



From Midterms to Milestones Beyond the Books

GOOD NEWS

- ★ Qwanye Jones has been Louisiana State University and Morehouse College
- ★ Andray Smith has been accepted into Morehouse College
- ★ Genevieve DeBarbieris has been accepted into Tulane University and also awarded the Louisiana Excellence Award with full tuition
- ★ Paige Reine has been accepted into Georgia State University
- ★ Congratulations to Akayla McMooian for having 1,000 points in her high school basketball career!
- ★ Former Salmen High student Shawn Rogers, Mrs. LeBlanc’s son, will be shipping out to the Navy on February 19th, where he will be pursuing a Navy career in Information Technology at Pensacola, FL following bootcamp!
- ★ Congratulations to Akayla McMooian, Kendal Pichon, and Parris Powell for being named to the LHSAA All Academic Girls Basketball Team & for making the LHSAA All Academic Class List

guidance he has provided, and the sense of family he has built within our school.

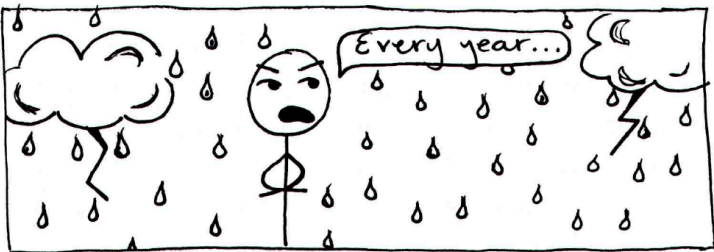
To us Spartans, Mr. Garabold was viewed as someone who was dedicated to helping out families and students. With his contributions and his huge belief on discipline amongst students, he maintained to help keep Salmen at peace and a better place for students. Since his first year here, he made sure those around him were in good hands every time he may have seen you or vice versa, it never was a dull moment. Mr. Garabold will be remembered as a supportive figure to the Salmen community. He was an amazing assistant principal and colleague for our school and will truly be missed by the Spartan family.

Although Mr. Garabold is no longer with us, he is not forgotten. The impact he had on Salmen is vibrant. May students continue to carry the lessons he enforced, the encouragement he gave to everyone, and the care he showed every day. As a school and community, we continue to honor him and his memory by supporting one another and remembering the difference one person can make.



Weather Watch with Robbi: Mardi Gras and Mood Swings

BY ROBBI-RENEE’ WILLIAMS



Hello folks, February already? It is the season of love, as they say, but conditions this month are looking more adjacent to mood swings than chocolate and romantic gestures. February's reputation reigns consistent in being inconsistent. Highs of 75, followed by highs of 40 within the same week, and winter’s linger whispering the promise of spring. Most importantly though, the roar of Mardi Gras is approaching and people are left unsure whether to layer up or keep it light for parade season. Well folks, prepare to be informed.

Much like January, temperatures are fluctuating. Snow was rumored late last month due to a severe cold front, but unfortunately the rumor stayed rumor and temperatures have risen since. Stepping into February ‘26, expect to see highs of 60 during the day and lows dipping into the 40’s after dark. But hey, that’s up to Mother Nature, who notoriously does not stick to the forecast. That being said, expect some days to reach 70-degree highs. In addition, slightly above average precipitation can be expected this month with the potential of 5.5 inches generally, and about 6.5 realistically. Because if there’s one thing Mother Nature never skips out on in Slidell, it is an awful lot of rain.

As far as what to wear during parade season this February, skip the heavy layers and opt to carry a coat and umbrella, just in case. So, while you are filling those Mardi Gras bags take a moment and feel the air... were the weather predictions right? It is anybody's guess really. After all, February makes up its own mind weather wise.

Roots: Black History Month

BY SARA MITCHELL

“Freedom is never given; it is won.” by Philip Randolph. Over the years, many black people have fought for their freedom and equality. Black History Month is only a figment of the endless amounts of work that



UPCOMING EVENTS

- ★ **February 3:**
Boys B.Ball vs. Chalmette @Chalmette 7:15PM
Girls B.Ball vs. Chalmette @Chalmette 6:00PM
- ★ **February 6:**
Senior Portrait Makeups
Boys B.Ball vs. Northshore @Northshore 7:15PM
Girls B.Ball vs. Northshore @Northshore 6:00PM
- ★ **February 10:**
Boys B.Ball vs. Fontainebleau @Salmen 7:15PM
Girls B.Ball vs. Fontainebleau @Salmen 6:00PM
- ★ **February 11:**
Salmen High School Mardi Gras Parade
- ★ **February 12:**
Boys B.Ball vs. Slidell @Salmen 7:15PM
Girls B.Ball vs. Slidell @Salmen 6:00PM
- ★ **February 14:**
ACT @ Salmen
- ★ **February 16-20:**
Boys B.Ball vs. Mandeville @Mandeville 2:00PM
Boys B.Ball vs. Lakeshore @Lakeshore 6:15PM
Boys B.Ball vs. Chalmette (**Senior Night**) @Salmen 7:15PM
Mardi Gras Break - No School

More Than Just An Assistant Principal BY THE SPARTAN CHARIOT NEWSPAPER TEAM

The loss of a school leader is felt far just beyond 4 walls. The passing of a colleague, co worker, friend, and role model, Mr. Garabold, has left a lasting impact on the Salmen Community. Known for his dedication and unwavering commitment for students and staff, his vital role in shaping the school environment is major. Mr. Garabold’s legacy lives through the lives he has touched, the

was put in. Black History Month is a month where we learn about African Americans who helped shape black history; it is a time to acknowledge their achievements.

