities have helped her become a role model to her teammates and others around her.



Demi's support system—including her mom, dad, family, and coaches—plays a vital role in her success. They encourage her, keep her grounded, and continue to lift her up through every high and low. Cheerleading has deeply impacted Demi's personal growth and confidence. It has taught her that it's okay to have tough days and

that resilience is key. The sport has helped her find her voice, take initiative, and become a more confident communicator and a stronger, more determined individual. For Demi, the best part of performing in front of an audience is the feeling of being a superstar.

The skills Demi has learned through cheer—discipline, leadership, time management, and teamwork—extend far beyond the sport. Whether in school, community service, or her future career, she carries these values with her, ready to take on whatever comes next.

Trevecca Nazarene University has gained a superstar! Congratulations Demi!

What It's Like Being THE Principal.

BY KAYLA WATSON

Do you ever wonder what it's like to be a principal at a high school? Don't wonder any further, we have multiple assistant principals here at Salmen, with each having their own area of

education or oversight of the school. But we are only focusing on the main principal who's over everything. Principal's day happens to fall on May 1st of every year, and this is the opportunity where we as members of school come together and show our appreciation to the principals who keep the school up and running. Being a principal is definitely a challenge, because not only do they need to keep track of their teaching staff and the rest of administration, but also on top of their own area of expertise, they have to watch and monitor the behavior of the students. Here's more information about being a principal from the one, the only Mrs. Liza Jacobs who if many of you all did not know, is the main principal here at Salmen High School.

I had the pleasure of doing a face to face interview with Mrs. Jacobs about what it's like being the principal here at Salmen. She said loves being the principal here at Salmen because this school is filled with amazing kids. She considers it a blessing to be able to come here everyday and be a model of what students should strive for as a hardworking, productive citizen. The next couple of questions were related to how she feels about Salmen as principal. I asked her what is one thing that the students here always teach her. Her response was that we are a hardworking group of students and changes in behavior increase our score. So

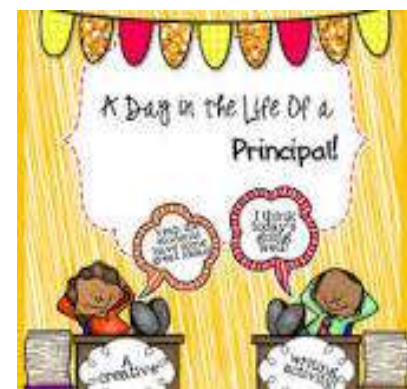
she feels that no matter how her day is going she knows that she has to keep working hard for her students. I then asked her about the day-to-day challenges that enforcing the rules gives her. I was surprised by her answer. She simply said no that it's not a challenge in enforcing the rules on an everyday basis because she knows the importance of preparing her kids for the real world and its procedures that are needed in everyday life. Another question that was mentioned, which I feel is the most important question, was what made her want to become a principal, nonetheless here at Salmen. Her main reason for wanting to become a principal was because she wanted to impact more than just a classroom full of students with life lessons. She also believes every student in the world deserves a strict structured learning environment where there are rewards given for those who work hard and show results. With that being said she feels school shouldn't be too boring or demanding but fun in a way that it makes students participate more and actually enjoy learning or just being in school. Her reason as to why she chose Salmen was because she had the opportunity to come and saw it as a challenge to make sure the student body wanted to come to school everyday.

At this point in the interview I asked her questions just about being principal. One of the first questions was what does it take to be a principal, meaning what type of education. You need a bachelors and masters degree in any subject or field along with a principal certification. Moving along what influenced her to become a principal. She replied by saying there was no direct person that influenced her to want to become a principal but every teacher she had influenced her to become a teacher which made her want to spread her knowledge beyond the classroom. One of the last things that I asked her was if there was anything else she felt was important

for others to know. She considered her job a huge opportunity to serve the community of Slidell by making sure they(herself and her administration) can graduate seniors so that they could be productive citizens in life. To close the interview I asked her for a sendoff that she wanted to resonate with the student body. Her response was this "NO matter what life throws at you, you can always pick yourself back up.

That's Resilience and Grit. NO one can take away the education that you have obtained through whatever means you did."

