



THE SEASON BE FREEZIN’
Goodbye, 2025. Hello, 2026!

GOOD NEWS

- ★ Congratulations to Amari Walton and Jada Grace Ibanez who were named to the 2nd Team Division 2-6 All-District Volleyball Team — Shelley Huff and Kelcey Ward received Honorable Mention honors
- ★ Jayaide Cosse has earned a scholarship to Jacksonville University
- ★ Nia Owens has been accepted into Xavier University of Louisiana with a \$5,000 merit scholarship
- ★ Nia Owens has been accepted into Loyola University with a \$20,000 scholarship
- ★ Nia Owens has been accepted into University of Louisiana Lafayette, Ole Miss, Mississippi State University, Southern University at New Orleans, & Ole Miss University.
- ★ Kaleigh Longmyle has been accepted into Clark Atlanta University, Southern Miss, Southern University of New Orleans, Jacksonville University, and Xavier University of Louisiana with a merit scholarship of \$10,000
- ★ Damarien White has been accepted into Southern University and A&M College
- ★ Alyssa Narcisse has been accepted into Xavier University of Louisiana
- ★ Paige Reine has been accepted into Southern University at New Orleans
- ★ Caira Favroth has been accepted into Ole Miss, Jackson State, and Millikin University

UPCOMING EVENTS

- ★ **December 22 - January 5**
Winter Break - No School
- ★ **January 5**
Senior Portraits
Boys B.Ball vs. Hammond @Hammond 6:15 PM
- ★ **January 6**
Club Day
Girls Soccer vs. Franklinton @Franklinton 5:30 PM
Boys Soccer vs. Franklinton @Franklinton 7:00 PM
- ★ **January 7**
Girls Soccer vs. Belle Chase @Salmen 5:30 PM
Boys Soccer vs. Belle Chase @Salmen 7:00 PM
Girls B.Ball vs. De La Salle @DLS 6:30 PM
Boys B.Ball vs. Franklinton @Franklinton 7:15 PM
- ★ **January 9**
Girls B.Ball vs. Bourgeois @Salmen 6:30 PM
Boys B.Ball vs. Bourgeois @Salmen 6:30 PM
- ★ **January 10**
Girls B.Ball vs. Central Lafourche @Salmen 1:00 PM
- ★ **January 12**
Girls Soccer vs. Edna Karr @Salmen 5:30 PM
Boys Soccer vs. Edna Karr @Salmen 7:00 PM
- ★ **January 13**
Girls B.Ball vs. L.W. Higgins @Salmen 5:30 PM
Boys B.Ball vs. L.W. Higgins @Salmen 7:00 PM
- ★ **January 14**

Girls Soccer vs. St. Martin’s Episcopal @STM 5:30 PM
Boys Soccer vs. St. Martin’s Episcopal @STM 7:00 PM

- ★ **January 16**
Girls Soccer vs. John Ehret @Salmen 5:30 PM
Boys Soccer vs. John Ehret @Salmen 5:30 PM
Girls B.Ball vs. Chalmette @Salmen 6:00 PM
Boys B.Ball vs. Chalmette @Salmen 6:00 PM
Boys B.Ball vs. Ponchatoula @Ponchatoula 7:15 PM
- ★ **January 19**
Martin Luther King Day - No School
- ★ **January 20**
Girls Soccer vs. Pearl River @PR 5:00 PM
Boys Soccer vs. Pearl River @PR 7:00 PM
Girls B.Ball vs. Northshore @Salmen 7:00 PM
Girls B.Ball vs. Northshore @Salmen 7:30 PM
- ★ **January 22**
Girls Soccer vs. SSA @SSA @5:30 PM
- ★ **January 23**
Girls B.Ball vs. Fontainebleau @Fountainebleau 6:00 PM
Boys B.Ball vs. Fontainebleau @Fountainebleau 7:15 PM
- ★ **January 26**
Girls Soccer vs. De La Salle @Salmen 5:30 PM
Boys Soccer vs. Covington @Covington 6/7:00 PM
- ★ **January 27**
Girls B.Ball vs. Slidell @Slidell 6:00 PM
Boys B.Ball vs. Slidell @Slidell 7:15 PM
- ★ **January 28**
Girls Soccer vs. Franklinton @Salmen 5:30 PM
Boys Soccer vs. Franklinton @Salmen 7:00 PM
- ★ **January 29**
Girls Soccer vs. Kenner Discovery @KD 5:30 PM
Boys Soccer vs. Kenner Discovery @KD 7:00 PM
Girls B.Ball vs. St. Mary’s Academy @Salmen 6:00 PM
- ★ **January 30**
9th Grade Audio and Vision Screening
Boys B.Ball vs. St. Amant @St. Amant 5:00 PM

Weather Watch with Robbi: New Year, Same Weather.
BY ROBBI-RENEE’ WILLIAMS



Freezing? Yea, me too. Happy New Year’s, folks! We enter 2026 with the same old January chill but we’re different, aren’t we? The seasons change everything: the plants, the animals, the people, and most notably the weather.