We honor Black leaders whose path of courage inspires new generations to continue to rise with purpose. Here is a peek into the achievements of Black individuals' and their contributions that made history. Katherine Johnson, who was known as the human computer, graduated high school at 14 and college at 18 due to her mathematical talent. She later on worked as a NASA mathematician, contributing to John Glenn's orbit and Apollo Moon landing. She also calculated trajectories for Alan Shepard's flight in 1961 which was the first American in space. In November 2015, Katherine J. received the Presidential Medal of Freedom, the highest civilian award. Following, Thurgood Marshall was known as the first African American Supreme Court Justice and civil rights lawyer. The landmark 1954 Supreme Court ruling in Brown v. Board of Education was argued by T. Marshall which declared school segregation in educational facilities. He also led the NAACP Legal Defense Fund; using courts to fight for equality. He has won many awards including the Presidential Medal of Freedom in 1993, National Association of Colored People (NAACP), and in 1992 he was awarded the Thurgood Marshall Award given by the American Bar Association. Ultimately, these figures didn't just change history,



they ensured their voices were heard and they have created room for generations after them.

Through interviews, peers provided context on how Black history shapes their identities and why it is significant to them. Meet the Editor, Kierra McCoy! Black History Month means different things to everyone, but to Kierra it is the showcasing of people who fought for equality. It is a month that shows generations that growth, power, and progress doesn't just happen over time.

Black History Month is what empowers people of color to never refuse outcomes that are less than what were initially promised. A black leader that has been most influential to Kierra would be Ruby Bridges. Had she not paved the way at an all-white school, people would not have had the mettle to fight for integration. "She fought to go to school and because of her moral courage, women and young girls can now go to school to pursue their dreams." Women are often restricted in their choices yet it acts as fuel for resilience and ingenuity. Ruby Bridges stands as a beacon of courage who has opened doors for social change and racial integration.

Black History Month is dedicated to honoring the tribute of African Americans. Black History Month acts as a symbol of the hardships for freedom and equality, this pays recognition to African Americans who have left a mark in history. We make our stories and our stories are OUR power!

National Wear Red Day

BY DENNARD POWELL

National Wear Red Day, on Friday, February 6, 2026, raises awareness for cardiovascular disease, which is the leading cause of death for women in the United States. Approximately 80% of these cardiac events may be preventable through education and lifestyle changes. The Go Red for Women initiative encourages women to learn personal health numbers like blood pressure and cholesterol. National Wear Red Day serves as a vital call to action for women to prioritize their cardiovascular health through the Go Red for Women movement, aiming to combat the leading cause of death among women by empowering them with the education and prevention tools necessary to save lives.

Urgent action is required because, for decades, cardiovascular disease was mistakenly viewed as a "man's disease." This gender bias in medicine led to a significant gap in research, diagnosis, and treatment for women. Women often experience different symptoms of a heart attack than men—such as extreme fatigue, nausea, or jaw pain—which can lead to delays in seeking life-saving medical intervention. Without a dedicated movement to shift public perception, thousands of women remain at risk of undiagnosed



conditions. The urgency lies in dismantling the silence surrounding women's heart health and ensuring that every woman, regardless of age or ethnicity, understands that she is her own best advocate in a healthcare system that has historically overlooked her specific physiological needs.

The statistics driving National Wear Red Day are both sobering and a testament to the movement's necessity. Cardiovascular disease kills more women than all forms of cancer combined, claiming the life of approximately one woman every 80 seconds in the United States. According to the [American Heart Association](#), nearly 45% of women over the age of 20 are living with some form of cardiovascular disease. Furthermore, the statistics highlight a significant disparity in health equity; Black and Hispanic women face higher risks due to systemic barriers and higher rates of hypertension. However, the most critical statistic is one of hope: 80% of cardiac events are preventable. This figure serves as the foundation for the Go Red for Women movement, proving that the crisis is not an inevitability but a challenge that can be managed through proactive intervention.

Preventing cardiovascular disease begins with the "Know Your Numbers" campaign, which urges women to track five key metrics: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar, and Body Mass Index (BMI). Beyond clinical data, lifestyle modifications such as 150 minutes of moderate exercise per week, a heart-healthy diet low in sodium, and the cessation of smoking are paramount. People wear red on the first Friday of February to turn these clinical facts into a visual "lifeline." The color red acts as a universal alarm, signaling the need for awareness while simultaneously symbolizing the strength and passion of women fighting for their lives. By wearing red, participants spark conversations in workplaces and communities, effectively transforming a fashion choice into a public health crusade.