Becoming a principal is one thing but actually enjoying and engaging your kids is another. Mrs. Jacobs does this really well, she not only enjoys being here each and every day but also with the help of others has engaged many students to do or be better. Whether that is with school work or life. Principal month has always been on May 1st and is a day many people come together to show support or appreciation to the principals of a school for all their hard work from start to finish. Whenever you see Mrs. Jacobs or the four assistant



principals: Glen Rayford, Sharmaine Donald, Quay Brisco or Alvin Garabold please stop by and tell them you appreciate them for choosing Salmen and all of they're hard work to make Salmen a better school.

May The Fourth Be With You!

BY CHLOE BOWMAN

May the fourth be with you! May fourth is an exciting day for Star Wars fans because it's a day to celebrate the successful franchise created by George Lucas which includes 12 official Star Wars movies and many other merchandise like clothes, home decor, souvenirs, etc. Although there have been many Star Wars movies including spin offs and holiday specials, there will still continue to be more coming out. With the most recent one being the rise of Skywalker and the newest one they are making is the Mandalorian and Grogu, which will come out in May 2026.

Star Wars was created in 1975 when George Lucas began writing the script, and it was later released in 1977. At first the creators Did not expect it to be as successful as it was, the movie was only released in a small number of theaters which then grew very rapidly. The film made almost 3 million dollars in the first week, which then raised to about 100 million by the end of the summer. The reason



Starwars became so popular was because of its special effects and memorable characters. The most iconic characters in Star Wars are Luke Skywalker who is played by Mark Hamill, his sister Princess Leia, who is played by Carrie Fisher, Anakin Skywalker who is played by James Earl

Jones, and Darth Vader, who is played by David Prowse. These characters not only brought life to the film but also made the movie enjoyable to watch. Some cool facts about the Star Wars franchise is that the iconic Luke Skywalker was almost a girl, the beloved green creature, Yoda was almost played as a monkey with a mask.

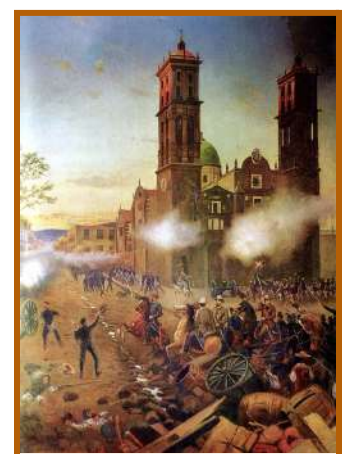
In the end, Star Wars became a very big and important part of many people's lives, especially the older generation that grew up watching these movies as a child. With the first movie coming out in 1977 and the most recent being in 2019, they still plan to continue the story and make more movies. And in the wise words of Obi-Wan Kenobi "May the force be with you."

Cinco de Mayo History

BY BRENDON JOSEPH

Cinco de Mayo is a yearly festivity observed on May 5th. This event has been honored for more than 163 years. Nonetheless, Cinco de Mayo marks the triumph of the Mexican forces against the French during the Battle of Puebla on May 5, 1862, serving as a representation of Mexican strength and perseverance, even though it is not the day Mexico gained its independence. Now let's dig deeper into the history of Cinco de Mayo.

The setting of the conflict revolved around France's effort to impose a monarchy in Mexico, which was part of a larger plan to enhance French dominance in Latin America. The Mexican forces, comprising about 4,000 soldiers, confronted around 6,000 French troops. Against the odds, the Mexican fighters demonstrated remarkable bravery, resulting in the French troops retreating



by the day's end. In 1861, when Mexico announced a temporary halt on repaying foreign debts, troops from England, Spain, and France invaded the nation. According to britannica.com "by April 1862, the English and Spanish had pulled out, but the French, backed by affluent landowners, stayed behind in their quest to install Maximilian of Austria as a monarch and to limit U.S. influence in North America. On May 5, 1862, a poorly armed mestizo and Zapotec contingent led by General Ignacio Zaragoza triumphed over the French forces at the Battle of Puebla, located southeast of Mexico City, resulting in approximately 1,000 French casualties. Although the conflict persisted and the French would not be expelled



for another five years, the triumph at Puebla became an emblem of Mexican resistance against

foreign rule. The city, which was later renamed Puebla de Zaragoza, features a museum dedicated to the battle, and the battlefield itself is preserved as a park.” Therefore, in the U.S., Cinco de Mayo has transformed into a larger honoring of Mexican-American arts and traditions, especially in regions escorted by Mexican-American communities.

