



March Madness

Spartans March On!

GOOD NEWS

- ★ Salmen High’s JAG program dominated at state! Kalaysia Williams was crowned Miss JAG Louisiana, while Marie Millon and Eimy Valle placed 3rd in state competitions. Millon and Valle now head to Salt Lake City this April to represent the Spartans at the National Career Development Conference. Go Spartans!
- ★ The Slidell Rotary participated alongside with the Interact Club in the Salmen High’s Annual School Parade!
- ★ 12 talented Salmen High School Art IV students have been selected to bring their creativity to Ochsner-Slidell Memorial Hospital. After successfully applying for a community grant, the group will design and install original artwork in the hospital’s stairwells. This project follows a busy semester of campus mural work and offers these students a unique chance to showcase their skills within the Slidell community. Congratulations to the following artists on this prestigious achievement:
 - Jamya Addison & LaShiyla Butler
 - Amaya (Grayson) Hall & Leah Johnson
 - Ellix Knight & Zaryea Lewis
 - Izayah Lindsay & Sasha Mazuelas
 - Sara Mitchell & Braelyn Surcouf
 - Allure Tumblin & Devanie (Kiwii) Williams
- ★ Alyssa Narcisse has been accepted into Southern University and A&M College and Louisiana State University
- ★ Congratulations to Kendall Thomas on achieving 1,000 Points in Basketball during her high school career!

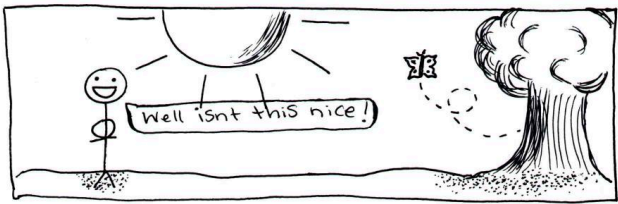
UPCOMING EVENTS

- ★ **March 3:**
Junior & Senior Blood Drive
Boys Baseball vs. Northlake Christian @ 5PM
- ★ **March 4:**
Girls Softball vs. Dunham @ 5PM
- ★ **March 5:**
SHS Track & Field Meet @ Northshore
Girls Softball vs. De La Salle @ 5PM
Boys Baseball vs Kenner Discovery @ 3:30PM
SHS Tennis vs Pearl River @ 3:30PM
- ★ **March 6:**
Cheer Tryouts @ 3PM
- ★ **March 7:**
Saturday Detention & Seat Time 8AM-12PM
Boys Baseball vs. Ben Franklin @ 11PM
- ★ **March 9:**
Boys Baseball vs. West St. John @ 3PM
SHS Tennis vs. Hannan @ 3:30PMPM
- ★ **March 10:**
Girls Softball vs. Northshore @ 4PM
SHS Tennis vs. First Baptist @ 3:30PM
- ★ **March 11:**
Senior Trip @ 6PM
Boys Baseball vs. BTW @ 3PM

- Girls Softball vs. Lakeshore @ 4:30PM
- ★ **March 12:**
Freshman & Sophomore PRE-ACT
Junior ACT
Spartan Relays Meet
Girls Softball vs. Fontainebleau @ 5PM
- ★ **March 13:**
½ Day
End of Third Nine Weeks
Boys Baseball vs Independence @ 3PM
Girls Softball Jewel Sumner Tournament
- ★ **March 14:**
Saturday Detention & Seat Time 8AM-12PM
Boys Baseball vs. Bonnabel @ 1PM
- ★ **March 16:**
Boys Baseball vs. McMain @ 3PM
Girls Softball vs. Mount Hermon @ 4:30PM
SHS Tennis vs. STA @ 3:30PM
- ★ **March 17:**
Senior Counselor Virtual Parent Meeting @ 6PM
Girls Softball vs. Slidell @ 5PM
- ★ **March 18:**
SHS Tennis vs. Covington @ 3PM
- ★ **March 19:**
Junior ACT Makeups
Boys Baseball vs. Northshore @ 3PM
Girls Softball vs. Country Day @ 5PM
- ★ **March 20:**
SHS Track & Field Meet @ Fontainebleau
Senior Prom 7PM-10PM
- ★ **March 21:**
Saturday Detention & Seat Time 8AM-12PM
Boys Baseball vs. Northshore @ 1:30PM
- ★ **March 23:**
SHS Tennis vs. Franklinton @ 3:30PM
Girls Softball vs. Jewel Sumner @ 5PM
- ★ **March 24:**
Junior Ring Ceremony @ 6PM
Boys Baseball vs. Fontainebleau @ 3PM
Girls Softball vs. Chalmette @ 5PM
- ★ **March 25:**
NHS Induction Ceremony @ 6PM
SHS Track & Field Meet @ Slidell
SHS Tennis vs Fontainebleau @ 3PM
- ★ **March 26:**
Girls Softball vs. Northshore @ 5PM
Boys Baseball vs. Fontainebleau @ 6:30PM
- ★ **March 27:**
Freshman Vision & Hearing
JROTC Awards Night @ 6PM
- ★ **March 28:**
Saturday Detention & Seat Time 8AM-12PM
Boys Baseball vs. Slidell @ 1:30PM
- ★ **March 30-April 6:**
Spring Break - NO SCHOOL
Girls Softball vs. Bogalusa @ 4:30PM
Girls Softball vs. Fontainebleau @ 4:30PM