National Wear Red Day 2026 is not merely a day of observance; it is a catalyst for systemic change. By addressing the urgency of the heart health gap, acknowledging the staggering statistics, and promoting rigorous prevention strategies, the Go Red for Women movement provides the tools necessary to rewrite the future of women's health. As women across the nation don the color red, they are not just raising awareness—they are claiming their right to a longer, healthier life. When you wear red on Friday, February 2026, you are not just making a fashion statement—you are joining a lifesaving moment to ensure that the women we love live to see their next vibrant chapter.

Valentines Day

BY ADAM JUNEAU

Valentine's day is a lovely treat to spend time with your significant other. However, what many people do not know is the dark history and past behind this holiday and how it came about. The journey of Valentine's Day has been long and rough. From the wild festivals of ancient Rome, Lupercalia, all the way to a priest arranging secret marriages against the law. Shrouded in mystery, the holiday we celebrate by throwing hearts and kisses out is rooted in complex ancient traditions, and rebelling priests that sacrificed their lives for young love.

In order to understand the origins of this famous holiday, one must look back over two thousand years to the streets of Ancient Rome during Lupercalia. Lupercalia (loo-pr-ka-lee-uh) was held between February 13 and 15; this was a very wild and dark festival designed to purify the city welcoming the coming of spring. The city would be filled with energy as they believed these traditions would bring them health and prosperity for the new year. The most famous tradition included young men running around through the city, offering "blessings" of good luck to those they passed. Some accounts suggest the festival included a system where men and women would be paired up together for the duration of the festival. These customs were much more rugged and dark than what we know today. This is



the very first instance of a valentines day match and soon evolved into the one we know today.

These wild celebrations of Lupercalia eventually ended up in the third century with the rise of a priest named Valentine. The Emperor of the time, Claudius II, often called Claudius the Cruel, ruled over Rome and had a strong desire for soldiers. Claudius was so desired to create strong warriors he outlawed marriage because, according to Claudius, marriage was a distraction and his soldiers would get too attached. Valentine, however, saw this as a grave injustice and crime against love and the church. He went against orders and continued performing marriage ceremonies in secret. This act of young love made him famous as the patron saint of lovers. He did not just



celebrate love, he fought for it and won against the most powerful empire in the world. Valentine’s defiance eventually led to his capture. However during his imprisonment, according to popular lore, he had befriended his Jailer’s daughter. Her name was Julia, a young woman that was born blind. In a final act of deviance, Valentine prayed for her and miraculously restored her sight. The biggest question is, how does saint Valentine become the known valentines day we know of today. That comes from his execution which was February 14. Centuries later, in 496 AD, Pope Gelasius officially replaced Lupercalia with Saint Valentines day. This marked the beginning of the well known holiday we know today. And how a wild festival turned into a deviant priest evolved into a holiday of love, hearts, and chocolate.

Today, Valentine's day has escaped from the rugged rituals of Rome and became a day of hearts. The massive commercial event comes with many benefits however it often covers up the special sacrifices for love. Whether you are exchanging blessings like the Romans or sending a note signed from your Valentine. We are all celebrating a two millennia part of history and most people have no idea. So, as we all celebrate this February 14, remember that behind that big Chocolate filled heart lies a story of sacrifice, rebellion, and a priest who believed love was worth his life.

President’s Day

BY ASIA COLEMAN

Do you know the significance of President's Day? The significance of President’s Day is to pay homage to past representatives of this country. This day is celebrated the third week in February, which this year is the 16th. Now the reason why President’s Day is important is because it celebrates the past president and it is about honoring their time they served for our country. We should want to know about our past president and how much dedication they had to serve our country.

What is the origin behind President’s Day? The origin behind President’s Day is that historians argue that there should be a day dedicated to appreciating our past president and future ones. To follow though with this point it was actually hard to get congress to all argue about coming up with a name. According to Britannica it says that “After the bill went into effect in 1971, however, President’s Day became the commonly accepted name, in part to retailer’s use of that name to promote sales and the holiday’s proximity to Lincoln’s birthday.” This method was to make sure people knew about all the difficult times they had to decide on the name of gratitude for our president. President’s Day is for recognizing our leaders.

Why should we look forward to President Day each year? The reason why we should look forward to President's Day each year is



to show our respect for our country. With all things considered, President’s Day is about honoring our presidents. Another reason why to celebrate President’s Day is to pay homage to our

country leaders and how they shaped America. “Washington served as commander in the continental army, which led to America’s victory in the revolutionary war and ultimately to our independence from Great Britain.” This is some history on why we should be glad to celebrate President Day.

To draw a conclusion, President's Day is to serve as a reminder that the office of presidency is defined not just by power but by service. President’s Day was mainly about how we should look forward to celebrating and honoring our president. As we go on we should look forward to each year. The goal of this research paper is to list and discuss the importance of President's Day and why people should celebrate this holiday. This article is to tell about the importance of the history behind President’s Day. Another reason why President’s Day is important is because we get to honor our past representatives. We should look forward to continuing celebrating this day.