However, Cinco de Mayo acts as a day to honor and appreciate the influence of Mexican culture on American society. According to britannica.com “the occasion is commemorated in Puebla with parades, speeches, and reenactments of the 1862 battle, although it is less recognized in many other parts of the nation.” During the halfway point of the 20th century in the U.S, Mexican immigrants began honoring Cinco de Mayo as a means to foster gratification within their Mexican roots. Consequently, in Louisiana, Cinco de Mayo festivities include attending the 9th annual Cinco de Mayo Fest at Lafreniere Park in Metairie, which features Lucha Libre wrestling, a taco-eating contest, food trucks, and live music. Additionally, you can check out local Mexican eateries or join in on a bar crawl.

Teacher Appreciation Day

BY AMIYAH SHANNON

What group of people don’t get nearly enough credit for shaping young people’s minds? Teachers! Teachers so kindly give us the knowledge we need to succeed in life since pre-k. So why not take time to appreciate your teachers! Teacher Appreciation Day is May 6th, therefore in this article I will tell you ways to appreciate your teacher coming from a student and personally from teachers!

As a student I personally think the best way to appreciate your teacher is to pay attention to the education they are giving you and use it. Showing you actually learned from them and using that knowledge constantly can be the best flattery for teachers. If you want to do more for your teacher, you can always buy them school supplies. Teachers spend so much of their own money on school supplies for their students, it’ll be nice to give back to them. If you don’t have the money or would prefer to not save money you can do something as simple as a note. A note with a sweet message can lighten up their day and they can keep it forever. Always remember it’s the small things.

Now, let’s hear about teacher appreciation coming from a teacher! Ms. Breaux is the U.S. History teacher and sponsor of the Interact club. Since It’s her first year at Salmen, I decided to interview her about teacher appreciation day as a way to get to know her. I first asked her “What makes you feel appreciated as a teacher?” which she responded with “I feel the most appreciated as a teacher when I run into students from years past that I have taught and they let me know how I made an impact on their life in some kind of way. This warms my heart!” Since she’s a new teacher I asked, “What piece of advice would you give to a new teacher to show they are appreciated?” Her response was “I would tell them that even on hard days in the classroom there is always someone that appreciates your lesson, likes your attitude and knows you care.” My last question for Ms. Breaux was “What is one thing you're grateful for in your teaching career?” to get an idea about what she appreciates most about teaching, that she is extremely grateful for and she said “I am so grateful for the friendships, the creative way that I have been



allowed to teach and for the many students in the last 33 years that have been in my classroom. There have been both ups and downs, however all of my experiences have made me appreciate the value of being a teacher.” And that brings us to the end of the interview and it was such a pleasure to interview Ms. Breaux.

I then went on to ask Ms. Bourliea the same questions. Ms. Bourliea teaches Algebra 3 and calculus. She is also the cross country and track coach. “What makes you feel appreciated as a teacher?” Her response was “When students tell me that they want to come to math class and they finally have the confidence to feel good about learning math.” Secondly, “What piece of advice would you give to a new teacher to show they are appreciated?” Ms. Bourliea answered, “Start small, work on a few kids at a time. You can not help all of them every day, so focus on a small group of students that may need your help and rotate.



Once they realize you can help them, they will start trusting you and coming to you.” The last question asked was about what she is grateful for in her teaching career, to give an insight on what she appreciates overall and Ms. Bourliea responded with, “I am grateful for so many things during my years at Salmen High! Right now I am grateful to have taught in the same school for 20 years so I have built relationships with my students and their families. I look forward to seeing brothers and sisters, cousins, or even teaching my students children.” It was also a pleasure to interview Ms. Bourliea and get a different teacher’s perspective!

To further highlight the importance of teacher appreciation, I interviewed Mr. Cahill, the carpentry teacher. When asked what makes him feel appreciated, he stated, “I feel like as a male—or maybe just me, lol—the appreciation has never come in the form of gifts at Salmen. It comes in the visits from old students or the phrase, 'You’re really my favorite teacher.’” For new teachers struggling to feel appreciated, he advised, “BE YOURSELF. Show them who you really are, and the appreciation should come. The kids I have had here have always appreciated blunt honesty and sharing your life and real-life experiences.” Finally, when I asked about what he is grateful for, Mr. Cahill reflected, “I’m grateful for the fun and the personalities the kids have, and the job’s schedule is the best for having a family.” Mr. Cahill's advice about being yourself really shows how important it is to build real connections with students.