Weather Watch with Robbi: Has Spring Sprung?

ROBBI-RENEE' WILLIAMS



Bringing us out of the winter season, March presents us with warmth and anticipation for relaxed summer months soon to come. It is a transitional period of sunshine that serves as a reminder, winter does not last forever. The retirement of low temps and heavy layers makes for temperate days without sweat and without a shiver. Though many people crave that year-round, we could not be so lucky.

Warmth is upon us, but that is something you would learn from stepping outside. What you may not know off the top of your head is that these mild to warm temperatures will be reaching highs of 65 to 70 degrees and lows in the 50s during cold snaps. Also, expect a drier month than usual with below average precipitation. Sources show five inches of potential rainfall by the end of the month and a 26% chance of rain on any given day. Along with the rain, windy days can be expected invariably this month with average hourly wind speeds of 11.3mph blowing in from the south across Louisiana. The third month of the year marks a time of leisure away from extreme temperatures we experience in months preceding and following it. And hey, it is nice to get a break. Still early in the year, March succeeded January's New Year's resolutions and February's freezes. With all that in the past, it is safe to say: spring *has* sprung.

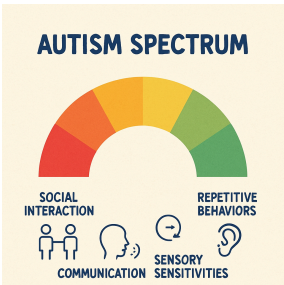
Developmental Disabilities Awareness Month

BY JORDAN HARVEY

Every March, we highlight the community of people with developmental disabilities. The goal is not just to see disabilities but recognize the struggles those with them face. Also, we must try our hardest to ensure they feel included despite their conditions. Developmental Disabilities Awareness Month is used to acknowledge those with neuropathies and recognize their struggles.

This community has a wide spectrum of individuals. For instance, there are many different things that can be classified as a developmental disability. There are intellectual disabilities such as down syndrome, the entire spectrum of autism which has distinct types such as Asperger's and Pervasive Developmental Disorder (PDD-NOS). Also is also categorized into three levels. Level one is the mildest form of autism which is also referred to as high-function individuals that may only have problems with social interaction or even organization. In the level two category, individuals require substantial support and have noticeable challenges in communicating both verbally and nonverbally. In the third level, individuals may have severe losses in verbal and nonverbal communication while also experiencing huge distress when changing actions or focus. These individuals are often born with these horrific disabilities which harshly impact their everyday lives. But, there are also diseases which can be formed due to trauma. For instance, a lot of NFL players and professional boxers gain CTE. CTE is often gained from repeated blunt force impacts to the head. These athletes are exposed to these hits from a young age and after years and years of these tough, hard impacts they begin to develop CTE. Those with CTE often have symptoms of memory loss, confusion, depression, irritability, impaired judgement, and oftentimes aggression. The only known way to diagnose CTE is through microscopic examination of brain tissue where they look for tau protein tangles. There is no known cure to CTE.

These individuals who are tragically born into these conditions tend to feel alienated by our society. Some may believe that they are inferior which is not fair for they did not choose to be born this way



so they should not be so harshly judged. But, there are ways we can move past these hateful ideas and unite as equals. One way we can improve this relationship is by including some people with intellectual disabilities in the job market. Individuals with level one and less severe level 2 have the ability to work in many simple work settings. Another way we can do this is by having them in more media. Things like books, movies, advertisements, and social media platforms could easily help fight the prejudice against those with intellectual disabilities.