Mardi Gras

BY AMIYAH SHANNON & AMARI WALTON

What makes any home special? Culture! Louisiana’s culture runs deep but within that culture includes our very own festival season, Mardi Gras! People all around the world come down to experience our Mardi Gras. But what makes Mardi Gras so special? Join me in



this article to get a deeper understanding about Mardi Gras.

Mardi Gras first dates back to 1699, where the first celebration took place near New Orleans. French settlers brought their medieval European traditions of the celebration to North America at the time and named New Orleans “Pointe du Mardi Gras” once they settled. After that the celebration of Mardi Gras occurs every year in

Louisiana as “Fat Tuesday.” But Mardi Gras was not always the Mardi Gras we know and love today. It started off with just elegant society balls, which also became the inspiration for the Mardi Gras balls we have today. Eventually, parades were added alongside the colors of Mardi Gras green, purple, and gold. Purple for justice, green for faith and gold for power. As I previously stated, people come all around the world to experience our Mardi Gras. With our fun parades, king cake and dressing up in green, purple, and gold, it is always a fun time! Since Mardi Gras is just around the corner, let’s see what our fellow Spartan’s thoughts are on NOLA’s favorite holiday!

Mardi Gras season is around the corner! Everyone is excited for all of the parades planned and having a full week off to celebrate New Orleans' most beloved holiday. I had the pleasure of being able to interview a few students, Jada, Qwanye, and Julie from the 12th grade class about their favorite parts of Mardi Gras. If you know Julie, you know that Mardi Gras is her favorite holiday out of the whole year. “My favorite part of Mardi Gras is creating my outfits for the parades.” She is a fashion girl and always makes sure to create a clean fit before an event. Planning out her outfit and seeing it come together really excites her for actually going out to the parades. Her favorite food to eat while she’s out is oysters. She also said that “Hanging out with my friends at parades makes them ten times more fun than they already are.” Jada’s favorite part of Mardi Gras is hanging out with her family and friends. She said that “It is an event that is really fun with my friends and family since we all love the holiday so much.” Her Mardi Gras Plans are to go to parades with some family coming into town. Her favorite food during this time is anything warm since it can get pretty cold at night.



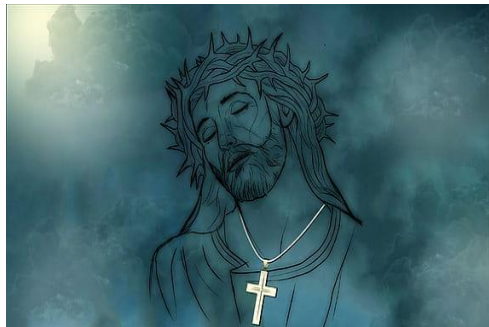
Qwanye loves night parades. “Night parades are the best parades of Mardi Gras” he stated. He loves walking around the flooded streets and hearing the bands playing from schools. Qwanye also really enjoys eating king cake because it gets him in the Mardi Gras spirit. These were a few students from the senior class talking about Mardi Gras! I hope everyone enjoys their Mardi Gras break! Yours Truly, Amari Walton and Amiyah Shannon.

Remember That You Are Dust

BY WALESKA ADRIANO

Did you know that the ashes used to mark the foreheads of the faithful are not just any ashes? They are obtained by burning the palm branches blessed during Palm Sunday of the previous year. On February 18th, the Christian world celebrates Ash Wednesday, marking the beginning of a sacred time of preparation for Easter. While most people will spend their mornings trying to conceal their

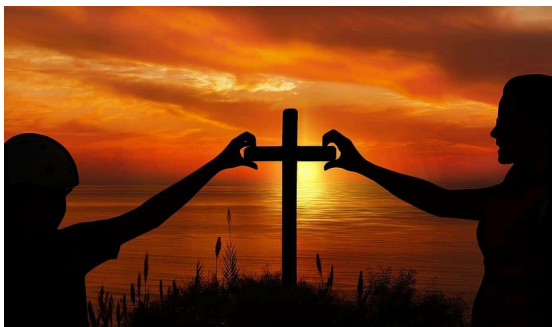
imperfections, millions will go out into the world on February 18, with a dark cross of ashes on their foreheads, not as an imperfection, but as a courageous declaration of their own mortality.



Beyond the symbolic ash cross, this day is characterized by the obligatory practices of fasting and abstinence, setting a solemn yet hopeful tone for the six weeks of spiritual discipline that lie ahead. Ash Wednesday has its roots in the biblical account of the Fall of Man, the specific phrase uttered during the ceremony—“Remember that you are dust, and to dust you shall return”—from Genesis 3:19, where God declares the inevitability of death after Adam and Eve's original sin. The ashes represent the remains of something consumed by fire, serving as a powerful metaphor for the end of physical life, symbolically linking human fragility to Christ's passion and ultimate sacrifice. This reminder of mortality is not intended to cause despair, but rather to highlight the urgency of repentance. By acknowledging the brevity of earthly life, believers are encouraged to focus on spiritual growth and their need for God's mercy.