Mr. Kelt, an English teacher, also shared his thoughts on appreciation in education. He expressed, “Seeing my students succeed in and out of school is what makes me feel appreciated.” He recommended that new teachers focus on creating a welcoming classroom environment, explaining, “This environment will lead to student appreciation. Also, even great teachers feel underappreciated at times, so do not obsess about it.” He concluded by adding, “I've been very lucky to have great administrators where I have worked who have had my back.” Mr. Kelt emphasizes creating a welcoming classroom because it makes everyone feel appreciated. His insights remind us that a little recognition can go a long way in making our teachers feel valued!

This brings us to the end of the article. Moral of the story, appreciate your teachers! Little things like paying attention and not causing chaos can make your teacher feel appreciated too. Teachers are a huge part of our lives and it’s important to show appreciation to them. So next time you see your teacher, show some appreciation! Write a thank you note or even buy an apple!

Honoring Our Healthcare Heroes

BY ADRI ANNA RAY-FRANKLIN

Welcome back spartans! Did you know every year, on May 6th, people across the United States celebrate National Nurses Day? This special day is dedicated to recognizing and appreciating the hard work and dedication of nurses everywhere. Nurses play a crucial role in our healthcare system, providing care and support to patients when they need it most. National Nurses Day marks the beginning of National Nurses Week, which lasts until May 12th, the birthday of Florence Nightingale, who is known as the founder of modern nursing.



The idea for a day dedicated to nurses began in the 1950s when Dorothy Sutherland from the U.S. Department of Health proposed a “Nurse Day” to President Dwight Eisenhower. Although this proposal was not accepted at that time, efforts continued over the years. In 1982, President Ronald Reagan officially proclaimed May 6th as National Recognition Day for Nurses. Since then, this day has become an important occasion to honor nurses for their contributions to

healthcare and society. Nurses are often referred to as the backbone of the healthcare system because they provide essential care and support to patients in hospitals, clinics, and other healthcare settings. They are usually the first professionals that patients see when they arrive for treatment and often spend more time with them than doctors do. During challenging times like the COVID-19 pandemic, nurses have shown incredible bravery and commitment by working

long hours under difficult conditions while caring for patients' physical and emotional needs.

There are many ways people can show their appreciation for nurses on National Nurses Day. One simple way is by writing a thank-you card or note expressing gratitude for their hard work. People can also donate to nursing schools or organizations that support nurses in their education and career development. Communities can organize



events or fundraisers that highlight the importance of nursing and raise awareness about issues affecting nurses today.

As we celebrate National Nurses Day each year on May 6th, it's important to remember how much nurses contribute to our health and well-being. They help patients every day and make sure they get good care

when they need it most. By taking time to recognize their efforts on this special day, we can help foster a greater appreciation for these healthcare heroes who make a difference in our lives every single day.

Flowers For Mothers

BY JAMIYAH TURNER

Mother's Day is one of the most special and one of a kind days because moms are the light in the dark to their kids. Without moms, life would not be as possible because they are the guidance to families. This day allows for them to be given their flowers and a thank you to all they have worked hard for and the sacrifices they have made. Life is not easy for anyone, but especially for moms because as women they work the hardest and face many challenges. Everyone's mother is unique in



their own ways and parenting can be different for most people, but every mother is appreciated. They give such unconditional love and motivation to their family and friends, which shows that life can be hard but being strong and having hope can get you anywhere throughout life. Therefore, moms should take that day to relax and have an amazing time! They should go out and have fun, and relieve any stress that may be weighing them down.

Accordingly, Mother's Day originated on May 12, 1907 by Anna Jarvis. She held a memorial service at her late mother's church in Grafton, West Virginia. This day was organized as a Women's group to promote friendships and health. This year, Mother's Day will take place on May 11th. Many mothers celebrate this day and some do not because they do not find it as important. But, to most mothers, this day is very important to them and allows them to understand how appreciated they are. Also, this allows all the mothers to understand how important their motherhood is. On Mother's Day,



most people just say "Happy Mother's Day" or compliment women on how great they are at being a mom and how they should keep striving every day. Women deserve to be honored because they show so much dedication to all

that they do in life. Many moms do anything to make sure their kids are well taken care of, also loved. They provide for their families by putting food on the table to eat, taking them places, being there for them when they need it, and working hard; showing dedication. Moms should not be taken advantage of because they give a one of a kind love that cannot just be found anywhere.