Smack in the middle of the winter season, we have January, the coldest month of the year. During fall and early winter, mother nature struggles to keep temperatures down in subtropical areas, such as our home, Louisiana. Moreover, we’re entering our final month of dropping temperatures with the coldest conditions we’ll see until next January being presented. The temperatures this month range from 60 degree highs to 40 degree lows with many

potential freezes that will cause temperatures to stray far from average, dropping 10 degrees or more.

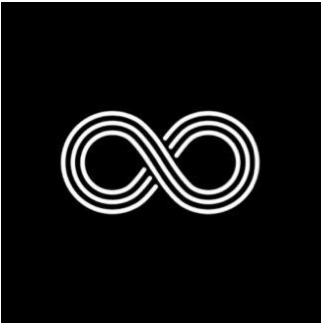
Does everyone recall this time last year? Well, let me refresh your memory: we were treading through 10 inches of snow just to the mail box. This historic weather occurrence broke records all across the south for the sheer amount of snow we got, and the oddity of such an occurrence. What happened was, the collision of frigid arctic air with large amounts of moisture from the gulf of mexico caused a blizzard on the gulf coast.

That being said, 2026 likely won't present any competition to last January in terms of frigid temperature, but we can still remain informed. This month has the potential of producing 9-11 rainy days with overcast, cloudy skies 45% of the time. Spilling in from December are high relative humidity levels showing around 80%. As well as rain and clouds, expect windy conditions with average wind speeds of 12.4mph.

New years is a time of heavy consideration for everyone. January poses the question, "Gosh, will Louisiana ever feel warmth again?" Well, the answer is yes of course. The sun will be blistering upon us before you know it spartans. But for now, layer up, and grab your hot chocolate, cause January is going to be a cold one.

Celebration of Life Month
BY KALEIGH LONGMYLE

Do you think life is something worth celebrating? Or even honoring? If so you would love to hear about the Celebration of Life Month! The Celebration of Life Month is a very uplifting observance to celebrate and be a part of. Not only does it honor the gift of life it also acknowledges the beauty of life itself. Encouraging others to express their gratitude and positivity towards our existence on this Earth which is a remarkable act to partake in. You may be wondering what actually is the Celebration of Life Month, when it was created, or what to do to celebrate. Let's dig deeper.



The Celebration of Life Month takes place in the month of January, a month full of new beginnings mostly known for its arctic weather and the embarking on a new year. You may think the month of January is a very unusual time to have a month-long event considering the holidays being close by, but that was intentional as far as the true depth of the Celebration of Life Month. The big idea of this dedicated month traces way back from the 1980s and originates from the roots of the Food for Health International Organization. The month was created mainly for people to take a break from the holiday festivities and feel relief in preparation for the new year. Making sure we value the things life gives us while embracing our mind, body and soul. This observance gives us the opportunity to shift our focus on all of the things life offers including our mind (mental state), bodies, health, lively experiences, and family connections.

In continuation, there are many ways that you can incorporate the Celebration of Life in your January routine. Start off by prioritizing you, calm your mind, body, and soul and take the time to revitalize yourself. Dedicate some days towards your mental-well being and moving on from anything in the past year and prepare yourself for the new year of life! You can even incorporate the celebration of life into your family. Take this as a month that you and your family grow even closer together and spend more time with each other no matter what it is that y'all are doing or how simple. Cherish every moment life gives you and take everything that you experience as a beautiful lesson covered with challenge or hard work. Lastly, be grateful for the life that you have and know that it is okay.



In the end, the Celebration of Life Month is an amazing thing to include into our vast amount of monthly celebrations. It is a very important observance to celebrate and it is a great way to dedicate your focus to you and your life. Allowing yourself

and even others to grow from the past occurrences and challenges you may face and learning to still be grateful for having the ability to be here. To have LIFE. Have you ever considered or taken part in the Celebration of Life Month? If not, you most definitely should! Take the steps now to celebrate your life and realize how much of a blessing it is to be here living and well.

Poverty Awareness Month
BY AMIYAH SHANNON

"Poverty is the worst form of violence." — Mahatma Gandhi. The season of giving may be over but that doesn't mean you should stop giving to those in need. January is Poverty Awareness Month, if you cannot afford to donate to those in poverty, join me in spreading awareness. Here is all you need to know about Poverty Awareness Month and ways to help those in need!



Let's start with understanding what poverty is. According to Investopedia, poverty is "a socioeconomic condition where individuals, families, or communities cannot achieve a minimum standard of living due to insufficient financial resources and essentials." Poverty can affect a person's living conditions, education, food and health, work, income and even given opportunities simply because they cannot afford the resources needed. Poverty can be caused by unemployment, environmental factors like natural disasters and even social issues. But poverty can also be generational where it is passed down through generations, meaning some people are born into poverty. It is unfair that some people cannot get the same privileges and opportunities as others because of poverty, which brings us to the purpose of this article, poverty awareness.

Poverty Awareness Month was created to raise awareness for poverty, educate others about its causes, its impact and to deepen people's understanding of poverty itself. The overall goal is to encourage others to help families and individuals overcome financial difficulties. The poverty rate in the United States for 2025 was 11.1%, meaning that poverty affected over 36.8 million people last year. Let's start the new year off with the goal of decreasing the poverty rate. There are multiple ways to help. You can volunteer at local organizations like homeless shelters, donate to charity, and even educating others on poverty is a big way to help.