On this day, Latin Rite Catholics are obligated to observe the laws of fasting and abstinence. The obligation of abstinence applies to all Catholics over the age of 14. The consumption of mammal meat, such as beef, pork, and lamb, and poultry, such as chicken and turkey, is prohibited. Fish and other cold-blooded animals, such as shellfish, crustaceans, frogs, and turtles, are permitted. Other animal products, such as eggs and dairy products, are not prohibited.

The act of repentance and conversion involves rituals, prayers, and personal spiritual practices that mark the beginning of Lent and a new period of spiritual growth. Ash Wednesday urges believers to "return to God" through self-examination and confession. After the burning of the palms from Palm Sunday, ashes are imposed on the foreheads of the faithful, reminding them of human mortality and the ephemeral nature of life. To physically reinforce this spirit of penance, many Christian traditions include a day of abstinence from meat and a fast consisting of one full meal and two smaller portions. The phrase, "As the cross of ashes fades from the forehead, it leaves an enduring call to dedicate these forty days not to sorrow, but to the hopeful work of spiritual transformation," which comes from a modern theological reflection, combines the symbolism of fragility with a message of hope and conversion leading to Easter.



While Ash Wednesday is often viewed from the perspective of death and sin, its true theological significance lies in its paradoxical message of hope: that by honestly confronting our mortal origins, we can experience the transformative power of the Easter resurrection.

Teacher Spotlight
BY AMAYA TUCKER

It is time to take a deep dive into the history of our Salmen High teachers. If you did not know, we currently have 4 teachers with the last name Williams. Crazy right! Well, we are going to take a quick



history lesson into one out of four of our Williams. This teacher is one of Salmen High's greatly appreciated social studies teachers. She delivers the knowledge of world geography to our students, and also is our one and only law studies teacher. If

you have not figured out who this person is, I will be happy to tell you. I would like to present Mrs. Williams as our teacher's spotlight interviewee! Let's get into this history lesson, now shall we!

For those who do not know, Mrs. Williams has been in the education industry for 12 years and has spent 6 of those years teaching. Throughout her journey of teaching she explains that her favorite thing about teaching is helping students realize their full

potential. “I enjoy bringing fun elements to learning while having high expectations for my students.” she exclaims. Her love for teaching is echoed throughout her students. The positive vibes she spreads around the school, especially in her classroom is greatly appreciated. Mrs. Williams comes from a family of educators, which inspired her to become one herself. “4 generations of family members took pride in educating students.” she explains. 4 generations, wow! Coming from a family full of educators, it seems like it was destined to happen. Mrs. Williams says how she feels like she has a gift for helping others. I have asked Mrs. Williams, just out of curiosity, if she was not a teacher, what would she be. She replied, “If I did not become a teacher I would be a therapist or counselor.” I personally think that this occupation fits her character very well.



Mrs. Williams creates a vibrant atmosphere and overall great vibe in her classroom. Throughout her time at Salmen High she has ensured greatness and confidence in all her students. Spreading positivity and knowledge is what she does best. The last question I asked Mrs. Williams in our interview was is there anything she would like to include. She replied, “I enjoy bringing fun elements to learning while having high expectations for my students.” We greatly appreciate Mrs. Williams for all the years she has been here at Salmen High and can't wait to see what the future holds for her.

Student Spotlight
BY ERIN ROBERTS

Seniors, are we ready to graduate? I know for sure I am. As the new year has begun, Spartans are reflecting on the last semester we have had and learning how to adapt to the changes. Whether that is the weird weather we have been having, new schedules, or a new environment that the seniors are about to enter. However, in order to ensure us Spartans have a successful semester this year, it's important we reflect on the fall semester, both the good and bad.



Specifically for Anaya Williams, who is a hard-working senior at our school, has been reflecting on her high school memories, hoping to take her skills into her next stage of life. Anaya reflects on her last semester, hoping to build healthier habits not only for her last semester at Salmen but for her future, “Moving forward in this semester some skills I want to build are time

management & effective studying strategies. I want to avoid multitasking when trying to finish my work. I also want to learn how to properly study & stop cramming before tests.” Anaya hopes to stop procrastinating and better her time management skills in order to complete her assignments, something I think we all can unfortunately relate to.

However, despite hoping for the future, it also can be fun to reflect on the past. Especially for our senior Spartans, who are about to wrap up their last year of high school. Even with crazy changes, both personal or academic, it's important to carry memories with us throughout our day to keep going. Students like myself or even Anaya reflect back on our high school years and some of our favorite memories from being a Spartan, “my favorite memory had to have been the junior picnic”. Anaya reminisces how she was able to enjoy time with her friends and the fun activities that were available.



So even if you prefer this semester socially, or who knows, maybe even the fall semester, as Spartans we must remember to take in every moment for what it is. We should enjoy the good and bad, and do everything wholeheartedly, both personally and academically. Let's reflect on our previous semester, learn to adapt and do better, so we can be able to go from Midterms to Milestones!