Hence, Mother's Day is a day to honor all women in motherhood. This day is known to show appreciation to all mothers. They work very hard to make their kids and family feel wanted and loved. They raise their children in the best way possible, meaning that they teach them ways of life. Moms deserve flowers and a day out to enjoy their days because everyone is different, but motherhood is so important. Also, it is a bittersweet thing that brings smiles and tears, and is not always easy in some situations. But they still get through it, no matter how difficult life gets. That is another way that mother's show how strong they are. Keep in mind that everyone does not have their mother here with them today, so people should use this day to

be as positive as possible because a person may not take this day in an easy way. Buy some flowers, make a card, and dedicate this day to all the moms. All mothers are well appreciated and should not be traded for the world. Happy Mother's Day!

Spread Pollen

BY WALESKA ADRIANO

Have you ever imagined seeing a loved one arrive with a bouquet of flowers as a surprise, or the thrill of holding a simple gift in your hands that stirs so many emotions in you? Well, let me tell you, if you've never experienced this feeling, May 15th is a great day to experience these emotions. This is National Bring Flowers to Someone Day! This day is simply another day to express love, support, and kindness. If you've already received flowers



from someone, great! But if not, you should read this article and, as a suggestion, show it to that person you're longing to surprise you with a simple flower. yuh b

The purpose of this act is to generate emotions and affection in someone. Being kind isn't a bad thing; on the contrary, being courteous and affable says a lot about your personality. Those who please others and create a positive environment are qualities that many of us long to see in people. With a small gesture, you can generate smiles and sincere compliments from someone. You don't have to buy a huge bouquet of flowers, but you can give a single flower or, better yet, that person's favorite flower; and I guarantee it will brighten even the grumpiest person's day.

On this day, you can give flowers to a neighbor, a friend, a family member, your partner, or even yourself as a token of gratitude and self-love. If you're planning to surprise someone, such as a loved one, you can choose flowers that reflect your relationship or their personality. However, bringing flowers to your home brings beauty



and a happy and calm atmosphere, since the freshness and connection with nature create a cozy space. Self-love and self-care involve remembering to be happy and knowing how to love and value yourself, so consider giving yourself a flower and brighten your day.

Here's a glimpse into the meanings of some flowers, based on my research. Roses generally symbolize love, passion, desire, and romance; try to keep this in mind if you want to give them to your partner. There are different types of carnations, but red ones symbolize admiration, pride and love. This is because of its bright color and beauty, the pink ones symbolize sweetness, the white ones purity, innocence and self-love, and the yellow ones symbolize renewal and hope. The beautiful tulips represent true love, passion and romanticism, although their meaning may vary depending on the color but that does not leave their beauty behind.

Given all this information, you now know what National Bring Flowers To Someone Day means, and you also have some tips on what flowers you can give out. So don't be left behind. Because, although you may not believe it, consideration is essential in every aspect, so don't stop being someone special.

Memorial Day

BY RONDEL FINLEY

Hang on, we're almost done! As our year comes to a close, there are many holidays that occur beyond the school year that are still important and contribute to our history. Memorial Day falls on the 26th of this month. It is a day to honor and remember those who have died while serving in the United States Armed Forces. People across the country gather for a day of remembrance, gratitude for those who served to protect our country.



Memorial Day was originally called Decoration Day and was established in 1868. On April 30, thousands of people gathered at Arlington National Cemetery to honor and pay their respects. This set a tradition and would become a federal holiday in 1971 and forever be engraved in our nation. The meaning behind Memorial day is to honor those who died while serving in the military. There is

a national moment of remembrance that takes place at 3pm, and invites Americans to take a minute of silence, a shared act of gratitude.

Memorial Day still remains active as ever, many people visit cemeteries and memorials. People take place in parades and ceremonies as well as flying American flags at half-staff to show their respects to those who died. The president will lay a wreath at the Tomb of the Unknown Soldier in Arlington National Cemetery as well as businesses, post offices and schools are closed on Memorial Day.