This concludes the information needed about Poverty Awareness Month and ways to help. Poverty affects millions of people across the globe per year. But you have the ability to help, everyone does. Remember, even spreading awareness is a form of help and support. So I strongly

encourage you to start the year off right with a chance to help others!

Mental Wellness Month
BY SARA MITCHELL

Every 40 seconds someone in the world commits suicide, acting as a reminder of the silent battles being fought every day. Mental health is the emotional and well-being of humans, affecting how we think, feel, and act.

What daily activities do your school peers find most helpful for their mental well-being? A good way to find out what helps students mental health is by using a Google Form. In between all students, everyone's daily activities vary. Some students take time to the creative side like writing, drawing, or creating different things. This helps them freely express themselves and their perspective of things through forms of art, which shows the importance of mental health. Then there's the



students who pour their time into studying, getting work done, or just relaxing. Apart from that, being social is vital; hanging out with friends or joining different groups/clubs, showing a sense of belonging. Others enjoy the luxury of resetting and pouring into themselves, whether that be self maintenance or enjoying their own company. These examples show how activities and daily habits can manage students' stress and help them feel better.

As mental health is growing in our communities it brings significant challenges, including the effects of social media use, such as unease and comparison. Yet these individuals face the barriers to community support systems and poor access to professionals. For those with a fear of judgement, having hard times with engaging in social media is often a draining experience. We must prioritize better support to individuals in our community who may be struggling with their mental health. Encouraging a strong community helps ensure that individuals feel safe and more understood. Simple acts like words of encouragement, advice, and help with daily challenges can make a difference in helping people in our community who may struggle with mental health.

To experience true well-being, we must bring mental health awareness into all facets of our lives. Mental health matters! It is a journey, not a destination. You are the driver and you're in control.

The Month of Driving Teens
BY JAMIYAH TURNER

Diversely, teens in the age range sixteen to nineteen drive cars. This is also the age where teenagers die in car crashes. Depending on the state, most teens just receive their license without taking driving courses. For the sake of teens dying young from being on the road as young adults, driving courses should be required no matter what. This would allow teens to know the basics and importance of driving. As an individual, a teen should always consider following all road rules and laws because it can result in a positive effect and it can be less harmful to themselves and the other drivers around them. All teens who drive should learn before being put on the road, to keep safe during driving.

Additionally, Senior student Alyssa Narcisse was asked a few questions on her driving experience. Alyssa has already gone to driving school that lasted about 4 days long. Also, she is happy that she was able to take driving classes. She has been having her license for almost three years now, which she is proud of. Alyssa has a love and hate relationship when driving because she can sometimes be overwhelmed when she is tired. Alyssa states, “I learned that doing 5 miles over is not a real thing.” Furthermore, the issue of teens driving and causing their life and another driver’s life

can be prevented as far as students learning and paying attention. Teens should be required to learn senses of urgency, so that they would be ready for reality. Depending on the situation, accidents are able to be avoided. Teenage drivers should practice their following distances from other drivers, obey all traffic laws including the speed limits, and wear their seatbelts. The world wants the death rates of teens dying in car crashes to decrease because these are fatal mistakes that can be prevented before it happens. A license should not be administered to teens if they are not fully ready to be behind the wheel, no matter the age. Also another way that car crashes can be improved would be not raging while driving and do not drive aggressively towards another driver because it can result in violence, which is another reason teens die young while driving.

Undoubtedly, parents should require their teenagers to take driving courses because it allows them to learn basic road skills such as road signs, speed limits, and construction signs. Also, being in driving school



helps a teenager to understand small information about different types of drivers and ways to prevent certain situations. This is important because there are teenagers from the range of sixteen through nineteen who are involved in car crashes almost every year. About 2,100 teenagers die every year strictly based on poor driving skills or not paying attention to themselves or the drivers around them while driving. Individuals should spread awareness to teens who drive in today’s time because in the future rules may change to where teenagers will have to take classes to have a safer mindset while driving. This is becoming an issue because no one wants to lose their teenage son or daughter due to a car accident. Driving school will always teach students that they have time to react and prevent, only if they are paying close attention. Conversely, car crashes may come from teenagers driving while being intoxicated, under the influence, drowsy, or sick.

Hence, All teens who drive should learn before being put on the road, to keep safe during driving. Teens should be more careful and pay close attention when driving because there are others on the road who may not pay attention or show sympathy. Driving courses should be required for teens sixteen through nineteen because there are important things and basic information. Drive safe, pay attention, and an individual should always remember that they are not the only person on the road. Help to lower the death rates of teens who die in car crashes. A person should be sure that they are ready to be on the road.