Developmental Disability Awareness Month, which takes place every March, is a time we should take to recognize and find ways to make them feel included. The first step is to recognize the many types of disabilities including: intellectual disabilities, cerebral palsy, or the autism spectrum. And the second step is finding ways to make them included such as adding them in more movies, books, and television. Ultimately, this fight for awareness to this minority will take efforts from us all, will you join the fight?

Marching Music Day

BY AMARI WALTON

Imagine an entire day dedicated to celebrating music, bands, and performers, connecting people all over the area to celebrate the movement of music together. This holiday is called Marching Music Day. The entire day is centered around anything musically related as a march and is celebrated on March 4th as a way to showcase the musical talents of bands, performers, and their band directors. The name originates from a clever use of play on words of "March Forth" as "March Forward in the Rhythm of Life." The founding of this musical event was by the Drum Corps International in 2017 in collaboration with National Calendar Day. The purpose of this holiday is to not only celebrate the musical talents of musicians and performers, but also encourages "music on the move." This day also shines light on music on the role of marching arts in musical education.

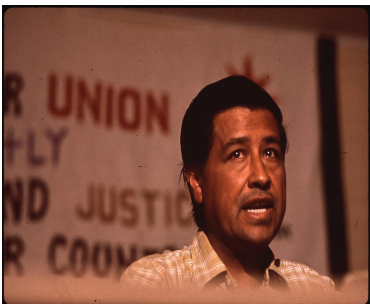
There are many ways to celebrate this holiday. One of the main ways of doing so is supporting local groups. Local groups from around the city come together and showcase their hard work. Simply showing up to see them perform is a big way to show support. Some well known bands that come out to perform are "The Blue Devils", "Carolina Crown", and "Boston Crusaders." These are only a few of the many bands that come out to perform their skills. You will see bands from all over the country performing on the streets, football stadiums, and event specialized venues like Disney World!

Another way to support the bands is to rep their merch! Go support your favorite bands by wearing their color or mascot. While at the event, you might even find other bands that you want to support in the future. This is an easy way to show your support while also having style for your band. The last and one of the most important ways to support your band is simply having fun and creating memories. Go to the performing grounds and enjoy the music, the people, and the dancers. This is an event of community pride for music. When you post on social media, you can use the hashtag '#MarchDrumCorp' and digitally connect with people around the country! It takes less than a second to do this and will spread the love for music even further. You could find others who love the same bands as you might get introduced to something new. Marching Music Day is a day of unity to celebrate how far music has come showing homage to some amazing bands showing off their skills. When March 4th comes around, consider going to see a band or two and see how much fun this underrated holiday is!

Man Of Sacrifice

BY WALESKA ADRIANO

"Si, se puede!" What began as a simple three-word slogan became the driving force behind a movement that would forever transform the American labor landscape. While others fought with their fists, César Chávez



fought with hunger, proving that a 25-day fast could be a weapon more powerful than any army. César Chávez was a visionary labor leader who transformed the civil rights landscape in the United States by giving voice to the nation’s most exploited workers. Through his unwavering commitment to nonviolence and his historic 25-day fasts, he demonstrated that the plight of farmworkers was not just a labor dispute, but a fundamental battle for human dignity. His enduring legacy is embodied in the rallying cry “Yes, we can!”—a testament to his conviction that ordinary people can achieve extraordinary change when they organize for justice. By using nonviolent sacrifice as a weapon more powerful than force, César Chávez transformed the struggle for farmworkers' rights into a global movement for human dignity, demonstrating that ordinary, organized people can dismantle systemic injustice through moral conviction and the unwavering promise of "Yes, we can!"

Chávez co-founded the National Farm Workers Association (later the United Farm Workers, or UFW) with Dolores Huerta in 1962. This topic focuses on his transition from community organizer to union leader, moving with his family to Delano, California, and using his life savings to build a union that fought for "The Cause":



his 25-day fast in 1968 to renew the movement's commitment to nonviolence and his 36-day "Fast for Life" in 1988 to protest the use of toxic pesticides that were causing birth defects and cancer in the families of farmworkers.