All in all, Memorial Day is a day to honor and remember those who have died while serving in the United States Armed Forces. This is important to us because these

people fought for our safety and have given us many of the opportunities we have and will continue to have moving forward. Have a great summer Spartans!

Mental Health Awareness

BY KELSEY LEE

Every May, Mental Health Awareness Month serves as a vital reminder that mental health is just as important as physical health. Established in 1949, this month is dedicated to raising awareness, fighting stigma, and promoting resources for those struggling with mental health challenges. It's time to start encouraging open conversations, educate ourselves and others, and build a culture of compassion and understanding.

Mental health affects everyone-regardless of age, background, or lifestyle. Conditions like anxiety, depression, bipolar disorder, and PTSD are more common than many realize. According to the National Alliance of Mental Illness, 1 in 5 adults in the US experience mental illness each year. Despite this, stigma still prevents many from seeking the help they need.

With all of this being said, never forget to not only check in on your friends and family, but also yourself. Create a space for healing because it encourages mindfulness, self-care, and honest dialogue as key for resilience. Never stop loving others and loving yourself! Also, never lose sight of who you are and who you are designed to be.



Well Spartan Family, this is sadly my last ever article for *The Spartan Chariot*. I hope all my articles, no matter what it was about, brought you joy and/or awareness to things. This concludes my time in this club. - Kelsey Lee, Signing Out!

Make National Tourism Day Your Own!

BY MADISON KNIGHT

Hey Spartans! We are finally in the home stretch of the school year. May is the closing of the school year, so what national holidays should we be looking forward to this month?! Well, did you know that May 7th, just two days after Cinco de Mayo, is National Tourism Day! This day is observed for its national travel and tourism that takes place around the world. This occurs every first full week of May.



First, where does National Tourism and or Tourism Week originate from exactly? According to NationalToday.com, it was first celebrated in May 1983. President Ronald Regan signed a Proclamation encouraging all United States citizens to observe around the world all week.

Louisiana, specifically New Orleans is known for tourism due to our traditions and its history itself. New Orleans is known for its jazz music, food, holidays, culture and more. Next, New Orleans has many famous tourist attractions. For example, The National WWII museum. This museum always attracts tourists because it shows the actual history and artifacts that were used in World War II. It maintains the American experience and dynamic story-telling. Not only do tourists visit strictly historical places, they also visit tasty food spots. Such as Oceana Grill that is listed as the #1 seafood

restaurant. They serve all different types of seafood from Oysters to shrimp po-boys.

In addition, New Orleans can be a safe, also fun city but there are things you should avoid. Such as parking in a high crime ducked off area, if you plan on driving be sure to park in a well-lit and high trafficked area. Specifically, Louisiana's weather is often described as "bipolar". If you're looking for a great time in the Big Easy, you should avoid traveling to New Orleans in June - September, due to its summer time being extremely hot. This is also the peak of hurricane season. You won't see many festivals and major celebrations taking place around this time of the year in Louisiana.



In conclusion, New Orleans is such a beautiful city, where lots of tourists come to enjoy a vacation and get a feel of what the city really is like. Despite all of the negative things that may take place in New Orleans, don't let it hold you back. The food, history, and the culture is such an amazing experience. Take National Tourism day as an opportunity to explore the Crescent City. Kick your summer off early and visit before it's too late. You wouldn't want to miss the fun, so come on out and expose yourself to our beautiful city and get a taste of our flavorful culture!

Sunkissed and Summer Blessed

BY ELIZABETH KALUEV

Woohoo! Summer is coming up fast, this is the last newspaper for this school year! After interviewing a few people, they all believe that summer is the best time of the year. Whether it's because of the temperature, or the tan lines, they believe that the overall best part of summer is the fact that school is out for two months. The summer solstice will also be occurring as it traditionally does. Did you know that the famous landmark, the Eiffel Tower, grows a whole 6 inches during the hottest months? Stay tuned to figure out more about the science behind the mysterious growing tower and what your fellow Spartans think about summer in greater detail.

Diaa Barakat, an upcoming senior for the 2025-2026 school year, has something to say about summer. It's going to be his last football



season next year, and he is going to miss the team a lot. He will also miss all the seniors from this year that he got close to. He plans to go swimming a lot at Crossgates. Also, a current sophomore, Kyleigh Burke, is sadly leaving the school next year. However she still has many fulfilling memories about the 24'-25' school year. She is going to live in Georgia after this

school year ends, and she plans to like her new school. When I asked Kyleigh what sport she likes, she said that she enjoys watching and playing basketball. After hearing about these Spartans, go plan a hangout with your school friends or tell them how much you'll miss them while you still can!