The World Day of Peace: A Catholic Call for Harmony, Forgiveness, and Global Action
BY ESSIX CHANDLER

In a world often defined by conflict, the international Day of Peace offers a moment for reflection and action. “What does the day really mean, can a single day of peace make a difference?” Established by Pope Paul VI in 1968, this annual Catholic observance on January 1st is dedicated to strengthening the ideals of peace, dialogue, and harmony at the very start of the new year. It is an occasion for the Pope to address world leaders and all people of good will with a unique message, providing a profound moral framework for addressing current global challenges. The day sets a precedent, urging humanity to commit to justice and reconciliation, not just as an abstract ideal, but as a practical duty for the year ahead.

The World Day of Peace was introduced by Pope Paul VI and first celebrated on January 1, 1968. Pope Paul VI was inspired by Pope John XXIII’s significant encyclical Pacem in Terris (Peace on Earth) and desired that the first day of the year would focus the world’s attention on the urgent need to pray and work for peace. The date aligns with the Solemnity of Mary, Mother of God, a major feast day in the Catholic liturgical calendar. The aim was to ensure that “Peace with its just and beneficent equilibrium may dominate the development of events to come”, making it a conscious, committed start to the year rather than just empty words.

On this day, the Pope issues a formal message that addresses specific, pressing global issues, offering a moral compass for the year. The themes are wide-ranging, covering diplomacy, human rights, economic development, and even modern technology like artificial intelligence. For example, the 2025 message is themed “Forgive us our trespasses: grant us your peace,” and it calls for concrete actions such as the cancellation of international debt for

poor countries and the abolition of the death penalty in more than two-thirds of the countries world-wide. The message extends beyond the Catholic faith, encouraging all individuals and nations to engage in personal conversion and structural

changes needed for true peace. Which goes beyond simply ending conflicts to healing wounds and recognizing universal human dignity.

Observed annually on January 1st, the World Day of Peace stands as a powerful Catholic initiative that uses the start of the year to make a universal appeal for harmony and justice. From its



origins with Pope Paul VI in 1968, the observance has provided a moral compass for navigating complex global challenges. It reminds all people that peace is an active commitment- requiring dialogue, forgiveness, and concrete actions to address injustice and inequality. As resolutions are made and calendars turn over, this day ensures the urgent pursuit of a more peaceful world remains at the forefront of humanity’s collective conscience.

Who is Issac Newton
BY NIA OWENS

Are you interested in knowing how light was created or who created the three laws of motion? Issac Newton, the creator of the light bulb and Calculus. Born on January 4th, 1643, in Woolsthorpe, England. The English Physicist and Mathematician. Being most famous for his formulation of The Three Laws Of Motion and The Basic Principles Of Modern Physics. Newton’s discovery of light integrated the concept of light into science.



In the 16th century, Newton discovered light, his investigations began when he cut a pinhole in his window to let in sunlight. Newton became curious and experimented by running white light through a prism to separate it into a rainbow of colors. Realizing that the white light is a composite of all the colors in the rainbow using a prism. Demonstrating this by showing how sunlight passes through a prism making it split into many colors, and using a second prism to combine the colors back into white light.

Issac Newton was a very curious person. He created The Three Laws Of Motion through observation, experimentation, and mathematical deduction, Issac built on the work of previous scientists such as Galileo and Descartes. Newton used these Three Laws Of Motion to investigate and explain the motion of many physical objects and systems. The Three Laws of Motion Newton created



$$p = m v$$
$$F = m a$$
$$F_{1\rightarrow 2} = - F_{2\rightarrow 1}$$
$$F_G = G_N \frac{m_1 m_2}{r^2}$$

In summary, Issac Newton was most famous for his work on designing the light bulb and The Three Laws Of Motion. The Three Laws of Motion are used mainly in science today, with light being created it is used everyday in the world. We use Isaac Newton's work in places such as Physics, Engineering, and Astronomy through his Laws Of Motion, these things explain how objects move, and his Laws Of Gravity, Issac Newton creating all these things are a big inspiration, you can design or build anything you put your mind to!

Battle of New Orleans
BY AISHA MIAN

Could you imagine a modern-day Louisiana with a different history than the one you have learned in school? What if Louisiana had taken longer to become a part of the US? What if we had different influences in our region? The Louisiana we know today can be chalked up to how history played out. If we did not win the Battle of New Orleans, then the Louisiana we know today would have been a tad bit different.



The Battle of New Orleans was a part of a greater conflict, the War of 1812 which was the result of the British harassing American trade and forcing US sailors into their ranks. The Battle of New Orleans was just another case of the British trying to disadvantage the US and gain more control. The British sent more than 50 fleets to attack and capture New Orleans to help them expand through the Louisiana Purchase. Unfortunately for them, well-known Andrew Jackson came to New Orleans’ defense. However, this battle was not supposed to happen as peace treaties

had already been signed between the US and Britain. Unfortunately, both sides were unaware of this and the battle was fought anyways.

The battle was fought on the outskirts of New Orleans on the morning of January 8th, lasting two hours. American forces were heavily outnumbered but managed to hold their own against the British, only suffering a few casualties while the British suffered many. The British were overwhelmed by the heavy fire. This also resulted in them losing their commander. US forces were victorious in this unnecessary conflict. This battle had barely any effect on the war itself, but it helped Andrew Jackson gain a reputation and garner support for his future presidency in 1828.