The Delano Grape Strike (1965–1970) remains one of the most successful labor actions in U.S. history. You can detail how Chávez combined a 350-mile march to Sacramento with a massive international consumer boycott, ultimately forcing farmers to sign landmark contracts that provided workers with medical benefits, rest periods, and clean drinking water. Chávez's work extended beyond the fields and included the creation of credit unions, affordable housing, and educational radio stations like Radio Campesina. This theme explores his enduring impact on Latino political power and civil rights, culminating in the posthumous awarding of the Presidential Medal of Freedom in 1994. By unifying the strategic pressure of mass boycotts and labor strikes with a deep commitment to radical nonviolence and community-based social programs, César Chávez transformed the struggle for farmworkers' dignity into an enduring civil rights legacy that empowered an entire generation.

César Chávez revolutionized the American labor movement by co-founding the United Farm Workers (UFW) and championing "La Causa." By merging radical nonviolence with massive consumer boycotts like the Delano Grape Strike, he successfully brought about systemic change in the agricultural industry. His legacy extends far beyond the field, leaving behind a foundation of community empowerment, affordable housing, and expanded civil rights for Latinos that remains vital today. Ultimately, César Chávez's life serves as an enduring reminder that the most lasting revolutions are not won by force, but by the persistent and quiet courage of those who refuse to believe that justice is impossible.

International Women's Month
BY SARA MITCHELL

“There is no limit to what we, as women, can accomplish” by Michelle Obama. International Women’s Day is a moment to honor the women who have paved the way, empowering and building women of the future. International Women’s Day is more than a celebration, it is the demand to take action for equality.

To celebrate the achievements and resilience of women, Paige Reine, a student at Salmen High School, was interviewed as a powerful voice and inspiration to future young women. A historical woman who inspires Paige would be Kamala Harris. She serves as an unstoppable force who faces every challenge head on and a role model who encourages anyone to claim their place in the world. The woman who Paige gets most inspiration from would be her grandmother. She finds the positive in any situation and never let the negative win. She is very strong no matter the

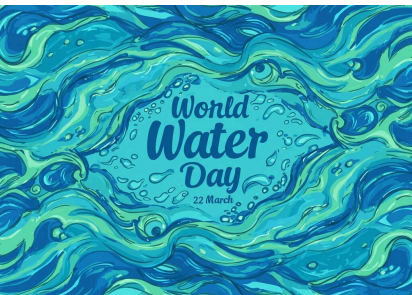
circumstances. Paige takes pride in her ability to persevere through personal obstacles and navigating through high school education.

International Women’s Day is not just a tribute of achievements, it’s the fight for equality. International Women’s Day honors achievements and progress of women globally. Today we honor how far we’ve come, but tomorrow we continue to build a world where women have equal opportunities.



Stop The Water Waste & Celebrate World Water Day
BY ASIA COLEMAN

Turn off the tap and conserve water. Let’s stop wasting water. Turn off the tap and stop being so conserved. When in doubt turn the tap off. Keep off faucets so you can conserve water. Let’s try to be less wasteful when it comes to water and be more concerned about water waste. Let’s use less water and be more conservative. Why wasting water is such a bad thing. The reason why waste water is bad is because it can lead to depletion of freshwater resources. According to a source an article states, “Groundwater is one of the



most reliable sources of freshwater.” We need fresh water because that is the water that we drink. “Currently, 21 of 37 of the largest aquifers are depleted faster than they can recharge.” Like if we can fix the situation and recharge the aquifer it can probably save us more water. The reason why wasting water is harmful to the environment is because it can cause many different problems. One main reason is that it is exhausting energy-intensive treatment infrastructure. “By simply connecting these two industrial processes, wastewater treatment plants can serve as a steady source of water for coal power plants, reducing their freshwater consumption by 62%, and coal plants plants can co-burn the sludge as a fuel source to deliver greenhouse gas emission reductions equal to 29% of



emissions by waste water treatment plants.” So this is saying that we as people need to do better and find way more things that can stop all the water usage. Did you know that by not conserving water correctly it could lead to a threatened long-term water security for communities and wildfire? Now let’s drive deep. “Destruction of water catchment areas and soil matrices, darkened soil, sediment impacts on water quality,

and PFAS contamination all translate to even less usable water.” Which is basically saying that many things can be the cause of crazy amounts of water use such as it can in a runoff and end up destroying a lot of sea creatures' homes. Some things that you can do to save the water is fix leaks if you have any including anything that has to do with water. Turn off the water when you're not using it so you can save an animal's life right there. So in conclusion saving water should be on your to do list just as well as celebrating world water day.