If you've paid attention in your physical science class, you should know why the Eiffel Tower expands during summer. Hopefully you guessed it, this is caused by thermal expansion! The iron molecules will start vibrating due to the thermal heat while occupying a larger volume. Some common traditions during summer include swimming, barbecues, and attending summer fairs and festivals. Speaking of festivals, the Slidell Heritage festival and the Beignet Fest will both be held in June. If you're into theater, Slidell Little Theater hosts an annual program of YATS spanning from May to June in different sessions. Lastly, don't forget to check out the Bayou Jam Concert where you can listen to live beats and music.



After learning some facts about summer, hopefully you got some ideas on what you can do to fulfill your summer months. In 2022, the

Morning Consult survey found that only 24% of people liked summer as their favorite season. However it still ranked in second place, while Fall got first place, with 41% of Americans picking it as their favorite season. Did you know that July is designated as National Icecream Month because of how many people eat ice cream during summer time? Anyway, I hope all of you Spartans have an AWESOME summer, and have a great 2025-2026 year whether you're going to college, staying at Salmen, or enjoying a year off of school. PEACE OUT!

Summer Life
BY KAELYN LEVY

Hi Spartans! Summer is just around the corner and I know you will need some places to go with friends, family and more. Summer is the best thing that could happen after school has ended. It's a break from school to help you breathe until the next school year approaches. Now let's get into these events and places you could visit during the summer!

Furthermore, I researched some places you could visit during the summer and we have Orlando, Florida. They have some good theme parks and waterparks that you could visit. One good waterpark I can say most of everyone went to and had an amazing time was Universal Volcano Bay. They have the Krakatau Aqua Coaster, one of the most popular attractions at the park! They also have the Ko'okiri Body Plunge which is also one of the most popular attractions they have. It is a 70 degree fall through a drop door and 125 feet!



Also, I found another fun place in

Florida that you can visit and also have a good time, which is SeaWorld Orlando! Now this place is where you can have fun and get wet also so be ready to get a little soaked! They have roller coaster rides, water rides, and they also have killer whales! The best thing when I went was the killer whales section, hint, sit at the bottom! Also, they have some amazing rides like the Penguin Trek, and icy cavern rides, and one of the favorites is the Pipeline, The Surf Coaster where you stand up 110 feet high!



Summer is the time for you to have fun and explore while having a good time. Everyone should take some time to visit a place you have never been to before or you want to experience before going back to school. With all that being said, I hope you guys have a wonderful summer and can't wait to hear these stories when school is back.

Must-See Films in May
BY PAIGE BAILEY

This May, get ready to indulge in some great movies. With the last month being April and getting some great releases like *The Minecraft Movie* and *Sinners*, you would think there wouldn't be anymore movies to recommend. This month is a little special with this being my last article and movie recommendations, the second film I will be recommending will be my all-time favorite film series.



Enjoy these movies and have a good May.

Starting off strong with the first movie being the must-see film *Thunderbolts*, set to release May 2, 2025. *Thunderbolts* is going to be about a group of supervillains who go on a mission for the government. You can think of this movie as a Marvel version of the DC *Suicide Squad* movie. The film is projected to be a success, with the movie believed to make a global earning of \$400-\$500 million. Although the success of the movie truly factors on marketing, reviews and fans, in the last 4 years Marvel has recently hit a wall with their movies not being as successful as phases 1, 2 and 3 unfortunately, most of phase 4 and now phase 5

films have been let downs to fans. The *Thunderbolts* cast is stacked including returning actors from previous Marvel movies, like Florence Pugh, David Harbour, and Sebastian Stan.