If we lost the Battle of New Orleans, Louisiana would have probably been different and there would be a slight change in the history curriculum. The Battle of New Orleans was a significant battle for our region, but not the war. It may have been unnecessary but it was very much impactful. History might seem unnecessary at times, but think about how different things could’ve been.

Law Enforcement Day
BY CAIRA FAVAROTH

Why is it important to celebrate law enforcement day? Law enforcement day is the day where we celebrate all the hard working officers who risk their lives to save us on a daily basis to keep us safe. Our officers are out day and night to ensure that we are in good hands. Our police officers are saving countless lives and keeping the streets safe as well as mentoring the youth to make sure they don’t do anything to ruin their lives.Their courage isn't fear but it is the importance of someone else's life instead of yours.



Law enforcement day is celebrated On January 9th, this day is celebrated by having people wear blue, write letters/cards,expressing your gratitude, bringing gifts,and more. This day can help the officers feel appreciated because they are always out saving our lives and these small acts of kindness can really make them feel good. Law Enforcement Day was established in 2015 to give the public a way to express how grateful they are for their service. It is an opportunity to acknowledge the difficult jobs that the officers have to do when serving.

Cops all around started this day in response to negativity surrounding law enforcement. This day was made because of a shooting of a cop that happened in 2014. After that incident people ended up rioting throughout the city as a way of getting justice for the fallen officer. This shows that anything could happen on the job and that's why we celebrate them. As regular civilians we do not know the struggles that these officers face everyday. Letting the officers see that citizens recognize their difficult jobs lets them know that we see them and also how grateful we are for their service.

To this day, “Law Enforcement Day” is still being celebrated. Officer Alicia Pierre stated,”I love that we get celebrated, and I



love seeing all the people come out to celebrate this day for us.”This shows that the officers really appreciate when we come out to support them and make them feel good. This is why Law Enforcement Day is important because these officers need some positivity after all the long and hard days of being the heroes of our city. The support from the public can be seen as encouraging from our fellow officers as they take on one of the hardest jobs as well as being motivated by the positivity that the people are spreading for these amazing officers.

In conclusion, every day is a day that we get saved. These officers are people who were once regular civilians like us but one day decided to put on that uniform to be able to save others. It’s important that we thank them and acknowledge them for all that they do for us. As civilians we do not get to see the challenges and hardships they face each and every, but we thank them for being so great at their jobs, each day should be a day to give thanks to our fellow officers.

More Than A Dream
BY PARKER JACKSON

“Injustice anywhere is a threat to justice everywhere.” by Martin Luther King. We all know Martin Luther King, he gave his famous “I Have A Dream” speech on August 28 1963, at Lincoln Memorial in Washington D.C. But, Martin did more than just his famous speech, his work was a foundation of what we have today. Martin grew up middle class with a pastor and a civil rights activist father, this upbringing would later affect what he does in the future, and the impact he’d make on our country. This is how his dream came to fruition.

Martin Luther King Jr , born on January 15, 1929 in Atlanta, Georgia. Named after his civil rights activist and a pastor at Ebenezer Baptist Church father, Martin Luther King Sr. As his father fought for civil rights and was a pastor at church he instilled into Martin’s early years morals, courage, and integrity. Stating that, “I think that my strong determination for justice comes from the very strong, dynamic personality of my father...” While his mother, Alberta Williams King, taught him his self-worth and to challenge the unfairness of segregation. As he grew up living in the south, he would face prejudices, racism, and segregation. He did not let that discourage him and it ended up fueling his need to bring justice and unity to the country.

Martin was more prominent in a nonviolent way to fight segregation. Much opposite of Malcom X who was pro-violence against segregation. His earliest work would be the Montgomery Bus Boycott in 1955 after he became a pastor at a church in Montgomery Alabama. He would then go to Christian Leadership Conference to then discuss ways of nonviolent civil rights protests. To further pursue these nonviolence acts, he traveled to India in 1959 to study the Mahatma Gandhi's Methods, this is a civil disobedience like boycotting, this would include breaking unjust laws and not cooperating with the oppressor.

Now we all know of his famous March on Washington and how he was the symbol for nonviolent protests in segregation. But that was not all he did. He would later in his final years start the ‘Poor People’s Campaign’ of 1968. This would address poverty and economic inequality for all races. This campaign would include building a “Resurrection City” on the National Mall in Washington D.C. He would also fight for Opposition to the Vietnam War. He was a vocal critic of the war, believing it was wrong and drained the resources that could be used for poverty in the United States. He would later receive the Nobel Peace Prize for his work in nonviolent activism.

This was a dream to a reality. From his childhood of experiencing racism, segregation, and having parents that actively fought against the system. To him growing up and becoming an American hero, fighting the system with nonviolence. Martin is a prime example of a dream that can become a reality, no matter how difficult it is. Martin was not just for one, but for all. The impact he made to this country will forever be long lasting and will be in history til the end of time."If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward" by Martin Luther King.