Spring Equinox: Sun Rises on New Season
BY NOAH HENDRICKS

After months of winter, the sun has finally crossed the celestial equator, signaling the official start of spring in the Northern Hemisphere. The equinox is a shared, instantaneous event across the globe, though it marks opposite seasons for different hemispheres. While the north welcomes the start of spring and the promise of warmer weather, the Southern Hemisphere experiences the autumnal equinox, marking the transition into colder months. For thousands of years, this moment has been celebrated globally, with festivities often rooted in themes of rebirth and renewal.



SPRING EQUINOX

From this day forward, the Northern Hemisphere will tilt more toward the sun, leading to warmer temperatures until the summer solstice in June. However, the change in weather is rarely immediate. While the sun is now rising earlier and setting later, meteorologists warn that “April showers” and lingering winter temperatures are common, as the atmosphere catches up to the astronomical shift. As the planet tilts toward summer, the vernal equinox acts as a welcome, sun-lit beacon, reminding us that the seasons are shifting. Derived from the Latin words *aequus* (equal) and *nox* (night), the equinox is often described as the day with equal parts light and dark. However, according to the National Weather Service, this is “nearly” equal rather than exact. Because of the way sunrises are measured-starting from when the top edge of the sun appears on the horizon rather than the center-daylight actually lasts slightly longer than 12 hours on the day of the equinox. Regardless of the exact minutes, the event officially heralds the beginning of longer days and shorter nights for the Northern Hemisphere. For those of us living in the Northern Hemisphere, this day marks the beginning of the “light half” of the year. As the sun moves north, days will gradually grow longer, bringing warmer temperatures and initiating the rapid growth of plants and the return of migratory birds. While 2024 brought a historically early spring on March 19, this year’s March 20 arrival fits within the typical calendar range, with the next March 21 equinox not expected until 2101. While the equinox provides a uniform moment of astronomical change, the weather experience of 2026 is expected to be varied. Reports indicate that while large areas of the country may experience an early, welcomed arrival of warm weather, others could face an extended winter into the early days of spring. Following the early March “spring forward” (Daylight Saving Time began on March 8), the equinox confirms the return of earlier sunrises and later sunsets, promising to ease the cabin fever of many.



It’s St. Patrick’s Day!
BY AMAYA TUCKER

Breaking news, a pot of gold nor a leprechaun is not found at the end of a rainbow. Disappointing right? Anyways, St. Patrick’s Day is coming up and it is time to put on your green. You might ask, “What is St. Patrick’s Day?” St. Patrick's Day is a day where people dress as leprechaun or just simply in green and go around pinching people who do not have on proper colors. You can say three leaf clovers and lucky charms are very popular that day. Many people truly view St. Patrick’s Day as this. But believe it or not, St.Patrick's day holds a significant value to many in the United States and Ireland. St. Patrick’s Day is on March 17 every year. This holiday has been celebrated for over 1,500 years. The holiday originated in Ireland and was made to honor Ireland's Patron Saint, St. Patrick. The date represents the anniversary of his death, which is why we celebrate on a specific day. If you did not know, Saint Patrick is the man historians say brought christianity to Ireland. He was a known legend and was loved all over. Loved so much, he has his own holiday to honor his legacy. St. Patrick’s Day was initially a religious feast, specifically in Ireland. If this is so, how did it come to America? Well, when Irish immigrants traveled to America, they took that tradition with them and it spread from there.



St.Patrick’s Day being celebrated in the U.S displays Irish-American culture and gives others the ability to learn the history of the holiday. In America it is celebrated widely through clothing, food & drink, festivals, and even parades. The first St.Patrick's Day parade in the U.S took place on March 17th, 1762 in New York City. Before the holiday got brought to America, it was more of a religious celebration. It was mainly church in the morning and a feast after. There were no parades nor green food and clothing.

Shockingly, green was not the traditional color that was associated with the holiday, it was actually blue. Once the tradition was carried over to the United States, the food, clothing, parades, and huge celebrations came about. Wow, so many changes!