Voices of Tomorrow
BY PAIGE REINE

From the glittering parades of Fat Tuesday to sharing Valentine’s Day surprises, and now grinding through this last next semester, Spartans are embracing what February has to offer. Welcome back, Spartans! Between second lining around the Tremé, figuring out the perfect Valentine’s Day gift for your boo, and surviving the school year, students are definitely keeping February interesting. This is the month full of beads, chocolates, and a lot of hustling. Nonetheless, Daryl Hurst balances the excitement between February and the daily challenges of the school semester.



Daryl is a senior here at Salmen High and is one of our shining students. Quick fun fact: she is on her way of becoming a licensed medical assistant—we see her future and it is bright! As graduation gets closer and we begin preparing for adulthood, we tend to carry many lessons with us along the way after high school. There is so much we may learn but for Daryl, these last 4 years have taught her about responsibility and resilience that will be stuck with you for the rest of your life. Generally, these traits set you apart and prove that many of us can handle the drive that comes along in life. Beyond her academic success and challenges, Daryl has full ability to balance out her senior year responsibilities as well as being an inspiration to those around her. February is a very busy month for us as it covers Black History Month, Valentine’s Day and for us Louisiana natives—Mardi Gras! The city is shifting from roses to king cake overnight and who are we to complain? With Valentine’s Day being around the corner, we all may be wondering what to get our boyfriend, girlfriend, or even just a friend. In Daryl’s perspective, Valentine’s is not just about the big teddy bears. “A perfect gift for Valentines does not have to be something big, get them something they would like and enjoy.” The most memorable presents are often those that truly show you their heart. With that being said, the best gift you can give someone from Louisiana is a slice of king cake. Mardi Gras is more than a celebration; it is a feeling of joy, tradition, and togetherness that fills the city. Many of us have different opinions about Mardi Gras, but to Daryl it means unity. “It is a time to enjoy, have fun, and not worry about anything. It is about the king cake and family time.” Daryl highlights how Mardi Gras is less about the spectacles and more about the moments you share along the way with loved ones.



Us Spartans are making the most of this month's chaos and still shining. Daryl shows how to celebrate and survive through this busy month of events. Between eating king cake, showing love, and dodging homework, February keeps Spartans on their toes. So whether you let the dog eat your homework or you are shouting, “Throw me some’ mister!”, Daryl proves one thing and that is February is never boring here at Salmen High. Stay inspired, Spartans!

A Glimpse Of School Clubs
BY KIERRA MCCOY

Develop your leadership, integrity and compassion while helping the community by joining Interact Club. Helping the community and participating in international service projects can better your skills. Develop your personal skills by helping others as well as your community by joining Interact Club.



Interact Club started November 5, 1962 by Rotary International. The first school to have an Interact Club was Melbourne High School. This club is often used to help students develop leadership, service, and understanding through hands-on events. Some of these events would even consist of organizing the food communities raise for the people who may need it. Interact can also

connect students to their communities and learn teamwork and perseverance. Joining Interact means you, as the student, get to go on field trips to obtain community service hours that go on your school records. Interact Club students get to go to many different places such as churches to paint youth rooms, beaches to pick up debris, fire stations to create “Spook Houses” and so much more. The INTERACT upholds the international motto: “Service Above Self!”

Meet the Interact Club sponsor, Mrs. Breaux!! To be a sponsor for a school club is a lot of work, however Mrs. Breaux never fails to make due with what she has. Mrs. Breaux has been the sponsor for Interact for about a few years now at many different schools. Throughout her years of sponsoring Mrs. Breaux has done many events such as volunteering to box and sort items at Food Distribution Banks, clean up graveyards, organize clothing at Miss Centers, serve food to the homeless and so much more. She was asked how being in Interact could benefit students, here’s what she had to say: “Interact clubs bring together young people ages 12-18 to develop leadership skills while discovering the power of Service Above Self.” Joining Interact Club can benefit students very well, if you would like to join next school year here is some good advice from Mrs. Breaux. “Embrace volunteering and enjoy the ability to help others in a community! YOU are leaders when you do things for others and make a difference to them!” Interact Club is a great opportunity for students to not only experience teamwork but also to use this teamwork to better not just the community but the economy.



Develop your personal skills by helping others as well as your community by joining Interact club. Being in Interact does many things for students. Some of which will benefit not just the community but you as well. Make sure to consider being in Interact Club and interact with your personal skills and community.

Girls Basketball: Minor Setback For A Major Comeback
BY KENDAL THOMAS

What if I told you how the girls basketball team went from a disappointing season to a season being the underdogs? The team has been playing incredible this season standing at an impressive record of 21-2 on the season. Along with player Akayla McMooian scoring her 1000 points during Christmas break. Here at Salmen, the players on the girls basketball team have been playing amazing and great leading into all of this success.

The hard work and dedication that happens at practice shows on the court every time the Lady Spartans play. They play together leading to all the wins they have, every team that got in their way has about always been a blow out game. The coaches, Daryl Thomas, Jamilia Brown, and Wendy Stamply are always hard on them because they know how far the girls can go in the playoffs and other places in life. The JV team is also doing great by still being undefeated by playing aggressive and hustling all game long. The JV team is led by Nia Smith and Jalanni Fontenette being great leaders to the team. The Varsity team is led by Akayla McMooain and I, Kendal Thomas. Akayla is having a phenomenal season averaging 21.1 points per game and 4.1 rebounds per game being one of the most dominant scorers in the state. Right alongside her is I, Kendal Thomas averaging 16.6 points per a game and dominating in the passing game averaging 5.9 assists per game coming in 2nd in the state for the most assists per a game. On the defensive side of the ball you have An’gana’e Domino with 3.2 steals per game. She is one of the best deferenders on the team keeping the other teams best player down to a certain amount of points each game.