Teacher Spotlight - Ms. Gambino
BY JAEDA NEWTON

Ever wondered what ‘taco’ means in Spanish? One of our Spanish teachers is here to answer your questions and more. Meet one of the teachers in our foreign language department. A passionate teacher bringing a vibrant approach, moved by passion for Spanish and the inspiration to foster curious young minds, Ms. Gambino is bringing a new mix here at Salmen. The Spartans welcomed a familiar face back to the halls



of Salmen High last year. For Ms.Gambino, this is her second year teaching here at Salmen, though her connection to the school runs deeper than her recent years of teaching here. “This is year two for me here at Salmen, but I have been a Spartan since 2010! I graduated from Salmen in 2013,” she says, detailing a journey that led her from teaching English online to become a pillar of the world language department. Before arriving at Salmen, Ms.Gambino embodied her passion for teaching over seven years, finding her calling in the classroom environment. She thrives on creating a safe and welcoming environment for her students, and her dedication is shown when discussing their development. “My favorite part of teaching is seeing my students’ individual growth and their determination to reach their goals,” she shared. “Walking alongside them as they discover their strengths and achieve success is such a blessing.”

Ms.Gambino’s initial dream wasn’t teaching—she originally planned to be an orthodontist before pivoting to psychology and education. This journey gave her a unique perspective on the value of connecting with young people. Now, she uses her role to open the world to her students through language. Beyond the crazy conjugation and vocabulary, she sees Spanish as a necessary communication tool for our community and the bigger world. The environment of Salmen has reinforced her commitment to her role as a teacher. With hobbies ranging from traveling and gardening to photography, Ms.Gambino brings a world of experience into her classroom, ensuring students leave her class with a valuable skill and a larger perspective on cultural understanding and many future opportunities.

Through the shared experience of language and culture, Ms. Gambino has found a mutual source of motivation for Salmen. The vibrant atmosphere and engaged students have only strengthened her resolve to make Spanish more interesting for students. Try and ask about new and different things in Spanish. You may learn something new. How does a Spanish teacher clean a house? They use
Hola
Hoops.



Voices of Tomorrow
BY PAIGE REINE

Ring in the new year with a fresh perspective! January is a time of new beginnings. Happy New Years, Spartans! This is Paige Reine, back again to bring you more stories that matter. Get ready for more articles, updates on fellow Spartans, and fresh views. Let us start the year off by spotlighting a bright student with amazing goals and a plan ahead.

Tamyren Watkins is part of the class of 2026, the best class of course! He spoke on his goals, plans, and rejuvenations for the new year to come. As the school year gets closer to an end, one major goal he had for the final semester was to make good grades and be the best student he can be. Staying on top of your game and having your priorities straight as a senior can be tough but is an important aspect. Time flies very quickly for the majority of us. After high school, Tamyren plans to move to Texas and attend a welding institute and build a life through that. “I am starting to find an interest in welding. Now since I am taking the class, I believe I want to further my career in that field.” Apparently, that is where the money is as well! Once you have graduated and left your mark, you hope that you left some kind of remembrance and positivity within peers and teachers. Tamyren hopes to be remembered as a well-rounded student and classmate. He also hopes that whenever he is mentioned or spoken upon that his name carries great intentions.

The “New Year, New You” slang is floating around everywhere, from social media trends to hallway conversations. It is also a time when we decide to better ourselves and level up our lives. While many of us may say we want to better our GPAs or maybe hope to make a sports team, Tamyren’s starts internally. He has multiple habits and perspectives that can be left in the previous year but starting now, he hopes to leave behind his immature and child-like mindset. This internal shift is a moment that many of us face going



from adolescence to adulthood. It involves us recognizing that personal growth is a continuous process, not just something that is seasonal. The journey to a mature mindset means taking accountability for our actions and understanding the concept of future decisions. “Now that I’m getting older, I have to learn to grow up and lean into a grown mindset. Once I leave high school for the real world, things will not always be a game.” This seems to be a big factor in life that we all have to take initiative of.



Ultimately, Tamyren is fueled by the drive to turn big dreams into even bigger realities. Let his journey remind us that there is no “single” path after graduation or in general, just a bunch of different and exciting detours waiting to occur. Whether we are aiming for the stars or running for a \$5 meal at McDonalds, us Spartans are ready to conquer whatever is next. We can not wait to see where he lands as the years pass, and just hope he remembers us when he is famous. Stay inspired, Spartans!

Student New Year Resolutions

BY MADISON KNIGHT

If you didn’t know, New Year resolutions are promises to yourself to improve. Although, not all New Year Resolutions have to be related to just your personal life. It can include so many other things. Think outside the box! As the new semester begins, students like junior Byron Mathews and senior Paige Reine are focusing their New Year’s intentions not just on grades, but on developing sustainable habits for future success in both their studies and personal lives."

To begin, when it comes to New Year’s goals, some students aim high, and junior athlete Bryon Mathews is no exception. Focused on extracurricular growth, Bryon is determined to push himself further in basketball and earn an athletic scholarship. His strategy includes working harder on and off the court, being a stronger teammate, and staying consistent during games. Bryon acknowledges that obstacles such as missed shots or turnovers can get in the way, but he’s determined to improve. Mathews also feels the pressure of expectations from his team, saying “If I’m off my game, they’ll be off theirs.” With discipline and weekly progress, he hopes to make his athletic goals reality.