St. Patrick's Day withholds great significance and has a great impact on the United States and that's why we celebrate so dearly today. St. Patrick’s day is more than the color green, gold, and leprechauns. The holidays hold

true meaning to all, by expanding the culture and history of Irish-Americans. Hopefully learning about its background helps you understand that. Even though St. Patrick's day is celebrated differently now then it was back then it still holds the same impact it once did before. Lucky Charms sound really good right now... Well, that is all folk! Get your leprechaun costumes and green accessories ready. If not, try not to get pinched!

A National Day to Compliment Someone?
BY ERIN ROBERTS

Did you know that there is an annual day to compliment someone? Surprisingly, it is not in February, considering that is the month known for love, but instead is in the following month, March, specifically on the first day of the month. World Compliment Day starts on the same day where the season of Spring begins, a time for hope and growth, and to hopefully continue the love and kindness that filled February.

Hans Poortvliet from the Netherlands, decided to make it a world-wide celebration in order to radiate positivity and kind words to those around you. This day allows individuals to address the need for human recognition and appreciation. With so much hatred and negativity in this world, especially recently with everything going on, the idea of spreading positivity and kindness is something we could all benefit from.



Now, do not get confused and think complimenting someone always has to be in a romantic aspect. Instead, compliments are simply one of the ways humans show appreciation and friendliness for something we like or noticed. Not only does it make yourself feel good to compliment someone, but also to the



person receiving it. So with so much hate in the world, be the one who spreads kindness. Whether it is to a friend, a stranger, or even a family member. There is no harm in showing appreciation to what someone does, because as

humans, we love being rewarded or recognized for our performance. Although World Compliment Day is celebrated March 1st, do not wait until March to spread love to those around you. So rather you are complimenting someone’s smile or you just noticed a recent hairstyle they have gotten, make sure to give them a compliment on March 1st, in order to share a smile. Be the reason someone's face lights up and they get to enjoy the rest of their day.

Teacher Spotlight
BY AMIYAH SHANNON



Have you ever wondered what it is like to be an AKA? Ask Miss Dedeaux! You might have seen her around repping AKA and this month’s Teacher Spotlight gives us the chance to learn more about her. This is Miss Dedeaux first year teacher at Salmen but has been teaching for seven years. She is currently

our health science and biology 2 teacher, located in the 100 hall and

today I had the pleasure of interviewing her! I first asked her what made her want to teach science, which she answered with “I always had a love of helping others learn new things.” Then, she stated how she knew she was going to teach something involving science due to her love for it. Next, I asked her about her main goal as a teacher, “For students to find something that they really enjoy in class, I know this is a difficult subject so I try to find things to make it more fun”. In honor of her being part of the teacher spotlight I wonder what makes a good teacher? Her response was, “being soft but strict, fairness, willingness to answer, open communication and the ability to adapt”. The next question included challenges about being a teacher. Miss Dedeaux stated that having students who are unmotivated. She tries to solve it by reminding them that their grades are their currency and teaching mostly seniors; to remind them that they are almost to the finish line! My last question for her was what is the best part about being a teacher. Miss Dedeaux expressed watching her students finally get the material and seeing hard work pays off. To end the interview off I asked her a couple things about being an AKA. She describes the experience as a very enriching experience, getting to interact with the community, the goal of enriching communities and others, and providing things to help you better as a person. Now if you are ever interested in becoming one of the D9s’ black sororities, Miss Dedeaux advises you to please do your research! This sums up this month’s teacher spotlight, Miss Dedeaux! We love being able to learn more about our science department here at Salmen. Moreover, if you happen to see Miss Dedeaux in the halls stop and say hello!



Voices of Tomorrow
BY PAIGE REINE

“If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader.” Dolly Parton. On March 8th, we celebrate the impact women across the world have brought to the table. While history may often highlight leaders and trailblazers, students say the women who have influenced them the most are much closer to home. From mothers and grandmothers to teachers, mentors, and coaches, these everyday role models leave lasting impressions. Junior Lauryn Smith, a member of the Yearbook Team, National Honors Society, Student