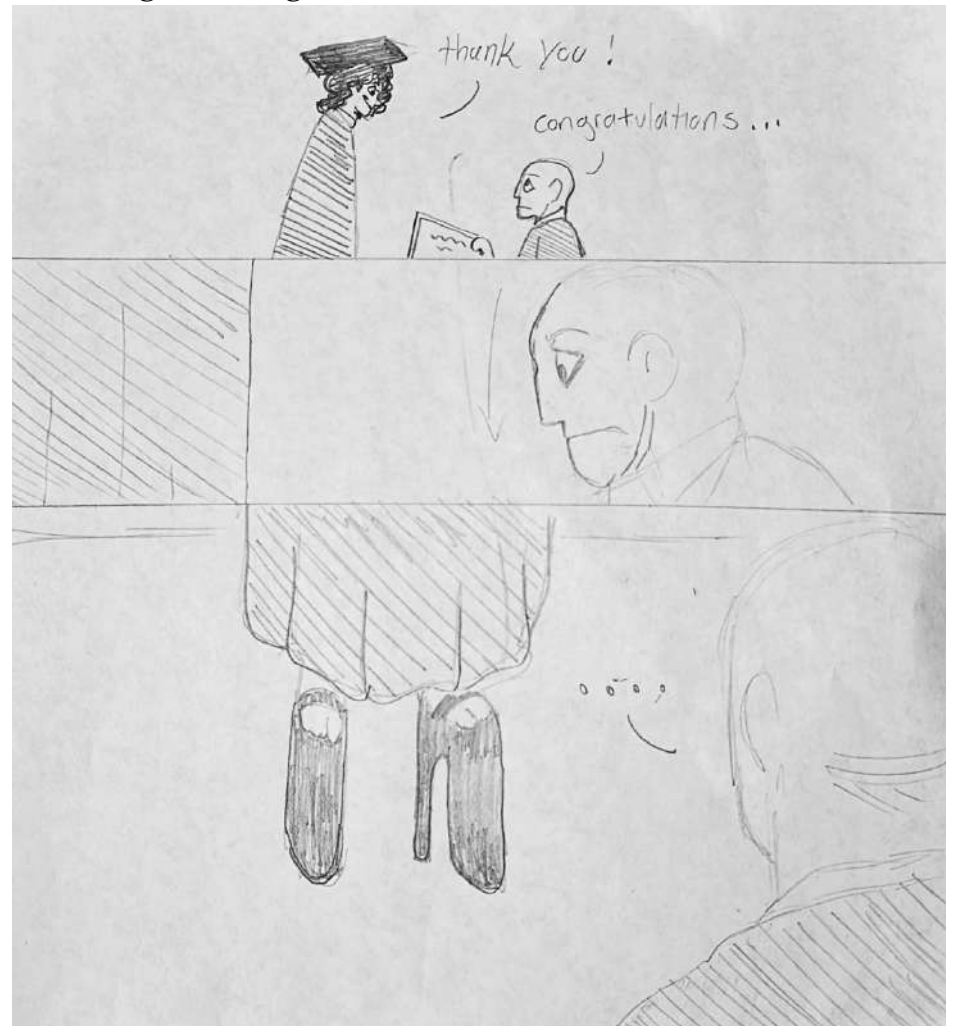
Now, the *Thunderbolts* movie is set to release May 2 but this date also happens to be National Harry Potter Day due to the fact that May 2 is the day Harry Potter defeated lord Voldemort during the battle of Hogwarts. So, the films I recommend watching are all 8 of the Harry Potter movies. If you don't have the time to watch the first six movies, I suggest at least watching the last two *Harry Potter and the Deathly Hallows: Part 1 and 2* in this movie you will see the very battle of Hogwarts, but before you see the battle you will watch his friend and him being on the run, and spoiler but unfortunately this is the film when one of the beloved characters dies. Harry Potter is one of those film series where if you genuinely sit down and watch all of the movies you will enjoy at least one of them, they are comfort movies for many fans.



In conclusion, The *Thunderbolts* movie is greatly anticipated and you shouldn't miss it, the Harry Potter movies are all equally great watches so please take the time to see one, especially this May. With this being my last article please enjoy these films, and farewell to all the freshmen, sophomores and juniors. Enjoy your May!

Comic Relief
BY DUCE SMITH

"Reaching New Heights"




Newspaper Staff:

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WHAT'S GOING ON AT SALMEN?

Student of the Year Spotlight

MUHAMMAD ABID
SALMEN HIGH
12th Grade



"Grief has given me a new perspective on life. It has allowed me to change as a person and to learn how to accept adversity. It is the reason I am determined to enter the medical field, and I know there will always be a way to find positivity, even in the darkest moments of life."