During the Christmas break, Akayla McMooain scored her 1000th points in her high school career against West Jeff. Akayla finished the game with 32 points which led to her to be able to hit this milestone. Akayla got the ball down the court doing a step through move between 2 defenders to get her final 2 points she needed to get 1000. When she made it the whole team was very happy for her and crowded around her in excitement for what she had done. “It was the happiest basketball moment I have had,” McMoonian said. “I felt so

much love from my teammates and friends who all came to support me.” After this great achievement Akayla now has the nickname going by “Ak1k” in honor of her reaching a goal so few have ever reached. As the season continues, we all wish Akayla and the team



good luck as the Journey to the playoffs go on. According to McMooain, “We are a very great team this season and everyone should keep up with us going into district.”

As the season continues, the players and the coaches are very confident in what they have going on. They continue to put teams away on their way to making the playoffs and are expected to have a very deep playoff run. Overall, here at Salmen, the players on the girls basketball team have been playing amazing and great leading into all of this success. People don’t know how much a team could change in a couple of months and this proves it all.

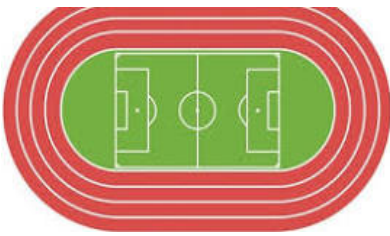
Sports Goodies
BY NOAH HENDRICKS

High school sports can shape the rest of your life no matter what level you are competing at. As Salmen’s soccer season ends, our track season begins. Salmen has some aspiring athletes that are competing at a level that can bring them further than just high school sports.

As soccer season comes to an end, our Spartans have a chance to make the playoffs. The boys soccer captain has been doing a great job at leading the boys soccer team this year and believes he can bring the team to the playoffs. In a recent interview with the boys soccer captain Manuel Garza stated, “Even though the season is ending, I want us to finish strong.” Manuel Garza believes he can lead the team to the playoffs with his skills, both in leadership and on the field.



Now, enough about the boys. The girls soccer team has also done an amazing job this year, bringing out the best in themselves to work towards their goals. In a recent interview with one of the girls soccer players, Isabella Barnes stated, “My goals for next year are to become the best I can be and help make the team better and stronger as a whole.” Isabella plans on playing soccer again and continuing on playing with her newfound friends and teammates. We all hope to see just how far this team can go next year even with the loss of their current seniors. I would also like to give a huge shout out to Mrs. Fritcher for being an amazing coach and pushing through with all of the injuries and setbacks the girls have had throughout the year. As both soccer seasons come to an end, our spring sports begin.



Track is a sport that Salmen has always been good at. Both coaches, Mrs. Bourliea and Mr. Johnson have always sent kids past district and to regionals. The boys did a great job at breaking the 4x800 meter relay multiple times throughout last year's track season, and this year we hope that even more records will be broken

with such an amazing bunch of kids we have this year. In a recent interview with one of the most important boys on Salmen’s track team Cameron Robinson stated, “The only goal I have for this upcoming track season is to make it to state and place in my event.” Our boys have an amazing lineup this year and are hoping to break past their limits to go further than even themselves think they can go.

All of the track talent is not just coming from the boys side of the track, we also have an outstanding girl runner who is well on her way to breaking the school record for the 800 meter run. I had the chance to interview her in person and get her thoughts on the upcoming season. In this interview she stated, “I plan on breaking the girls 800 school record this season. I plan to keep pushing myself as I always have and continue on with the training that I have been doing.”- *what a humble queen*. This year's track season is sure to be one to watch, as we have many promising athletes looking to break some records this season.

Groundhog Day
BY JORDAN HARVEY

The story of the groundhog which predicts the weather. Groundhog’s day, which takes place every year on February 2nd, is a tradition which spans over 140 years of US history. In this tradition a groundhog emerges from its burrow. This unusual tradition is said to have the foresight to determine whether winter will be extended, or spring will arrive early.