Ambassadors, the Flag Team, and Mu Alpha Theta, credits much of her success to her mother. She shared that her mother has always taught her to be confident and to remain true to herself, even when others may doubt her. “She has taught me to be hardworking and to never settle for less than what I want.” Lauryn expressed. Lauryn’s A1 grades, the one-on-one homework sessions and encouragement from her mother have shaped her academic goals and

determination. Lauryn recalls nights when her mother stayed up reviewing assignments with her to ensure she fully understood the material, reinforcing the importance of discipline and preparation. Her story reflects the powerful impact parental support can have on a student’s success. We admire mothers who prioritize education and instill strong values in their children. Junior Makayla Martin mentions the major impact her mother builds upon her life. She describes her as her biggest supporter and one of her strongest examples of resilience. Resilience is a strong word that you may not hear as often, as it is not simply a trait people either have or do not have. “One lesson she has taught me is to always stay resilient and believe in myself.” She emphasizes that it is essential to adapt to challenges in life and bounce back from difficult experiences. Makayla shares that her mother reminds her that hardships do not last forever, but tough people do. Spartans, that is one lesson we can all carry with us no matter where we are in life. The stories



shared by students show the influence of women in their lives extends far beyond a single moment, but by shaping who they are and who they hope to become. Although Lauryn and Makayla experiences differ, they both expressed their deep feelings for the women who have guided them through challenges, encouraged their growth, and modeled strength in everyday life. Whether through academic and emotional support, or quiet sacrifices, they have shaped these young ladies' goals and values. This International Women’s Day, cherish those women in your life who push through every obstacle to make sure you are at your best ability. Let these stories serve as a reminder that some of the most powerful role models are the ones walking beside us every day. Stay inspired, Spartans!

A Glimpse of School Clubs
BY KIERRA MCCOY

Who are the Salmen Ambassadors and what exactly do they do? In a world defined by closed doors, they are the ones tasked with keeping the windows open. Some students don’t know about ambassadors, here’s what they do.

At Salmen High School, student ambassadors do countless events that can offer them things such as community service, leadership skills, and teamwork comprehension as well. Being an ambassador means that you, as the student, must be ready to lead if not follow other leaders. Ambassadors lead campus tours and assist with recruiting events that the school plans and offers to Junior High students. There are about 46 ambassadors that participate at Salmen in total, having a lot of leaders who experience different leadership roles is a great asset to a successful school.

Although she is no longer the sponsor for Ambassadors, meet Mrs. Montalvo. Mrs. Montalvo has held down being the sponsor and providing students with countless opportunities, helping students with community service and many other things. How was it being the sponsor of the Ambassadors Club? “Being a sponsor for the student ambassadors was a profoundly rewarding experience that allowed me to act as a strategic mentor. I viewed the role as more than just oversight; it was about empowering these students to become the authentic voice of our community.” Handling this club while also being active in other things at school is very challenging but Mrs. Montalvo has always handled it appropriately. “I would absolutely recommend the experience. It supports young leaders, and requires students to develop a professional persona and manage real-world expectations.”



Students should always take the opportunity and chance to join the Ambassadors for better chances at being introduced to community service hours in and out of school. If you would like to become an ambassador in the future you can feel free to contact Senior and Student Council President Andray Smith and Senior Kayla Watson.

Ambassadors isn’t just a club, it’s students who attend events to get community service hours and so much more just by simply helping out at school and around the community. Whether it be at school, at a job, or at a store somewhere in the area. You can help out with anything, simply because you’re an Salmen High School ambassador. Now that you have learned about the Ambassadors, consider joining the club next year, and earn your community service hours.

Girls Basketball
BY KENDAL THOMAS

The season is ending and the playoffs are in sight. What do you think your Lady Spartans will do to win state? The Lady Spartans are in the playoffs and finished the season being ranked number 6 in the state. Here at Salmen, our athletes are very amazing and are shining very bright. The



Lady Spartans are shining very bright as they won their first playoff game against Benton on Thursday, February 19. The Lady Spartans were number 6 in the state and have been working on ways to get farther in the playoffs to go and win state. The 1st round of the playoffs was a great start for them on the way to the top with a 47-39 win against Benton. The Lady Spartans continue their playoff run against Parkway on Monday for a chance to go on into the 3rd round of playoffs which has not happened since 2017. Is that not insane? If they win, they will go against Prairieville this Thursday, which will be a very tough game for them but they are willing to fight to make it where they are projected to be. Even with all the haters in their ear about how they will not make it close to their goals, they block it all out with their plays and hearts on the court. Here at Salmen, our athletes are very amazing and are shining very bright. The Lady Spartans are in the playoffs and have now finished the season being ranked number 5 in the state. The future is looking bright for this team that has it set to go to state!



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