On the other hand, not every student’s resolution revolves around sports, some are focused on personal growth. Senior Paige Reine enters the new year with resolutions centered on academic success and self improvement. She hopes to better herself by staying on top of school work and applying for scholarships that support her future. Paige’s strategy includes journaling, reflecting, and improving her study habits. She also wants to stay consistent with school responsibilities throughout the year. As she explained, “I want to get in the habit of studying more and make sure I keep applying to whatever scholarships are open for me.” Even though taking dual enrollment classes sometimes takes over her weekends, she believes the extra effort is worth it.



In the end, Bryon and Paige show two different sides of student life. Although, both share the same determination to grow. Whether it’s chasing athletic success or focusing on academics and well-being, each student uses the new year as a chance to reset and rise. Their resolutions remind us that no matter what path a student takes, a fresh start always brings new motivation and new opportunities.

A Glimpse of School Clubs

BY KIERRA MCCOY

What can you do when a friend is showing signs of a crisis, but you are afraid to say something? Well, take a look in the book of this month’s Club Spotlight...Save Promise!! The club that can help you with speaking up when you are too afraid. There are many tragedies that happen at school, Save Promise is a club that can help Salmen prevent such things.

What is Save Promise Club? Save Promise is the largest student-led violence prevention program at many different schools. They benefit schools as well as students with their prevention of school violence. Students in Save Promise come together from different schools, discuss ways to prevent school violence and many other things. Save Promise is student-led, built around the four E’s: educating, empowering, engaging and encouraging. Fun fact, there are over 5,000 SAVE Promise Clubs across almost all states according to the Sandy Hook Promise website. This website has also stated that the mission is to educate and empower youth and adults to prevent violence in all communities no matter the location.



At Salmen High School, our Save Promise Club is run by First Responders and Medical Terminology teacher, Mrs. Peck. During club days students gather with Mrs. Peck to discuss the things they could do to keep Salmen positive and safe. But what makes a teacher want better for the school? Mrs. Peck says, “I had never heard of the club before so I did some research. I was impressed



with what I found out, and from there decided to become the sponsor.” Last year, the Save Promise Club went on a field trip to a SAVE Promise Club district conference at Northshore High School. As much as hearing about the club gives a good understanding, what do students do in the club that benefits the school? “They run initiatives such as kindness weeks, positive message walls, greeting activities, and events that help new or isolated students feel included.” Giving advice, writing kind words and complimenting others gives students who may not know about Save Promise Club, a better understanding of what it means to support others.

There are many tragedies that happen at school, Save Promise Club helps prevent violence that may lead to these tragedies. It is built upon students from different schools, coming together to better the school environment. Joining Salmen High School’s Save Promise Club can enhance the percentage of schools that have become and are violence free. Speak to Mrs. Peck in the 400 hall if you would like to consider helping with Save Promise. No matter the tragedy, Save Promise has a strategy!

Salmen High School Soccer Team

BY SEVEN FERNANDEZ

Did the Salmen Soccer Team score 6-7 points? Soccer is more than just a bunch of girls on the field kicking the soccer ball around. It is about a group of girls who are building a sisterhood and playing the sport they love. In this article I will talk to a couple girls on the team to see what they like about the team and what made them join the team. Now that you have gotten to know what we are going to talk about let’s dive deeper into the Salmen High Soccer team.

The first girl we will talk about is Madison Knight. This is Madison’s first year playing soccer. I asked Madison what her favorite part about the team is and she said “



My favorite part about the team is how we try to work as a team. If anything goes wrong in the game we don't point fingers, we try to get back and work even harder.” As you can see they try their hardest to make things better without blaming one person. If you ask me this is the perfect way for a team to be. They always say the greatest players are the ones that know how to play every position on the team and that somebody is Madison.“ My personal goal I have for this season is to learn how to play all of the positions on the field”. If dedication was a person it would be Madison. I hope Madison continues to play soccer her senior year and perfect her craft.



In any sport or even in anything you do you will always have a goal and Madden Bailey goal is to “ build more confidence in myself and to become more in shape”. With anything you do you need to be in shape and you have to be confident in yourself so you can play to your best ability. With sports most of the time you start at a young age and you continue to do it throughout your life but in Madden's case this is her first time

playing soccer. With me knowing that this is Madden’s first year playing soccer I asked what made her join the team and she said “ I wanted to do something new for her senior year”. I feel like this is a good way to end your senior year off by just having fun and maybe finding something else that you may like. I asked Madden what she enjoys about it and she said” I enjoy having an outlet for stress and building relationships with other girls at Salmen”. As you can see this is a perfect way to make more connections with other people she goes to school with. As the season is about to start Madden is ready to make her mark on the tea.

In conclusion ,we have talked to two girls on the soccer team and seen what they enjoy about the team. I have also talked about their personal goals for the season and got some insight about the team. After reading this article do you think the Salmen High Soccer team is the one for you? If you ever want a sisterhood that lasts forever and a team that is dedicated to their sport the Salmen High Soccer team awaits you.