The first ever celebration of Groundhog’s Day was February second, 1887 at Gobbler’s Knob in Punxsutawney, Pennsylvania. This tradition was brought to America by German immigrants. At the time, Germans settled into the Pennsylvania region in large quantities. This tradition was initially done with a hedgehog, but with there being fewer hedgehogs in Pennsylvania, they decided to substitute hedgehogs with groundhogs. This tradition has ties to the medieval Catholic festival of Candlemas, the Western Christian festival observed in Roman Catholic and Lutheran Churches. The familiarity of this tradition was partially initiated by Clymer H. Freas, the local newspaper editor, for he deemed the town’s groundhog, Punxsutawney Phil, the official forecaster which in result solidified the tradition. Phil’s full title is



“Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary”. Over the years, the tradition grew steadily and gained national attention across the country whilst local communities also adopted their own groundhog. Other notable groundhogs are Staten Island Chuck and Buckeye Chuck. The popularity of Groundhog’s day steadily grew until 1993 when Harold Ramis released a hit movie based on the tradition named “*Groundhog Day Movie*” which also helped bring fame to the tradition. Initially, in opening weekend, the movie only gained about \$12.5 Million but then over time the movie grossed over \$70 million dollars. Before the film, the annual attendance of groundhog’s day was only about a few hundred, but after the movie, the annual attendance rose to about 30,000 a year. The movie also came with a level of global recognition making Groundhog’s Day a partially worldwide holiday. In conclusion, the tradition of Groundhog’s Day originated from the German immigrant population of Pennsylvania, but after the personification of the groundhog, and the movie based on the tradition, Groundhog’s Day became a nationally recognized holiday.



The tradition is very simple in its actual procedure. For instance, the groundhog, famously Punxsutawney Phil, emerges from his burrow, and if once he arises sees his shadow, it is believed that there will be another six more weeks of winter, but if he doesn’t that means Spring will come early, In more simpler terms, if it is sunny outside, there will be six more weeks of winter, but if it is

cloudy outside, we will get an early spring. Overall, the groundhog hasn't been too accurate because his success rate is only about 39-40%. In the last ten years, he has been right 4 times which gives him an accuracy of 40%. But, the groundhog of Staten island is said to be the most accurate as he is said to have about an 85% success rate.

While Groundhog’s Day is often dismissed as a silly, phony tradition, it still is a vital cultural ritual that provides communal hope even during the coldest winters. The first ever groundhogs day took place in the year 1887. Today groundhogs day is regarded as a national holiday which holds the foresight to determine the weather. Although the groundhog hasn’t been historically accurate, do you believe that just a little groundhog has the ability to predict the weather?

Meet the Editor: Kierra McCoy’s Future Life
BY JAMIYAH TURNER

As a young girl, what shapes the mindset of the future? Does it start from childhood and examples that are set for this person at a young age? As a child, Kierra McCoy, who is a 17-year-old Senior at Salmen High School from New Orleans, Louisiana. As graduation arrives, Kierra looks forward to completing school and going to college. This mindset is shaped by her childhood because she has many siblings, which she wants to make her family proud and set examples for her siblings. Kierra is dedicated to becoming a part of

the medical field and helping others. As she builds her career she is inspired by her mom and grandma based on their experiences that happened in front of her, she knows she can do whatever she puts her mind to.

As a start, Kierra’s early years were mainly full of bonding with her siblings in the country and living with her dad most of the years. When she moved in with her mom and grandma, she says, “Life was boring because they did not have much, so there was nothing really fun that my siblings and I could do.” This would allow Kierra and her siblings to spend more time together instead of being out and away all the time. She has this motivational memory of her grandma graduating from college at an older age. This shows motivation to her because it helps her to keep going to make her grandma proud. In this time period, Kierra has fun dancing, doing arts and crafts, such as painting, and she loves to eat. She does not have a job, which she pays for things with the help of her mom and her brother.



Conversely, Kierra looks at her mom as her role model and her motivation. Her mom sets huge examples for Kierra to feed off of to help her create a starting point in her life. She sets examples by letting Kierra know that giving up should never be an option and working hard should always be put as number one priority. Her mom

has never had much so she did all she could to raise her and show her a better life. Kierra allows her mom to show her those different points of views of life to help her count on herself during hard times. Kierra’s grandma is a person that she cherishes very much because even though her mom was always there, when her dad was not, her grandma always stepped in as a helping hand. Although her mom set big examples, her grandma gives her a safe place where she can feel comfortable when she isn’t open enough to her mom.

Now, when Kierra transitions into an adult, she is interested in becoming an LPN and using that to define her real career as an RN. Also, she was always into being in the community of the medical field to take care of people; cure people. This originates from her grandma’s medical issues, which Kierra wants to help cure individuals who may have similar medical issues to her grandma’s. As life goes on, in about one year, Kierra pictures herself in college. As those years pass, five years later she sees herself as an LPN or RN. She will have her own apartment with her own car, which will be pink! She has a unique plan to reach her goals by graduating high school first and putting in as much effort; dedication as she can to be determined in her career and future life.



Undoubtedly, Kierra’s distinctive journey sets an example of how life is never over in the midst of facing hardships, trying your best and being determined shows that dedication leads a person to success. This shows how young people can have the mindset and plan to move further into adulthood and their unique career paths. As the upcoming chapter in life comes, Kierra encourages individuals to embrace their talents and passions to be destined for success in life. Kierra’s story counts as a reminder to all people to look back at their past and learn from it, no matter if their childhood was hard, boring, fun, or even triggering. Use the past as motivation and guidance to work through the life you are destined to reach when the time comes. After reading Kierra McCoy’s unique and passionate story, use this as an inspiration to achieve every goal that is planned.

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