Football Recap: Tough, and Emotional Season for The Books
BY JIMMY CHANZY III

As I step back and realize this long journey has come to an end. I am Jimmy Chanzy III, from the 2025-2026 Salmen Spartan football team, this is my senior season that would be remembered for all of its thrilling finishes, high-scoring shootouts, and raging rivalries that kept fans on the edge of their seats. We have had comebacks and heartbreaking moments that all contributed to a gridiron action that would not soon be forgotten. In this recap, we analyze the games and standout performances that shaped the path to Round 1 of the playoff game that have sent us on our way back home.

Our tough regular season, ironically, sowed the seeds of our postseason failure. By consistently dominating rival opponents, we rarely faced moments of true crisis or had to battle through adversity. We grew accustomed to underestimating opponents and predictable outcomes. This lack of in-season struggle meant that when the challenges mounted in the playoffs, injuries, questionable calls, and a talented, resilient opponent we were unprepared. We had not built the foundation of a good practice and the art of the comeback. Coach Rory Bell stated, "You play how you practice, if you practice slow you play slow you play fast it transfers over towards games". When the game was on the line, it wasn’t the lack of talent, but the deficit of experience in these high-stakes, pressured competitive games.

Our season was a test of discipline and our contributions towards our failure to advance in the playoffs could be attributed to the convergence of challenges that depleted us for a long time. This



primary was a cause of lots of injuries to key players, particularly to our secondary and our starting defensive line forcing us to constantly put in different personnel for us to be victorious on Friday.

Our strategies relied heavily on our underclassmen who were truly not ready for varsity action. These certain problems on the roster caused lack of consistent team chemistry and communication breakdowns in pressured moments, meaning we struggled to maintain the team work necessary for success against competition. Like Head Coach Eric Chuter used to say, “Pressure Burst Pipes”. By the time the playoffs arrived, the physical and mental toll on us from the regular season caused us to be left exhausted, and we weren’t able to execute when it mattered most, causing us to have a very early exit.

The year of the comeback from the ups and downs," Highlighting our team's resilience to keep fighting for a spot in the playoffs”. Reflecting back on this tough exhausting season this has been one for the books many different obstacles and challenges we have faced this season we never gave up. This is a hard one to swallow but Salmen football lives forever throughout everyone who has been a part of this program. The



season ultimately ended in disappointment with a first-round exit, but the team performed above initial expectations and established a solid foundation for future campaigns. Though the season ends here for me, the fight my teammates have shown me will be remembered forever, and the lessons learned from this tough playoff loss will fuel the team's future efforts. I would like to say thanks to everyone who has been a part of Salmen's program recently and in the past.

Meet the Editor: Sara Mitchell
BY THE SPARTAN CHARIOT STAFF

What shapes a young person’s dreams? Is it the joyful memories of childhood, the support of family, or the ambitions they carry toward the future? For Sara Mitchell, a 17-year-old high school senior from New Orleans, Louisiana, it’s a blend of all three. As she approaches graduation and looks toward her future, Sara’s unique story is shaped by her joyful childhood, her dedication to creative pursuits, and her aspirations in journalism and media. Through her experiences, Sara demonstrates how a supportive family and a passion for self-expression can pave the way for a promising future. From childhood adventures to building entrepreneurial ventures, Sara Mitchell’s journey is a testament to the power of curiosity, creativity, and family support.

To begin, Sara’s early years were filled with laughter and exploration. She fondly recalls spending weekends at the park and children’s museum with her twin brother and father, even playing pretend games like being a doctor. One of her most cherished memories is relived by watching a video her dad recorded during those playful days, which reminds her of the innocence and happiness of childhood. These moments, rooted in family bonding and imaginative play, laid a foundation of joy and curiosity that continues to influence her.



Today, Sara enjoys revisiting hobbies from her preteen years, such as creating and selling lip scrubs, lip gloss, and other cosmetics, a venture that allows her both creative and entrepreneurial expression. In her downtime, she listens to music and takes time to relax. Although she doesn’t hold a traditional job, Sara appreciates the support of her parents and invests any money she receives back into her business or simple pleasures. She further explained, “The minute I do get money, I pour it back into my business or get things that make me happy at the store”, showing that she knows how to balance her finances between her wants and needs. Her older sister, Makayla, serves as a role model, offering guidance and inspiration, while her entire family remains a pillar of love and support.

Looking ahead, Sara is excited about the possibilities that await her. She hopes to attend the Savannah College of Art and Design within the next year, where she plans to continue her writing while pursuing her studies. In five years, she envisions herself graduating from college, seeking a career in journalism or mass communications, and expanding her business. Sara is open to exploring different media pathways, including blogging or conducting red carpet interviews, always driven by her love for writing and fashion.

Undoubtedly, Sara’s journey shows how a strong family foundation, creative ambition, and supportive role models can help a young person navigate the path from childhood to adulthood. As she prepares for the next chapter, Sara encourages her peers to embrace their passions and lean on their loved ones for guidance. Her story is a reminder to all that it is important to cherish our roots, while reaching boldly for the future.

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